



**IAGB**  
INDIA ASSOCIATION  
OF GREATER BOSTON

# INDIA DAY MAGAZINE

## 75<sup>TH</sup> INDIAN INDEPENDENCE DAY CELEBRATION

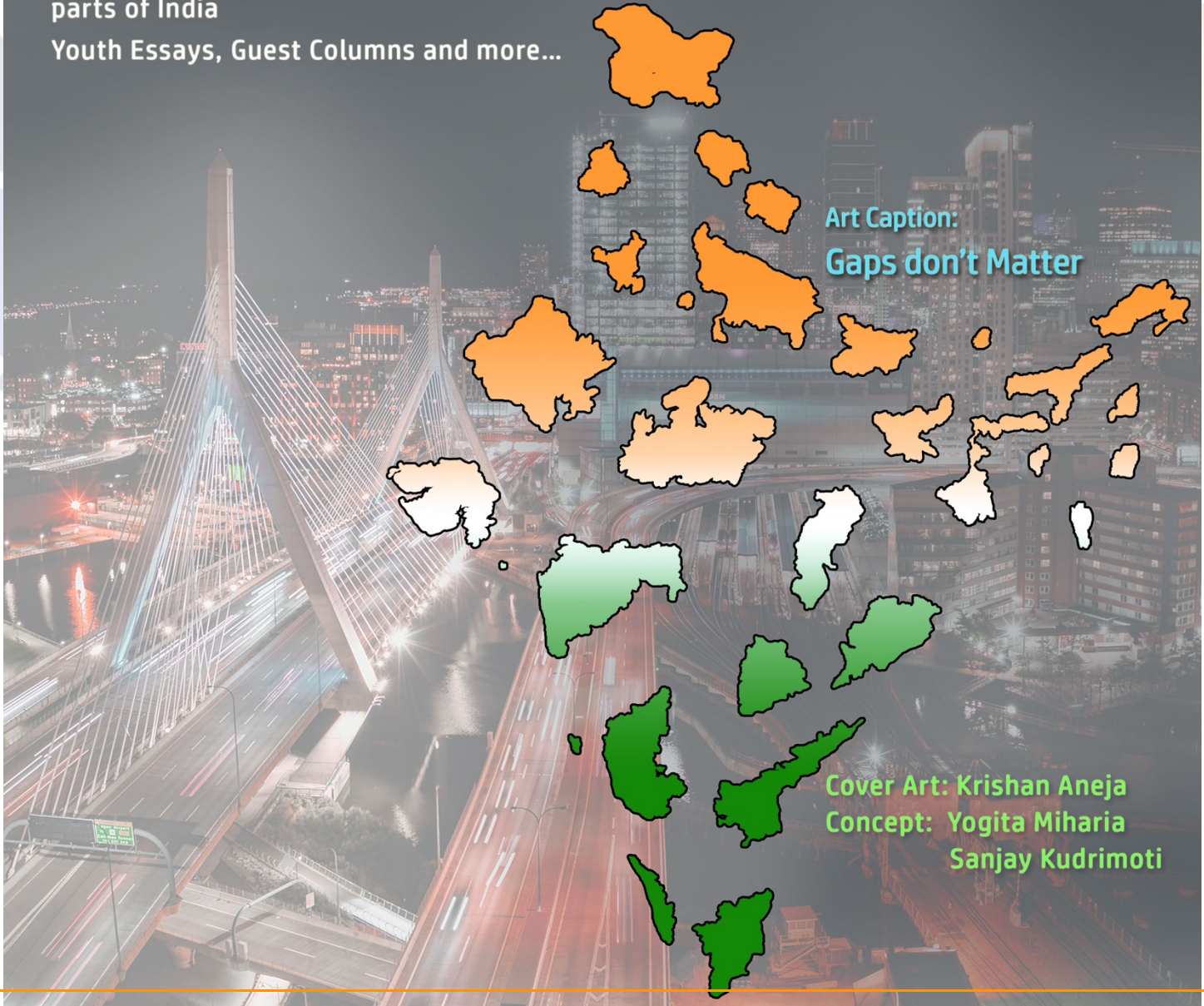
### INSIDE

Perspectives – An Essay series of Indian American perspective  
Palates of India – Recipes from different parts of India  
Youth Essays, Guest Columns and more...

Live Event Celebration:  
Cultural Programs and Musical Concert by  
Berklee College of Music  
Boston Hatch Shell,  
Sunday, August 15<sup>th</sup> 3:00 PM – 7:00 PM

Art Caption:  
Gaps don't Matter

Cover Art: Krishan Aneja  
Concept: Yogita Miharia  
Sanjay Kudrimoti



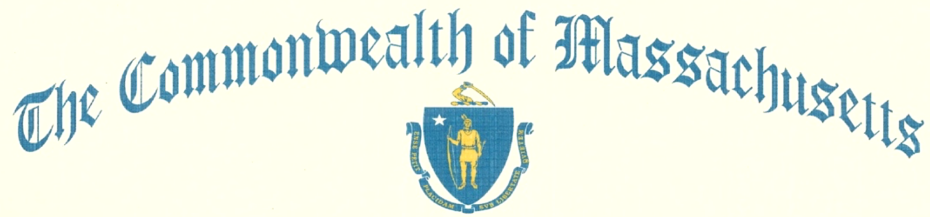
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# PROCLAMATION FROM THE GOVERNOR OF MASSACHUSETTS



## A Proclamation

*Whereas, India is the largest free democratic country in the world, home of nearly a fifth of the world's population, and with exceptional beauty and rich cultural heritage; and*

*Whereas, On August 15, 1947, India regained independence; and*

*Whereas, The Constituent Assembly of India created a most democratic constitution of its own, including inspirations from the American constitution; and*

*Whereas, A youthful country celebrating its 75<sup>th</sup> Independence Day, modern India has shown an unsurpassed growth in education, health, agriculture, and technology since its independence; and*

*Whereas, India's Independence Day is celebrated by almost 1.4 billion people across the country with flag-hoisting ceremonies, kite-flying, and parades; and*

*Whereas, India has the largest diaspora in the world, and over 36 million of Indian origin live in other countries, with over 5 million people of Indian origin living in the United States, who contribute greatly to the social, economic, and civic health of our nation and our community; and*

*Whereas, India is a composite civilization - an ancient nation extraordinarily unique as a cultural mosaic of people embracing a prodigious diversity of ethnic groups, religions, languages, customs, traditions, clothing, gastronomy, climatic conditions and natural resources, and yet presenting an underlying unity,*

*Now, Therefore, I, Charles D. Baker, Governor of the Commonwealth of Massachusetts, do hereby proclaim August 15<sup>th</sup>, 2021, to be,*

## INDIA DAY


*And urge all the citizens of the Commonwealth to take cognizance of this event and participate fittingly in its observance.*

*Given at the Executive Chamber in Boston, this fifteenth day of August, in the year two thousand and twenty-one, and of the Independence of the United States of America, the two hundred and forty-fifth.*

BY HIS EXCELLENCE

  
CHARLES D. BAKER  
GOVERNOR OF THE COMMONWEALTH

  
KARYN E. POLITO  
LT. GOVERNOR OF THE COMMONWEALTH

  
WILLIAM FRANCIS GALVIN  
SECRETARY OF THE COMMONWEALTH

*God Save the Commonwealth of Massachusetts*

## EDITORS' NOTE



What a roller-coaster year this has been! Actually, the last two years!! As team IAGB gets ready to host the grand India Day celebration at Hatch Shell, it almost feels surreal that we will be seeing you all in person. We already kicked off the India Day celebrations with the Indian flag hoisting in towns and cities across the Greater Boston area. In total, we are raising the Indian flag in 41 towns and cities. Every time it is goosebumps inducing moment!

On a fine Friday morning, we hoisted our Indian flag in my predominantly white town!!! This happened in the presence of some town dignitaries, local folks, my daughter, my puppy and my favorite IAGB colleague Sanjay Kudrimoti. We came to my house beaming with joy and pride, overwhelmed with emotions. My journey from India to America was vividly playing out in front of my eyes.

We decided to celebrate with a cup of ginger chai. With a cup of tea in hand, Sanjay and I started chatting about bigger things in life. Our perspectives of our lives as an Indian American. As I took a bite of my most favorite snack, a kachori, I asked Sanjay “Why did you join IAGB?” He looked at me strangely as he wasn't used to philosophical talks with me! He finished his cup of chai and promised to me that he will tell me that soon but had to rush home then. We bid goodbye and went back to our working day but decided to meet on Sunday and continue our deep discussion.

Café Nero is our favorite hangout, so we grabbed a cup of coffee each and settled down.

**Sanjay:** So Yogita, to answer your question from Friday - The simple answer is - I joined to serve the community. In 2008, my first year in the Boston area I attended the IAGB India Day festival. I didn't know a single soul there and I was standing amongst thousands of expats from India. I was impressed by the organization that had put together such a massive scale event and wanted to be part of the team. But I not only wanted to continue working on the activities that were already a 'tradition' in IAGB but truthfully, I strongly believed I had some very good ideas to bring the community together and make life more interesting for everyone.

**Yogita:** You certainly make life interesting for everyone around you! Having known you for more than 6 years I have seen how well you gel with everyone. Because both of us are into community service and have similar interests, I often wonder, what is different in your experience as an Indian in the US vs my experience.

**Sanjay:** Ah! You want to know a guy's perspective! Should I also dish out some interesting secrets?

**Yogita:** You mean unpublished details? Of course, bring it on...

**Sanjay:** That sounds like an interesting exercise. Why don't we share our respective gender's perspective on being a first generation Indian American and our experience in the community.

**Yogita:** Great idea! Raising kids here by ourselves without any extended family is one of the hardest things in my opinion. But at the same time, I feel I get to spend more quality time with my kids despite our busy schedules because of less family distraction. The American life lends itself to making us be more in sync with them. So, on one hand the support system is missing but on the other hand my children are more independent from a younger age. How do you feel about raising kids as a dad?

**Sanjay:** Just yesterday I watched the movie "Fast and Furious 9" with my younger son. And like the movie's motto - family is everything and comes as the first priority. As a dad of two boys I am fortunate to say I had it easy. I believe that as an Indian American we are blessed with financial resources that make the hardest things easy. I teach at a State University and I interact with college age kids all day long. The experiences and hardships they have been through are distinctly different. What is your take on the Financial status of Indian Americans? More importantly, what do you think we as Indian Americans can do better?

**Yogita:** Spoken like a true finance professor, Sanjay! I do agree that we are fortunate to have a more stable financial standing. It is because most of us came here through our educational qualifications and backgrounds. But we owe it to our parents. As for what we can do better, from my vantage point, Indian Americans are already doing whatever they can to make their lives more comfortable. But yes, we all can give a little more back. By the way, have you worked in India?

**Sanjay:** Yes, for six years. I was a production chemist in the Paint Industry.

**Yogita:** Wow! Many Indian Americans have come right after school and don't have that perspective. Would you share your first-hand experience of working in India and working in America?

**Sanjay:** The experience was significantly different on many different levels. One specific distinction was the 'respect' expected and sometimes required depending on the hierarchical position one is in an institution. I felt it was a recipe for building a class system that very rarely people from lower order could break through. Here I never experienced such a work culture. How about you? Did you work back in India before moving to America?



*Yogita enjoying a croissant and hot coffee*

**Yogita:** Yes, I did. I taught at one of the leading computer institutes in India. I do agree about the ‘respect’ aspect, but as a teacher I was on the receiving end and still cherish that. My students, no matter how young or old they were, looked up to me and till today hold that regard for me. But yes, I was expected to respect my ‘seniors’ even if they did nothing to deserve it. I have been in corporate America from almost the time I have been here and never seen that forced ‘respect’ culture here. I prefer it like this as my work speaks for me and not my age, my seniority or my flattery for my boss.

I feel like we are getting too philosophical... hahaha... let's talk about something that we all love! Travel!! We Indians love to do a lot of it, and don't shy from sharing on social media through our photographs. Sometimes I wonder if it is only us women that go crazy?

**Sanjay:** Yes! After every vacation when we go through the pictures I ask Vasudha if I was there on the trip as I do not find myself in any of the pictures. But jokes apart, yes, I love to travel. I enjoy places that are rich in culture, art and history. I do enjoy the outdoors but am not as fascinated by the geography as most others are. What about you? What is your ideal vacation spot - a bustling city or a remote mountain?

**Yogita:** Mountains all the way! I am a nomad by heart, the mountains, the trees, the lakes give me the joy that no concrete jungles can. But this doesn't mean I don't go to cities. I LOVE vacationing. Anywhere but home...lol. My kids get a little tired sometimes but it's all good in the end. Accha, why did you not ask me about photos? If I like them or not?

**Sanjay:** Haha! As you said - we have known each other now for over six years - and if there is one thing I know about you is your love to be ‘captured’ by a lens. And I do have a confession to make. You are one of my most preferred people to take pictures.

Speaking of pictures, I always wonder about the ‘GNO’ culture. Is this unique to Indian Americans and unique to Boston culture or is it more universal?

**Yogita:** Hahahaha I know you are very curious about our GNOs. Most men are. What you should know is that GNOs are our way of escaping from the routine and celebrating our girlfriends. An opportunity to dress up, take photographs to our hearts content, gossip, and bare our souls. So why would it be unique to a certain sect of people? All women are alike, and if there are aliens out there, then their women are probably also into the GNO culture. But I do admit that we Indian Americans take our GNOs to the next level in terms of grandiose because

we like everything a bit over the top. I think you have gotten a glimpse at our Diwali GNO as the official photographer.

Now that I told you what we do at our GNOs, can I be a fly on the wall at your BNO? Or even better, why don't you dish out some details here?

**Sanjay:** The first rule of 'BNO' is no pictures. I guess none of us would want any memories to haunt us later! But in all seriousness 'BNO' are mostly 'Boys Day Out'. It could be a round of golf, a game of cricket and of course endless discussions on politics and in general ideas to fix world issues over multiple rounds of beer. Investments is another topic that we like to get going on and occasionally there is someone asking advice 'for a friend'. Does the last one sound familiar to you too in your GNOs?

**Yogita:** No, because we know who the 'friend' is. We do not ever drink so much to make that mistake. This was fun, Sanjay! The cafe is about to close and the lady has cleaned around me a few times already. Funny how we got here from the starting point of flag hoisting, but nevertheless it was fun to hear what the other side thinks for what is our everyday life as an Indian American.



*Sanjay busy taking notes on what women want, while sipping on a cold coffee*

**Sanjay:** Yes, I loved this 'get to know you' and your perspective on such wide-ranging topics. I learned today that you were a teacher once and realized that you are still full of surprises even after hanging out with you over the last six years. I am very thankful for our friendship and I adore and respect you like your students do for you.

**Yogita:** Ab rulayega kya?

---

\*GNO – Girls Night Out

\*BNO – Boys Night Out



HEY LADIES,  
 PATOLA WILL BE SHOWCASING:  
 SAREES, PHULKARI DUPPATAAS, KURTIS, BEADED BAGS AND  
 BOHO BAGS, PUNJABI JUTTIS, SUITS ON

**INDIA DAY 2021**

📍 Boston Hatch Shell 🗓️ 15 August



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## PRESIDENT'S MESSAGE

--Sanjay Gowda



My warm greetings on this special occasion to commemorate India's 75th Independence Day as we celebrate this special day with joy and fervor and pay tribute to those who fought tirelessly to achieve the freedom that we all enjoy, and to those who shaped the destiny of the freedom and democracy with vision and wisdom. It is the celebration of the freedom, the democracy, the unity, and celebration of the diversity.

It is also a day to recognize the Indian Americans, and Indian American's contributions, and the progress made together. We, the Indian Americans are very fortunate to represent two greatest countries, the largest and oldest democracies in the world, our matruboomi, the mother land and our karmabhoomi, the adopted land. We each are the essence of diverse, multi-cultural, pluralistic societies. We share the values of individual liberty and economic opportunity.

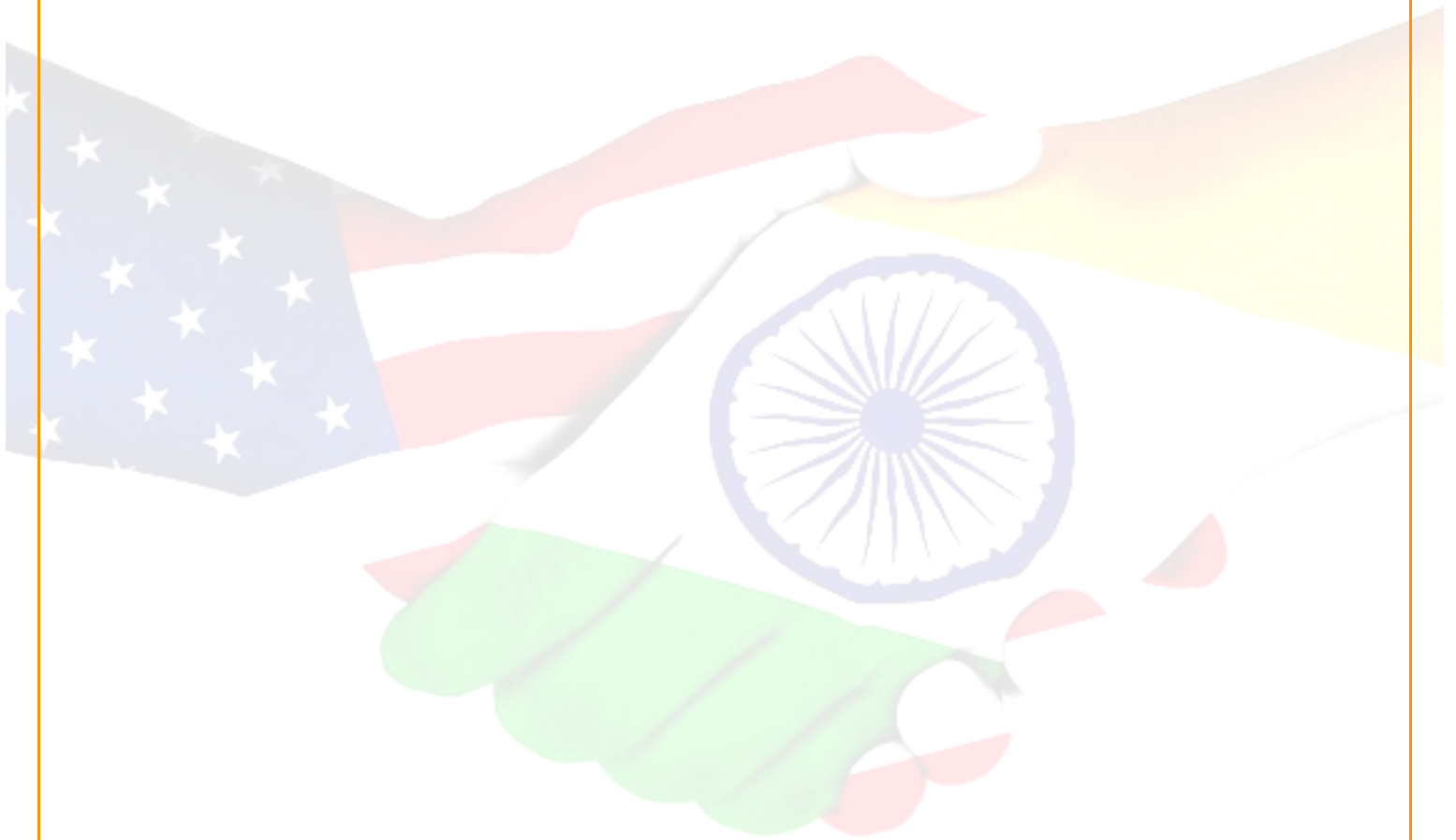
We as an immigrant community, contribute greatly to the social, economic, and civic health of the nation. Indian American community have made the mark with a culture of hard work, inclusive attitude, and passion for excellence in whatever we do. We are proud of our glorious Indian heritage and tradition and at the same time, proud of being Indian Americans.

IAGB, the oldest and the largest Indian community organization in the New England region, has been celebrating India Day, commemorating India's Independence Day for several decades in the heart of Boston. This pandemic couldn't stop us or dampen our spirits to celebrate our pride. We had organized large scale virtual India Day celebration with professional entertainment programs in 2020, taking IAGB to beyond New England region. This year, we sprang into action as soon the restrictions were lifted to bring back our pride and the largest

Indian community celebration in the New England region, at the Hatch Shell, an iconic Boston landmark that unites and enriches the Boston community with vital arts, culture, and green open space. This sprawling open venue is Boston's epicenter for large outdoor performances and open-air events. Leading to this grand celebration, IAGB collaborated with over 50 towns to raise Indian and American flags with a formal ceremony to honor the birth of democracy of India. At the grand celebration, a live-in concert by Berklee College of music is a unique and first of its kind at IAGB India day celebration since its inception.

The Pandemic made us realize the value of freedom and has reminded us how interdependent we are. Let this celebration, a reminder for all to be more independent, more inclusive, more compassionate, be rid of any prejudices or discrimination of any sort. Let us respect everyone and all the cultures. Make progress together.

---



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**INDIA DAY FESTIVAL 2021**  
**HATCH SHELL MEMORIAL, 15 August 2021**

**Flag Hoisting Ceremony**

**US and INDIA NATIONAL ANTHEMS**

**Shishu Bharati Band and Choir**

**Music Directors: Dr. Mallika Anand, Dr. Alexander Li Cohen**

**Coordinators: Seshi Sompuram, Nilesh Agrawal**

**Performers:** Aakansha Agrawal, Ariana Arvind, Devangi Bhargava, Lakshmi Li Cohen, Vidya Li Cohen, Priya DeWinter, Ridhima Gaikwad, Reyansh Gokak, Devika Gollapalli, Ishani Sarin Gupta, Shalin Sarin Gupta, Sishir Mahavadi, Pranav Mallina, Jahnvi Nanavaty, Maithili Nanavaty, Aakash Patel, Anica Patel, Tvisha Patel, Yuvaan Patel, Advik Kanungo Saith, Lakshya Srini, Aanya Tichkule, Ananya Tilwalli, Antara Tilwalli



**Welcome Speech**

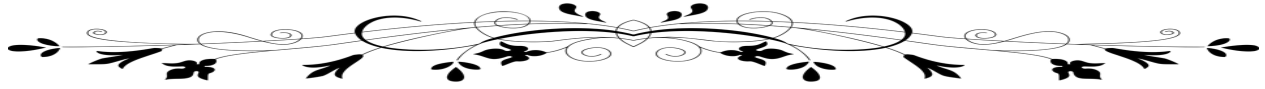


**IAGB Youth Band Performance**

**Band Director: Ruhi Shroff**

Krishang Thakur (Piano), Shubhang Konduri (Trumpet), Sachit Kurup (Trumpet and Flute). Tanav Kotapati (Piano), Rishon Banerjee (Guitar), Kinshuk Gupta (Piano), Ruhi Shroff (Drum), Neha Panke (Vocalist)

A musical band trio by IAGB Youth presenting Indian and Western Pop hits



## **LEHER Band Performance**

**Band Director: Dr. Amal Jawa, Dr. Raagini Jawa**

Vocalists: Dr Raagini Jawa, Dr Amal Jawa, Dr Sanjay Jain, Sushil Motwani

Instrumentalists: Vinphin Kundukulam, Krishan Aneja, Arjuna Balasurya, Umanga Balasurya, Paul Senn

New England's own Local Band Leher brings you a perfect blend of patriotic songs to set the mood for this Independence Day evening



## **Tarana**

**By: Triveni School of Dance**

Triveni Dancers will present Tarana, a vibrant fast paced dance in kuchipudi style choreographed to the haunting melody of the late Shri Pandit Ravi Shankar. Great fusion of Hindustani music with Kuchipudi from Andhra. Begins w/the dancers portraying statues of Gods & Goddesses in a Hindu Temple & gradually coming alive with complex rhythmic movements.

Performers: Prachi Mhatre, Aditi Suryawanshi, Gaiyatri Mathew, Praveena George, Anushka Srivastava, Shreya Shukla, Devangi Rathi, Radhika Heda, Vrinda Heda. Shriya Rathi



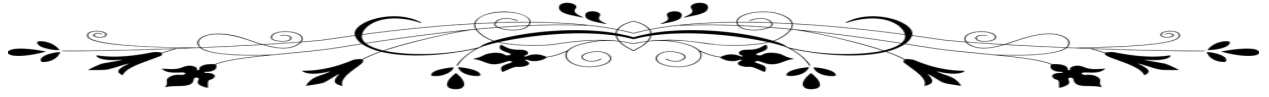
## **Colorful Rajasthani Dance**

**Aangikam Academy**

**Choreographer: Jasmine Shah**

Rajasthani style dance on upbeat and fast paced song Rangilo Ritu. In this dance women are welcoming and celebrating colorful spring and asking their loved ones to join.

Performers: Archana Shah, Asha Thotangare, Darshna Patel, Disha Patel, Kruti Patel, Megha Patel, Mona Duggal, Saroj Madhani, Sonal Shah, Sunita Malhotra, Sadhana Kyathappala, Shubhadha Kulkarni



## **Regional Medley**

**Choreographer: Jyothi Setty**

Dance performed for a medley of foot tapping chart busters from Regional language cinema especially from South India. Here dancers are performing for Kannada, Marathi, Telugu, Tamil and Malayalam songs.

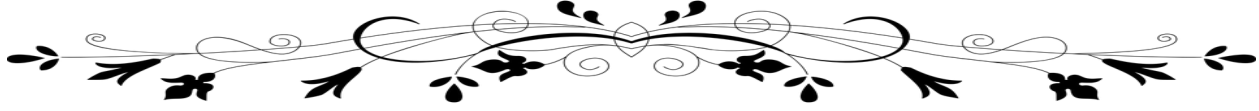
Performers: Suma Chitturi, Uma Vishwanath, Heavensia Chellapandian, Siddhi Thadaru, Sarayu Kothuri, Tanya Shukla, Sonia Shukla, Bharghavi Kothuri, Padma Thadaru, Aruna Bheemarasetti



## **IAGB Community Youth Excellence Award**

Recognizing 2021 Award Winners

Arnav Bhakta, Sachi Badola & Archita Neamlkanti



## **Sponsor Recognition**

Pelmeds – Bhuren Patel



### **Around the world**

**Choreographer: Viprali Bhatkar**

It is about hope; about love, happiness. The whole world went through this pandemic together, we suffered but we stayed strong, supported each other, and celebrated unity. It is about harmony and togetherness. It's a reminder that no one is an island, the Ubuntu spirit - I am because we are. We will represent this through some of the world's popular dance forms and music.

These include Indian Classical, Belly dance, Salsa, African, American Pop, and Bollywood.

Performers: Ashwini Tumne, Pooja Parulkar or Pooja Singh, Anita Tomar, Mitali More, Shubha Vijayesh, Pallavi Gupta, Vanisha Jain, Ruchita Kothari, Kanchan Chaudhari, Viprali Bhatkar, Shanu Shah



### **Rajasthan to Gujarat**

**By Dance Spirit**

**Choreographer: Bina Negandhi**

Dance Spirit will be presenting beauty, love and joy of women and girls bonding together and creating magic of happiness as they dance on Rajasthani tunes and Gujarat Dhol.

Performers: Khushi Morparia, Medha Morparia, Sejal Kothari, Bhavna Kumari, Hiral Gami, Deeya Khamesra, Aushee Khamesra, Rhea Kunnel, Pranathi Srirangam, Vrinda Heda, Radhika Heda, Kshama Srinivas, Rutika Shah



## **East West Medley**

### **DFD Dance Academy**

#### **Choreographer: Devika Dhawan**

The students of DFD Academy are excited to share the culture of India through both folk and modern Bollywood dance styles. Bollywood is such a huge influence in not only India, but also a connection for many South Asians in America to back home. We're proud to celebrate India Day through the dance and artistry that comes with our vibrant Indian music and pop culture.

Performers: Ria Bhandari, Tanisha Bhaskarwar, Sai Charanya Buddha (Cherry), Shriya Dave, Ishi Kashyap, Olivia Alappatt, Amisha Shanmuganath, Amitha Shanmuganath, Prapti Patel, Ishanvi Saxena, Rishika Saxena, Varsha Kattuboina, Sasha Jawahar, Aaria Nagpal, Maya Goyal, Anika Rao, Dhriti Motwani, Aanya Mathur, Akshara Agrawal, Natasha Raina, Dia Paliwal, Veda Menon, Anulekha Sahu, Sampriya Poripeddy, Seerat Kaur, Heer Gajjar, Pritha Yalakkishettar, Suhani Holla, Jesslyn Cherian, Ryana Riaz, Shreya Madhu, Anvi Polisetty, Rachael Kurian, Mansi Mathur, Aanya Gupta, Mayra Vajhallya, Prajusha Reddy, Tavisha Reddy



## **State Folk Dances**

### **Dancing Divas**

#### **Choreographer: Neha Sharma**

This dance theme is 'Atulya Bharat.' The dance will depict different cultures of the Indian states in dance form. Even with differences in culture, language and food, but we are all one at the end, Indians.

Performers: Abhinav Vijaykumar, Kanishka Tirupati, Maanvika Tirupati, Dia Gupta, Anaisha Gupta, Bhakti Pethani, Arya Lamba, Anaya Lamba, Tanay Garg, Mishika Basu, Miraya Basu, Arash Khare, Reyansh Yadav, Divyansh Yadav, Divyana Yadav, Avani Bansal, Snigdha Kethineni, Ekam Sharma, Reyansh Kondam, Adharsh Sriraam, Sarah Vijay, Satyarupaa, Jill



Banka, Arin Banka, Sri sanshitha Thavaguru, Jjayan Krishshiv Thavaguru, Shree Periyanaayaki Adaikkappan, Tanisha Jain, Shreya Choudhary, Ananya Shukla, Raenisha Nayak, Anshika Panda, Navya Agrawal, Shanaya Agrawal, Taashi Tayal, Ashna Anand, Vamika Singh, Yajat Biyani, Paavni Biyani, Avni Magaji, Veera Magaji, Anita Kaul, Bhumi Shukla, Neha Sharma, Harsha Khare, Kabita Karki, Kavita Banka, Manisha Biyani, Neha Singhal, Princi Bansal, Richa Agrawal, Vandna Gupta



## **Chief Guest**

Niren Chaudhary – CEO, Panera Bread



## **Community Covid 19 Service Recognition**

New England Community Organizations



## **IAGB President's Address & EC Introduction**

Sanjay Gowda, IAGB President

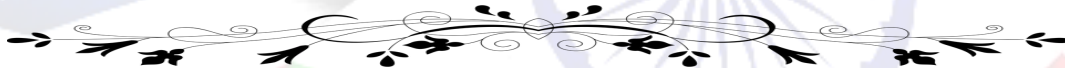


## **Live in Concert**

### **Berklee College of Music – Indian Ensemble**

The Berklee Indian Ensemble is one of the hippest performance acts to emerge from Boston. A global viral sensation with over 230 million views, the Ensemble melds classical, folk, Sufi, and contemporary Indian music, with influences ranging from hip-hop and jazz to Middle Eastern and African flavors.

Founded in 2011 by Indian Berklee alumna and faculty member Annette Philip, the Ensemble provides an open and inclusive creative space for musicians from all over the world to explore, study, interpret, and create music influenced by the rich and varied mosaic that is Indian music today. The Berklee Indian Ensemble has risen to prominence as one of the most storied musical collectives in the country with their unmistakable signature sound, and legendary collaborations with A.R. Rahman, Ustad Zakir Hussain, Shreya Ghoshal, Shankar Mahadevan, Vijay Prakash, Indian Ocean, and Clinton Cerejo, to name a few



## **Vote of Thanks**



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TELUGU**

## **Adult Satsang**

BY DR. SHASHI DWARAKANATH



## **SUNDAY SCHEDULE**

**BALA VIHAR & ADULT SATSANG SESSION I - 9:00 AM TO 10:35 AM**

**LANGUAGE CLASSES - 10:45 AM TO 11:45 AM**

**BALA VIHAR & ADULT SATSANG SESSION II - 11:55 AM TO 1:30 PM**

**For more information  
contact [info@chinmaya-boston.org](mailto:info@chinmaya-boston.org)**



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**CHINMAYA-BOSTON.ORG**

## A LOOK BACK AT THE LAST 75 YEARS OF FREE INDIA ...75 Years since the mid night hour of 15<sup>th</sup> Aug 1947

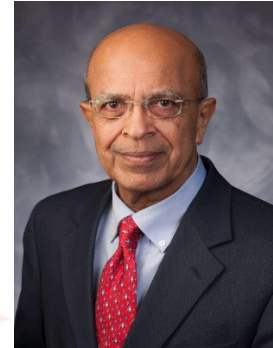
India achieved its independence from Britain at the stroke of midnight on Aug 15th, 1947. Nehru in his iconic speech said “Long years ago we made a tryst with destiny, and now the time comes when we shall redeem our pledge, not wholly or in full measure, but very substantially. At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom”



**Prabhulal Rathi, 1936**  
Board of Trustee &  
Chairman, MMNA



**Vasant Jinwala, 1939**  
Co-founder, Shishu Bharti



**Harish Patel, 1943**  
President, Sewa Boston  
Chapter

1. **Partition (1947):** In one of the most defining moments of India’s history, British India was divided into two countries India and Pakistan along sectarian lines. More than two hundred thousand were killed in ensuing riots and 14 million displaced.
2. **The first Kashmir War:** It was fought between India and Pakistan over the princely state of Jammu and Kashmir from 1947 to 1948. It ended with Maharaja Hari Singh signing an Instrument of Accession to India.
3. **Assassination:** Mahatma Gandhi was assassinated on January 30th, a violent death for a man who preached nonviolence all his life. Whole world joined India in mourning his death.
4. **Constitution:** The Constituent Assembly adopted the Constitution of India, drafted by a committee headed by Dr. B. R. Ambedkar, on 26 November 1949. India became a sovereign democratic republic after its constitution came into effect on 26 January 1950.
5. **First general elections:** India took a democratic leap by conducting its first general elections in 1951, with Congress registering a thumping victory by winning 364 of the 489 seats. Jawaharlal Nehru became India’s first prime minister.
6. **First Asian Games:** India hosted the first-ever Asian Games in the year 1951 in New Delhi.



**Bijoy Misra, 1947**  
**IAGB President (87 – 89)**



**Chander Kapasi, 1947**  
**Ex-IAGB President**  
**Ex-IMANE President**



**Pushpa Karna, 1951**  
**Sew We Care Volunteer**

7. **States Reorganization Act:** This was passed in 1956. Old states were dissolved, and new states created on the lines of shared linguistic and ethnic demographics.
8. **Asia's first nuclear reactor:** India designed and built Asia's first nuclear reactor Apsara nuclear reactor on August 4, 1956.
9. **First movie nominated for Oscars:** Mother India (directed by Mehboob Khan) was the first Indian movie to be nominated for the Best Foreign Language Film Oscar in 1958.
10. **1962 Sino-India war:** The trigger for the war between India and China was a border issue, with the Chinese side refusing to accept the McMahon Line and Line of Actual Control. The war ended with China declaring a ceasefire in a month.



**Paresh Motiwala, 1958**  
**Volunteer, Sew We Care**



**Ashwani Garg, 1960**  
**VP, Sewa International**



**Manisha Jain, 1969**  
**Founder – Sew We care**

11. **Bank nationalization:** Fourteen banks were nationalized by the government of India on July 19, 1969. The second wave of nationalization in banking came into effect in April 1980.

12. **White Revolution:** In 1970, India saw the White Revolution (Operation Flood) — the world’s biggest dairy development program, pioneered by Verghese Kurien. It transformed India from a milk deficient nation into the world’s largest milk producer.
13. **1971 Liberation of Bangladesh:** East Pakistanis fought for independence from Pakistan and achieved it on March 26, 1971, under the leadership of Sheikh Mujibur Rahman.
14. **Shimla Agreement:** India and Pakistan signed the pact in 1972 “to settle their differences by peaceful means through bilateral negotiations”.



**Srinivas Gondi, 1970**  
Nats Boston Chapter



**Rakesh Soni, 1971**  
Advisor, UIANE



**Tejal Shah, 1972**  
Sew We Care and Gurjar

15. **Chipko Movement:** The Chipko Andolan was a forest conservation movement in India. It began in 1973 in Reni village of Chamoli district, Uttarakhand.
16. **Pokhran 1:** India conducted its first nuclear test, codenamed “Smiling Buddha”, in the year 1974. With this, India broke into the list of five nuclear-powered nations.



**Pavitra Motwani, 1973**  
LASA Foundation




**Aditi Soni, 1975**  
President, UIANE



**Rohit Chandra, 1976**  
Board Chair, Medicine Wheel  
Productions, Inc.

17. **1974 JP Movement:** It was a movement initiated by students in Bihar against misrule and corruption. It was led by socialist Jayaprakash Narayan.



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18. **First Indian satellite made:** India designed first space satellite in 1975, named it after astronomer Aryabhata.
19. **Emergency:** Due to prevailing “internal tensions”, then prime minister Indira Gandhi declared a state of Emergency that lasted from 1975 to 1977. It resulted in the suspension of elections and curbing of civil liberties.



**Geetanjali Virmani, 1977**  
Sewa International



**Ramesh Dayalan, 1978**  
President, TMM



**Neha Garg Patel, 1981**  
Web Director, UIANE

20. **1976 mass sterilization:** The campaign was initiated by Sanjay Gandhi and saw about 6.2 million men sterilized in a year, with about 2000 dead owing to botched-up surgeries.
21. **Morarji Desai becomes first non-Congress PM:** The Janata Party, a group of parties opposed to the Emergency, defeated the Congress in 1977 elections and Morarji Desai became the first non-Congress PM of independent India.
22. **Mandal Commission formed:** The Mandal Commission was set up in 1979 under BP Mandal to identify the socially and educationally backward classes of India.
23. **India wins first Cricket World Cup:** In 1983, India, under Kapil Dev, defeated West Indies by 43 runs to win its first cricket World Cup.
24. **India sends man into space in 1984:** India sent its first astronaut, Rakesh Sharma, into space in 1984 in a joint mission with the Soviet Union.
25. **Operation Blue Star:** It was the codename for military action to remove militant leader Jarnail Singh Bhindranwale and his followers from the Golden Temple complex in Amritsar.





**Neha Kaushal Mishra, 1982**  
**Sewa International**



**Sanjiv Kaushik, 1989**  
**Sewa International**



**Shreyas Kudrimoti, 1996**  
**Mentor, Plexus Mentorship**

26. **Anti-Sikh riots:** The 1984 anti-Sikh massacre was a series of attacks against Sikhs after Indira Gandhi was assassinated by her Sikh bodyguards. The carnage left nearly 3,000 people dead.
27. **Bhopal gas tragedy:** The Bhopal disaster was a gas leak incident on the night of December 3, 1984, at the Union Carbide India Limited pesticide plant in Bhopal, Madhya Pradesh that killed more than 3000 people and left thousands with disabilities.
28. **Shah Bano case (1985):** The Supreme Court had upheld the right to alimony in the case. But the Congress passed the Muslim Women (Protection on Divorce Act), 1986, overturning the SC verdict.
29. **1986 Bofors scandal:** The Bofors scandal was a major corruption case involving the purchase of howitzer guns between India and Sweden and is believed to be one of the reasons for the downfall of the Rajiv Gandhi government in 1989 elections.
30. **India hosts World Cup:** The 1987 Cricket World Cup was held in India and Pakistan – the first such tournament to be held outside England. Australia lifted the trophy for the first time.
31. **Bhagalpur riots 1989:** The Bhagalpur riots of 1989 were one of the worst Hindu-Muslim violence in independent India at the time and violent incident continued for two months, leaving 1000 people dead and 50,000 displaced.
32. **1990 Mandal agitation:** The whole country was in the grip of protests giving government jobs to certain castes on the basis of birth.
33. **1990 Kuwait airlift:** The 1990 airlift of Indians from Kuwait was carried out from August 13, 1990, to October 20, 1990, after the invasion of Kuwait. Air India helped evacuate nearly 175,000 people.
34. **1991 globalization of economy:** Indian economy opened the doors for free trade by foreign investors.

35. **Rajiv Gandhi assassinated:** Then prime minister Rajiv Gandhi was assassinated by the Liberation Tigers of Tamil while on a campaign trail at Sriperumbudur on May 21, 1991.
36. **Babri Masjid demolition:** On December 6, 1992, the disputed Babri Masjid at Ayodhya was demolished by Hindu nationalist groups leading to riots across India, over 2,000 people were killed in the riots.
37. **1992 Securities scam:** The 1992 Securities Scam is one of the biggest scams in the history of India stock market and was perpetrated by a stockbroker named Harshad Mehta.
38. **Mumbai blasts:** The 1993 Bombay blasts were a series of bombings coordinated by gangster Dawood Ibrahim. It resulted in over 250 deaths.
39. **First BJP govt formed:** In 1998, the BJP formed its first government under Prime Minister Atal Bihari Vajpayee but it lasted for only a year. Following fresh polls, BJP came back to power, becoming the first non-Congress government to do so.
40. **Pokhran II:** India conducted a series of five nuclear bomb tests at Pokhran, Rajasthan, in May 1998 under the codename "Operation Shakti". It led to India becoming a full-fledged nuclear state.



**Aditya Soni, 2000**  
Volunteer UIANE



**Aarzu Miharia, 2002**  
Volunteer, Red Cross



**Aarushi Pant, 2004**  
Volunteer, IAGB

41. **Delhi-Lahore bus service:** In its inaugural run on February 19, 1999, the bus carried then PM Atal Bihari Vajpayee who was to attend a summit in Lahore.
42. **1999 Kargil war:** India launched 'Operation Vijay' after Pakistani forces infiltrated inside Line of Control. The war ended in July, with India successfully recapturing Tiger Hill.
43. **IC-814 hijack:** Indian Airlines flight IC-814, on its way back to Delhi from Kathmandu, on December 24, 1999, was taken over by five Pakistani hijackers with 180 passengers and crew on board. They were released in exchange of three terrorists held by India.

44. **Lahore declaration:** In a bid to quell the tensions, India and Pakistan signed the Lahore Declaration in February 1999 to avoid unauthorized operational use of nuclear weapons.
45. **Match-fixing scandal:** In 2000, South Africa's captain Hansie Cronje was in contact with match-fixing syndicates in India and had accepted bribes asking cricketers to deliberately under-perform. The names of Indian players like Mohammad Azharuddin and Ajay Jadeja also cropped up.
46. **New states created:** The new states of Chhattisgarh, Uttarakhand, and Jharkhand were formed on the 1st, 9th, and 15th of November 2000, respectively. It changed the count of Indian states from 25 to 28.
47. **Golden Quadrilateral project:** In 2001, the Vajpayee govt launched the Golden Quadrilateral, the largest highway project in India connecting four major cities of Delhi, Mumbai, Chennai, and Kolkata.
48. **2002 Gujarat riots:** The burning of a train in Godhra on February 27, 2002, triggered one of the worst communal riots in the history of India, leaving 1,044 dead, 223 missing and 2,500 injured.
49. **Right to Information Act:** The RTI Act was passed by Parliament in 2005, throwing government departments open to scrutiny and helping people to acquire any information they want from government officials.
50. **MGNREGA Act:** Mahatma Gandhi National Rural Development Act, which is the largest work guarantee program in the world, was enacted in 2005 with the primary objective of guaranteeing 100 days of wage employment per year to rural households.
51. **Reopening Nathu La:** The mountain pass in the Himalayas that connects Sikkim and Tibet is one of the three open trading border posts between China and India. It was sealed by India after the 1962 Sino-Indian War. The pass was reopened in 2006.
52. **2004 Tsunami:** A huge tsunami triggered by a massive undersea earthquake in the Indian Ocean killed an estimated 10,000 people in India, affecting the states of Andhra Pradesh, Tamil Nadu and Andaman.



**Aashna Miharia, 2005**

**Founder, Read & Write with  
Aashna**



**Saanya Shah, 2006**

**Akshaya Patra, SWC**



**Shlok Kudrimoti, 2007**

**Actor, SETU**

53. **Chandrayaan 1:** India successfully launched Chandrayaan in October 2008 to explore the moon. One of the greatest achievements of Chandrayaan was the discovery of water molecules in the lunar soil.
54. **First individual gold medal in Olympics:** Abhinav Bindra won the gold medal in the 10m Air Rifle event at the 2008 Olympics in Beijing. He became the first Indian to win an individual gold medal at the Olympic Games.
55. **2008 Mumbai attacks:** Pakistan-based terror outfit Lashkar-e-Taiba carried out a series of terrorist attacks in Mumbai in November 2008, leaving 166 people dead.
56. **Right to Education Act:** Parliament passed the RTE Bill in 2009, making education a fundamental right of every child and bridged the gap between different classes of society. It requires all private schools to reserve 25 per cent seats for poor children.



**Samhita Gowda, 2009**  
**Volunteer, IAGB**



**Sahil Datla, 2011**  
**Sewa International**



**Arya Gupta, 2012**  
**Actor, SETU**

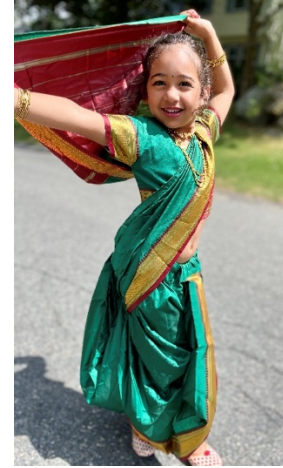
57. **First indigenous nuclear submarine launched:** On July 26, 2009, India launched INS Arihant, the country's first indigenous nuclear submarine armed with ballistic missiles with a range of 3,500 km.
58. **Commonwealth Games 2010:** India hosted the 2010 Commonwealth Games in Delhi but it made noise for the corruption cases that followed. For the first time in the history of the Games, India won over 100 medals (101) and stood second, after Australia.
59. **India wins second cricket world cup:** On April 2, 2011, India lifted the cricket World Cup for the second time under the captaincy of Mahendra Singh Dhoni by defeating Sri Lanka in the final.



**Sanchita Gowda, 2012**  
**Volunteer, IAGB**



**Sthira Sheshanna, 2013**  
**Volunteer, IAGB**



**Aanya Tichkule, 2014**  
**Volunteer, WCC**

60. **Lokpal agitation:** Spearheaded by activist Anna Hazare, India Against Corruption movement that began in 2011 was a series of protests held across India for a Jan Lokpal bill to check graft in politics. The bill was finally passed by Parliament in 2013.
61. **National Food Security Act passed:** The National Food Security Act, 2013 (also Right to Food Act), which aims to provide subsidized food grains to approximately two-thirds of India's 1.2 billion people, was signed into law on September 12, 2013.
62. **Mars Orbiter Mission:** On November 5, 2013, Indian Space Research Organization successfully launched Mars Orbiter Mission to probe Mars. It is the first Asian nation to reach Mars orbit, and the first nation in the world to do so in its first attempt.
63. **Polio eradication:** In March 2014, the World Health Organization certified the South-East Asian region – which includes India, a polio-free region.
64. **Telangana statehood:** On June 2, 2014, Telangana was separated from the northwestern part of Andhra Pradesh as the newly formed 29th state with Hyderabad as its permanent capital.
65. **India launches own GPS system:** India successfully launched NAVIC (Navigation with Indian Constellation), an independent regional navigation satellite system on par with US-based GPS.
66. **Demonetization:** In 2016, the government announced the demonetization of Rs 500 and Rs 1,000 banknotes.



**Ruhaan Gupta, 2017**



**Sia Singh, 2018**



**Vriddhi Sheshanna, 2019**

67. **Goods and Services Tax:** GST (Goods and Services Tax) is one indirect tax for the whole nation and became effective from July 1, 2017. It is the resultant tax after subsuming major central and state taxes.
68. **SC strikes down triple talaq:** The Supreme Court struck down the practice of instant triple talaq or talaq-e-biddat in which Muslim men divorce their wives by uttering talaq three times in quick succession.
69. **SC decriminalizes homosexuality:** The Supreme Court restored a landmark Delhi High Court judgment in 2018 that decriminalized homosexuality.
70. **Tejas gets nod clearance to be inducted in IAF:** In February 2019, India's first indigenously developed light combat aircraft Tejas received the final operational clearance for induction into IAF.
71. **Mission Shakti:** On March 27, 2019, India successfully conducted Mission Shakti – an anti-satellite missile test that could destroy satellites in space through missiles on the ground.
72. **Chandrayaan 2:** In India's quest to land its first spacecraft on the moon, Chandrayaan-2, riding the powerful GSLV Mk-III rocket, was successfully launched at 2.43 pm on July 22 from the Satish Dhawan Space Centre at Sriharikota.
73. **J&K bifurcation and end of special status:** On August 6, 2019, the Parliament passed a bill dividing Jammu and Kashmir into two union territories of J&K and Ladakh and also adopted a resolution scrapping special status of the state under Article 370.
74. **Protests & Riots:** In February 2020, riots broke out in Delhi. The Citizenship Amendment Act protests have been described as an instigating factor. The trend of protests continued in 2020, with the 2020 Indian agriculture acts, which sparked the Indian farmers' protest in August 2020.
75. **Covid-19 Pandemic:** The first case of COVID-19 in India, which originated from China, was reported on 30 January 2020. India began its vaccination program on 16 January 2021, and by April was administering 3–

4 million doses a day. A second wave beginning in March 2021 was much larger than the first, with shortages of vaccines, hospital beds, oxygen cylinders and other medicines in parts of the country.

*We sincerely thank all volunteers for submitting their pictures. We wanted to create a mosaic of images of real people from the Greater Boston area spanning the last 75 years.*

Source: Abhishek De, Indian Express and other Internet sources

Compiled By: Sanjay Kudrimoti & Yogita Miharia

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## THE INDIA IN ME

### Your stories, in your own words

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**By Ram Nehra**

Though I was born and raised in Kenya, I had & still have a piece of India in me. Having passed my Senior Cambridge High School in Kenya from Cambridge University, England I decided to pursue my further studies in India. Though I got admission in Dundee Technical College, Dundee, England my eternal love for India saw me joining Fergusson College, Poona in 1955 and there after I got a degree in Pharmacy from the University Dept. of Chemical Technology Bombay in 1961. Went back to Kenya and left it because of uncertain future.

Fast forward. 1969 saw me landing at San Francisco and the land of unlimited opportunities, land of freedom, land of abundance and the land of smiling friendly people. However, I felt very lonely, very scared and lost. Did not know a soul, spend first night at San Francisco YMCA crying away the whole night. The love of family members and India was tearing me apart. Felt my India would have taken good care of me, after all she was feeding & clothing close to a billion people. Felt so sad that I betrayed the country I loved so much. Earnestly decided that I have to pay back the country I left behind.

October 2001 was the most rewarding, the most significant, never to be forgotten date in my life. With the unconditional love and help of my beloved late wife, Nishi Nehra, we started Ekal Vidyalaya Foundation in New

England. A humble beginning, met huge obstacles, frustrations and disappointments. However, at every step the love of my India was inspiring & motivating us not to give up & we did not. I love everything about this holy land. Its spirituality, its peaceful tolerant people., its mesmerizing music, its spicy cuisine and of course its Yoga & meditation Talking about a piece India in me, the bonds so strong that this my Pitro & Matro bhumi summond me for a tirtha yantra. Spent 5 weeks in February & March of 2020 visiting epicenter of religion, Ayodhya in the great company of our Ranjani & Anil Saigal, dipped in the sangam of Ganga & Jamuna & felt heavenly, visited Mathura, Lucknow, Sikkim, stayed in Raj Bhavan as guest of Sikkim Governor and SVYASA University Bangaluru and reached back on March 7th a day before Covid - 19 cancelled all air traffic.

I have given the best years, 30 years, of my life to eliminate the scourge of illiteracy from the face India. & to give a hope to the underprivileged people. In return, I was rewarded immensely. My beloved Land enriched my entire life and made me aware about the purpose of life. What more can I ask. I know India will grow & flourish without me however I can't live without my most inspiring and most amazing country India.

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## The India in ME



**By Therrien Joel**

My family had a secret that I would not uncover until I was an adult, but long before that discovery India was whispering in my ears. I am Romany; we are also sometimes called Gypsies. This ancestry was kept hidden from me and my family by my great-grandparents. They, along with many close relatives emigrated from England to the US with the goal of providing a better life for their children. England and Europe was and still can be a hostile place for Romany. Our best guess is the opportunity to start new in the US led to a quite common decision to keep their children unaware of their heritage so that they might blend in and not suffer from prejudice. I grew up unaware of my ancestry yet others could see something in me — in high school I was given an Indian nickname. I think deep down I knew as well. It was finally after investigating my family tree that I uncovered the secret. I understand the motives for my great-grandparents but I am happy that they did not ultimately succeed. Now I can remember and honor my ancestors who stood strong and I can get to know ‘the India in me’.

A millennium ago we Romany left northwestern India and wandered westward. The departure from India likely had to do with the Ghaznavid and Ghurid Invasions. It was not an easy journey, particularly on arriving in Europe. These mysterious dark-skinned people with their strange language and culture were a curiosity at first but soon became scorned. The discrimination that resulted has continued to this day — I myself have experienced it on occasion from people who could recognize my ethnicity but still we endured.

Although there was intermixing with the populations along the routes travelled — enough so that many of us can pass for white — the core of Romany culture retains its deep roots in India. *Amaree chib*, our language, is based on Sanskrit. Sadly, I am not fluent in our language but those who are tell me they can easily converse with many Indians. Many Romany are Christian, having converted on entering Europe, yet we have vestiges of

Hindu traditions. The connection is strong enough that I personally have found myself returning to my Hindu roots.

Another connection to India my family has is in the type of work that was done. My great-grandfather's occupation was an edged tool grinder. Going as far back as there are records for it, this was the occupation of almost all the men in his family. Knife and tool grinding as well as blacksmithing and other metal working are occupations that the Romany have been historically associated with. At the time that the Romany left India a metallurgical revolution had been ongoing for a few centuries with advancements in iron and steel making that far surpassed anywhere else. It is quite reasonable to assume the Romany took that knowledge with them. Although the imagery often associated with Gypsies is that of an itinerant people finding work here and there, this no longer reflects reality. Romany work in many professions, including holding positions as doctors, lawyers, bankers and professors to name a few. I myself am an electrical engineering professor.

I see the perseverance of the Romany in hostile lands as a reflection of the persistence of the spirit of India in the face of centuries of foreign invaders. On this anniversary of India's independence, I am filled with hope that one day we Romany will see an end to our own persecution. *Parruka tute! Atch mishto!*: Thank you and stay well!

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## The India in ME



**By Kumu Gupta**

I have been an NRI (Non-Resident Indian) since age 1 and half years old. Born in Mumbai, India, we left India when my father got a job with Kuwait Government's Ministry of Telecommunications when I was a year and half old and was there my whole childhood till age 18yrs when I left to come to the US for my undergraduate studies. Growing up in Kuwait, we had Indian food at home, cooked by my mother with a weekly routine - cabbage on Monday, chicken/lamb/fish or jinga curry on Thursday's, etc. I went to an all-girls Indian School affiliated to CBSE Delhi 10+2 system where we had Hindi as 2nd language and Arabic as 3rd language. Being the oldest of 5 children, I worked hard to keep up with school and help with chores at home. All my late nights studying and hard work paid off when I stood in top3 of my class for languages and in general throughout schooling. This was topped off with me being in top3 of my 10th exams (Science) in Indian School system in Kuwait and that of all Gulf countries. We celebrated Diwali, Holi, Dasherra in school as well at home where kids played with fire crackers and exchanged sweets made at home like chakli, besan laddoo and barfi. I even took part in a Diwali play in school (8th grade) where I was an Ayodhya vasi welcoming Lord Ram, his brother Lakshman and Sita by adorning their path with rose petals. One summer, I had the opportunity to be a Maharashtra Bride with my younger sister dressed as the groom in a "Brides & Bridegrooms" fashion show at the Indian Embassy in Kuwait. Since I come from a Maharashtra and UP background, we spoke both Hindi and Marathi at home as well as had cuisines of both areas. On Fri, a holiday, we would go to the only bhel dhaba near my school for Indian snacks and chat type food. And every Sunday, we went to a makeshift temple inside an Indian family's home for satsang and prasad. Growing up in an Indian household, as a young girl, of course I had to learn to cook and keep good house for when I would get married and go to my 'sasural' (in-laws). There was a movie theater in town showing bollywood movies which we loved to go to.

After coming to the US as a foreign student to SUNY Stony Brook for my B.E./M.S., the Indian in Me continued in the form of volunteering with the student Indian Association (co MC for Independence Day program)

and having my own Live Radio show “Jhankar” of Indian news and music, on campus radio WUSB 90.1 FM for 2 years which was heard all over Long Island. I even took a Sanskrit class for my electives as undergraduate student. On weekends, I cooked some Indian dishes to not feel homesick. There weren’t many Indian students in undergraduate studies, so I became friends with the graduate students from India who had come for their higher studies and used to hang out with them sharing Indian meals and music. It was great fun, when I got to go to New York City to Little India for Indian Independence Day and eat at the Indian restaurants (sweets at Shaheen Sweets) and buy Indian knick knacks at the parade.

And after graduating from college, when I lived in Silicon Valley as a hi tech professional till today 20+ years later as a US Citizen, living in Massachusetts I continue to serve my country of birth India with its deep roots in me, in various capacities volunteering my time what I can, with FIA Northern CA (Board of Governor’s), TiECon Silicon Valley Committee & Saheli (Domestic Violence advocate-MA) to name a few. I have had the honor of representing Indian community on Mayor’s, State and Congressional Advisory Board and Commissions arranging for Governor’s India Day & Diwali proclamations , Diwali postal stamp release and the high honor of being appointed to the President’s Challenge program of President’s Council on Sports, Fitness & Nutrition under President Obama , serving 5 years, where I introduced the concept of “MyThali” , a way for Indian Americans to get nutrition without giving up tradition for a well-balanced healthy meal based on USDA MyPlate program and was able to get a few healthy Indian recipes included on their program website. And am proud to say that I am only person from MA to receive the Council’s Community Leadership Award for my work.

And indeed, when I got to sing the American National Anthem at a Giants baseball game, it made my day when, as an Indian American female my name got mentioned in the National Baseball Hall of Fame National Anthem file. And later when oral history of my Indian American journey got included in Smithsonian’s National Museum of American History, topped it all off.

Thus being born in India and having left at very young age and lived in 2 countries and 3 US States outside India, whether it be writing for Times of India about Indians in America as NRI Brand Ambassador (1st from US , 4th internationally) , singing Jana Gana Mana at Republic Day program or helping Nobel Peace Laureate Kailash Satyarthi with child labor issues India in Me will always stay alive, as on a rainy day, I find masala chai and samosa soothing.

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## IAGB 2021 COMMUNITY YOUTH EXCELLENCE AWARD WINNERS

IAGB will award 2021 Community Youth Excellence Award at India Day Festival on August 15<sup>th</sup>, 2021 at Hatch Shell Memorial. IAGB Community Youth Excellence Award recognizes extraordinary achievements by Indian American Youth in the areas of community service, academics, art and music, sports and leadership.

Meet this year's IAGB Community Youth Excellence Award Winners- Arnav Bhakta a rising senior at Phillips Academy Andover, MA and Sachi Badola, a rising senior at Chelmsford High School, MA. And Special Recognition Award for Archita Neamlikanti, a rising junior at Hopkinton High school.



Arnav Bhakta is a rising senior at Phillips Academy Andover in Andover, Massachusetts. He is the Co-Founder, President, and CEO of Stem4Free, a 501(c)(3) nonprofit organization dedicated to reducing food waste. Under his leadership, the organization has grown to over 225 volunteers in 40 cities internationally and has collectively rescued over 780,000 servings of food, valued at over \$3.90 million, from their over 120 business partners. He also co-hosted the Stem4Free sponsored podcast, The Food Talk, and helped in starting its blog. Additionally, Arnav is the Co-Founder and CEO at Ratyfi, Inc., an early-stage startup dedicated to providing a platform for crowdsourced and easily reliable ratings. Furthermore, Arnav is a Tournament Director at the Math Open at Andover, an annual math competition for middle schoolers, hosted at Phillips Academy. Last year the tournament had over 1,150 participants from around the world.

Outside of this, Arnav also researches psychology and computer science/machine learning/AI at several labs around the country.

His work has been presented and published at many conferences and workshops. Academically, Arnav is also a great student, being an AP Scholar with Distinction and 2-time AIME qualifier (Distinguished Honor Roll in 2020) and staying busy with a plethora of different clubs and extracurricular.

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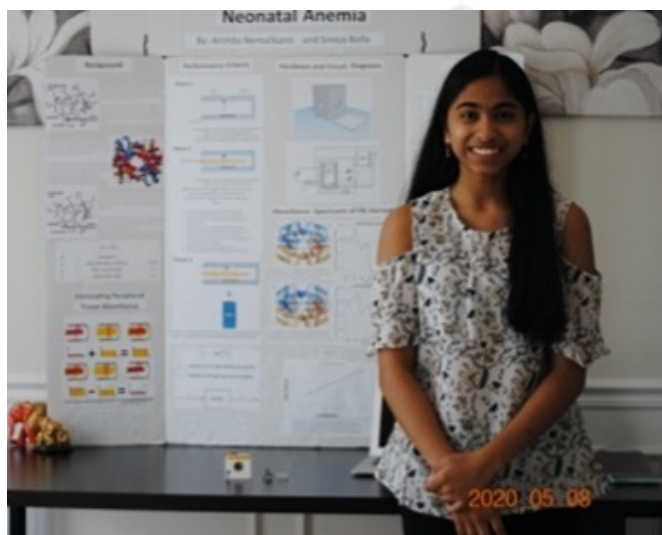


*BEST WISHES,  
Binita & Harish Dang*

Sachi Badola is a rising senior at Chelmsford High School. She is passionate about singing, theatre, public speaking, biology, and chemistry. She has performed at many fundraising events and won many Indian and Western singing competitions. In 2019 she was top 11 finalist at an International singing competition organized by Rotary International called, Surshree in India. She was the only contestant selected from outside India. She won the TAMY award for the best musical theater solo in the 2020 competition organized by Mount Wachusett College's Theater at the Mount and was the top 20 finalist in Fidelity Investments Boston Pops 2021 Young Artists Competition. She also received the METG All Star Excellence award in Ensemble work. Sachi also acts in the Indian acting troupe SETU. She has been an invited speaker at many conferences and was the keynote CueByte speaker at the MASSCUE 2017 conference. Sachi is a huge proponent of STEAM (Science, technology, engineering, arts, math) and recently received the STEM Leadership Book Award from Worcester Polytechnic Institute.



Sachi is co-president of her high school's a cappella group, music liaison to her Theatre Guild, vice president of the CHS Tri-M National Music Honors Society Chapter, co-president of CHS Mentor Program and founder and president of TED-Ed club at CHS. She is currently interning at the Genomes2People Research Program directed by Harvard Medical School professor Dr. Robert Green. She taught a genetics workshop for Ekal Vidyalaya and is a passionate EKAL Youth Leader. Sachi strongly believes in the concept of growth mindset and started a podcast series with co-host Dr. Rohit Chandra called "Mindset Monday", in which they address developing good mindsets in various aspects of life.



IAGB is also pleased to do a Special Recognition Award for Archita Neamlikanti. Archita Neamlikanti is a Junior at Hopkinton High School. She takes a deep interest in science, especially biomedical. She has developed a non-invasive optical biosensor to replace invasive tests to monitor anemia in newborns. She was one of the few statewide students who were invited to present her sensor prototype to Governor Baker, the president of MIT, CEO of Sanofi Genzyme, and other eminent personalities at the 2020 Massachusetts STEM Week. In 2021, she received a first-place award at the Massachusetts Science and Engineering Fair. She also kick-started the first World Bindi Day, with thousands of viewers around the world who tuned in to listen to the online event.



Indian Circle for Caring USA Inc. (ICC)

[www.ouricc.org](http://www.ouricc.org)

*Where helping hands and caring support provide comfort to our fellow community members.*



**Indian Circle for Caring USA Inc., (ICC)** as a volunteer non-profit organization continues to serve individuals and families in various ways since August 2007. Our current services are:

**Family Support Services:** ICC volunteers provide personal direct support to families in urgent or emergency situations, like serious illness at home or at a health care facility, family crisis, accidents, death, and bereavement in New England states. As a mentor and guide to Sewa International – USA, ICC has empowered their **Family Services** initiative to serve our community replicating ICC's proven and successful model since April 2013. ICC has prepared their volunteers to serve in eight (8) other states in eleven (11) different cities in the rest of the country.

**Planning for Major Life Events:** Recognizing the need to prepare for major life events, ICC brings often neglected topics and empowers individuals and families to address them, such as preparation of **Health Care Proxy**, planning for **Special Needs child or adult** in the family, Health and Wellness education and prevention measures. For example, our signature initiative empowers fellow community member to prepare - “**Health Care Proxy & Living Will**” with the use of **Five Wishes®**. ICC has conducted seminars and workshops in fifteen states at over 90 venues as a community service. We have distributed over 15,000 Five Wishes documents free of charge through our web portal.

**Lifestyle Program:** Members of South Asian community carries an undue burden of twin epidemic of **heart disease and diabetes**, and these preventable illnesses and associated risks can be mitigated through a proven Lifestyle program. ICC plans to replicate a proven program including Community Outreach, Health & Wellness Education and AIM to Prevent™ initiatives.

**About ICC:** ICC's Core Team is made up of highly qualified, good hearted and motivated individuals with singular focus of serving community as volunteers. ICC network includes 200 volunteers, 8,000 members and 500 financial supporters. Our collaboration extends to over 70 community organizations. Indian Circle for Caring USA (ICC) is a tax-exempt, non-profit organization serving the Indian community since 2007. Our dedication and services to the community is recognized as appreciated by many as evidenced by awards, recognition and support we continued to receive on an ongoing basis. We invite you to check our website for complete details at [www.ouricc.org](http://www.ouricc.org).

**ICC would welcome interested individuals to come forward and serve our community at various levels of the organization depending upon skills, availability of time and desire to give back to our community.**

**We invite you to join hands and support this unique volunteer organization – you may request support / help, as needed; become a member and/or serve our community as a volunteer. .**

**ICC voice message : Phone: 641-715-3900, Ext. 87891 (available 24 x 7)**

**Email: [girishmehta@ouricc.org](mailto:girishmehta@ouricc.org)**

## OUR NEXT GENERATION - IAGB YOUTH

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### WHAT ARE THE WAYS WE FEEL CONNECTED TO OUR HERITAGE?

The IAGB Youth Committee is dedicated to bringing the Indian American youth together and feel connected to their roots. We asked our Youth team how they felt connected to the Indian heritage and got some very candid responses. We are sure all Indian American children resonate with them.

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#### IAGB Youth Editorial Director, Aarushi Pant



I think I feel the most connected to my heritage through numerous small actions. When I understand a conversation in Bangla or when I know how to pronounce an Indian name just from a glance, I feel like my Indian culture is a true part of my identity. Watching *3 Idiots* with my non-Indian friends or explaining the custom of stealing the groom's shoes at a wedding are when I am able to share a small glimpse of my heritage with others. I especially feel connected when explaining that "curry" itself isn't a particular dish with one specific taste or that "chai tea" means "tea tea." When performing Bharatnatyam pieces, I can appreciate the diversity of cultures just within India itself, knowing that I've inherited a *mélange* of customs and practices from all over the country. And when I add to the family tree of 400+ people that I've created, it hits me just how far back the bonds of family reach.

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## IAGB Youth Team member, Anshika Shekhar



My most favorite way of feeling connected to my Indian heritage, specifically North Indian, is by cooking and eating Indian foods. My family almost always cooks Indian food for lunch and dinner, so eating it reminds me of my roots and where my family is from. My favorite meals are Dal makhani or Paneer makhani. The flavors of both dishes are so rich and delicious and my family only makes them during festivals, like Diwali or Holi. Another way I feel connected to my heritage is traveling back to India. Before the pandemic, we would go to India every 2-3 years and visit my grandparents. While there, we would travel to different parts of India and go sight-seeing. One of my favorite places we visited was Jaipur, in Rajasthan. The architecture of the markets and older parts of the city are stunning, and the palaces are beautiful. My favorite place was the Hawa Mahal because the building was so mesmerizing. When I eat home-cooked Indian meals and visit places in India, I feel closer to my roots. Living in America, it is sometimes hard to feel connected to my heritage because of how many other cultures are exhibited here but I still am proud of my culture and heritage.

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## IAGB Youth Talks Director, Nipun Goel



Music is a universal language that everyone can understand, and it has played a major role in my life. Not only has it fostered friendships and taught me important lessons about collaboration and perseverance, but music has also helped me come to terms with my cultural identity and Indian heritage. As fellow readers may know, it is almost impossible to escape exposure to some type of Hindi music, whether it be through prayers, movies, or old CDs. While there may be a large difference between “Om Shanti Om” and the “Hanuman Chalisa”, listening to both as a child significantly helped me in achieving fluency in Hindi. As I grew older and listened to more Hindi music, I was able to locate details about Indian life and culture from the past. Not only did Mohammad Rafi, my grandfather’s favorite musician, have an amazing voice, but the lyrics he sang revealed so much about the slang, trends, and way of life in India at the time. When I began to play the trumpet, I would learn some of Rafi’s songs and record myself playing them in order to show my grandfather, helping us stay connected from different sides of the world.

*Wish you a Very Happy  
Independence Day!*



*BEST WISHES,  
Ranjani & Anil Saigal*

*Wish you a Very Happy  
Independence Day!*



*BEST WISHES,  
Madhu & Vijay Narang*



### **IAGB Youth Talks Director, Sarina Chand**



I think that there are many ways for a person to feel connected to their heritage, but I am mostly connected through family, friends, and tradition! My family is one of my main connections to my heritage. My parents, grandparents, aunts, uncles, grand aunts and uncles, and cousins all help me to feel more connected to my heritage. Whether it be going to parties, eating home-cooked Indian food (the best kind), celebrating holidays, practicing our religion, telling stories of my ancestors, or anything else, my family is my main anchor to my heritage. My friends, especially family friends, are there to celebrate with me, and remind me of my heritage, through playing Indian music, watching Indian movies and much more. Tradition is one of the main ways I am connected to my heritage. Whether it be traditional clothing, food, or family traditions, it is an important way that I am connected to my heritage. For example, one tradition we have is celebrating big holidays, like Diwali, Holi, and many others. It's also going to the temple during big events, and doing things like eating Indian food for dinner. I am lucky to have so many ways to be connected to my heritage, and I hope others are able to connect to their heritage, too!

### **IAGB Youth Talks Director, Shourya Gupta**



A connection with one's heritage is different for many people. It may include the continuation of different traditions, shared experiences, diverse languages, or just the community in general. I specifically feel connected to my heritage and family through language and experience. Speaking Hindi at home always makes me feel like I am extending my family in India to the U.S. Celebrating holidays and other traditions passed down in my family is another way I am connected to my heritage. Holi and Diwali are just a few examples of some traditions that my family and I keep up as we live in America. But one major aspect of my cultural heritage is the people that surround me. Having relatives, Indian friend groups, organizations like IAGB help keep a close-knit Indian community. In my opinion, this is the most important part, because it is the people that continue speaking a language, having experiences, and taking part in Indian society that allows our heritage to thrive, even in a land away from home.

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The logo for AcceptU, featuring the word "accept" in a white, lowercase, sans-serif font, followed by a blue square containing a white outline of the letter "U". The background of the top section is a dark, slightly blurred photograph of a crowd of people, likely at a college event or graduation, with a building visible in the background.

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# IAGB YOUTH OF THE MONTH – A REVIEW OF OUR PAST WINNERS



**November 2020 - Anoushka Mallik**



**December 2020 - Sravya Tanikella**



**February 2021 - Syam Burudagunta**



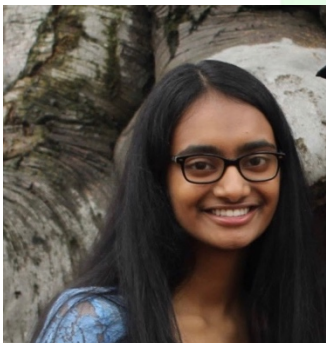
**March 2021 - Siddhant Bannerjee**



**April 2021 - Ananthan Sadagopan**



**May 2021 - Adarsh Padala**



**June 2021 - Mahathi Gopinathan**



**July 2021 - Aryan Nijhawan**

# IAGB YOUTH ART AND MUSIC SPOTLIGHT – A REVIEW OF OUR PAST WINNERS



November 2020 - Amrita Thirumalai



December 2020 - Avik Sarkar



February 2021 - Arth Joshi



March 2021 - Ameya Kothandaraman

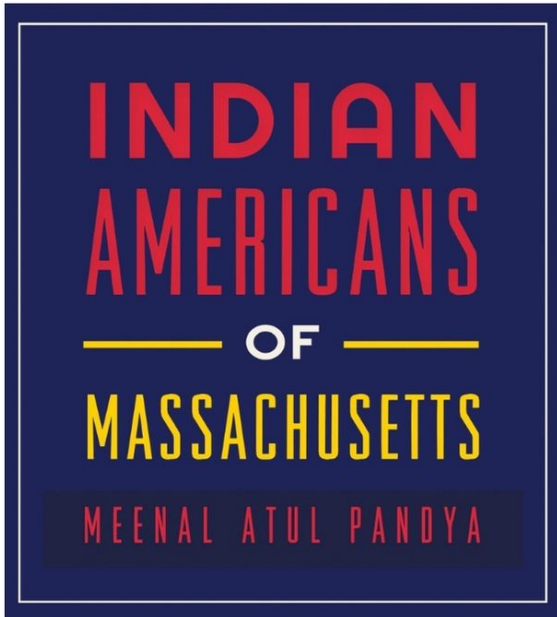


April 2021 - Neil Pandit



June 2021 - Ruhi Shroff

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## **THE OPINIONS**

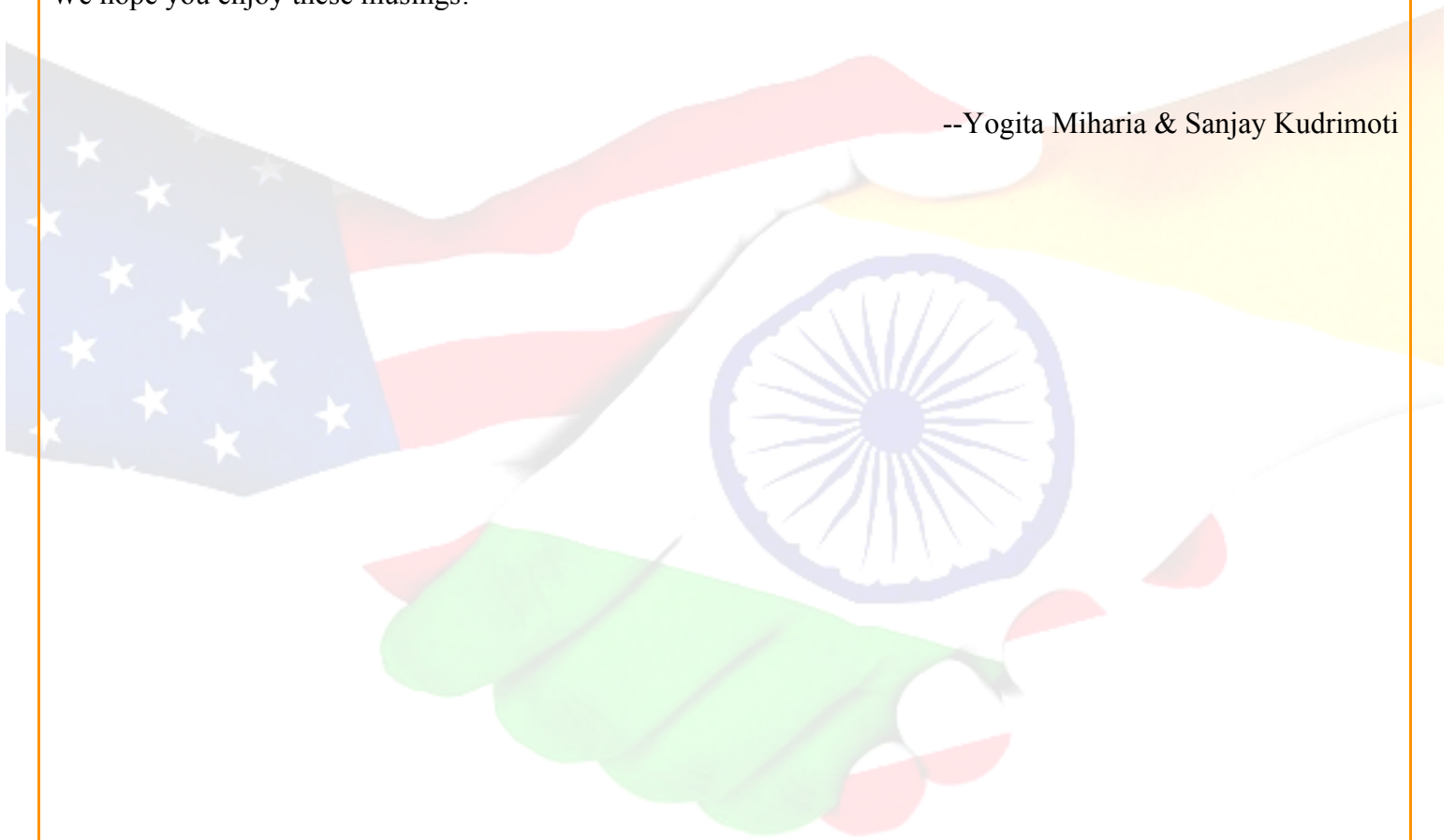
### **IAGB Executive Committee**

As the current term nears completion, we wanted to take this opportunity to bring to you some thoughts and opinions of the EC team. You have seen them work hard to make the past two years memorable for IAGB's members and the Greater Boston community. But beyond the IAGB work, everyone is as human as you are. They all have a variety of experiences and perspectives that many of you will resonate with.

The EC team is like a family and we know each other pretty well. Thus, we knew what would bring out something fun and relevant for our readers from each of their perspectives. And this is how we assigned them a topic. We are very grateful to all of them for taking time out during this very busy time for IAGB and sending their honest thoughts and opinions. After reading every piece, we said oh yes, exactly, this is what I think too or have experienced!

We hope you enjoy these musings!

--Yogita Miharia & Sanjay Kudrimoti



## Freedom in India and USA - Similarities and Differences

--Guruprasad Samaga



As India is at the threshold of celebrating 75th Independence Day, it is an apt time for us, the Indian American community, to ponder what binds India and the USA together. When we look at the factors and ideals that bind us together, it becomes evident that adherence to democracy is at its core. The elements of freedom enshrined in our democracies play a vital role in making our democracies vibrant and alive. While the First Amendment gives Americans five basic freedoms - freedom of speech, press, petition, assembly, and religion, the Indian constitution guarantees its citizen the right to freedom. That right to freedom includes freedom of speech and expression, assembly, association, and movement residence and profession. The broad similarities in the constitution of both countries don't surprise as the authors of the Indian constitution borrowed ideas from the US and other constitutions.

While the freedom called out in the US constitution tends to be absolute, in India, the fundamental right to freedom comes with fundamental duties, which provide guardrails for freedom.

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The United States, as the oldest democracy, and India, as the largest democracy, share more similarities than differences when it comes to freedom. Whether the presidential system of government in the USA or the parliamentary system in India, the people freely elect their representatives and governments. The unwavering



commitment to democracy and the people's will, not allowing the military to take over the civilian government, sets the USA and India apart from the other countries.

Let us look at the freedoms guaranteed in both US and India and compare and contrast. Free speech is the cornerstone of both country's democracy. Although what you say can have consequences, freedom of speech gives the citizens the right to express opinions without government censorship or control. And more importantly, you can't go to jail for expressing your opinion. Because when it comes to free speech, either everyone is protected, or no one is at all. As social media gained acceptance and became an integral part of people's lives, both the US and India have extended the freedom of speech to social media by passing constitutional amendments. Section 230 of the Communications Decency Act, 47 USC § 230, provides immunity to providers of interactive computer services, including social media providers, both for certain decisions to host content created by others and for actions taken "voluntarily" and "in good faith" to restrict access to "objectionable" material. Similarly, section 79 of the Indian Information Technology Act, 2000 states that any social media intermediary will not be on the radar of legal action for any third-party information, data, or communication link made available or hosted by them. The courts in both countries hold freedom of speech sacrosanct and invariably side with free speech.

The freedom of the press is critical to any democracy in which the government is accountable to the people. A free media functions as a watchdog that can investigate and report on government wrongdoing. It is also a vibrant marketplace of ideas, a vehicle for ordinary citizens to express themselves and gain exposure to a wide range of information and opinions. It is no surprise that both the US and India guarantee a robust, free and fearless press. The press freedom is evident by the sheer number of newspapers and publications in circulation (over 3,000 in the US and over 100,000 in India). The freedom of the press in both countries extends to electronic media, including television. We see diverse and differing opinions published and aired regularly in the press and electronic media.

Freedom of assembly ensures people can gather and meet, both publicly and privately. Assemblies can be platforms to advocate for change and for people to raise awareness about the issues that matter to them, whether it is human rights, socio-economic rights, or any other issue resulting in the formation of a political party. One noticeable difference we see between the USA and India is the number of registered political parties. The United States has only two major political parties, the Democrats and the Republicans. There are also smaller parties in the USA that aren't as well known. However, in India, as per the Election Commission of India, the total number of political parties registered is 2,698, with 8 national parties, 52 state parties, and 2,638 unrecognized parties. Needless to say, that the freedom of assembly is alive and flourishing in both countries.

The freedom of religion is another crucial ideal that defines both countries. One can freely practice any religion or no religion without any fear or coercion in both the US and India. Though the United States has the largest Christian population, it is also home to every known religion and sect in the world. Similarly, the Hindu majority India has followers of every known religion under the sun. The freedom of religion has enabled the US to continue as a cultural melting pot and has fostered unity in diversity in India.

Both the United States and India are committed to many tenets of freedom that have enabled people of both countries to pursue happiness. As a beacon of democracy, both countries can learn by appreciating the similarities and acknowledging their differences.

## Why Did I Choose America to Immigrate to?

--Harsha Sheshanna

The majority of immigrants see America as a promised land where they can make a better life for themselves and their families. Thousands of refugees arrive in America each year in quest of safety. A long line of men and women who have been persecuted for their religious beliefs have sought asylum in America since the Pilgrims arrived at Plymouth Rock. To ensure that their beliefs are not stifled, dissidents who have been exiled from their homelands as state enemies have relocated to America. Creative souls have flocked to America from all over the world, drawn by the possibilities of a free society, and flourished in its openness to new ideas. In many cases, it was the ambitious, skilled, and educated who chose to leave their homelands in the belief that their abilities would be in more demand in America.



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Thinking to pen down my aspiration to immigrate to America, a kaleidoscope of ethnic and cultural groups, I began to wonder what I can write that has not already been written. Alongside, it occurred to me that most immigrant's stories might be in essence similar to one another. Every individual makes the journey to this promised land for personal motives. Many elements and aspects of my course might be relatable to others who came before me or are going to come after.

I grew up in a societal environment where a measure of success is your academic success. My father always reminded my siblings and me that there is no greater investment than education. We were drilled the motto anything in your possession can be taken but not your learnings. I took it to heart that getting a good college



## My Perspective on Improving an Immigrant's Experience in America

--Jeyanthi Ghatraju



*“The land flourished because it was fed from so many sources—because it was nourished by so many cultures and traditions and peoples.” - President Lyndon B. Johnson*

We have come across several such quotes and yet, some question the validity of the same looking around what has been happening every now and then. Here I would like to talk about my experience and perspective, as a first-generation immigrant.

I came to America as a young bride with a Masters in Genetics from Canada, although I was born and brought up in India. If there was a culture shock, it was not when I left home (India) but when I came to the USA. I was amazed at the sheer openness with which things are discussed and even the President of the country is no exception to criticism.

My perspective would be slightly different as I spent 5 years in Canada before moving to Boston and going from a graduate student life to a working adult life. I was quite fortunate to find a loving devotional group, the Sri Sathya Sai Baba center, on the second day of landing in Boston. My husband and I instantly connected and have been participating in the center service activities since then. Additionally, I have been a spiritual education teacher for the past many years.

When we had our son in 1997, and as he grew up, we realized the importance of having a community around us – be it, the boy scouts, school, and the other extracurricular activities that he was taking up. In all, our personal involvement helped us build a bond that stays strong, to this day!

I am an Indian classical dancer and teacher with a mission to perform for the underprivileged. So, everywhere I have gone, I have only received much appreciation and gratitude for the bliss our performances have provided – the elderly in nursing homes, church groups that I have worked with, the school children I have worked with in culture classes, and so on.

As an immigrant, I have not faced much of discrimination, at least not beyond the realms of being an erring human being.

It is wonderful that I could appreciate the many similarities between cultures and feel assured there are little variations, the language of love is universal and human feelings are similar. It comes from a broader thinking and perspective that growing up in a secular society taught me.

The other important thing to understand is what we see is but a reflection of our own thoughts and attitudes; if we could watch our thoughts, stay positive and keep an upbeat attitude; things do come around our way. What I feel is that as a new immigrant, it is vital to find a connection with a group/ an organization that shares the same values as one's own that will help build that tide over initial obstacles as waters could be rough in the beginning. In this digital age, it is not very hard to find resources, but the key is to evaluate one's core beliefs and values and keep them steady.



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## My Food Habits as an Indian American

--Lata Rao

The United States is a such a virtual smorgasbord of food types of different cultures that it is not easy to pick one single favorite. Like most first generation Indian Americans I have to say that, hands down, despite having lived in the United States for nearly 35 years, my love for Indian food is as strong as it has ever been!

Especially restaurants that offer foods that we normally do not cook at home. India has such a variety of foods from North to South and from East to West that I love to try out all the restaurants that specialize in them.

..... Being a South Indian, eating out at all North, East and West Indian food joints is such a treat. The flavors of Indian food are hard to beat. Especially for a pescatarian like me finding vegetarian or seafood particularly shrimp varieties that are flavorful are not easy to find.



I love Gujarati food, particularly a thali, New York/ New Jersey are great destinations to eat that. That is where I make a bee line for when I am in that area.

Indian mithais are my weakness, particularly besan ladoo. Love Mumbai street food, grew up eating that, such as pani puri, ragda patties, pav bhaji, sev puri, chana bhatura, .... I can go on and on....Bengali seafood curries, Punjabi vegetarian curries.... Yum..mouth watering. Thus you can see that I am just your typical Indian American with a very Indian stomach!

Being from a coastal state in India, sea food is my soul food. Hence sea food restaurants are the next on my list of foods that I would look for as an alternate, particularly Italian Sea food restaurants, eggplant parmigiana and shrimp fra diavolo pasta are at the top of my list in favorite foods besides Indian. I feel lucky to live in New England where the sea food is fresh and plenty!

Mexican cuisine comes a close second to that for me. And I think for most Indians it does. The dishes are flavorful and connect with the Indian taste buds very well. Fish tacos, nachos (vegetarian) top my list there.

West Indian, Nepali, and Pakistani food which is close but not quite Indian are my weakness as well. West Indian rotis, dal puri, chana, Nepali momos, and Pakistani Lahori fish.... yummy, just to name a few! As you can see, I am a foodie and thoroughly enjoy a good culinary experience. We are very fortunate to be in a country that offers such a variety of foods from various ethnicities. All this writing of food has made me hungry and I am going to end here and go out to find some of it. Enjoy eating, friends and stay healthy.

## How has Social Media Changed Me

--Noorain Buxamusa



About 3 decades ago I left behind my family, my friends and my home to set down roots here in the United States of America. Telephone calls were expensive back in those days. At close to a dollar a minute for international calls, I could not afford to talk for long or as often as I wanted to.

Then came 1996, and Juno. Juno was an internet service provider that offered free email services and I got my very first email address. My excitement had no bounds, I too was now part of the Digital World. I could reach out at will to friends, family and the world at large. Two and half decades later, using email to communicate has become a way of life. My day starts with checking my emails, personal, not so personal, professional and spam! It is as mundane and as essential as brushing teeth and combing my hair.

Next came the Internet and with-it applications like Facebook, Instagram and WhatsApp. These have extended my reach and my ability to find and connect to people I care about. I have missed so many special occasions, birthdays, weddings, anniversaries of loved ones because of restrictions brought on by distance or time. Now video calls, on Skype, Messenger and WhatsApp have become so easy that even if I cannot go there, I can still be present. I don't have to wait to visit my family/friends in person to share my life events, milestones, my children's achievements and trepidations as and when they occur.

Early in my life, I used to sell encyclopedias, back then books were the best way to get information. If you had a serious interest in a subject and wanted to learn more about it you had to go to a library, sift through catalogues and indexes. With the Internet came easy access to information. Reading is a pleasure and relaxing activity that I love. The advent of social media and its constant demands has shrunk my attention span.

Social Media has caused me to lose two other pleasurable activities. One, visiting the post office to buy stamps, and the other, browsing through the greeting cards aisles. No Holiday celebration was complete without planning and preparing for those holiday communications. Now, my rolodex has not been visited in years. Christmas and New Year Cards and colorful postage stamps lie forgotten gathering dust. Greeting 123 and the many online greeting card options and mass mail of greetings is so much easier. I mourn the loss of that kind of personal touch at times and sometimes want to go back to old ways.

Planning events the old-fashioned way was an ordeal and that I do NOT miss at all. Evites and the many online portals have made planning and organizing events a breeze. Bringing people together, driving polls for

availability and consensus is but a click away. Promoting my many social causes, educating and influencing people to my cause has been made possible through the many social media portals I use.

And then the Covid 19 Pandemic hit us. Even though we were closeted within our homes, social media bought me all the information I needed to stay safe and knowledge of pandemic status world over. Zoom allowed me to stay connected with family and friends.

Social Media has changed my life...our lives for the better in so many ways, but there are many dangers lurking in this new world too! Staying safe, while managing these distractions and controlling the time spent on it has become a crisis in today's world. It brings information and opportunities to our doorstep and brings us closer together as citizens of an interconnected Global Community!





## Definition of Luxury in American Life

--Prag Singh

There is a fundamental difference in Greek and Indian Philosophy. The Greeks believed and probably still do through Anglo Saxon culture that something can come out of nothing (originality) while the Sanatan dharma from India always believed that nothing new is getting created. All new manifestation comes from something that already exist. You can now forever debate about pluses and minus of these philosophical systems, especially at the time of scientific advance during Covid time or the fact that just because we did not know about radio waves for ages, does not necessarily mean that they didn't exist.

Now you must be wondering where I'm heading with these examples when you expected some luxury pictures coming out of this article subject line. We all have recency bias in life. Part of the reason probably my IAGB co-directors/editors asked my opinion on this topic is the fact that they saw me vacationing in Hawaii recently or heard me speaking about pappy van winkle shots on a luxury boat. All these examples are indeed very American in nature and very successfully fed in the society. But how do see you a topic from a single lens handed over to you through societal lenses. I think that's where I always recommend going back to philosophy of Sanatan Dharma.



The question that you need to seek is whether you are seeing luxuries an escape from misery, or they have just as much a role to play in your life as any other karma challenge that you must go through. If these luxuries of life are an escape (which they invariably are, from office, from stress, etc. etc.), you will keep coming back trying to have more and more of them and in process will keep creating more and more situations from where you would want to run away. There is a beautiful debate that always takes place in Vedanta about why Karma Yoga has been placed so high up in ladder or the famous riddle that why Buddhist monks keep creating and destroying the mandalas. Everything boils down to impermanence nature of life and so in turn impermanence nature of luxury in life, American or otherwise. Remember you are not creating anything new but just finding experiences to seek the life in fullest.

The real definition of luxury of life, American or otherwise, is not to be the slave of your mind (which seeks pleasures all the time) but keep working on creating experiences that takes you closure to ultimate truth or oneness of experience, neither luxurious nor ordinary in nature.

And with that let me close by saying that if you still want to know the best way to enjoy 2 weeks in Hawaii, I do have a ready-made itinerary for you!

## What Motivates me to Be a Community Volunteer?

--Sushil Motwani



“Love All Serve All; Help Ever Hurt Never” – these are the quotes by Sathya Sai Baba. These quotes from him are not just mere words, but something that I strive each and every day of my life to follow.

What do these quotes mean to me? In today’s world, especially these words have a much greater significance. We are all driven by multiple sources of information, TV, News Websites, Social Media sites (Facebook, Twitter, WhatsApp, and many more ....), and then, of course, our social circle that we are involved with at work, and then in other settings with which we interact with everyone. What are we facing today in the universe, is the exact opposite of the quotes above. People are hating each other for various reasons, reasons for which people did not hate each other about 20 years ago.

Just a couple of examples: If you support owning guns, you are hated by the anti-gun people; if you do not support owning guns, you are hated by the other side. If you are a Narendra Modi supporter, you have another group that hates you and vice-versa. It has become very difficult to co-exist in a society where each person had a right to their opinion, likes, and dislikes and was still accepted by the rest of the community irrespective of their views. There is too much hatred in the world today, and the only way to avoid being part of this hatred is through community service.

Where is the “Love All”? Where is the “Serve All”? How many of us spend even 1% of our lives serving the people who need help? 1% of a whole day is 6 minutes. Can we not give 6 minutes of our day for service? Service and giving back to the community continues to play a huge role in shaping me as a person and it also aligns with my values. I am fortunate enough to belong to a society that I can give back to selflessly. The purpose of service is not to post on social media or personal gratification, but “Selfless Service” or “Nishkam Karma”. Being a community volunteer, allows you to do Selfless Service. This Service gives you the joy that cannot be derived if there is a monetary benefit, or we are doing it to show the world that we are serving the community. By doing selfless service, I am not doing a favor to the people who are being served, but instead, I am benefitting from the opportunity that is being provided by them to be served.

Here are a few reasons why community volunteering can help us as a society:

1. Gets more people involved – connects you with like-minded selfless people
2. The happiness effect – both the volunteer and the receiver of the service derive satisfaction that cannot be measured
3. Change lives of people involved
4. Other Sub-Benefits:
  1. Make new friends and connections
  2. Confidence and Self-Esteem
  3. Social, Networking, and Relationship Skills
  4. More value of the time – community service makes the hours spent during the day more fulfilling
  5. Sense of Gratitude is greatly increased

The question posed to me by the IAGB Editors, on “What motivates me to be a community volunteer” is more appropriate if asked, “What motivates me to do community service?”. The answer for me is very simple: “Love All, Serve All, Help Ever, Hurt Never”

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## Staying True to My Indian Values in America

--Tanu Basu

Human values are virtues that guide us to take into account, the human element when we interact with other human beings. Human values such as respect, acceptance, empathy, and love towards other human beings. These values are universal and have been obtained gradually since the start of human civilizations to present time, through different types of interaction, conflicts, co-operations, experiences, and various types of social, cultural, political, economic, and intellectual processes. This process is still going on and will go on over time.

When we talk about Indian values, we expect that it comprises the basic human values mentioned above, but it is unique.



It bears the essence of our country that we came from, (India) and is exhibited through its culture, heritage, and socio-political behavior of its people who embraced the USA as their beloved adopted country.

India is a vast country with diverse cultures, history and landscapes, religion and cuisines. There are 121 languages spoken broadly with 19,500 dialects in India. so “Indianness” is very hard to define and difficult to express to outsiders.

The motto of Indian culture is “Unity in Diversity”.

When we talk about staying true to our Indian values in the U.S, we must remember and define our values, which is most beautifully expressed by Rabindranath Tagore. the first Nobel Laureate of Asia.

Tagore’s poem: ‘Bharat Tirtha’  
“All shall give and take,  
mingle and mingled in  
None shall depart dejected  
From the shores of the Sea of

Bharat's great humanity”

Therefore, I think, to stay true to our Indian values, we must have an open mind to “give and take, mingle and mingled in ”, with the American society we are living in at the current time. While we should be rooted to our cultures of diverse regions with oneness in mind, we should not be averse to accepting the surrounding cultures of our adopted country of the U.S.A which also have many good and unique features of its own.

I believe in setting up cultural traditions for my daughter. Two most recent ones are as simple as it gets. To touch the ground, then put her hand to her head and heart - a symbolic ritual of blessing something is a moment of humility and gratitude. I don't tell her to do it, I lead by example by doing it myself, every single morning before I start my work. I play the “Shankh” at home every evening, after my shower, and call it “good energy shout-out”. She has seen and heard it since she was a baby - and now when she is a teenager, she has grown to embrace it as a unique and effective way of welcoming good energy.

Staying rooted in Indian values is not limited by only exposing our children to Indian cuisines, attires, social behaviors, Indian music, dance, and Indian cultural activities, but also allowing them to appreciate and respect the cuisines, attires, art and culture, cinema, theater, dance, music, and festivals of the U.S. Indian cuisines are delectable and so are the different cuisines that are available in the USA.

I like it when my daughter speaks and reads fluently in our native language, with no added accent and also love the fact that she is multilingual. I have taught her to value our native culture and different art forms, social behaviors, rituals, traditions, and heritage as much as I have enthused her to appreciate, western music and dance, cinema and theater, different art forms, and social behaviors. Practicing traditions and celebrating the differences are the true ways to exhibit our Indian values.

In this context, I refer two books to the readers: Roots by Alex Haley and Home in the World by Professor Amartya Sen, Nobel Laureate.

The whole world has come closer in modern days with advancement of technology in the 20th and 21st century. Let our Indian values—culture and heritage be enriched by giving and taking, mingling and being mingled-in with the American society.

Reconnecting with our roots is ultimately for our own personal growth and to raise our vibes. There's a richness and vibrancy that comes from that connection and being able to own it while living in the U.S. By embracing our culture, we can open our hearts to positive energy that will strengthen our cultural identity nobody can shake us from. ***Raise your vibe by owning your roots and embracing your leaves and the stem-*** this is the right mindset to be truly attuned to our Indian values while living in America.

## India Then and India Now

--Vaishali Gade



I wonder if I had not visited India after my first departure to the US, would I be able to recognize India now. India has changed tremendously. Changes at the micro-level are just as loud as the changes at the macro level.

Starting right from the Chhatrapati Shivaji Maharaj Airport or formerly known as Sahar Airport in Mumbai, which went through major transformation and modernization in 2014 is unrecognizable. It's one of the best-looking airports in the world and makes Logan airport look.... well, let's just leave it at that. But that's not all: If you came to the US (or flew to any other country) around Y2K- the time when going to 'Foreign' was a novelty, you will remember hordes of friends, families, and even distant uncles and aunties coming to the airport to drop you off and say their goodbyes, making the already crowded airport even more chaotic. Now all of that is history and replaced with likes of Uber/Lyft. No more teary goodbyes and 'palat palat ke dekhana' for the last wave till you disappear behind gates.

Outside the airport- if you are craving for Bombay Vada Pav you will find it at one of the fancy 'thelas' for 20 times the price of what you were used to paying. But have to agree it still tastes the same. Along with vada pav you will find flare of multinational cuisine and I think how this vada pav has survived among mighty Big Mac burger and Chicken tenders. I guess that's the beauty of it all India has embraced the outside world but after careful Indianization.

What previously use to take 6/7 hours and sometimes 10 hours traveling from Mumbai Airport to Pune is now a breeze in just 3-4 hours. Along the highway, you will see many luxury cars which once upon a time could only be seen on TV. The India I left, has since pulled out about 300 million out of poverty and pledging to become a \$5 trillion-dollar economy. And at the same time on its way to becoming the most populous country in the world. All of it is pretty evident on every step of the way. For someone like me who is barely once a year visitor has to depend on relatives to find perfect shopping spots as many of my go-to 'typical streets' lined with shops have been pushed aside with huge malls.

Oh, and one more thing does anyone miss the ‘Gandhi Series’ Rs.500 and Rs.1000 currency notes- the ones abolished in 2016 in an attempt to curtail the infamous black money. I am still getting used to these new tiny currency notes.

Can we say India’s physical boundaries have not changed, but everything else has changed except its soul and hope it stays that way JUST THE WAY INDIA WAS THEN...

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## Calamities Can be Seeds for Future Opportunities

--Veeresh Angadi

..... Natural disasters can occur at any time. Some can be predicted depending on the type of disaster, and can be avoided by taking certain precautions. In the beginning of 2020, I heard COVID-19 is slowly starting to spread, but we did not take any precautions until it started to spread faster. During this time, people were scared to go out as it was not clear how the Coronavirus was spreading. With CDC guidelines, people started taking precautions and, at the same time, scared of going out to get groceries. It was a win-win situation for both retailers and customers. You may be wondering how this helped retailers. Calamities can cause major consequences, but at the same time, sprout new opportunities.

. During the pandemic, there was a shortage of labor as people were scared of working in shops and warehouses, even though businesses started to provide safe environments for employees to work.

The labor shortage triggered an idea to come up with a solution to solve the COVID-19 crisis by protecting employees from COVID-19 exposure and delivering the items needed to survive during the pandemic. They started adopting the concept of Robotic Fulfillment to address automatic picking and packing of goods and groceries to fulfill the orders received from ordering online. Robotic Fulfillment is a niche area as it requires careful handling of items as they can be fragile, liquid, rigid, and solid in nature. No one wants to receive damaged items on delivering to premises. The Robots are not new in industries and are used in manufacturing of goods and in an assembly of the parts to make the final product that can be sold. Autonomous vehicles will be part of automating the warehouses in transporting goods to and from warehouses with little to no assistance from humans. So far, humans can handle goods carefully, transferring a bagful of items to a neat package to ship. The landscape is going to change from human to robotic fulfillment as robots evolve to handle with care.

The concept of Robotic Fulfillment is increasing day by day in more and more businesses. The pandemic has created lots of havoc and at the same it has added new seeds in humans to come up with solutions to address the issues to be safer living, this being one of many more methods. A few years ago, most knew automation was inevitable, but it was just a matter of how fast businesses incorporate these inventions. Instead of dwelling on the negative side of things, look at the positive sides. I am doing that, and am thrilled to see what else unfolds in front of us as the world is changing rapidly every day. As of now all I can say is I am very optimistic of the world as soon as we can get out of this pandemic.







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# RACISM, DISCRIMINATION, STEREOTYPES & CULTURAL DIFFERENCES

## THE YOUTH PERSPECTIVE

As a second generation Indian American, our youth have their shares of struggles as they have the advantages. We asked the youth community about their experiences with racism, discrimination, stereotypes and cultural differences in their schools and class rooms, and their approach to deal with such issues. Here are some of their first-hand experiences.

Since I was a kid, I have been very attached to wearing the Bindi. My mom and grandmother used to put it on, and I used to always think it was like another fashion asset. Knowingly or unknowingly, I started wearing the Bindi wherever I went and it became a natural part of me. I even started wearing it to school.

During my pre-high school days, it was initially a curious thing for my other friends. People used to ask simple, genuine questions—like, “what’s that dot on your forehead?”—and I used to move on. After some time, my friends naturally got used to that, and how I am. But when I moved to a different school, I had to interact with a new set of classmates. People’s questions were more intense, and sometimes included subtle mocking of my Hindu culture. From this, I felt a little embarrassed to answer their questions and even put my Bindi on in the first place. My Indian friends empathized with me, but told me to blend in with the mainstream situations and give up my Bindi for ease.

That’s when I started to think, *why is society molded in such a way that shuns our culture?*

At that moment, I understood it is not just my Bindi, but it is *me* who is different in this environment. I started researching about myself, my heritage, and my culture. Even though Bindi is a really small part of Hindu culture, it became a focal point of my interaction and thoughts.

I understood that I do not have to change myself—like how the LGBTQ, and cultural minority communities in this country don’t have to change themselves—to fit into society. I am a different kind of “diversity” in this melting-pot country, but if my voice should also be heard, then why not? I realized that not asserting yourself is wrong, and shying away from what is inherently part of you is a mistake.

So, I felt a great need to retain my culture, assert myself, encourage others to not shy away from their Indian heritage, and also bring my culture into the mainstream environments. With this background and purpose, and a lot of trend-defining ideas and plans, I started a mission, *Mission Bindi*, dedicated to spread awareness and to revive the Bindi. From there, I wrote many blogs, published YouTube videos, interacted daily with many folks in social media (Twitter, Instagram), and started several Bindi initiatives. Many folks, people, and organizations, empathized with my ideas and offered to collaborate with me. With this initial fillip, I formed a team of people from different parts of the country and I proposed the idea of a *World Bindi Day*, a global celebration and awareness event. The first World Bindi Day was celebrated on October 17th, 2020.

Taking the school experiences I had, and churning my ideas into a movement, was a great feeling of success for me. This was the start of a movement that I will continue for the rest of my life. I hope the coming

generations don't shy to wear their culture “on their sleeve”, and I hope the baton of our Indian heritage and culture is passed on to the future generations as it was passed to us since many generations before.

--Archita Nemalikanti

Racism, discrimination, stereotypes, and cultural differences have all seemingly reached a point of perpetualism in the world. Especially in the United States of America, the land of equal opportunity and liberty, where immigrants can seek out new opportunities unparalleled by any other country, occurrences of these actions have spiked in the past few years. Fueled by a series of events targeting non-white individuals, instances of racism and discrimination have reached all-time highs.

My experience as a student has been shaped by these standards. When in school, we are taught that racism and discrimination are defined as being only between blacks and whites, however, as an Indian American male, I have experienced first-hand the fallaciousness of this definition.

One of my earliest experiences with racism and discrimination was sitting at the lunch table in 3<sup>rd</sup> grade. What may have caused such a dire act at such a young age you may ask. Well, it was motivated simply by my love for my heritage. You see, as a kid, I loved idli. And my mom, well, she supported me in my journey, thinking that it was great that I was embracing Indian culture. Every morning, she would wake up early, so that when I came downstairs, the aroma of biryani, idli, or dosa would fill the kitchen. I treasured and enjoyed the opportunity to be able to eat such good food for lunch; however, one such day, upon opening my lunch box, rather than having a scrumptious meal to look forward to, I was instead ridiculed by my peers for not having an “American” lunch. What I didn't realize at that moment, is that only being in 3<sup>rd</sup> grade, this was one of my earliest experiences with discrimination, simply for eating lunch. It put me in a state of tumult: on one hand, I loved my friends but on the other, it made me feel helpless in the fact that I had to bend to the standards of western society to fit in.

Nonetheless, sitting at that lunch table, I reasoned that the basis of why I was being made fun of was simply that my classmates were unaware of just how good Indian food was. Consulting with my parents, I convinced them to give a presentation about Indian culture during school and prepare some of their favorite dishes for my peers to enjoy. Though I was oblivious to the reality of the situation, I took the steps necessary, at that age, to rectify what I thought was wrong and raise awareness for Indian culture.

Moving to high school, the spirit of forging change has stuck with me. But, along with a new environment, the expectation of being an Indian American has increased dramatically. With the recent rise in Indian CEOs at big tech companies, a certain aura and expectation have been placed around Indian American males. It seems as though in every class, regardless of if I myself am comfortable with the material, I am expected to know everything – “Arnav, you're Indian, can you tutor me in math next term”. I'm expected to be perfect, not allowed even one slip up – “Sheesh, c'mon Arnav, you can't be getting that wrong, you're Indian”.

Yet, in recognizing this fact, I have once again treated it as a new window of opportunity to educate those around me. Rather than sit by and let all these acts of discrimination take place, I realize that I can harness my experiences to spread the word in the community around me, about the hardships that Asians face, and the immediate need for an alteration in societal expectations, such that racism and discrimination do not reach a point of everlastingness. Whether it be actively stopping my friends when they feed into a racial stereotype, voicing my

opinion in large school discussions, or promoting racial equity in the classroom, I take every chance I get to educate others about the issue at hand. It is with the spirit of creating change that I go forth.

--Arnav Bhakta

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“You’re trash! There are weirdos in your house! Tell your grandmother that she is ugly!” barked a kid on my school van. Being on the autism spectrum, I felt very offended by this. Not only was he being mean, he was basically making fun of me because I was different. I am not the only one who has experienced such discrimination though. Many people experience racism, discrimination, stereotypes, and cultural differences throughout our society. One of the lessons I have learnt is that the way we deal with such challenges determines our personality and our destiny.

It all started in eighth grade when I was coming home from school. There was a kid on my van who tended to be mean to me from time to time by calling me a weirdo and telling me not to sit next to him. The first time he did that, my body shook all over and, getting hot in the face, I argued loudly with him. I complained to the van driver who reprimanded the kid. After that, the kid stopped for a while. However, after some time, he started bullying me again. I tried to turn a blind eye to his dirty looks and mean comments as much as possible. One day though, he took it too far. I could not ignore it and instead, I was severely triggered.

That day when I boarded the van and saw him, my hands began to tremble, my body began to sweat and my stomach was filled with butterflies. However, I told myself to ignore him. When we approached my house, he called me trash, said that there were some weirdos in my house, and laughed at me. And when he saw my grandmother at the door, he told me to tell her that she was ugly. As soon as I heard this, I was overcome with intense emotions. I got down, forcefully threw my backpack on the ground and screamed at the top of my lungs. I even called my grandmother ugly (I eventually apologized to her) in a bout of anger. However, after I told my parents what had happened, they calmed me down and we decided to resolve the situation.

In discussing this incident, my parents learnt that the other kid was in the developmental learning program and was very troubled in his life. After giving this fact some thought, I felt some pity for the kid and tried to imagine how many obstacles he had to go through in his own life. My parents wanted him to stop bullying me and to learn to make right choices, but not to be punished and I agreed. So they called the school principal to discuss the matter with him and to convey the details of the incident to the kid’s teachers and grandmother. I eventually was able to see what problems he had in his life and decided to forgive him. Furthermore, he apologized to me with sincerity and has not bullied me ever since.

This was a very important moment in my life as it gave me an approach to deal with discrimination in general. If one is discriminated against, they must be confident in who they are and not get troubled. If you are troubled, you are more likely to discriminate against others and more likely to be negatively affected when discriminated against. On the other hand, if you are secure, you are very likely to be a friendly person that others look up to. For example, one of my friends is very secure about himself. Even though he had previously opted out of the Autism program in school, he said that he wants to rejoin it because he wants to be with me. He thinks that I make him feel comfortable with who he is. Another important lesson I learnt is that if the discrimination goes too far and can’t be ignored, report it with a forgiving attitude instead of seeking revenge. Overall, I would

encourage people to feel good about themselves instead of ashamed because of their perceived weaknesses and differences.

I have indeed experienced discrimination due to my autism and I hope to bring attention to this issue more broadly. The more people feel secure and in control of themselves, the less likely it is that they will be negatively affected by the discrimination they encounter. I hope this approach will also inspire people to respect others for what they are and help to make a positive change in society.

--Vinay Kulkarni

*Wish you a Very Happy  
Independence Day!*



*BEST WISHES,  
Arsh & Anil Mehrotra*

## **THE TASTE OF AUTHENTIC INDIA...**

### **Where culture and food are almost synonymous!**

The cuisine in India is as vast and wide ranging as its multi ethnic culture. And as rich the culture of India is, so is her food. In India, eating is not just a means to satisfy your hunger but it is an important social tradition. People in India love to celebrate every occasion with their friends and family through food. Families are closely knit, and eating meals together as a family is a very important part of the culture. Often times food in India is an identity marker.

The delicious and exotic dishes of India are marked by the subtle uses of spices and herbs. Indian cuisines vary widely from region to region. Different regions adopt different cuisines. India is proud to serve the most diverse cuisine in the whole world. Every region has its own specialties and different ways of cooking. The style of cooking, flavor and their specialties change with the landscapes.

In this issue, we will take you on a culinary adventure through the states of India. From Kashmir to Kerala; from Rajasthan to Assam; we will span from North to South, East to West. We are bringing to you tried and tested recipes, sent in by our readers from the Greater Boston area. These dishes are staples in their home. And they are as authentic as they can get as these recipes have been passed from generations in their families.

We hope you enjoy these recipes and make some of them in your kitchen. Your taste buds are sure to be tickled as you go on this gastronomic adventure through the states of India.

--Yogita Miharia

P.S. Do not go through this on a hungry stomach.

## KORMA VS CURRY - A staple of ANDHRA PRADESH

--Venkat Tudi

Korma is a meat dish with thick Gravy and mild in spices vs curry can be spicy (Most of the spice comes from chili powder and pepper corn). How can you tell if is a korma or a curry? Meat (red meat) is usually pink, gravy is rich. There are 2 types of spicy one you will feel in the throat an the other you will taste on the tongue. Throat spicy will keep body warm keeps away from cold and sinus whereas tongue spicy will clear you nasal clean instantly. That is why you will feel lot of sweat on your forehead and in sweat.



**KORMA**

Korma was bought to India by Mughals rulers to India. That is why you will korma in old Delhi, Charminar, and Calcutta but you will not see korma in Rajasthan and other non-Mughal influence. Enough said. Korma is a dish where all the ingredients are grind except meat (mostly with bonne and red meat). Paste of nuts and spices are used here not the whole spices and in traditional korma's no black pepper nor cardamom nor cloves used. But they make it up with black cardamom, star anise, soamf, kala jeers, dhania powder, ginger paste, garlic paste, onion paste, cashew / pistachio paste / almond paste (not really almonds but apricot seeds they do looks the same) and sometimes onion seeds(chironji), melon seeds paste all roasted and yogurt preferably few days old the sour the better. Kasuri methi, poppy seeds. Rose water, kewra water or essence optional.



**CURRY**

What is a curry? Curry is lighter. More spice on the tongue.

### **KORMA:**

#### **Ingredients**

- 1 lb. of mutton (older lamb or goat).

- 1 tlb spoon of coriander seeds roasted
- 1tlb spoon of soamf (fennel seeds).
- ¼ tlb spoon of poppy seeds very lightly roasted.
- ¼ lb of onion or a small to medium size roasted
- 3-4 cloves of garlic
- ¼ - ½ inch ginger
- 1” cinnamon
- 1 star anise
- Few drops of rose water
- Few drops of kewra water
- ¼ - ½ cup thick yogurt.
- ½ tlb spoon of almonds, pistachio, cashews, chironji (onion seeds), melon seeds (you can reduce to ¼ tlb spoon if you have all of them). Roast and grind along fennel seed, coriander, soafm, poppy seeds.
- 2 tlb spoon of oil (I am using very less oil).
- Soak meat in 2-3 spoons of salt for at least an hr. or long (longer the better).

### **Method**

- Heat a heavy bottom pan or dish (I use heavy cast iron)
- Add 1 tlb spoon of oil to a piping hot vessel
- Add onion, ginger garlic paste
- Wait till it starts usually browning a min or 2
- Add a pinch of kala jeera, dry bay leaf.
- Add the dry nuts paste. Lower the heat to low wait till everything becomes thick and oil oozing (separates).
- Add yogurt and dry spices and mix well 2 to 3 min oil should separate. Now add the meat washed from salt brine.
- Cook it on a low heat for 30 min. Once the meat is cooked now add salt (according to gravy taste. We are not trying to get the meat absorb salt because it was already brined is salt. We just want the gravy to have enough salt.) Add kasuri methi turn it off and leave it covered for 30 min so that everything will gel. If you like spicy
- you can add green chilie whole or ground, but this has to go when adding wet ground items so that they will cook. Some korma’s has potatoes (takes longer to cook). Add the remaining tlb spoon of oil.

### **CURRY:**

#### **Ingredients**

- 1 lb of meat with bone (you can also use bone less time to cook).
- Pinch of turmeric powder.
- ¼ -1/2 tlb spoon of chille powder.
- ¼ - ½ tlb spoon of coriander powder.
- ¼ tlb spoon of shahi jeera
- ¼ tlb spoon of jeera powder.
- Salt to taste



- Small to medium onion finely chopped (finer the better)
- Small bunch of coriander leaves.
- Small bunch of mint (optional).
- 1” cinnamon stick
- 2-4 cardamom whole lightly crushed
- 2-4 cloves
- 2-4 black pepper (whole or powder)

### Method

- Heat a heavy bottom vessel
- Add oil.
- Once oil reaches smoking point
- Add onions. Once the onions are translucent start browning
- Add dry spices (cardamom, cloves, cinnamon, shahi jeera) wait for a min
- Now add red chili powder wait till the oi color changes to red, add coriander powder.
- Add meat wait for 2-3 min till the meat color changes to opaque and water should be oozing from meat.
- Now add water, salt, and wait till the water come to boil. Now add ginger garlic paste cover the pot and lower the heat to medium heat and cook for 30 min or till the meat becomes tender.
- Add coriander leaves and mint.

If in south India where coconuts are grown abundant, they add dry coconut powder especially in villages. But typical Muslim communities do not add this. At least I have not seen in Charminar (old city Hyderabad). Their meat gravy is very thin. In curry, they do not use any kind rose water, kewra water.



Venkat’s love for cooking (and eating) is legendary amongst his friends and family. His approach to cooking is scientific and artful at the same time. The more complicated the recipe is – he enjoys it even more working on it. His spices work like magic on the palates. His spreads are extremely generous, and treats are most talked about at any party he is present at. He just won’t feed you – he will educate you about the food too – and hence the article – how to distinguish curry from korma.

## MASOOR TENGA (Fish in Tangy Gravy) from ASSAM

--Moniparna Gogoi Misra



### Ingredients

- Paabho/Paabda Fish (Indian Catfish) or Rohu: 6 (gutted and cleaned)
- Tomatoes (large, ripe): 8 (thinly sliced)
- Potato: 1 (boiled, peeled, mashed)
- Fenugreek Seeds (Methi Seeds): 10-12 in number
- Yellow Mustard Seeds: 1 tablespoon
- Mustard Oil: 3 tablespoon
- Turmeric powder (Haldi): 1 tablespoon
- Salt: to taste
- Hot water: 4 cups
- Green Chillies: 3 (slit)
- Lemon juice: 2 tablespoons (freshly squeezed)
- Coriander leaves: few sprigs, (chopped)

### Method

- Marinate the fish pieces with one teaspoon salt and half tablespoon turmeric powder.
- Heat two tablespoons mustard oil in a large, shallow frying pan. Once the oil is piping hot, add the fish (two at a time) and shallow fry them, flipping sides until done on both sides. Remove and keep aside.

- Heat the remaining one tablespoon of mustard oil in a kadhai. When oil is piping hot, add the fenugreek seeds and allow them to sizzle. Next, add the mustard seeds and slit green chillies. Cover with lid and allow to splutter.
- Add the sliced tomatoes and stir. Cover and allow the tomato to cook in its own juices. Stir occasionally.
- When tomatoes are adequately cooked and have become mushy, add the boiled, coarsely mashed potato and mix well.
- Add the remaining turmeric powder and salt to taste. Stir and mix well.
- Add the hot water.
- Once it comes to a boil, gently add the fried fish. Cover and cook for a couple of minutes so that the fish absorbs the flavours properly. Since this fish cooks fast, be careful not to overlook it.
- Add the freshly squeezed lemon juice and give a gentle stir before turning off the flame.
- Pour out into a flat wide serving bowl. Sprinkle chopped coriander leaves and serve hot with steamed rice.



My name is Moniparna, born and raised in Dibrugarh, Assam. My father is Assamese and my mom Bengali. I am now married to an Oriya!! Being from a foodie family and then marrying into one, I have been lucky to have learnt and eaten the best of Assamese, Bengali & Oriya cuisines, besides world cuisine. Maasor Tenga is an integral part of Assamese cuisine and is also a favorite in most Assamese households. This light fish curry is a delight to have in summers and for me Maasor Tenga with white rice is comfort food!!

I hope you enjoy making it and eating it as much as I do!! Bon Appetit!!

## CHILLA BESAN CURRY from BIHAR

--Manisha Chowdhary



### Ingredients

- 1 cup Gram Flour ( Besan)
- 1 tsp Turmeric Powder
- 1 tsp Kashmiri lal mirch powder
- 1 tsp Coriander Powder
- 1 tsp Kitchen king powder
- 1 tsp Salt
- 1 Piece Lemon
- 1 tbsp Coriander Leaves
- 2 tbsp Mustard Oil
- 1 tbsp Chopped Green chili
- 1 tbsp Yellow Mustard Seeds
- 1 tbsp Amchoor Powder
- 2 piece Tomatoes
- 7 Piece Garlic Cloves
- 1 tbsp Coriander Seeds
- 1 tsp Panch phoran
- 1 tsp Asafoetida

### Method

- In a grinding jar add chopped tomatoes, garlic, mustard seeds, coriander seeds and green chilies and grind them.

- In a container add gram flour and add all the spices like turmeric powder, kashmiri lal mirch powder, salt, coriander powder, kitchen king masala and mix them well.
- Add water and prepare a batter of thickness of pan cake.
- Grease a griddle with mustard oil and prepare cheela.
- Wrap the cheela as shown in the image
- Cut them using the spatula.
- Heat a tbsp of mustard oil in a pan and add asafoetida and panch phoran. Let the panch phoran turn red.
- Add grind ingredients in the pan.
- Add turmeric powder, salt and kashmiri lal mirch powder in the pan when spices start to cook. Add amchoor powder in the pan and mix them well. When spices start separating oil then add water in the pan.
- Let it boil for some time.
- Add coriander leaves in the pan.
- Add cheela pieces in the pan and switch off the flame.
- Add lemon juice in the pan.
- Sprinkle some more coriander leaves in the pan.

Recipe is ready to be served. Enjoy!



I am Manisha Chowdhary born brought up in Bihar. Mother of two daughters and a son with two son-in-law & two grandchildren. My passion is to be part of community & connect all of us together. Cultural Leader of Bihar Jharkhand association of New England (Bjane) & Attleboro Desi. Very delighted to present one of the delicious food I have learnt from my mother.



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## PINEAPPLE SAANSANV from GOA

--Sameera Lawande



### Ingredients

- ½ pineapple cut in cubes
- ½ cup frozen grated coconut
- ½ teaspoon mustard
- ½ teaspoon black peppercorns
- 1 tablespoon jaggery or molasses
- 1 inch ball of tamarind or spoonful of pulp
- ¼ teaspoon turmeric
- 2-3 hot red chillies

### Method

- Cook the pineapple cubes in ½ cup water for 10 minutes or until semi soft.
- Roast and crush mustard and blackpepper.
- Grind coconut, tamarind, jaggery, haldi and the chillies together to a paste.
- Add the ground paste, the spice mix and some salt to the pineapple and cook for another 10 mins.
- Pineapple Saansanv is ready to serve.



Samira Lawande has been successfully leading mission-critical global business and technology turnaround programs for large multinational healthcare companies and entrepreneurship in the non-profit sector. Her interests lie in gender diversity in engineering leadership and business. She speaks and mentors to encourage women in technology to stay the course and lead. Samira currently lives in Acton Massachusetts with her family, is an avid painter and a cooking enthusiast who occasionally blogs about her passions. Samira and her husband Mahesh were born and brought up in Goa, India where they have a home and spend their summers there with their kids, Viraj and Lina, cooking fish and entertaining.



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## LASANIYA BATATA (Garlicky baby potatoes) from GUJARAT

--Roopa Parekh



Lasaniya Batata is a dish from the part of Gujarat called Kathiawad. Its a special dish made and served at roadside dhaba/ homes with paratha/ warm phulkas. Hope you recreate it in your kitchen on a rainy/ cold day and enjoy!

Prep time 20 minutes, cook time 30 minutes. Yields 4 servings. Spice level medium.

### Ingredients

#### For Pan Frying Potatoes

- 500 grams baby potatoes or 20 to 22 baby potatoes, steamed or boiled
- 3 tablespoon oil

#### For Ground Masala Paste

- 5 to 7 large garlic cloves or 3 tablespoon chopped garlic
- 2 medium tomatoes
- 4 dry red kashmiri (or any kind) chilies as per spice tolerance.
- ½ inch ginger

#### Other Ingredients

- 2 tej patta (indian bay leaf)
- ½ teaspoon cumin seeds
- 1 large onion finely chopped
- 1 pinch asafoetida (hing)
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon kashmiri red chili powder
- 2 teaspoon coriander cumin powder
- ½ cup water
- ¼ to ½ teaspoon chaat masala for sprinkling
- 2 tablespoon chopped coriander leaves for garnish (optional)
- salt as required



## Method

- Soak 4 dry deseeded red chilies in hot water for 20 to 30 minutes.
- When the chilies are soaking, rinse the baby potatoes very well. Steam or pressure cook them till they are cooked well. If pressure cooking, then cook for 2 whistles or if you cook in instant pot, cook on high pressure for 4 minutes with half cup of water in the pot. The potatoes should be cooked well, but not crumbly and should hold shape.
- When they are still warm or slightly hot, peel the potatoes and prick them all over with a fork. Keep aside.
- Once the chilies are soaked. Add to a small jar of nutribullet. Then add 2 chopped tomatoes, 1/2-inch ginger (chopped) and 5-7 large garlic cloves (chopped) m. Add 1 to 1.5 tbsp water, salt to taste and grind to a smooth masala paste. Keep aside.

## Pan Frying Potatoes

- Heat 2 tbsp oil in a pan, when heated add the potatoes. Stir and begin to pan fry them and flip over when one side is golden or browned. Pan fry till they become crisp and golden.
- Remove the ones which have become golden with a slotted spoon and place the pan-fried potatoes on a kitchen paper towel. Continue to pan fry the ones which are not still getting crisp and golden.
- Making Lasaniya Batata
- In the same pan, add remaining 1 tbsp oil and following spices - 2 tej patta and 1/2 tsp cumin seeds. Stir till the cumin seeds splutter. Now add 1 large onion (chopped).
- On a low to medium flame, stir and saute the onions till they turn translucent. Keep the flame to its lowest and then add the spice powders - a pinch of asafoetida, 1/2 tsp turmeric powder, 1/2 tsp kashmiri red chili powder, 2 tsp coriander cumin powder. Stir and mix the spices. Add the ground masala paste. Stir very well.
- Saute the masala on a low to medium flame till it becomes glossy and you see oil releasing from the sides or water completely evaporated. Then add little salt as per taste. Add water. Simmer the curry on a low to medium flame for a minute. Add the pan fried potatoes. Stir very well. Cover the pan. Simmer for 6 to 7 minutes.
- While serving, you can garnish with some chopped coriander leaves. You can also sprinkle some chaat masala on top before serving.

Serve lasaniya batata with chapatis, phulkas or bajra roti or jowar roti.



I was born and brought up in various parts of Gujarat, India. Hence the love for food, art and culture from Gujarat is apparent while sharing this recipe. I live in Carlisle, MA with my two boys and husband and by profession, I am a software engineering manager.

## CHURMA from HARYANA

--Annu Jain



Haryana's food can be described as simple and nourishing. It is an agriculture-based society where whole wheat, Bajra and milk products are staple as they provide instant high energy which is needed for doing manual farm and animal based work.

I am sharing a very simple yet rich sweet dish that is known in every household in Haryana. It is served to every special guest and to celebrate change of seasons.

To prepare Haryanavi Churma, you only need three ingredients.

### Ingredients

- Whole wheat flour ('Atta').
- Pure Desi Ghee.
- Powdered or granulated sugar or crushed jiggery

### Method

- Take 1 cup of whole wheat flour and knead the dough adding water in small quantities. Keep the dough slightly stiff.
- Divide the dough into small sized balls and roll them into flat chapatis.

- On medium flame roast the chapati till it turns the golden brown and crispy like biscuits. You will get this perfect if you use a thick-bottomed Tawa. After that, put the hot chapatis in a big size plate and crush them into small pieces.
- Pour 2 or 3 tablespoons of Desi Ghee and add Powdered sugar or jaggery to the mixture.
- Mix and crush the mixture well with hands and give it the shape of your liking



I play many roles in my daily life-I am a scientist, mom, wife, mentor, friend, artist and a book lover.

My family has deep roots in Haryana. Although I grew up in Gurgaon, I spent a lot of time in my grandparents' villages where I first hand experienced the simplicity of food and life in general.

*Wish you a Very Happy  
Independence Day!*



*BEST WISHES,  
Neeharika, Preeti & Manoj  
Munjal*

*Wish you a Very Happy  
Independence Day!*



*BEST WISHES,  
Aditi Taylor & family*

# PAHARI GOBHI PALDA (cauliflower in Yogurt Gravy) from HIMACHAL PRADESH

- Babita Sood



## Ingredients

- 1 medium size cauliflower, cut into florets.
- 2 tbsp. mustard oil/Ghee
- 2 green cardamoms
- 1/2 tsp Hing/asfotedia
- 1 tsp. cumin seeds
- 1 tsp. ginger, grated
- 2 green chilies, slit
- Salt to taste
- 1/2 tsp. turmeric powder
- 1 tsp. Dry Dhaniya powder (Coriander powder)
- 1 cup yoghurt, beaten
- 1 tbsp. coriander leaves chopped

## Method

- Heat ghee/mustard oil in a deep sauce pan. Add hing and temper with cumin seeds, Coriander powder, Turmeric powder and Cardamoms. Sauté for 10 seconds.

- Now add the cauliflower, grated ginger and green chilies. Mix everything well.
- Cover and cook for 5 to 10 minutes on low flame. Let the pieces absorb the masalas. Little salt and toss till coated well and soft.
- Switch off and wait for 5min. then add whisked curd mixture slowly.
- Garnish with coriander leaves. Serve as a side dish with any form of rice or Indian bread.



The story of this recipe is of my childhood. I grew up in a quaint small town called Rampur Bushahr in Himachal Pradesh, eating Palda(cauliflower in Yogurt gravy). This was a classic dish that connects our family: from my great grandmother passed on to my mother, from whom I learned it. And now I want to share it with all of you. It is a light, flavorful, and fresh gravy. A great addition to any meal.



## MUTTON ROGHANJOSH from JAMMU & KASHMIR

--Meenakshi Dhar



### Ingredients

- Mutton -Lamb Or Goat (3Lbs)
- Oil (4 Tbsps)
- Cumin seeds (1 Tbsp)
- Bay Leaf (2 pieces) - Optional
- Asafoetida (2 pinches)
- Cloves (4-5pcs)
- Black Cardamom (4-5pcs) - Absolute Must
- Green Cardamom (3-4pcs)
- Cinnamon (1 Medium Stick)
- Red Chilli Powder
- Turmeric
- Fennel Powder
- Ginger Powder
- Garam Masala
- Salt to taste
- Water - 2 glasses
- Saffron (5-7 strings) soaked in little water
- Desi Ghee (2 Tbsps)
- Corriander Leaves (if desired)

### Method

- Wash the mutton thoroughly with luke warm water and let dry.

- Heat the oil in a pressure cooker. Lower the flame before adding dry masala ingredients.
- Add Asafoetida, Cloves, Black & Green Cardamom with seeds crushed, Cumin Seeds, Bay Leaf & Stir.
- Add mutton & sauté till brown (About 10 mins)
- Lower flame & keep 1 cup of water on the side
- Add Red Chilly Powder, Turmeric, Fennel Powder, Ginger Powder, Garam Masala & Salt to taste - stir well
- Add water slowly & keep stirring so the spices don't burn but get cooked and leave the raw taste.
- Add 1.5 glasses of water and stir. Close the cooker and wait for 3 whistles (or as desired)
- Release pressure.
- Add saffron with its water and top it off with desi ghee & sauté.
- Roghanjosh is ready!!
- Add minced coriander leaves on top, if desired.
- P.S. The same can be cooked in Insta pot in lieu of the pressure cooker. Use manual pressure "3" sealed setting.



Meenakshi is an IT Program Management professional and has been working in the finance & technology sector with prominent asset management companies throughout NY and Boston regions, currently residing in Andover, MA. She hails from Srinagar, the capital city of J&K and has spent her entire childhood growing up in this northwestern region of the Indian subcontinent which is also known as the Heaven on Earth because of its natural widespread beauty. Very fond of her culture and cuisine, she brings us this recipe of a very famous dish which is an absolute favorite & a must have for every Kashmiri gathering, big or small.

## NUCHINA UNDE from KARNATAKA

--Laksmi Puranik



### Ingredients

- Half cup of toor dal
- Half cup of channa dal
- One inch ginger
- 5-6 green chilies
- Half bunch dill leaves
- Half cup shredded coconut
- Half cup coriander leaves
- 10 curry leaves
- ½ tsp hing
- Salt per taste

### Method

- Soak toor dal and channa dal them for five hours
- Drain the water and coarse grind it with ginger, green chilies and salt
- Then transfer the mixture to a bowl and add some dill leaves, shredded coconut, coriander leaves, curry leaves, and hing
- Now make small balls using your hand and place it in the steamer and steam for 20mins

- Enjoy this delicacy with yogurt or coconut chutney



My name is Lakshmi Puranik and I live in North Andover and work for North Andover Public schools as a Teaching Assistant in Special education. I have two kids my son is going to be a senior in UMaine and my daughter is also going to be a senior at the high School. I have a yellow lab who is six years old.

I am from Bangalore but my roots are from Mangalore.



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## PIDIYUM KOZHIYUM from KERALA

--Thushara John



Pidi, a Kerala delicacy, is mostly well known in the central region of Kerala. Pidi is nothing but small rice dumplings cooked in a thick coconut milk sauce flavored with a hint of garlic and cumin along with garden fresh springs of curry leaves. It's thicker than a soup but has a very smooth and creamy texture that is light on your tummy as well.

Its origin dates back to early times, when the Syrian Christians started to evolve in Kerala under the leadership of St. Thomas in AD 50. This dish was popular among the Christians in the Central Kerala region and typically served with chicken curry which is then known as 'Kozhi Pidi' or 'Pidiyum Kozhiyum'. But it became popular all over Kerala and became a delicacy among Keralites with various versions like Malabar Kakka Roti or Kozhi Pidi which are dry versions of the same dish.

### **Pidi (Rice Dumplings in Coconut Gravy)**

#### **Ingredients**

- Roasted Rice flour: 1 ½ cups
- Grated coconut: 1 cup
- Small Jeera/ Cumin: ¼ tsp
- Salt: ½ tsp
- Water: 5 cups
- Shallots/ Pearl onions: 8-10, sliced
- Garlic cloves: 4 crushed
- Salt: 1/2 tsp or as needed

- Curry leaves: 1 sprig
- Roasted rice flour for gravy: 1 tbsp
- Coconut milk: ½ cup

### Method

- Grind coarsely grated coconut and jeera. Mix well into the roasted rice flour and keep this aside.
- Add water into a large pan or uruli (brass vessel); add in sliced shallots, sliced garlic, salt and curry leaves. Bring this to a boil.
- Add about 1.5 - 2 cups of this boiled and hot water to the rice flour and coconut mix and mix well and make it into a dough. Make sure you add water only little by little, because the required amount of water may vary depending upon the rice flour. Allow it to cool down a little.
- Make small balls from this dough and keep aside. Once done, slide these balls into the hot simmering water and bring it to a boil again. Cover and simmer it for another 7 mins. The pidi or rice dumplings will take 5-7 minutes to cook on medium low flame.
- Into this, add 1 tbsp rice flour add 1/2 cup coconut milk and mix well without lumps. The rice flour will make the gravy thick. Switch off the flame after 3 minutes. You can also add 2 tsp of grated coconut at the end and mix with the gravy, though optional. Pidi is now ready to serve with Chicken Curry.

### Chicken in Roasted Coconut Gravy – Varutharacha Kozhi Curry

#### Ingredients

- Chicken – 2 lbs. (cut in to small/ medium size pieces)
- Grated Coconut – 1 cup
- Fresh Ginger – 1 inch piece
- Garlic- 3 Cloves
- Pearl onions/shallots- 4
- Red Onion-1 medium (sliced fine)
- Tomato – 1 medium (chopped)
- Green Chili- 5
- Chili Powder- 1 tsp
- Turmeric – ¼ tsp
- Coriander – 1 tsp
- Garam Masala- 1 tsp
- Coconut Oil – 2 tbsp
- Salt To taste
- Curry Leaves- 1 sprig

#### Method

- Slice the pearl onions, garlic and ginger. Set aside.

- Heat a skillet and dry roast the coconut over medium heat stirring often. When golden in color add the pearl onions, ginger and garlic. Reduce heat to low and roast till the coconut turns brown. Turn off the heat, add spice powders and 1/2 tsp salt. Mix and set aside to cool.
- Transfer the cooled mixture to a blender and grind to a smooth paste. If required add a few tablespoons of water.
- Finely slice/chop the onions and tomatoes. Slit or chop the chilies. Heat a skillet and add 3 tablespoons of coconut oil (unrefined coconut oil for enhanced flavor). When the oil is hot add the chopped onions. Stir fry for a couple minutes till the onions become translucent. Add the chopped tomatoes and chilies. Sauté for a couple minutes till tomatoes become soft. Add the chicken pieces, sprinkle 1/2 tsp salt and mix well. Cover and cook for 5 minutes.
- Add spice paste and 1/2 cup water.
- Cover cook for 20 minutes.
- Uncover, check to see if it is done. If not cooked through place the lid back and cook on low flame, till done. Taste and adjust seasoning. Add curry leaves and cook uncovered till the gravy reaches the desired (thick) consistency. Serve with Pidi. Enjoy!



Thushara John is a Mom, Artist, Baker & a Healthcare Management Professional by trade - but more than anything a 'foodie' at heart. She hails from the family of great cooks where her mom and both sisters are into the baking business. She is very much inspired by the cooking style and recipes of her mom, Minnie James who is also the author of various cookery books. Thushara loves experimenting with different flavors and trying out dishes from cuisines across the globe. She is passionate about cooking, especially the traditional Kerala cuisine. She lives in Andover with her husband Reju & kids- Rebecca & Matthew.

## DAL PALAK - Spinach lentil soup from MADHYA PRADESH

--Jaya Pandey



### Ingredients

- Onion, -1
- Tomatoes-2
- Ginger- 1 piece
- Garlic - 5-6 cloves
- Green chili - 1 chopped
- peanuts - handful (optional)
- Spinach - one small bag
- Lentil (toor dal) - 1 cup washed and soaked for an hour
- Seasoning, red chili (2-3)
- turmeric, Coriander and cumin powder
- Oil, salt
- one spoon ghee (optional)



## Method

- Heat oil, add seasoning (mustard, cumin) whole red chili
- Chopped onion add some salt to cook onion fast, then add ginger/garlic/chili, tomatoes and spinach and peanuts.
- Add all the dry masala and stir for some time. After a few minutes add the soaked dal (make sure to drain the water).
- Let dal cook in the mix for 5-7 minutes then add 2 1/2 cups of warm water.
- Add more salt. and pressure cook or use the pressure cooker function in an instant pot for 15 minutes on medium.
- Once it is cooked just add one spoon of ghee and cover the lid. It enhances the flavor.

Enjoy it with rice / roti.



Jaya Pandey, born and brought up in Balaghat, MP, lives in Franklin and loves to cook. She is a storyteller and blogger and uses Saree as a medium to talk about various aspects of life and special needs awareness. She is a founder of “Desi Moms Network” a community for Indian moms with children with special needs.

## WAATLI DAL & PANHA from MAHARASHTRA

--Madhu Nene



### Waatli Dal

#### Ingredients

- 2 Cups Chana dal
- 1 Small raw mango ( Kairi) peeled and grated
- 3 - 4 green chillies
- ¼ Cup fresh grated coconut
- 1 tsp sugar
- Salt to taste
- Handful of chopped coriander

For the seasoning:

- ¼ cup oil
- 1½ tsp Mustard seeds
- ¼ tsp Asafoetida
- A few curry leaves

#### Method

- Soak the chana dal for 4 hours and then drain the water completely. Grind the dal in a food processor along with the green chillies to a coarse consistency.
- Add the grated raw mango, grated coconut, salt and sugar and mix well.

- Heat oil in a small pot. Once the oil is hot, add the mustard seeds and let them splutter. Add the asafoetida and the curry leaves immediately after. Pour this seasoning over the chana dal mixture.
- Mix well again and garnish with chopped coriander before serving.

## **Panha**

### **Ingredients**

- 2-3 Raw mangoes. Should make about 2 cups of pulp after being cooked.
- 1 to 1½ cups of Jaggery (Can substitute with sugar)
- ½ to ¾ tsp Cardamom powder
- A few crushed saffron strands
- Salt to taste
- Chilled water

### **Method**

- Peel the raw mangoes and pressure cook until the mangoes are completely cooked (3-4 whistles in the pressure cooker) .
- Once cooled, separate the pulp from the seed. Blend the pulp in a blender with the jaggery/sugar. Mix in the cardamom powder, saffron and salt. To this mixture, add chilled water (about 4-5cups) to the desired consistency.

Note: The raw mangoes that you get in the US are not as sour as the ones in India. So, adjust the amount of jaggery or sugar to your taste preference.



My name is Madhu Nene. Born and raised in Pune. Outside of my regular work, I am passionately interested in Theatre, Ceramics and Cooking. This season always reminds me of the Summer months in Pune. Memories of fun-filled days spent with cousins, Gulmohars in full bloom, Jasmine gajras and eating lot of mangoes. The 2 recipes above are a common snack and drink served in Maharashtrian homes during the summer months.

## GREEN OOTI from MANIPUR

--Venus Senjam



Ready in 60 minutes

Serves 4 people

### Ingredients

- Green leafy vegetables
  - Spinach - 2 bunch, approx. ½ lb
  - Lamb's Quarters(bathua) - 1 bunch, approx. ¼ lb
  - Tender Colocasia (arbi) leaves - 3-4 leaves
- Broken rice - ½ cup
- Tender long gourd sliced or grated - ½ lb
- Ashgourd or Chayote - ½ lb, diced into 1" cubes
- 1" piece ginger (substitute with 3-4 fresh ginger leaves if available)
- Garlic Chives - 6-7 leaves
- Coriander leaves - ½ bunch
- 3 Green chilies (sliced in half)
- 1 big onion (sliced)
- Ghee (clarified butter) - 2 tbsp
- Milk - ½ cup
- Baking Soda- 1 tsp
- Salt - 1tbsp

For sautéing

- 3 or 4 red chilies
- 2 bay leaves

- 1 tsp cumin seeds
- 1 tsp Coriander seeds
- 1 tbsp ghee

### Method

- If using Lamb's Quarters, grind it with a little water. If using Arbi leaves, pressure cook it for 1 whistle, release steam, cool and grind it to a paste. Coarsely chop spinach leaves
- Coarsely chop coriander leaves, garlic chives, and ginger leaves
- In a thick bottomed pan or pot, put all the ingredients - all the leafy vegetables, washed broken rice, diced chayote/ashgourd, diced long gourd, sliced onion, chopped herbs (coriander leaves, garlic chives, ginger leaves etc.), green chillies, baking soda, salt and a little ghee and cook. Keep an eye as the soda will cause the pot to overflow. Place a wooden spoon across the pot to avoid overflowing
- Cook on low flame and keep stirring. It requires a bit of patience to cook Ooti as it has to be constantly watched and stirred until the rice is done (30 minutes)
- Add remaining ghee and then pour in the milk. It will neutralise the taste of soda and give a smooth and creamy taste to the dish. Cook for another 10 minutes
- In a pan heat oil/ghee, bay leaves and spices and then add to the Ooti

Serve with steamed rice.



I am a fashion designer and my work is focused on fusion designs with elements of Indian and Western designs. I stay in Franklin, MA with my husband and two daughters. Before moving to the US, I served in the Indian Army for 8 years, which allowed me to travel across India. I am from Imphal and spent all my childhood in Manipur. Manipuri cuisine primarily includes green leafy vegetables, fresh herbs, fish, and rice. I am excited to share one of my favorite recipes with you.

## DALMA from ODISHA

--Raj Mohapatra



### Ingredients

- Vegetables of choice
- Dal
- Turmeric powder
- Green Chillies
- Onion
- Bay leaves
- 3 cups of water
- Ginger and garlic
- Ghee
- Red chiles
- Panch phoran
- Red chili powder
- Garam masala powder
- Shaved coconut
- Coriander leaves
- Salt per taste

## Method

- To begin making the Oriya Special Dalma Recipe, we will first get all the vegetables chopped and ready
- We will be cooking the Oriya Dalma in one single pot
- Add vegetables, dal, turmeric powder, green chilies, onions, bay leaf, salt and 3 cups of water into a pressure cooker.
- Pressure cook until you hear couple of whistles. After a couple of whistles, turn the heat to low and simmer for 3 minutes, then turn off the heat
- The dal will continue to cook in the pressure cooker as long as there is pressure. Once the pressure releases completely, you can open the cooker and keep the dal aside
- The next step is to spice up the Dalma with flavors
- Using a mortar and pestle pound the ginger and garlic until you get a rough paste
- Heat ghee in a heavy bottomed pan on medium heat and add red chiles, panch phoran, red chili powder, garam masala powder and the pounded ginger garlic
- Stir fry for a few seconds until you can smell the roasted aromas
- Take care to keep the heat on low, else the spices can burn and smoke
- Add this masala to the cooked dal and give it a good stir
- Check for salt and spices and adjust to suit your taste. You can add some water to adjust the consistency of the dal
- Give the Oriya Style Dalma a quick boil and turn off the heat.
- Transfer to a serving bowl, garnish with shaved coconut and coriander leaves before serving

I grew up in Mumbai but both my parents are from Odisha. Thus, I grew up eating Oriya food. When I visit my siblings, they always cook delicious Oriya food for me. I myself enjoy cooking different ethnic foods. I have my own restaurant “Rang” in Stoneham and have been in food industry for several years. I live in Melrose with my wife, daughter and puppy.



## BUTTER CHICKEN from PUNJAB

--Mukta Munjal



Butter chicken or murgh makhani is a curry of chicken in a spiced tomato, butter and cream sauce. It is similar to chicken tikka masala, which uses a tomato paste.

You may not know this but the Butter Chicken curry was developed in the 1950s by Kundan Lal Jaggi, the founder of the Moti Mahal restaurant in Delhi, India. The curry was made "by chance" by mixing leftover tandoori chicken in a tomato gravy, rich in butter and cream. This 'by chance' recipe has been a favorite ever since for all Punjabis and non-Punjabis.

So, let's learn about this by chance recipe!

### Ingredients

For the chicken marinade:

- 28 oz (800g) boneless and skinless chicken thighs or breasts cut into bite-sized pieces
- 1/2 cup plain yogurt
- 1 1/2 tablespoons minced garlic
- 1 tablespoon minced ginger (or finely grated)
- 2 teaspoons garam masala
- 1 teaspoon turmeric
- 1 teaspoon ground cumin
- 1 teaspoon red/Kashmiri chili powder



For the sauce:

- 1 teaspoon of salt
- 2 tablespoons butter
- 1 large onion, roughly sliced or chopped
- 14 oz (400 g) crushed tomatoes or 3 large tomatoes, roughly sliced or chopped
- 1 1/2 tablespoons garlic, minced
- 1 tablespoon ginger, minced or finely grated
- Roughly 10 pieces of Cashews
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons garam masala
- 1 teaspoon ground coriander
- 1 teaspoon red chili powder (adjust to your taste preference)
- 1 1/4 teaspoons salt (or to taste)
- 1 cup of heavy or thickened cream
- 1 tablespoon sugar
- 1/2 teaspoon kasoori methi (or dried fenugreek leaves)

### **Marination**

- Wash and pat dry the chicken thighs
- Cut chicken in not too big long strips.
- Prepare marinade with a mix of yogurt, lemon juice, ginger garlic paste, garam masala, Kashmiri red chilli for added color.
- Marinate chicken for minimum of 30 minutes, or overnight if time allows. (The longer it marinates, the more tender your chicken will be.)

### **Method**

- In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for 30 minutes to an hour (or overnight if time allows).
- Heat oil in a large skillet or pot over medium-high heat. When sizzling, add chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only 3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)
- Heat butter or ghee in the same pan. Fry the onions until they start to sweat (about 6 minutes) while scraping up any browned bits stuck on the bottom of the pan.
- Add garlic and ginger and sauté for 1 minute until fragrant, then add ground coriander, cumin and garam masala. Let cook for about 20 seconds until fragrant, while stirring occasionally.
- Add crushed/chopped tomatoes, chili powder and salt.
- Add cashews and fry with onion and tomato mix
- Let simmer for about 10-15 minutes, stirring occasionally until sauce thickens and becomes a deep brown, red color.

- Remove from heat, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend (up to 1/4 cup). Work in batches depending on the size of your blender.
- Pour the puréed sauce back into the pan. You may have to sieve the mixture for a silkier sauce.
- Stir the cream, sugar and crushed kasoori methi (or fenugreek leaves) through the sauce.
- Add the chicken with juices back into the pan and cook for an additional 8-10 minutes until chicken is cooked through and the sauce is thick and bubbling.
- Garnish with chopped cilantro and serve with rice or Naan Bread and pickled/raw onions!

HAPPY COOKING!



I am a Punjabi by nature, mood, spirit and love of food and Bhangra. Grew up in the city of Panipat, Haryana and moved to Delhi for higher studies and to US for job as an IT professional and have been here ever since and loving it! Cooking was never my forte but Punjabi heart beats for food anywhere and everywhere. So, had to learn somethings along the way!

When Yogita asked me to give a Punjabi recipe, I was confused which one to choose as there are so many that I love - Dal Makhani, Paneer, Chole Bhature, Aloo Parantha, Butter Chicken! Just thinking about them waters my mouth. So why did I choose Butter Chicken?? Simple, because I had the ingredients, and the chicken was handy! Being a busy professional and mother, convenience is the most important factor for me and I can make it with little bit of preparations even on a weekday.

## KHASTA KACHORI from RAJASTHAN

--Meghna Ajmera



Kachori is a popular savory food from Rajasthan. Also called ‘Khasta Kachori’ or ‘Moong Daal Kachori’. It's crispy and flaky with spiced moong daal stuffing.

A perfect kachori is puffed and flaky from the outside and hollow from the inside with filling sticking to the insides of the crust. The filling brings many flavors of Rajasthani spices into a single bite.

You can enjoy Kachori for breakfast or evening snack or serve as a chaat with any meal.

### Ingredients

(Makes 20 pieces)

#### Crust:

- All purpose flour 3 Cup
- Oil 6 Table spoon
- Chilled water  $\frac{3}{4}$  Cup
- Salt  $\frac{1}{2}$  teaspoon

#### Stuffing:

- Oil 3 tablespoon
- Moong daal 10 Tablespoon
- (Soak overnight)
- Clove powder  $\frac{1}{4}$  teaspoon

- Crushed Coriander seeds ½ tablespoon
- Crushed fennel seeds 2 teaspoon
- Besan (Gram flour) 2 tablespoon
- Garam Masala ¾ teaspoon
- Red chilli powder ½ tablespoon
- Amchoor Powder 1 ½ teaspoon
- (Dry mango powder)
- Coriander powder 1 tablespoon
- Turmeric ¼ teaspoon
- Salt ¾ tablespoon
- Hing (Asafoetida) ½ pinch
- Oil for frying

## Method

### Prepare Dough

- Combine all purpose flour, salt, and oil and mix well till the oil is completely absorbed by the flour and there are no lumps.
- Add chilled water and make a soft dough. Cover it with wet muslin cloth and let it rest for 30 min.
- Prepare Moong Daal Stuffing
- Grind ⅔ of the soaked moong daal coarsely with some water. Keep the remaining ⅓ daal as is.
- On a low flame heat 3 tablespoons of oil in a pan. Add hing, clove powder, crushed coriander seeds, crushed fennel seeds and stir.
- Add gram flour. Stir and roast till it turns light pink.
- Add ⅓ part of ungrind daal and mix it well.
- Add grinded daal and stir continuously for a few minutes.
- Add all of the remaining spices and mix well.
- Cover and let it cook for 35 minutes on a low flame. Stir occasionally.
- Once the daal is soft, turn off the heat and let it cool for some time.
- Make 20 small balls for stuffing.
- Make Kachoris
- Part the dough into 20 small balls.
- Roll out one ball into a 4 inch round circle (like poori).
- Put a ball of stuffing in the middle and bring together all ends (like dumplings), seal it tight and remove excess dough. Make 4-5 such kachoris and let it sit for a few minutes. • Put the kachoris on a flat surface with the seam down. Using the base of your palm, slowly flatten each of them into 3 inches in diameter.
- Heat the oil in a frying pan at low medium heat (for deep frying the kachoris). • To check if oil is ready, put a small piece of dough in the oil. It should come up slowly. If the oil is too hot, kachoris will not be crispy.
- Once oil is ready add kachoris and fry them at low medium heat. Keep enough room for kachoris to puff up. After around 5 min Kachoris will start puffing up. Then turn them over and switch heat to medium.
- Fry until golden brown on both sides. It should take approximately 9-10 minutes in total.

Your khasta kachoris are ready. Enjoy them with Tamarind Chutney and/or Green Chutney or make kachori chaat.

For video recipe visit [https://youtu.be/x\\_yYQYUCyF8](https://youtu.be/x_yYQYUCyF8)



Meghna Ajmera came from humble beginnings. Being raised in a Marwadi (Maheshwari) family; hailing from Rajasthan, India; her Mom spent most of her time in the kitchen cooking delicious and savory authentic dishes to feed a family of around 6 members every day. She started to help her with the chores and soon developed a love for cooking different cuisines with her special interest lying in Rajasthani cuisine.

Having married to a person from same community i.e. Marwadi (Maheshwari), she got to continue her passion of cooking Rajasthani cuisine. Meghna migrated to Boston, USA in the year 2007 accompanying her husband for his work commitment and settled here since then. The skills she gained in India allowed her to impress her friends over here with her mouthwatering dishes. She creates her own recipes and has a strong influence on the menu, which combines the traditional Rajasthani cuisine of her past with new cuisines such as influences from different states of India. We can find her easy to make and delicious to taste recipes on her youtube channel, 'CookwithMegh'. Every meal she creates reflects the values of India, providing not only excellent taste, but also nourishment for the mind and the body.

She is an esthetician and Henna artist by profession. She has a family of four including her husband and two kids. In her spare time, Meghna enjoys an active life and engages in trying different dishes which drives her demand for nutritious food.

## PONGAL from TAMIL NADU

--Lavanya Karthik



The “Pongal” dish which means to ‘boil’ or ‘overflow’ is made in a sweet version called the “Sakkarai Pongal” and the savory one called the “Ven Pongal”. As the tradition goes, freshly harvested rice is added to the boiling water and mixed in with milk, Jaggery and other ingredients. The cooking is typically done in a clay pot in a porch, as a sign to thank the Sun God! But sometimes a pot or a pressure cooker or an Instant pot would also do a delicious justice.

Sakkarai Pongal (Sweet Pongal) – This staple prasada in most of the Tamil Nadu temples is made mainly with rice, jaggery, edible camphor, milk, nuts and ghee. I will have to be honest and say, I have visited the temple several times growing up, just to eat this delicacy.

There are several variations to make this, but here’s my spin.

### Ingredients

- Raw rice – 1 cup
- Moong daal – 10tbsp
- Jaggery – 1.5 cups
- Water – 4 cups
- Ghee – 8tbsp

- Handful of cashews, raisin, cardamom
- Small pc of edible camphor (if avail)
- Milk – few tbsp (optional)

### Method

- In a pressure cooker/ pan/Instant pot, add about ½ spoon of ghee and roast the moong daal
- When it's slightly roasted, add water and the rinsed rice
- Pressure cook for 4 whistles or in the Instant pot for 5 mins. When pressure is released, mash it well
- In a separate container, bring jaggery and water to boil (water just enough to cover the jaggery). Add the powdered cardamom and edible camphor to this when the Jaggery is almost dissolved
- Once the Jaggery completely dissolves, add it to the mashed rice
- Mix this content slowly in low flame and add milk/water if it's too dry. Add ghee to this while mixing. Please note that it hardens a little when it cools. So, try not to make it too thick – a little runny is ok
- In a separate pan, heat a tsp of ghee and roast cashews to golden and add then add raisins to it. When it fluffs up, turn off the stove and garnish it to the Sakkarai Pongal

### Ven Pongal (Savory Pongal)

It's only fair to mix up the sweet dish with something savory to satisfy the people that don't have a sweet tooth. This Pongal is typically served as breakfast with piping hot sambaar and coconut chutney, but it's a delicious soul food on its own too, at any time of the day.

### Ingredients

- Raw rice – 1 cup
- Moong daal – ¼ cup
- Water – 4 cups
- Salt to taste
- Milk – few tbsp (optional)

### To Temper

- Ghee – 3tbsp
- Jeera and Black Pepper – 1 or 2 tsp each (depending on the spice level) – crush the whole peppers in a mortar and pastel preferably
- Small piece of ginger (optional)
- Curry leaves
- Handful of cashews
- Asafetida powder – just a pinch

### Method

- In a pressure cooker/ pan/Instant pot, add about ½ spoon of ghee and roast the moong daal
- When it's slightly roasted, add the water, rinsed rice and salt
- Pressure cook for 4 whistles or in the Instant pot for 5 mins

- In a separate pan, add ghee and add these in the following order – peppers (let it sputter), cashews (fry till golden brown), ginger (sliced finely), Jeera, curry leaves and asafetida powder
- When pressure is released, mash it well and add the tempering
- Mix this content slowly in low flame and add milk/water if it's too dry. Add a little ghee to this while mixing. Please note that it hardens a little when it cools. So, try not to make it too thick – Your Ven Pongal is ready to go!



Lavanya Karthik - Born and brought up in Chennai, Tamil Nadu. Although she's been in the US for over 21 years, she feels deeply rooted with the culture, food and festivities of her home town. Lavanya says – “Growing up in the city of Chennai didn't give me an opportunity to celebrate the harvest festival 'Pongal' like it's celebrated in the villages. As a family, however we loved this 'Thanksgiving' festival and followed the rituals as close as we could. And, yes that includes the most vital element – the FOOD!”

Lavanya holds a Master of Science in Engineering and leads Dell's Americas Large Order Operations. She resides in Ashland with her husband and two boys. Lavanya enjoys spending time with her family & friends, cooking, reading, photography and giving back to the community.



## DOUBLE KA MEETHA from TELANGANA

--Vasudha Kudrimoti



Hyderabadis love to double up when it comes to food. A popular dessert from Hyderabad (Telangana) is “Double Ka Meetha”. Bread in Hyderabad area is called Double Roti a term used for bread during the British era. This Indian version of bread pudding showcases the deliciousness of bread when it absorbs the richness of milk and cream and is flavored with dry fruits and spices.

### Ingredients

- Sugar
- Water
- Milk
- Bread
- Oil to fry
- Ghee/oil to grease pan
- Rose water
- Silvered almonds
- Raisin

### Method

- Start by boiling sugar with the water to make sugar syrup
- Stir continuously, till tiny little bubbles are seen on the surface of the liquid. This indicates that the syrup is ready. Once done, keep it aside, allowing it to cool down

- In the next step, boil milk with the cream in a deep bottom pan on medium heat. We need to condense the milk until it becomes half its quantity, and the milk is thick and creamy
- Make sure you keep stirring the milk occasionally else it will stick to the bottom of the pan and can get burnt. Once the milk is condensed, turn off the heat
- Take the bread and cut each slice diagonally into two
- Heat oil in a skillet and shallow fry the bread slices, turning them occasionally until they turn golden brown on both sides. Once done, turn off the flame and allow them to cool
- Next preheat the oven to 180 C. Take a rectangular baking tray and grease it evenly with ghee or oil
- Arrange the bread slices in the baking tray in such a way, so that the entire tray is filled. Pour in the milk/cream mixture, rose water and sugar syrup over the bread slices evenly
- Keep this aside for about five minutes, so that the bread slices can soak in all the liquids
- Sprinkle the almonds and raisins on top of the bread and cover the pan with aluminum foil
- Bake this in the preheated oven for about 25 to 30 minutes, or until the liquids are almost dried up and thickened. Allow the bread pudding to rest once done, without removing the seal.

Your tasty and delectable Double Ka Meetha is ready to be eaten as a wonderful dessert option after a meal of Hyderabadi Biryani.



Vasudha Kudrimoti: Vasudha has Karnataka and Maharashtra roots but was born and raised in Hyderabad. Her love for cooking started early under her mom's watchful eyes but she explored more variety in her cooking style as she learned and exchanged ideas from her friends. For three years she worked with her friends at Madina Computer Institute during which time she also had an opportunity to learn about authentic Hyderabadi style cooking with lot of Nizami era recipes. Her 'double ka meetha' recipe is from those days.

## GUDOK from TRIPURA

--Piuna Saha



Gudok is an important dish which belongs to the beautiful North-East Indian state of Tripura. Gudok has an ethnic value among the tribal communities of Tripura. This delicacy is prepared and served during ceremonial or community meals with other delicacies. A popular berma/fermented fish delicacy which is enjoyed by the Tripuris, Reang, Mog communities of the state. Irrespective of socio-economic status, this dish is eaten by everyone. A popular recipe which is equally enjoyed by the non-tribal communities of the state too.

### Ingredients

- Snake beans - 1 bunch
- Potato - 1 count
- Jackfruit seed - 15-20 count
- Fermented fish / Shidol - 10-12 count
- Green Chilli(Slited) - 8-10 count
- Turmeric Powder - 1/8 tsp
- Salt - 1 tsp
- Water - As required (Mostly 4-5 cups to overall process. To begin with 2 cups required)



## Method

- Wash all the veggies and fermented fish.
- Boil 2 cups of water & put salt and turmeric powder, then pour all other veggies and fermented fish.
- Boil them together until they are soft (around 15 - 20 min in medium flame).
- Once cooked, let it cool down. Then remove the boiled vegetables in a bowl and mash them with a ladle or a spoon, add the vegetable stock as you mix the mashed mixture.
- Garnish with freshly chopped coriander leaves. Serve your Gudok with some plain rice.



Piuna was born and brought up in Tripura. Her parents and brother are still living in Tripura. Although she belongs to Bengali community, she was grown up with lots of Tripuri tribal friends. As a result, she keeps interest in tribal community food too. Currently Piuna lives in Massachusetts with her husband Arup Bhowmik on dependent H4 visa as a full-time mom of a 2 years old beautiful daughter Ayanshi Bhowmik.

## KADHI CHAWAL from UTTAR PRADESH

--Shweta Shangari



The cuisine of Uttar Pradesh is just as diverse as its geography. Ranging from every day classics like sabziyon ki tehari to a princely lakhnavi spread, this diverse state nestles the most exotic recipes. Delectable delicacies like chaat, samosas, and pakora, kadhi pakora, biryani, shahi paneer, daal makhni, rajma chawal, naan top the most popular street food charts in all of India, are native to UP state. Kadhi chawal is a universal favorite for all UP'ans and North Indians. A thick gravy based on gram flour mixed with buttermilk contains vegetable fritters called 'Pakoras', served with white jeera rice. It is a famous food of Uttar Pradesh that you can order at all mid-sized restaurants or street food vendors.

### Ingredients

For kadhi:

- 1 1/2 cup Sour Curd
- 2 tblsp Besan (gramflour)
- 1/2 cup Water
- 1/2 tsp Turmeric Powder (Haldi)
- 1/4 tsp Fenugreek Seed
- 1/4 tsp Cumin Seed
- 1 tsp ginger paste
- 1 tsp garlic paste
- 1 onion chopped (thinly sliced)
- 1 – 2 Green Chillies (slit lengthwise)

- 1/4 tsp red chili powder
- 1/4 tsp garam masala
- Salt to taste

For pakodas:

- 2/3 cup gram flour
- 1 tsp chili powder
- 1/2 tsp baking soda
- 1 onion (finely chopped)
- 1 tsp green chili paste
- 1 onion chopped (Thin Sliced)
- 2 tbsp coriander leaves (finely chopped)
- Salt to taste
- Oil for deep frying

For the tadka:

- 2 tblsp Ghee (Clarified Butter)
- 1/2 tsp Hing (Asafoetida)
- 1/2 tsp Rai (Mustard Seeds)
- 5-6 fresh Curry leaves (Optional)
- 2 dried whole Red Chilly
- 1 tsp Kashmiri Red Chilly

Ingredients for Rice:

- 1 cup rice
- 2 cups of water
- 1 tsp salt

## Method

For making pakoras:

- Take a mixing bowl, add gram flour along with chili powder, salt, baking soda, onions, green chili paste and coriander leaves.
- Add water little by little so that it can form a thick batter of dropping consistency.
- Heat oil in a kadai for deep frying, drop spoonful of the batter into it in small ball shapes. Keep turning them occasionally. Fry them until golden brown in color.

For making kadhi:

- Take a big mixing bowl, whisk sour curd with gram flour (besan) and water. Make a smooth mixture without any lumps.
- Add red chili powder, turmeric and salt.
- Heat oil in a kadai, on low flame add fenugreek seeds, cumin seeds and asafetida. As soon as fenugreek seeds become pink add green chili, ginger paste and garlic paste. Stir well and add Chopped thin sliced onions. Add red chilli powder and sauted until golden brown. Add the sour curd mixer with one hand while stirring constantly with the other hand. Do not stop stirring otherwise lumps will form.
- Now lower down the heat stirring constantly till it starts boiling. Let it simmer for 15-20 minute on low heat or till the kadhi gets thickened. Add garam masala and sauted it for 2 minutes. You can adjust consistency of kadhi using water depending how you want.
- Switch off the flame and add the fried pakodas to the kadhi. Rest the kadhi for the pakoras to absorb the kadhi. Or you can add pakoras separately, that way it doesn't get soggy and stays crunchy (I like it that way)

For the final tempering:

Heat ghee in a small pan, on low flame add hing, mustard seeds. When the mustard seeds begin to crackle add curry leaves and dried red chilly. Cook for 30 secs and then remove from heat. Now add kashmiri chili powder. Now pour the tadka over kadhi in the serving dish.

For making rice:

- Wash the rice properly and keep aside.
- Take a pan, add water to it. Let it boil. When water starts to boil, add rice and salt. Cook for 15-20 minute and then reduce the heat let it cook till the rice is completely soft.

Serve hot with Kadhi Pakora



My name is Shweta Shangari. I live in North Reading. Married to a Punjabi boy, mom to an awesome 12 year old boy and 1 year old Maltese puppy. Database Analyst by profession. I am a social person and love creativity. You can call Me a Food Lover. I think of myself as a person who loves to eat (and drink) delicious things, as long as it is vegetarian. I find enjoyment in the kitchen preparing a comforting meal for my family.

I was born in Rudrapur, a town in Eastern UP, which later became Uttarakhand. It is a 500 year old city with a rich history. It is the center point if you want to travel to Nainital, Kathgodam, Dehli, Moradabad, Meerut, Kashi, Banaras and Nepal. Kadhi Chawal is one of my most favorite childhood dishes. There is nothing in the world that can come close to this meal. My mom would make kadhi chawal on weekends, which I can never get tired of. This recipe is from my Mom and my Massi.

## KAMALA BHOG from WEST BENGAL

--Ruma Neogy



### Ingredients

- One gallon D milk
- One pint buttermilk
- Orange food coloring
- Three cups sugar
- Four cups water
- 1/3 cup orange extract

### Method

- Boil the milk, add butter milk to make chaana (Paneer)
- Pour it on a colander covered with cheese cloth
- Hang the Paneer in the cheese cloth for 4 hours to remove all the water from the paneer
- Put the paneer in a food processor to blend it smooth
- To make the color add orange food color and blend again
- Make round balls
- Boil 4 cups water with three cups sugar
- Add the paneer balls in boiling sugar syrup and cover



- Keep it boiling for 15 minutes and simmer for another 15 minutes
- Add 1/3 cup of orange extract in the sugar syrup during the last 15 minutes of simmering



Ruma Neogy is a professional environmental engineer who moved to USA in 1989 for her graduate studies in University of Cincinnati Ohio. After coming to USA she first started cooking Indian meals for herself using all the American ingredients available in the grocery. Back then Indian groceries were not available in smaller cities like Cincinnati Ohio. With time, Ruma Neogy found her extreme passion in creating new dishes using American vegetables with Indian tadka. To keep her childhood tradition alive in USA she also loves to cook traditional Indian sweet dishes, especially Bengali sweets, which are available in shops in India but not here in USA. Ruma Neogy being a full time professional engineer established a faster way of cooking all her Indian dishes.



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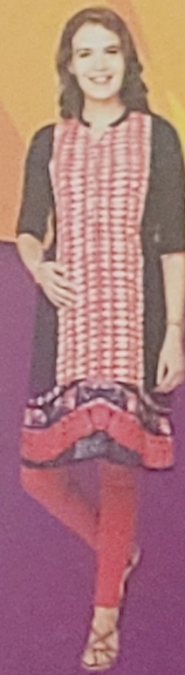
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## IAGB - COVID TIMES IN REVIEW

### Sanjay Gowda



The current IAGB committee which took office in October of 2019, had envisioned so many new initiatives and activities with meticulous planning and groundwork. The Republic Day celebration in January 2020 was the largest ever in the history of IAGB and a few events prior to it were a huge success too. The team started working on new initiatives such as youth engagement, civic engagement, crisis assistance and community engagement with actionable and measurable objectives while aligning with the ever-changing needs of the dynamic and growing community. Also reimagined our cultural events such as the India Day Festival with creative ideas, programming, and a largest parade in the streets of Boston downtown while bringing not only the entire Indian American Community but also the mainstream.

The suddenness of the COVID-19 pandemic abruptly upended our lives and was a shock to many of us. It separated us, almost completely, from the routines and events that usually occupy our lives. It put the brakes on all our events and the busy schedule. However, we were able to pivot quickly and adapt to the new environment and challenges. We responded to deal with the situation and manage the continuity in serving the community. We recovered and quickly adapted using the new virtual tools and platforms. We thrived on, embracing the new reality. Looking back, it is amazing what we accomplished despite the challenges. The list of the events and activities below show the magnitude of effort and service to the community during the pandemic times.

For the last 20+ months, our lives have been disrupted by pandemic. Lives have been lost, livelihoods disrupted, and education adversely impacted. Poverty levels have increased in some countries, societal bonds have been strained, and the overall trend of development has been reversed. Yet, despite the bleak outlook, we have witnessed stories of hope, courage, triumph and kindness towards one another: the spirit of oneness. Although we have been physically distant from one another, we remain united. The organizations, groups, individuals and almost everyone in the community came together virtually to help with all needs and necessities – from making and distribution of masks, PPEs, food drives and meals for affected families and communities, fundraising to help the shelters and pantries, help with shopping and medical supplies for the elderly, to help with emergency traveling, etc. – the list goes on and on.

We have glimpsed at a kinder society that understood how much we are connected and how deeply we depend on each other.

**Pre Covid times events:**

- **Visa Camp - October 2019**  
Visa camp in partnership with Milan, over 500 applications were processed.
- **Community Reception for Indian Ambassador - December 2019**  
Brought together over 25 local community organizations.
- **Student Leadership Meet - January 2020**  
Brought together student leaders from 15+ Indian students clubs/associations in major colleges in New England and provided a platform to discuss their issues with CGNY
- **Republic Day - January 2020**  
The largest Republic Day celebration ever with highest participation from sponsors, performers, audience and community organizations. Held multiple competitions for kids and adults, organization performances, food drive, etc.
- **Civic Engagement Workshops - February/March 2020**  
Educational workshops on Local Governance and how to get involved/volunteer

**During Covid times events:**

- **Fundraising – SEWA - April 2020**  
Partnered with SEWA international and other community organizations and raised \$12K for local pantries affected by COVID-19.
- **PPE & Mask Distribution - From April 2020**  
Co-ordinated with many groups and organizations, and individuals making and distributing masks and PPE. Also, distributed 3000 masks while working closely with Asian American Council and MA Governor's office.
- **Community Outreach, Helpline and Emergency Assistance - From April 2020**  
Created a consortium of over 20+ local organizations and held weekly meetings on COVID response for over 3 months. Established a direct help line and worked closely with Indian Consulate, Indian Embassy and various local service organizations for emergency help. Helped over 100 emergency cases that included students' accommodations, senior's medical assistance, prescription help, travel emergencies, immigration visa issues, legal issues, etc.
- **Virtual Community Update & Advisory – CGNY - May & June 2020**  
Held periodic virtual advisory sessions in collaboration with CGNY.
- **Virtual Sessions - Immigration, Health, Fitness, Financial Mgmt, etc. - May & June 2020**  
Organized virtual informational and educational sessions on Immigration issues, Financial Mgmt. and CARES act, and weekly informational sessions on health, Ayurveda and nutrition, Fitness, etc.
- **IAGB Kids Engage & Enrich Series – Daily for 6 weeks. - From May 2020**

Daily sessions on various topics to teach and engage kids during weekdays for 6 weeks.

- **Bhaag IAGB Bhaag**

A virtual run to raise funds for local pantries as part of IAGB CARES Relief Fund.

- **Virtual Entertainment Sessions: Family Feud Quiz - Weekly - From May 2020**

Engaged the community members while in lockdown with virtual entertainment programs.

- **Virtual Daily Yoga Sessions, from early April 2020 to December 2020**

Partnered with NIMHANS (National Institute of Mental Health and Neuro-Sciences) for daily tele-yoga sessions for COVID times. It became hugely popular with participation from all over the world.

- **IAGB Virtual Memorial Day Celebration - May 25, 2020**

First-ever Memorial Day celebration with participating from over 15 federal and state elected officials across New England area.

- **IAGB Virtual International Day of Yoga Celebration - June 21, 2020**

In partnership with NIMHANS, first-ever IDY, with yoga sessions, and panel discussions on mental health, stress, and modern & healthy life- style

- **Virtual Tutoring for Kids with TAGB - June 2020**

Partnered with TAGB for virtual tutoring for kids, connecting kids and tutors for virtual learning

- **Virtual India Day 2020**

A multi-week-long celebration that included –

1. Flag Hoisting in 35+ Cities/Towns
2. India Learning Series
3. Civic Engagement Events
4. ID Magazine
5. Virtual Standup Comedy Series
6. India Awareness Series
7. Community Youth Excellence Awards

- **Grand Virtual India Day 2020 - August 15, 2020**

Supported by over 25 orgs, celebrated India Day virtually in a grand style with two major professional performances/productions – *“One India”* a music concert by Vijay Prakash and Anuradha Palakruthi, and *“Tad Bharatham, That! Is India”* a dance production by Abhinava Dance Company. Also, participated by a number of elected representatives and diplomats from US and India.

- **Community Reception for Consul General of India, NY - September 11, 2020**

Organized a community reception for incoming Hon’ble Consul General Randhir Jaiswal.

- **Civic Engagement Series: Virtual Panel Discussions**

Held a series of panel discussions with elected representatives, community members and business leaders on elections and issues/policies impacting Indian American community.

- **IAGB CARES Relief Fund – Virtual Drama - September 2020**

Partnered with SETU for a virtual drama (two shows) to raise funds.

- **IAGB Youth Talks - September and October 2020**

IAGB Youth, a platform for youth to connect, socialize and interact with each other – run by the youth and for the youth in the community. The team organized a panel discussion/talk show on “2020 elections and its aftermath”

- **General Body Meeting & By-laws update - October 2020**  
Amendments to IAGB by-laws
- **Virtual Consulate Open House with CGNY - October 2020**  
Updates on consular service, travel and community advisory
- **Thanksgiving & Holiday Food Drive**  
Donated 52 thanksgiving baskets; Collected 275lbs of groceries for the food pantries.
- **IAGB CARES Relief Fund**  
Donated over \$16,000 to 7 local food pantries and homeless shelters.
- **Republic Day 2021 - Virtual Multi-Week Celebration**
- **IAGB Antakshari Competition, Multiple Competitions - IAGB Junior Shark Tank, Cake Baking and Decoration, Chess, Art, Story Telling, Poem Writing, Essay, Bollywood Quiz Jeopardy - Learning Series**
- **A Fireside Chat with Mary Millben - A Special Event with Acclaimed Singer/Performer, who performed at RD Grand Celebration**
- **Grand Republic Day Celebration:**  
A cultural extravaganza - variety of performances showcasing the diversity of India and a concert by Sudesh Bhosle & Vaishali Made, popular Bollywood singers and performers.
- **Youth Talks Series – Feb & April 2021**  
Climate change & Design Thinking workshop
- **Community Update Session with CGNY – April 2021**  
A virtual session with Hon. Consul General of India on Community Update and Travel Advisory
- **COVID Vaccine Info Session – April 2021**
- **Chale Chalo IAGB – May 2021**  
A virtual 5K walk/run fundraising event to help India with Oxygen Concentrators and COVID-19 medical supplies. A total of \$40K(including matching donations) was raised and donated to American India Foundation.
- **Estate Planning Workshop – May 26<sup>th</sup>**
- **Community Vaccination Camp (4 weekends in two locations)**  
Organized in partnership with 25+ community organizations and vaccinated over 800 community members
- **Virtual Memorial Day 2021 – May 31**
- **College Admission Workshop – June 19**
- **IAGB Cares – Senior Fest: June 27: A virtual event to bring together and share/discuss all resources for seniors**
- **INDIA DAY FESTIVAL 2021**

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## **EXECUTIVE COMMITTEE**

### **Officers 2019 – 2021**



**President Mr. Sanjay Gowda**



**Vice President Ms. Vaishali Gade**



**Secretary Ms. Lata Rao**



**Treasurer Mr. Veeresh Angadi**



## IAGB Directors



**Ms. Tanu Basu**



**Ms. Noorain Buxamusa**



**Ms. Jeyanthi Ghatraju**



**Mr. Sanjay Kudrimoti**



**Ms. Yogita Miharia**



**Mr. Sushil Motwani**



**Mr. Nagendra Rao**



**Mr. Guru Samaga**



**Mr. Harsha Sheshanna**



**Mr. Ashok Shetty**



**Mr. Prag Singh**

## INDIA DAY 2021 ORGANIZING TEAMS



### **Programming**

Vaishali Gade, Lata Rao,  
Sanjay Gowda

### **Flag Raising Project**

Tanu Basu, Jeyanthi Ghatraju,

### **Sponsorships**

Veeresh Angadi, Noorain Buxamusa,  
Harsha Sheshanna, Lata Rao, Kishan Angadi,  
Srithan Gade, Sanjay Gowda

### **Food Mela**

Veeresh Angadi, Lata Rao

### **India Day Magazine**

Yogita Miharia, Sanjay Kudrimoti

### **Booth/Vendor Management**

Harsha Sheshanna, Noorain Buxamusa

### **Community Youth Excellence Awards**

Vaishali Gade

### **Marketing & Media**

Nagendra Rao

### **Finance**

Veeresh Angadi

### **IT & Web Management**

Ashok Shetty

### **Facilities & Logistics**

Harsha Sheshanna, Prag Singh, Tanu Basu, Guru  
Samaga, Sushil Motwani, Nagendra Rao, Sanjay  
Kudrimoti

### **Back Stage Support**

Vaishali Gade, Lata Rao, Jeyanthi Ghatraju, Yogita  
Miharia, Swasti Bhargava

### **Decorations**

Vaishali Gade, Aditi Manjrekar

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