

- Summer picnic
- Election of new officers
- Fall Diwali festival and much more

# Samaj Patra

Fall 2000

## President's Corner

With the election of new team behind us, let us look forward to a fresh start in the upcoming year. I take this opportunity to thank the outgoing president Tej Dhakar and his team for their contributions to the association. Tej played a key role in the reorganization of the association management team. Furthermore, he will be working on the necessary tasks to accomplish the name change. Tej! Please accept my sincere thanks for the jobs well done during your tenure.

This year marked a significant landmark in our association's policy when we nominated Sid Prabhakar to the executive committee. Sid will coordinate young adult's activities. I want to encourage young adult's participation in our association management. I request you to think of activities that will be of interest to the young adults. We will create a new portfolio in future for young adults within our organization.

We are currently making preparations for the upcoming fall function, which will be held in Manchester. Please plan to attend the event. I will have more to report to you after the first

executive committee meeting that is scheduled for this month.

Looking forward to seeing you all at the fall festival

Wishing you happiness and peace,

Prithvi Kumar,

President

## Summer Picnic

We held the summer picnic at the Pawtuckaway State Park on Saturday August 5. Wet outfield prevented us from playing Volleyball. However, we had fun games and prizes were awarded to winners.

We held our annual general body meeting and new officers were elected.

## Congratulations to graduates

The following students graduated this year:

Ajay Vasudevan completed his high school from Berwick Academy in Maine. Ajay joined the University of Connecticut.

Tara Lima received her undergraduate degree from Syracuse University.

Our congratulations and best wishes to the graduates.

## Association Calendar of Events

- October 7, 2000: Fall Function (See flyer for details)

## Fun Activities for Children at Diwali

As we did last year, I will once again be coordinating activities for little kids during the Diwali function, so that they can be kept occupied and happy, therefore, leaving the parents (hopefully) to watch the cultural show in peace. Last year, we had set up a separate area for kids to play and had made available some toys, easel, and craft material for the kids to use. We had also arranged for rangoli and diya making activities for all kids to participate in. This was a huge success last year. I plan to do this again this year. To make this even better, I would very much appreciate any input from parents as to new ideas for Diwali related activities geared towards the little kids. The idea is to expose even the little kids to our Indian culture, particularly the Diwali theme at this

## SAMAJ PATRA FALL 2000

time, in the form of fun stuff they can do. I would also appreciate if anyone can volunteer a little time during the evening, to help me with the activities. Of course, donations of any craft supplies (glitter glue, playdoh, markers, kid-friendly scissors, construction paper etc.) or goody bags would also be very much appreciated. If anyone would like to give any input, please contact me at 889-4046 or [nikita@shahfamily.com](mailto:nikita@shahfamily.com).

I'm looking forward to seeing you all!

Nikita Shah, Treasurer

### Name Change

The Executive Committee decided at one of its meeting to change the name of the Association from New Hampshire Association of Asian Indians (NHAAI) to a much simpler name India Association of New Hampshire (IANH). It is now official. The General Body ratified this amendment on August 5. Tej Dhakar is working on to put finishing touches.

### Association Officers

The following officers were elected to a two-year term

- Prithvi Kumar President
- Padma Mathur Vice-President
- Raj Jain Secretary
- Nikita Shah Treasurer
- Homai Khanna Cultural Secretary
- Vandana Dhakar Membership Secretary
- Seshu Putcha Corresponding Secretary and Samaj Patra

- Member, Executive Committee Sid Prabhakar Young Adults
- Nilima Panchal, Member
- Tej Dhakar, Member

### Life Members

A number of members have opted to become life members. We thank them for their support and loyalty to the Association. The names of life members are given below:

- Rita Chopra
- Vijay & Sneha Dave
- Tej & Vandana Dhakar
- Narindar & Raj Jain
- Rod & Homai Khanna
- Prithvi & Kala Kumar
- Dr. Bejoy and Aparna Kundu
- Appa & Nalini Madiwale
- Suresh & Janet Masand
- Suresh & Padma Mathur
- Srirangam & Gita Padmanabhan
- Jay & Geeta Prabhakar
- MaryAnne Reinhardt
- Kartik & Nikita Shah
- Manoj & Jasmine Shah
- Parthiban & Vani Thilagar
- Jwalant & Bhavana Vadalala

The life membership requires a one-time payment of \$150. This one time payment exempts you from the payment of any membership dues in future. To become a life member, please check the appropriate box in the membership / renewal form.

### Membership

Kindly renew your membership. A form is attached with this newsletter. If you are not a member, please use the same form to join the Association as a new member.

Enquiry on membership may be addressed to the membership secretary Vandana Dhakar at 668-9028 or [dhakar@mediaone.net](mailto:dhakar@mediaone.net)

### Samaj Patra distribution

Reduce paper use and help to preserve our environment by receiving Samaj Patra through Email. Let us know if you would like to start receiving newsletters and flyers through Email instead of hard copies.

This procedure is being proposed since most of the households have access to a computer. Email distribution will enable you to access web links listed in the newsletter directly without having to type them. Furthermore, it will ensure timely distribution of correspondence at a reduced cost.

If you wish to receive an electronic copy, please let us know by sending an email to the membership secretary Vandana Dhakar at [dhakar@mediaone.net](mailto:dhakar@mediaone.net). Thank you for your consideration.

### Website Address

Our website has moved. Please note the new website address (URL). The website includes access to all Samaj Patras, many useful links and other useful information. The website is maintained by Prof. Vasudevan, our former Corresponding Secretary.

<http://people.ne.mediaone.net/vasu/index.html>

## Water therapy

Amazing! But, it is true! 6 glasses of water (1.5 liters) - Astonishing Performance. God has given us plenty of free water. You don't have to spend on medicine, tablets, injections, diagnosis, doctor fees, etc. Numerous ailments have been cured by this therapy. You will never believe until you find it out for yourself.

How does it work?

Consuming ordinary drinking water by the right method purifies the human body. It makes the colon more effective through supply of new fresh blood, known in medical terms as "Haematopaisis." In Ayurvedic medicine this therapy is known as "Usha Paana Chikitsa."

The mucous folds of the colon and intestines are activated by this method is an undisputed fact, just as the theory that new fresh blood is produced by the mucous fold.

If the colon is cleaned then the nutrients of the food taken several times a day will be absorbed and by

the action of the mucous folds they are turned into fresh blood. The blood is an all-important factor in curing ailments and restoring health and for this water should be consumed in a regular pattern  
The therapy

- 1) Early morning after you get up from bed drink 1.50 liters of water i.e., 5 to 6 glasses. Better to pre-measure 1.50 liters of water.
- 2) It is important to note that drinks and solid food must be taken an hour before or an hour after consuming water.
- 3) It is also advisable to avoid any alcoholic drinks the previous night.
- 4) If required, boiled and filtered water may be used for this purpose.

Is it possible to drink 1.50 liters of water at one time?

- 1) To begin with, one may find it difficult to drink 1.50 liters of water at one time, but one will get used to it gradually. Initially, while practicing you may drink four glasses first and the balance two glasses after a gap of two minutes. Initially you may find the necessary

to urinate 2 to 3 times within an hour, but it will become normal after sometime.

Source: Ayurvedic medicine

## Officers of the Association

Mr. Prithvi Kumar, *President*  
Dr. Padma Mathur, *Vice-President*  
Mrs. Raj Jain, *Secretary*  
Mrs. Nikita Shah, *Treasurer*  
Mrs. Homai Khanna, *Cultural Secretary*  
Mrs. Vandana Dhakar, *Membership Secretary*  
Mr. Seshu Putcha, *Corresponding Secretary*  
Sid Prabhakar, *Member*  
Mrs. Nilima Panchal, *Member*  
Dr. Tej Dhakar, *Member*

The Editor or the Officers of the New Hampshire Association of Asian Indians are not responsible for the views or the authenticity of any of the information in the Samaj Patra. The information is only provided as a service to NHAAI members, and readers are advised to use their discretion and verify all information.

**Show and Dinner Reservation**

**Diwali  
October 7, 2000**

Name \_\_\_\_\_ Phone Number \_\_\_\_\_

Number of Non-Members: \_\_\_\_\_ x \$18 each = \_\_\_\_\_

Number of Members and Senior Citizens: \_\_\_\_\_ x \$16 each = \_\_\_\_\_

Number of Students and Children: \_\_\_\_\_ x \$10 each = \_\_\_\_\_

Greetings / Advertisement in Diwali brochure: Full page (7"x4") \$75; Half page (3.5"x 4") \$40; Quarter page (1.75" x 4") \$25 (please send matter for advertisement by Sept 30): \_\_\_\_\_

Total Amount = \_\_\_\_\_

Please send with your check payable to NHAAI by **October 4, 2000** to:

Vandana Dhakar  
20 Chad Road  
Manchester, NH 03104

Note: Requests received after October 4, 2000 will be accommodated on first-come-first-served basis based on availability

