



# INDIA COMMUNITY RELIGIOUS & CULTURAL CENTER, INC. (ICRCC)

P.O. BOX 387 DEWITT, NY 13214

<http://www.icrcc.org/>

Founded 1984

## Newsletter-September 2011

From: Ramesh Gaonkar, President  
Spring Festival

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We celebrated the Spring Festival on May 21 at Wellwood Middle School. It was truly a community event; more than 200 persons participated in the event. I was very pleased and encouraged by the participation of many members of our community. The most satisfaction is witnessing the collegiality among participants. I cannot thank enough to those who devoted many hours for childrens' practice sessions and preparing various dishes for the refreshment.

I want to thank the primary organizers of the program: Ramana Adavikolanu, Suryanarayana, Sailaja Sishtla, and Mala Pal. A large number of people helped in making the festival a success. They have been recognized later in the newsletter.

### Spring Festival Program

The Spring Festival was well attended with about 200 persons. Both the Cultural program and the food court were great. The ICRCC Spring celebrations are always a blast.

What a better way to welcome spring than by wearing bright and vibrant clothing? It makes us remember our Holi festival - festival of colors. It is an Indian celebration marking the harvest, the start of warm weather and renewal of nature. Like Holi the ICRCC's spring celebrations is popular among small kids, younger boys and girls. People participated in this event with great charm and joy.

Dressed in bright indian dresses the children brought fun and excitement to a large packed audience of children and their families. The ICRCC's Spring celebrations are just as vibrant as the festivals in India which represent its cultural fabric. They are colorful, full of life and most of all touch the very soul of its people.

The ICRCC Spring celebrations began with a president's address by Ramesh Gaonkar and the cultural program started off with bhajans followed by classical bharatanatyam dance performances. Later 15 kids from Children's club performed a funny and entertaining skit on Narada coming to Syracuse. There were several dance performances by children and parents from popular Hindi, Telugu and Nepali musical film hits. The MC of the event Sri Kaushal Nanavati did an admirable job. Our sincere thanks to him.

In appreciation of their performances and participation all the Kids received trophies from ICRCC. The cultural program ended with a vote of thanks and concluding remarks.

The evening ended with a dinner.

Food Court: With the lead part by Smt. Sailaja Sishtla, it was a feast of a variety of ethnic foods from the north, south, east and west of India. With a special arrangement with Dosa Grill hot dosa was served.

A large number of people helped in making the food court a success. ICRCC would like to thank all of them and recognize their contributions. The persons who kindly donated the food are:

Bhagiradhi Adavikolanu, Shobha Bhatia, Laxmi Crane, Anuradha Dhontha, Usha Gokul, Vidya Goyal, Kishore Kanabar, Kirna Shah, Beena Kappil, Shridevi Karikehalli, Alina Krishnan, Vidyul Krishnan, Madhura Mehendale, Rama Mehrotra, Sheela Naik, Mala Pal, Jayshree Prasad, Vanaja Ramarao, Geeta Roy, Geeta Sangani, Rajani Simlote, Sailaja Sishtla, Pramila Suryanarayana, Neeraja Vajpayee, Anuradha Varadha, Aparna Varakantam, Madhura, and Rachna Zirath.

On behalf of ICRCC, we thank all the participants and attendees for your support in the spring festival and wish you a very happy summer.

If we have missed any names, please accept our sincere apologies.

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## **Crisis of Civilization – A Journey with Tagore:**

ICRCC sponsored a play on Life of Tagore at Red House Theater on Saturday, August 6. This is a 95-seat auditorium, and it was sold out; we had to turn away several requests for tickets. This is the first time in the history of our association we sponsored a play. Thanks to our community for such a overwhelming support.

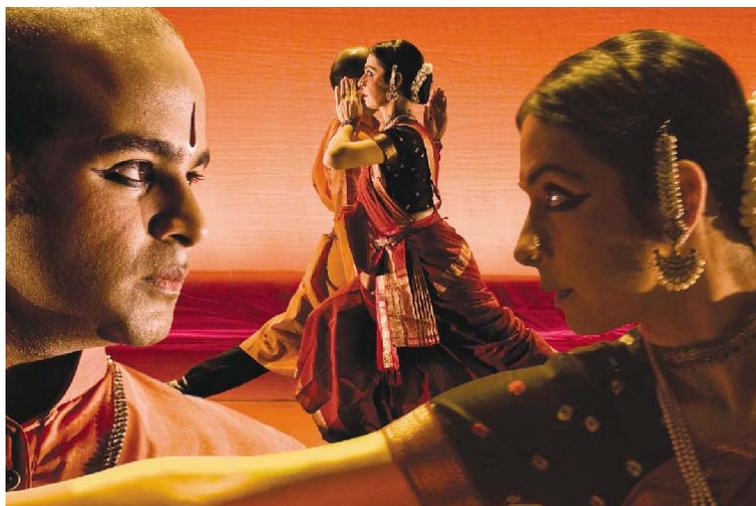
This is a 90-minute play involving audiovisuals and a single actor on stage. It included ten Tagore songs performed live, recitation, narration, oratory, acting, and multi-screen images. The play intends to inspire the audience to rediscover Tagore in the present context. By all accounts it was a grand success. It was very well received by both - Bengali and non-Bengali speaking audience.

This was initiated and organized by Tridib Mazumdar. Our heartfelt thanks to Tridib and Chandrima for all their time and efforts to organize the play. We also appreciate the assistance rendered by Dilip Bhole and Ravi Seth. Financially also, it was a success.

We would like to recognize the support by the following generous donors: Ajay and Mala Pal, Ajoy and Geeta Roy, Amiya and Atashi Basu, Ashim and Anasua Datta, Binaifer Dabu, Brij and Suman Mishra, Dilip and Anita Bhole, Gurnek and Balwinder Singh, Mukul and Chanda Majumder, Prashanta and Sapna Ghosh, Ravi Dharwadkar and Pamela Brandes, Ravi and Neera Seth, S.P. and Sudha Raj, Shakti and Jyotsna Mookherjee, Subhas and Pankaj Dalal, Tridib and Chandrima Mazumdar, Uday and Atreyee Banerjee, Probal and Sunanda Sanyal, Ravi and Harini Dabir.

## ICRCC Presents

### Samhita: Bharatanatyam Performance By Nalini Prakash and Vijay Palapaty



**When: Saturday, October 15 –  
7 pm to 9 pm**

**Where: Wellwood Middle  
School, 700 S. Manlius Street,  
Fayetteville, NY13066**

**Admission: Free- Donations will  
be appreciated. ICRCC can  
bring these programs only with  
your donations.**

Vijay was a student at Colgate University as part of India Study Group. He is a classical Indian dancer and works closely with Nalini Prakash, a dancer from India who is currently based in Washington, DC. They have performed Samhita in US and India as a part of The Spilling Ink Project.

#### **Samhita: Conversations in Dance, The Spilling Ink Project, Washington, DC.**

Samhita, meaning ‘to join’ or ‘to collect’ in Sanskrit, is an artistic conversation between **Nalini Prakash** and **Vijay Palapaty**—artists who have diverse personal and artistic backgrounds. Their conversation culminates not only in a presentation of expression of South India’s tradition and culture, but also of their discoveries from an inward questioning as individuals—individuals who are artists.

The project is presented as a margam, which Nalini and Vijay have co-choreographed, curating pieces in solo and duet formats. The influences of their important artistic education—primarily of gurus **Professor Sudharani Raghupathy, Shree Bharatalaya**, Chennai and **Dr. K. Uma Rama Rao, Lasya Priya**, Hyderabad—comprise a large part of the project. Nalini, versed in the Bharatanatyam form, and Vijay, with experience in both Bharatanatyam and Kuchipudi forms, have created new pieces using traditional dance vocabulary while also responding to instinct through creative movement. Through Samhita, they have expanded the envelope of their dance repertoire to include new choreographies.

## GENERAL BODY MEETING

Date: November 19, 2011  
Venue: Dewitt Community Library (Shopping Town)  
Time: 3:15 pm – 5 pm

### Agenda:

Welcome address by President  
President's report  
Secretary's report  
Treasurer's report  
Membership Coordinator's report  
Election of directors  
New business:

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### Poetry Reading by Dr. Tenneti Rao

**When:** Sunday, October 23 from 3 to 4.30 pm  
**Where:** Dewitt Community Library - Friends Hall

**Theme:** The book's title is - "Bougainvilleas". It implies delicate flowers of bougainvillea shrub, also indicates "paper flowers" (Origami craft). I will recite poems related to spring, autumn, romance, & nostalgia.

The book is in English with a very few Sanskrit or Telugu words in some poems (for the sake of brevity, clarity, and directness); but they comprise only less than a half percent of the entire vocabulary used in the book. With foot notes, such words have been explained amply in the text. So, the non-Telugu (or non-Sanskrit) reader/listener will not find any difficulty in grasping the meaning.

**Publisher:** Writers Workshop, 162/92 Lake Gardens, Kolkata - 700045, India . Published under the editorial supervision of late Prof. P. Lal. Total Pages - 88. Published in December 2010.

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# PLEASE JOIN US

## Navratri Raas Garba Saturday, October 1<sup>st</sup>



**What:** A night of Raas Garba and Dandiya Raas dance, with Aarti and snacks afterwards.

**Where:** Cafeteria of the Fayetteville-Manlius High School, 8201 east Seneca TNPk, Manlius.

**When:** From 7:00 - 11:00 PM, on Saturday, October 1<sup>st</sup>.

\$5.00 and \$2 for students at the Entrance

**Contact for Prasad:**

Umaben Patel 447-1646

Shilpa Patel 256-9628

Geeta Sangani 449-2098

Harsha Kanabar 492-6372

Organized by the India Cultural and Religious Community Center (ICRCC)



### Area Philanthropists

Many of us do not know the contributions made by members of our community for uplifting the less fortunate members of society. Two members, Suman and Brij Mishra, have contributed in the field of education in India. They started building a school in Pilani in 2004 with 60 students and today it has expanded with 504 pupils. A significant part of the expenses of the students is subsidized. After completing the high school, the Mishras intend building a gynecological hospital in Pilani. If other doctors are interested in donating their services they may contact the Mishras.

### Graduation

This is the season of graduation. Many of the youngsters in our community have graduated and our congratulations to all of them. We are delighted to recognize the following persons who have graduated this year.

### College

1. **Monica**, daughter of Anita and Dilip Bhole, has been awarded a B.A. degree, cum laude, by the New York University (NYU). She has graduated with a double major (Economics and Mathematics). She will

continue her education at Stanford University where she has been awarded a five year financial package for pursuing a doctoral program in Economics.

2. Kunal Shetty, son of Supriya and Ramanand Shetty: B.S. (Colgate University). He will be working for a year in AmeriCorps City Year program in New York.
3. Himamshu Dabir, son of Harinakshi and Ravi Dabir, Law Degree from Cardosa Law School, NY, NY
4. Vikram, son of Anita and Dilip Bhole, is graduating with a "Master of Science" degree in Applied Statistics at the Rochester Institute of Technology (RIT).

### High School

5. **Anisha Shetty**, daughter of Supriya and Ramanand Shetty, is graduating from West Genesee High School. She has been recognized for her achievements in both academic and non-academic fields. Some of them are: Valedictorian Class of 2011, National Latin Exam Gold Medal (Summa Cum Laude), Spanish Clug, Varsity Tennis including Captain (12th).
6. Devika Rattan, daughter of Jyotsna and Anil Rattan, from Fayetteville-Manlius High School. She has received many awards including National Latin Exam – Cum Laude Award. She intends to continue her studies in Bio-Medical Sciences at the University of Buffalo, NY.
7. Shweta Karikehalli, daughter of Sridevi and Dilip Karikehalli, Fayetteville Manlius High School. Active as editor of the school newspaper, member of the National Honor Society. Will continue her studies at SUNY ESF majoring in Environmental Biology.

### Academic Honors

ICRCC is proud of the achievements of the youngsters in our community. Two persons have received national recognition for their excellence in two different fields.

8. Sonia Narsipur, daughter of Sriram Narsipur and Sonia Kragh (granddaughter of Pramila and Narasipur Suryanarayana), Jamesville Dewitt High School class of 2012 was awarded a National Gold Medal for her ceramic vase "Leaves on a Vine" by the National Scholastic Art and Writing Alliance and a Gold Key Award at the Central New York Scholastic Art Awards. The piece is on exhibit in the Office of the President of Onondaga Community College.
9. Kunal Sangani, son of Geeta and Ashok Sangani, was awarded first place in the category in environmental management at the Intel international Science and Engineering fair in Los Angeles for his research (with partner Mishka Gidwani) on how Transparent Exopolymer Particles produced by *Emiliana huxleyi* help in trapping carbon dioxide, thus reducing ocean acidification and helping global warming. They also found that it plays an important role in oil remediation. At the Intel international Science and Engineering fair there were 1600 projects from 56 different countries. On the final day at the awards ceremony, their project was awarded first place in the category in environmental management.

### Professional Honors

Congratulations to Promod K. Varshney who received the 2012 IEEE Judith A. Resnik award "For contributions to and leadership in the theory and practice of multisensory data fusion for aerospace and bioengineering applications." The IEEE Awards Program recognizes technical professionals whose exceptional achievements and outstanding contributions have made lasting impact on technology, society and the engineering profession.

### Honors in Performing Arts

Congratulations to Binaifer Dabu for her outstanding lead role in *Shadowland* – Based on the life of C.S. Lewis, British literary critic, scholar and author, *Shadowlands* features Thomas Minion as "C.S.," and Binaifer Dabu as "Joy Gresham," the love of his life. The play by William Nicholson focuses on their romance, and how it challenges everything C.S. Lewis ("Jack" to his friends) believes about love, faith, pain and God. Sharee Lemos directs.

The play ran on weekends from September 9 until September 25 at AppleSeed Productions. The local critics called the performance as outstanding and Binaifer's acting as a breath of fresh air.

# Diwali Celebrations



the festival of lights.....

When: 4:30 pm..., November 13, 2011  
Where: Lafayette Golf and Country Club, 4480 Lafayette Rd  
Jamesville, NY 13078-9837

Program: 4:30 pm – 6:00 pm Social Hour (cash bar)  
6:00 pm – 7:15 pm Entertainment  
7:15 pm - Dinner, Dance and Music

## Reservation

	Members	Non-members
Before October November 4	\$25	\$30
After November 4 for all	\$30	\$35
Kids (below 8 years)	Free	

For participation the cultural program, please contact Ramana Adavikolanu at 656 2829 or email Ramana Adavikolanu [Adavikolanu@hotmail.com](mailto:Adavikolanu@hotmail.com) before **October 15**.

**Tickets at the door only if space permits.**

**For reservation please email (preferred) Rama Mehrotra [ramamehrotra@yahoo.com](mailto:ramamehrotra@yahoo.com) or call at 315 446 9036**

**Send your checks with the proper amount to Smt. Rama Mehrotra at 14, Cross Road, Syracuse, NY 13224**

**Number of tickets: \_\_\_\_\_ Amount: \$:**

## Directions:

**From 481 S:** At the junction of 81 and 481 take Brighton Ave. exit – at the end of the ramp turn left on E. Brighton Ave. After about a half a mile, (after passing Tim Hortons on the left) past the traffic light at the junction of 173, turn right on Lafayette Ave. and proceed about a mile. The club entrance is on the left.

**From 81 S:** Take exit 16A to 481 N. Take the first exit to Rock Cut Road, Turn left on E. Brighton Ave. After about a half a mile, (after passing Tim Hortons on the left) past the traffic light at the junction of 173, turn right on Lafayette Ave. and proceed about a mile. The club entrance is on the left.

## REIKI

### **Sushila Shah, Reiki Master.**

Reiki is a holistic healing energy and is an alternative medicine, sometimes referred to as a "biofield" therapy. Reiki is a Japanese word, formed of two terms: "Rei" means universal, and "ki" means life force energy. Reiki is an universal life force energy.

All information about Reiki has been compiled from various published literature, web sites, and experiences of Reiki practitioners.

Reiki treatment brings stress reduction and relief from pain and anxiety. Recipients commonly report improved sleep and digestion and a greater sense of well-being.

Other benefits are; less depressed, experience relief from side effects of medications, radiation, or chemotherapy. Reiki is a process without any intrusive substances or manipulations. During a Reiki session, muscles are relaxed, and energy flow unblocks the blockages of the energy body. This helps reduce physical tension, pain, anxiety, and stress. One feels relaxed, refreshed.

A [recent] issue of the *International Journal of Behavioral Medicine* reviewed 66 clinical trials on bio field therapies, says Julie Kusiak, MA, a Reiki practitioner in the integrative medicine department at Beaumont Hospital in Royal Oak, Mich. concluded that there was strong evidence that bio field therapies help reduce the intensity of pain in general and moderate evidence that these therapies help reduce the intensity of pain for people who are hospitalized or who have cancer.

The review article of 24 studies also showed that touch therapies were successful in reducing pain. This review article noted that the studies involving Reiki therapy seemed to have the most success.

When Reiki is examined for its impact on more specific types of pain, the results seem to hold up equally well. "Recent studies on Reiki therapy reflect a broad spectrum of its benefit for pain relief," "During colonoscopy, Reiki treatment resulted in decreased anxiety and pain. With abdominal hysterectomies, the women who had Reiki therapy both before and after their procedures experienced lower anxiety and pain. Cancer patients being treated with Reiki reported lower fatigue, less pain, less anxiety, and better quality of life. And in a community of older adults, those who received Reiki therapy were documented to have reduced pain, anxiety, and depression."

Another plus about Reiki is that it seems to be effective with no side effects. Since Reiki is facilitated either with a very light touch or with no touch — slightly off the body — it provides a therapeutic option for those who are in pain or unable to be touched."

Effectiveness varies from person to person. Reiki supports our well being, and strengthens our natural ability to heal itself by balancing effort of our energy centers, called Chakras. Reiki provides relief of headaches, cold symptoms, flu symptoms, strains, sprains, side effects of cancer treatments. Reiki practitioners are also known to assist in shrinking of tumors and in bringing diseases into remission.

When a person is already in a good health and takes Reiki, it increases vitality. Continued use of Reiki treatments when one is not sick will manifest itself as self- confidence and self-assurance. Locally Reiki is administered in some local hospitals to patients. It is effective on all living being and as such it is applied to plants, animals, and pets. Local newspaper, Post-Standard has published articles at various times about the same in the past. For more information please email inquiries at [reikihome@gmail.com](mailto:reikihome@gmail.com).

**Newsletter: In the future we will be sending newsletter by email. If you did not receive this newsletter as an email attachment, it means we do not have your email address. To ensure that you get the newsletter in the future (help us update our data), please send your email address with your name to N.V. Suryanarayana at [nvsuryan@yahoo.com](mailto:nvsuryan@yahoo.com)**

Event	Date	Venue	Time
Garba	October 1	FM High School	7 p.m. –
Bharatnatyam	October 15	Welwood Middle School	7 p.m. – 9 p.m.
Poetry Reading – Dr. Tenneti Rao	October 23	Dewitt Library	3 p.m. to 4:30 p.m
Deepavali	November 13	Lafayette Club	4:30 p.m. – 10 p.m.
General Body Meeting	November 19	Dewitt Library	3:15 p.m. – 5 p.m.

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<http://www.facebook.com/pages/India-Community-Religious-and-Cultural-Center/177698095611784>

