



I A BEE



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UPCOMING EVENTS:

June 7 & 8: HCS Devalayam Day
 June 8: Alankar School Music Recital
 June 29: IAB Tennis Tournament
 July 19: IAB Picnic & Graduation
 July 27: IAB Golf Outing

MEMBERSHIP LEVEL:

2007 MEMBERS – 237
 2008 MEMBERS – 179 (YTD)

*Please use the membership form
 insert and mail-in your completed
 form with payment.*

IAB Executive Committee:

President	Raj Bansal	634-9231
Vice President	Jagtar S. Rajput	837-3979
Secretary	Dinesh Sukumaran	689-2835
Treasurer	H. Raghu Rao	636-8866
Cultural & Youth	Geeta Sethi	741-9453
Public Relations	Rajiv Kishore	689-2424
Membership	Hakim Sojar	689-3060

Board of Directors:

Ravi Aalankeel	Anil Bansal	Satnam Basra
Shanti Bedmutha	V. Gunasekharan	V. Loganathan
N. Rao Marella	Rajnish Mittal	Jashbhai Patel
Dipak Pravin	Nandita Sharma	Dipak Shastri
Rajiv Singh	Rakesh Verma	

2008 Indoor Sports Tournament:

IAB and HCS jointly organized this year's Indoor Sporting event at the HCS Youth Center on Saturday March 29. Nearly fifty participants, including children, youth and adults took part in Table Tennis, Chess and Carrom tournaments. It was a full day of fun and intense competition, and IAB appreciates the efforts and sportsmanship of all participants. Congratulations to the winners and runners-up for an excellent competition. The results of the event are posted at www.iabuffalo.org. The organizers truly appreciate contributions by all volunteers, without whom this tournament would not have been possible. Our gratitude to Drs. Sathia Nathan and Shanti Bedmutha for their generous sponsorship of the event.

Summer is Here!!!

IAB is all geared to welcome summer, and get into full steam of activities. We have the following planned for the summer:

- **Annual Tennis Tournament** at Village Glen on 28 June from 9 AM to 5 PM. Please send in your registration forms (insert in this Newsletter).
- **Annual Golf Outing** at the Glen Oak Golf Course on July 27. (see insert for details)
- **Annual Picnic and Graduation** will be held on July 19, at the Ellicott Creek Park (shelters 16 & 17) from 12 to 3 PM. Please forward the names(s) of recent graduates to Geeta Sethi (741-9453 or gsethi@eng.buffalo.edu) for recognition during the Picnic.
- **India Day Mela** will be held on August 18, at the Center for the Arts on the UB North Campus. We are planning for more fun and entertainment this year. Contact Dinesh Sukumaran (689-2835) to participate, volunteer or get involved.
- **Men's Soccer League** is in its planning stages, look for more information soon.
- **New and Improved IAB Website** should be in place soon.

IAB Congratulates

Geeta Harvey, on being named the recipient of the **2008 Women in the Arts Award**. The award recognizes a woman who embraces and promotes masterful creativity and artistic expression.

Krishnan Chakravarthy, Darren Leskiw, Indrajit Roy and Tom Sass on being awarded the **\$25,000 first prize in the Panasci TEC competition**. The award will fund their proposed business, NanoAxis, a nanotechnology company that will design and manufacture specialized quantum dots for biological applications.

Nitin Bansal & Neil Batta for being recognized for their outstanding achievement in academics, athletics, leadership and service by Emedco of Williamsville.

Natya, School of Indian Classical Dance, and its director **Tejaswini Rao** on their 30th birthday, and thanks them for their service in preserving Indian art, culture and heritage.

The Asian-Indian Community Foundation of Western New York

(AICF) celebrated Mother's Day on May 11 with a Walkathon to raise awareness of the group's charitable activities geared mainly towards women and children. The four mile walk on the UB bike path was flagged off by Amherst's first lady Usha Mohan and Supervisor Satish Mohan after invocatory prayers by children. The walk attracted over 100 participants of all ages. The walk was followed by refreshments and games for women and children.

Association for India's Development (AID) Buffalo chapter successfully hosted

its 10th Annual Conference in UB campus from 24-26 May 2008. The purpose of the conference was to take stock of the current state of AID as an organization and then work on strategy for further directions. This conference coincided with the tenth anniversary of the Jeevansaathi program which supports volunteers who work full time for various causes in India at the grassroots level. Many community members hosted AID volunteers at their homes and helped them with transportation as well. AID Buffalo would like to thank the Indian Community in Buffalo for help during the conference, and their continued support.

INNER ENGINEERING – THE PEAK OF WELL-BEING

Just as there is physical science to create our external well-being, so is there a whole inner dimension of science that creates our inner well-being. The Human body is the abode of the spirit "ATMA" We are obliged for its well-being and development. Inner well-being though subtle, yet the most powerful need for good health, its fundamental to inner development. Today's advanced medical science & a galaxy of professional doctors is a blessing to humanity, yet far from being a "BELIEF" Or "PHILOSOPHY", method of YOGA seeks to foster optimal health and peacefulness, that facilitates each person's natural process of enfoldment.

More than ever before, to-day, it is a scientifically structured necessity for empowering the modern day individual into effortless healthy living. What we all need is :

** Stress free living and joyful relationships. ** Stimulation and release of physical, mental and emotional BLOCKS. ** Heightened concentration, memory and decision making capabilities.

** Enhanced productivity, creativity and efficiency. ** Preventive health care and relief from general and age related ailments.

With guided Meditation and Pranayama we can achieve transmission of the life transforming SHAMBHAVI MAHA MUDRA", the age old process of immeasurable antiquity to achieve Energy and insight, to direct our life from within, to use worldly social and family responsibilities as a vehicle for personal growth as also an opportunity to experience dimensions of life for deep fulfillment.

MEDITATION and PRANAYAMA do not require physical agility. They fit comfortably into our life to allow us to function at our optimal level making peace and joy, our natural way of being.

Let us do some INNER ENGINEERING.

-- Omji Sabharwal

Editor's Note: Omji Sabharwal (Uncleji) will be a regular contributor to our newsletter. Few of us have been lucky to receive his regular mailing, 'Silver Streaks', enlightening us on various aspects of everyday life. We are truly grateful to Uncleji for agreeing to share his thoughts with all of us.

CLASSICAL DANCE TRADITIONS OF ANDHRA PRADESH.

The southern part of India, now divided into several states was ruled as one vast empire by powerful dynasties many centuries ago. Andhra was the name of the tribe inhabiting the Deccan plateau of India. They are first mentioned in the book Aitreya brahmana (500B.C) and later by the Greek historian Pliny in his book Historia Naturalis (300 B.C). Dance was practiced by devadasis or temple dancers who maintained a life of celibacy and dedicated themselves to the service of the temples. The Chaulakya dynasty and the Kakatiya dynasty which ruled the region in the 6th and the 13th century A.D respectively used dance and music as a medium to spread Shaivism (worship of the forms of Lord Shiva). The dance was rigorous and highlighted the Tandava (masculine) aspect, unlike the Lasya (feminine and graceful) aspect practiced by the devadasis. Around the 13th century A.D due to a denigration in the social order the devadasis started getting royal patronage, came to be known as Rajanarthakis , and they started entertaining the kings. During this time Siddhendra Yogi an ascetic decided to teach the dance and music to Brahmin boys who were devout students of scriptures. He was immediately ostracized and so he took his troupe of dancers to a wasteland near the Krishna River. The group came to be known as kuchelu (traveling actors) and their settlement known as Kuchillu (broken house). The wasteland where they inhabited came to be known as Kuchelavaripuri or Kuchipudi (the village of the poor). This troupe mainly enacted stories from Bhagawatam (book describing the stories and incarnations of Lord Vishnu) and toured the countryside, hence they were known as Bhagawata Mela. The traditions of the devadasis also existed along with the Bhagawata Mela and flourished with royal patronage till the advent of the British Empire in India. The Devadasi Abolition Act of 1930 and the loss of royal patronage brought about a downfall in the art and cultural traditions of India. In the early 1940's the great guru Late Vendantam Lakshmi Narayana Shastry popularized Kuchipudi with his untiring efforts and was also instrumental in teaching the art form to women , which was till then only practiced by men. His student Padmabhushan Dr Vempati Chinna Satyam further enhanced and embellished Kuchipudi and popularized the style and was instrumental in the attainment of the status of Kuchipudi as one of the classical dance forms of India. Late Padmashri C.R Acharyulu , another student of Vedantam Lakshmi Narayana Shastry researched the temple dance traditions of the region and popularized them. Padmashri Nataraja Ramakrishna another student of the guru did extensive research on the Shaivaite traditions before the times of Siddhendra Yogi and formulated a new dance tradition known as Andhra Natyam. Much recently Padmabhushan Dr Swapna Sundari, researched the dance traditions practiced by the devadasis of the Andhra region and is now popularizing these under the name of Vilasini Natyam.

-- Neelima Kakarlapudi

Picture Perfect Mom

Did you ever see a woman,
Very short and mild,
Showing off a picture,
Of her darling child?

That might have been my mother,
It could have been yours too.

Does your mother look at your
pictures

When she is feeling blue?

My mother is a kind,
Loving woman at heart,
But when she yells, "Go to your
room!"

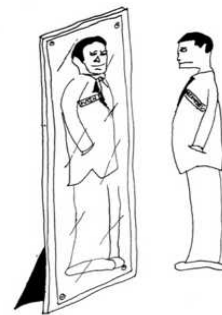
I know that's just a start.

Nevertheless, I love her.

Plus I know she loves me too.

And when she looks at my pictures,
I know that it is true.

-- Shruti Bidani



The above cartoon by Prabhu Sasankan won First Prize (Division II – Grades 6 -8) in the 2008 Buffalo News Editorial Cartoon Contest. *"The cartoon was that even though Medvedev is the president, when he looks in the mirror, Putin is the one really governing the country."* -- Prabhu
Congratulations Prabhu

Calling all Artists and Designers....

IAB invites designs for the 2008 Annual Directory front Cover. Submit your entry **Electronically** to: sdinesh@adelphia.net

Last date for submission: Sept 1, 2007.

The winning entry will receive a **\$100 cash prize.**

Copyright for all submitted entries shall rest with IAB.

I can make a difference by 1,2,3 Smile..... ☺

What is a smile? It is a simple facial expression. But it has many meanings. It does not need a language to communicate. You can smile at anyone in this world. Smiling means you are happy and want to make others happier. It means you are healthy and you want to show it to others.

Why smiling is important for everyone? Well, a smile carries a lot of weight. It can make a big difference in your life and someone else's life. When you smile at someone, they will smile back at you (most of the time). That means you made one more person somewhat happier. And that person will smile at another one and like that is a chain reaction. Especially a small baby can make so many people happy around it. It is a simple innocent smile.

How does a smile help you and others? Smile means you are greeting a person with happiness on the face. This might lead to a friendship if you are neighbors. I have many friends in my neighborhood and it all started with a small smile and greeting to each other. Sometimes even in the mall you make friendship first by smiling at each other. It is healthy to be happy and smiling. Actually my mom always tells me that even science shows that frowning (opposite of smiling) is unhealthy to the body. It is good to be happy and that helps in many ways in our daily lives. I have experienced this many times. When I do my homework, if I am happy I take less time. If I am unhappy I cannot think and it takes more time to finish the work.

More than anything it is FREE. No need to spend to have a smile. We can pass it around for free. We can make a difference in someone's life. We can avoid fighting, shouting, being unhappy etc. We see all these in this world more and more. So, everyone try to SMILE, be friendly, be happy. Lead a simple life a smile on your face.

-- **Bhavana Upadhyaya** (Received the Regional Award and Qualified for State Level in the 2008 Reflections Competition)

2008 HCS - IAB Indoor Tournament



2007 IAB- HCS Indoor Sports Tournament

We thank all participants and their families, our sponsors Sathia Nathan and Shanti Bedmutha and all volunteers, for making this event a great success. Special thanks to Sarita Bansal, Nitin Jain, Vasudave Deshpande, Raj Bansal, Raghu Rao, Hakim Sojar, Dipak Pravin, Anita & Vinod Chahal, and Pratibha & Dinesh Sukumaran.

Congratulations to all Winners & Participants – results at www.iabuffalo.org

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Contact **Raj K. Bansal**
Phone: 716-465-4153
E-Mail: rajinder.k.bansal@us.hsbc.com

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Upcoming Events

HCS Devalyam Day: 7 & 8 June, HCS Premises. **Sarita Bansal (626-1876); Renu Singhal (636-0721)**

Alankar School of Music: Annual Recital, 8 June, 4 PM, Baird Hall, UB. **Mamta Bhargava (689-6294)**

IAB Annual Tennis Tournament: 29 June, 9 AM, Village Glen, 162 Mill Rd., Williamsville. **Raj Bansal (634-9231); Dipak Pravin (636-4249)**

IAB Annual Picnic: 19 July, 12:30 PM, Ellicott Creek Park (Shelters 16 & 17). **Geeta Sethi (741-9453); Raj Bansal (634-9231); Dinesh Sukumaran (689-2835);**

IAB Golf Outing: 27 July, 12 Noon, Glen Oak Golf Course, 711 Smith Rd., East Amherst, NY. **Raj Bansal (634-9231); Dinesh Sukumaran (689-2835); Gunasekaran (435-9550)**

IAB India Day Mela: 16 Aug., 2-9 PM, Center for the Arts, UB North Campus. **Geeta Sethi (741-9453); Raj Bansal (634-9231); Dinesh Sukumaran (689-2835);**

India Association of Buffalo
 P.O. Box 925
 Williamsville, NY 14231-0925

IAB is Your Association
 Membership has its benefits
 IAB yearly membership term
 expires on December 31. If
 you have not renewed your
 2008 membership, please use
 the form (insert) or at
 www.iabuffalo.org, and send
 us your completed form with
 payment by mail.

Patron: \$125; Family: \$35
 Single Patron: \$60; Single:
 \$20

Business Patron: \$250
 Student: \$10

**Being an IAB Member
 Priceless!**

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