



IACAW

E-SAMACHAR



2022 • SPRING EDITION



Welcome to the Spring edition of the IACAW E-Samachar!

So many of us (myself included) were counting the days for the passing of that cold and bleak winter in anticipation of warmer months ahead. Spring is finally here folks and this quarter's E-Samachar has a chock-full of good reads for you!

We have kicked off the year to a great start. In February we had a Live Zoom Musical Group from India featuring exceptionally talented singers and musicians. The turnout was outstanding with over 250 people in attendance as we honored and remembered all the fallen heroes of India.

Valentine's Day was our theme and "love" was surely in the air as we all celebrated together, even while being continents apart.

On April 2nd, we celebrated Holi. It was our first in-person event of the year and eagerly awaited by many. We had a wonderful gathering of family and friends catering to all generations from our tiniest tots all the way up to the grandparents showering each other with love and, of course, lots of bright colors! Mayor Nancy Kaboolian also joined the festivities and we thank her and the town of Ardsley for their support of IACAW. Many volunteers came out that day who helped to make this celebration so much fun for all!

Our Senior Program is also moving along very nicely with 3 successful zoom events in the books. The lecture topics are quite diverse, informative, and engaging. Most programs have interactive games, music, and singing as well. So for any senior members who have not yet attended these programs, be sure to put the next one on your calendar. We look forward to our first in-person senior program at the end of this month. The flyer with all the juicy details will be going out soon!

Looking ahead, just to highlight a couple of our upcoming events, coming up right around the corner on April 16th is the WCSA New York Life Carrom Tournament. IACAW is co-sponsoring this tournament in collaboration with the Westchester Carrom Sports Association. Next on May 15th, we are scheduled to have our Kids Talent Show. Do consider registering your children in this special event where they can really showcase their talents and we can enjoy great entertainment!

Lastly, if your membership has expired, renew, renew, renew! Our members are the backbone of our organization and with your support we will be able to continue to celebrate our Indian culture and heritage for generations to come. And remember, all new members for 2022 and Life members will receive our very fashionable and practical IACAW tote bag! That's all for now.

We hope you enjoy the Spring Edition of the IACAW E-Samachar!

Warm Regards,

Lisa Shah

2022 IACAW President

Executive Committee



Lisa Shah
President
iacawpresident@gmail.com



Neha Bar
Treasurer
iacaw.treasurer@gmail.com



Chitra Taneja
Secretary
iacawsecretary@gmail.com



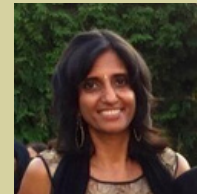
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Committee Members

Sub-Committee	Chairs & Committee Members
Membership Drive	Rohit Pandya, Vaishali Bhattacharyya & Darshna Patel
E-Newsletter	Vaishali Bhattacharyya, Suchitra Joshi & Chitra Taneja
Social Media	Dinbandhu Shah, Dina Patel & Chandresh Shah
Website	Chandresh Shah, Dinbandhu Shah & Lisa Shah

Scan the QR code for membership opportunities



For volunteer opportunities, please email us at
IACAWsocial@gmail.com

IF YOU HAVE ANY QUESTIONS, CONCERNS, COMMENTS AND IDEAS, PLEASE CONTACT US AT
IACAWESAMACHAR@GMAIL.COM



Remaining Events of the Year!

The list below is our current schedule of events. Please mark your calendars and save the dates. As each event comes closer you can get more information on our emails, [website](#), [Facebook](#) and [Instagram](#).



IACAW **2022** **Calendar of Events**



Date

Event

Sun. 4/3

Holi

Sat. 4/16

Carrom Championship

Sun. 5/15

Talent Show

Sun. 7/17

Summer Picnic

Sun. 8/7

Heritage of India Festival (HIF)

Sat. 9/10

Ganesh Chaturthi

Sat. 10/1

Navaratri (night 1)

Sat. 10/8

Navaratri (night 2)

Sat. 11/5

Annual Diwali Dinner

Sun. 11/20

General Body Meeting Election

Sun. 12/4

Surprise Event!



Come and join the fun!

Stay tuned for added
events & updates



Upcoming Events

Click on the flier
to register your children
in the show!



Indian American Cultural Association of Westchester

in collaboration

Westchester Carrom Sports Association

WCSA New York Life Carrom Tournament

April 16th 2022

8 am

777 Westchester Ave. 4th flr White Plains NY 10604

\$25 Entry Fee

Register Here

Zelle fee to: westchestersportsassociation@gmail.com

Rajiv: 914-260-9451 Nilesh: 408-646-8629
Veenitha: 646-945-5482 Manu: 914-217-8055



IACAW PRESENTS

KIDS TALENT SHOW

MAY 15TH, 2022

1:00-5:00 PM

ALEXANDER HAMILTON HIGH SCHOOL
98 S. GOODWIN AVE,
ELMSFORD, NY 10523

Come and enjoy live entertainment as our children showcase their talents!

Free Admission

FOR REGISTRATION CLICK [HERE](#)
QUESTIONS? CONTACT CHITRA TANEJA:
IACAWSECRETARY@GMAIL.COM
WITH "TALENT SHOW 2022" IN SUBJECT



Stay

TUNED...

for more events!

MEMBER FEATURE

In honor of Volunteer Recognition Day
All Past Presidents

1973	Ramesh Gandhi
1974	Narendra Rupani
1975	Ramesh Gandhi
1976	Dr. Jashubhai Mehta
1977	Mahendra Asher
1978	Mahendra Asher
1979	Dr. Jitendra Shethi
1980	Ramesh Gandhi
1981	Anil Desai
1982	Dr. Jashubhai Mehta
1983	Ramesh Gandhi
1984	Dr. Nagin Mehta
1985	Anil Desai
1986	Dr. Amrit Patel
1987	Dr. Amrit Patel
1988	Pravina Mehta
1989	Dr. Bharat Joshi
1990	Ila Pandya
1991	Harshvina Patel
1992	
1993	Jyoti Shastri
1994	Dr. Usha Shah
1995	Prakash Parekh
1996	Rohit Patel
1997	Jyotin Bhatt
1998	Kirit Desai

We like to honor all our presidents who have dedicated their service to our community. From its inception, 47 years ago, ICAAW presidents have selflessly committed to create and provide programs to acknowledge and celebrate our culture.

We salute you and offer our most sincere gratitude for you all you have done.



Never underestimate the difference you've made & the lives you've touched!

1999	Harshad Shukla
2000	Sangita Shah
2001	Bansari Patel
2002	Dr. Dushyant P. Purohit
2003	Kirit Zaveri
2004	Bhagvat Jani
2005	Ramesh A. Shah
2006	Popat A. Patel
2007	Anju Joshi
2008	Jyotin Thaker
2009	Jyotin Thaker
2010	Hitesh Patel
2011	Himanshu Pandya
2012	Trupti Shah
2013	Rohit Pandya
2014	Chitra Taneja
2015	Raju Shah
2016	Gemini Patel
2017	Bhavana Pahwa
2018	Suchitra Joshi
2019	Dinbandhu Shah
2020	BC Venketash
2021	Dinkal Patel
2022	Lisa Shah

Click here if you would like to nominate a member to be featured in our newsletter!

PAST EVENTS

Here is a glimpse of our Holi Event...

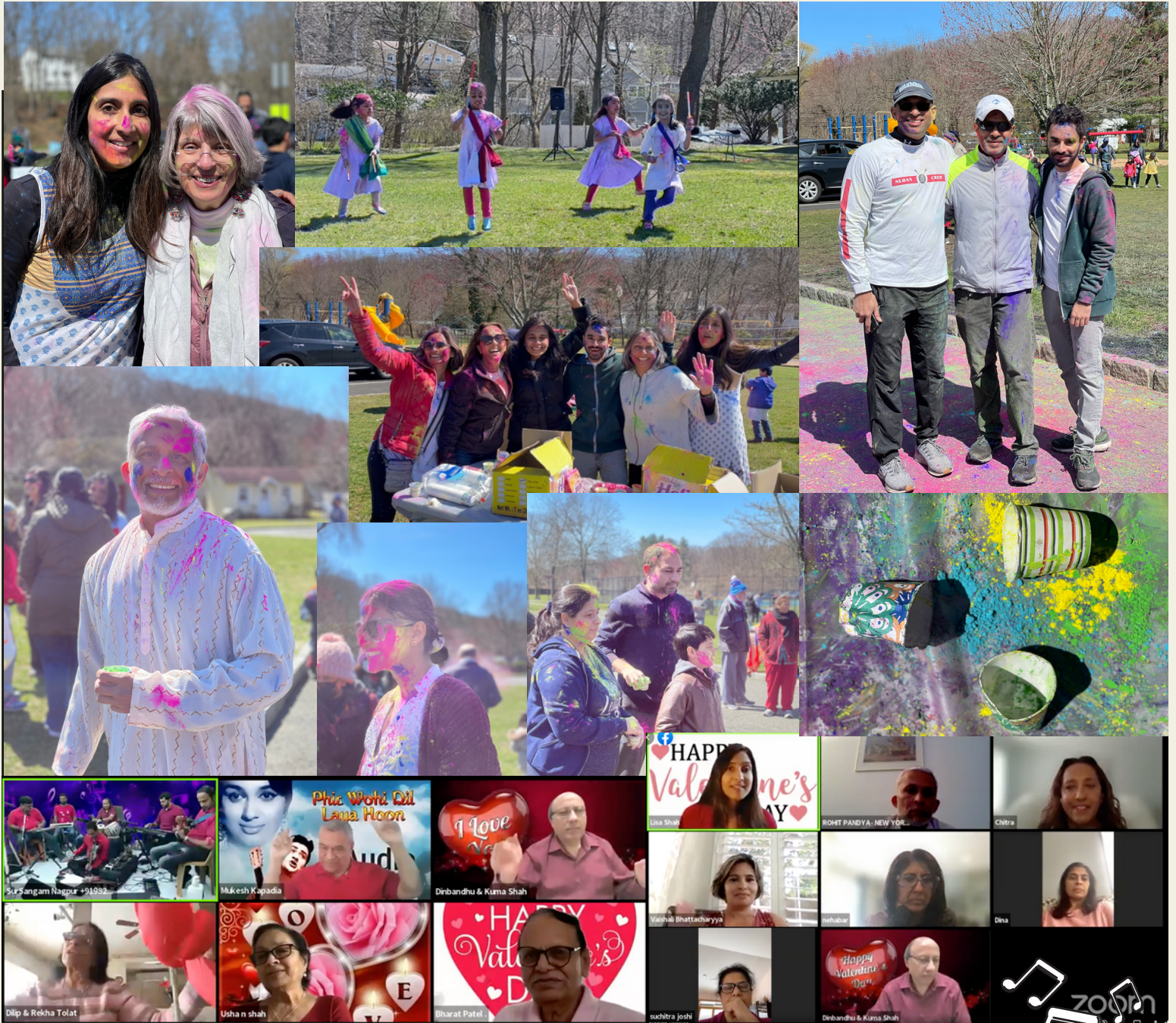


pictures of events
from past years,
please visit us on



2022 • SPRING EDITION

PAST EVENTS



Thank
you

We thank Bharati Rao for her contribution towards our Holi event.

Our heartfelt thanks to Ramesh Shah, Parul Shah, Nikhil Shah, Jay Bar, Riyaan Ratliff, Rajul Patel, Daksha Thaker, Malav Shah, Alka Shukla, Nitu Parikh and so many others who were ready to give a helping hand for a successful Holi event!!



Wellness Ways



Spring is the season of new beginnings. When the first green emerges from the ground and the first bud opens, people around the world celebrate life's triumph over death. The sun shines again, bringing an end to the enduring darkness of the past three months. The earth comes to life once more.

As outside, so inside. Spring is a time for cleaning out and making way for fresh possibilities and new commitments. It's a time to revive our senses and expand our horizons. It's a time to begin again, let go of all that doesn't serve you physically and emotionally. With that in mind, here are some suggestions to rejuvenate yourselves.

Beginning the day:



Wake up early and before you start your day and eat breakfast, sit in a comfortable position, on a cushion on the floor or on a chair. Give yourself permission to be present in the moment, allow the rest of the world to fade away, and start to center and ground yourself. During this time, set an intention for your day (See examples of intentions [HERE](#)).

[Click here](#) to start your guided grounding and centering practice.

During the day:

- Make time for a walking meditation. Thich Nhat Hanh, the Vietnamese monk, has written: "Touching the earth is a deep practice that can restore our peace and joy. One of the best ways to touch the earth is by practicing walking meditation." On this spring day, go outside and walk slowly, in a relaxed way, keeping a light smile on your lips. Be truly present with each step you take, being mindful of your walking.
- Enjoy yoga practice, with many twisting poses to wring out the toxins for your body, especially the liver. With yoga postures, you can stimulate, stretch, and strengthen the liver. They get rid of the fat deposits in the liver using them up as energy for the body. Some of the poses to include in your yoga practice are: Revolved Half Moon (Parivrtta Ardha Chandrasana), Seated Spinal Twist (Ardha Matsyendrasana), Revolved Low Lunge (Parivrtta Anjaneyasana), Child's Post (Balasana), etc.
- Practice Pranayama: breathing exercises known can boost the health of your liver. [Click here](#) for steps to some pranayama practices.



Dietary habits:

Hydrate; start the day by drinking warm lemon water and make sure to drink plenty of water throughout the day. Choose warm, light and easily digestible foods instead, and grains such as rice, millet and quinoa with spices like black pepper, ginger, lemon, cardamom, cloves and turmeric.

End of the day:

End the day with a silent reflection of the intention you had set for your day. Without judgment, think of moments during the day when you practiced your intention and if it was successful in bringing awareness and clarity in your mind.

Approach spring as though it is the first time you ever experienced it – the first time you ever saw a flower, a tree growing, a bird flying. Open your heart to love, to beauty, to clarity. Leave the old behind and be reborn during the season of spring.

Written by Vaishali Bhattacharyya

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Visit us on



Recipe Remedies!



Nitu Parikh

Nitu (Niyati) Parikh is a resident of Ardsley, Westchester County, NY. She has been a long standing member of the IACAW and has served on the committee for many years. She is a teaching assistant and substitute teacher for grades 9 to 12 at the Ardsley High school. She loves to teach and encourages self-actualization so that each student reaches his/her/their potential and develop unique talents and interests.

Hiking and spending time in nature is her hobby but Nitu always finds time to cook and experiment on various recipes. Although she tries to make all kinds of food, making sweets and baking is her passion.

She is sharing one of her spring recipes: [The Colorful Spring Salad](#)



Onkar Gore

Onkar Gore, a senior at Hendrick Hudson High School in Westchester, discovered his passion for cooking at the young age of 10. He loves to try all different cuisines but his most favorite are Korean, Chinese and authentic Indian food. During the pandemic Onkar participated in various cooking related experiences from conducting virtual cooking classes for all levels and ages to entering local cooking contests here in Westchester, NY. His fondness for cooking keeps him grounded and focused during most difficult times. Other than cooking he really enjoys painting and hopes that he can continue to pursue both his hobbies when he goes to college this fall.

Onkar is thankful for this opportunity he is been given by IACAW to share his award winning [Pizza Dough](#).



Click [HERE](#) for Healthy Juice Cleanse Recipes



If you have recipes that you would like to share with our readers, please send them to

IACAWesamachar@gmail.com



Kids Korner



Click on the images and enjoy these animated stories!



Calling all JUNIOR artists!!!



We invite you to enter a **FLYER DESIGNING CONTEST**. We have many events coming up this year that can use your **inspiration & creativity**. Please submit your designs for all the events (July onwards) listed in our events calendar to iacawesamachar@gmail.com. Good Luck!

Here are some riddles & puzzles for you to try

Put a smile on your parent's faces with these jokes on Mother's & Father's Day!

E-Samachar Kids Korner

Riddles for all ages!

[Click HERE to enter!](#)

What do you call your dad when he falls through the ice?
~ POPsicle

How many moms does it take to screw in a lightbulb? One, obviously, and she has to do it or else it won't get done.

Some extra fun!!!

Complete the Sudoku puzzle so that each and every row, column, and region contains the numbers one through nine only once.

8	5	2		3				
	7		8	3		9		
		3	5		2		8	
	2	9		6			8	
	5			8	9			2
3	1	8					5	
7			5		2			9
9				7	8	5		
5			9			8		3

	6	4	7	1				
1	2				8		3	
3			2			1		6
	1		9	6				3
6	4				1	2		
9		3	4					1
2		6		4				1
		1			6	3	4	
4				3		9		

Just for  J • U • N • I • O • R • S  Just by
Sponsored by Drs. Madhu & Sanat Dagli

Light-Understanding of Brahman as the Ultimate Reality

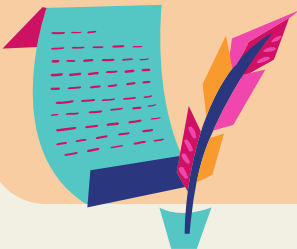
The image that Brahman is the ultimate source of light is useful to understand it as the ultimate reality because light symbolizes positive, hopeful messages. When one thinks of seeing clearly they think of light because in the dark one cannot see clearly. Instead, it is the complete opposite. Therefore, we as Hindus believe that Brahman is the ultimate source of endless light that we must achieve by clearing out all the darkness.

Darkness not only refers to the unclear or unknown, but quite literally bad things in our lives. The Upanishads relay the message that once an individual is able to clear all the impure thoughts or actions that may be polluting their life, all they will see and have to see is Brahman.

Another reason why light helps to explain how Brahman is the ultimate reality is that light is often resembled by happiness and peacefulness. Happiness and peacefulness are both states that are controlled through our senses. Reaching Brahman can require a lifetime of contemplation until we have the knowledge needed to understand how desires and pleasures in life need to be controlled and we cannot have an uncontrolled abundance of them.

In conclusion, light resembles reaching Brahman because all darkness and impure things are removed from our lives. Also, it requires us to manage how we control desires and pleasures in our lives. Light allows a clear sight of the truth.

~ Riyaan Preston Ratliff



If your child has an essay that you'd like us to consider sharing, please send it to us at Iacawesamchar@gmail.com



Join the senior club in their meetings last Sunday of every month. [Subscribe](#) to our mailing list to get the monthly links.

Visit us on



Celebrating our Seniors Citizens

Sunday, May 1, 2022 *JOIN US LIVE! VIA ZOOM*
4:00pm to 6:00pm

4:00pm Prayer

4:15pm Laughing Yoga

*** By Dr. Vinod Shah**

4:45pm Surya Namaskar & Chair Yoga

By Nilesh Raut

5:00pm Senior Participation and Karaoke

If singing with music,

start MeraGana or YouTube on your phone

Please register to sing with shahdinbandhu@gmail.com

Dinbandhu Shah
(914) 693-5845

Lisa Shah-IACAW President
(646) 831-5784

Rohit Patel
(914) 674-0899

Kirit Desai
(914) 693-3929

JOIN US VIA ZOOM:

[HTTPS://US02WEB.ZOOM.US/J/84822647265](https://us02web.zoom.us/j/84822647265)

ENTER MEETING ID: 848 2264 7265 PASS CODE: 978470



JOSHI FAMILY CATASTROPHE FUND



Joshi Family Catastrophic Help Education Fund Availability Notification

Indian American Cultural Association of Westchester is very grateful to announce availability of the Joshi Family Catastrophic Help-Education Fund, fully contributed and set up by

Dr. Anil and Anju Joshi.

If you know any qualifying candidate/s please feel free to refer them to IACAW to apply for assistance.

**Please send a letter of interest / need to:
IACAW - Joshi Family Catastrophe Fund
P.O. Box 358
Dobbs Ferry, NY 10522
OR**

Click [HERE](#) to find out more about the eligibility and grant awarding criteria and to download an application

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- For the next edition, create a "shout out" for someone you want to recognize or celebrate.
- Include your message, graphics and/or photos.
- We want to celebrate everyone so start thinking ahead and email us your creations.
- \$5 per business card size (3.5 in x 2 in).

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967 North Broadway (Level S1)
Yonkers, NY, 10701

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Corner of Ashburton Avenue & Park Avenue
Phone: (914)-964-1010 | Fax: (914)-964-0055

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