

India Community Center Newsletter

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ICC Board of Trustees Chair's Report

Dear Fellow Members:

The time has come for me to step down. It is not easy. Being Chair of ICC-BOT for last two years turned out to be a very rewarding and memorable experience. When Nagin and Padmanabh asked me to become the Chair, I was not sure I wanted to accept such a big undertaking. However, with support from so many individuals (Board of Trustees and members at large), I have thoroughly cherished the responsibility. With strong support and hard work from Surender Jeyadev, Amit Thakkar, Suman Shenoy, Shubha Kamath, Shruti Date, Madhu Ayyagari, Jayanti Venkataraman, Padmanabh and Amritha Kamath, Mahendrabhai Turakhia, Nagin Shah, Shriram Revankar, LK Mestha, Bhushan and many more, we were able to accomplish a lot.

The cooperative efforts of 2004 and 2005 BOT (including Manju Rajeswaran, Bharat Shah & others) resulted in some noteworthy accomplishments that are listed below.

1. Renovation of ICC worth about \$65,000.
2. Meditation Room Donation of \$25,000 and new carpet for the auditorium and the reception room.
3. 190 members in 2005 (family membership \$100).
4. Significant increase in rental income – from Dr. Kamath's summer camps and the new Yoga classes established by him
5. 20th Annual ICC Banquet with Honorable Swati Dandekar as the chief guest.
6. ICC sponsored play, performed by Rochester residents of Indian Origin.
7. First Golf tournament sponsored by ICC.
8. Fund raising activities for Tsunami and Far East earthquake.
9. Recognition event for Dr. Rao
10. Start of ICC beautification program with paintings provided by Dr. Banwar.
11. Several children's program in 2004 and 2005.

Other regular activities such as the ever popular Diwali function (with added attraction of fireworks this year), New Years Eve party, Sleepless at ICC, participation in Dudley school event, Martin Luther King day activity, and Nazareth college "Unite the World" and 15th of August celebration at Frontier Field.

The Board members actively participated in justification of spending on renovation. Amit, Surendar and Jagdish Tandon worked on the Endowment fund Investment to maximize gains with careful consideration on the minimum down side potential.

Dr. Jayanti Venkataraman provided strong leadership for the membership drive and handled the rigors of the ICC newsletter in terms of editing and publishing them in a timely fashion.

Lastly, without your encouragement and support we would not have accomplished the above items. It has been a lot of fun for me. I wish the new 2006 BOT all the best and happy memories
With Kind Regards, Deepak's Jai-Hind.

From the Editorial Board

Chief Editor: Jayanti Venkataraman

Please submit news items for the following sections.

- Community news
- Youth Newsmakers
- College Youth Newsmakers
- Cultural news
- Health column
- Children's' column
- Birth Announcements
- Marriage announcements

If you are aware of such events let us know and we can work from there. Please submit your articles to:
Jayanti Venkataraman,
jnveee@rit.edu

Annual Events

- New Year Eve Party, Dec 31, 2005
- Annual ICC Banquet, March
- Spring Music Concert Series (March - May)
- Sleepless in ICC (March)
- Summer Family event
- Fall Music Concert Series (Sept - Nov)
- Diwali, October
- Christmas
- New Year Celebration

A Profile - Deepak Maniar
2004 and 2005 Chair, ICC Board of Trustees



Deepak Maniar, 2004 & 2005 Chair of ICC, is retiring from Xerox after 37 years of service. Deepak came to the United States in September 1961 after getting a B.Sc. degree in Chemistry and Physics from University of Bombay, India. He went to University of Southwestern Louisiana, Lafayette, LA for a degree in Chemical Engineering and then received MS in Chemical Engineering from University of Arkansas at Fayetteville in 1965. He, then, worked in Chicago for three years in a food and plastic processing company before joining Xerox in 1968.

Deepak was born in Rangoon, Burma in 1941. His parents moved to Bombay when he was seven months old. He went to high school and college in Bombay before moving to US. In 1968, he was married and he has two children. His son, Sumeet is the Director of Business Development and Marketing at K2 Corporation in Los Angeles and his daughter Kanan, is completing her fellowship in Rheumatology at Georgetown University in Washington, DC. He has one brother and two sisters who are also in USA.

Deepak has worked in toner and developer product development area at Xerox. He has been awarded the Prestigious Xerox President' Award for solving a Xerox Machine field problem which resulted into savings of millions of dollars for Xerox. To his credit, Deepak has 15 patents issued. Until his retirement, he was in charge of working on materials that are part of nano-technologies being developed at Xerox.

Deepak has been associated with ICC for many years. He has been a trustee with the following past chairs - Mr. Kishor Sheth, Dr. Shashi Sharma, Dr. Padmanbh Kamath, Dr. Y. M. Jay & Dr. S. Revankar. As the ICC-BOT Chair for last two years, Deepak has loved the challenges. More than that, he cherishes his involvement in the diversity and heritage of the Indian

culture. He believes that the concept of "Vasudhaiv Kutumbkam" becomes real when one comes in contact with so many ethnic groups of India. In addition, living and working in America, which is a huge melting pot of different ethnic groups, helps one become more open minded and tolerant. If we adopt non-violence in our behaviors there will be "Peace on Earth" in real sense.

Deepak enjoys reading, golf, bridge, raveling and social work. He plans to do more of these activities as well as travel to India to spend more time there.

Seema Ali
Receives 'Forty Under 40' Award



Seema Ali, a member of the ICC Board of Trustees, was selected for the 11th annual Rochester Business Journal "Forty Under 40' Award". The Award is a prestigious local honor which recognizes forty professionals under the age of 40 who have achieved professional success and have also made significant civic contributions to the Rochester Community. Individuals are nominated for the Award by the community and the final selection is made by a committee of business leaders. The recipients received their Award at a luncheon ceremony held at the Rochester Riverside Convention Center on November 18, 2005. Approximately 900 people attended the event.

Seema is an attorney in the Litigation Department at the law firm of Gallo & Iacovangelo, LLP, a full-service Rochester law firm. She is also Chair of the firm's Domestic Relations and Family Law division. In addition to the ICC Board of Trustees, she is also a member of the Board of Directors of the Mental Health Association of Rochester/Monroe County Inc. and is on the Committee for the March of Dimes' "Rochester's Greatest Fat Tuesday Party" event.

Rochester's Own Shine in Hometown Production
Kaju Burfi - Reviews



On November 19th, the stage at ICC was transformed into the living room of a famous writer, Samoresh Sanyal, in a city in India. This was a story about the trials and sufferings of the writer, who is attempting to write a mystery novel which would feature "The Perfect Murder". In doing so, he juxtaposes characters from his real life and imagination into the novel and into his everyday life. Samoresh, loses track of reality and cannot tell fact from fiction. Samoresh, played brilliantly by Shyamal Mitra electrified the stage with his depiction of the emotional upheavals of the writer, Samoresh Sanyal. Madhuri Sanyal, the writer's wife was played was Vasantha Ravindra. Vasantha was the perfect epitome of a modern Bengali woman, who is in love with her husband and very kind, caring and understanding. Anju Vachher, was very convincing in the part of Sujata, a conniving woman caught in her own marital nightmare, as the ex love interest of Samoresh. Arun Vachher played the role of the caretaker who would lay down his life if needed for his master, Samoresh. Doctor Gupta, a family friend of the Sanyal's was enacted by Debasis Majumdar. I personally loved his bedside manners and wish more of the personal physicians would pay house calls and spend time playing chess with their patients. Rajesh Mehta played the elderly neighbor, Tarapodo Bhattacharya, who innocently interrupts and disturbs the Sanyal household with his unannounced visits. Aanand Parthasarathi was perfectly cast as Pronab Bhattacharya, the wayward son of Tarapodo. Pronab elicited the most laughs with his character, innocently stumbling upon the truths about the murder. Intekhab Alam was very believable as the Police Officer who asks what he thinks are questions which will incriminate the real murderer.

The evening was thoroughly enjoyable. We are indeed fortunate to have such talented actors amidst us. Let us patronize such efforts and hope that there are more such productions which will use our local talent to entertain us.

- **Radhika Ramesh**

Kaju Burfi, apart from its literal meaning i.e a dessert made from cashews could also be termed a "sweet delight". That is exactly what this play turned out to be! A completely local endeavor very ably directed and led by the highly energetic Shyamal Mitra. He was supported in this endeavor by an extremely capable and talented cast. Each actress and actor brought an admirable authenticity to their respective characters, which in turn made the play, a real success.

A satire on the frailties and morality of modern men and women, it packed in an engaging drama with the right amount of suspense and thrill. The lighting, the props and the entire set on the stage was absolutely professional. Each in turn enhanced the quality and impact of the plot.

To sum it up the play was a true success, thoroughly enjoyed by an appreciative audience. A creative outcome, which the entire Indian community in Rochester, along with the cast and crew of Kaju burfi, can rightfully be proud of.

- **Shalini Rai**

The audience was treated to a 2-hour suspense-filled play and the best part was to see familiar faces on stage acting and identifying with the role so well that you could barely recognize them! I hope the play will be staged for wider audience around the city to enjoy.

I hope there will be many more plays by Mr. Shyamal Mitra and his crew. If given the opportunity, I urge all those who were unable to make this performance to run out and see any productions by Mr. Mitra!

- **Lakshmi Rao**

ICC 2005 Diwali Celebrations

By Madhu Ayyagari

The 2005 ICC Diwali was celebrated on Saturday, October 29th. This ever popular event, held at the ICC, lived up to and surpassed its expectations by featuring popular and classical song, dance and music numbers presented by local talent from



our community. Kids, some as young as 5 years of age, and adults provided spirited and much appreciated performances in the packed auditorium. Much of the credit for the excellent and delightful quality of the entertainment goes to the parents of the performers, leads and/or choreographers of the performances.



Dynamic and energetic teenagers - Utsav Bansal, Shelley Kandpal and Aishwarya Vyas - were the MCs for the evening. Not only were they entertaining and funny, they were creative with the dinner-time jeopardy and quizzes. The evening provided diverse regional performances from Gujarati, Telugu, Marathi, Tamil, Kannada, Punjabi groups. It was also diverse with a mix of classical vocals from the Virdee brothers, a scintillating and acrobatic dance performances from several young performers, classical dances by Parvatha Chidambaram and her students and folk dances choreographed by Usha Akula and Anu Shah.



The only regret for the organizers was that not all of those who wanted to attend the function could be accommodated due to building capacity constraints.



coming years.

Several good suggestions came from the community to address this issue, and the board will review these suggestions for a better plan in the

2005 Diwali function was as successful as it was only due to the well coordinated planning and execution by the Diwali committee comprised of



Madhu Ayyagari, Rao Dontula, Surendar Jeyadev, Deepak Maniar, Manju Rajeswaran, Bharat Shah and Jayanti Venkataraman. Help and advice before and during the function from Ramakrishna Achanti, Sandeep Pandit, Jose Maliekal, Mahendra Turakhia, Seema Ali, Amit Thakkar and Varahan Ganesan is much appreciated. The Diwali committee recognizes and thanks Amritha Kamath for her thoughtful and beautiful decorations.

This year's highlight was the fireworks, which brought much delight, fond memories and true Diwali spirit to all the spectators on a crisp, fall evening! The fireworks were partially sponsored by the Jeyadevs Deepak Maniar, the Mesthas and the Narappas.



The Liberia Experience - Participating as a Doctor Without Borders

Sachin Desai MD

"You must be the change you wish to see in the world"
-Gandhi

Looking back at my childhood years, I find myself quite lucky that the most pressing issue of social conflict I have encountered is that of the ever present parent versus child such as attending a rock concert unsupervised.

Unfortunately many of the children and young mothers living in the war torn country of Liberia have grown up in an extremely different context in the middle of ongoing violence. Fourteen years of civil war has kept this resource rich country underdeveloped and desperately poor.

Doctors Without Borders/Medecins Sans Frontieres (MSF) has started projects here with the hopes of helping in the rehabilitation process of a critically vulnerable health care system. Rather than preparing for weekend sporting events and school dances, these



youngsters were preoccupied with survival amidst the challenges of increased internally displaced populations, disrupted delivery of basic social services, poverty, hunger, and debilitating disease (exemplified by the staggering increased prevalence of HIV/AIDS).

Stepping off the plane, I was rushed to our base in capital city of Monrovia to meet curfews imposed by UN Peacekeeping forces due to ongoing intertribal clashes within the country. The existing team had served for emergency relief services and the project was transitioning towards development of the region's only free of charge mother and children's hospital. It truly was a dream job for any pediatrician to help the young population shift focus from the nation's long, violent history to new visions of hopes and aspirations in the future.

Cultural immersion into these new societies fosters empathetic attitudes towards international health care for children, as well as improving one's understanding of different ethnicities.

In many ways, this new project was an exciting opportunity to "reinvent the wheel." Simple initiatives such as hand washing, universal precautions, and proper use of antibiotics were major projects leading to significant long term implications. In addition to an immensely educational and gratifying experience, this was a journey to provide much needed primary care and preventative pediatrics to children at risk of being overlooked by their respective country's health care system. Many forgotten faces belonged to severely malnourished children – smiles from these kids gave me a sense of satisfaction and made me understand the value of being a medical person in this kind of situation.



The most trying and difficult part of the entire mission was the amount of critically sick children with deadly illnesses such as malaria, meningitis, tetanus, pneumonias, and stomach infections. Although we were able to cure most of these kids, we were faced with high mortality rates, due to delay in presentation leading to a progression in a fatal disease process. Experienced team members responded with supportive advice to focus our minds on the multitudes of sick children awaiting care and even keeping the healthy appearing children from getting this sick. It was often patients that served as our greatest health care advocates in the outlying communities for preventative and timely health care. During my time in Monrovia, I always pleasantly awaited the regular visits of young former patients, often times bringing friends and family members, who needed some sort of

health care. Children like Leona, Joseph, and Tamba are examples of children with chronic illnesses, who previously had frequent periods of serious exacerbations. With monthly checkups and medicine, Leona's nephrotic syndrome (a problem with the kidney's reabsorption mechanism), Joseph's asthma, and Tamba's sickle cell disease (blood disorder commonly leading to infection and pain episodes) were all conditions that could be effectively controlled and result in healthy and happy lives.



Working in resource limited areas presented many obstacles, such as working with insufficient medical supplies. Treatment of childhood tuberculosis is a perfect example. It is a known frustration worldwide, since it is fully treatable and shockingly underdiagnosed. Commitment to an improvement of diagnostic and management strategies is paramount since this is an illness that can no longer be overlooked. To a smaller scale, but not necessarily less important, improvisation was a regular tool to help overcome barriers in delivering proper care to our patients. Old plastic medicine canisters were used as spacers to help deliver much needed asthma to young children's lungs. Empty iodine squirt bottles were filled partially with chlorhexidine and water mixtures to serve as hand washes in between seeing different patients. We even took used medicine bottles and hooked them up to feeding tubes, going directly to the stomach, as a way to feed our very low birth weight babies (< 1.5 kg).

In order to overcome such hurdles before us, we must place an emphasis upon the sharing of ideas in order to advance the realm of global health. As is true with previous international experiences in Peru, Bolivia, India, and China, the most important lesson discovered through my travels is the immense significance of learning from, exchanging with, and teaching our international colleagues. The goal is to pursue a quest for the most sustainable gift to those we are trying to help – knowledge.

Rajiv Shetty
and
Jennifer Polizza



K. Dhananjaya and Kala Shetty of Rochester, NY are pleased to announce the marriage of their son; Rajiv D. Shetty to Jennifer S. Polizzi, daughter of Charles and Nancy Polizzi of Buffalo, NY. Rajiv and Jennifer were married under both families' traditions. The Hindu ceremony was performed on October 14, followed by the Catholic ceremony on October 15, 2005. Rajiv and Jennifer have successful careers at PAETEC Communications and Wells Fargo Home Mortgage and live in Rochester, NY.

Dhananjaya and Kala have resided in Rochester since early 1960,s and both have been active in the community involvement. Dhananjaya is the past president of India Association of Rochester and is one of the founding trustees of the ICC, a trustee of the Hindu Temple for three years and past president the temple for year 2000. Kala is the first female recipient of the AIA award recognizing her contribution for promoting the Indian culture among the people of diversified back ground. Their older daughter Rajni is married to Joseph Carter. They have three children and they live in Dracut Massachusetts. Rajni is a project manager for Private Health care Systems, Joseph is a general contractor.

Indian Classical Music and Dance Society of ICC

Annual Report by Dr. Padmanabh Kamath

We are glad to report that we had another very good year for the classical music and dance programs at the ICC. There were a total of 15 programs: 5 Carnatic classical (one Jugal-Bandhi, one percussion, two vocal and one violin), 5 Hindustani classical (2 sitar, 2 vocal and one violin), one Hindustani/Carnatic Jugal Bandhi (Sitar and Violin), and 4 dance programs (one Odissi, one Kathakali, one Kuchipudi and one Kathak). The total budget for the programs was about \$30,000. We are glad to report that the Committee raised enough funds to be self-sufficient. In 2005, we had 60 Sponsors and Patrons.

The Committee members in 2005 were:

C. Padmanabh Kamath (Chair), Lakshmi Varahan Ganesan, Raja Bala and S. Kumar for Carnatic, Asavari Maggirwar for Hindustani and Usha Ramanath for Dance. Many members of the community helped with hosting, transporting and preparing food for the artists. We are thankful to all who helped.

This year completes the three year term of the current Committee. The new Committee will be headed by Lakshmi Varahan Ganesan. We wish the new Committee good luck and success.

Yoga Classes at ICC

By Dr. Padmanabh Kamath

The yoga classes have started at the ICC on a regular basis. Kundalini Yoga classes by Sat Dharma Singh Khalsa are held on Sunday's from 9:00 a.m. to 10:30 a.m., and the Iyengar Yoga classes by Rick Lynch are held on Saturday's from 11:00 a.m. to 12:30 p.m. The first session of the Kundalini Yoga will finish on December 11. The session of Iyengar yoga classes started on December 3 and will continue till January 28 (No class on Dec. 31). Those interested in joining can sign up at any class.

Both yoga teachers are excellent teachers and very enthusiastic to teach. Those attending the classes are very impressed by the teachers and facility.

The next session of Kundalini yoga classes will start on Sunday, January 8 at 9:00 a.m. The fees will be \$72.00 for the session (8 classes). Those interested in joining can sign up at the classes.

P.S. The yoga classes at ICC are made possible by a grant from the Rochester Yoga Retreat.

ICC Team Walk for ADA Fundraising

By Nagin Shah

On October 1st, American Diabetic Associations (ADA) organized 5K walk to raise cash for vital diabetes research. 30+ people from Indian Community as ICC Team member participated in ADA 3.2 miles (5K) walk in Seneca Park Zoo. For many ICC Team members the walk was not only raising money for diabetes, also have completed a daily exercise routine. ICC team has



collected close to \$ 2100. ICC Team stood third among ten teams.

The money raised will fund local community events and awareness campaigns. It also will help University of Rochester research projects about diabetes link to sleep apnea and hypoglycemia. It's an issue on the rise among Eastern Indian community that we don't pay enough attention. ICC Team had 40 registrant but only 30 in attendance. Our, ICC, ADA and my, sincere thanks to all participants and donors



Saathi Annual Banquet (A Dinner Theater)

Save the Date – Saturday, March 4, 2005

The annual banquet of Saathi (the Group dedicated to help the victims of domestic violence in the South Asian community) will be held on March 4, 2005 at the ICC. The evening program will include a play, classical dances and a short presentation by a survivor. More details will follow.

Annual General Meeting - December 4, 2005

by Deepak Maniar

About twenty five members attended the Annual General Meeting held on December 4, 2005 at ICC. The meeting activities are summarized below:

1. General Body approved the minutes of 2004 AGM meeting.
2. No new amendments were submitted from the members at large for the general body to work on.
3. An overall status report on the ICC's activities of 2005 was presented by Chairman, Deepak Maniar. The treasurer report was presented by Amit Thakkar, who also presented Sangeeta's financial report along with the status of the endowment fund. Surendar Jeyadev, the Director of operations, presented the facility report that had a detail explanation on the expenses of \$65,000 involved with ICC's facility upgrades. The Newsletter and Membership Drive status reports were presented by Jayanti Venkataraman and ICC's Summer camp rentals and Yoga classes rentals status were presented by Dr. Kamath.
4. The general body approved the continuation of the number of trustees on the BOT as 15 members. Deepak Maniar, Shruti Date, Mahendra Turakhia, Thampi Mathai and Bhushan Mehandale had decided to not to continue as trustees. Their contribution and active participation during 2005 were exceptional and they will be sorely missed. These vacancies have been filled with Nagin Shah, Amit Shah, Varahan Ganeshan and Vithal Shenoy. In addition, Manju Rajeswaran, Seema Ali & N. Dantula, who joined BOT during the year were also approved by the General body members. Surender Jeyadev and Jayanti Venkataraman have completed three years as BOT They have been re-elected for another term. Kavita Patil will be voted as a new trustee during the January BOT meeting. We welcome the new trustees and hope they will be able to further enhance the image of ICC by bringing new ideas and activities.
5. The meeting was adjourned around 4:00 PM.

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