



Darpan



India Association of Virginia (www.IAVA.us)

Volume 22, Issue 1 - January 2016

A MESSAGE FROM THE PRESIDENT



Dear Friends,

Thank you for your confidence you have placed in me by allowing me to serve as the President of the India Association of Virginia. I am certainly energized by this opportunity to serve you and build on the great work that leaders before us have done. In that

spirit, I want to extend my heartfelt thanks to Milind and the outgoing committee for the great job done in 2015.

In recent years, the Indian community in the Richmond area has grown by leaps and bounds. We need your help in including more folks in our activities. So, please invite your friends and neighbors to bring ideas, volunteer and get involved. We have a great slate of activities and lots of enthusiastic participation from the community. We want to listen to ideas to increase energy and participation from the community wherever possible.

I have a few ideas that I want to share and start the conversation for how we can partner to benefit our community.

The first one is to help the next generation develop an appreciation for what it means to have an Indian background or heritage. It is important that our kids connect with that aspect beyond movies and songs and truly appreciate what it means to be an Indian. I would welcome ideas and suggestions on how this can be done effectively.

Another aspect that we can enhance is building more effective bridges with partner organizations and share/support activities and ideas to better serve our community-at-large. When we pool our resources and energy, we can make a greater difference than any of us by ourselves. To our partners in Indian organizations, please reach out with ideas and opportunities to help each other. We will look at our calendar and initiate conversations as well.

Continued on page 5

2016 IAVA Executive Committee

President	Rakesh Bainsla
Vice President - Operations	Aekta Chawla
Vice President - Marketing	Simran Chiplunkar
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	Shikha Mittal
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Social	Sanjay Goswami
	Sudhakar Tiwari
	Vivek Gangal
	Praveen Gupta
IT	Dishant Shah
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Financial Awareness	Shalini Goyal
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	Ashok Gupta

Member at Large

Ashish Jain, Alok Bothra, Anand Keskar, Deep Bainsla, Deepak Patil, Deepali Keskar, Dinesh Bafna, Divesh Kumar, Gaurav Bhargava, Ketan Choksi, Lata Gupta, Mandar Deshpande, Manisha Gupta, Meenakshi Iyer, Mukul Paithane, Narsimha Aruru, Nilesh Bhandare, Prasanna Kelkar, Priyanka Parashar, Punit Goel, Ritesh Jain, Rupali Pendse, Sudhendra Ayyam, Yogesh Verma

IAVA 2016 - Board of Directors

Chairman	Goutam Gandhi (President 2011)
Members	Vikas Kapila (2012), Govind Pande (2013)
	Dr. Raj Dubey (2014), Milind Pendse (2015)



Join the IAVA Training Camp for Monument Ave. 10K!

You can do it too!!
Join the Walker's group if you don't want to Run!

*Training at Twin Hickory Park * at 8:00 am every Sunday until April 3rd*

For more info Contact
 Email: run@iava.us

Our Coaches:
 Pankaj Sharma
 Neelam Singh
 Hemant Desai

IAVA 2016 Committee Members

Rakesh & Deep Bainsla, are Richmond resident since 2011



has been active volunteer and key contributor in Indian community activities. Rakesh & Deep are married for 15 years and resides in Twin Hickory, VA with their daughter Khushi (13) and son Rahul (10). Rakesh is an

avid sports aficionado and a runner, as a family they enjoy traveling, adventure sports, and listening to music. Deep come from a political family background. Her cousin brother is sitting MLA from Faridabad. Khushi and Rahul are also actively engaged in volunteering activities.

Amit Mittal and Shikha Gupta have been residing in Rich-



mond for last 4 years. They strongly believe that being engaged in volunteering activities with IAVA has enriched their lives in many ways. Their family has actively participated in several IAVA events, including winning dance competitions. Their other interests include sports,

travel and cooking different cuisines. They have a son Ansh (8) and a daughter Aashna (6).

Gitanjali Paithane, an avid traveler, photographer, and a



catalyst at community events moved from Indore, India in 1995 to Portland, OR to be with her husband, Mukul. Emboldened by her experience as GRMM treasurer in the past, she will now be controlling IAVA fi-

nances as a treasurer; a logical progression of her increasing community participation since her move to Richmond in 2003. She has started a couple of IT companies and exited the same, to focus the last few years on children – Mihir is a Senior at the SMT center at Godwin, and Jui is a sophomore at Maggie Walker. Passionate, like the other office bearers at IAVA, she too has adopted a new slogan: *"Hamaraa Neta Kaisa Ho: Rakesh Bainsla Jaisa Ho."*

Manish Garg is a Richmond resident since 2008. Manish is an Information Technology professional who resides in Twin Hickory, VA with his wife Rakhi and two adorable daughters Rhea and Marvi. Manish's hometown is Noida



Join the Team!



The IAVA Committee-2016 is soliciting volunteers! **Next year, we will be expanding and diversifying the portfolio of our activities** and no matter how much time you can devote and in what area, we will find a fit. And it is an excellent way to stay connected with your roots, and make the fabric of our community in central Virginia richer and stronger.

Please call Rakesh Bainsla: **1-804-972-5548** Or
Email: **darpan@iava.us**

2016 Event	Date
10K Training Info Session	Jan 10 - 9:00 AM
Kids Art Essay Competition	Jan 16 - 9:00 AM to 1:00 PM
10K Training	Jan 17 - 8:00 AM, Every SUN
Republic Day Celebrations	Jan 30 - 3:00 PM to 8:00 PM
Cricket/ Volley/ Tennis	March till August
KBC / Antakshri	April 2 - 6:00 PM to 9:00 PM
10K Race Day	9th April
Kavi Sammelan	April
Spring Fest Booth	April
Asian Festival	May, 2016
Mothers Day / Picnic	May 7th
Camping	June (24-25)
Independence Day	20 th Aug
Golf	Sept
Children's Day	Nov 14 8:00 AM to 5:00 PM
Feed More	Jan- Dec
New Year Eve	31 st Dec

IAVA Celebrates India's 67th Republic Day

Event Details:

When : Saturday, January 30th 2016
Where: Cultural Center of India
6641 Ironbridge Parkway, Chester VA 23831



Program Highlights:

Social Hour – 3 to 4 p.m.
Cultural Programs – 4 to 7 p.m.
Dinner – 7 to 8 p.m.

Rangoli Competition

Time – 1:30 to 3 p.m.
Bring your own material and design your Rangoli on a standard poster size area provided.

Children's Parade

We encourage children to dress up in traditional Indian clothes and participate in the Children's Parade. Younger children may be accompanied by their parents. Flags will be provided.

Cultural Performance – General and Competition

Dance Theme – Green India or Digital India
Showcase the modern Indian culture (Digital India) or the traditional Indian culture (Green India) or a fusion of both cultures.
Minimum group size – 4 participants
Age - 6 and above for competition category. Open for general category.

Send your entrees to cultural@iava.us

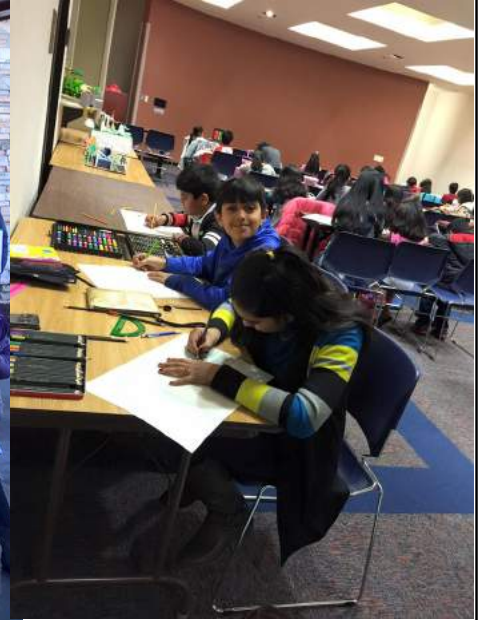
If you are not an IAVA member and still would like to participate in these events, please email cultural@iava.us

Become an IAVA member – Visit www.iava.us or visit the membership desk on the day of event.



Kids Art Essay Competition

Held @ Twin Hockory Library on 1/16



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**WHY WAIT
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A Message THE President (cont.)

Finally, we would like to make IAVA a better resource in helping our families get more active physically. We have kicked-off a 10k preparation program and we will follow this up with other similar activities throughout the year. Please join these efforts and bring your kids as well. In the New Year, let's make a goal to get fitter, more active and have fun while doing it with friends and family.

In closing, I want to thank you for your support. I am very excited as I see the energy, excitement and focus that Team IAVA is bringing to the table. Over the next several months, we look forward to an ongoing dialogue and foster an active partnership to bring a successful slate of events in the coming months.

Hope to see you at the Republic Day event on Jan 30th 2016 at Cultural Center of India and on our next Sunday morning run!

With Best Regards,
Rakesh Bainsla

Registration and Donations to IAVA Made Easy:

We have streamlined the membership as you may same money via cheque, cash or online. You can now also donate online while registering for IAVA membership. We have different levels for individual donations. Thanks to Republic Day event donations from:

1. Dr Surya Dhakar Ji, Alka Dhakar Ji - \$225 Donation
2. Dr. Dishant Shah, Meeta Shah - \$ 100 Donation
3. Kedarnath Thoota - \$50 Donation.

Please become a member today and consider donating to IAVA @ <http://iava.us/Payment.aspx>

Become a Member TODAY

Annual membership fee for India Association of Virginia(IAVA):
We accept payments online[paypal , major credit cards]. For paying membership fees online, please click on 'Pay Now' button:

Annual Single Membership	\$15.00
Annual Family Membership	\$25.00
Family + \$25 Donation	\$50.00
Family + \$50 Donation	\$75.00
Family + \$100 Donation	\$125.00
Family + \$250 Donation	\$275.00
Family + \$500 Donation	\$525.00

Membership Type
Single Membership \$15.00 USD



Where is Camping this year?

We are excited to report that we plan to host IAVA Camping on **June 24 & 25, 2016 at Westmoreland State Park**. It lies within Westmoreland County, Virginia. The park extends about one and a half miles along the Potomac River. The park covers 1,311 acres. It's listed on the National Register of Historic Places and has an Olympic-sized swimming pool and an adjacent bathhouse, meeting area, snack bar, camp store and power-boat ramp. The *Drive Time* from Richmond, is about one and a half hours.

So, mark your calendars for **June 24- 25, 2016** and be on the look out for communication from the IAVA camping team on when the camping booking begins. We promise you this year's camping event will be as much fun as every year.



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INDIA ASSOCIATION OF VA (Established 1961)

Membership Registration Form

Annual Membership fee is **\$25.00 (Family), \$15.00 (Single)** for the Calendar Year (Jan-Dec).

*Your personal details may be published in India Directory. If you do not want to be listed in the directory or if your information has changed please fill the form at <http://iava.us/DOCS/IndiaDirectoryForm.doc> and email at ec@iava.us / president@iava.us

First Name: _____ Last Name: _____

Spouse First Name: _____ Last Name: _____

Address: _____ City _____ State: _____ Zip: _____

E-mail: _____ Email (Spouse): _____

Cell Phone: _____ Cell (Spouse): _____

Interested in Volunteering at IAVA events (Y/N and interest): _____

OPTIONAL

Home Phone: _____ Year Moved to Richmond: _____

Occupation: _____ Employer: _____

Native Place in India: City _____ State _____ Language _____

Spouse Place in India: City _____ State _____ Language _____

Children: Name & Year of Birth

1. _____ 2. _____

3. _____ 4. _____

Membership Amount : \$25.00 / \$15:00

For Official Use

Donation Amount : _____

CASH / CHECK / ONLINE / CREDIT

Received by (Name and Signature) Date: __ / __ / 20__

Please make the check payable to: "India Association of VA" and send with this form to the IAVA Membership (e-mail: membership@iava.us)

Rakesh Bainsla 11604 Cobblestone Landing Ct, Glen Allen, VA 23059

IAVA 2016 Committee Members (cont.)

Hello, I am **Shivam Paul**, mother of two crazy boys Nikhil and Shloke, and wife of supportive husband, Shom. Designing is part of my DNA. I'm the founder, owner of Royal Occasions and I design events for people's special moments. Weather it is a wedding or a community celebration, it is important to celebrate the moment by making the place special. I'm a great supporter of the community and delighted to bring in my passion to IAVA this year as Design & Decorations Director.



Aekta Chawla, Real estate professional. I moved to richmond in the year of 1999 along with my husband Gaurav and have two sweet kids. I am very passionate about being active in the community and as a Vice President invite you all to join IAVA. My philosophy for work and play 'DO IT WITH PASSION OR NOT AT ALL'.



Simran and Probodh Chiplunkar have been married for 9 years now with their 3 children Vidhi, Taeg and Sunidhi. Simran worked in Houston at the Indian Consulate of Houston and Vinmar for 10 years prior moving to Richmond. She is a CASA for the Henrico county courts. Simran in her spare time loves to read biographies and does needlework.



Probodh is an active member in the Indian Community. He is passionate about singing and teaches many children in the community. He has been a US open tennis player and also helps many children learn tennis. Probodh in his spare time sings and plays tennis. Both Simran and Probodh love to travel and spend time with their family.

Neelam Singh: A Business Intelligence Consultant living in Richmond since 2009. She comes from a fauji family and has done her professional studies from Goa and Germany. An ardent traveler and voracious reader she is a mother of two boys Kiaan (4) and Aarin (1). Her husband Manoj Sangra (marathoner himself) encouraged and inspired her to get into long distance running. She feels



honored to be a part of the IAVA training camp and would leave no stone unturned to motivate people to choose running as a way of life.

Shailender Singh is the Software Development Manager (EDI) in Dell International Services, In charge of Application integration using Microsoft products. Shailender belongs from dil of India (New Delhi) and currently lives in Twin Hickory Glen Allen with his wife Manisha son Meet Singh (6) and daughter Siya (6 months). Some of his passion incudes Movies, Music, Photography ,outdoor activities like tennis and working out.



Atul Chowdhory moved to Richmond 5 years back and has been working for Capital One since then. Loves to travel and explore different countries. His passion is cooking and trying different types of foods. He is blessed with two beautiful daughters and enjoy every moment with his family.



Sudhakar Tiwari and family originally native of Jaunpur, UP. India moved to Richmond in 2000. Sudhakar is an IT professional and works for Capital One. He has two sons in college at Penn State University and Virginia Tech. He volunteers for various community activities.



Dr. Dishant Shah is a Neuroradiologist and founder of a nationwide Radiology practice. Dishant and his wife Meeta have been in the Greater Richmond area since 10 years. Along with his passion for Medicine and Business, Dishant loves music and is a hobbyist guitar player. Dishant moved from Pune in '93 and Meeta is a Lawyer from Indore and CEO of EFlashApps, an ed-tech company that develops apps for early childhood education. Dishant, Meeta and their 2 daughters Yana (8) & Kaavya (7) live in Henley subdivision of Glen Allen.



Editor's note

In this issue, we have attempted an introduction for as many 2016 committee members as possible.



The Editor, DARPAN, IAVA
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