



# Samachar

OCT - DEC  
2014

Official Newsletter of the India Association of Memphis

## President's Message

Namaskar,

I wish you a very Happy New Year 2015! This year's winter has been unusually harsh; perhaps more so compared to the relatively mild seasons the last couple of years.

2014 remained a busy and challenging year, chock-full of activities and events for the India Association of Memphis (IAM). I have found the work exhausting but rewarding and have learned many things, and more important, made many new friends along the way. It has been an honor to serve as President of the IAM, a prestigious 34 years old organization that has served the Indian community ably over these years.

Just to give to a glimpse of the last quarter of the year, India Night was a phenomenally successful and well-attended event that we held for the second year running at the White Station High School's large and acoustically agreeable auditorium. The dances this year were very well choreographed and performed as usual, and our choreographers deserve kudos. The highlight of the evening was the Second Memphis Singing Star competition. The competition was fierce, and the children's section, newly introduced this year was amazingly successful. Kids who participated and winners deserve a round of applause for their fantastic performance. Former West Indies Cricket player Ricardo Powell graced the event as chief guest.

We always talk about giving back to our community we serve and therefore we conducted a win-

ter clothes drive this year at ICCT for the first time. We were able to collect plenty of warm garments to benefit the poorer segments of our community. I hope the trend will be continued to support and promote philanthropy.

And now we come to the crowning event of the year, IndiaFest 2014 showcasing "A Union of Cultures". Like the last few years, the event was a huge undertaking, held at the Agricenter in Germantown and was executed successfully by establishing new partnerships in the greater Memphis area. IndiaFest was graced by chief guests Mr. A. C. Wharton, Mayor of Memphis, Mr. Rob Carter, CIO FedEx, Mr. Mark Luttrell, Mayor of Shelby County and Mr. Raj Subbramanyam Vice President FedEx. An all-day event as in the last few years, the gala event was covered by network TV and the press. A great selection of foods from various states of India, fantastic décor, and an exotic array of cultural events marked the day.

IAM was involved with the celebration of the "holidays around the world" event at the Memphis Botanic Garden. The event was week-long and attended by Memphis city school children, and included educating children with special needs. This is for the first time we educated kids about our festival of lights "Diwali" along with other festivals celebrated around the world. There was a great feedback from the schools and the botanic garden staff. Kids thoroughly enjoyed this event working on crafts and decorated clay diyas.

Contd.....

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### Upcoming Events:

- **GBM - Jan 31 st**
- **Republic Day Celebrations - Feb 7th**

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# EQUALITY UNITY





## President's Message

We have had a fantastic year of sports, ably led by our sports director Vishal Chheda, and the keystone event was the final match of the first ever Memphis Premier League T20 cricket tournament held at the Ridgway grounds. Besides other sports we brought cricket craze to Memphis and hope to do even better in near future under the banner of IAM. The Annual General Body Meeting that was scheduled for December 6, 2014, was adjourned due to a lack of quorum and is rescheduled on January 31, 2015, 2:00 pm at the Cordova Community Center, to conduct the business on hand. Notification has been sent by email regarding the detailed agenda to all members.

I would like to take this opportunity to thank regional organizations, volunteers who helped make this year an unprecedented success in terms of

events—both in number and quality, and involvement from the community. I would also wish to thank the committee members, the board and the youth committee for their constant support throughout the year. It would have been difficult to run IAM without each and everyone's help and cooperation. Finally, I would like to thank my husband Dr. Sridhar Shankar and my lovely kids Nikita and Rohan for standing steadfastly by my side as I took out so much time for IAM activities.

I look forward to seeing everyone at Republic Day celebrations so stay tuned.

Warm Regards  
IAM President 2014

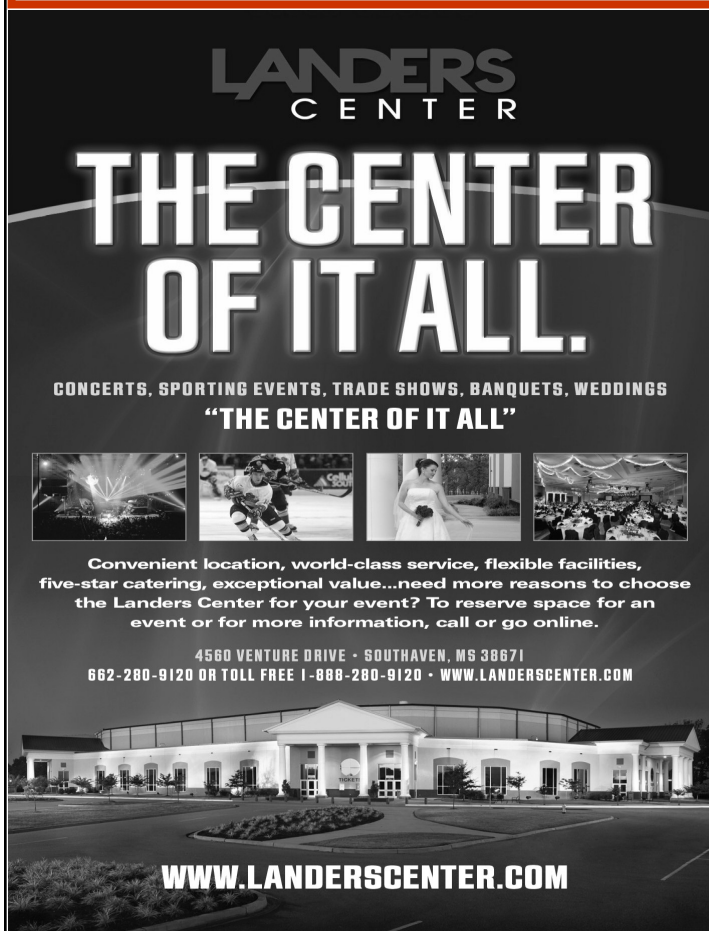
*Manjit Kaur*

*...Contd from pg 1*

## Announcement

Himali Varshney Kumar, trustee since Jan 2014, has resigned from the board in September 2014.

Naveen Mamidipalli, trustee since Jan 2014, has also resigned from the board in December 2014.



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## FROM THE EDITOR'S DESK: Time flies?

- Maya Nair

Dear Readers,

Can you believe a year has come and gone by...? You must have heard this an umpteen times before....but a year whizzed past me! This is my last issue as Chief Editor. This year has been one of the hardest, but most eventful and enjoyable year for me. I didn't die from lack of stress, nor have I been bored. It's seemed like the shortest year of my life. I guess we use 'time flies' phrase when we are remembering the good fun times. But why do we perceive time flying faster as we get older and spin it when it comes to work life and career? Hmm...did I just say I am getting older...nah !!



This year I was also involved with 2 other non profit organizations volunteering whatever leftover time I had. Crazy me!! I attended meetings and discussions for planning events, and took up added responsibilities just for the thrill of it. This was apart from work and home chores....ahem! I had agenda for every minute of the day. I was either checking something off the list or staring at a screen, or rushing off to the next meeting. And no matter how you divide your time and attention, no matter how many things you multi-task, there was never enough time in a day to ever catch up. Some nights when I hit the bed it seemed like the alarm went off moments later. Other nights, I couldn't sleep thinking I've slept all night, look at the clock and see it's only 1 a.m. At times I prayed to the clock, "Please give me an hour more every single day. That can't be too hard, can it?" But my wish never came true.

I had over committed schedules so my thoughts and actions were controlled by emails and phone reminders. Pity me! I was stuck in the trap of hurrying through daily routines. My most favorite and frequently used words were Hurry up, hurry up and hurry up....!!! And you know that doesn't go well with kids. My 8 year old has gotten the hang of time sensitivity but these words didn't jitter my 4 year old who always likes doing things at his own sweet pace. My "hurry up" was not helping in anyway other than getting him grumpier than necessary. If I hurried him, he would just stop doing it and try to justify and bargain into getting more time. A few good lessons he taught me during this year was to slow down and be more patient while letting kids be kids. I am still trying to get there making concerted effort of slowing down once in a while. We teach our kids the importance of time, being punctual and considerate. But at the same time we as adults need to let go at times than trying to be perfect every time everywhere .

Now at times when my son asks "Mom, am I making you late?". If its not terribly late, I remind myself to breathe and say "take your time". It's not easy but I am trying.

This past year, being part of IAM has given me the opportunity of meeting people with brilliant minds and amazing volunteers. I made many new friends and have started to believe in the saying that friends are strangers who you have never met. I was particularly impressed by our President Manjit's leadership abilities, her ability to multi task with multiple events, always willing to take up responsibilities and task however small it be. It was fun working with driven individuals and has enhanced my sense of appreciation.

Coming back to our newsletter - our 'Samachar' serves a purpose and there are some stories only our Samachar can give you. It covers your lives and how it intertwines with our 'Indian-ness'. Every time, at IAM, we are asked to keep up with modern trends, but also criticized by the traditionalists when we strive too far outside the box. We are asked to hold ourselves to the highest possible standards, and get scoffed at when we can't do absolutely everything.

We want to continue our newsletter into the future and avoid people tossing it into trash, even if that means we change.

(Continued on Pg 6)



# FROM DREAMING OF FAIRY TALES TO BECOMING THE HERO OF HER OWN STORY.



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## FROM THE EDITOR'S DESK: Time flies? ...Contd

- Maya Nair

It makes me a little disappointed to let you know that next year onwards Samachar will be available online only. Two of the biggest threats in producing a printed copy are "increasing printing expenses" and "lack of appreciation". Today people are more willing to consume media through a digital format. So IAM Board has decided to "Go Digital"! That means you won't need to pick up a copy of Samachar, only to later toss into a bin for recycling. But we know you read us on the web even now, either on your phone or computer.

I have enjoyed being your editor, writing articles, soliciting writers to do articles, and soliciting sponsors. Throughout the year we've had a definite crew of people that have written or contributed in some capacity. Every one of them de-

serves my personal 'thank you'. Thanks to our sponsors for advertising in Samachar and helping cover the cost of printing and mailing.

As I bow out as Chief Editor of Samachar, I look forward to being the same old self I was a year before. Now when the calendar turns to the New Year, I will sit back and wonder how and why the year passed so quickly. On a lighter note, time only flies when you're busy and having fun. So, how can we make our work days fly by, and our leisure time stretch out luxuriously? Just make sure we are constantly bored...LOL!! So what am I going to do now? Just take it slow and well, may be sleep more....yay!!

## Become an IAM Member Today!

When you become a member, you support all events and activities that IAM organizes and at the same time gain a better perspective of our community as an individual or as a family, and simultaneously help the community to remain connected and united. IAM provides many opportunities to express their talents and expose them to Indian culture. You can become a member at <http://iamemphis.org/User-Login>

IAM provides social, networking, community and cultural development and other services for all its members. There are numerous round the year events for Indian community to stay in touch with the Indian Culture & Heritage like:

- **INDIA REPUBLIC DAY**
- **HOLI**
- **INDIA INDEPENDENCE DAY**
- **INDIA NIGHT/ DIWALI SPECIAL**
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## **HOW CAN YOU HELP THE COMMUNITY?**

Volunteers are always welcome! Please contact any of the IAM Executive Committee Members (Contact details on the website) and we will call you to discuss where would you like to contribute. So come join us, show us your support and be a part of something that brings us together. Visit us at [www.iamemphis.org](http://www.iamemphis.org) and keep yourself updated through our facebook page.



## IAM Participates in 'Holidays Around the World' at Memphis Botanic Garden

IAM participated in Holidays around the world celebrated by Memphis Botanic Garden. Educating Memphis City School students how children all over the world celebrate different holiday seasons. Teaching them to experience Diwali, making Diwali Ornaments, and decorating dreidels. This program was available during December on weekdays.



## A SILVER EARTH

By Ganga Pradeep

*Radiantly bathing the piceous sky with icy luminosity  
It lures the waves towards it  
The metallic sphere in the sky  
Foil-wrapped and small  
But with an intensity to make a heart sing  
A romantic's dream  
A werewolf's nightmare  
Forever gleaming for its comrade sprawled across the dew-stroked grass  
A feeble girl gazes fondly  
Her dim eyes illuminated by the glistening orb in the obsidian empyrean  
She is in a trance, unable to pull away  
Until the ebony-colored mist comes to break the gaze  
The two companions sailing back to their own worlds  
Glimmer in her eyes missing, she runs off and can't return  
Till the silver earth calls again  
Just for her to bore into the luminous circle once more.*

Editor's Note: Ganga Pradeep, a middle schooler, won 3rd place for this entry at the Poetry Society of Tennessee.

## Let's Stay Green Together

- **Pranathi Voora**

### What is the right thing to do?

Have you ever noticed newspapers, books, magazines, and many other types of resources persuading you to recycle? Well, it's true, many natural habitats are being destroyed. We're taking up too many landfills to put our trash in. I think you should recycle way more than throwing away things. There are a many ways to reuse or recycle items.

### Donate

What will you do with the things you don't use anymore? Perhaps put them in the trash, I'm guessing. Well, instead, you can make something out of it, you can sell it, you can...um..I know, you can donate it! Yes, donating is very kind. You don't make any money out of it, but useful to the poor.

### Make something

To the ones that are creative...and not, you can make something for fun out of it. If you watch any recycling crafts videos in YouTube, you can make some of them. After you are done creating and using the craft you made and felt like you don't want it anymore, just put it in the recycling bin.

### Recycle

Go to a nearby grocery store to get a recycling bin or get an old bin and make it the recycling bin. There should be recycling trucks coming over to your house to pick up your garbage. I think recycling should be as popular, or even more popular than garbage.

### Selling Them

Did you want to earn the profit out of what your recycling? You can do this instead of donating. I don't mean anything like papers, but I mean more like toys and books.

### So, What Do You Prefer?

After thinking deeply about recycling, I think it is very important to recycle and save our world. It may not affect our generation, but what about the next? If we all take a little a day, you're practically saving the world and its next generation. Overall, recycling and reusing in different ways are very important to our world. So, let's take a wide step and help the world stay green....together.

-Pranathi Voora

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## "WHO IS A HINDU?"

- ASAN G. TEJWANI

### WHO IS A HINDU?

#### Indian Supreme Court definition.

"Acceptance of the Vedas with reverence; recognition of the fact that the means or ways to salvation are diverse; and the realization of the truth that the number of gods to be worshiped is large, that indeed is the distinguishing feature of the Hindu religion." B.G. Tilak's definition of what makes one a basic Hindu, as quoted by India's Supreme Court. On July 2, 1995, the Court referred to it as an "adequate and satisfactory formula."



#### VEDANTIN (a.k.a. HINDU)

None of India's scriptures contains the word "Hindu". The first written record in India of the word "Hindu" is found in an eighth century Tantrik work. But the word "Hindu" was in vogue for quite some time prior to this and is found in Avesta (Sacred writings of Zoroastrianism in Avestan language of Persia).

The word is clearly derived from Sindhu, the old as well as current name for the Indus River. The Persian seemed to change "S" to "H" (e.g. "Saptah" to "Haftah" for a week). Then the word "Hindu" simply referred to people inhabiting the land of Sindhu and not the followers of any particular faith.

Even to this day many persons whose forefathers came from west of Hindukush like to associate their name to place of birth / residency in India, e.g. Hasarat Jaipuri, Kamal Jalalabadi, Sahir Ludhianvi, etc.

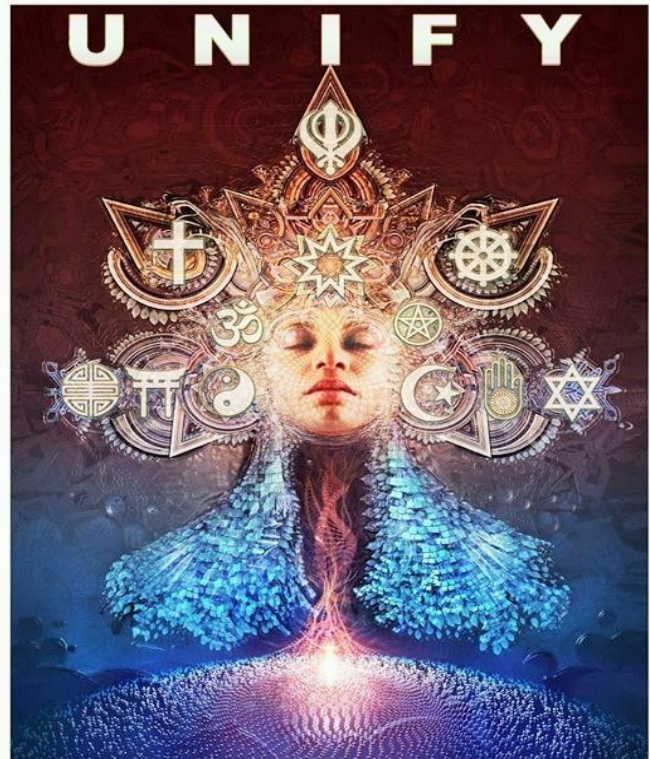
Even Saddam Hussein had "Tikriti" in his full name, showing his birth in Tikrit, Iraq.

As per its original connotation, all the persons residing in India are Hindus, even if they practise Islam, Christianity, Judaism, Buddhism, Jainism, Sikhism, etc,

### SOME CARDINAL TENETS OF VEDANTINS a.k.a Hindus:

1. ISHA VASAM IDAM JAGAT - Unity of all existence. All Pervasiveness of Brahma. Oneness in and of creation. All in One, One in all.
2. TAT TUVAM ASI - Thou are That. Non duality of Creator and creation
3. AMRITSYA PUTRA - All are children of Immortality
4. EKAM SATH VIPRA BAHUDA VADANTI - One truth, though perceived and expressed by enlightened / noble ones in various ways.
5. SAMTHA LOKA SUKHINU BHAVANTU - Welfare of all beings. Bahujan Sukhay, Bahujan Hitaya.

Indeed Hinduism has circumference everywhere, yet center no where.



**Author's Thoughts:** "Who is Hindu" is a subject that is as relevant and topical today as it was when I was growing up. (I am 76 now and in Memphis since 1967). Many of us regardless of age wrestle with this question not only at our work places but also among us and more important with ourselves! The submission is not exhaustive, because Hinduism is a vast ocean wherefrom we bring forth depending upon the size of our container and it takes the 'shape' the container we hold.

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## LETTER TO THE EDITOR

### Swaccha Memphis !

The Indian immigrants have done very well in various professional and business areas of the US and that has created a positive image of India in the US. However, it will be even better if all of us become aware of our behavior toward societal/civic cleanliness. We maintain our personal homes clean but when it comes to the public places we are not as considerate. When we go to the Indian functions we behave as if we are still in the old country and do not care about our responsibility towards the public places. We take food and drinks where not allowed, throw the garbage behind and so on. I have heard the same stories across the US and other countries around the world. Such behavior has shamed our community many times in the past and has caused us being denied getting public places such as schools and churches for functions. Once we were even asked to leave immediately from the hall!

Now since the people in India are trying to follow the Prime Minister's initiative to make India clean, how about we follow the same objective here in Memphis and clean up our act in the USA? That will be a good example for our children and grand children also.

Thanks and keep up the good work for IAM.

Bhrugu Shah

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## India Unlimited 2014 at White Station High School

Excellent weather coupled with an enthusiastic crowd of over 500 gathered Saturday evening Sep 20th at the White Station High School Auditorium. The evening's entertainment was about 15 different programs by the leading Indian choreographers in Memphis that brought in variety of cultural performances ranging from classical, spiritual, film and fusion dances. It was an amazing non-stop performance by kids of all ages and adults too. The program was streamlined and hosted in two halves to accommodate IAM Singing Star for adults and for the very first time introduced Singing star competition for kids too. This streamlining helped improve the operational efficiency while bringing convenience to the audience.

An array of colorful dresses with exquisite sequin work had the room bursting with color while the songs and dances had the crowd moving in their seat. However, the real stars of the stage were the smaller performers. Every second act was a performance by a series of talented young children. This was an opportunity for the little ones to enjoy the beauty of what the culture had to offer in a friendly environment filled with entertainment. A random response of the audience showed that the program was well laid out, and the stage décor and ambiance reminded them of being in India.

The night was also filled with presenting awards starting with IAM Best student, MPL and IAM Singing Star winners. IAM Best Female Graduate award was presented to **Keyuree Kirtikumar Satam** sponsored by NV Raghavaiah and IAM Best Student Graduate award was presented to **Ruby Arora**.

**Samson George** was the winner of IAM Singing Star 2015 among adults and **Meher Bhogani** was the winner in Junior segment of IAM Singing Star 2015.

Winners of Memphis Premier League (MPL) T20 Cricket tournament that was proudly introduced by IAM for the first time in Memphis were also honored at the India Unlimited event. Chief Guest for the ceremony was the West Indies Cricket Player Mr. Ricardo Powell.

Champions - **Indian Lions**, Runner Ups - **MCC-Tigers** and Third Place - **CAM**.

Congratulations to all the winners !

We thank our Sponsors for Indianight - **Memphis Kala Sangam** (sponsored 1st place Singing Star Junior's award), **Taj Mahal** (sponsored dinner coupons for all), **Baskin Robbins** (sponsored coupons) and **Genghis Grill** (our main sponsor for the event).

We thank all the guests, community members, artists and the volunteers for a successful India Unlimited event and hope to seek your continued support for all our future events.

## A NEW YEAR POEM

- BY JYOTI JHA

*Sing a song for this new year  
Give a heart a happiest joy  
for this new year,  
Do kindest things to others  
for this new year,  
Let us light a candle of hope  
for this new year,  
Let the worse go and best come  
for this new year,  
Let the twinkling stars come every night  
To give the way to life a just and forgive  
And bring a new song for the  
new year to come.*



## FROM THE FRONT DESK :

- Ajay Madhavan

"That definitely is one of the spiciest dishes we have on the menu today" so began his ramble and as he continued he noticed the crowd beginning to swell around him. It was obvious that he enjoyed playing the role of the enlightened foodie explaining the ingredients of the eight dishes on the roster for the day, which was the annual gathering of all things Indian on the banks of the Mississippi. The pungent smell of spices wafting through the air from the two dozen or so food booths, the continuous stream of visitors attired in their rich and vibrant colors and the cackling of kids young and old gave the place a festive look. As he was soaking in the richness of his ethnic surroundings, a frenzied discussion jolted him and as he turned around he saw a couple staring at the menu written on a black board and suspended in front of his food booth. The menu was placed at an elevation adjacent to the booth which required the patrons to strain their necks to read and make sense of what was written on it. Reading the menu was an effort in itself and then to understand and order what appeared and sounded edible was another monumental effort.

The booth itself was modeled on the interiors of a museum with exquisite murals native to the southern state of Kerala in the Indian subcontinent. The intricately carved partitions on wood stopped quite a number of passersby in their tracks in admiration of the sheer size and openness of the enclosure. Once the folks were done admiring the murals their gaze floated onto the appams swirling in the pans whilst their fingers unconsciously fished out their smartphones to snap images for posterity.

The appams were such a hit that folks of all ages and cultures were queuing up to have a taste

of the authentic cuisine. Questions abounded about the ingredients which were well intentioned for the most part while at times it seemed to have an appearance of small talk so as not to offend the traditionally dressed men and women manning the food booth. The spicy hot chicken roast was the other item on the menu that was disappearing fast and furious. He realized the zing and the zest in the description of the spiciness may have been a tad too much, when a patron wanted to be sure that he wasn't going to lose his contract with his client who was with him as his guest.

Then there was this young lady who was intrigued by the outfit which had the appearance of a sarong which led to a chat about the attire belonging to the different regions of India. From attire to bollywood dances to cooking there was no dearth of topics to cut the ice. Folks who came in ranged from people knowing exactly what they wanted to eat to people who were clearly astounded by the fiercely foreign sounding names on the menu.

As the day drew to a close and the lights dimmed, he couldn't help but reflect on the days that got them here. The weeks preceding the D-day were littered with lots of grueling work, intense discussions and arguments about the design, mural placements and the nitty-gritty. The icing on the cake was when the team was acknowledged for authenticity and decor. As the curtains closed on yet another fun filled event it was not lost on anyone that the camaraderie and the time spent in preparation for the event will be cherished for years to come.

About the author: Ajay Madhavan has been a frequent contributor of Samachar and can be reached at [ajayleo@yahoo.com](mailto:ajayleo@yahoo.com)

## ACHIEVEMENTS

At the 2014 Winter Juried Exhibition of the Memphis-Germantown Art League, Dr. Gopal Murti received the Judge's Special Award for Creativity for his watercolor painting entitled "Panni Stasi Sul Canale". The exhibition runs from November 19 to December 29th at the St George's Episcopal Church Gallery (2425 S. Germantown Rd., Germantown) and is open to the public. Dr. Murti was also the invited artist at the Fine Art Show held at the St George's Independent School in Collierville during November 6-8. At this show, two of his paintings were bought by the Le Bonheur Children's Hospital for display on their premises. The Kroc Community Center (800 East Parkway South, Memphis) Art Committee has just chosen Dr. Murti as one of its featured artists during 2015. He will be showing 10-20 of his paintings at the center from March 8-April 4, 2015. The exhibit is open to the public. Dr. Murti's paintings can be viewed at [www.artofgopalmurti.com](http://www.artofgopalmurti.com)

**CONGRATULATIONS DR. MURTI !!**

## Glimpses from India Night 2014







## Kitchen Couture

## Turmeric Milk Home Remedy for Cold-Cough

**Turmeric Milk can treat cough, cold and flu like symptoms very effectively. This recipe is very simple and can be easily tried at home.**



### Ingredients (Recommended: Organic/Non GMO)

2 cups milk  
 1/2 teaspoon turmeric powder  
 2 teaspoons finely chopped fresh ginger root  
 2 tablespoons honey  
 2 pinch cardamom powder  
 2 pinch cloves powder  
 2 pinch black pepper powder  
 2-3 fresh mint leaves

### Preparation:

Mix turmeric powder and chopped ginger in milk.  
 Boil milk along with turmeric powder and ginger for 2-3 minutes.  
 Add honey and mix well.  
 Boil for another 1-2 minutes with thorough mixing.  
 Filter the above mixture  
 Add cloves powder, cardamom powder, pepper powder, and fresh mint leaves  
 Take warm 1-2 tablespoons of turmeric milk at least twice a day for about a week.  
 Store in refrigerator.

### Turmeric: The King of Spices

Turmeric contains curcumin, the polyphenol identified as its primary active component and which exhibits over 150 potentially therapeutic activities, which include antioxidant, anti-inflammatory and anti-cancer properties

### Ancient Herb Can Help you Spice up Your Life and your health

- Supports your antioxidant protection against free radicals
- Helps promote your healthy skin
- Supports your overall eye health
- Provides you immune system support
- Aids your skeletal system and joint health
- Encourages your healthy liver function
- Helps you maintain healthy cells with support against free radicals
- Balances the health of your digestive system
- Aids you in support of healthy blood and your circulatory system
- Helps you maintain normal cholesterol levels to support your cardiovascular system
- Assists your neurological system's healthy response to stress
- Promotes a healthy female reproductive system
- Helps you maintain blood sugar levels already within the normal range

**Recipe Courtesy :** By Manjit Kaur - <http://zaikabharat.blogspot.com/>

## Indians for a Better Memphis - Making a difference

I have driven through the Binghampton neighborhood hundreds of times, racing through Sam Cooper Boulevard to get downtown. The neighborhood had little meaning for me beyond signaling the end of the highway. Then one afternoon at an Indian Community Fund for Greater Memphis (ICFGM) meeting, someone mentioned that we had been trying to do an art project that would raise money for Caritas Village, which is in the Binghampton neighborhood. I did not know what Caritas Village was, but I like art projects so I volunteered to help organize the project. I started researching Caritas Village by figuring out where it was- who knew we had a Harvard Avenue in Memphis? As I explored the Caritas Village website, it became clear that the Caritas Village was an exceptional bright spot in a poor community that faces many challenges. Caritas's mission of building community around the arts was inspiring.

My first visit to the Caritas Village demonstrated how it is positively impacting the community on many fronts. The building itself is a safe space for adults and kids to meet, learn, and enjoy great food. But Caritas's influence doesn't stop at its doors, or its property line. The neighborhood is filled with bright paintings containing messages of peace, love, and community.

Engaging with the kids and volunteers who attended our Thanksgiving card-making sessions demon-

strated the power of connecting through art. Even though there were issues such as language barriers between ICFGM volunteers and Caritas participants, many of whom are Hispanic, we were able to connect through the challenge of making origami turkeys.

The collaboration between ICFGM and Caritas Village raised \$1,500 for the Village. More importantly, it allowed the Indian community to connect and contribute to Binghampton. ICFGM is excited to continue our relationship with Caritas and welcomes participation from the Indian community.

*Courtesy -Meera Gajjar*

**Indian Community Fund for Greater Memphis** is involved in many meaningful, volunteer activities including MIFA, Mid-South Food Bank, Boys and Girls Club, as well as others. Please join us in giving back to the greater Memphis community together in fun ways. Visit us at [icfmemphis.org](http://icfmemphis.org) or on Facebook at ICFGM Memphis for more information.

*Courtesy - Salil Parikh*

## ANNUAL GENERAL BODY MEETING NOTICE

Dear Members,

The Annual General Meeting is convened as per schedule below:

**Date: Saturday, January 31st, 2015**

**Time: 2:00p.m.**

**Venue: Cordova Community Center**

The Annual General Body Meeting that was scheduled for December 6, 2014, was adjourned due to a lack of quorum and is rescheduled on January 31, 2015, 2:00 pm at the Cordova Community Center, to conduct the business on hand. Notification has been sent by email regarding the detailed agenda to all members.

All eligible members are requested to make it convenient to attend. Checking of eligibility, registration and ascertaining quorum for the meeting will start at 01:30 p.m.

-IAM BOARD 2014



## Universal Health Care Plan For India - "A Great leap forward"

-C.P Chandra Das

The Government of India is planning to introduce a universal health care plan for India. It is proposed to spend Rs.1.6lakh crores under this head during the next four years by way of free drugs, treatment and insurance cover. That on implementation will benefit one sixth of the world's population. This announcement gives real hope to the entire nation.

The Honourable Finance minister of India will have to make adequate provisions for this in the budget to be presented in Feb 2015. A high level budget team of senior officials have commenced their exercise on the budget, and the proposed plan is revolutionary in all respects, considering the present state of affairs in India. Universal health care for the entire country is an absolute must, for the country's growth, and the whole world will certainly watch the final outcome.

India was in a very bad shape, when the foreign power finally took leave of us on 15th August 1947, after a nonviolent struggle under the dynamic leadership of the Father of our Nation. The Country had to face several complex problems like mass massacre of innocent people, the refugee problems. lack of Infra structure at all levels, poverty, illiteracy, lack of medical facilities, especially in the rural areas of India. population explosion etc. The primary need was to establish stability for the nations survival in the initial stages and there after. Positive action followed, step by step and the country survived.

India now has emerged as the largest populous parliamentary democracy in the world following the Path of Secularism and the Rule of law

Jawaharlal Nehru, the first Prime minister of India and his successors in office, have made real contributions for the growth of the country all these years. The first PM, was in a position to continue in office with a strong backing of the Indian national congress. Later the country moved into the era of coalition politics of political parties with different ideologes. Still, there was no shift in our basic philosophy to serve the people of the land as per the principles enshrined in the Constitution of India.

During the Narasimha Rao regime, the country moved to the Global economy and that resulted in

real economic growth

The present Prime Minister, now considering the number of Law makers in the Lok Sabha is in an enviable position to bring about bold reforms to give further impetus to the nation. He has already initiated bold measures to change the face of the nation in certain areas, and the universal health plan is one important measure to improve the health of the nation.

Dr Amarthya Sen, the Nobel laureate and the greatest developmental economist in the world today, has in his famous treatise Development as Freedom has stressed on " investment in education and health for all it's citizens , as the best solution for long term Growth" . In other words according to him, a country cannot develop "if the people are chronically ill or woefully ignorant ".

It will be interesting to refer to the present investment on health in India, compared to some other countries. According to the World bank , the expenditure on health ( % of GDP) for the years 2000 to 2013 , in the case of the Countries listed below is as under:-

Country	% of GDP	Country	% of GDP
Austral-ia	9.1	Bangla-desh	3.6
Belgium	10.8	Brazil	9.3
Canada	10.9	China	5.4
Denmark	10.2	France	11.7
Germany	11.3	India	4
Japan	10.1	Nepal	5.5
Norway	9	Pakistan	3.1
South Afri-ca	8.8	Switzerland	11.3
UK	8.9	USA	17.9

Note: only few countries have been included in this list here

Every country chooses the norms, depending upon the available financial resources, the urgent needs and the situations all round. An onlooker has no right to criticize the action of other countries. But it is possible to come to realistic conclusions, to correct errors for growth. India's contribution is just 4%.

Contd on Pg 18

## Universal Health Care Plan For India - "A Great leap forward" (Contd..)

Every country has the right to select their own norms and that depends on the financial needs and their priorities. We have now reached the TAKE OFF STAGE, and the main thrust should be on health and education, as suggested by DR SEN. His findings will be the GITA and the BIBLE, for India's rapid growth that will be the direction for other countries in the world as well.

The Finance Minister will have to allot more funds in the budget to be presented in Feb 2015 for initiating the change, for faster growth to improve the health of the large population of "DARIDRA NA-RAYANAS" (an expression used by the father of our nation) of our land.

The present budgetary is miserably low. The budgetary provision for health in the next

budget should be substantial, to enable us to get into the developed Nation's club. This can be achieved by marginally pruning the provisions in other areas and avoid unnecessary expenses, without creating any imbalance in the country's governance.

The country is destined to grow. The country will also grow, to the envy of many nations in the world.

Source - Courtesy the print media and the Internet

Author: C.P. Chandra Das  
Email: cpcdas@gmail.com

## INDIA FEST 2014 - Celebration of Culture, Heritage, and Diversity !

- Maya Nair



Whew....looking back at it now, I would say it went pretty well!! All thanks to the hours of hard work and time our dedicated team of volunteers put in. Though we could see stressed and over-worked volunteers, everyone smilingly put up through the day making sure you, our audience, get the best of our Indian cultural experience. After all, we are Indians who take pride in telling our neighbors, colleagues and friends about our Indian culture, traditions, history, food, festivals, dances, clothing, and so many other things.

I think the Indiafest you saw as audience and the one that I witnessed is amazingly different. Despite the hectic schedule of work, managing kids, their school and after school activities, our volunteers from every track made their best effort to make sure you get to experience the magnificent India here in Memphis. Meeting up for discussions, planning and conducting event along with people from diverse backgrounds opens up new perspective and helps points out few practical issues that we may not think of otherwise.

'Unity in Diversity' fits perfectly at IAM as I have seen it in practice these past months. We

have people from different states but at heart we are all Indians first. This has been a binding force in our community.

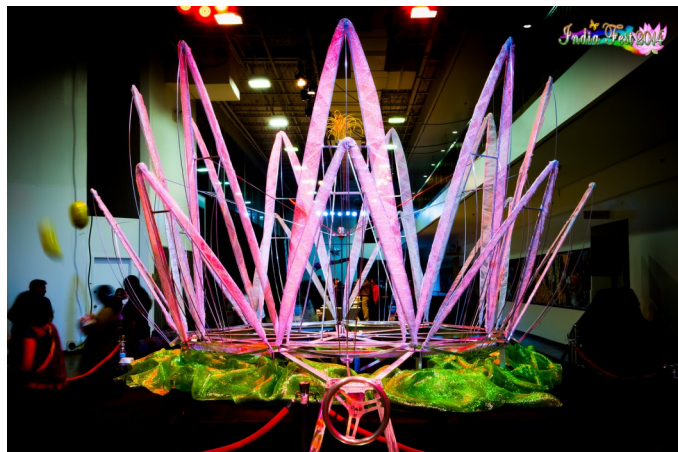
I'm not sure how to write about them all, but I will try to catch up in as short a time as possible. Here is my small attempt to take you on a brief walk through the day. Since most of my time was spent backstage during peak hours coordinating the Malhaar dance segment, I will also include hearsays and feedbacks in the recap.



The event began at 10:00 am but for me it began well before 9:00 am. The vast Agricenter arena welcomed you to the festival past with a big banyan tree sculpted with pots and pans. Dressed in the traditional Indian Saree, our teen volunteers looked at their gorgeous best greeting you with a traditional Namaste and sticking bindi's on your forehead.



As you walked forward, smaller tables were lined up with traditional authentic things and facts about India. Huge tiled peacock and humongous lotus was the focal attraction of the fest. Standing tall above you and with lights shining on them made it seemed quite regal. This was a selfie and/or family picture moment...CLICK !!



The efforts of décor team was well received as people commented positive reviews about it. Lot of thought was put in towards the after use of the artifacts. It was the first time that we didn't have to dismantle and trash the centerpieces but it is now housed as an exhibit piece at Memphis College of Arts. As you enter, on the right side you got to see the colorful Youth Village – all for the entertainment of youth and merriment of our little ones. Youth team once again put in a conscious effort this year to make the families feel that we valued little kids and want them to have as much fun at the fest as we do.



Our generous sponsors donate thousands of dollars enabling us to put forward a grand event of this scale and it was only sensible gesture to show gratitude by giving special welcome at the

VIP lounge. The lounge was classily decorated with sit down lunch service.

Once you entered the dome area, you see a vast expanse of booths and stalls starting from Food and Merchandise, Information, Non profits booths scattered all over the arena. Tempting aroma from food booths and visuals of glamorous Indian clothing, décor artifacts, jewelleryes, cannot hold you back from visiting them for long.



Regional food booths were all superbly decorated to reflect the theme. Orissa to Gujarat, Punjab to Tamil Nadu every state had put in a lot of passionate work to make their state booth look awesome.

It was no exception that the highly entertaining cultural programs rounded up the entertainment aspect of Bollywood. Teams put up great shows for visual treat that made West Pavilion jam packed beyond capacity. The live feed on two sides were a rescuers for those who couldn't make it to the seats.

At the end of the day, when folks were taking down their booth, we all looked around with a feeling of job well done. This is a fest that Mid Southerners look forward to every year.

Hope you all had a great time at Indiafest 2014 !!



## GLIMPSES FROM INDIAFEST 2014





# Anagram

## Instructions :

Rearrange each disordered set of letters to fill the blank spaces with words that have a relation with Indian Independence Day. For each correct solution, you get one point. That equals to ten points for ten correct answers. Try your luck and see how much you can score!

MAMHATA : \_\_\_\_\_

DIANIN : \_\_\_\_\_

TRIOPATIC : \_\_\_\_\_

GLAF : \_\_\_\_\_

PADERA : \_\_\_\_\_

LEDHI : \_\_\_\_\_

DREFEOM : \_\_\_\_\_

TUELSA : \_\_\_\_\_

ETANIJ : \_\_\_\_\_

TAUGUS : \_\_\_\_\_

PINDENENDECE : \_\_\_\_\_

BITIRSH : \_\_\_\_\_

©KidsGen.com

TAUGUS: AUGUST  
DREFEOM: FREEDOM  
TRIOPATIC: PATRIOTIC

DIANIN: INDIAN  
LEDHI: DELHI  
ETANIJ: NETAJI  
BITIRSH: BRITISH

MAMHATA: MAHATMA  
GLAF: FLAG  
PADERA: PARADE  
TUELSA: SALUTE  
PINDENENDECE: INDEPENDENCE

Find out if you managed to get the puzzle correct.



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**PO Box 382893 Germantown, TN 38183-2893**  
**<http://www.iamemphis.org>**  
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- Would you like to volunteer at IAM functions? ( ) Y ( ) N
- Would you like a digital copy of the newsletter emailed to you? ( ) Y ( ) N

( ) Check here if you DO NOT wish your name, address, telephone number, and e-mail address provided above to be published in the IAM Members' Annual Directory

Please mail the completed form along with a check payable to **India Association of Memphis** to the address printed above.

**Become an IAM member**

**Please support us by joining the India Association of Memphis**  
**Be a part of something that brings us all together!**

**Membership Fees:**

Annual - Family      \$20  
Annual - Individual      \$15  
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