

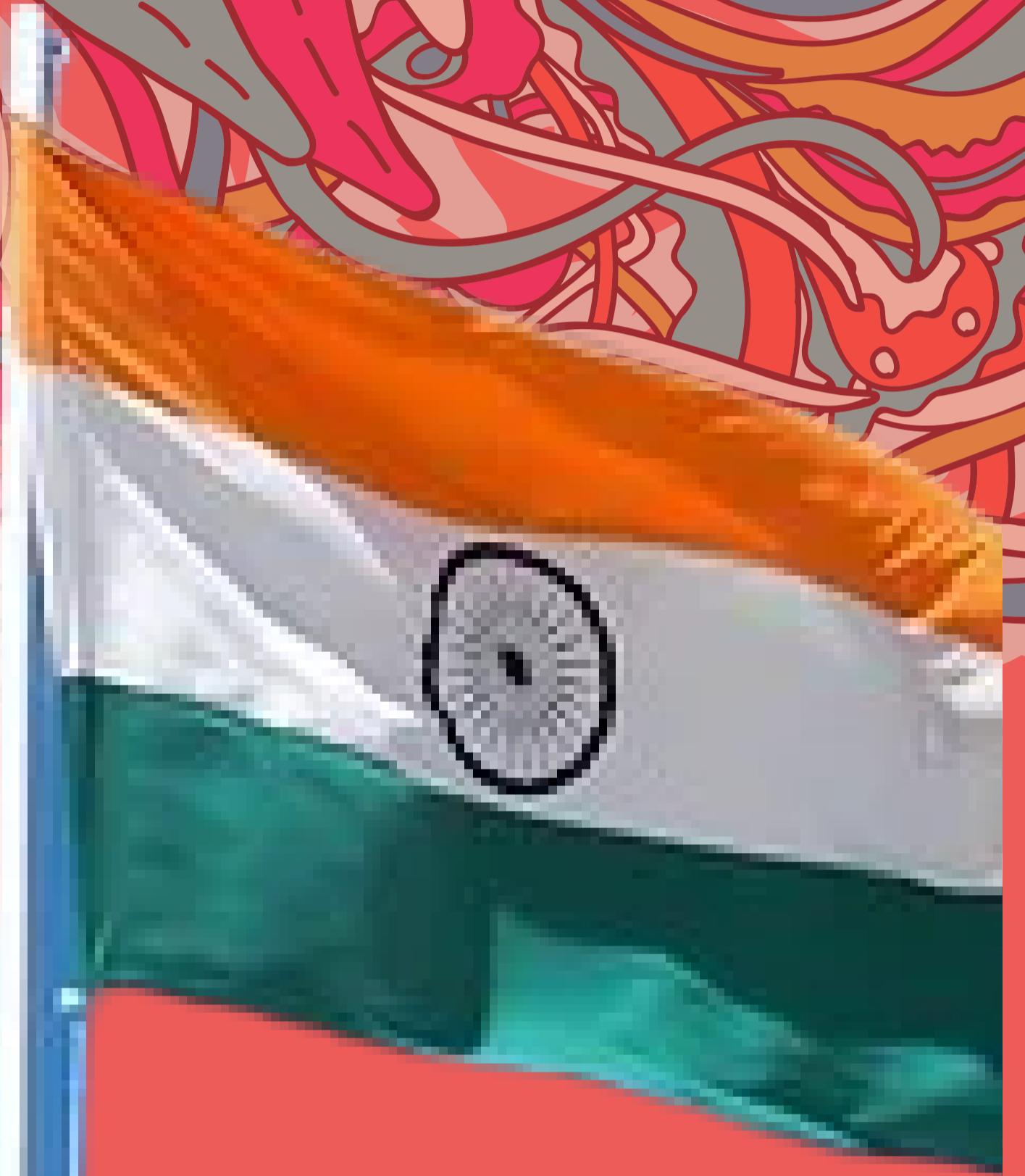


INDIA DAY MAGAZINE

74TH INDIAN INDEPENDENCE DAY CELEBRATION



Art credit:
Java Joshi



I N S I D E

Youth Contributions
Guest Columns
Photography, Art,
Recipes and more..

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AUGUST 15TH, 2020

6:30 PM EDT

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EDITOR'S NOTE

IAGB kicked off annual India Day celebration in style by hosting ten standup comedians over two Friday nights, a first of its kind of entertainment. The comedy acts were hosted live via Facebook and YouTube media. Again a first of its kind under Civic Engagement, IAGB moderated a panel of four individuals from the community, two of whom were strongly left leaning and the other two right leaning in their political philosophy. While the two sides disagreed on all important matters, the discussion was kept strictly civil and each side respected the other's viewpoints. IAGB is an apolitical organization and does not endorse any political party or its leaders. The idea here was to simply bring the important policy issues to the forefront and each individual listening in to this discussion will then form their own opinion based on their interests. On Aug 9th IAGB hosted Dr. Rik Mehta, the first Indian American GOP primary winner for Senate race in New Jersey.

Another first is in relation to the actual India's Independence Day celebration. IAGB and its volunteers will be hoisting flags in thirty six towns across New England. This will be followed by a dazzling array of celebrations with artists performing here in US and in India. For the first time we will be have sitting governor, senator and congressman and other high profile individuals on the IAGB platform during the India Day celebrations. They will their message to all of New England via the online platform. All of these activities will be broadcast via Facebook and YouTube media. Details of the program flow can be found in the below pages.

While IAGB celebrates our annual flagship mega event – INDIA DAY 2020 on Aug 15th virtually between 6:30 PM and 10:30 PM, plans are in the works to invite Shri. Randhir Jaiswal who just recently assumed charge as the Consul General of India, New York to Boston area. An update on this event will be posted on Facebook.

IAGB had put out a call for columns, art submissions, recipes, memories, photography contest and more. We were thrilled to receive many entries from individual kids as young as five year olds to adults. We are hoping that you all will enjoy reading these potpourri of articles that are curated by each separate segment. Please do write your feedback on our Facebook post or directly to iagb@iagb.org. Our IAGB team and our authors/contributors will sincerely appreciate your encouragement.

Sanjay Kudrimoti, Editor, IAGB Director

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- IAGB Executive Board & Organizing Teams **(P 7 – P 8)**
- IAGB India Day Events
 - ✓ Tad-Bharatham - That! is India **(P 9)**
 - ✓ One India Music Concert **(P 11)**
- Youth Contributions: Our Next Gen authors/poets contribute their thoughts. I have a Dream... This section will bring tears of joy and a confidence that the future of this world is safe as most of the contributions are from children.
 - ✓ Summer Day **by Kyra Agarwal (P 15)**
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- India New England Recipes: Reading these recipes will stimulate your palate
 - ✓ Chocolate chip zucchini bread (eggless) **by Deepa & Maitri Naik (P 29)**
 - ✓ Tokri Chaat **by Pallavi Gupta (P 30)**
 - ✓ Sous vide goat biryani **by Nilay Mukherjee (P 31)**
 - ✓ Palmier **by Ridhima Mahajan (P 32)**
- Art: We invited artists to submit their art work. The colors and images will wow your imagination.
 - ✓ Art **by Akshaj Aneja, Daivik Pillai, Anya Gupta, Hradini Shinde, Haroon Khimani, Aditi Bhattamishra, Sanjana Krishna, Pallavi Nair, (P 34 – P 37) Sonali Rathi (P 55)**
- Community Connection Showcase: Meet our partner organizations across New England.
 - ✓ Kerala Association of New England (KANE); Bihar Jharkhand Association of New England (BJANA); New England Marathi Mandal (NEMM); Tamil Makkal Mandram

(TMM); Mandaara New England Kannada Koota (NEKK); Odisha Society of New England (OSNE); New England Malayalee Association (NEMA); Hindi Manch; India Association of Rhode Island (IARI); Shishu Bharati; Bangla O Biswas; Gujarati Association of New England (GURJAR); Telugu Association of Greater Boston (TAGB); Blackstone Valley India Society (BVIS); North America Telugu Society (NATS) Boston Chapter; India Association of Maine (IAM); India Association of New Hampshire (IANH); Sewa International USA; Sindhi Association of New England (SANE); TiE Boston **by Vaishali Gade (P 38 – P 50)**

- Photography: This category was set up as a contest. Please read about our judges and the top three Photographers/Photographs they picked, **by Sanjay Kudrimoti**
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- IAGB Executive Committee 2017 – 2019 **(P 79)**

- **Sanjay Kudrimoti, Supriya Shekar, Yogita Miharia**



Code Wiz Westborough OFFERING ONLINE FALL CLASSES

About Us

Code Wiz Westborough offers online coding classes for 7+ year old kids. Our curriculum is aligned with the K-12 Computer Science Framework that represents a vision in which all students engage in the concepts and practices of computer science.

"Beginning in the earliest grades and continuing through 12th grade, students will develop a foundation of computer science knowledge and learn new approaches to problem solving that harness the power of computational thinking to become both users and creators of computing technology. By applying computer science as a tool for learning and expression in a variety of disciplines and interests, students will actively participate in a world that is increasingly influenced by technology"

The framework promotes a vision in which all students critically engage in computer science issues; approach problems in innovative ways; and create computational artifacts with a practical, personal, or societal intent.

Fall Classes

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- Build games and animations, mobile apps or a website using HTML/CSS.
- Ask us about online robotics classes & the virtual robotics competition.
- Small classes and flexible hours with a knowledgeable instructor and an opportunity to make friends and collaborate.



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- 5 MAKE FRIENDS & HAVE FUN!





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न्यू यार्क



CONSUL GENERAL OF INDIA
NEW YORK

August 12, 2020

MESSAGE

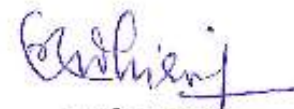
I am delighted that the Indian Association of Greater Boston (IAGB) is celebrating the 74th Independence day of India with much fanfare. On this occasion, I extend my warmest wishes and felicitations to all its members and well-wishers. IAGB has been playing a seminal role in promoting friendship between United States and India. I am sure the special edition of India Day magazine being brought out on the occasion will highlight some of its praise-worthy contribution to India-US ties.

India-US ties have deep roots. If we were to turn the pages of history, we would see how closely the New England region of the United States is connected to events and developments in India. These have had profound impact on the way India's relations with the US, based on shared democratic values, have grown and progressed over the years. This region of United States is home to the best of education, science, technology and innovation in the world. And we are privileged that in all these areas India has been able to establish strong links with institutions, entities and personalities in the New England region. The IAGB, needless to emphasize, has been an important interface in promoting these special ties.

I take this opportunity to thank IAGB for the support rendered to the Consulate during these challenging times of Covid-19. They have done exceptionally well to connect the larger Indian community with the Consulate and helped us in providing timely support to those in pressing need.

I once again wish the IAGB and its members my greetings on India's Independence Day. I count on your support and cooperation in serving the Indian community in New England region and to enhancing India-US relations.

Long live India-US friendship!



रमधीर जयसवाल
Randhir Jaiswal
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Consul General of India
न्यू यार्क
New York

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Website: www.indiaainewyork.gov.in

India Association of Greater Boston

P. O. Box 1345, Burlington, MA 01803

Website: www.iagb.org

Email: iagb@iagb.org

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Vice President: Vaishali Gade
Secretary : Lata Rao
Treasurer : Veeresh Angadi

IAGB Directors

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Ms. Noorain Buxamusa
Ms. Jeyanthi Ghatraju
Mr. Sanjay Kudrimoti
Ms. Yogita Miharia
Mr. Sushil Motwani
Mr. Nagendra Rao
Mr. Guru Samaga
Ms. Supriya Shekar
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Virtual INDIA DAY 2020 ORGANIZING TEAMS

Virtual India Day Program

Vaishali Gade, Sanjay Gowda

Flag Hoisting Project

Tanu Basu, Jeyanthi Ghatraju,

Sponsorships

Noorain Buxamusa, Harsha
Sheshanna,
Vaishali Gade, Nagendra Rao

Learning Series: Journey's to India's Independence

Lata Rao, Shishu Bharati School of
Languages and Culture of India

India Day Magazine

Sanjay Kudrimoti, Yogita Miharia,
Supriya Shekar

Civic Engagement Events

Prag Singh, Sanjay Kudrimoti

Standup Comedy Shows

Yogita Miharia

Marketing & Media

Nagendra Rao

Community Youth Excellence Awards

Supriya Shekar

IT & Web Management

Ashok Shetty

Daily Yoga Series

Guru Samaga, Jeyanthi Ghatraju.

Finance

Veeresh Angadi

Editing & Event Management

Sraveo Team

India Awareness Series

Sushil Motwani, Vaishali Gade

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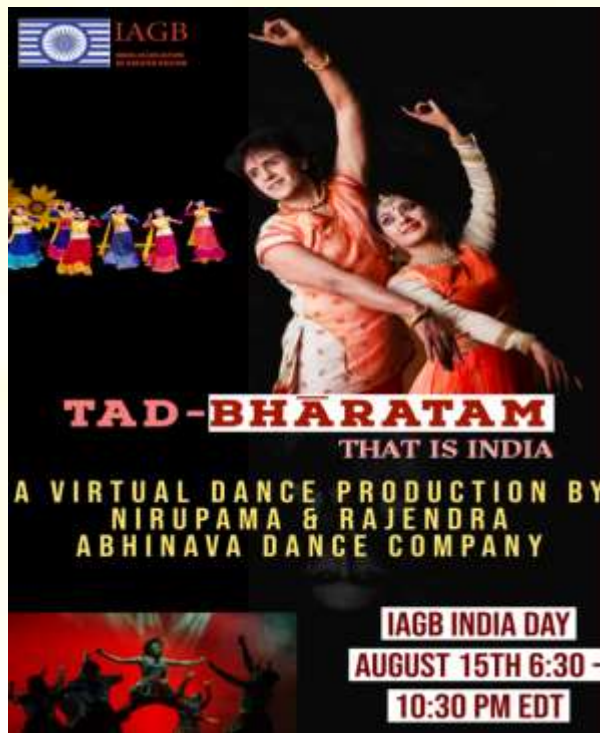
Supriya Shekar

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& MeraSangeet

Tad-Bharatham - That! is India

Tad-Bharatham is a dance production that features highly cherished aspects of India and her glorious culture that has spread out in a time span of around six thousand years. In *Tad-Bharatham*, India's nature, culture, customs, and achievements will be presented in an aesthetic and entertaining manner, offering a lasting experience of beauty but rooted in truth.



Our ancient scriptures have visualized India as a culture that spread its joy between the Mighty Himalayas and the Deep Ocean. The dance production is presented as conversation between the Himalayas and the Ocean. *Tad-Bharatham* takes you on a journey through nature and culture using the artistic media of music, dance, and literature. Performed by a brilliant team of ten dancers, the production features elements drawn from India's classical literature including the epics *Ramayana* and *Mahabharata* along with Sanskrit poems such as the *Raghuvamsha* and *Shakuntalam*

of Kalidasa exploring various sentiments of love, valour, anger, laughter, and celebration.

Featured sequences:

TAD-BHARATHAM

This opening sequence introduces the glory of India as a dance conversation between the Himalayas and the Ocean.

THAT IS INDIA

A sequence that portrays the daily life of Indians and how the community comes together in any celebration.

VEDIC AND EPIC AFFINITY

The profound values of the *Vedas* were presented in the form of sublime human emotions through the heart-touching Epic poems of *Ramayana* and *Mahabharata*.

ABHIMANYU

Taken from the *Mahabharata*, this scene shows how the epic is famous not only for romance and love but also for warfare and courage through the life of the sixteen-year-old Abhimanyu, who played the ghastly game of *dharma-yuddha*, shedding his righteous blood for the sake of larger good.

THE DIVINE FLIGHT

This scene is from the other great epic of India, the *Rāmāyaṇa*. This presents the special journey of Rama, Lakshmana, and Sita returning from Lanka after the death of Ravana. Kalidasa, the great Sanskrit poet composes a beautiful description of that journey.

THEATRE ART

This scene talks about the roots of Indian values leading to enjoyment in arts. The ancient Sanskrit classic *Shakunthala* is presented to exemplify this. The romance of Dushyantha and Shakuntala is visualized through the eyes of a bee narrating the episode to a bunch of flowers. The bee takes the whole forest along with the audiences to a fantasy island filled with romance, humor, fun, and joy.

TADHA

An abstract & contemporary dance sequence that shows how the ancient and the modern coexist in India, making it an eternal tradition.

VASANTOTSAVA

This scene depicts cultural unity and patronage by great Indian emperors at the finest temples in the land. The Emperor of the Grand Vijayanagara Empire, Krishna Deva Raya, celebrated *Mahanavami* and enjoyed participating in the Vasantotsava, where dancers offered salutations to the Deity of Love, Madana.

The production concludes on a note that presents *Bharatham*, that which is ancient yet modern; eternal yet relevant; belongs to the world yet detached. A land where both theory and practice coexist. A culture that propounds peace and universal brotherhood.

Nirupama & Rajendra are one of India's foremost classical dancers of India belonging to a family of educationists, artists and Harikatha Vidwans - traditional storytellers. As founders of 'Abhinava Dance Company'- one of India's most popular and cutting-edge production houses recognized worldwide, the duo have been instrumental in introducing a great deal of innovation, creativity, enthusiasm, and imagination to the realm of Classical Art.

The duo have been working in the field of dance for over 25 years as dancers, choreographers, producers, and performers. They have carved a niche for themselves in the world of Arts as one of the most versatile and creative artists. They have created original works & toured extensively performing to over 5 million connoisseurs all over India & several countries across the five continents.

Credits :

Choreography - Nirupama & Rajendra

Resource Scholar - Shathavadhani Dr.R.Ganesh

Literature - Kalidasa, Shudraka & Shathavadhani Dr.R.Ganesh

Dance Style - Kathak & Karanas from Natya Shastra

Music Composition - Praveen D Rao

One India Music Concert

Anuradha Palakurthi, the Nightingale of New England, is presenting the **One India Concert** featuring India's singing superstar - *Vijay Prakash*. This virtual One India Concert will feature songs from all regions of India in many different languages and will be one of its kind.



Vijay Prakash is a versatile and renowned Indian playback singer and film composer from Mumbai. His proficiency in Carnatic and knowledge of Hindustani has made him a formidable name in the Indian Music industry. He is one of the main singers in the song "Jai Ho" which won the 2009 Academy Award for Best Original Song. The song also won Grammy Award in the category 'Best Song Written for Motion Picture, Television or other Visual Media'. Besides singing hundreds of songs in South Indian languages, he has also sung in Hindi films such as Cheeni Kum, Yuvraaj,

Swades, Blue, Kaal, Lakshya, Matrubhoomi, Tere Naam, Raavan, Force and a few others.

Today Vijay Prakash is one of the most respected and sought after singers in the southern India in all four languages, having sung and won innumerable awards in Tamil, Telugu, Kannada and Malayalam films. He has also been the judge on popular television show "Sa Re Ga Ma Pa" in Zee Telugu, Zee Tamil and Zee Kannada simultaneously, a feat which no singer has achieved so far. His popularity on the reality shows stems from the fact that he is linguist and can speak in 5 Indian languages Kannada, Tamil, Telugu, Hindi, and Marathi fluently.

In addition to film music, he has commanded respect in the field of classical music also with his unique voice and the versatility, and has performed many fusion shows with likes of Ustead Zakir Husain, Ranjit Barot, Sivamani and Taufiq Qureshi and has performed at various prestigious venues like the Shanmukhananda, NCPA, Prithvi and the Royal Opera House in Mumbai, and also at the International Music Festivals like Womad in the UK and also the Woodstock festival in Europe.

He was featured in MTV India Coke Studio Season 2 and Season 3, in which his songs like Banjara, Baina and Sati went viral. He has also sung in many spiritual albums like Vignaharta, Dancing with Shiva, Glimpses off Geetto to name a few.

Vijay was also the resident artist at the Berklee College of Music, Boston in the year 2015, where he collaborated with the students and performed with them.



Anuradha Palakurthi widely known as the Nightingale of New England, has been recognized as the top-rated singer of Indian origin by industry legends. She has performed live with Bollywood singers like Kumar Sanu, Suresh Wadkar, Deepak Pandit and Bappi Lahiri across the United States. Anuradha has recorded a duet with Hariharan for Ekal Vidyalaya – composed by guitarist Prasanna with drummer Sivamani, and a group of 14 multiple-Grammy winning musicians from across the globe.

She sings in six Indian languages and has recorded playback for South Indian films. Anuradha is the serving Chairperson of MIT's Heritage Arts of South Asia (MITHAS) and co-hosts a weekly Radio Music India show on WLYN 1360 that educates and entertains listeners on the Carnatic & Hindustani classical roots of Indian Film music.

Earlier this year, Ms. Palakurthi's "Jaan Meri" song from her Jaan Meri album won the prestigious Independent Music Category's Best Song of the Year Award at the Radio Mirchi Music Awards, the Indian equivalent of the Grammys. Two of the top five nominees for the best song of the year for the Radio Mirchi Music Awards in the Non-Film/ Independent category were from Jaan Meri Album.

This virtual One India Concert will feature songs from all regions of India in many different languages and will be one of its kind.



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IAGB Virtual India Day – India’s 74th Independence Day Celebrations From 6.30pm to 10.30pm EST

≈ US AND INDIA NATIONAL ANTHEMS

Symphony New Hampshire

≈ TAD-BHARATAM – THAT! IS INDIA

A DANCE PRODUCTION by

Abhinava Dance Academy

≈ Messages from Honored Guests

- Consul General of India, New York, Randhir Jaiswal
- Gov. Charlie Baker
- US Senator Edward Markey
- Congressman Joe Kennedy
- MA State Senate President Karen Spilka
- Anuradha and Prashanth Palakruthi
- Video messages from honored guests from Government of India

≈ Message from IAGB President

≈ ONE INDIA CONCERT

Vijay Prakash and Anuradha Palakurthi

Live Streaming:

YouTube live: <https://bit.ly/ID-YoutubeLive>

Facebook Live: <https://bit.ly/ID-FBLive>

Youth Contributions

SUMMER DAY

Summer Day Summer Day today is a Summer Day

The Sun is here and flowers are every where

I like flowers, they are in every color Blue, Pink, Purple and Red. I love their shiny petals, leaves and stem. I like to dance, sing and twirl when I see colorful flowers.

Summer Day Summer Day today is a Summer Day

Bees and Butterflies are sitting on the flower and taking the nectar.

Grass is green, Sky is blue, Sun is up. Leaves are rustling with light breeze.

Summer Day Summer Day today is a Summer Day.

Birdies are flying high and low. They are so pretty and cute. They lay eggs in a tree.

O I love Birdies.

Summer Day Summer Day today is a Summer Day.

Bunnies come out in a Summer Day. They have their fluffy white tail. They have their family Brother, Sister, Mommy and Daddy. They like to eat carrot all day.

Today Kyra saw a Baby Bunny. Baby Bunny was a little Bunny. Bunny, Bunny they are so cute.

Summer Day Summer Day today is a Summer Day.

It's a beautiful day kids can ride scooter. I love my scooter. My scooter is Pink with a Minnie Mouse on it. I can show gymnastic skills riding the scooter.

Summer Day Summer Day today is a Summer Day

I like Watermelon. Watermelon is juicy and so healthy for every kid who is weak that kid can eat watermelon and they can be strong.

Summer Day Summer Day today is a Summer Day.

By Kyra Agarwal, Age 5

A Beautiful Piece of Origami

A paper float down.
I grab it.
It has nothing,
Until I do something with it.
So, I fold and fold and fold,
Until, I have what I wanted.
A magnificently designed,
precisely folded,
sharp creased,
transformed into an Origami Rose,
a Ninja Star, a character
a Flasher, a Diamond Sword
and more and more and more
made from a delicate square piece of
paper.

A Journey of a Water Drop

Something falls from the sky,
It hits the ground,
I hear something say plop.
But nobody was around,
So, then I understood.
I made the sound.
I am a water drop.
It is my destiny to go on a journey
around the world,
until I evaporate
and disappear.

By Atharva Agarwal, Age 10

I Am From...

I am from Diwali, the holiday I loved
The festival of lights,
the colorful clay pots,
friends, family, and comfort,
And the bliss of my birth filling the house,
happy memories
I am from Newbury Street,
the Heart of Boston,
City air in my blood
Walking, talking, eating,
Fawning over the new merchandise
Wonderful, pleasant, Boston
I am from Hampton Beach
I see people frolicking over the sparkling sand
I see seagulls flying fast like mini airplanes
I even see Sally selling seashells by the seashore
like her like her life depended on it
But most of all, I hear the dancing waves calling
to me from underneath the shining sun
I am from my mistakes, always learning
What doesn't kill you makes you stronger
Embarrassment, wrong decisions, being flustered
Have shaped me into the person I am today

I am from...

By: Ishaan Naik, Age 11

Skill of the day - Collaboration



In today's world, collaboration is one of the most important skills one can possess. Let's say you want to make a tower, and your friend does too. You have an equal amount of blocks, and you make decent towers. No collaboration there, right? Now, you pool your blocks, and you work together. Not only do you have more blocks to work with, but you have more hands to stabilize the tower.

Just like charity, collaboration begins at home. As twins, we have each other to be with, help, and get help from. Most of you have heard of sibling rivalry, where siblings don't like each other's strengths and try to push each other down instead of raising each other up. How about we consider instead a concept called sibling revelry? They may sound similar, but in truth, they are completely the opposite.

Here, we play together, we share tips and tricks, build on each other's strengths and fix each other's weaknesses. We have also started a band called Twynphony whose goal is spreading positive messages. We are twins, and that is where the "twin" comes from. The "phony" does not mean we are fakes. This comes from symphony, when a group of people come together and sing in parts and the parts come together. We want to see the world collaborating and in harmony.

This concept of collaboration extends beyond just family. It can be with friends, neighbors, and even that random guy across the block. Everyone needs help in some way or the other, and you can collaborate with them, so your separate strengths can be joined together, to make an unstoppable force. This very article that you are reading was made with collaboration.

Even pack animals believe in strength in numbers. Lions work together to corner the prey, which could be much bigger than just one lion. Same with zebras. They travel together in a pack, so they confuse the predators.

In conclusion, miracles happen when we join hands. Together we can move mountains, while each individual cannot. We can build cities, each person contributing a little bit of materials. Together we can solve world problems, like hunger, and each person will only have to contribute a few sandwiches. Collaboration is the way to go.

By Anya and Zubin Gupta, Ages 12

I, Me, Myself.....

I like to put on make-up and do my hair;
I like to put on a pretty dress and forget the world's mess.
When I am bored I like to watch Netflix
And eat some chips.
I like to do math and I like to eat,
I like to eat candies that are sour and sweet.
I like to bake; so in the end
I'd always get a cake.
I like to go out with my friends
And get ahead of all the new trends;
I like to wear nail polish
And I look, Oh....so vogueish!
I like to do this thing and that thing
And dance and sing;
I'd like to have many a fling
And in the end of it all, wear a diamond ring.
I like to read books
I like to run
I like to play sports
You see all I want, is to have lots of fun!

By: Tonirika Soumadhur Das, Age: 13

All about Golden Retrievers

If you own a golden retriever or are thinking about getting one here are the basic facts plus some essential tips on training and grooming!

Life Span: 10-13 years

Height: Male: 22-24 in., Female: 20-22 in.

Weight: Male: 65-75 lbs, Female: 55 lbs



PERSONALITY

Golden retrievers are known to be beautiful, friendly, and lovable dogs. They are kind, reliable, trustworthy, and confident. They love to play and be affectionate to others.

HEALTH & GROOMING

Golden retrievers live for about 10-13 years and are a generally healthy breed. However, some retrievers have health issues such as hip and elbow dysplasia, eye disease, and cardiac disease. Golden retrievers have a thick water repellent double coat that can be wavy or straight. The golden retriever's unique coat has changed to support their original job of hunting and retrieving usually in water, alongside their human partner. Its coat needs to be brushed twice a week to get all the debris and shedded hair out. These dog's nails grow quickly so to prevent overgrowth, cracking, or splitting, nails need to be trimmed often. Lastly, their teeth need to be brushed with dog-specific toothpaste. They are high maintenance because of their fur and some health problems that not all may have but they are definitely worth it!

TRAINING

Golden retrievers are obedient and very intelligent therefore easy to train! These playful dogs learn well through games and if you make it consistent the tricks they learn and how to behave around people will become a routine. Reward the dog with treats and praise so it stays happy. They should also be housebroken so they don't make a mess!



White Golder Retriever



Light Golder Retriever



Dark Golder Retriever

HISTORY

The golden retriever was originally bred in Scotland in the middle of the 19th century. The dog first emerged near Glen Affric in Scotland, at "Guisachan", the highland estate of Dudley Marjoribanks, 1st Baron Tweedmouth. The golden retriever was a mix of a Yellow wavy-coated retriever and a Tweed Water Spaniel. Later in time, some other breeds such as Bloodhounds and Irish Setters were mixed in to make what we see today.

FUN FACTS

Here are some fun facts about the adorable golden retriever!

They love to swim and play fetch in water! They are considered to be the 4th smartest dog breed. They are the third most popular dog breed in America. President Ford and Reagan had golden retrievers while in office. There are three types of golden retrievers! Canadian, American, and British. They love to take care of other animals. Golden retrievers are popular choices in movies because they are so easy to train!

Cr



Red Golder Retriever



Cream Golder Retriever

Show golden retrievers are big boned, and have larger heads while field retrievers are smaller and slimmer so they can run, jump, and swim. The field retrievers also have the darker coats like red and dark golden while show retrievers have shades like cream and light golden.

By: Saanvi Gowda, Age 13

Best to IAGB for India Day 2020



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SABA GB

SOUTH ASIAN BAR ASSOCIATION
GREATER BOSTON

*SABA GB WISHES EVERYONE
A HAPPY INDIA DAY!*

ABOUT US

For more than fourteen years, the South Asian Bar Association of Greater Boston (SABA GB) has provided a forum for professional development, legal scholarship, mentorship, business networking, community development, and support to attorneys and individuals of South Asian descent. The organization serves as the regional voice for the historically underrepresented South Asian population across the Greater Boston region and within the local legal community. SABA GB accomplishes these goals through fellowship programs, mentoring, substantive seminars, panel discussions, collaboration with members of the bar, and community service initiatives.

SABA GB's initiatives have received numerous accolades. SABA North America recognized SABA GB with its Outstanding Chapter Award in 2014. This prestigious award acknowledges a local SABA chapter's great improvement and development over the past year. In 2015, SABA GB received the Boston Bar Association's 6th Annual Beacon Award for Diversity & Inclusion. SABA GB programs, such as our "Know Your Rights!" initiative that provides training to community leaders on a variety of practical legal topics, have received widespread recognition.



I have a dream...

I Have A Dream To Be
 I think I know
 what you are
 wondering.
 No I'll not forget
 a word above. I may
 dream to be
 I think it will be
 very cool and awesome
 I can play games on Ipad
 and escape stuffies
 with out anyone noticing

I know know it is
 Bad but it is fun. I play
 tricks like making
 my brother up and
 pretending for like
 he flying. I wish
 I could turn invisible
 when my mom try
 to feed me food.
 I saw a character
 in a movie
 he could turn invisible

then I think that
 being invisible is
 this cool. for now
 I know I can't
 turn invisible I
 am happy that I
 can make an invisibil
 ink at home and
 experiment with it.

By: Saurish Goel, Age 7

I have a dream... Bring peace via Art



I love India because of my family and friends, I like them all, Hindu (orange) or Muslim (green) because we all represent our country, I like the white the most in the flag as it represents peace between orange and green which was not there during independence. I have a dream, I want to be an artist when I grow up, and I want to go to India and draw for peace, not war between Hindu and Muslim. I don't know why they fight as all Gods are friends, they don't want them to fight.

I want my art to show people that there is god everywhere, and all humans are same inside even if they are slightly different outside. We all have red blood, why do we have to fight and loose family and friends?

By: Aashi Benegal, Age 8

I Have a Dream... that there are no more 3rd world countries

I have a dream, my dream is that 3rd world countries would become a thing of the past. A world where communism would end and wars cease to exist. A world where the next generation of people can live in a healthy environment where humans aren't filling the air with greenhouse gases and global warming becoming an increasing risk, and that Antarctica will still be on the maps. A world where dictatorship would be a thing of the past. I want my kids to never experience all the bad things that are plaguing the planet and destroying it, instead.

I want my kids to live in a world that is not plagued with pandemics, global warming, tense governments that look like they're going to start a world war 3, and ignorant people who cast aside these things instead of investing their time into fixing these problems. That is my dream.

By: Shlok Kudrimoti, Age 13

I Have a Dream...

I have a dream that we live in a world in which each individual performs one selfless act of kindness each day. Small acts of kindness lead to monumental changes in society. Individually, we can improve the life of one human being, but collectively we can uplift and recognize the dignity of all our fellow human beings.

We are focused on the power of the individual and our capacity for self-determination. This conviction in personal power antithetically is a mirror of our self-centeredness but also a reflection of our feeling of powerlessness.

In the words of Aristotle, "we are what we repeatedly do." Likewise, kindness is a habit. Kindness is a learned behavior that can be practiced and exercised. It can be improved and organized. Kindness can be taught and become a legacy to our children. Just imagine the world we could create together if kindness were collective.

By: Fehmida Chipty

I Have a Dream...

You may have seen your Instagram feed flooding with black and white selfies of women. Do you know what this "challenge accepted" trend is? It's not just a fun social media gimmick. Its women standing in solidarity with the concept "women for women". This started out to protest against the rising femicide in Turkey. Most recently, the brutal murder of university student Pinar Gultekin by her ex-boyfriend triggered this movement. Gultekin was strangled to death and then her body placed in a barrel, burnt and covered with concrete thereafter. This is so gruesome and graphic to even read and picturize but imagine what the young woman would have suffered. Imagine what her family must have gone through.

Just recovering from that news, I hear the next piece of news about an Indian nurse Merin Joy, stabbed 17 times and driven over by her husband. We do not know what drove him to take this ghastly step. But again, in social media his actions are being justified as love. "He must have loved her so much", "he is hurt in love", "it must be a spur of anger" are some of the comments on social media supporting the husband.

Until when, do we pacify ourselves and our daughters with the lie that "if a boy is being mean to you, it means he loves you". What will it take for us to understand that domestic abuse is not someone's right. Hurting your spouse out of rage is not okay! We will probably react to it only when it happens to us or our near ones. These girls were also raised by loving parents who fell in love with the wrong partners.

Our photos will not help the cause, our voices will. We must teach our sons to never hurt a girl just because she doesn't like you! Do not make them feel they're entitled. Teach them about consent and freedom of choice.

I have a dream. A dream to live in a world sans femicide and gender abuse. I wish to raise my son in a world free of gender bias. A dream to live in a world where women support women. Be it men or women or transgender, being attacked for what you identify yourself with, is the most brutal thing to happen to anyone. I dream of a wonderful world!

By: Megha Menon

I Have a Dream – That Indians Will Adopt a Healthy Lifestyle

We Indians are known, in fact assumed – by Indians and non-Indians alike - to be smart people.

And yet, when it comes to health, we seem incapable of logical thought! As a physician specialized in Pediatrics and Nutrition if there's one thing I know it is this: to raise healthy children, we have to have healthy families.

While harboring the highest number of undernourished children, India also has the highest number of hypertensives and diabetics in Asia. Both conditions arise from a poor diet. One out of 5 people aged 18-39 have high blood pressure and 5-10% of the population in India is diabetic – that's a lot of people!

What do we do wrong? Most middle- and upper-class Indians get little to no exercise. In fact, it's a status symbol to go everywhere by car, and not get up even to serve yourself food! Our diet is extremely high in carbohydrates: sugary, salty, processed and even fried! Meanwhile proteins like daals and chana are considered inferior. Other than paneer, rarely are protein dishes showcased (even non-vegetarians don't eat meat daily). The tradition of 'aur khao beta/beti' persists to this day. Government policies in the last few decades have shifted a lot of the consumed carbs to processed white rice, which has replaced local grains in much of the country. Women are often confined to the house (while maids do the housework). As a result, obesity, diabetes and hypertension in women are skyrocketing! Children study hard, between school and tuition there's no time to establish healthy exercise habits, and no safe outdoor spaces to play. Then we reward them with sodas, fast food and chocolates! In men, a paunch is seen as a sign of prosperity!

I have a dream – that one day Indians will vastly reduce their intake of sugar and processed carbohydrates! That one day protein, fresh fruits and vegetables will become the mainstay of our diet! That families will be more active - children will enjoy the outdoors, women will have equal status, and all adults will walk, bicycle and exercise more! That Indians will use their intelligence to be healthy!

By: Jyoti Ramakrishna MBBS MD MPH; Specialist in Pediatric GI and Nutrition

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India New England Recipes

Recipe: Chocolate Chip Zucchini Bread (eggless)

Easy to bake, a moist and delicious zucchini bread. Our family favorite!

Ingredients:

1 zucchini (or 2 if short ones) - grated	⅓ tsp cinnamon	½ cup brown sugar
1 ¾ cup all-purpose flour	¼ tsp salt	¼ cup whole milk
1 tsp baking soda	¼ cup oil	1 tsp vanilla
1 tsp baking powder	¼ cup unsweetened apple sauce	¼ cup chocolate chips (Ghirardelli semi-sweet work best)
⅓ tsp nutmeg	½ cup white sugar	Optional: walnuts

Instructions:

Preheat oven to 350°F

Mix ingredients thoroughly (there should be no lumps)

Put in a greased loaf pan

Bake for about an hour (until a toothpick inserted in the center comes out clean)



By: Deepa and Maitri Naik

Recipe: Tokri Chaat

Ingredients:

All-purpose flour (Maida) -2 cup	Pomegranate seeds
1 teaspoon of caraway seeds (Ajwain)	Yogurt
¾ cup water or as required.	Onion
½ cup oil or as required.	Tomatoes

Filling:

Boiled potatoes	Sev
Sprouted Moong daal	Boondi
Boiled Black peas or white chick peas	Cilantro

Masala:

Chili powder

Chaat masala

Salt

Cumin powder

Chutneys:

Cilantro green chutney

Dates/Tamarind chutney

Instructions:

Mix flour, caraway seeds, salt and hot oil. Mix till the flour hold its shape. If more oil is needed, you can add more. Once the flour holds shape, slowly add warm water to knead a soft dough. Keep it aside for 10 min.

Take ball size dough and roll it slightly thin. Prick with the fork.

Grease a steel cup (Katori) and wrap the dough around it. Trim off the excess. Put it in oil to fry and splash oil carefully on it so that it's fried from all sides. The cup will separate in few min retaining the shape of the dough. Remove the cup from oil and keep frying the dough on low flame until its golden brown (crisp). Your katoris are ready.

Now assemble all the filling in the katoris with chutneys per taste. Sprinkle all the masalas in between layers and on the top. You can be as creative as you want in order to assemble these. Enjoy!



By: Pallavi Gupta

Recipe: Sous Vide Goat Biryani



Cooking a chunk of meat well has inspired people for generations. Heat matters: it has to be just enough and the temperature gradient has to be just right so that the surface is not overcooked while the inside cooks adequately but does not become dry. Cooking the meat under vacuum in a water bath seems to work well. I recently bought a “sous vide” setup and made my first sous vide goat biriyani. Everything is the same as before, except I cooked the marinated goat meat (yogurt and Shaan biriyani masala) at 180F for 12 hours.

The meat came out soft and juicy but the spices weren't done- so after the sous vide treatment, you have to sear the meat at high heat for a couple of minutes. Collect the juices separately and boil it to reduce it to the amount required for your biriyani- that will also help cook the spices in the juice to the right level. Throw the meat and juice in to 70 percent cooked basmati rice, add some saffron Infused milk and let the whole thing steam in the rice cooker for 15 min. And you have heaven in your palette!



By: Nilay Mukherjee

Recipe: Palmier.

A palmier, pig's ear, palm heart, or elephant ear is a French pastry in a palm leaf shape or a butterfly shape, sometimes called palm leaves. I tried this recipe for the first time when the lock down started and wanted to make something which can be liked by my preschooler and can be a good snack item with Masala Chai or Coffee, this has been a hit in our house and this has become my Lockdown Specialty :) Palmiers are made with nothing more than a sheet of puff pastry and some sugar, as well as some Salt.

Ingredients:

Puff Pastry Sheet, 1 cup sugar, Egg wash, ½ tsp pf salt

Instructions:

Preheat the oven to 450 degrees F. Combine the sugar and kosher salt. Pour 1 cup of the sugar/salt mixture on a flat surface such as wooden board or marble. Unfold each sheet of puff pastry onto the sugar and pour 1/2 cup of the sugar mixture on top, spreading it evenly on the puff pastry.



This is not about sprinkling, it's about an even covering of sugar. With a rolling pin, roll the dough until it's 13 by 13-inches square and the sugar is pressed into the puff pastry on top and bottom. Fold the sides of the square towards the center so they go halfway to the middle. Fold them again so the two folds meet exactly at the middle of the dough. Then fold 1 half over the other half as though closing a book. You will have 6 layers.

Slice the dough into 3/8-inch slices and place the slices, cut side up, on baking sheets lined with parchment paper. Place the second sheet of pastry on the sugared board, sprinkle with the remaining 1/2 cup of sugar mixture, and continue as above. (There will be quite a bit of sugar left over on the board.) Slice and arrange on baking sheets lined with parchment. Brush the top with Egg Wash.

Bake the cookies for 6 minutes until caramelized and brown on the bottom, then turn with a spatula and bake another 3 to 5 minutes, until caramelized on the other side. Transfer to a baking rack to cool. Enjoy with your Tea or Coffee :)

By: Ridhima Mahajan



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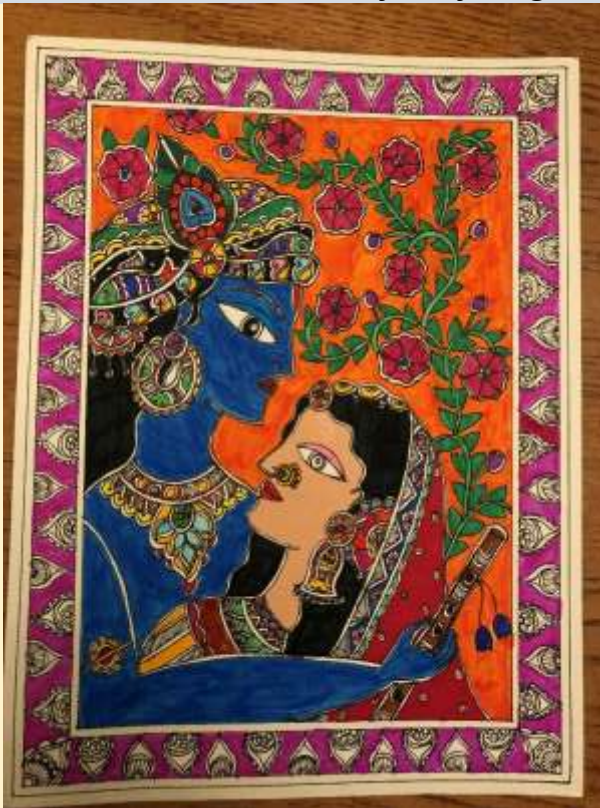


Akshaj Aneja, Age 6

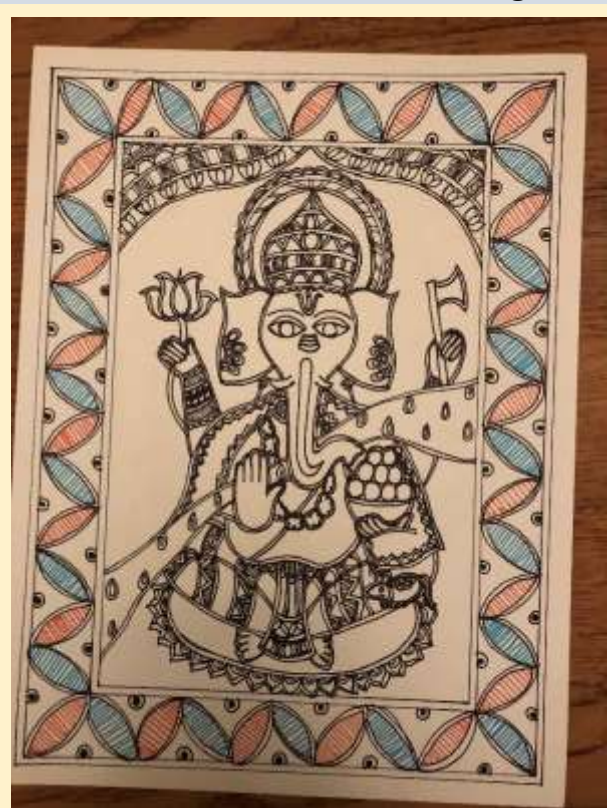
Independence Day



Daivik Pillai, Age 11



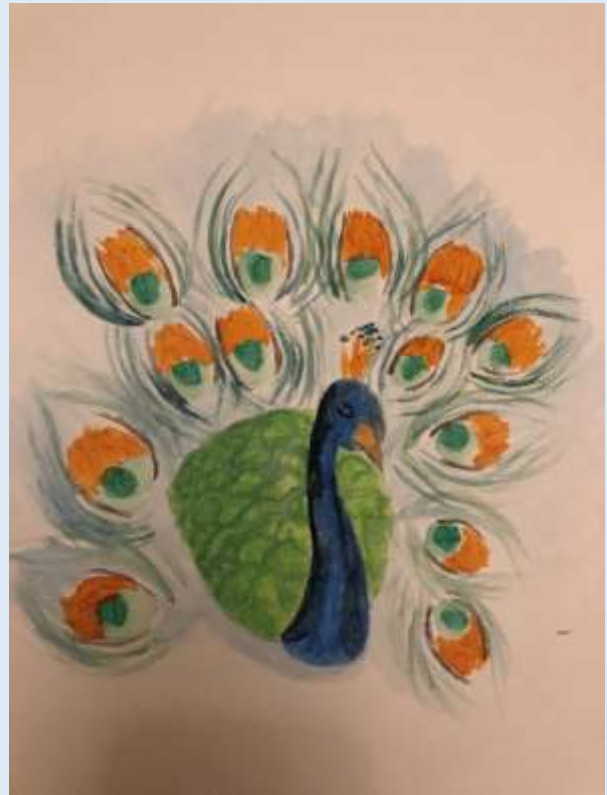
Aanya Gupta 1, Age 13



Aanya Gupta 2, Age 13



Aanya Gupta 3, Age 13



Aanya Gupta 4, Age 13

Quarantined with my Family



Hradini Shinde, Age 12

Faith, Impact on Universe



Haroon Khimani

A Woman Dreams Angles Around



Haroon Khimani

Ancestors Relics



Haroon Khimani



Aditi Bhattamishra, Age 14



Sanjana Krishna, Age 18

State of Origin



Pallavi Nair, Age 13

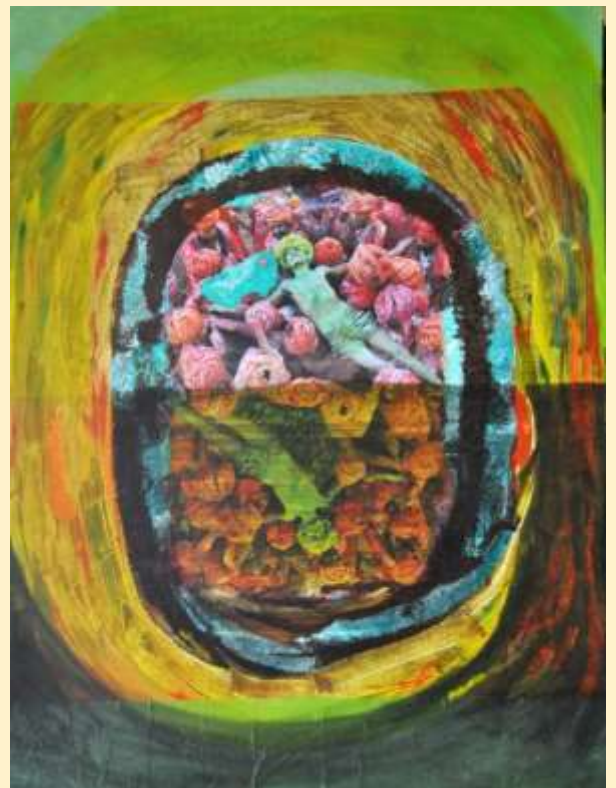
Independence Day



Kriya Patel, Age 13



Kriya Patel, Age 13



Haroon Khimani

Community Connections Showcase

We, New Englanders, are fortunate to have many cultural, social, and service organizations here in the Boston area, to serve the needs of the Indian American community in a unique way. IAGB has been working shoulder to shoulder with all the local Indian community organizations to cater to our ever-changing needs of the diversified Indian American Community. During the last few months, in these challenging times, our community organizations stood up to the tasks and worked together to help on many fronts. Here is a list of our community organizations and some useful information about each organization, although this is not an exhaustive list.

Kerala Association of New England (KANE), <http://www.kaneusa.org/>



Founded back in 1970 and incorporated in the state of Massachusetts as a non-profit non-partisan organization, the Kerala Association of New England (KANE) is one of the oldest and the most prominent American Kerala (South Indian) associations in the United States. We bring together 2000+ Kerala families annually by organizing several events throughout the year.

We celebrate Diwali, Halloween, Christmas, Summer Picnic and Onam. In addition, our flagship event Malhar features several artists and talents in the fields of arts, music and dance, all harmonized in a fun filled, family oriented atmosphere.

United India Association of New England; www.unitedindia.net



The United India Association of New England, Inc. was founded in 1984 with the core mission to preserve, promote and nurture the values of our Indian heritage by planning, developing and executing programs which bring our community together.

Bihar Jharkhand association of New England (BJANA), <https://bjana.org/>



Bihar Jharkhand Association of New England is to promote culture, language and philanthropic activities in parts of India.

This is possible by voluntary participation of NRIs living in the Greater Boston area for the past 15+ years. Together we bring our flavor of festivals, while creating an environment of extended family away from our ancestral background.

New England Marathi Mandal (NEMM); <http://www.nemm.org/>

New England Marathi Mandal (NEMM) is a 41+ years old organization that's situated in the New England area. We are proud to inherit and preserve the Maharashtrian culture through various activities. Over the years, we have provided many splendid programs and entertained good-size crowds on the occasion of Marathi festivals such as Maharashtra Din, Ganesh Chaturthi, Diwali, Padwa and Makar Sankrant.



We also conduct kids' activities that are focused on the Marathi festivals that we celebrate. Furthermore, we are also involved in 'Giving Back to community" and conducted donations, encouraged volunteering through our local communities and provided a forum for knowledge exchange through info sessions like Real Estate, college admission process etc.



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<http://www.lokvani.com>

Tamil Makkal Mandram; <https://www.tmm-usa.org>, <https://www.facebook.com/>



Tamil Makkal Mandram is a registered, non-profit organization, which aims to promote Tamil culture and heritage. TMM serves as a cultural, social, educational and charitable organization and strives to cater to the needs of the Tamil diaspora and surrounding communities in

New Hampshire, Massachusetts, greater New England as well as back home in Tamilnadu, India. We thank our volunteers, members, sponsors and well-wishers for their support to enable us to do this charity.

Mandaara New England Kannada Koota (NEKK); <http://mandaara.org/>



Mandaara NEKK's mission is to bring all people together and support Kannada's rich heritage and cultural pride, to promote its art and literature, and to facilitate the interaction and socio - cultural exchange among the community. Additionally, to provide an opportunity and effective platform for members those who believe in giving their best via social services and charity to the local and global community.

Odisha Society of New England (OSNE); <http://osneonline.org/>

OSNE is a non-political, non-profit, voluntary association for Odias living in New England. It is a chapter of the Odisha Society of the Americas (OSA), recognized as the 501(c)(3) public non-profit in the United States.



We are dedicated towards celebrating and maintaining Odia culture by bringing families together. OSNE arranges various religious festivals and social gatherings throughout the year for our members. With the help of the Odia families from the New England area, OSNE has been successfully promoting the culture of Odisha and charitable work for over 30 years

New England Malayalee Association (NEMA); www.nemausa.org



Founded in 2004, the New England Malayalee Association [NEMA] is a registered, non-profit organization in the Commonwealth of Massachusetts, USA. Most broadly, it serves to cultivate and support the exchange of ideas between the Malayali community and people of other cultures. To this end, NEMA promotes a deeper understanding of Malayalam language, literature, and art. Through its meetings and programs, it seeks to promote fellowship through cultural

exchange and to provide for the artistic, literary and inter-generational needs of the wider Indian community as it interacts with interested members of other cultures. A secular organization, NEMA is dedicated to the enrichment of its diverse membership through regular programs that foster understanding of various rituals and traditions.

NEMA is an organization founded on the extraordinary commitment of many members, a few of whom have served and strengthened our community for up to 4 decades. The vibrancy of the organization attests to the rich commitment of its members and friends.

Hindi Manch; www.HindiManch.org



Hindi Manch, a Non-Profit Organization, since its inception, has been successfully working to pass on the heritage of Hindi and related languages like Urdu, Bhojpuri, Awadhi, Brij, Khariboli etc. to the next generation through Literary sittings, theatre, cultural and musical events in the United States. Hindi Manch is bringing people together who know or want to know about Hindi.

India Association of Rhode Island (IARI)



*From left to right- President-Nikhil Shah, Advisor: Santosh Behera
Vice President: Dr. Parul Shah, Secretary: Snehti Gupta, Treasurer: Sujata Mehta*

The India Association of Rhode Island (IARI) was established in 1975 with the mission to serve Indian-Asian community and enrich the cultural fabric of the Ocean State. Since its inception, IARI has been a platform for art enthusiasts to showcase their talents. Cultural events like Diwali and Independence Day, in the backdrop of majestic statehouses, attracts ~800-900 attendees every year. In 2019, IARI's portfolio expanded from Cultural to Youth Engagement Activities.

Athletics Day and Humanities Day have been the highlights of the year. IARI's Kids-4-kids virtual summer program, 2020 was a month-long event where high school kids were trained to teach younger kids skills ranging from story narrative to coding languages. Kids improvised on their fine art skills with baking and painting sessions while learning about the historic significance of these art forms. Summer program reached beyond borders with kids' participation from California and Atlanta. This brings us one step closer to realizing our dream of youth expanding the frontiers of this organization. Community support has always been a priority for the team. Amidst the instability, IARI supported the sewing artists to deliver~300 masks to food banks, hospitals and local stores. Thanks to the efforts of our altruists, IARI is proud to host round the year events in Youth and Cultural Segments at diverse locations in and around Rhode Island, ultimately promoting inclusivity of RI's cultural landscape

Shishu Bharati; <https://www.shishubharati.net>



Seshi Sompuram
President



Mohan Kumar
Secretary



Vasant Jinwala
Treasurer

Shishu Bharati is 42 year-old, non-profit, non-religious Indian School, run on every Sunday at three locations (Lexington, MA; Nashua, NH; Walpole, MA). It is home to about 900 students, 250 volunteers and a few hundred alumni students.

We teach all of the major Indian languages (including Sanskrit) and culture (including Yoga), from KG to 8th grade. Many universities are accepting Shishu Bharati's languages by waiving the language requirements.

Alumni students serve as student volunteers, and receive the United States "Presidential Volunteers Award". Shishu Bharati is a recipient of the Massachusetts State Senators Office "Excellence in Teaching Indian Languages and Culture" award. Senior members have been recognized and honored by the community with "LifeTime Achievement Award", "Community Service Award," and many other accolades. Shishu Bharati's mission is to "Perceive, Preserve, Promote," and prepare "Ambassadors of Indian Heritage" through teachings of Indian languages and culture.

Bangla O Biswa; <http://banglabiswa.org/>



Bangla-O-Biswa is a premier non-profit cultural organization serving the Bangali diaspora in the Greater Boston area. Bangla-O-Biswa was formed in the spring of 1982 and is run by an elected Executive Committee.

Its membership includes over 600 families and reaches several thousand Indians in the New England area. Our mission is to nurture and cherish the spiritual, cultural and social heritage of Bengal and embrace all communities in the spirit of harmony and unanimity. Bangla-O-Biswa organizes five regular events during each year. Saraswati Puja, Basanta Utsav (Spring Festival), Member Appreciation Day (Annual Picnic), Durga Puja and Kali Puja.

Gujarati Association of New England (GURJAR); <https://www.gurjar.org/>



GURJAR - Gujarati Association of New England was officially formed in April 1977. We are a non-profit organization primarily focused on activities to promote Gujarati culture. Gurjar today is a strong and reinvigorated organization. Its growth and strength are due to the commitment of its members, selfless devotion of the executive committee, volunteers, and sponsors.

For the past 42 years we have hosted a free cultural event for our youth to showcase their talent. Our effort is to facilitate an event through which they stay in touch with their Indian Gujarati Heritage. We are actively looking to revive the Youth wing. The other major highlight of the four decades is supporting a scholarship since 1998. We have since given away over 250+ scholarships to college going children of our Life members.

Gurjar has stepped up to support charitable needs during natural disasters and unprecedented calamities anywhere in the world. In 2001 we raised over 150 thousand dollars for the Gujarat Earthquake victims and adopted several villages for the rehabilitation. In September Gurjar supported the Hurricane Harvey victims in Texas. In 2020 the need for food donations was very high during COVID-19 Pandemic. We did our part by donating food to pantries as well as making and delivering sandwich meals to various shelters. We have been a part of several charity events and annually contribute to various local charities like Ekal, Shishu Bharti, We Care Charity and ICC.

We are the only association that has consistently hosted Celebrity Plays, Diwali Dinners with a live Band as well as Sold out Navratri Festivals with enthusiastic support by the New England Community at large.

We continue to add life members each year. Staying a step ahead of its time and providing quality programs has been the hallmark of Gurjar's evolution.

Telugu Association of Greater Boston (TAGB); <https://www.tagb.org/>

The Telugu Association of Greater Boston (TAGB) is one of the largest Ethnic Indian Organizations in the New England region of the USA and was established in 1982. TAGB is a registered non-profit and approved 501(c)(3) tax exempted organization. Our association connects the Telugu-speaking diaspora in the neighboring states of Massachusetts, Rhode Island, New Hampshire, Maine, Vermont and Connecticut.

Since its inception, TAGB has been serving the community by promoting various cultural, educational, charitable, and humanitarian activities. Through these activities and sustained presence in the communities, TAGB has helped the Telugu-speaking people of the United States of America, connect with other Americans and people from other parts of the world, and fostered greater intercultural understanding, collaboration and respect. TAGB is committed to work with other Indian associations and local US organizations and volunteer groups to strengthen the cultural and social bridges between USA and India and help support and serve the communities we live and work in.

Blackstone Valley India Society (BVIS); <http://www.bvis.org/>

The Blackstone Valley India Society (BVIS) is an organization formed to celebrate diversity and culture of the Indian American society in the New England area. We encourage our members to volunteer and extend support in the local community through various charitable contributions.

North America Telugu Society (NATS) Boston Chapter; www.natsworld.org

North America Telugu Society is a non-profit nation organization for Telugus living in North America. NATS primary objective is to address the needs and concerns that affect everyday lives of Telugu people living in North America. The society will provide needed social, financial and educational support services to the North American Telugu community in an effective and efficient manner.

Boston Chapter is one of the several wings of NATS which is prominent and plays a key role for the local community.

India association of Maine (IAM); <http://iamaine.org/>

This organization was started around 30 years ago by 5 families and has grown ever since. Our mission is to facilitate and promote charitable, cultural, social and educational services while encouraging and fostering greater understanding of Indian culture and heritage.

We strive to provide a common identity to the Indian community and facilitate cultural, social and educational services and opportunities for cultural integration from young to old of the community; as well as to foster those activities that enhance mutual understanding and appreciation between the Indo-American community and mainstream American community.

Some of our most popular events bring the community together to celebrate Holi (festival of colors), India's Independence Day and Diwali (festival of lights)

India Association of New Hampshire (IANH); <https://www.ianh.org/>



India Association of New Hampshire is a 501(c)3 tax-exempt organization, formed for the purpose of fostering general well-being of Asian Indian Community by organizing cultural & educational activities and by promoting a) Community and Charitable services, b) Political awareness, and c) Goodwill between INDIA & USA.

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Sewa International USA; www.sewausea.org

Sewa International is a non-profit community service organization that was started in Atlanta in 2003. In the past 17 years Sewa has grown from one to 31 chapters in the United States. Its mission is to serve humanity in distress, aid local communities and promote volunteerism, irrespective of race, color, religion, gender or nationality.

Sewa volunteers perform over 10,000 hours of community service annually. The Boston chapter started in 2013 is run by a vibrant group of volunteers who come from different walks of life. During these unprecedented times of COVID19 pandemic Sewa Boston along with its partner organizations has been in the forefront of relief measures. Sewa volunteers in the greater Boston area have distributed 28,000 face masks, 1,000 gowns and caps, 1,000 meals to hospitals and medical facilities. They raised and donated \$65,000 to Massachusetts General Hospital and food pantries in the New England region

Sindhi Association of New England; <http://www.saneus.org>

Started by our late Dr Dudani in 1974 with the purpose of association to bring the community together at a place and celebrate important festivals like: Diwali, Cheti Chand (Sindhi New Year Jhulelal Sai day), Thadri (Devi Maa day cook a day ahead in SAWAN), Guru Nanak Janam (Gurupurabh).

TiE Boston; <https://www.tieboston.org/>



TiE Boston is a member-based organization founded in 1997 by a group of successful entrepreneurs, corporate executives, and senior professionals of Indian origin, in order to foster future innovators. Our network of successful entrepreneurs are deeply engaged and committed to giving back to the community by providing mentorship, tactical advice, and expertise to rising entrepreneurs. As part of a global network, TiE Chapters around the world have become a vibrant platform for entrepreneurs, professionals, industry leaders, and investors to interact with one another and forge long-lasting relationships.

By: Vaishali Gade, IAGB Vice President

A promotional graphic for AoPS Academy. On the left, a close-up of a young girl with dark hair, wearing an orange shirt, is focused on writing with a pencil on a piece of paper. On the right, the text reads: "AoPS Academy" in blue and green, with "Lexington Campus" below it. Below that, "MATH & LANGUAGE ARTS COURSES" is written in large blue letters, followed by "GRADES 2-12" in green. At the bottom right, there is a dark blue button with the white text "ENROLL NOW".

 **AoPS Academy**
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**MATH & LANGUAGE
ARTS COURSES**
GRADES 2-12

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*Yoga and Neurosciences: Traditions
and Research Approaches*

"YANTRA 2020"

An International Conference

Virtual Meeting Dates:

9th, 10th, 16th and 17th Oct 2020

www.yantra2020.com



Yoga which took its roots in India has spread its branches all over the world and has benefited millions of people around the globe. To understand how this has been possible, we need to approach yoga as a science and not just a mystical practice.

The aim of this conference is to bring forward all the traditions of yoga to an international platform, understand the science behind it, and communicate this to other sciences as well.

In the backdrop of the current COVID-19 pandemic, sessions are planned in a unique way – 4 brief sessions over **two weekends (9th, 10th, 16th and 17th Oct 2020)** with a 'connecting yogic bridge' consisting of exclusive online live yoga sessions for one hour every day from **11 – 15 October**. The sessions would be conducted by masters from different schools of yoga participating in the conference.

Organized by

**The National Institute of Mental Health and Neuro-Sciences
(NIMHANS), Bengaluru**

in collaboration with SVYASA Yoga University, Bengaluru

Registration:



Fees: Consultant/Student – India (INR 1020)

Consultant/Student – Overseas (USD \$50)

Link: <https://in.eregnow.com/ticketing/register/yantra2020>



Photography

IAGB had its first Photography contest. We had requested photographs of Architecture or Animals or Nature. Some Contestants sent more than one entry. While all the submissions were evaluated by our judges, we only choose the best (the ones with the highest score as scored by the judges) picture from each contributor. So our 1st, 2nd and 3rd place is by the photographer and not by the picture. We have the best three ranks by age category. Children (less than age 18) and adults.

Judges ranked each photograph on a scale of 1 – 10 (with 10 being high) on the following five parameters: Light, Creativity Composition, Use of Colors, and Impact.

The competition was tough and the difference was of only one point between each of these top place winners. Congratulations!!!

In the Children’s category our winners are:

1st Place	2nd Place	3rd Place
Waterfall	Sunset	Sunset
		
Aanya Gupta, Age 13	Sidarth Krishna, Age 15	Anika Teckchandani, Age 14

Judging the adult category was equally if not even more challenging for our judges. Not only the difference between our 1st and 2nd place winners was of only one point, we have a tie for our 2nd place.

In the Adults category our winners are:



Our Judges:

Pervez Taufiq of PTaufiq Photography



Pervez Taufiq is a multi-album released singer and artist that has become an internationally acclaimed luxury wedding photographer. His wife, Nicole Taufiq, once a well-known cover girl model in India, shoots by his side.

With a team of 22 photographers and videographers in the US and a newly opened office in Mumbai, PTaufiq photography shoots up to 100 weddings a year all over the world since 2013. His approach is lending a rock star approach to weddings and making each one more epic than the last. Whether it's out of the side of a helicopter or on the back of a camel, PTaufiq Photography continues to push the boundaries of wedding photography and videography worldwide.

Dyuti Majumdar of Arts & Memories



Dyuti Majumdar had a keen interest in photography since his college days. After many years of working as a hobbyist in mostly capturing nature and travel, Dyuti established "Art and Memories" studio in greater Boston. The studio focuses on wedding, event photography as well as portraiture and is already a well-known name in the area.

He has covered a few hundred weddings in many countries with the mission of creating artful memories for each client. He also offers occasional workshops in the area and teaches hands on techniques of photography. Dyuti considers himself an avid explorer of human connections through his photography.

Krishan Aneja of Fotu Duniya - The Picture World



Krishan Aneja - the creative mind behind Fotu Duniya - The Picture World. Krishan brings uniqueness to every photoshoot and video shoot that he works on be it the angles, lighting, shadows or colors. For him it is the science of mixing all these elements on to an image that the clients will treasure for now and forever. He is known as the magician who creates magic with his superior editing skills with both photography and videography.

He has been instrumental in creating posters and videos as marketing materials for many nonprofit organizations such as SETU, Hindi Manch, IAGB etc.

By: Sanjay Kudrimoti, IAGB Director

ART by Sonali Rathi



IAGB 2020 Community Youth Excellence Award winners

IAGB announces the 2020 Community Youth Excellence Award winners, for the sixth year in a row! IAGB thanks all the nominees for their submissions for the Youth Excellence Awards. This year we received 16 nominations and each of them were highly meritorious and richly deserving of recognition. Unfortunately we could only select two individuals for this coveted annual excellence award. Thank you for letting us get to know about yourself and your remarkable accomplishments. We wish the very best of luck to all the nominees and winners.

The 2020 Community Youth Excellence Award winners are:

Cynthia Rajeshkanna



Cynthia Rajeshkanna is a 16 year-old rising junior from Northborough, MA. She has co-founded a nonprofit organization called Aptitutor that provides free tutoring, classes, and educational grants with the intent of making free supplemental education accessible to all. Additionally, Cynthia is an aspiring entrepreneur, being the CEO of DineSure, a start-up company geared towards making the dining environment safer for people that have dietary restrictions. On the side, Cynthia also pursues her passion for altruistic service, as the current director of the Northborough Southborough Interact Club, a youth community service group affiliated with Rotary International.

Academically, Cynthia is a diligent student with several scholastic awards to her name and she keeps herself busy with many extracurriculars: HOSA, Science Olympiad, National English Honor Society, as well as the cross country and track & field teams.

Adway Wadekar



Adway Wadekar, is a rising senior at Saint John's High School in Shrewsbury, Massachusetts. Wadekar is a National AP Scholar. He is passionate about research in the quantitative social sciences, and has won numerous awards at regional, state, national, and international competitions, the most prestigious one being at the International Science and Engineering Fair. Wadekar has published his research as a solo author in peer-reviewed scientific journals. He was selected to participate in the New England High School

Journalism Collaborative Summer Workshop, co-sponsored by The Boston Globe, and the Medill-Northwestern Journalism Institute. He is excited about journalism as an avenue to connect with people on a grassroots level, and to bridge the gap between ordinary people and scientific discoveries. He serves as the Contributing Writer for the Community Advocate Newspaper, as the Photographer in Residence for the Town of Westborough and as the President of his school's mock trial team. Wadekar has also designed and presented workshops to raise the awareness of substance abuse among middle- and high school students.

By: Supriya Shekar, IAGB Director

Guest Columns

Then and Now – Diwali and My Mom

It was the weekend around Diwali, and we were late for the party. The color scheme was red and green, and I was trying to decide what to wear. The red chiffon sari I bought last year, or the green Indo western lehenga I bought online. My son Vihaan was unhappy about wearing his Indian kurta because he wouldn't be able to play freely, and my daughter Aashi was itchy in her Indian dress. She wanted to wear more jewelry so she could look just like me. My husband was busy on his phone finding the address for the party, and we still had to pack all of Indian food that I'd made. We had to get ready, and fast.



I finally decided on the green lehenga, put on my jewelry, and sat in front of my dressing table to put on my make-up. I stared at all my perfumes, make up, lipsticks, eyeliners etc. and I had no idea where to start.

Aashi asked me the same question she always asked me, “Mommy are these all mine when I grow up?”

“I'm only 38,” I said half-jokingly. “It'll be a long time before you can claim all this.”

I looked into the mirror, remembering a Diwali evening from my childhood.

The house was full of chatter. An Auntie next door was in our house discussing some sort of recipe, and my grandmother was putting the final touches on the puja. My younger brother was getting visibly excited for fireworks, especially the ones with the loud noises. My father wanted to put out the new Diya he bought, but the house was a little small and there wasn't any space outdoors, so he decided to put it in the window instead.

I was excited to wear my new dress the next day for New Year. Diwali and summer vacations were the only time I got new dresses, and my New Year dress was always special. My mom would figure out a design working closely with our family tailor. She would find something nice from old magazines, figure out the right material, and then put her spin on it to make it really special. It took days to finish but it was always worth it, and I would wear it for all of New Year, showing off to my neighborhood.

My mom was looking for a nice saree from the closet. Mostly hand-me-downs from others in the family, but I was too young to notice that. I would eagerly wait for the

time when she would dress up as she would do rarely, once or twice a year in those beautiful clothes.



She opened up her cupboard, the Godrej one made of metal which stayed locked, with the keys hidden so no one could eat all the dry fruits saved for special days. She opened it and looked at my most favorite section, with all the perfumes and lipsticks gifted by my aunts who



used to visit from America. Fancy bottles, bright colors, and that *aroma*... She opened a perfume bottle but used just a little, and I questioned her.

“Why don’t you put on more, can I use it?”

“When you grow up, you can use it all.” she said. “I’m saving it, so that you have it when you need it.” Her reply was always the same. “My life is almost over,” she'd say bleakly, “What would I do with putting on more perfume and lipstick?”

She would have been 38 years old.

By: Dipali Trivedi

I hate labels!

I hate labels! Everything or everybody now has a label. For example, someone diagnosed of autism is "someone with autism" and not "autistic". The other day, during a casual conversation, someone said "from the time women started entering Sabarimala, Kerala is suffering. First the floods, and now the Corona virus." I immediately question, "Did the whole world get Corona because of this? So many deaths of innocent people who haven't even heard of Sabarimala!" For this I'm called an "atheist". Why? Is it because I asked a perfectly logical question?

I have been raised by God fearing parents as a God fearing child, and I respect that. But isn't that term/label wrong in itself? Why should we fear God? Aren't we supposed to love, embrace and respect God and any religious ideology? I agree the whole issue was political and some women entered Sabarimala just to

boost their ego. But is God someone who will punish the entire world for it? Believe in God but not in the opinions and anything people sell in the name of God. Next, I say, there are issues like this because it invades one's right to their personal freedom. I don't go to Sabarimala, that's my personal choice and some girl decides to go that's her personal choice. So now I'm called a feminist too. I support the idea of feminism and women empowerment but that doesn't make me a feminist. I advocate special needs and strongly believe anyone with a disability doesn't like to be called physically challenged or disabled or even especially abled; they have a name!

There is a famous cartoon of two cell mates sitting inside a jail. One says to the other, "You're not a murderer. You just happen to be a person who murdered someone." Read that again. This is something that should stay with you always and teach future generations. See the able, not the label!

By: Megha Menon

Transition to On-line teaching from Face-to-Face teaching



Transition from face-to-face “in class” teaching model to “online” teaching model felt like myself being in a shipwreck and left in the open ocean where one has to self-learn how to swim and survive. I am sharing some of my experiences in this article.

Online teaching was, earlier a privilege and given to only a few Faculty who had gone through a required training.

However, with the current unforeseen circumstance, all had to shift to online model at short notice, irrespective of individual faculty’s technological capabilities. The University provided us with “Zoom” and provided several training workshops online. This was overwhelming and at times confusing. I had to attend several online training sessions running concurrently. Faculty members wrote their personal experience with Zoom software and posted helpful hints. I called several other faculty members to discuss their arrangements and experiences. Finally, I thought I was ready to implement the new pedagogical methodology.

At the outset, I had to identify a physical space in my small house where I could set my virtual classroom and technology. With two grown kids and other members in the family this was a challenge. Some of the immediate problems I faced were that all my text books and teaching material were in my office which was inaccessible. The text book publishers were very kind to provide plenty of online resources to help with this

issue. Next big problem was the technology and initial set up. With so many family members in the house, the Wi-Fi could not handle the load of multiple devices load. I was getting thrown off-line due to low bandwidth and traffic.

To help with the technology, I ordered a few upgrades at my personal cost. I bought a new Wi-Fi router and service; set up extra monitors (one to manage student participants; second to manage my lecture content; and third to make myself as a cohost and view the class from students' perspective). I also bought a 100 feet Ethernet cable to hardwire my connection to avoid being thrown out in the middle of my lecture. There were several other peripherals needed but I did not have the skill and time to explore those options. Some fellow faculty members had set up external cameras to point on their notepad where they would write and deliver lecture. Others had ordered a writing tab where they could write class lecture notes and deliver online during the lecture. I really wished I had this extra equipment, specially a headset with a microphone. I decided to explore these options at a later time due to cost and lack of technical expertise.

I had always maintained the stand that there are certain courses where face-to-face interaction is a must and that teaching these courses online was impossible. However, now I had to make this possible. It felt good to see the students online and lectures went on smoothly. I had spent several hours practicing with my unwilling family members to do a trial run of my lecture beforehand. Soon most of the students turned their video off and it felt like I was talking to a wall. I had to elicit class interaction by asking several questions and requesting students to show interactions while they were invisible. Some other major issues I faced were "Zoombombers" entering class and disrupting. I had to self-train to prevent these event occurring again. There were several students who had to work extra hours to sustain themselves while there were other students who were either sick or taking care of their sick family members during the lecture timings. I had a student listening to my lecture on his mobile while working on his job repairing a car. There were mothers cooking/feeding their family while taking notes. There was definitely a problem of keeping students' attention. Most of them thought that they will catch up with a lecture video later, as it was being recorded. Some students did not show up for the remaining semester nor took the exams. To sum it all it is an on-going learning experience for myself.

This is going to be the way of pedagogical delivery system for some time to come. I feel I am somewhat ready and prepared to keep learning this new tool. I thank all who have helped me in this transition and broaden my knowledge base and skills.

By: Sanjay Jain, Ph.D. Associate Professor, Salem State University

“I Shall Return One Day”

I wished I would visit my parents, without informing them, at Begusarai.
Dad, the station master there, could utter a few soft words in pleasant surprise.
But mother would embrace me, kissing my forehead and cheek and cry,
 Until I said I am hungry, she would only rise
 to prepare food I love to eat and feed me with her hand.
Nothing is happier than this after a sojourn from a foreign land.
The lunch was heavenly, Sukto, Moongdal, Hilsa, and Rosogolla Amrit.
Then dozing off on a ‘Khatia’ under the shade of a neem tree,
 And mom lullabying like a nightingale, I always dreamt of it.
Nothing was more desired; the moments were completely hassle free.
It happened a long time ago, but the memories are clear in my mind,
 It seems surreal now, my beloved parents left behind.
 As the train was whistling away, it’s time to say goodbye.
 Mom was inconsolable, sobbing and weeping like a rainy cloud,
 Dad waved with his spectacles at hand and tears in his eyes.
I tried to console them, promising that I would make them proud,
 And come back after I complete my studies abroad.
Who knows that it would be only words, never to happen, oh my God!
The tiny rail Quarters of Begusarai, with touch and smell of my mom and dad
 is buried under the million-dollar palace where I live,
The splendor overshadowed the subtle memories of them I had.
In my inner soul, I cry silently and pray God to forgive.
When I ride my Mercedes, it echoes the train’s wheel-
 I will return, return surely, I will...

By: Debabrata Biswas

Positivity

Life is beautiful, time is valuable. Don't waste it in unnecessary thinking. We should keep our mind busy in good thoughts. We should not be affected by adverse situation in life. Instead of cursing our self and God we should be strong enough to handle the negative situation. We should believe our self and work on our inner strength. Meditation makes us mentally and physically strong. We should not highlight others weaknesses instead of that we should always see positive in others. We should always keep a check in our thoughts. We should not hear evil, say evil as it generates negative thoughts. We should understand our responsibilities and do our duties instead of running after praises. Satisfaction is important in life then only mind will not direct in negative thoughts. Always have a positive attitude towards life as things might be difficult but not impossible. Ego should not overpower our Relationship. Always change yourself first before trying to change others. We should have the power to influence people and not get influenced by negativity. Be positive and create miracle. We should be beautiful internally then only we can be strong. We should make sure to clean our mind before sleeping so that negative dreams don't come. We should meditate before sleeping. Positivity comes from strict routine in life. Life is beautiful every second is precious don't waste it in unnecessary thinking.

Be Positive be Happy.

By: Priya Kedia

Why now is the Time to Set Powerful Intentions

We are all living through an extremely powerful energetic time. When was the last time the world was focused collectively on one thing as it is today? Right now the collective focus is on health, safety, and security which creates a significant amount of fear. This fear feeds more fear and creates more negative energy. The more you focus on fear, the most you stay stuck in your own prison because you are literally blocking your ability to create and attract your positive desires into your life.

The amount of energy being harnessed right now is powerful. As you know, energy can neither be created nor destroyed, but it can be transformed. You have a choice right now to either contribute to the energy of fear by feeding it with your thoughts and emotions, or you can transform this energy into something productive.

Oftentimes, it takes some big negative event to happen in your life to wake you up to who you really are and what it is you really desire for yourself. This could happen

in the form of a job loss, illness, breakup, a global pandemic, and so on. Some people may not see it as a catalyst for positive change and as a result, they suffer more. But when you know that with every bad, there is good, AND you have the mentality that amazing things can be born from challenges, then you wake up to your power to create your reality. It's all a matter of intention and focus. There is no bigger change happening right now than what is going on in the world today with this global pandemic. The world is changing around us, and we are being ushered into a new reality. Now is the time to ask yourself - What is it that you want to experience in this new reality?

Start to move yourself back into alignment with your truly desire to create. Here are 3 powerful ways to help you get there.

1. Make daily intentions. In particular, start your day with an intention with what you want to do that day. Intentions focus your energy and emotion. That focus directs your actions automatically. By starting your day with conscious intentions, you set the tone for what you want to happen for your day. This can be anything from what you want to get done while “working from home”, helping your children with school, working on a home project, working out, and so on.
2. Intend your feelings. This is a very powerful tool. Sometimes it's easier to make intentions of what you want to accomplish or get done, than to stop and consciously decided how you want to FEEL doing it. Your feeling is the key to your point of attraction. How you feel determines if you are in a high vibrational state which attracts positive things into your life or a low vibrational state which makes everything feel hard. So, remember to intend to feel good. Intend to feel productive or accomplished. Intend to feel grateful for how things are working in your favor.
3. Shift your attention from fear to focus. When you find yourself moving into states of worry and fear ask yourself: Am I in immediate danger right now? Is this fear helping me right now? If your answer is no, then shift your attention from the fear of what you will lose into a focus on what you can create. Focus back on the intentions you set for yourself for the day. Use this energy of fear to help you become more productive and focused. Literally, put blinders on to everything else that will distract you like the news or people who want to

complain. I know this is hard to do, but trust me you will see and feel the difference immediately.

Your external reality has shifted, but your ability to create your reality remains the same or it's even stronger. Remind yourself that you have the power to create your reality in this new normal. Practice it by taking it moment by moment and day by day. Don't let your mind wander into the future or back into the past. It's important that now more than every that you focus your energy NOW in positive and productive ways. While everyone else around you is being distracted, stay relentless in your focus of feeling good.

By: Raana Zia

Pandemic Triggered Family Project

When the 2020 pandemic hit us in March 2020, the full brunt of it wasn't understood. Coming to think of it, we are still learning how deadly and destructive, in ways more than one, the Covid-19 virus truly is. Friday, the 13th of March (Yes, it does sound ominous) turned out to be the last day at school for the year in Massachusetts. Pretty much all activity, as we knew it, was halted abruptly the same weekend and we were all asked to "Shelter In Place" a.k.a. stay-at-home. At that point, there wasn't very much data available to show the impact on the virus at either the National or State level. We, as a family, wanted to keep track of what was happening in our neck of the woods, in Massachusetts. The MA Dept of Public Health has just begun to release county-based data. We decided to fill the gap by creating an interactive dashboard that we would update daily and publish for others to also benefit from it. Therein started our mini-family "have fun while learning" project that started with modest goals and grew into a complete dashboard with interactive maps, interactive bubbles, charts, and timeline sliders. Knowing very little about the underlying technologies involved, we spent hours scouring Google to learn about Javascript libraries (we ended up using the fantastic D3JS library for the mapping functions, and ApexCharts for the graphing functions), dealing with topological map data (which we downloaded from the MA gov website and customized to add county information), and hosting a web page (believe it or not, this turned to be one of the more challenging aspects, since most hosting sites are built for simple "blog posts" with drag-and-drop customization, and they make it very hard to fiddle with the underlying code). Over the next few weeks, our little amateur website took shape and <https://covid19-ma.info/> was released. As we kept updating the chart daily, we added other features like moving averages, sliding windows, and callouts for anomalous days. While there are a plethora of Covid-19

visualization sites now available (and we now have a much deeper appreciation of what goes into building some of the more elaborate ones we've seen) our little corner of the e-world stands as a daily reminder to us of how serious and how close to home the pandemic is. This hands-on exercise helped us all learn very early on how important it is for each of us to do our part to keep ourselves and our communities safe.

By: The Pant family (Pankaj, Mandy, Nishka & Aarushi Pant)

LIFE, Sincerely Yours....

Home sweet home – the priceless bond of kinship
My safety harbor from the storm.
My cozy haven, safe and warm.
Homeowner at last, my small abode of belongingness, touched shores, my ship.
Rainbow Rise, I used to live to see the Sun
Descend from sleepy skies.
And watch the waves as they drift in
Sweetly singing their lullabies.
Oh, how I used to love to romp with butterflies
Dance in meadows weaved in gold.
And watch at leisure, the birds soar through the sky,
Until the winds grew cold!
But this chapter of life, I am set to begin a whole new adventure, struggle, and
fight
And settle my scores with life, with all my might.
I see a ray of hope, at the end of the tunnel, that light in sight
I said to myself, get going, go on, chin up, rise and shine bright!
Bidding adieu to my bygone life – and to each of its inexplicable tribulation and
trial,
I embraced all the new possibilities life offered in a speed dial.
A whole new challenge, thereafter, began a brand-new strife,
I must nail this one, I swore on you, Life!
Day after day, 60-hour weeks, sapping, monotonous routine
Chase it, win it – lag it, lose it- mantra of cutthroat corporate routine!
Gotta slog, gotta run, gotta bring the bread home, to work, I am sold.
Working my blood and guts, cloud, rain, snow and cold.
Where there is a will ... I will find way after way
I will not rest battling up life's hill. Day after day.

Until there are no more worries or heartache
I must struggle with life, for family's sake.
My life often whispers to me- in childish fancy, prompting to tell-
None may believe but I DO - in 'dreams come true' and miracle!
This shuddersome journey will someday take away all the pain.
Then bliss, hope, solace, and peace will be my gain.
In the deepest core of my heart I believe in my hope, as I uttered the rhymes,
I hear it in the whispering of the wind as it rings the chimes...
I will not be silenced- even if hearts break, soul hurts, dream shatters.
Oh life, the war's not over yet, you bet I'll hold on to you, 'cause that's what
matters!

Send your demons, my angels are watching over 😊
Try me, I'll not give up until you give back the smiles n' the glory that once was
MINE.

I DARE you to stop me – on us, the sun of life will shine
NO! No ceasefire yet- the war is not over...

I will now live each day,
With hopes that by and by.
With each teardrop that I lay,
I will find a rainbow in reply.
The sunny days are soon to shine
The sleepless nights are soon to be 'not mine'...
It is a matter of time that the sun will shine,
The despair and sorrows burning me are on the wean.
From the ashes, like a Phoenix, watch me rise yet again!
My family will overcome the loss and pain.
After all, when winter is there
Shall Spring be far behind?

By: Tanu Basu, IAGB Director

SETU virtually stages a murder mystery for IAGB

SETU and IAGB, with many common and complementary missions, have joined hands to bring an Indian-origin play in English through virtual presentations on September 19 and 20 at 2 pm.

Contacts: Noorain Buxamusa, Sanjay Kudrimoti, Yogita Miharia, and Sushil Motwani.

IAGB, founded in 1962 as a socio-cultural organization, plays an important role in bringing the area's Indian communities together. IAGB's initiatives are diverse with the common mission of bringing people together and serving the community.

SETU, a local non-profit 501 c 3 organization, was founded in 2003. SETU's **mission** is to build bridges between Indian and Western cultures through the medium of theater. SETU attempts to highlight India's social, political and economic issues from the past and the present. SETU has staged several successful productions in the past, some being "Rape, Regret and Retribution", "Hayavadana", "Shah Jahan", "Mahabharata", "Once Upon a Time NOT in Bollywood", "Ramayana", "Kamala", "The Fire and the Rain" and "Devdas". Most recently, SETU presented a virtual production "WEAVE Women Empowering Acts in a Virtual Environment".

Visit www.setu.us to learn more about SETU's productions.

In these tough times, in order to serve the underprivileged and to bring entertainment to the community, IAGB and SETU are joining hands to stage the next SETU production of "Seven Steps around the Fire" by the renowned playwright Mahesh Dattani. These shows will happen live on September 19 and 20, at 2 pm (stay tuned for more details) but in a virtual environment that the audience can enjoy from the comfort of their homes. All proceeds from the ticket sales will go to local food pantries.

A production like this cannot be possible without the contribution of many. Please see below about the play and the complete cast and crew.

Are you ready to experience how a housewife unwillingly entangles herself in solving the murder of a member of the Hijra community? In the process, she uncovers the plight of the most oppressed section of the Indian society whose very existence is shrouded with ancient myths and social prejudices.

A synopsis:

In the first step we live with respect, in the second we grow together in strength. In the third we work hard to bring wealth, In the fourth—we pledge family allegiance. In the fifth we promise to nurture children, and in the sixth we pray for our health. ...Let us also promise love and friendship, In our last eternal vow of the seventh. The holy vow to many, is potent irony to others.

For these "others" the initiation of love around the fire is seldom. And when it happens... It happens in the silence of the dark night, in claustrophobic secrecy, in choking fear, in unpleasant uncertainty about the future, and sometimes with no future.

SETU in collaboration with IAGB for a fundraiser

SEVEN STEPS AROUND THE FIRE



A housewife unwillingly entangled herself in solving the murder of a member of the Hijra community. In the process, she uncovered the plight of the most oppressed section of the Indian society whose very existence is shrouded with ancient myths and social prejudices.

Playwright - Mahesh Dattani
Direction - Subrata Das

Two shows with a double cast:
Sep 19 at 2pm
Sep 20 at 2pm

Watch LIVE at:
<https://www.facebook.com/setuboston>
Viewer discretion is advised for strong language.

Mahesh Dattani's "Seven Steps Around the Fire", the perceived meaning of marriage is debunked and challenged by India's transgender community, and lived through the curious eyes of sociologist Uma Rao.

Set in a time called now, in the mystical, dark world of Champa, Anarkali, Kamla and their few friends and many foes, Dattani takes us on a breathless, awe-struck journey. Seven Steps is a story about love, hypocrisy, corruption, danger and deceit, and above all of unexpected friendships and out of norm human connections.

Seven Steps around the Fire (September 19 and 20 at 2 pm, virtual presentations)

Playwright: Mahesh Dattani

Direction: Subrata Das.

Costume Design: Jayanti Bandyopadhyay

Dance Choreography: Vasudha

Kudrimoti; Performance Artist: Chandrala Malkwood

Technical Support: Anil Matta

The double cast for the two shows includes (*in alphabetical order by last name*):

Nikhil Bhatia, Sumalita Bhuyan, Tanni Chaudhuri, Kedar Chaudhury, Ganesh Davaluri, Ketan Dave, Sugandha Gopal, Anil Matta, Mahesh Palriwala, Sridhar Pola, Srihas Sampath, Chandra Saujanya, Bhavesh Sharma, and Sundar Sivaraman

By: Tanni Chaudhuri, Yogita Miharia and Jayanti Bandyopadhyay



Saheli, Support and Friendship For South Asian Women and Families

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Our mission :

*To empower south Asian women and
their families to lead safe and healthy
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on the occasion of
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A Word from Past Presidents

IAGB 1960-2020

IAGB as it stands today is an outstanding organization. Presently, IAGB has a group working hard to provide visibility and exposure to the outside world than ever before.

Historians may differ about the exact date (early 60's) of the birth of IAGB. But it had a rebirth in mid-60's under the stewardship of Sri Subramanian Swamy (Current BJP star).

The journey has not been easy. For a long time IAGB remained as an Indian Association of Students. Not enough resources were available to run the organization efficiently. In addition, majority of people were intent on returning home. The only source of income was showing movies, selling Samosas at the movies and arranging Concerts. MIT and BU had their own associations. It was a divided community. Regardless, credit goes to MIT and BU for keeping IAGB aloft. There were always some issues that were hotly debated. Even an address book could not be published due to privacy concerns. But annual elections were simple and smoothly conducted.

First set of Bylaws were introduced in early 70's by Mr. Vyomesh Vora (currently in California). The Members always tried hard to make IAGB grow. In the 60's there were about 350 people in Boston area. Mrs. Lakshmi Bose, (wife of Dr. Bose of MIT), Mr. & Mrs. Jayanthi Dikshit were ardent supporters. They cooked and fed many students .It was a crawling baby.

IAGB did not actively reach out to the community for a long time. Majority of members were students with one foot in India. Credit should go to Late Sri Khetrupal ji for reaching out to the community. Since that time the association has grown continuously. Along the way we had some hiccups, but there were also bright spots. Past Presidents Messer's Shiva Sheel, Kapilesh kumar, Bijoy Mishra and Ram Vorgunti to name a few have helped in making IAGB what it is today. The last few Presidents starting from Ms., Ms. Aditi Taylor and Jaya Vorgunti and the current President have made IAGB into a formidable organization. We have exceptional talent in the community to reach the next level.

Where do we go from here? It is time to reset the clock. There are so many organizations providing exceptional services to the community with different objectives. IAGB has already reset the clock with several initiatives. The opportunity for being a formidable organization is unlimited. The present generation has talent and resources. IAGB has enhanced it's involvement in several areas. Civic

engagement, Senior and next generation engagement, working with other Community organizations, Cultural activities are a few of the initiatives IAGB has under taken. Our future looks very bright. Best wishes

By: Ram Satyaprasad

A Bitter-Sweet IAGB India Day Memory

I have been attending IAGB India Day events since mid-90s. In the beginning when I could be at Hatch Shell anytime and still get a parking spot right in front of the stage. That was very convenient because I wanted my two very young kids to watch the program!

As years went by, I became involved with IAGB EC and by 2005 or so, the crowd size for this events was in thousands. So, one day after the program I was backstage cleaning up and I saw an ex-IAGB president walk in with a very big smile on his face. As it turned out, his car had just been towed away because he parked on Storrow drive about a mile away from the stage. I asked him how he can be smiling. He said he was happy to know that the India Day event, an event that he had helped start, had become so big that then led to a number of cars getting towed away that year.

To me that was inspiring and showed how the IAGB leadership always had the best interest of the Indian community on their mind.

By: M. Rajinikanth

IAGB Activities

“Indian Flag Hoisting 2020 - History in the Making”

An Epic IAGB endeavor with a Covid-19 “twist”!!!

We would like to bring your attention to an epic event coming closer to us, Raising/hoisting the Indian Flag commemorating India’s Independence Day, for the first time in the New England area on August 14th & 15th!!

The coronavirus outbreak has had profound impacts in our daily lives, leading us to adapt “new norms” of social distancing and come up with innovative ways of doing things. As we all agree, one of the most challenging ‘new norm’ is the restriction on the number of people gathering in one place at the same time, This has created a huge question mark in our minds on ways to celebrate various special milestone socio-cultural or historic occasions, traditionally celebrated in a grand way welcoming a huge public gathering.

For the past 60+ years, IAGB has been celebrating August 15, as India Day, to commemorate India's Independence and celebrate Indian Americans’ rich culture and traditions, with utmost vigor and grandeur. For more than 25 years, IAGB has celebrated India Day in places like the Hatch Memorial Shell and the City Hall Plaza with a cheering crowd of about 14,000 people. However, considering the current restriction, we have done away with the traditional plan of bringing a huge gathering in one centralized venue; Instead, IAGB has a decentralized plan to bring this celebration to many cities and towns in New England (35 in total!).

For the first time in the Commonwealth of Massachusetts and few other neighboring states, IAGB has planned a grand unique endeavor by working with various towns/cities in New England to join IAGB in an endeavor that is about to create history! Watch various towns commemorating India’s 74th Independence Day by hoisting the Indian National Flag on Friday August 14th or Saturday August 15th, 2020, in their town common/town hall/city hall. This will not only help decentralize the celebration but also allow people to take pride in the fact that their towns/cities recognized and celebrated this historic event, while still being in the safe radar of their homes.

The event flow, on the day of:

---Keeping in mind, state mandated Covid-19 social distancing and safety guidelines, during the days of August 14th & 15th, a limited number of assigned dignitaries (including one or two town/city dignitary, local resident and IAGB rep.) will gather at the Town Common, Town Hall or City Hall and do the following:

- Brief welcome by the Town/City official
- Sing the American Anthem and hoist/honor the American Flag
- Sing the Indian Anthem and hoist the Indian Flag
- Proclamation or Recognition read by the town/city official and thereby declare Aug. 15th as India Day
- Brief remarks on the ceremony by the town representative/s and IAGB rep. and/or a rep from one of the partner organizations.
- Disperse quietly

How will you be able to watch this epic event, history in the making?

Be ready on our Facebook page for live streaming of each of these events from towns across the state and beyond! We will also feature a collage of pictures of these events on our Facebook page and also broadcast them during our live virtual cultural show on the evening of Aug. 15th.

For more details, please check out www.iagb.org

By: Tanu Basu & Jeyanthi Ghatraju IAGB Director(s)



TOWN	EVENT DAY	TIME
Austin	8/15/2020	1:00 PM
Ashland	8/15/2020	8:00 AM
Barnett		
Boston DHP		
Boston Haverhill		
Brookborough	8/14/2020	11:30 AM
Burlington	8/15/2020	9:00 AM
Carson	8/14/2020	7:00 PM
Castroville	8/15/2020	11:00 AM
Deerham	8/15/2020	11:00 AM
Detroit	8/14/2020	10:30 AM
Eastborough	8/14/2020	9:00 AM
Gallop	8/15/2020	9:00 AM
Hartford CT	8/15/2020	TBD
Hopkinton	8/15/2020	9:00 AM
Livermore	8/15/2020	11:30 am
Litchton	8/15/2020	12:00PM
Lowell	8/14/2020	9:00 AM
Lynn	8/14/2020	9:00 AM
Martinsburg	8/14/2020	8:30 AM
Medford	8/14/2020	11:30 AM
Nashua, NH	8/14/2020	9:00 AM
Needham	8/15/2020	9:00 AM
Norwell	8/15/2020	8:00 AM
Plattsburgh	8/15/2020	3:00 PM
Portland ME	8/15/2020	10:30 AM
Rivers	8/15/2020	12:15 AM
Sharon	8/15/2020	11:30 AM
Shrewsbury	8/15/2020	11:30 AM
Springfield, MA	8/15/2020	10:30 AM
Waltham	8/14/2020	8:00 AM
Westford	8/15/2020	8:00 AM
Wilmington	8/14/2020	11:00 AM
Worcester	8/15/2020	8:00 AM

IAGB Free Daily Live Online Yoga Sessions

As COVID pandemic spread across the United States in late March and April, our community was not immune from its devastations. The loss of life, constant barrage of depressing news on the television channels and social media, alleviated the stress level among our community members. To cope with the anguish and anxiety, the India Association of Greater Boston (IAGB) and the National Institute of Mental Health and Neurosciences (NIMHANS) and its Integrated Centre for Yoga (NICY) located in Bangalore, India, collaborated to bring in a four weeks online yoga course (tele-yoga). The course was specially designed to help the feeling of well-being during a stressful time. Initially, the yoga sessions were offered 5-days a week for four weeks in April (started on 4/25). We saw upwards of 65 people attending these sessions regularly, and people from all over were benefitting from these sessions. The overwhelming response compelled us to extend the yoga session beyond the initial four-week offering. These free yoga sessions are currently running for an hour on weekdays, starting at 7 am. The focus is on breathing exercises, pranayama, and meditation. The entire course is carefully planned based on scientific research and data. For more information and joining the sessions, please click <https://iagb.org/yoga-covid19/>. This program was based on the initiative of NH State Representative Mrs. Latha Mangipudi and Mr. Krishna Mangipudi.

IAGB in partnership with NIMHANS (National Institute for Mental Health and Neurosciences) and its Integrated Center for Yoga (NICY), Bengaluru, India also organized a special power-packed 3.5-hour session with several experts and panelists from India and the USA sharing their experiences on the International Day of Yoga on June 21. The program started with a live yoga the session, followed by an overview of the scientific/medical research data related to mental health through a webinar headed by Padmashri Dr. B.N. Gangadhar. Well renowned yoga practitioner and an eminent Physician/Yoga expert and the Director of SVYASA University, Dr. Nagarathna, in her presentation titled “Yoga for mental health” covered many aspects of her and her institute’s work and highlighted the important aspects of practicing yoga as a family. Following that, a moving video message by Sadguru, Founder of ISHA, specifically focused on people living in the USA, was shared. In the next segment, Harvard University Faculty, Prof. Sat Bir Singh Khalsa, shared a presentation on “Yoga for stress.” and showcasing the strides yoga research is making in academia. The final segment of the day involved a panel discussion on “Yoga in Modern Life and Healthy Life Style.” The well-known

ayurvedic medicine practitioner, Dr. Jyoti C Hinduja, and yoga practitioners Ram Chelkhara from the Art of Living Foundation, Jay Gupta from 'Yoga Caps,' Mr. Dev Lingadevaru from Bramhakumaris, and Mr. Narendra Karapakula from 'Bharatiya Yog Sansthan' participated in the panel discussion. Over 180 people attended the entire program.

By: Guru Samaga, IAGB Director

India Learning Series India's Journey to Independence

This August 15th, India celebrates its 74th year of India's Independence. Given the situation the world is facing with Covid 19, to celebrate this day IAGB, in lieu of the large public event at City Hall plaza, took the initiative to launch several online and smaller In-person events. The kick-off was a part of a Learning Series that started July 12, 2020 on every Sunday and ended August 16, 2020. It was an educational 6-session course in collaboration with Shishu Bharti, of India's Journey to Independence starting from the establishment of the Indus Sarasawat Civilization and Vedic period to where it is today.

These sessions were open to Middle School and High School children. It was enthusiastically attended by a large number of students with several parents following alongside their children. The wonderful teachers of Shishu Bharati, Ramanathan Sundaram, Roopesh Mathur, Swatilekha Maiti, and Sanjay Rao created a beautiful learning experience with their easy to read, colorful slides, google classroom for continued reference and Kahoot for quizzes at the end of each session. Prizes were sent to top 5 quiz winners every week by IAGB. A raffle draw for diligent participants was conducted after the last session with a raffle draw and teacher's choice gifts of books.

We look forward to hosting more such sessions in the future.

By: Lata Rao, IAGB Director

ART Work on Covers

Front Cover: Dr. Java Joshi



Born in India, at a young age Java earned several accolades in addition to earning Masters in Fine Arts and Ph.D. in Drawing & Painting from India.

Early in her career (at age of 13), Java was influenced by Intuitive Abstract Expressionism. Been involved in both, painting and performing arts, a large portion of her work reflects relationship between art of painting and theatre, with paintings based on themes of plays/theatre from across the world.

Her recent collection of paintings is based on Indian Folk Dances prior to which the collection was based on habitats and lifestyles of Indian villages.

She has spent time in commercial arts (graphic and web design) as well as fine arts of drawing and painting. She has worked in advertising firms and now shares the passion of arts through teaching.

Her style of using bright and vibrant colors allows her to express her imagination in a way that is refreshing & eye catching. She expresses herself in oil, acrylic, pencil and ink, sometimes combining non-traditional mediums.

She says: "When observing my work, I would like you to feel energized and refreshed."

Back Cover: Gopika Narula



Gopika Narula is an artist residing in Chelmsford with a passion for art using mixed media, a teacher, an actor who has worked in short films, a theatre lover - who has acted in many plays with Hindi Manch, SETU and Darpan Theater and winner of Title "Mrs. Bharat Elite New England 2019". She has been invited as an Art Judge for many art events. Her Artwork has been a part of many Art Shows.

She was introduced to art by her mom (her "Guru") - a great artist. Watching her mom work on her paintings fascinated her and that's how she became interested in art. She has IT background but Art always had a very special place in her heart.

SETU, Ekal Vidyalaya, NEMA, Vision Aid, Leher, Essence of India. She also teaches Art classes, summer art camps and painting workshops for adults and kids at different locations. She has her studio at Western Ave Studios. She can be contacted via email: gopika.narula@gmail.com or fb(Gopika Narula).

In her own words, "Art is my life. It's been a beautiful and creative journey!"



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