

India Community Center Newsletter

United Way Number: 1137

Visit India Community Center Website: www.icor.org

Office Bearers

Madhu Ayyagari (Chairman)
60 County Clare Crescent
Fairport, NY 14450
585 388 6324
madhu.ayyagari@bausch.com

Surendar Jeyadev (Secretary)
105 Heatherstone Lane
Rochester, NY 14618
585 422 6847
sjeyadev@crl.xerox.com

Amit Thakkar (Treasurer)
9 Golden Fleece Drive
Rochester, NY 14623
585 334 2432
ahlcio@rit.edu

Amit Trivedi (Dir. of Operations)
115 Deerhurst Ln, # 25
Webster, NY 14580
585 422 8587
amit.trivedi@xerox.com

Trustees

Jayanti Venkataraman (Newsletter)
171 Brandywine Lane
Rochester, NY 14618
585 461 1817
jnveee@rit.edu

Jose Mallekal (Social Events)
30 Curwood Circle
Rochester, NY 14618
585-244-1760
jmalleka@brockport.edu

Bharat Shah (Web/Documentation)
301 Susquehanna Road,
Rochester, NY 14618
585 244 2561
bmshah@yahoo.com

Manju Rajeswaran
6 Camborne Circle,
Fairport, NY 14450
585 377 4353
manjurajesw@yahoo.com

Narasimharao Dontula (Membership)
10 Boniface Drive
Rochester, NY 14620
585 475 1708
n_dontula@yahoo.com

Nagin Shah (Fundraising)
27 Melbourne Green
Fairport, NY 14450
585 421 9172
naginsah1@frontiernet.net

Seema Ali
39 State Street, Suite 700
Rochester, NY 14614
585 454 7145
seemaali@gallolaw.com

Varahan Ganesan (Cultural)
80 Princeton Lane
Fairport, NY 14450
585 425 3891
varahan.ganesan@citigroup.com

Amit Shah (Youth/Sports)
34 Woodgreen Drive
Plattsford, NY 14535
585 248 5982
Amit.shah@frontiernet.net

Vittal Shenoy
26 Misty Pine Road
Fairport, NY 14450
585 223 0776
vsh92640@hotmail.com

ICC Board of Trustees Chair's Report

Dear Friends,

Greetings! This is my first communication to you in my current role, and through these quarterly newsletters I intend to communicate to you the state of the Center and key activities at or from the ICC of immediate past and future. As always, you can call upon any of the trustees to get more information or visit our website.

At the outset, I wish to express my gratitude to the outgoing 2005 board members - Deepak Maniar, Shruti Date, Mahendra Turakhia, Thampi Mathai and Bhushan Mehendale – for their fine contributions to the ICC over the years. We wish Deepak Maniar, Chair for 2004 & 2005, a happy retired life and an enjoyable stay in India.

This year we have a good mix of new and continuing trustees on the board to bring to you some popular events that you come to expect of the ICC and also a few new and exciting events. It is a significant commitment on the part of each trustee to spend several hours of personal time every week/month to bring to you exciting programs at the ICC, and I thank them for their voluntary effort. I encourage you to do your part to support the ICC and its mission by renewing your membership for 2006 and by encouraging your friends to become members.

In an effort to streamline the ICC operations, we formed several committees, each led by a trustee with a commitment to achieve specific goals by end of the year. Formation of these committees not only distributes the labor across the board, but it improves operational efficiency and provides a point of contact for the community to reach out to exchange information.

One of our key initiatives this year is to better engage the community and involve the members in various activities at the ICC. We will execute this initiative by conducting youth activities, new social events, work shops, health fairs and by creating opportunities to volunteer at the ICC in exchange not only for the experience, but for academic credits/honors for students. Please feel free to provide any new ideas or suggestions in this regard.

Upcoming events in the coming weeks include the re-play of Kaju-Burfi, a play in English that received rave reviews when it was first staged at the ICC late last year. Annual banquet, featuring Mr. Arun Gandhi as the keynote speaker, will be held on April 15th (those who procrastinate tax returns, hurry up!). More details are in the attached flyer. Look out for other upcoming events on this page.

I am excited to be able to lead and continue to serve on the board this year. I look forward to an active participation from members like you. Did you know that we have over 1200 Indian families in and around Rochester, but less than 200 paid ICC members in 2005? Please be involved in the Center and advise us on how we can make the Center more relevant to not only the Indian community, but to Rochester community at large. Thanks, and have a great winter!!

Madhu Ayyagari

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

Please submit your articles to:

Jayanti Venkataraman,
jnveee@rit.edu

Annual Events

- Annual ICC Banquet , April 15, 2006
- March 24: Carnatic vocal
- March 31: Hindustani Flute
- April 14: Hindustani Vocal
- April 28: Bharatanatyam & Odissi fusion
- May 5: Carnatic vocal
- May 12: Hindustani vocal
- May 19: Carnatic vocal
- June 2: Bharatanatyam
- Sleepless in ICC (May)
- Family Event - Canoeing, 8/19
- Fall Music Concert Series (Sept - Nov)
- Diwali, October
- Christmas
- New Year Celebration

ICC Website and email

www.icor.org
bot@icor.org

2006 ICC Board of Trustees

Madhu Ayyagari, Chair



Having moved to Rochester to work for Bausch & Lomb in Dec 1997, Dr. Madhu Ayyagari has been serving on the ICC board since 2000 (except 2004). He was the Director of Operations (2000-2003), Vice-Chair (2005) and is the current Chairman for 2006. Madhu, his wife - Lakshmi Meduri - and their two sons - Neel (5½) and Rishi (3½) - live in Fairport. In his spare time, Madhu enjoys traveling (on holiday, of course), jogging, playing chess, tennis (court & table), racquet ball & cricket. In his current role at the ICC, Madhu plans to streamline ICC operations, get more involvement from the community, especially from the younger generation.

Surendar Jeyadev, Secretary



Dr. Surendar Jeyadev joined the Board of Trustees in 2003 and served as the Director of Facilities for three years and is currently the Secretary to the Board. He moved to Rochester in 1984 and has worked in Xerox for the past 21 years. He is married to Dr. Mala Gupta and they have a eight year old daughter, Vidhya. Apart from a singular passion for cryptic crosswords and malt whisky, Surendar also enjoys reading, music, cooking and wine. Out of the house, he likes birding and traveling.

Amit Thakkar, Treasurer

Amit Thakkar has been a resident of Rochester since the late 1970s when he moved here from the Philadelphia area. He is a 1993 graduate of Rochester Institute of Technology where he majored in Business Administration with a focus on accounting. After stints with Price Waterhouse Coopers LLP, RIT, and Morgan Stanley, he started his own consulting business in 2004 called Elevation Investment Consulting. He has been on the Board of Trustees as Treasurer since 2004. Amit lives in Henrietta and in his spare time enjoys traveling, talking politics, tennis, and volunteering. In his current role at the ICC, Amit plans to improve the ICC financial reporting, increase membership, and strengthen the endowment portfolio.

Amit Trivedi, Director of Operations

Amit moved to Webster, NY in July of 2004 to work for Xerox Corporation. He has a BS in Electrical Engineer and is a Project Engineer. He joined the board last year and is now the Director of Operations/Facilities



for 2006. His hobbies are photography, hiking, composing music, playing guitar, reading books. He loves to teach math and loves to travel around the world. The "fabulous" weather of Rochester got him interested in snow-boarding. He is good in tennis, ping-pong, cricket (bowler), volleyball and is now getting addicted to golf. He is

also an amateur Latin dancer. He loves to serve, help and be involved with the community.

Jayanti Venkataraman, Newsletter Editor/Publicity



Dr. Jayanti Venkataraman joined the Board of Trustees in 2003 and has served as the ICC Newsletter Editor since that time. She is a professor in electrical engineering at the Rochester Institute of Technology. Her husband, Dr. P. Venkataraman is professor in mechanical engineering at RIT, her daughter is at MIT and her

son is at Brighton High School. In her "spare time" she likes to be involved in Community Service that includes outreach K-12 educational activities, Professional Society activities and service to the Indian Community.

Bharat Shah, Web/Documentation



Bharat Shah works for Kodak and joined ICC Board in 2005 to serve the community and is presently involved with the Membership, Finance and the ICC Web committees.

Bharat, his wife Kusum and their daughter, Divya live in Brighton. Bharat

enjoys traveling, outdoor activities and reading.

Manju Rajeswaran

Dr. Manju Rajeswaran came to US from Delhi, for graduate school. She has been in Rochester since 1985. Her husband Dr. Rajeswaran works at Kodak. They have 2 sons, Vivek and Anand presently at Columbia University. Manju stayed home to raise their sons. After several vastly different job stints, six years ago Manju was finally able to get a job in her field of study at Kodak. She has been very active in school and in the community. In Indian community, Manju started her involvement as treasurer of India Association of Rochester, long ago. She was one of the founding members of Tamil Sangham.

Narasimharao Dontula, Membership

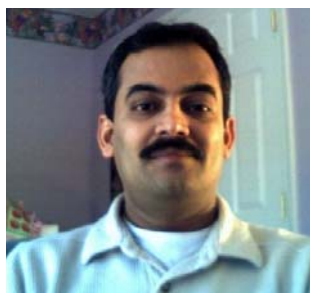
Dr. Narasimharao (Rao) Dontula moved to Rochester in Oct'1997 to work at Pactiv corporation. After a stint at Pactiv, he has been working at Eastman Kodak since April'2000. He and his family (wife Dr. Jyothsna, daughter Nidhi (8 yrs)) live in Brighton. He likes to play table tennis and racquet ball. He has been an ICC board of trustee since 2005. and now leads the membership committee.

**Jose Maleikal, Social Events**

Born and raised in Kerala, Dr. Jose Maleikal moved to Rochester in 1990 to take up a teaching job with SUNY College at Brockport, where he is currently the Associate Dean of the School of Letters and Sciences. He lives in Brighton with his wife, Dr. Mary D'Souza, and son, Prashanth (11). Jose has been an ICC Board Member since 2004, and has served as the Board Secretary in 2005. Besides politics, he enjoys music and sports.

Seema Ali

Seema was born and raised in Toronto, Canada, and moved to Rochester in 1998 after earning her Juris Doctor degree from Syracuse University College of Law. She is employed as an Associate Attorney at Gallo & Iacovangelo, LLP and is Chair of the firm's Domestic Relations and Family Law division of the Litigation Department. In addition to the ICC Board, Seema is also a member of the Board of Directors of the Mental Health Association of Rochester/Monroe County and is involved with D.I.A.L., Development of Indo-American Leaders.

Varahan Ganesan, Cultural Events

Varahan Ganesan joined the ICC Board in 2006. He has been an active member of the Indian Classical Music and Dance Society for the past 3 years and by becoming the lead of the committee in 2006, he also joined the ICC Board and will lead the Cultural committee. In this role, Varahan plans to continue the committee's efforts in bringing quality Indian Classical music and dance concerts to ICC so that our children will have an appreciation for the cultural richness of Indian heritage. Varahan lives in Fairport with his wife Hema and daughters Sandya and Aruna.

Vital Shenoy

Vital Shenoy retired from Xerox in 2000 after 32 years with the company. Eventhough he is new to the ICC board, he is a generous supporter of ICC since its inception. Vital and his wife Suman (past treasurer of ICC) live in Fairport. They have two grown up kids, Navin (in Palo Alto), Nitin and daughter-in law Nicole in Fairport. Vital loves golf, cooking, travel and volunteer work.

2006 Annual ICC Banquet

6pm Saturday April 15th, 2006

At

The India Community Center

2171 Monroe-Wayne County Line Rd.
Macedon, NY 14502

Chief Guest & Keynote Speaker

Mr. Arun Gandhi

Founder & President

M.K. Gandhi Institute for Nonviolence



For Program details and tickets, please contact:

Madhu Ayyagari (388 6324), Rao Dontula (475 1708)

Surendar Jeyadev (422 6847), Jose Maliekal (244 1760)

Amit Shah (248 5982), Bharat Shah (244 2561)

Amit Thakkar (334-2432), Jayanti Venkataraman (461 1817)

ICC Annual Banquet

April 15, 2006

Keynote Speaker Arun Manilal Gandhi



Arun Manilal Gandhi is grandson of Mahatma Gandhi through his second son Manilal. Following the footsteps of his grandfather, he is also a socio-political activist.

Born in South Africa to Sushila and Manilal Gandhi, Arun's childhood days under South Africa's apartheid were considerably difficult, humiliating, and often violently abusive. Like many of Indian heritage, he was discriminated by Europeans for not being white, and ostracized by Africans for not being black, and subject to racially-motivated violence from extremists in both groups. This led to a series of resentful and angry teenaged years.

Arun lived with his grandfather Mahatma Gandhi from 1946 until his assassination in 1948. He experienced the most tumultuous period during India's independence struggle from British rule. He saw the effects of a national campaign for liberation by both violent and nonviolent means. These events and Mahatma Gandhi's teachings had profound influence on Arun.

Following Mahatma Gandhi's assassination, Arun felt such anger that he wanted to take revenge upon the assassin but realized his grandfather's words: *Never react immediately in anger*. He returned to South Africa in 1948.

Arun returned to India in 1956 as a trainee journalist and reporter for *The Times of India*. Arun married Sunanda in 1958. Sunanda is a partner in Arun's non-violent campaigns. They have a son, Tushar, who is also an activist, and a daughter, Archana, and four grandchildren.

In 1987, Arun Gandhi and his family moved to the United States to work on a study at the University of Mississippi. The study examined the sorts of prejudices that existed in India, the U.S., and South Africa. Later Arun and Sunanda moved to Memphis, Tennessee and founded the M.K. Gandhi Institute for Non-Violence. This institute is dedicated to applying the principles of nonviolence at both local and global scales.

Arun has given many speeches about non-violence in many countries. During his tour to Palestine, he urged the Palestinians to resist Israeli occupation peacefully to assure their freedom. Arun Gandhi also remarked that the fate of Palenstinians is worse than the treatment of whites upon the blacks in South Africa.

Indian Classical Music and Dance Society By Varahan Ganesan

The Classical Music and Dance society welcomes the following new members to the 2006 committee: Surendar Jeyadev and Hari Nayar (Carnatic sub-committee); Balwant Karlekar, Shashi Gholkar and Vishnu Mathur (Hindustani sub-committee) and Parvatha Chidambaram (dance sub-committee). S. Kumar and Raja Bala have kindly agreed to continue their excellent work on the Carnatic team. After providing leadership for many years, Dr. Padmanabh Kamath has decided to step out of that role, but will continue to provide guidance towards our commitment to spreading our cultural values.

The new committee has been actively planning an exciting line-up of top-notch artistes from India for the Spring 2006 series. Following is the schedule:

March 24: Carnatic vocal by Sanjay Subrahmanyam

March 31: Hindustani Flute concert by
Pandit Raghunath Seth

April 14: Hindustani Vocal by Rahul Deshpande

April 28: YUGMA – Bharatanatyam & Odissi fusion
by Srishti Dances of India

May 5: Carnatic vocal by Savita Narasimhan

May 12: Hindustani vocal by Ashwini Bhide

May 19: Carnatic vocal by Ranajni & Gayatri

June 2: "Marga-Desi" – a classical blend of
Bharatanatyam and Bharata Nrityam
by Parvatha Chidambaram,
Janaki Rangarajan & Group

All programs will be held at ICC. The admission to music programs is free for ICC members, sponsors and patrons. For dance programs, the admission fee is \$15 (members), \$20 (non-members) and \$7 (students). We encourage everyone to attend these programs and also consider becoming sponsors and patrons, as only sustained financial support from the community can guarantee such quality programs. We also welcome any voluntary help with hosting and with food and transportation arrangements for the artistes.

Yoga Classes at ICC

Saturday's 11:00 a.m. to 12:30 p.m.

Iyengar yoga classes by Rick Lynch

Sunday's 9:00 a.m. to 10:30 a.m.

Kundalini yoga classes by Sat Dharm Singh Khalsa

Fees: \$10 per class. \$72 per session (8 classes).

Sign up at the class. One can attend a single class or a session (recommended).

Next Kundalini Session starts on March 5.

Next Iyengar Session starts on April 1.

Nominations for 2006 ICC Service Excellence Award

Jayanti Venkataraman, Committee Chair

Each year ICC recognizes the individuals who provide outstanding services to the Indian Community and to the Community Center. We would like to invite you to nominate the outstanding individuals within the community who have promoted Indian Culture, Philosophy, Arts, Languages and Literature and above all, have supported the cause of India Community Center for numerous years.

Nominations can be made directly via ICC Website (www.icor.org) or by sending an email to inveee@rit.edu. To nominate, please complete the Nomination Form that is included in this Newsletter and also available on the ICC website. **The deadline for nominations is March 15, 2006.** All nominations are held confidential until final selection. Awardees will be recognized by the Keynote Speaker at the ICC Annual Banquet scheduled for April 15, 2006

Announcement for 2006 High School Senior Achievement Awards

Surendar Jeyadev, Committee Chair

At the Annual ICC Banquet scheduled for April 15, 2006, ICC will be honoring 2006 graduating seniors with awards in the following categories.

- **ICC Presidents' Award**
- **Academic Excellence**
- **Extracurricular Activities**
- **Sports**
- **Community Service**

The ICC urges every high-school senior (class of 2006) of Asian Indian origin in Monroe County to apply for the awards. This is a very special recognition of talented students, by the Community

Application forms are available at the ICC website (www.icor.org) Please submit applications by March 15, 2006 to:

Dr. Surendar Jeyadev,

105 Heatherstone Lane Rochester, NY 14618

Tel: 585 422 6847 email: sjeyadev@crt.xerox.com

The ICC Renovation Project - 2005

The ICC completed a major renovation project covering, both, the main building and the cabin area during 2005. The final cost of the entire project was close to \$ 65,000. This renovation was funded in part by the revenues of the ICC and in part by donors.

In the main building, a new forced air system was installed for heating and air-conditioning all parts of the building other than the Auditorium. In the Auditorium itself, new furnaces were installed. The new air handling system has four separate zones which can be controlled independently which will minimize unnecessary heating and cooling. New carpets were installed in the Auditorium and the Conference Room. In the Auditorium, the area adjoining the kitchen that is used for the buffet service, was tiled to easier maintenance.

The lower level of the ICC underwent a complete make over. It has been remodeled so that the Lounge and the Meditation Room can also be used as yoga studios for regular, round

the year classes and yoga camps. To this end, the carpets in both rooms have been replaced by laminate flooring. The Meditation Room will, of course, continue to serve its original purpose. The lower level hallway has been retiled as part of the renovation. Another major change in the lower level is the installation of new, energy saving windows in the Meditation Room. The toilets in the lower level bathroom (as well as those in the two small toilets in the upper level) have been replaced with new ones.

The cabin trail, which had showed considerable erosion, was relayed and resurfaced. Steps were placed in the steepest portions of the trail to reduce erosion and make the trail easier to climb. Drainage channels were put in place to minimize the amount of water from flowing down the trail itself.

The sewer from the main building was diverted to the new septic tank. The old septic tank had become less efficient due to the build up of grease as the grease trap in the kitchen was too small. In order to avoid this, a new 1000 gallon grease trap was installed.

Another major project was installing drainage around the easterly cabins. French drains as well as a catchment basin were put in place to reduce the water logging around and under these cabins. The land was graded under and around these cabins to improve water run off. We would also like to note that a considerable part of the renovations carried out last year were funded by donors. We wish to thank them

as some of the major projects would not have been possible without their generosity.

We also wish to thank Shivan Acharya and his crew for volunteering to paint the Conference Room. This project involved not only painting, but large amounts of hole patching and sanding as the wall surface was badly damaged when the old hot water registers were ripped out.

If you have any questions or suggestions regarding the renovations, please contact Amit Trivedi, Madhu Ayyagari, Surendar Jeyadev or Amit Thakkar.

Rochester Indian-Americans Form Historic Group for Leadership Training

"DIAL" program cultivates and trains Indo-American leaders for civic roles. A group of dedicated members of our community have initiated an effort to start a civic leadership training program for Indo-Americans. The program's goal is to cultivate, train and place talented professionals of Indian origin in our community in the positions of policymaking decisions of civic organizations throughout Monroe County.

The program is called "DIAL" - Development of Indo-American Leaders. DIAL aims to ensure that community and civic organizations are tapping the full potential of the Indo-American community, and at the same time ensure that the Indo-American community assimilates within the community at large.

It is painfully obvious that in spite of the economic and professional success of the Indo-American community, our presence and influence in the community at large is very limited. United Way has been sponsoring a Leadership Training Program for Hispanics and African-Americans for over ten years to prepare young professionals from those ethnicities for leadership roles, but has not been able to support the program for Indo-Americans for financial reasons.

The DIAL program will be conducted in cooperation with United Way and will be self-funded. The program will be conducted in the Spring (dates and location to be determined) and will be held on two Saturdays from 9A.M. to 4 P.M. Lunch and all the materials will be provided. There is no charge to participants for the program. Fifteen (15) participants will be chosen from young professional applicants of Indian origin.

For more information or an application, please call (585) 292 8228 or email dial@icstelecom.com. A website, under development, will be available shortly.

Policies and Procedures
ICC SERVICE EXCELLENCE AWARD

Developed by BOT on February 22, 1992

Amended by BOT on February 9, 2005

1. The ICC will give out awards to recognize outstanding service to the center on an annual basis, at the time of its anniversary celebration. It is emphasized that this is an “In-house Recognition” designed to foster consistency and dedication in volunteerism, specifically to benefit ICC
2. The name of the Award shall be “SERVICE EXCELLENCE AWARD”. This shall be an honorary award and shall carry no monetary value.
3. The number of awards be limited to a maximum of two annually. An additional award may be considered in unusual circumstances during any give year.
4. The criteria for the award shall be based on specific, consistent, honorable and outstanding service to ICC. The recipient may be an individual, a group of individuals, an institution or an organization. The immediate past chairperson who has served the ICC honorably may be considered for one award.
5. The selection process shall be by means of a Nominations Committee of a minimum of five members appointed by the Board of Trustees, one shall be a member of the BOT, who shall chair, the second shall be a past chair of the ICC, and the remaining shall be members of ICC. The Nominations Committee shall be in place no later than 60 days prior to the annual ICC Banquet.
6. Solicitation for nominations shall be well advertised by means of the ICC Newsletter, ICC webpage and ICC bulletin board. Additional methods can be pursued by the Nominations Committee.
7. The “Nominations Form” must be submitted to the Committee by the prescribed deadline. Verbal nominations will not be entertained.
8. Recommendation of candidates by the Nominations Committee shall be made at the regularly scheduled monthly BOT meeting prior to the Banquet.
9. The BOT shall have the right to confirm or deny by a majority vote, the recommendation of the nominations Committee. The BOT shall obtain the candidates’ acceptance after confirmation and before finalizing the awards. If the BOT or the candidate does not accept the nomination(s), the nominating committee shall have an additional week to present alternate candidate(s). The BOT may vote not to give out any award in any given year.
10. The Award shall be in the form of a plaque bearing the insignia of ICC.

Nomination Form**2006 ICC Service Excellence Award****Deadline for submissions: March 15, 2006**

Name of Nominee: _____

Nominated by: _____

Address: _____

Telephone: _____

Email: _____

Please provide relevant details, with dates, to support your nomination:

Send completed form to: Jayanti Venkataraman, Committee Chair
171 Brandywine Lane, Rochester, NY 14618
email: jnveee@rit.edu

For electronic submission, Nomination Form is available on the ICC website: www.icor.org



You are cordially invited to
 The Second Anniversary Celebrations of
Saathi of Rochester, Inc.

Saturday, March 4, 2006

at

India Community Center of Rochester
 2171 Monroe Wayne County Line Road
 Penfield, New York.

Program

6:00 p.m.	Hors d'oeuvres
7:00 p.m.	Entertainment (Pop music concert, classical and contemporary dances)
8:00 p.m.	Dinner
9:00 – 9:30 p.m.	Presentations

Admission: \$20. Pre-registration Required.

To register, please call Dr. Shashi Sharma (381-6047) or
 Sonali Suvvaru (387-0321).

Directions to India Community Center: From route 490, take exit 23, go on 441 East, pass Penfield Village, pass route 250, go another 3 miles, turn right to Monroe Wayne County Line Road, go about 1/4 mile, turn right to ICC at 2171 Monroe Wayne County Line Road.

SEMINAR ON HEALTHY RELATIONSHIP

by Indu Maitra, Kamesh Nagarajan and Anu Sharma

Childhood, like clear glass, absorbs the fingerprints of handlers. Parents, with their artistic strokes and soft touches, can create masterpieces out of their children's personalities. But, at the same time, a little negligence and mishandling can smudge or even crack and shatter, beyond repair, the budding personalities of their children in their most formative and tender age. The same hands that hold their offspring with tenderness can tighten their grip to protect them, to discipline them and to keep them on the right track. With same hands they pat, and at times even lash, whack and beat. Whatever those hands of parents do, children can never fail to detect the undercurrent of everlasting Love and affection. Through it all, despite it all, whether it is loving care or violent reprimand, children adore their doting parents and so do they even to their erring children. This is called Devotion, Trust and Faith that sustain families.

Parents shower Love like rain to nourish their children, their saplings, drenching them with a soaking joy, a joy both for parents who give as well as for children who receive. Wise parents know when to shower their Love from above and when to drench the roots from below by remaining underground. It is a very delicate relationship and a little error can cause damage on both sides.

On this very delicate issue of maintaining healthy relationship between the parents and teenagers a Seminar was held on Sunday, October 23, 2005, under the auspices of India Community Centre by Saathi Of Rochester. Dating and Violence Prevention Education coordinator Paula Sheinberg, also the Coordinator of Alternatives for Battered Women's Domestic Violence Prevention Education Program led the free discussion, first meeting the teens and then the parents separately. Over 100 parents and children from the South Asian Community attended the presentation that began with a sumptuous lunch.

After lunch the children met with Ms Sheinberg while a separate panel, made of various young professionals and students met with the parents to have a panel discussion on the issues facing teenagers today. The importance of keeping lines of communication open between parents and children was emphasized.

After an hour's free discussion with the teenagers, Ms. Sheinberg then met the parents, while the teenagers had another meeting at a panel led by Ami Nagarajan.

The issues discussed were as follows:

Kids Panel

1. Really trying to be great kids but balancing
2. Overdue importance given to academics by parents
3. Hard to adjust with foreign environment and culture
4. Other problems with socializing like dating etc.
5. Discussions with parents one sided and not open
6. Parents too judgmental...listen don't talk
7. Protecting themselves from drugs and sex
8. Job search and career - tough competition
9. Children compared with other Indian children
10. Their individual likings and aptitudes ignored, Parents choices thrust on them.
11. Have to listen to lectures for hours
12. No compatibility between parents
13. Over protective parents, Control
14. Unhealthy comparison with other siblings

Parents Panel

1. Parents sacrifice a lot for their kids
2. A totally different culture...parents have to wear different hats
3. Blend different cultures and preserve native traditions too
4. Marriage and intermixing of families with diverse culture
5. Children not involving parents in decisions
6. How to protect from the evil influence of drugs sex and peer pressure
7. Meet and accept friends
8. Protecting specially girls from sex

Thus a very successful discussion was held as the parents discussed the problems of raising kids in a foreign land and the teenagers discussed the problems they faced in schools and colleges. Some common problems of socializing and dating etc. were discussed later in a joint meeting of parents and children and in a very conducive atmosphere what was discovered in separate meetings was reviewed in a joint venture of reaching out for solutions. Overall the day was a great success and a new beginning to improving communication between parents and children was made allowing second generation Indians from our community an opportunity to build relationships with teenagers and enlighten parents on the trials and tribulations of growing up in America and at the same time retaining Indian culture and values. This maiden venture on the part of Saathi of Rochester was a great success and parents asked for more frequent meetings in future.

Further information on continuing dialogue please contact Kamesh and Ami Nagarajan at kameshandami@yahoo.com. For more information on Saathi events and volunteering possibilities, please visit the website www.saathiofrochester.org email: saathi_Rochester@vahoo.com

India Community Center of Rochester

UPCOMING EVENT

2006 ICC Annual Banquet

Keynote Speaker: Arun Manilal Gandhi

- **Nominations for 2006 ICC Service Excellence Award**
- **Application for 2006 High School Senior Achievement Awards**



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

Non Profit
Organization
U.S. Postage
PAID Permit
No. 470
Rochester NY