

# India Community Center Newsletter

ICC Scheduling: 244 -1760

United Way Number: 1137

Visit India Community Center Website: [www.iccrochester.org](http://www.iccrochester.org)

## Board of Trustees

Jose Maliekal  
Chair and Scheduling  
585-244-1769  
[jmaliekal@brockport.edu](mailto:jmaliekal@brockport.edu)

Padmanabh Kamath  
Director of operations  
585-381-1541  
[Ckamath1@rochester.rr.com](mailto:Ckamath1@rochester.rr.com)

Mythreyi Srinivasan  
Secretary  
585-264-8992  
[mythre\\_srinii6073@yahoo.com](mailto:mythre_srinii6073@yahoo.com)

Ramnik Vora  
Treasurer  
585-264-9834  
[ramvora@yahoo.com](mailto:ramvora@yahoo.com)

Jayanti Venkataraman  
Chair, Newsletter Editor and  
Education Committee  
585 461 1817  
[jveee@rit.edu](mailto:jveee@rit.edu)

Raja Bala  
Classical Music and Dance  
585 671-5298  
[rajabala65@gmail.com](mailto:rajabala65@gmail.com)

Srinivas Garapati  
Membership  
585-244-3166  
[Srini@Garapati.com](mailto:Srini@Garapati.com)

Raj Rajan  
Youth Coordinator  
585-869-7716  
[rajan\\_rv@hotmail.com](mailto:rajan_rv@hotmail.com)

Girish Dahake  
Membership  
585-387-9305  
[sgdahake@frontiernet.net](mailto:sgdahake@frontiernet.net)

Shalini Rai  
Cultural Programs  
585-585-421-9618  
[Shalinirai03@yahoo.com](mailto:Shalinirai03@yahoo.com)

Anushree Shah  
Cultural Programs  
585-248-5982  
[bollywooddancemania@gmail.com](mailto:bollywooddancemania@gmail.com)

Rujuta Dholakia  
Cultural Programs  
585-319-5797  
[trujuta@gmail.com](mailto:trujuta@gmail.com)

## 2009 ICC Annual Banquet



BOT Chair, Jose Maliekal and Surendar Jeyadev



Keynote speaker, Dr. Indira Somani



Jose Maliekal and Varahan Ganesan



From left: Varahan and Hema Ganesan, Mala Gupta, Vidya and Surendar Jeyadev and Surendar's mom.



Decorations by Amrith Kamath



Jose Maliekal and 2008 BOT Chair Jayanti Venkataraman



Padmanabh Kamath

## From the Editorial Board

Chief Editor: Jayanti Venkataraman

## Advertisements

For information / rates please email [jveee@rit.edu](mailto:jveee@rit.edu)

## ICC's United Way Number 1137

The ICC uses United Way funds that it receives, for charitable activities.

Please consider directing your United Way donations to ICC.

## Upcoming ICC Events

- ICC HS Graduation June 6
- ICC's Energy Independence Day Aug 15

## ICC Website

[www.iccrochester.org](http://www.iccrochester.org)

## 2009 ICC Service Excellence Awardees

Every year ICC recognizes individuals who have provided outstanding service to the center over several years. It is designed to foster consistency and dedication in volunteerism, specifically to benefit ICC. This year at the ICC Annual banquet held on March 29, 2009, there were two Service Excellence awards given to Varahan Ganesan and Surendar Jeyadev.

### Varahan Ganesan



Varahan has been an active supporter of many facets of ICC since 1999 that included serving in several Diwali committees which he co-chaired for 3 years and conducted it successfully. This event is extremely time

consuming and involves a myriad tasks including creating the cultural program, making dinner arrangements, tracking ticket sales, coordinating decorations, etc. Varahan was always efficient and meticulous, staying calm and cheerful even in the most stressful of times.

Varahan has also been active in the Classical Music and Dance (CMD) Committee, where he served as committee member since Spring 2002, and served as Chair from 2006-8. When he was a committee member, he put much effort and dedication into helping with hosting and transportation of artistes, and the various "setup" and "teardown" activities just before and after the concerts. When he took on the lead role in 2006, his responsibilities also included overseeing the finances of the committee, driving the fund-raising activities, providing publicity for the programs, and providing end-to-end coordination to ensure that the programs provide an enjoyable experience for both attendees and performers. All of this was executed very successfully by him.

Varahan was a Trustee from 2006-08. Although his role was primarily defined as a liaison between the BOT and the CMD, he willingly undertook many additional tasks including preparation for the Annual Banquet, Diwali, Mother's Day celebrations, the Education Committee activities, New Year's Eve planning etc. He has willingly given a large amount of personal time in dedicated volunteerism for ICC and has significantly contributed to its mission.

Varahan has been living in Rochester since 1990. He got his Bachelor of Engineering (Mechanical) degree from the Regional Engineering College, Tiruchirapalli and M.B.A (Finance and Information Technology) from the Simon School at the University of Rochester.

He currently lives in Fairport with wife Hema and daughters Sandya (10) and Aruna (8). He is employed at Cooper Vision as Director of Information Technology. Varahan plays tennis regularly and enjoys playing golf during summer. He also loves watching NFL games during the football season.

### Surendar Jeyadev



Surendar served on the ICC Board of trustees for 4 years. He was the Director of Facilities and Scheduling Secretary for 3 years and Secretary for one year. Even after the end of his term as trustee, he continued as the Scheduling Secretary for an additional year to help the subsequent BOT.

Two of the most time consuming responsibilities of the ICC trustees are Facility Maintenance and Scheduling. Surendar assumed charge of these for 3 years with enthusiasm and dedication. He is passionate about upgrading of the ICC facilities. He was actively involved in the selection of vendors for various projects. He was also involved in the Siding and Roofing project, the replacement of the old windows, installation of the new heating and cooling systems (with zoning) etc. The new doors to the auditorium are the result of his efforts.

Surendar Jeyadev hails from Chennai and came to Rochester in 1984 after completing his doctorate in physics to join Xerox where he is a Principal Scientist. His interests include reading, music and film. He enjoys travel, food, wine and has a singular passion for cryptic crosswords and malt whisky. He lives in Brighton with his wife, Mala Gupta, their daughter Vidhya and his mother.

## ICC Solar Project Update

Raj Rajan, Trustee

Since we sent out a mailer about the ICC solar electric (photovoltaic) project and the associated state grant that we secured (\$224,000) we received positive responses and several inquiries. Here are the most common questions that were asked- I'll try to answer them here. We are anticipating more community participation (folks, we are not even past the 20% mark in the fundraising effort for our \$86,000 contribution). The project is slated to be executed in May-June, just in time to offset our peak electric use in the summer (July-August).

**Are my contributions towards this project tax deductible?** Yes. Because ICC is a 501(c)(3) tax-exempt nonprofit organization, your donation is deductible to the full extent allowed by law.

**In very simple terms, what return will ICC see from community members' donations?** Every \$1,000 in donation will help ICC realize \$100/yr savings in electricity bills (at current rates) for at least 35 years.

**Is it socially responsible for us as a small community organization to use NY taxpayer monies for our own benefit during these difficult times?** The monies that funded us were not from state tax dollars- they came from all of us as electricity purchasers from commercial utilities like RG&E. These funds were collected from utility users as a *Systems Benefits Charge* (SBC) that shows up every month in our electric bill (including ICC's). The SBC program portfolio has been primarily administered by the *New York State Energy Research and Development Authority* (NYSERDA), which funded our PV project.

**OK, I hear that this system will have a capacity of 50 kW. What do these units mean?** One kWh is energy that is used to keep a 100 watt bulb lit for 10 hours. kW is power (rate at which energy is used) - equal to one thousand watts (W). 1 million W = 1 mega watt (MW), 1 billion W = 1 gigawatt (GW), 1 trillion W = 1 terawatt (TW) and 1 quadrillion W = 1 petawatt (PW). All power used by the world is 15 TW. Global solar energy input that is absorbed is 89 PW. Solar energy potential is over 99% of all potential energy from renewables on earth. The world's largest stored energy source (coal) has only 2% of the electricity generation potential from the sun.

**How do you come up with 55,000 kWh/yr from the ICC system?** The sun shines 12 hours/day on average (<9 hours on Dec 22<sup>nd</sup> to >15 hours on June 23<sup>rd</sup> here). Due to snow and cloud cover, PV systems here have 26% annual efficiency. The ICC system will

thus produce 50kW \*12 hrs/d \*26% \*365 d/yr = 55,000 kWh/year.

**Aren't folks in sunny Arizona, California and New Mexico better off doing this, instead of us in cloudy Rochester?** In Phoenix AZ, we'd have had 60% more kWh output with the same 50 kW PV system. Most places in the United States (including Alaska) get more sun than almost all of Germany. But, that has not stopped Germans from going solar. Germany accounted for 31% of worldwide PV capacity installed in 2008, while the USA only accounted for 6%!

**Do we have to buy batteries and store the electricity generated, so we can use it when needed?** No, there is no storage. We use what we need and the rest goes to the grid for someone else to use. After sunset and when it gets cloudy, we buy power back from the grid. So far this year, I used less than 25% of the solar electricity I generated (75% went to the grid). And I purchased all of this exported kWh (and some more) back during off-peak times and in winter.

**Why on our rooftop? Can't we achieve the same sustainability ends by other means- by paying RG&E for green power generated in large centralized locations?** Unfortunately, no. Centralized solar and wind farms still have to rely on the grid for transmission, while distributed point-of-use generation does not. Every year, NY utilities shut down wind farms in summer when the grid is chocked up from excess demand and cannot carry green power.

**You mention wind power. Isn't it better than solar? Shouldn't we have considered that instead of solar?** Wind is less reliable and not consistent (comes in gusts). Peak generation does not match peak demand. There are moving parts in wind turbines that need replacement every few years. It makes some noise and is quite visible, so neighbors and communities often fight wind installations.

### Mark Your Calendar

**ICC's Energy Independence Day  
Saturday, August 15, 2009**

**Come Join Us to celebrate  
The commissioning of the 50 kW  
photovoltaic project.  
Details to follow.  
Event Open to the Public.**

## 2009 ICC High School Graduation Celebration

June 6, 2009, 11.30 am to 4pm

The Education Committee of ICC will be hosting a High School Graduation Celebration on June 6. We invite all graduating HS Seniors to please come to the event and be recognized. The ICC is extremely proud of you and would like to congratulate you and wish you well as you leave your home and the Rochester Indian Community to pursue your career and dreams

Last year, this event was accompanied by a panel discussion on "Career Choices, College Life and Related Issues". The panelists and the panel moderator were youth who had graduated from Monroe County schools and are now successful professionals. The event was a huge success. We are hosting a similar event this year again.

The issues that will be discussed are very beneficial to graduating HS Seniors and to High School and Middle Students who are working on their college portfolio and to parents of this age group. At first, each of the panelists will share their own personal stories of how they planned their portfolio for College admission. This will include a plan of study for AP/Honors courses and standardized tests, sports, clubs, extracurricular activities and leadership roles. They will discuss their choice of major and how they went about doing that. They will discuss college life and how to make the adjustment. They will talk about career options and what they are doing right now and will be doing a few months from now.

A brief bio-sketch of the moderator and the panelists is given below. Amongst them, there is a good mix of varied career choices – medicine, premed, computer engineering, science and journalism.

The floor will be opened for questions. The discussion last year was very lively and informative. It will be similar to that this year. We encourage parents and students to take advantage of this event. We are very confident that you will learn a great deal.

### Panel Moderator

**Amit Chowdhry** graduated from Pittsford Mendon High School in the Spring of 2005. He is currently completing his Bachelor's of Science in Biometry and Statistics, and Biological Sciences at Cornell University, and will graduate in May 2009. He will be enrolling in an MD/PhD program next year.

### Panelists

**Varun Chowdhry** is a 2001 graduate of Pittsford-Sutherland High School. He completed his undergraduate degree in biochemistry, with a minor in philosophy at the University of Rochester, and his medical degree in 2009 at SUNY Upstate Medical University in Syracuse. He will be doing his residency in Radiation-Oncology at SUNY Upstate.

**Priyanka Boghani** has lived in Brighton since 1997. Before experiencing public school in Brighton, she went to an all girls school in India and a Catholic middle school in New Jersey. She went to Tufts University where she first joined as undecided, and graduated a Bachelors in Psychology and a minor in English. She spent half a year working and interning while taking the GREs She now has a Masters in print journalism from Boston University

**Chandni Sud** is currently a junior at University at Buffalo. She graduated from Pittsford Mendon HS in 2006 and came to UB to pursue a double major in Biological Sciences with a concentration in Pre-Health Studies and Business Management. Her goal is to pursue a medical path by enrolling in medical school in the near future.

**Anand Rajeswaran** graduated from Fairport High School in the class of 2005. He is currently at Columbia University and will be graduating in May 2009 with a major in Computer Engineering. In September 2009, he will move to Seattle and begin working for Microsoft as a Software Development Engineer for the Microsoft Office for Mac products. Outside of programming, he is also an avid tennis player and works as a tennis instructor during the summer.

### Event Sponsor

**Rohit Rao** is at Google in New York City. He graduated from Brighton High School in 2000. He earned dual undergraduate degrees in Electrical Engineering and in Math from MIT. Also at MIT he received his Masters degree in Math after which he joined Google in 2005. Last year he served as one of the panelists. He liked the event immensely and is therefore sponsoring it this year so that other students can benefit from the panel discussion

## India Community Center - Education Committee *Celebration of 2009 High School Graduation*

**Saturday June 6, 2009, 11.30am – 4.00pm**  
At ICC, 2171 County Line Road, Macedon, NY 14502

**Admission and Lunch: Free**

*Who should attend:*

*2009 HS Graduates, HS and Middle School Students  
Parents & Friends*

**Amit Chowdhry**  
**Panel Moderator**



*Cornell University, Pre-med,  
UMass Medical school, MD/PhD.*

**Rohit Rao**  
**Event Sponsor**



*Google  
BS and MS from MIT*

### *Panel Discussion on Career Choices, College Life and Related Issues*

### **Panelists**

**Varun Chowdhry**



*MD, SUNY Upstate*

**Priyanka Boghani**



*MS in Journalism,  
Boston University*

**Anand Rajeswaran**



*BS Computer Engineering  
Columbia University  
Microsoft*

**Chandni Sud**



*Premed Student  
University of Buffalo*

### **Program**

11.30 am – 12 noon *Reception*

12 noon – 1 pm *Lunch*

1pm – 3pm *Panel Discussion*

3.pm – 3.30 pm *Recognition of 2009 HS Graduates*

3.30pm – 4pm *General discussion*

### **For Information and RSVP contact:**

Jayanti Venkataraman 461-1817  
Lakshmi Rao 442-3552

## Classical Music and Dance Society

by Raja Bala

First, it is my honor and pleasure to take on chairmanship of the Classical Music and Dance society. With the help of an outstanding team, we will continue to bring the best in Indian classical art-forms to you! The Spring 2009 series is off to a great start. On March 20, Vidhya Subramanian performed a traditional Bharatanatyam dance recital. The audience enjoyed her excellent expression and classicism. We especially appreciate that she agreed to perform within a week's notice, following an unexpected change in the program. The event was partially sponsored by the *Greater Rochester Association of Malayalees in New York (GRAMNY)*.

On April 3, the community enjoyed a Hindustani vocal concert by Arati Ankalikar-Tikekar, accompanied by Harshad Kanetkar on the tabla and Milind Kulkarni on the harmonium. The concert went late into the evening, as Arati delighted the audience with a variety of ragas and compositions.

A highlight was that she explained the melodic, rhythmic, and lyrical aspects of several of the items, thus enhancing the audience's appreciation of what was being rendered. This concert was sponsored by Dr. Padmanabh and Amrith Kamath. Our special thanks go to both the event sponsors.

On April 24<sup>th</sup>, we had a Karnatic violin duet by Prof. V.V. Subrahmanyam and V.V.S. Murare, accompanied by Tiruvarur Bakthavatsalam on mridangam. Popular ragas and songs were rendered exquisitely by the seasoned veterans.



April 24th Violin Duet Concert

The artistes especially commented that their visit to Rochester was the best in their tour thus far!

The following week we had a Karnatic vocal concert by Neyveli Santhanagopalan, accompanied by S.D.Sridharan on violin and Tanjore Murugaboopathy on mridangam.



May 1st Karnatic Vocal Concert

We are happy to note that all concerts have been well attended this season. Soon to follow is a unique Hindustani jugalbandhi concert featuring the flute and jaltarang by Milind Tulankar and Sunil Avachat on May 15. Please mark your calendars. Members who have provided email addresses will also receive electronic reminders about the programs.

As the committee strives to bring topnotch programs to Rochester each year, one cannot overly emphasize the importance of support from the larger community. Have you ever wondered what it takes to organize a concert at ICC? Our committee receives proposals from organizations sponsoring concert tours. We then select the concerts based on quality, variety, budget considerations, etc. Once the artistes arrive, we take care of transportation, boarding and lodging during their 2-3 day stay. Artistes are invariably very accommodating, and provide excellent company for the hosts during their stay. Often lasting friendships develop between hosts and artistes. While this experience is truly rewarding, it also involves effort and time. It would thus be highly desirable to share this effort among a larger volunteer base beyond the few committee members.

If we could generate a roster of just 25 host families, each family would have the privilege of hosting no more than once in two years. So music and dance lovers - please help us by volunteering to be a host family, and make some new musical friendships! If you wish to learn more about this opportunity, please contact a CMD committee member today.

Finally, our sincere thanks go to our patrons and sponsors, whose generous contributions form the financial backbone of the CMD programs, and to those volunteers who have helped with hosting, food, and transportation for artistes in past seasons. We count on your continued support!

Best Wishes

## Ghazal Concert by Kamran, Imran and Faizon Mehdi-Hasan

A review by Raj V Rajan

Kamran, Imran and Faizon are three musicians who got their music training directly from their father, legendary Maestro Mehdi-Hasan. The three now live in Chicago, Denver and Los Angeles, respectively. The India Community Center [ICC], Pakistan American Society of Rochester [PASOR] and Association of Physicians of Pakistani Descent of North America [APPNA Upstate] are three area desi groups that had not collaborated on any cultural program until May 1<sup>st</sup>.

The former trio was hosted by the latter trio at the ICC auditorium on Saturday evening, for a phenomenal lively and interactive evening that lasted from 7 PM to 1 AM! Over 240 enthusiastic guests from Rochester, Buffalo, Syracuse, Utica, Corning and Ithaca were welcomed and the artists introduced by PASOR President, Dr. Shehbaz Rehmani.

Kamran's melodious voice was matched by Imran Mehdi's mastery of the tabla and Faizo's dexterity on the keyboard. Right from the start, it was clear that Kamran was instructed at a young age in the framework of classical forms like *thumri*, *dhrupad*, *khayal* and *dadra* by no other than the *Shahenshah-e-Ghazal* [his father], much like his father had been instructed in the 1920s and 1930s by Kamran's grandfather Ustad Azeem Khan and granduncle Ustad Ismail Khan [in Rajasthan].

The evening began with Kamran reminding the audience that while he is a Medhi-Hasan, there is only one of the Mehdi-Hasan. Modesty aside, Kamran immediately launched into his father's challenging rendition of the famous Pashtoon poet Ahmed Faraz's *Urdu* poem:



Ranjish hi sahi dil hi dukhaanay kay liyay aa,  
aa phir say mujhay chhorr kay jaanay kay liyay aa

I was trying to describe ghazals to Dave Anderson [ICC's ever reliable audio professional] that night. The best I could come up with was: "South Asian Blues" or "sung poetry set to Hindustani classical music".

If one dared to translate Urdu poetry to English, here's what this masterpiece would have sounded like:

*Anguish it may be, but still come torment my heart  
Come, even if it is just to abandon me once again....*

After several ghazals and some folk songs presented by Kamran, Faizon delighted us with a few popular film song renditions, set to music on his MP3 player.

Our very own Tabassam Javed from Victor surprised us by joining Imran on the stage with the tabla [to substitute for missing table tracks on the MP3 player], while Imran added to our nostalgia with several gentle renditions of Kishore Kumar songs.



My favorite of the evening was Kamran singing his father's ghazal rendition of another famous *Urdu* poem, this one by the renowned Hafeez Hoshiarpuri:

Mohabbat karNe wale kam nah hoNge  
Teri mehfil main lekin hum nah hoNge

Kamran's performance skills are unique and he is striving to help reconnect the musical cultures of the divided subcontinent. He engaged the audience with interpretations and variations of the poetry behind his music and by accommodating most of our special requests. The evening was only cut short by the brothers' need to return to the hotel, pack up and make it to an early Sunday morning flight out of Rochester. Around 80 ICC guests, 80 guests from PASOR and the rest from APPNA were in attendance that evening [over a hundred remained even at 1 AM!]. ICC's attention to detail included preparing the meditation room with over 40 prayer mats facing Mecca, to facilitate the evening prayers of the artists and several of our guests. Look for more such cultural exchange programs to be hosted at the ICC in coming years.



## *Bharata Utsav 2009 - An annual Celebration*

Rochester, N.Y. Bharata – School of Indian dance and Music (soon to be offering Certificate, Diploma and Degree programs in Indian Dance in affiliation with a University program) presented “**Bharata Utsav 2009 – an annual Cultural celebration**” on Saturday April 4<sup>th</sup> at ICC, a production that the Indian Community had not witnessed before. Partially a fundraiser for a Mentally and Physically challenged school in Kumbakonam, South India, the show was very well supported and well received by the Rasikas.

Bharatha Utsav 2009 was an “Utsava”, a celebration of ideas, in the true sense of the word. Two very varied dance forms such as the traditional Bharatanatyam and the traditional Irish dance were interlaced to showcase that Dance is universal and has no boundaries. In the first half of the program Parvatha Chidambaram the artistic director of Bharata, and her students showcased the rich artistic culture of India through pure Bharata Natyam pieces and Carnatic Music (the most famous Classical Dance and Music forms that originated in South India).

In the second half they explored the limitless scope of dance language through fusion pieces performed along with traditional Irish Step Dance. The second half started with a piece “The Gathering”, where the Indian and Irish dancers (Drumcliffe School of Irish Dance) took the stage together. In the Misram piece, which means seven beats, where the beats recur in the same pattern, the Indian and the Irish dancers dazzled the audience by performing Bharatanatyam steps and Irish steps respectively. The final piece, Sangamam or Union, the audience witnessed the meshing of two varied cultures with a wide range of body movements and intricate footwork by all the dancers executed with vigor, power, grace and beauty.

Its masterful choreography and graceful routines lit up the stage, with gorgeously costumed dancers moving in stunning patterns. Bharata Utsav breathed new life into traditional Indian culture and provided an experience of sublime beauty. Based on ancient legends and with a blend of modernity in its execution, the charm of a Bharata show is not to be missed.

Congratulations to Parvatha and her school for the tremendous effort in bringing two very different cultures together using local talent. Successful collaborations like these are what make us feel like a part of the community in the proverbial melting pot we call USA.

*Radhika Ramesh, Pittsford, NY*



On Saturday, April 4 the Bharata school of Indian Dance and Music held a recital, and this time had opened it up to a wider audience in the Rochester community. The students were dressed in beautiful costumes that reflected the culture of the Indian dance. The group had clearly worked hard with expert teaching. The choreography was superb. The expression on the faces of the dancers was perfect. Everyone was in total synchronization. They all were smiling and looked as if they were enjoying the experience as much as the audience was. The hand movements were so graceful and again in perfect timing with one another. Never having seen an Indian recital before I was highly impressed with the pagentry, coordination, and professional appearance of the students. Great job, well done!

*Kathy Harris, Nurse Manager.*



As a returning senior student under Parvatha Chidambaram, I can proudly say that I took part in Bharata Utsav '09. I have learnt Bharatanatyam for 13 years and have studied under Parvatha Akka for 6 years. After arriving home from college, I was extremely happy to see how much Bharata has grown and become such an important part of the Rochester Indian community. The correlation with the Drumcliffe School of Irish Dance was an innovative idea which enhanced Bharata's prestige in choreography and presentation. I thank Parvatha Akka for asking me to participate in the event and look forward to many more successful programs under the Bharata banner.

*Anupama Mukund, College Student.*

Hindu Heritage Summer Camp, Inc. presents a residential

## Vedanta Retreat



**Swami Yogatmananda**  
Vedanta Society of Providence, RI.

conducted by  
and



**Swami Kripamayananda**  
Vedanta Society of Toronto, Canada

### Theme of the Retreat: Kenopanishad

**Time and Dates:** From 6:00 p.m. on Wednesday, August 5 till 1:00 p.m. on Sunday, August 9.

**Venue:** India Community Center of Rochester, 2171 Monroe Wayne County Line Road, Macedon, NY 14502.

**Accommodations:** Dormitory style. Beds will be provided in the cabins at the India Community Center. For those choosing to stay elsewhere, a list of local hotels are provided on the web site.

**Meals:** Freshly made Vegetarian meals will be provided on the premises.

Note: This will be a residential Family Retreat. Children 6 and above are welcome. Separate programs will be arranged for children.

### Daily Schedule: (Tentative; changes may be made as necessary)

6:30 to 7:00 a.m.	- Meditation	Till 3:00 p.m.	- Free Time
7:00 to 8:00 a.m.	- Gentle Yoga	3:00 to 4:00 p.m.	- Yoga Workshops/Lectures
8:00 am.	- Breakfast	4:00 to 4:30 p.m.	- Coffee/Tea
8:45 to 9:15 a.m.	- Bhajans	4:30 to 6:00 p.m.	- Lecture
9:15 to 10:45 a.m.	- Lecture	6:00 to 7:00 p.m.	- Aarati & Meditation
10:45 to 11:00	- Break	7:00 p.m.	- Dinner
11:00 to 12:30 p.m.	- Lecture	8:00 to 9:00 p.m.	- Satsang (Q & A with Swamiji)
12:30 p.m.	- Lunch	9:00 p.m.	- Snack and Retire

### Fees:

**Full Retreat (August 5 to 9):** \$ 250 per adult and children 18 and above. Early Bird Discount of \$25 can be deducted if registered before June 30.

Children (ages 6—17): \$ 225 per child. If more than one child, a sibling discount of \$25 per additional children can be claimed.

**Mini Retreat (6:00 p.m. August 7 to 1:00 p.m. August 9):** \$ 150 per adult/child.

**Registration:** Visit website: [www.omhhsc.org](http://www.omhhsc.org).

### For more information, contact

Tukaram Hatwar (585-377-6566), Padmanabh Kamath (585-381-1541), Lakshmi Rao (585-442-3552)

India Community Center of Rochester  
2171 County Line Road  
Macedon, NY 14502

## India Community Center Newsletter

### Contents

2009 ICC Annual Banquet	Page 1
2009 ICC Service Excellence Awardees	Page 2
ICC Solar Project Update	Page 3
ICC High School Graduation Celebration And Panel Discussion	Page 4, 5
Classical Music and Dance, Spring Season Report	Page 6
Ghazal Concert – A review	Page 7
Bharata Utsav 2009 – Reviews	Page 8