



ICRCC

India Community Religious & Cultural Center Inc.

Spring 2014

ICRCC Board

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ICRCC

*Founded in 1984 to unite
and serve the Indian
community of Central
New York*

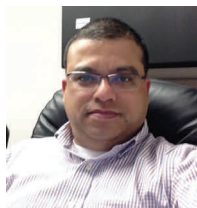
Meet Our New Board Members

ICRCC has four new board members. Here's a little about them:

Pravin Gupta owns a corporate consulting business. He previously worked in the finance and management industries for PriceWaterhouse-Cooper, American Express, Pyramid and OnBank. He earned his MBA from Columbia University. He and his wife Suzanne live in Manlius and have four children and four grandchildren.



Prasad Jagtap works as a Quality/Manufacturing Engineering Manager at Davis-Standard LLC in Fulton. He previously spent 10 years at General Electric in Skaneateles. He and his wife, Madhavi, live in Jamesville and have a 5-year-old daughter, Aarushi.



Hasmukh Shah is retired from 34 years as an accounting manager/financial analyst in the banking indus-

try. He now works part time with Prudential Insurance as a marketing associate working with financial professionals. He has been a member of the Syracuse Sai Center for more than 25 years and has performed as a DJ during the Navratri Garba festivals for the last 10 years. He lives in Liverpool with his wife Bhadra and they have two grown sons, Vishal and Viraj.

Sunil Gupta also recently joined the board.

2014 Spring Festival

The 2014 Spring Festival will be held on Saturday, May 17 at Lincoln Middle School, 1613 James Street, Syracuse, beginning at 3 p.m. The highlight of the event, as always, will be the youth cultural program featuring dance, drama, comedy and singing performances. Admission is free. Food will be available for purchase. Don't miss it!

Pictures from last year's Spring Festival.





HEALTH FAIR

Operated by BAPS Medical Services, LLC

Blood Work Day

Saturday, April 12, 2014

9:00 AM to 11:00 AM

- Fasting for 12 hours before blood work is necessary
- Blood work results will be provided on Health fair day

Health Fair Day

Saturday, April 12, 2014

9:00 AM to 1:00 PM

- Health Screening for Diabetes, Cholesterol, Body fat, eye and dental issues, Anemia, obesity, skin problems and osteoporosis
- Educational materials will be available during health fair
- Health Awareness counseling by primary care / specialty care from 09:00 AM to 12:00 PM
- Health Education Lecture: 01:00 PM to 03:00 PM

Location: BAPS Shri Swaminarayan Mandir

1990 Meadowbrook Dr, Syracuse NY 13224.

For more information please contact

Jitbhai Turakhia 315 436 7200

Kishor Kanabar 315 263 4832

www.bapscharities.org

Community Notes

Usha and Krishnamurthy Satish invited local community members for a Satsang on September 13 at their home. The Satsang subject was “Hinduism and Spiritual Unfoldment.” It was held by Satguru Bodhinatha Veylanswami and accompanied by Sannyasin Siddhanathaswami and Sannyasin Shanmuganathaswami. About 50 people attended, some from as far as Albany and Poughkeepsie. A question and answer session followed the program, and guests were treated with freshly prepared refreshments and dinner.

Jamesville residents Sonal and Rakesh Khanna are the newest community contributors to Jamesville-DeWitt magazine. In their first column in the April 2014 edition, the Khannas wrote about healthy living and Ayurvedic remedies. Rakesh is a physician at Upstate Medical University, Community General Hospital and the V.A. Hospital, and Sonal is a doctorate in geography. Both are published authors and were raised practicing Ayurveda.

PBS Weekend anchor/reporter Hari Sreenivasan was the keynote speaker at the October 30 gala celebrating the grand opening of WCNY's new offices in Syracuse. The event included dinner and music by Symphoria.

Shashank Concert Raises Money for India Flood Relief

ICRCC sponsored a classical flute and tabla concert on September 29 at Onondaga Community College to help raise money for Uttarkhand flood relief efforts. From June 14-17, 2013, the Uttarkhand state in northern India experienced severe flooding — about 375% higher than the benchmark for a typical monsoon. The heavy rains and flooding created extreme environmental conditions: rapidly melting glaciers and mountain snow, overflowing rivers, broken dams, mudslides and landslides. Entire communities in this Himalayan region were destroyed.



Become an ICRCC member!

Membership is \$30 per person or \$50 per family. Visit www.icrcc.org for an application.

ICRCC is always soliciting good news about the community for our newsletters, including **student achievements and graduation information.**

Please submit your news by emailing
smkollal@hotmail.com.

HENDRICKS CHAPEL &



South Asia Center
SRIYOGINIHAN INSTITUTE OF GLOBAL AFFAIRS

in collaboration with SPIC MACAY@SU

present

SPIRITUAL ENRICHMENT PROGRAM - TALK & MEDITATION

by

Swami Pratyagbodhananda

Friday, April 11 2014, 5:00 – 6:45 pm

Link Hall 105

FREE & OPEN TO ALL



Swami Pratyagbodhananda, a disciple of Pujya Swami Dayananda Saraswati, follows the traditional methods of the teaching of Vedanta. Swami Pratyagbodhananda has had extensive satsang with Swami Akhandananda Saraswati and his disciples in Brindavan. Swamiji is a visiting Acharya of Arsha Vidya Gurukulam, Saylorsburg, PA, which is an institute for the traditional study of Advaita Vedanta, Sanskrit, Yoga, Ayurveda, astrology, and other classical Indian disciplines. <http://www.arshavidya.org>

5:00 – 6:00 pm

Talk on “Action and Inner Leisure”

6:00 – 6:45 pm

Meditation Session

6:45 – 7:15 pm

Reception

(Indian Snacks sponsored by Amul USA)

As humans we perform various actions such as seeing, hearing, tasting, and, of course doing – walking, talking, etc. We are action-oriented people – most of us, at least, most of the time.

How do we enjoy inner leisure in the midst of all our activities? You are relaxed within yourself, even though you are outwardly active. Those who remain unconcerned and unaffected by the problems associated with the activity, whatever those may be, will always enjoy “inner leisure.”

Swami Pratyagbodhanandaji will try to convey how “leisure” is a state of mind that is not influenced by outside forces. It is an attitude that can be cultivated with practice!

Free Parking available at Booth Garage.

For more information contact: spicmacay.su@gmail.com

RSVP to spicmacay.su@gmail.com by April 4, 2014.



Parking

Thanks for celebrating Diwali with us!

ICRCC held its annual Diwali Celebration on November 9 at the DoubleTree hotel in Carrier Circle. Delicious food was provided by Raj Mahal restaurant of Rochester, The cultural program included a number of local youth performances as well as dance groups from Syracuse University. Teens who helped with the Community Directory project were recognized. And distinguished guest Rep. Dan Maf-
fei helped welcome everyone.

