



# IACAW

## E-SAMACHAR



2022 • SUMMER EDITION



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

It seems like it was just yesterday that I was writing the Spring edition and eagerly awaiting the warmer climate. Now we are well into the summer months and IACAW is in full swing! We have had several events since the last Newsletter and fortunately, they have all been in-person!

Here's a quick recap of what's been going on since our last newsletter publication. In April, we had the WCSA New York Life Carrom Tournament in collaboration with the Westchester Carrom Sports Association which was quite a hit and we look forward to co-hosting more events with them in the future. In May we had our Kids Talent Show back in person after a two year break. Anyone who attended will agree that these children were spectacular and it was such a joy to watch their smiling faces as they proudly showcased their talents! In July, we all enjoyed some "fun in the sun" at our Annual Summer Picnic. We had fun activities for the whole family and so many lent a helping hand to ensure that the day went smoothly. My personal favorite is always the delicious Indian comfort food that is freshly cooked on site! Finally, just last month we celebrated together along with thousands of attendees at our 22nd Annual Heritage of India Festival. Be sure to browse through this Newsletter to check out some great candid shots from all of these events!

We also had our first in-person Senior Program since the pandemic at the end of August. This was long-awaited and we had a great turnout with a full house! We would greatly appreciate any volunteers who can sponsor these events, so if you are interested please contact us to sign up!

We look forward to several more of our classic events in the next several months. Please take another look at our calendar of upcoming events so you can make plans to attend. Right around the corner, we have Ganesh Chaturthi on Friday, September 9th. And after that we will be celebrating 2 nights of Navratri in October (one of them outdoors) and our annual Diwali dinner in November.. Lastly, on behalf of the IACAW Executive Committee, we'd like to welcome all of our new members and we thank you for your support. We hope you have been enjoying the events so far and look forward to getting to know you all better at our upcoming events. For those whose membership expired last year, please remember to renew. And I can't express enough that 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. We hope you enjoy the Summer Edition of the IACAW E-Samachar. Happy browsing!

Kindest Regards,

Lisa Shah  
2022 IACAW President

# Executive Committee



**Lisa Shah**  
President  
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**Chitra Taneja**  
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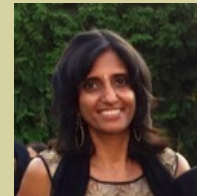
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**Vaishali Bhattacharyya**  
[vabhattacharyya@gmail.com](mailto:vabhattacharyya@gmail.com)

# 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](mailto:IACAWsocial@gmail.com)**



IF YOU HAVE ANY QUESTIONS, CONCERNS, COMMENTS AND IDEAS, PLEASE CONTACT US AT  
**[IACAWESAMACHAR@GMAIL.COM](mailto: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**

**Sat. 9/10**

**Ganesh Chaturthi**

**Sun. 9/25**

**Karaoke Night**

**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!



**IACAW**  
**Ganesh Chaturthi Puja**  
Friday, 9/9/2022  
Royal Palace  
77 Knollwood Rd.  
White Plains, NY 10607

**\*Puja participation: \$101 per thali\***

Registration starts : 5:00 pm  
Puja Ceremony: 6:00 - 7:30 pm  
Mahaprasad/Dinner: 7:30 pm onwards  
[to pre-register \(recommended\), click here](#)

 Dinbandhu Shah: 718-614-1134  
Rohit Pandya: 914-473-6435  
Lisa Shah: 646-831-5784



**Indian American Cultural Association of Westchester**

**SAVE THE DATE**  
**Navratri Nights!**

**10/1/2022** | **10/8/2022**

Continue to visit our  
website  
**IACAW.ORG**  
for more details!



**Indian American Cultural Association of Westchester**  
cordially invite you to

**SAVE THE DATE**  
**Diwali Dinner**  
Saturday, Nov. 5th  
Castle Royale  
92 Waverly St. Yonkers, NY 10701

*The spiritual victory of light over darkness!*

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

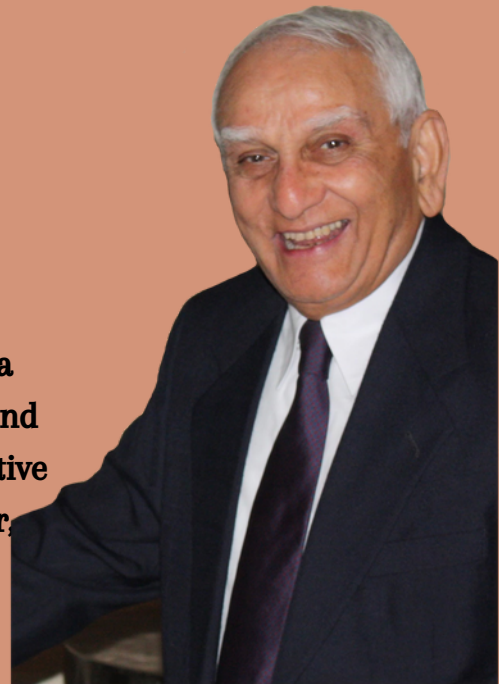


# MEMBER FEATURE



On September 4th, 1970, Raoji Patel emigrated to the United States. Two years later he was joined by his wife and three children.

In 1973 he, along with 5 other families, co-founded the Indian American Cultural Association of Westchester (IACAW). For almost 50 years he continued to serve as a dedicated member and contributor to the association and community. Raojibhai served on the committee with active roles including, but not limited to: treasurer, fundraiser, event coordinator and volunteered in countless events hosted by the association throughout the years.



If you attended Garba, Diwali Celebrations, Award Ceremonies, Fundraisers, you'd always find him present with his larger than life personality, helping to organize, coordinate and socializing with every attendee. He took his role in the association seriously, but did so with positivity, laughter and infectious joy.

The Community and family were of the utmost importance to him. His active leadership in the monthly Indian Senior Citizen Program was instrumental for the seniors of our community, giving them opportunities and platforms to socialize and connect with one another. For this reason, on October 1st, 2017, He was awarded the Lifetime Achievement Award by the Westchester Indian American Senior Citizens Executive Committee.

Raojibhai will always be fondly remembered as a pillar for IACAW, a beloved friend to the community and the heart of a family that was lucky to have him as their patriarch.

If you would like to nominate a member to be featured in our newsletter, please email at [iacawpresident@gmail.com](mailto:iacawpresident@gmail.com)



# PAST EVENTS

Here is a glimpse of our Talent Show, Summer Picnic, HIF, etc...



To see more pictures of events from past years, please visit us on





# PAST EVENTS



Thank  
You

Our heartfelt thanks to all who supported us through their generosity and to many others who were ready to give a helping hand for all our successful events!!





## Wellness Ways



Summer! Like the other seasons, summer has its own characteristic, where for some, it may improve internal harmony, while for others, the intensity of heat may bring a lot of discomfort.

No matter how one experiences the cycles of nature, we can support an improved state of balance throughout the year by making a conscious effort to adjust our habits, routines and dietary choices to accommodate the arrival of each new

season. In order to find your internal harmony with nature/seasons, you must create a balance of the 3 energies that exist in each of us. These energies (Doshas) are Vata (the subtle energy of movement), Pitta (the energy of digestion and metabolism) and Kapha (the energy that forms the body's structure.).



Summer, with the heat and long days is considered a pitta season and so it's important to keep our own pitta levels balanced by staying cool, relaxing and grounding your energy. It is important to recognize some of the pitta-related imbalances, which include: sunburn, hot flashes, exhaustion, acne, and diarrhea. Excess pitta can also manifest as anger, jealousy, and impatience. When any of these symptoms are present in your body and mind, it is time to cool off and bring down your pitta level.

Starting with what we can control, here are a couple of things to consider as a part of your diet during this season: eat small and easy to digest meals to keep the pitta energy (agni - digestive fire) low. It is also important to stay present (grounding) and mindful while eating to savor the flavor and texture of your food thus minimizing the risk of overeating.

During this time, enjoy fresh fruits and salads and it's okay to indulge in sweet dairy products such as milk, butter, ghee, cottage cheese, fresh homemade yogurt, and even ice cream on occasion.

For beverages, you can enjoy cool or room temperature water infused with mint or lime and a little raw sugar, a sweet lassi, cooling herbal teas such as peppermint, licorice, fennel or rose, or an occasional beer. Avoid iced drinks as they disturb the digestive fire and create toxins in the body.



But summer has some vata characteristics as well, so you'll also want to stay hydrated, foster stability, and balance vata's natural expansiveness and mobility with quiet, restful activities. Summertime motivates many of us to focus on improving physical fitness and becoming more active, but make sure to exercise at appropriate times and at an appropriate intensity to avoid overheating and increasing your pitta level. It is best to exercise early in the morning when it is cooler and the air is crisper.

Finally, at the end of the day, right before bedtime, it is important to take slow and deep stretches while taking longer breaths to cool down your physical body and kickstart your parasympathetic nervous system. This will initiate a calming and relaxing response in your body and hopefully mind as well. Sleep on your right side to open your left nostril, which corresponds to the ida nadi, the cooling subtle energy channel.

In conclusion, all these three energies are positive forces in the body, but due to environmental, emotional or physical conditions or stress, they can increase or, less often, decrease beyond what is the appropriate level for our individual constitution. However, becoming aware of any imbalance as the environment, or any other factor, changes in your lives, can help to motivate you to adjust your lifestyle and habits to maximize your life experience.

Written by Vaishali Bhattacharyya



# Recipe Remedies!



**Daksha Thaker**  
IACAW Committee  
Member

Recipe by *Daksha Thaker*

## CUCUMBER RAITA



### Ingredients

- 1 cup grated or chopped cucumber
- 1 ½ cup of thick yogurt
- ¼ tsp salt
- ½ tsp roasted cumin powder
- ¼ tsp ground black pepper
- 2 tbsp coriander leaves (finely chopped)
- 3 mint leaves (finely chopped)
- 1 Green chillies (finely chopped)

### Direction

- Peel the skin off the cucumber then grate it using a grater with large holes
- Place the grated cucumber in a cheese cloth and strain the excess liquid.
- In a mixing bowl, add the thick yogurt and whisk it by hand until smooth.
- Add the grated cucumber, salt, cumin powder, black pepper and mix.
- Add green chillies, coriander and mint and mix,
- Keep the Raita in the refrigerator until ready to serve.
- Garnish with mint and coriander leaves before serving.

*Cucumber Raita is very cooling and refreshing. There are many kind of raitas like Boondi raita, Mint raita, Onion raita. But the Cucumber raita is preferred with biryani or pulao.*



**Rakhee Sikriwal**  
Cooking Contest 2020  
Runner up

## Summer in a Bowl

*Cool salad for any occasion*

### Ingredients:

- 1 Cup each of diced watermelon & cucumber
- 1 Cup of diced (bite size) mozzarella
- ½ Cup each of sliced black olive, boiled corn & black beans
- 1 tablespoon of honey
- Juice of 1 lemon
- 2-3 Mint leaves
- Salt & Pepper to taste

### Method:

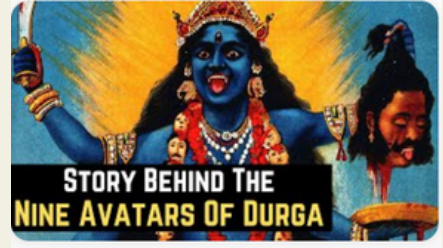
1. Dice all fruits and veggies bite size.
2. Cut the mint leaves small.
3. Mix the honey, lemon juice, salt, and pepper well and keep aside.
5. In a salad bowl, add all the ingredients, drizzle the honey-lemon juice & mix well.
6. Use a dash of red chili flakes or small diced jalapenos to take it up a notch.
7. Serve cold. And if it's the season, use mango instead of cucumber. Yummy!

If you have recipes that you would like to share with our readers, please send them to [IACAWesamachar@gmail.com](mailto: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 every year and we can use your **inspiration & creativity**. Please submit your designs for any of the events listed in our events calendar to [iacawesamachar@gmail.com](mailto:iacawesamachar@gmail.com). We would like to use them for next year. Good Luck!

### E-Samachar Kids Korner

— Logic puzzles! —



Five friends (Allegra, Ben, Clara, Flora, and Zach) are each allergic to something different: pollen, shellfish, bee stings, cats, or nuts.

- Allegra has a food allergy
- Ben can play with his kitten for hours without issue (or medicine).
- Clara's allergy is not related to animals.
- Flora has seasonal allergies.

Can you figure out who is allergic to what?

### At the Farm

Five siblings (one is Fran) live on a farm. Each must perform a chore (including milking a cow) on a specific day of the week (Mon-Fri). If each of them performs a certain task on a given day and at a specific time (either 5:00 am, 6:00 am, 7:00 am, 8:00 am, 9:00 am), from the clues provided below can you determine which sibling performed which task at which time on which day?

Click **HERE** to get the full puzzle and solutions

		Name	Time	Chore
Day	Monday	Adam	5:00 am	Milk
	Tuesday	Carl	6:00 am	Market
	Wednesday	Fran	7:00 am	Corn
	Thursday	Nan	8:00 am	Mend
	Friday	Mike	9:00 am	Eggs
Chore	Milk			
	Market			
	Corn			
	Mend			
	Eggs			
Time	5:00 am			
	6:00 am			
	7:00 am			
	8:00 am			
	9:00 am			

Day	Name	Time	Chore
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			



# Just for J • U • N • I • O • R • S Just by

Sponsored by Drs. Madhu & Sanat Dagli

## Some of India's Freedom Fighters!



Bhimrao Ramji Ambedkar - Father of the Indian Constitution. Ambedkar was also a staunch anti-oppression advocate for Dalits through his politics and writing.



Chandrashekhar Azad (Tiwari) was one of the prominent Indian Freedom fighters. He only lived for 25 years but his life was a dedication to the Indian freedom movement.



Rani Lakshmbai, also known as Rani of Jhansi, was one of the leading figures of the Rebellion of 1857. For Indian nationalists, she became an icon for the freedom struggle against the British Raj for Indian.



Vinayak "Veer" Damodar Savarkar - Often called the "Father of Hindutva", was a freedom fighter, politician, lawyer, social reformer, and formulator of the philosophy of Hindutva.



Tatya Tope (Ramchandra Panduranga) was a leader of the Indian Mutiny of 1857-58, the First War of Independence. Even without any formal military training, he was one of the most capable generals of the rebel forces.



Bhagat Singh - also known as Shaheed Bhagat Singh. Although he died at the young age of 23, he was a national hero of India's freedom struggle against colonial rule. He popularized the slogan "Inquilab Zindabad"!



Mohandas Karamchand Gandhi - Honored as the "Father of The Nation", he is widely recognized as one of the greatest political and spiritual leaders. He pioneered and practiced the principle of satyagraha (non-violence). Not only did he fight for India's independence, he also fought for civil rights and liberties among Indian people.



Mangal Pandey - was one of the key freedom fighters, as well as credited for sparking the Revolt of 1857 (also known as Sepoy Mutiny).



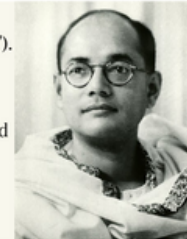
Lal Bahadur Shastri - 2nd Prime Minister of India. He played a pivotal role in shaping India's future and introduced the slogan "Jai Jawan Jai Kisan" (Hail the soldier, hail the farmer).



Sardar Udham Singh was an Indian revolutionary best known for assassinating the lieutenant governor (Sir Michael O'Dwyer) of Punjab



Subhas Chandra Bose (also known as Netaji and "Father of Indian Freedom"). He was an Indian nationalist who revived the Indian National Army, (Azad Hind Fauj). Though not credited as much as he should be, he is considered the most influential freedom fighter.



Indira Gandhi was the 3rd prime minister of India and was also the first and, to date, only female prime minister of India. She was "not a person to be pressured - by anybody or any nation".



Jawaharlal Nehru was the first Prime Minister of India. Nehru developed India as a secular nation true to its thousand years old cultural heritage. He encouraged and supported India's educational advances in technology and medical sciences.



Surya Kumar Sen (Master Da) - He was an Indian revolutionary who led the 1930 Chittagong Armory Raid against the British. Under his leadership, women and young men were inspired to get involved in the independence movement.



Sardar Vallabhbhai Patel - (the Iron Man of India) He was a prominent figure in the Indian Freedom Fight and India's first Deputy Prime Minister and Home Minister. He was instrumental in uniting 565 princely states into a newly independent India.



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

[Iacawesamchar@gmail.com](mailto:Iacawesamchar@gmail.com)



2022 • SPRING EDITION





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



*Celebrating our Senior Citizens*  
**JOIN US LIVE!**

Next meeting is on  
Sunday, September 25th

**3:00pm to 7:00pm**

Some highlights from last meeting...



**Covid Policy: Full vaccination including boosters required to attend this program.**

**We hope to see you all!**





# JOSHI FAMILY CATASTROPHE FUND



## *Joshi Family Catastrophic Help Education Fund Availability Notification-2021*

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**

**Visit [www.iacaw.org](http://www.iacaw.org) to download an application**

## Eligibility & Grant Awarding Criteria

1. The applicant family shall be a IACAW member for at least one full calendar year prior to the catastrophe, for example if a member experiences a catastrophe during FY 2022 the family must be a IACAW Annual or Life member for the calendar year 2021 and must have paid the membership dues by last day of the month of June of the previous year which in this example is June 30, 2021, and
  - a. The "Catastrophe" here means "A sudden death or disaster or misfortune with one or both parents becoming permanently or temporarily disabled which results in the substantial loss of income earning activities either permanently or temporarily as they did prior to the catastrophe".
2. An income earning member of the family has died or became suddenly sick or physically incapacitated for any reason, preventing the member from working and earning the income necessary to support their family, and
3. The family member currently has at least one of their biological/legal child/children enrolled full-time in an accredited undergraduate program in the United States, and
4. The family receiving the grant is eligible to reapply once during the calendar year for the grant when eligible, and
5. The family has submitted a completed the attached Application Form, and [Click HERE](#) to find out more about the eligibility and grant awarding criteria and to download an application
6. The completed application includes all necessary supporting documents that may include, but are not limited to the following: Full time enrollment in a US accredited undergraduate program related supporting documents, Medical or other documents supporting the medical or other catastrophe, out of work/loss of income related supporting documents, previous year income tax returns and current income support to prove the substantial reduction of income impacting the educational support to their biological/legal child/children, etc.
7. The "Joshi Family Catastrophic Help-Education Fund Committee" will determine the final award of up to \$10,000 to the eligible applicant until the contributed fund balance is fully awarded.
8. The "Joshi Family Catastrophic Help-Education Fund Committee's" decision will be final in all matters.



# Excellence in Sports Awards

## 2022 Heritage of India Festival

With support of our life member Pankaj and Swati Desai, IACAW has established a new annual award for excellence in sports in the amount of \$1000.



### The Desai Award for Excellence in Sports

\$1000 Prize will be given  
to the applicant that  
meets all the criteria

### Rubric of Athletic Accomplishments

- Number of seasons played
- Varsity letters
- Team captain
- Excellence on the team (MVP, top scorer, team record holder, etc.)
- Excellence in the League, Division or State levels (awards, champions, recognition by peer athletes or coaches, etc.)

### Eligibility Criteria

- The candidate must be of Indian origin (at least one Indian parent) living in Westchester County, NY
- The candidate must be a junior or senior in high school
- The candidate must have minimum cumulative GPA of 2.5 in high school
- The candidate must be a participant in an individual or team sport sponsored by school or local club
- The candidate must have a parent who is a voting member of IACAW for a minimum of 2 years including the year of application
- The candidate or one of the family members should be present at the award presentation ceremony

**Application should be postmarked by Friday, October 7th 2022**

Applicants should mail a copy of their College Board ACT/SAT/PSAT report(s) as well as brief personal information, accomplishments & future goals to:

IACAW Academic Merit Awards Committee  
P.O. Box 358  
Dobbs Ferry, NY 10522

The IACAW Awards Committee's decisions are final.

**The awards will be presented at the Annual Diwali Dinner on Saturday, Nov. 5, 2022.**



# Academic Merit Awards

## 2022 Heritage of India Festival

IACAW believes in promoting, supporting and sponsoring events that foster literary curiosity and intellectual talents of youth in our community. With this in mind, we are pleased to announce the following awards:

### The Himatlal & Muljibhai Sanghavi Award

\$751 Prize will be given to the applicant with the highest SAT score

### The Muljibhai & Harjivan Sanghavi Award

\$751 Prize will be given to the applicant with the highest ACT score

### The Savitaben & Shantilal Dagli PSAT Award

\$501 Prize will be given to the applicant with the highest PSAT score

## Eligibility Criteria

- The candidate is able to apply for all three awards simultaneously
- The candidate must be of Indian origin (at least one Indian parent) living in Westchester County, NY
- The candidate should be a high school student or just graduated
- The candidate must have a parent who is a voting member of IACAW for a minimum of 2 years including the year of application
- Children of the sponsors are not eligible for participation
- The candidate or one of the family members should be present at the award presentation ceremony

**Application should be postmarked by Friday, October 7th 2022**

Applicants should mail a copy of their College Board ACT/SAT/PSAT report(s) as well as brief personal information, accomplishments & future goals to:

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Pharmacy Hours:  
Monday-Friday: 9AM-7PM  
Saturday: 9AM-4PM  
Sunday: CLOSED

Phone: (914) 999-3199  
LOCATION:  
Within St. John's Riverside Hospital  
967 North Broadway (Level S1)  
Yonkers, NY, 10701

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Pharmacy Hours:  
Monday-Friday: 9AM-6PM  
Saturday: 9AM-2PM  
Sunday: CLOSED

LOCATION:  
2 PARK AVENUE, YONKERS, NY, 10703  
Corner of Ashburton Avenue & Park Avenue  
Phone: (914)-964-1010 | Fax: (914)-964-0055

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