

Iava

Darpan



India Association of Virginia (www.IAVA.us)

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Highlights of our
community events

ASIAN AMERICAN FESTIVAL

IAVA represented India at the Asian American Festival on Saturday, May 2nd at the Richmond Convention Center. The theme for this year was food. The Indian cultural booth displayed the pictures of different 'Thalis' from the various states of India. People who visited our booth were astonished by the sheer variety of spices, pulses and legumes exhibited there. There was a large turnout of food connoisseurs at the Indian food booth, who relished Mango Lassi, Chilli Chicken, Butter Paneer, veg. Biryani and Gulab Jamuns. Our hands-on activities booth included saree draping, lamp decorating and henna tattoos. Meghan Gupte and Priya Sharma stepped up to the plate and volunteered to do henna paintings

which proved to be the star attraction at this booth as can be seen in the picture. The spectators enjoyed the Indian dances: "Women add color to life" by Vidya and Abirami and "Dhamal hi Dhamal" choreographed by Dr. Arpita Aggarwal.

HASYA KAVI SAMMELAN

This year we hosted two Hasya Kavi Sammelan during the spring 2015. The first Kavi Sammelan was hosted on April 17, 2015 consist of Mr. Arun Gamini, Mr. Vedprash Ved, and Ms. Ritu Goyal. The 2nd Kavi Sammelan was hosted on Monday, April 27, 2015, where Padma Shri Surender Sharma entertained people with his evergreen poetries.

US CARROM NATIONALS TOURNAMENT



IAVA 2015 Committee Members
(Introductions continued from our last issue)



Manisha Gupta has been living in Richmond for 8 years, and has been constantly volunteering in many Indian community activities, she is also founder member of Vaish Samaj. She, along with her husband, Praveen Gupta, have been helping around all over Richmond, and plan to continue to do so. She has one son, Abhi, who is in 8th grade in Moody, and one daughter, Ashi, who is in 3rd grade at Glen Allen.



Aekta Chawla is part of Marketing team of IAVA, she is a people person, and looking forward to a wonderful year full of exciting events.



Shaunak and Meenakshi have been in Richmond since 2007. Shaunak is passionate about community outreach and K-12 education reform. He was also the first Indian to graduate from the Henrico Citizens' Police Academy in Novem-

ber 2011. Apart from her active role at IAVA, Meenakshi has been a volunteer at Tricycle Gardens and Meals on Wheels and she aspires to do more community work in the areas of food justice and health literacy in the coming years.

Sathish Chandran and Mahalakshmi, have been in



Richmond for past 6 years. They both are geeky Information Technology Professionals, blessed with darling daughter Ria and daring son Rahul. Sathish is an ardent photographer and Mahalakshmi is a passionate dancer and a loving mom.



Nitin Jain & Khushboo, Originally from Jaipur, moved to Richmond in 2008. Khushboo graduated from MCV and is a dentist. They have a son Aaradhya Ansh. Nitin's hobby includes cooking, music and photography.

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Seasonal Indian Recipes

IAVA co-hosted the US Carrom Nationals tournament this year. More than 200 people attended this event. People traveled from Canada, California, Michigan, Missouri, New Hampshire, North Carolina and Ohio to attend this event.



Recipe for Chole Palak

Ingredients: (Serves 4)

Palak (Spinach) - 4 cups (Coarsely Chopped)
 Chick Peas- 3 cup (Cooked)
 Onion- 2 Large (Sliced)
 Tomatoes - 4
 Ginger Paste - 1 tbsp.
 Garlic - 2-3 cloves
 Green Chillies - 2-3
 Garam Masala Powder - 1 tsp.
 Heavy Whipping Cream - 2 cups
 Oil - 2 tbsp. (To Fry Onion)
 Oil - 2 tbsp. (Cooking)
 Salt as per taste

Method:

Step 1: In a non-stick pan, add 2 tbsp. oil and sliced on-

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Goutam & Sonali Gandhi	Nitin & Khushboo Jain	Sanjay Mittal	jundaram
Govind & Nutan Pande	Omprakash & Mona Narang	Sanjay Mulay	Vikrant Sitani
Hari & Sowmiya Gomatam	Palani & Srividya Murali Raja-	Sanjay Thirunagari	Vimal Talati
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Hemant & Sonali Amberkar	Pankaj & Mona Sharma	Sankaran & Meenakshi Raman	Vishnu & Renuka Konatham
Hemant Desai	Pankaj & Rashmi Vohra Arora	Sankaran	Sankaramaddi
Hemanth Gai	Parag Khadye	Sathish & Chandran Subrahmani	
Jagathpala & Savera Shetty	Paras & Latha Gouris-	Sathiya & Sunitha Shunmuga	Not member yet?
	hankar Shah	Chandramohan	Become member today!
	Perumal & Cynthiya Pandimuni-	Sathya & Vijaya Raghunathan	
	samy Nagarajan	Eswaran	
	Poojaa Talwar Shah		

ions. Sautee until they turn golden brown in color.

Step 2: After the fried onions are cooled, add them into a grinder. Also, add in grinder Tomatoes, Ginger, Garlic, and Green Chilies.

Step 3: Grind the mixture until it turns into a Puree.

Step 4: Heat 2 tbsp. oil in a pan, add Puree and cook it for 10 minutes. Now add chopped spinach.

Step 5: Sautee for another 5-10 minutes. Now add Garam Masala Powder, Salt and Chick Peas. Mix well.

Step 6: Let it cook and then add Heavy Whipping Cream. On low flame, cook for 10-15 minutes.

Step 7: Serve hot with Jeera Rice or Naan.

Recipe for Beet Root Raita

Ingredients: (Serves 2)

- Beet Root – 1 Large Size or 2 Small Ones
- Yogurt- 1 cup
- Green Chilies – 1-2 (Each cut into 2-3 pieces)
- Cumin Seeds- 1 tsp
- Peanut – 2 tbsp. (Coarsely powdered)
- Oil –1 tbsp.
- Salt– To Taste
- Sugar– To Taste

Method:

Step 1: Bring to boil the Beet Root until it is soft and then drain the water.

Step 2: Peel the beet root and then grate it.

Step 3: In a bowl, add the grated beet root. To it, add yogurt, peanut powder, salt and sugar.

Step 4: On Medium Low Heat, heat the pan first and put oil in pan.

Step 5: When oil is ready add cumin seeds. When cumin seeds splutter, add green chilies. Pour this into Beet Root mixture in the bowl.

Step 6: Mix well and serve it with chapatis or any rice.

Gauri Kulkarni
gauriak@gmail.com

Local Small Service Providers

Below is a list of few small services within our local community.

Gauri Kulkarni gauriak@gmail.com 804-755-7565 Facebook: www.facebook.com/ gauriskitchen	Tiffin meal service from Monday to Friday, Food Catering
Ali 617-828-9743	Handyman
Mr. Moral 804-874-9803	Handyman - Painting, plumbing, broken household furniture, carpentry, appliance, etc.
Willem Duplesi 804-564-4898	Handyman
George Jones 804-426-2052	Electrician
Eustachio 804-239-3529	Yardwork
Helina 804-878-2185	Home cleaning services
Veronica 804-683-5066	Home cleaning services
Judith Diaz & Marina 804-461-5090	Home cleaning services
Ivonne Aquino 804-617-7167	Home cleaning services
Julene Azevedo 804-218-8709	Home cleaning services
Alka Singh rdolly99@yahoo.com 804-955-7136	Rental Dance costumes Sari blouse stitching & alteration Speciality gift bags, Rangoli
Get Wired, Inc Shawn LeMieux 804-248-1410 getwired.sl@gmail.com	Home Entertainment Systems
Royal Occasions by Shivam, LLC. Shivam Paul 804 405 2785, 804 912 0854 royaloccasionsby-shivam@gmail.com http://royalbyshivam.wix.com/royaloccasions	Event Designing - for weddings, Birthdays, Corporate and other milestone events.

This list is based on community recommendations, however, please verify credibility of the service providers before using.
To suggest a service, please write to darpan@iava.us



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