



INDIA ASSOCIATION OF NEW HAMPSHIRE

P. O. Box 3132, Manchester NH 03105

Website: <http://www.ianh.org>

Samaj Patra

Spring 2005 Edition

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PRESIDENT'S CORNER

Winter Activities

Prithvi Kumar, President

Warm Greetings!

Dinner service at the Manchester soup kitchen marked the beginning of this year activities. A dozen volunteers cooked and served hot meal to the homeless on January 8, 2005. I am pleased to inform that many members are now taking part in service activities. Our next service is scheduled to be held on May 21st at the Nashua soup kitchen. I am pleased to report that IANH Public Service has been added to the *United Way's* list. You may now contribute to IANH-Public Service fund through your employer.

Tsunami relief effort kept us busy in the first two months. We held a condolence meeting on Sunday January 9, 2005 to express grief. I thank you for attending the meeting. News articles published in the Nashua Telegraph and Manchester Union Leader as well as the documentary by New Hampshire Public Television enabled us to raise over six thousand dollars for the good cause.

The executive committee members met on February 27th and discussed disbursement of funds. The committee members recommended donating the proceeds to organizations with minimal overhead and small size projects. Thus, our contributions will have a greater impact.

We selected the India Development Relief Fund (IDRF), Manitha Neyam Trust, a Sri Lankan community organization, and Udavum Karangal that provides help in Tamil Nadu. We donated three thousand dollars to IDRF and requested them to allocate it to the IDRF proposals on drinking water project in Kerala and Mobile Medical help in Andhra Pradesh. We adopted two families in Tamil Nadu for providing rehabilitation assistance for one year through Udavum Karangal, which received one thousand two hundred and fifty dollars. We also donated one thousand two hundred and fifty dollars towards the purchase of bicycles for fishermen in Sri Lanka through Manitha Neyam.

IANH held a fund raiser on February 19th to raise money for Tsunami victims. Thanks to the nice cultural program organized by Deepa Mangalath, Srisai Seethamraju, and Ashish Jain. Over

150 attended the event. I thank Nihita Patel and Netra Rajnikanth who sold snacks and donated the entire proceeds of five hundred dollars to the IANH-Tsunami fund.

Many news media including the WMUR-TV news team attended the event. IANH fund raiser was one of the features of their 11:00 PM news. Furthermore, NH Public Television invited us to participate in their "Outlook" program on February 17th. We discussed IANH involvement in Tsunami relief. I am pleased to inform you that our reputation as an organization is growing beyond NH Indian-American community. IANH is now recognized by television and news organizations like Nashua Telegraph, Manchester Union Leader, and India Abroad and India New England News with regular coverage of our activities. I thank Manoj Chourasia, Director of Media Relations for his help.

While some of us were busy in organizing Tsunami relief efforts, Himanshu Desai, Chair of IANH Public Relations committee led the campaign to defeat the Removing Increased Penalties for Hate Crimes Bill HB-136FN that was brought to vote by NH state legislators. Some New Hampshire state legislators tried unsuccessfully to pass the bill that would have eliminated increased criminal penalties contained in the original version of the bill for hate crimes. We sent out Email alerts to our members and requested them to contact their legislators to defeat the passage of the bill. I thank you for promptly responding to our request. IANH joined other immigrant groups in the state in opposing passage of the bill.

March is one of the busiest months for us. We hosted the Math Bee and Essay Bee on Saturday March 19th followed by Vocabulary and Spelling Bee on the 26th. IANH teamed up with the North-South Foundation and organized these contests. We added Essay writing bee to the list of contests. Over 135 children of our community participated in these contests. Thanks to all the volunteers for donating their time to serve the Indian-American community. NSF is a charity organization that is engaged in providing higher education to economically deserving students in many states in India. I request you to support NSF in raising money for the good cause.

IANH Spring Festival is scheduled to be held on Saturday May 7th at Merrimack High School. I look forward to seeing you at this event. I also want you to attend the talk by Dr. Jayashankar on the Heart Attack and Diabetics scheduled for Saturday June 11th in Nashua Public Library. This talk is arranged as a part of

the IANH lecture series that was introduced last January. We intend to bring experts in different subjects that are of interest to our community. Please help me with ideas on topics for our lecture series. You can email your ideas at president@ianh.org.

APPEAL

You can now contribute to IANH Public Service through United Way Prithvi Kumar, President

IANH Public Service group is engaged in service to our community. We donate grocery and other non-perishable food items to Nashua and Manchester food pantry each month. You can make a tax deductible contributions to buy and donate grocery items and/or donate money towards the dinner service. Our cost per serving is around one dollar. As you know we have no overhead costs for providing these services. Every dollar you donate goes directly to the charitable causes. Now we have made it easy for you to donate money through United Way offered at your work. Please write the name and address of India Association of New Hampshire and the amount you want to contribute on the form as follows: India Association of New Hampshire, PO Box 3132, Manchester, NH 03105.

CALENDAR OF EVENTS

- Spring Festival: Saturday May 7, April 30, 2005 from 2:30 PM at Merrimack High School. Please see the attached flyer for details.
- IANH will cook and Serve dinner at Nashua Homeless Shelter on Saturday May 21, 2005.
- IANH Lecture Series: "Silent Killers: Diabetes and Heart Disease- the Indian curse?" By S. Jayasankar, MD on Saturday, June 11th at 2:00 PM at Nashua Public Library, 2 Court Street Nashua NH. Please see the flyer on the back page for details.
- Presentation of Indian dances to entertain the guests at the Goffstown Nursing Home in August, 2005
- Annual Picnic in August 2005..
- Diwali Festival in October/November, 2005.
- Monthly food donation pick up for Homeless Shelters in Manchester and Nashua are May 14, June 11 and July 9. Please see details in the Public Service Corner.

Please visit the IANH website www.ianh.org for details on these and other activities.

UPCOMING EVENT

Visa Camp April 30, 2005

The Association of Americans of Indian origin in New England Area (AANA) is sponsoring a Visa Camp in association with the Consul General of India, New York on Saturday, from 10:30 AM to 4:30 PM. The Visa Camp would be held at the University of Massachusetts, North Campus Library, Lowell, MA 01854. (For Directions please visit Univ. of Mass, Lowell website). For information on the visa camp, please use the following link.

<http://www.indiacgny.org/php/showContent.php?linkid=351>

UPCOMING EVENT

IANH Spring Festival, May 7, 2005 Jeb Bradley, Member of US Congress likely to Join the Celebration Deepa Mangalat, Chair, Cultural Committee

It is spring !! We have had an overwhelming response to our invitation to participate in the Spring Festival scheduled to be held on May 7, 2005. I request all of you who have not sent in the item description/duration of the item/participant names to do so immediately. Please remember April 21st is the last day to register and we need all the relevant information by that date. We need to prepare our entertainment schedule.

Let me remind you all once again that participation is restricted to IANH members and their families. Again only one solo and two group performances are allowed. I have informed all those who have contacted me either by phone or by email. I hope all of you have been working hard to put up a grand show. See you all on May 7th at the Merrimack High School Cafeteria.

UPCOMING EVENT

IANH Lecture Series, June 12, 2005 at 2 PM Silent Killers: Diabetes and Heart Disease- the Indian Curse?

Outline of Presentation by S. Jay Jayasankar, MD

We, Indian Americans, who often pride in our "healthy" vegetarian diet, might be deluding ourselves. Diabetes, heart disease, some cancers and other conditions are more prevalent and wiping out young lives, it seems ever increasingly younger. Racial and ethnic disparities in health status and care are real and serious. Eliminating this is a high priority for the US Department of Health and Human Services.

Ours is one of the fastest growing populations and has more than doubled in the decade between the census reaching over 1.6 million in 2000. We are culturally, genetically and in many other ways distinct from the East Asian population and hence the larger grouping of Asian American serves only certain purposes.

Besides nature, nurture plays an important role in the disparities through culture, health habits and behavior as well as our own constructs and of those around us, including stereotyping. The latter includes the title of "model minority" which myth makes remedial efforts more uphill.

Education and understanding are the most fundamental keys – we need to raise awareness among physicians, insurance companies, policy-makers and others, and last but not the least, our youngsters. Most of the conditions can be prevented or mitigated by appropriate behavioral change.

Disease burdens vary and surveillance thresholds and indicators need to be modified. Even some treatment choices and stratification require understanding. It is important to sensitize ourselves and our physicians and care givers to these cultural subtleties and the scientific nuances.

Our community is not all well to do or educated. Health literacy is even more variable. And the fact that we have a very high

proportion of physicians amongst us does not make us or even those physicians any less vulnerable.

There is clearly a need for more research in these areas on Indian Americans but that is no reason to defer culturally effective education in nutrition, habits as well as disease prevention and management. Indeed there is a burning urgency and each of us carries a responsibility to ourselves, our families, and those we care for.

Diabetes, heart disease, some forms of cancer and domestic violence would be discussed as examples of variations in disease prevalence and characteristics, as also people behaviors, habits, screening standards and prevention approaches.

Please see the flyer on the last page or visit www.ianh.org for more details.

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IANH IN THE NEWS

IANH Members on NH Public TV

Barinder Ahluwalia, Chair Public Service Committee and Prithvi Kumar, President were invited to the NH Public Television (NHPTV) studios on February 17th to the NHPTV's "Outlook" program. The show was hosted by Richard Auger. Barinder and Prithvi discussed the damage caused by Tsunami in Tamil Nadu and IANH relief efforts. Please visit <http://www.nhptv.org/outlook/search.asp> to view the video transcript.

RECENT EVENT

India Association of New Hampshire Organizes Grand Variety Entertainment Program to Raise Funds for the Tsunami disaster Merrimack February 19, 2005

The India Association of New Hampshire (IANH) hosted a cultural event at Merrimack High School to raise money for the tsunami victims. Over one hundred and fifty guests were entertained with dances and musical performances that lasted over three hours. NH Senator Lou D'Allesandro and NH Representative Bea Franceour graced the occasion with their presence and commended IANH for the display of cultural diversity. Netra Rajnikanth and Nihita Patel graciously donated snacks and the proceeds went to the IANH-Tsunami fund. The event was covered by WMUR TV Manchester, the Nashua Telegraph, and Lokvani.

IANH president, Prithvi Kumar welcomed the audience. Tony Epapharas, Vice President of IANH, who was at Nagercoil in Tamil Nadu when the Tsunami wreaked its devastation, gave the audience a touching description of the events. He told those listening that watching the after-effects of the disaster was a very humbling experience.

Ashish Jain and Srisai Rao compered the program. The program started with a bang when Bharatanatyam dancer Rukmini Vijaykumar from Bangalore, a student at the Boston Conservatory, performed 3 dances: Ganesha Stuti, a Shiva Kriti and a Javali— "Mariyada Thiliyakane". The audience was captivated by her performance. Rajesh Saluja, accompanied by Parag Shastri on the tabla, sang a couple of Hindi film songs. Ishita Tyagi, Natasha Patel, and Alina Dar, students of Nashua High North performed two dances.

Students of Kiranmayi Totapalli, performed two dances in the Kuchipudi tradition. Two traditional Tamil folk dances, a Kummi and a Kolattam, were performed by Amritha, Meghna, Sribhavana, Pranathi, Lekha, and Sachi. Srisai Rao, accompanied by his wife Suman, sang lovely Hindi and Telugu melodies. Ashish Jain entertained the audience with his jokes and humorous couplets in both English and Hindi.

Sandhya Sridhar and her students, Usha Dwarakanath, Amritha Mangalat, Lekha Nair and Anirudh Dwarakanath, presented a moving tribute to the late Smt. M. S. Subbulakshmi, a popular classical singer of India. They performed beautiful songs in different Indian languages that were popularized by M.S. The

grand finale was an extremely energetic group dance by senior students of Jasmine Shah of the Angikam Dance Academy, set to the music of the song "Dholi Taro Dhol" from the Hindi movie, "Hum Dil De Chuke Sanam".

IANH President Prithvi Kumar and Media Relations Director Manoj Chaurasia distributed participation certificates to all the children. IANH raised \$3,000 from donations from local residents as a result of the story published in Nashua Telegraph on December 28, 2004. This event raised over \$2,500. The IANH executive committee will distribute the proceeds to organizations and charities engaged in rehabilitation of the tsunami victims.

For pictures of the event, please click the following link:
http://www.ianh.org/Cultural/FundRaiser_2005_Details.htm

RECENT EVENT

NH House Bill HB- 136FN Removing Increased Penalty from Hate Crime Law DEFEATED by 298-48

Recently, a group of New Hampshire Law makers attempted to reverse the "Increased Penalty" clause in the Hate Crime Law currently on the books through House Bill HB 136FN. But, this legislation was defeated by 298-48 votes in NH State House of Representatives.

New Hampshire's Cultural and Ethnic Organizations like the India Association of New Hampshire (IANH - www.ianh.org) led the fight to defeat the House Bill 136FN. Passage of this bill would have removed increased penalties for those who commit hate crimes. There are numerous examples where NH Indian Americans were mistreated or beaten up by people, who decided to act out their personal vendettas on law-abiding Indian Americans especially after the 9-11.

IANH sent out a Legislative Alert to its members on January 28, 2005. Our members contacted over 14 State legislators through email and telephone and shared their personal stories on how the passage of the legislation would affect their lives.

This effort represents a milestone in the legislative awareness and education campaign of the India Association of New Hampshire. The following are the quotes from some of the legislators who responded to our members. Note: A "no" vote was a vote against removing increased penalties for hate crimes.

- *"Thank your for contacting me about HB 136FN. I have already attended the hearing and gave them the information that several of my constituents are opposed to this bill. They want to continue to have a higher penalty for hate crimes."*
 - Rep. Carolyn Gargasz, Hollis
- *"I went to the hearing on HB 136 and recorded my opposition to the bill. We cannot have these attacks on equal rights anywhere in these United States or the world for that matter. Be assured that when the bill comes to the floor I will cast a NO Vote."*
 - Rep. Dick Drisko, Hollis
- *"I agree that we should not change our hate crime laws. I will oppose this as written."*

- Rep. Ken Hawkins, Bedford

- *"Don't worry this Bill will never see the light of day as we say in America. This law is needed now more than ever."*
 - Rep. Moe Villeneuve, Bedford

RECENT EVENT

NH Regional Education Bee Attracts Over 100 Youngsters

The 2005 NH regional Spelling, Vocabulary contests for Indian American children concluded on Saturday, March 26 2005 at the NH Community Technical College in Manchester, NH. The Math and Essay contests were held earlier on Saturday March 19 2005. North South Foundation (NSF) Manchester and the Indian Association of New Hampshire (IANH) organized the event. The event saw a record turnout this year with as many as 135 children participating across all the contests.

The Math Bee contests, which took place on Saturday March 19, were divided into three levels by age groups. The contests were held in multiple-choice format of twenty questions. The Essay Bee followed the Math Bee for Junior and Intermediate levels, also divided according to age groups. The essay contests were introduced this year that will help participants to develop writing skills.

The Spelling and Vocabulary Bee contests, which took place on Saturday, Mar 26, were divided into two main categories by age groups, the Junior and Senior. Each such contest had two phases, Phase I and Phase II, wherein the nature of the task progressed from the written to the oral. Scores for participants were totaled over the two phases. The final event, which took place in the post-lunch Phase II, was the oral spelling bee in which participants were required to verbally spell out the word pronounced by the announcer.

The proceedings began at about 9am with a cheerful crowd of enthusiastic children and their encouraging, anxious parents. Various teams of volunteers managed the different events that took place in parallel in the different rooms of the venue. The event ran till about 3 pm after which the participants and winners were felicitated in a well-attended ceremony, with all children being awarded participation certificates and medals, which was a source of great joy to the children. The winners in individual categories were congratulated by the organizers and handed their winning certificates.

Dr. Anam Govardhan, Professor of English at the Western Connecticut State University, acted as the chief guest. He provided a brief but entertaining and knowledgeable account of the history of the English language, its many influences and how understanding some basic patterns of the language would help anyone learn spellings easier instead of having to learn them by rote. He also had a frank and friendly piece of advice to the Indian-American parents of the children, asking them to take stock of their own facility with English and make the effort to spruce up their pronunciations and accents.

All proceeds from this event go to the North South Foundation, which provides scholarships for needy children in India.

The following is the list of winners in the various events and age groups:

Junior Spelling Bee: 1st Kasyap Tenneti, 2nd Anjithaa Radakrishnan, 3rd Pragnya Iyengar, 3rd Sahil Shah

Senior Spelling Bee: 1st Vaibhav Shrishail, 2nd Asish Andhavaraju, 3rd Nishant Annu

Junior Vocabulary Bee: 1st Mayank Dubey, 2nd Lasya Thilagar 3rd Nishant Annu

Senior Vocabulary Bee: 1st Meghna Chandra

Math Bee Level-I: 1st Pragnya Iyengar, 2nd Rajeev Rohit, 2nd Akash Purohit, 3rd Mugil Kathiravan

Math Bee Level-II: 1st Mayank Dubey, 2nd Nikita Kodali, 2nd Saniya Shah, 3rd Sanip Desai, 3rd Govindaraj Muthukrishnan

Math Bee Level-III: 1st Arjun Venkatachalam, 2nd Lasya Thilagar

Junior Essay Writing Bee: 1st Mallika Iyer, 2nd Saniya Shah

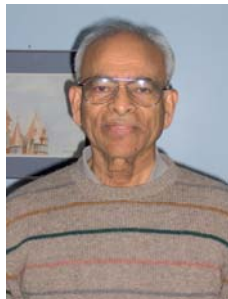
Intermediate Essay Writing Bee: 1st Meghna Chandra

Note 1: Scores of all participants will be sent to North-South Foundation. Please visit NSF web site to get the scores of participants. If you have any questions, please contact Madhavi Nathan madhavi@outreach-group.com.

Note 2: The contestants are invited to the National Bee based on their scores and not on the basis of the rank achieved in the Regional Spelling Bees. Good luck!

MEMBER PROFILE

Dr. Suresh Mathur



Suresh was born in 1930 at Fatehgarh, Uttar Pradesh. Completed his High School in Fatehgarh, and received his M. Sc. in Physics from Lucknow University in 1950. Worked for the Dept. of Atomic Energy in New Delhi during 1950-58. Came to University of Texas, Austin in 1958 and received his Ph. D in Physics in 1964. Worked at Texas Nuclear Corporation during 1962-67. Joined University of Lowell, Massachusetts in 1967 as Professor of Physics and retired in 1996.

Besides his career in Physics, Suresh has been deeply interested in Hindustani Classical Music. He studied music at the Gandharva Mahavidyalaya, New Delhi during 1951-58. He has continued his study and practice of music since coming to US in 1958. He is still very actively involved in organizing and performing in concerts in the Boston area. He has also provided lecture/demonstrations about Indian music at UMASS, Lowell and several other colleges in the area.

Editor's Note: Suresh together with Padma have been associated very closely with IANH from the time of its founding in 1989. Suresh was instrumental in writing the bylaws of the Association. He has participated actively in the activities of the Association. He maintained the Association audio systems for many years. He has been helping as a judge at the Education

Bee contests every year. In short, He is always willing to help whenever his help is needed.

MEMBER NEWS

- This is second consecutive year Rishi Desai's Team has won Bedford Basket ball League's 2004-2005 5th-6th Grade Division Title. This was major upset after coming behind from 12th seed in regular season standing beating the 2nd Seed Team in the Finals. Rishi Desai, Age 10, Grade 5 is the son of IANH members Himanshu and Ina Desai.
- IANH members Naveen and Melanie Kohli are celebrating their daughter Meghan Divya Kohli's first birthday on April 7th. They also lovingly remember the loss of their other daughter Angel Simran Kohli who passed away shortly after birth on April 7th.
- IANH life members Lalba Rani and Ajit Kumar became the proud grandparents of Nikhilesh on March 14. They have also sponsored the next IANH cook and serve dinner at Nashua Homeless Shelter on May 21, 2005.

MEMBER OPINION

Indian Democracy – An Example of Distinguished Concepts IANH Member Naseem Rizvi

The presence of democracy in India is still very strong because of the distinguished views of Pandit J. Nehru and Mahatama Gandhi in the past. They had a light of wisdom and good understanding for the future of democracy. Nehru was the mover of the policies were developed in the 50's of economic self reliance and independent presence in international affairs. Nehru also helped to develop independence and using science for peaceful purposes. India is a political society which is constructed by politics.

Today it is only through strong politics that Indians are entering in the contemporary world.

Indian democracy was constructed against "grain". "Roti – Kapra aur Makan", this slogan succeeded in energizing the society then and now it has become a principle of Indian society. India's identity as the largest democracy is deeply rooted in its ideology and open mindedness.

India has the courage to criticize USA for the involvement in Vietnam and also recently in Iraq. India fought 4 wars in the last 50 years, none as an aggressor. In fact whenever West created its own attitude towards democracy India always maintained its own peaceful existence.

We can wish for the bright future for Indian democracy to become an example for the rest of the world as long as we can believe in love and tolerance.

MEMBER CONTRIBUTION

Holi at the Mariposa Museum IANH Member Hema Pant

My husband, Bhaskar Pant and I did a joint presentation on Holi on March 13th at Mariposa Museum of World Cultures in Peterborough, NH. Bhaskar did the power point presentation and I demonstrated the actual playing with Gulal with the founder of the museum, Linda Marsella. Linda and I were wearing white clothes, the way traditionally it is done in India. Once the audience saw how it was done, they let their defences down and joined us in the Gulal playing. Everyone thoroughly enjoyed the event.

I have been working at this Museum as a volunteer for the past 18 months. The founders, Linda and her husband David, have lived and worked as teachers in many countries with special affinity for India and Vietnam. They organize a variety of activities from different countries, be it music, dance, art, social issues, festivals and so on.

The website for this museum is: mariposamuseum.org.

MEMBER POETRY

Message for Diwali/Iid/Christmas IANH Member S. K. Aggarwal

[Note: The work was conceived during a Diwali function. A bhajan-song, about lamps, inspired the [so-called] author.

The work starts with a statement and immediately questions its validity. It proceeds through resolving questions and raising some more. [Style is also used in the Gita's divine dialogue.] It culminates in uniting the Aatman with the Param-Aatman and returns the soul from that state of deep samadhi to the physical living. The returned Aatman is slightly more realized and can share its divine love, bliss, music, and light with mind in the physical plane. The rest of the message is built on these attributes. Hope you all enjoy it. s.k.aggarwal@ieee.org 1-Nov-2000]

[Summary: There is no Diwali, Iid or Christmas until the soul unites with the super soul. When the two unite, love, bliss, light/brightness/effulgence, and music of that union flows through this life in the form of continuous and simultaneous celebration of Diwali, Iid, and Christmas. The lyrics below are simple and the message contained is very deep and serious.]

Kaya hua aayi Diwali, Iid, ya Christmas bhi,
Jab bhara hai jindgi main vasna ka andhiyara.

[Statement/Comment: What good is celebrating Diwali, Iid, or Christmas,
When life is filled with darkness of lust.]

Kahan se aaya ye andhiyara?
Aatman to hai ujjiyara hi ujjiyara.

[Challenge: Where did that darkness come from?
The soul is all light, bright, and radiant.]

Liya sang Aatman ne man ka,
Bhar diya man ne jindgi men vasna ka andhiyara
[Resolution: Our saints answer the question like:
"To live in this physical world, the soul has taken the
association of the mind.

This mind has filled the life with lust's darkness.]
Kaise hua ye chatatkar?
Nahi rehta hai andhiyara, aa jaye agar ujjiyara.

[Challenge: How did that happen?

We all know that darkness disappears in the presence of light.
In this situation we have brightness of soul and darkness of
mind's lust.

Brightness is supposed to prevail. How does darkness prevail?]

Dhak (covers) ta hai dhuhan (smoke) jis tarah se agni ko,
Jhili (membrane) garabh (fetus) ko aur dhool (dirt) darpan
(mirror) ko,

Dhak diya hai usi tarah man ne Aatman ka ujjiyara.

[Resolution: It is a serious question and deserves an
authoritative answer. Here we use authority of Lord Krishna.
His response in Geeta's verse 38 of chapter 3 is used to put the
challenge to rest. "Just like smoke covers fire, dust covers
mirror, and womb covers fetus, so has mind covered soul's
brightness with lust's darkness."]

Kaise chamkega phir se jindgi main Aatman ka ujjiyara?

[Question: Finally we have an inquisitive question for the
benefit of the world.
How will the soul's brightness outshine the lust's darkness?]

Chanchal (Restless) se nishchal (still) banao tum man ko
Apne dhaam Braham men pahunchao tum isko
Karega ye bhi wahan aaram (become Restful)

Hokar mukat Aatman man se,
Chamkegi noor apne se
Hoga ujjiyara hi ujjiyara.

[Answer: The saints answer the question like:
Still your restless mind.

Take it to its home in the Braham.

Over there this too will become restful and will loosen its grip
over soul.

In that freedom, soul will shine with its own effulgence and
Spread its radiance in all directions.]

Mukat Aatman ja milegi Pram-Aatman se
Param-anand hoga, divya-prem hoga,

Divya-sangeet hoga, aur hoga param ujjiyara.

[Answer Continued: This freed soul will fly home and unite with
the Super-Soul.

There will be supreme bliss, divine love, heavenly music, and
supreme brightness.

Brightness and music constitute the TRUE nature of the Lord
and is "Sat".

Love is life. Life is consciousness and that is "Chit".
Bliss is the "Anand". Hence we get that "Sat-Chit-Anand".]

Kaya hoga jab aayegi Aatman wapis jindgi men
Le kar phir se man ka sang?

[Question/Comment: Will you always stay in that deep
samadhi? Won't you come back into this world?

What will happen when the soul will return to this life?
At that time, it will need to take association of mind again.]

Aatman ka hoga param ujjiyara
Man bhi hoga thora thand (calm)

Dhak na sakege ye man poori tarah se wo param ujjiyara
Chamak sakega phir se jindgi me Aatman ka ujjiyara

[Answer/Comments: The soul has just been exposed to the
effulgence of super-soul.

The mind has just returned from rest at its home in Braham.
The soul will have light of its union with the super soul.
Mind will also be slightly calm.

*This calm mind will not be able to completely cover that
supreme brightness.*

Brightness of the soul will outshine again in this life.]

Roj Diwali hogi, Iid aur Christmas bhi
Anand hi anand hoga

Chamkega jab jindgi men Aatman ka ujjiyara
*[Pure Bliss: It will be Diwali, Iid, and Christmas simultaneously
and continuously.*

*It will be heavenly bliss and ecstasy multiplied.
When brightness of the soul will outshine in this life.]*

Khusion ke deep jalenge, baantoge tum khusion
Khusian hi khusian honghi,

Chamkega jab jindgi men Aatman ka ujjiyara
*[Pleasures (Bliss): You will light the lamps of happiness and
share your pleasures.*

*It will be bliss and ecstasy multiplied.
When brightness of the soul will outshine in this life.]*

Divya-prem ki baati jalegi, baantoge tum payaar,
Payaar hi payaar hoga,

Chamkega jab jindgi men Aatman ka ujjiyara.
*[Love (Consciousness): It is the wick of the divine love that will
burn [in the lamp of happiness].*

*You will share that love.
It will be love multiplied.*

When brightness of the soul will outshine in this life.]

Madhur sangeet hoga, gaoge khushi ke geet tum
Sangeet hi sangeet hoga

Chamkega jab jindgi men Aatman ka ujjiyara
*[Music (Truth): The life will be filled with heavenly music.
You will sing sweet melodies.*

It will be sweet music multiplied.

When brightness of the soul will outshine in this life.]

Roj Diwali hogi, Iid aur Christmas bhi
Anand hi anand hoga

Chamkega jab jindgi men Aatman ka ujjiyara
*[Pure Bliss: It will be Diwali, Iid, and Christmas simultaneously
and continuously.*

*It will be heavenly bliss and ecstasy multiplied.
When brightness of the soul will outshine in this life.]*

Note: These thoughts crossed my mind while I was in D.C on
Inauguration Day. I was watching protestors from my window.
How easily they are ignored in a Democratic country. What is it.

CULTURAL CORNER

Deepa Mangalat, Chair, Cultural Committee

We have received an overwhelming response to
participate in the Spring Festival on May 7, 2005. This is
an event where everyone gets to perform. It is going to be
a great celebration of Indian culture and food. Look out
for new talent from the Indian American community.

We have other activities planned for the rest of this year:

- Presentation of Indian dances to entertain the guests at the
Goffstown Nursing Home in August, 2005
- Diwali Festival in October/November, 2005.

If you have any questions or would like to help us in
organizing cultural activities, please contact Deepa
Mangalat, Chair, Cultural Committee at
dmangalat@comcast.net.

EDUCATION CORNER

Karthi Chandra, Chair, Education Committee

Education Bee this year was a grand success with a
recorded 135 registrations for various events. We are now
looking forward to lecture by Dr. Jayasankar, MD on
“Silent Killers: Diabetes and Heart Disease- the Indian curse?”
on Saturday, June 11th at 2:00 PM at Nashua Public Library, 2
Court Street Nashua NH. Please see the flyer on the back page
for details.

We are planning to organize additional lectures over the rest of
the year before it is time again for the next Education Bee.

If you have any questions or would like to help us in
organizing the Education Bees, please contact Karthi
Chandra, Chair, Education Committee at
Karthi1@adelphia.net.

MEMBERSHIP CORNER

IANH Welcomes New Members Vandana Dhakar Chair, Membership Committee

We welcome the following new members who recently joined
the Association.

- Lav and Rajni Aneja
- Karen and Erling Jorgensen
- Vardhini Kothari
- Umang Kumar
- Vijay and Ambika Mangtani
- Neha Parikh
- Srinivas and Jyothi Sakhamuri
- Srinivas and Manjula Sanikommu
- Srisai and Suman Seethamaraju
- Sriram and Rama Seshadri
- Pankaj and Pratibha Shah
- Vipin and Raju Shah
- Uma and Anantha Subramanian
- Anmol and Komal Wadhwa

If you are not a member, we invite you to join the India
Association. A membership form can be downloaded from
www.ianh.org. As a member you receive the Association
newsletter - Samaj Patra, discounts at various events organized
by IANH, and news about various activities and events
organized by the Association as well as other non- profit
organizations in the area.

If you have not renewed we request you to do so as soon as
possible. Please send a check with the annual dues (\$10 single,
\$15 family) to Vandana Dhakar, 20 Chad Road, Manchester,
NH 03104. Please consider a life membership for \$150 with no
more dues to pay ever.

If you have any questions or would like to help is in organizing various membership activities, please contact Vandana Dhakar, Chair, Membership Committee at dhakar@comcast.net

PUBLIC SERVICE CORNER

Barinder Ahluwalia, Chair, Public Service Committee

The Public Service committee had a busy year so far. IANH hosted a variety entertainment program to raise funds to help tsunami vicitms on Feb. 19, 2005.

Thank you to all who participated and donated their time to the cause. The entertainment was the best so far. Our Tsunami effort to raise funds were publicized in Nashua paper and we were also interviewed by NH public TV for NH Outlook.

Public Service especially wants to thank Nihita Patel and Netra Rajnikanth who donated all the money raised from selling snacks during the fundraiser.

Our next event is scheduled for May 21, 2005 to cook and serve meals at the Nashua Soup Kitchen. Ajit Kumar and Lalba Rani have agreed to sponsor the meals at the Nashua Soup kitchen.

IANH raised more than \$2,000 from the fund-raiser. An additional \$3,000 has been raised through donations from the members, non members and general public for a total of over \$5,000.

Additionally, IANH member donate food and grocery items to the shelter every mont. Members leave these items at specific drop off locations in Manchester, Bedford and Nshua, which are then collected and delivered to the shelter.

We are always looking for volunteers. Please think about donating some time. You can make a difference in so many ways.

I urge to get involved. You can also make a tax-deductible contribution to the IANH public Service fund.

You can also support our Public Service activities by making tax-deductible contributions and volunteer service. Please send your contributions to IANH-Public Service fund, P.O. Box 3132, Manchester NH 03105.

If you have any questions or would like to help us in organizing public service activities, please contact Barinder Ahluwalia at Barinder@aol.com

WEBMASTER'S CORNER

Help Us Keep the IANH Web Site Current Karthi Chandra, Web Master

Our website content has grown with more than 20 events during the year 2004 and 2005. As I look back, we have more than doubled in size since we went live with the new website in January 2004. Our website has become an online chronicle of all our activities and all the good work done by the community.

You will in the future see member's corner, recipe corner and other interesting features with contributions from everyone. Please do send us information on the events in the New England area that you would like posted on our website to Webmaster@IANH.org

PUBLICITIY/MARKETING/ ADVERTISING OPPORTUNITIES

Advertise in the Samaj Patra, Newsletter of the India Association

Samaj Patra reaches over 180 member families by mail. Please advertise in Samaj Patra and publicize your message.

Full Page Ad (9"x7" or 7"x 9"): \$100
Half Page Ad (height 4"x width 7"): \$60
Quarter Page Ad (height 4" x width 3"): \$35
Business card (height 2" x width 3"): \$20
Classified Ad (30 words): \$10

Please mail/email your advertisement and your check to Vandana Dhakar, 20 Chad Road, Manchester, NH 03104. If you have any questions or require additional information, please contact Vandana Dhakar dhakar@comcast.net.

Become an IANH Sponsor and Save 20% on All Publicity/Marketing/Advertising through IANH

In the past IANH offered a limited advertisement for our businesses. With large attendance at IANH functions, we have decided to offer advertisements throughout the year.

Starting this year, we have extended the advertisements to Newsletters and Web site to include you own home page or links to your business sites. These advertisements will publicize your products and services in our community. Our web site, where a number of our community members get valuable information, will offer good publicity for your products and services. There were a number of satisfied customers who sold their products and services at our events last year.

Starting this year, we also plan to introduce sponsorship packages for corporations and businesses, which will get repeated publicity through multiple exposures at a discounted rate. We offer the following sponsorship programs:

Platinum and Gold sponsorships are available for businesses who will be interested to display and sell their products and services as well as advertise in our newsletters, Diwali function guide, and the web site.

Silver and Bronze sponsorships are available for those businesses and corporations who will prefer to advertise in the Newsletter, Diwali function guide and the web site advertisement, and Email circulation

Non-profit sponsorship.

A copy of the rate table that lists various sponsorship programs is given below. These packages can also be tailored to suit your business needs.

We offer a substantial savings of 20 percent over individual costs as well as additional discounts to our members, whether you choose the standard sponsorship package or create your own. We request you to sponsor our events and include IANH sponsorship in your corporate budget.

IANH MANAGEMENT TEAM

Prithvi Kumar

President

president@ianh.org**Antony Epaphras**

Vice-President

tepaphras@snhs.org**Tej Dhakar**

Secretary

Dhakar@comcast.net**Prasad Kalyanapu**

Treasurer

prasadvn@comcast.net**Deepa Mangalat**

Chair, Cultural Committee

dmangalat@adelphia.net**Barinder Ahluwalia**

Chair, Public Service

Committee

Barinder@aol.com**Karthi Chandra**

Chair, Education

Committee & Web Master

webmaster@ianh.org**Vandana Dhakar**

Chair, Membership

Committee

dhakar@comcast.net**Himanshu Desai**

Chair, Public Relations

dickydesai@comcast.net**Manoj Chourasia**

Director, Media Relations

Manoj_ianh@zsiglobal.com

America's RISING STARS



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“Enabling youth to make positive life choices.”

The America's Rising Stars Process is designed to help today's youth develop their personal leadership skills and begin to set goals and directions for their lives beginning at an earlier age. Leadership is essential in enabling youth to develop character, confidence, and values that promote the understanding of healthy behavior.

Summer Camps for Youth: 7/11 to 7/15 and 8/15 to 8/19

For more information, contact:

Excellerated Results

Phone: 603 930 2202

email: arshank@msn.com