

NATIONAL FEDERATION OF INDIAN AMERICAN ASSOCIATIONS (NFIA)



Serving the Indian American Community since 1980

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VOL. 2, # 8 AUGUST, 2020

INDIA CELEBRATES INDEPENDENCE DAY AT RED FORT DURING SPREAD OF CORONA VIRUS:

The India's Independence Day is on 15th of August. It is the 74th anniversary day of free India. This year we find ourselves in the midst of uncertainties brought on by the spread of Corona virus. But the show must go on. Indians in India as well as in other continents are celebrating the day much differently this year. The celebrations will not have the usual display of pomp and show but the ceremonies will be carried out in a subdued manner, mostly virtually.



Most Indians have known or read the history of India living under the Imperialism and loss of rights and privileges. After receiving freedom, Indians breathed a sigh of relief and started to enjoy simple liberties and the pride of belonging to a free, democratic, and secular country. India is now the most populous democratic country in the world and a young country that has charted a trajectory of development and growth after 190-year-long British rule. On 15th August in 1947, Lord Mountbatten partitioned British India into two new independent nations; India and Pakistan.

India will observe some ceremonies like previous years, the flag will be hoisted at the Red Fort, Prime Minister Modi ji will speak to the nation, some ceremonial activities and display of its strength in military, air and naval progress will be observed, some live and some

digitally. The gathering at the Red Fort will also be limited and more emphasis would be on the virtual transmission of the event.

This year, the military bands will not be showcasing their grand performances live on August 15, but will be performing at different states leading up to the Independence Day. Meanwhile, the Ministry of Home Affairs in India has issued an advisory for Independence Day and asked all states and government offices to "web-cast" their events and celebrations instead of conducting social gatherings in view of the pandemic situation. Most significantly, this year all emphasis is on the Front-line workers and they are thanked for their service to the nation. For many years, the day was chosen for flying kites, having picnics, and a holiday to spend with friends and families. Due to restrictions on large gatherings and maintaining social distance, very few people are invited to attend indoor gatherings. Jai Hind. Drum rolls for India's Freedom Day!!

Angela Anand, NFIA President

MEET AND GREET FOR COUNSEL GENERAL AT SAN FRANCISCO, AMBASSADOR DR. T.V. NAGENDRA PRASAD:

A community welcome was arranged by the Indian community virtually on July 15, 2020. The meeting was arranged at a very short notice with the help of the consulate and the leadership of the Indian community. From consulate in San Francisco, Deputy Consul General Mr. Rajesh Naik and Consul for Community Affairs Consul, Mrs. Sumati Rao also attended this meeting.

Navin Gupta moderated and managed the Zoom meeting. Kewal Kanda first thanked the community leaders who joined the zoom meeting. He then offered a warm welcome to the new CG Ambassador Dr. TV Nagendra Prasad and conveyed him best wishes on behalf of the Southern California Community. Kewal Kanda after introducing himself offered to help the Consul General Office. Also, shared a short bio of Consul General and his background. Which followed self-introduction of all present from the community.



Dr. Prasad had arrived in San Francisco in late June and has resumed the tasks undertaken by his predecessor. Ambassador Dr. Nagendra Prasad before taking over as the Consul General of India at San Francisco, served at the Ministry of External Affairs as Joint Secretary heading the Gulf Division. He joined the Indian Foreign Service in the year 1993 and served in various positions at Indian Missions including Tehran, London, Thimphu, Berne and Ashgabat. He was India's Ambassador to Turkmenistan from July 2014 to January 2018 and then worked in India.

Dr. Prasad thanked everyone for joining the meeting. The CG expressed his elation to join a mission that is the largest not only in USA but in the world. He stated he will have an open-door policy. He promised, should any concerns may arise, he will try his best to resolve them immediately. He concluded by stating once the COVID pandemic is eased he will try to meet with all of the members in the community personally. He offered to answer any question the community may have. He assured the attendees that the situation between India and China at the present time looks calm and controlled. war now. Regarding immigration and the issues pertaining to student population, he said after becoming familiar with the issues appropriate information will be deiminated. He was willing to assist the community with ongoing issues in a timely manner as he gets more established and aware of the needs.

NFIA ARRANGED A VIRTUAL MEMORIAL IN HONOR OF DR. JOYDEB ROY:

A virtual impromptu program was held in the memory of former Administrative Director of NFIA Dr. Joy Deb Roy in D.C. on July 12, 2020. He had served the association for many years selflessly. His service to the non-profit was exemplary. In March, NFIA had held an event, "Building Bridges of Understanding between Generation and Communities" where he was recognized for his several years of community service to NFIA.

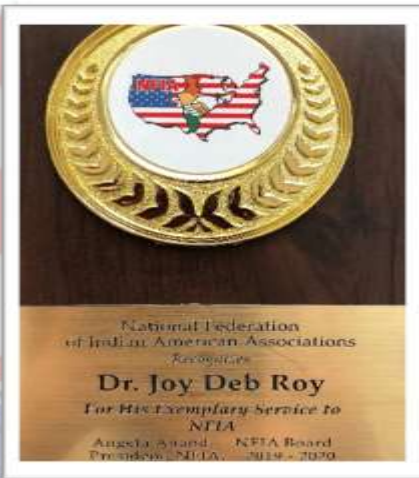
He was an activist and worked for several community-based non-profits for many years. Due to declining health, he was not able to attend in person this event but was fondly remembered. He had never looked for any special recognition for his volunteerism but worked like a true Karam Yogi doing what he thought would help NFIA and other non-profits to meet the needs of growing Indian diaspora.

The program, initially planned to feature local singers and NFIA members with vocal talents was re-organized to offer soothing and spiritual renditions to suit the personality and occasion remembering Dr. Roy fondly.



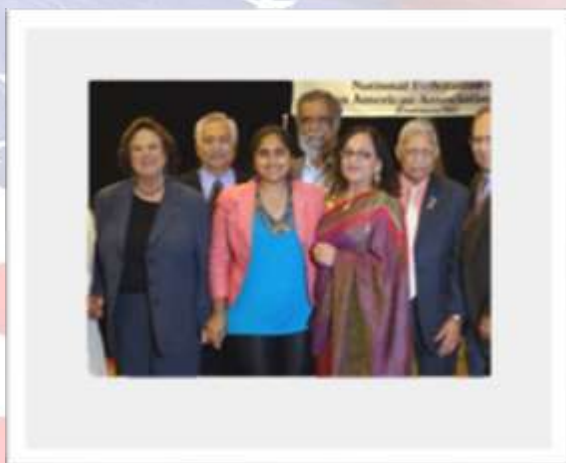
Dr. Roy attended Congressional luncheon held at the Rayburn building and posed for a group photo in 2019. He was so glad to work with his long-time friend Dr. Partha Sarthy Pillai to plan this event, along with Dr. Rajen Anand, for a number of years and wrote numerous letters to law makers to attend the function hosted by NFIA. Each year these dedicated volunteers would work hard in inviting policy makers to listen

to the issues of the Indian Diaspora. He enjoyed doing what he loved the most and that was to reach out to the Congressmen and highlight contributions as well as the hurdles faced by the immigrant community.



Many NFIA stalwarts and leaders from the community remembered Dr. Roy, the activist, author, family man, music lover, a loyalist Indian with political and community interests. NFIA and community members appreciated his contributions to the society and his kindness. His family, son Subash Roy and daughter-in-law Mona Roy were also able to share their thoughts with others who had known Dr. Roy for a number of years during this event.

Those who attended included from NFIA: Dr. Thomas Abraham, Subash Razdan, Niraj Baxi, Ashok Madan, Partha Sarthy Pillai, Sudip Gorakshakar, Kewal Kanda, Yogender Gupta, Ketan Shah, Satheesan Nair, Pooja Thomre, Dr. Sukrit Mukherjee, Raj Razdan, Dr. Hari Har Singh, Ajoy Dube, Vasu Pawar, Lalita Kaul and Angela Anand.



A community leader who shared many years of community activities through several organizations in D.C., Dr. Sambhu Banik, attended and spoke about Dr. Roy with lot of love and admiration. He remembered through Sanskriti and other community organizations he worked with Joy Deb and Satya Roy and admired his devotion to Satya and the family. Dr. Gadasalli recollected his times with his aunt and uncle and sweet memories of spending times together when both of them worked at UCLA and thereafter during Roys visits to Los Angeles very lovingly. Promila Banik, Alka Batra, Ketan Shah and Niraj Palikhey offered musical vocal tribute to Dr. Roy, along with Dr. Sukrit who played table with other musicians.

On behalf of NFIA, Angela Anand, thanked everyone who joined and sang lovingly in tribute to Dr. Roy. She recollected fondly his encouragement to her for leading NFIA and also, she related how he helped a young home-less student who was living with her mother in a car when life took a turn for the worse and family was unable to have a shelter. He offered to help her with a check of \$500 dollars to go to school and spend on books and supplies. (a group photo with her is shared). Angela also shared that she had several conversations with him to do an internship program and a technology meet going forward jointly. She remembered his words of wisdom and encouragement of going alone courageously and said she could always hear him hum

Rabindranath Tagore's words, "Ekla Chalo Re" to ask her to continue on doing good work, even if no one else joins to help. So long Dr. Roy. Rest in peace.

DR. JOYDEB K. ROY – AN OBITUARY PREPARED BY SUBASH ROY, SON OF DR. ROY:

Joydeb Kumar Roy was born on New Year's Day 1934 in Midnapore, West Bengal. Joydeb had a carefree life in Midnapore and told us many stories of picnics, get-togethers, short and long trips, and general fun times with his extended family. He often mentioned his love of food came from this time. He completed his BSc in at Midnapore College before going to Calcutta (Kolkata) to continue his education, completing his MSc at Calcutta University. He managed to shine in his studies despite the loss of his father in 1958, and the family hardships caused by India's Partition. In 1962, he completed a Ph.D. in Physics under the legendary Professor S.N. Bose at the IACS. While continuing his education and fulfilling his duties as the oldest son of the family, he left India and came to the US as a Fulbright Scholar in 1963.



Dr. Roy landed as a Post-Doctoral Fellow at UCLA, where he met his soulmate, the late Smt. Dr. Y.V. Sathyabhama Devi Roy — a woman ahead of her time, who was the match he needed to pursue his love of politics and community. After marriage, they moved to Houston, Texas, where they continued their work at Rice University and Baylor University. Their son, Subhash, was born in Houston during their time there. When the 1965 Immigration Act sent them back to India, they taught at BITS Pilani, during which their daughter Sujata and son Suresh were born before they returned to the US to pursue their careers.

After living in Indiana, North Carolina, and Connecticut, they settled in Gaithersburg, Maryland, where Dr. Roy worked at the FDA Bureau of Medical Devices for over 25 years, providing his invaluable expertise. Dr. Roy balanced his work life with his love of community. Joydebda, as he was fondly known, was a fixture in all things relating to both the Indian and the Bengali diaspora. No matter what organization he founded, headed or touched (NFIA, Sanskriti, AIA, IAFPE, Karuna Charities, FIA, just to name a few) — all who knew him were inspired by his uncompromising dedication to celebrating our culture and heritage while still being a politically engaged American. He was dubbed an "unconditional worker," always doing what needed to be done without expecting any credit and often willing to shoulder all criticisms.

His work laid the foundation for an active, politically engaged diaspora and future generations of activism. His dedication to cultural preservation ensured that Bengalis would continue to celebrate their festivals long after his name is forgotten. While he is no longer with us, we honor him every time we study, go to puja, enjoy or participate in a cultural show, become politically engaged, or become leaders in our communities. He is survived by his children Subhash, Sujata, and Suresh, his daughter in law Mona, and his grandchildren Suraloke, Aavedon, and Jacob, as well as his siblings Ashok, Swapan, Dipak, Namita, and Jayati as well as his many nieces and nephews residing all over the world. All who knew him were blessed, all who were loved by him grieve his loss, all those who loved him carry his legacy.

(By Subash Roy son of Dr. Joydeb Roy)

EXCEL FOUNDATION HOSTS LIFE SKILLS AND SHARING STORIES OF HOPE AND INSPIRATION:

On July 18, 2020, Excel Foundations hosted a Video Conference on Life Skills- Sharing Stories of Hope and Inspiration which focused on people and incidents that gives hope and inspiration to people. The conference was open to the public with speakers and participants age ranging from 5 to 85 years. Charu Shivakumar of Excel Foundations organized this conference with Ramesh Thalli as the Convener. She shared how Excel

Foundations is helping the needy in India by supporting thirty Families with some monetary support through their Covid-19 Relief Project.

Shri Ravindra Prasad, Former Managing Trustee of the Art of Living Foundation and Founder-CEO of WEEFA Mantra was the chief Guest.



Kewal Kanda, Ashok Patnaik, Angela Anand, Ashok Shah, Dr.Sirisha,Srikar, Sumati Arun, Aparna Hande,C. Geetha Sudhakaran, Sunil Kathramalla , Keshav Patel, Anita Morais, Dr, Asmath Noor, Rachana Srivastava, Anita Anandraj, Radhika Patel, Nila Patel were the speakers. Deepti Nandiraju, Arrshan Sa, Aditya Supparapu, Jyosita, Shan Ramani, Rehaan, Dharun Krishna, Sridershani Anandraj demonstrated their creative Music skills. Youth participants were Gaurav Sarangi, Palak Pankaj, Navya Kannan, Nidhi Alle, Supriya Uniyal, Megha Arun, Swarit Srivastava, Jasmin Sivakumaran, Smrithi Rao were the Youth Speakers.

The event involved the community in a collaborative style through video conference. Every participant had an interesting story to share and lift up spirits as positive vibes and hope are the need of the hour during this pandemic. The feedback organizer received was overwhelmingly positive and met the intended purpose of the event.

THE LATEST NUMBERS (AS OF AUGUST 7, 2020) OF CORONA VIRUS CASES AND DEATHS WORLDWIDE – TRENDS IN US, PPE AND FORWARD GOING PREDICTIONS:

The Johns Hopkins Coronavirus Resource Center maintains an ongoing count of the COVID-19 cases and deaths in the United States and worldwide. As of August 7, the tally is:

Total cases worldwide: 19,260,184 (up from 18,897,857 Thursday)

Total deaths worldwide: 718,414 (up from 710,136 Thursday)

Total cases in the United States: 4,918,927 (up from 4,852,749 Thursday)

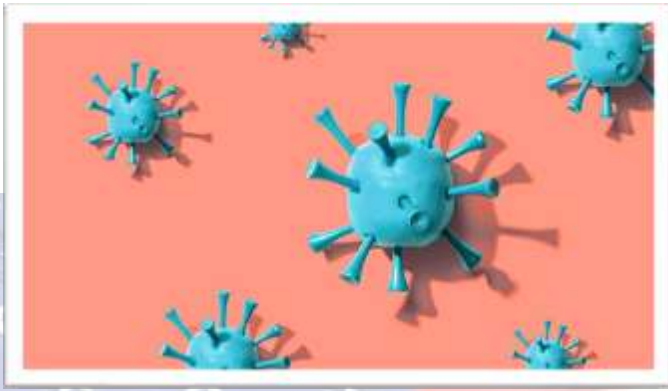
Total deaths in the United States: 160,976 (up from 159,433 Thursday)

The Institute for Health Metrics and Evaluation (IHME) released an updated forecast this week showing that the death toll in America is expected to reach nearly 300,000 by December The scientists added, "Consistent mask wearing beginning today could save about 70,000 lives."

According to a press release this weekend from the White House during a press conference, the following was shared. According to this document, the numbers for Corona virus related cases look good and they are going down. Here, it is quoted partially with trends and financial support for PPE expenditures by the White House based on recommendations of task force and other healthcare personnel.

In the United States, more than 80 percent of jurisdictions report decline in cases. However, many cases are still do not get reported and counted. Lot of testing is happening in all states to keep the numbers down.

Most economies have taken a tumble down and are waiting for a vaccine to get approved soon. The process is long. There is an unprecedented race to develop a vaccine by a pre-determined deadline, nearly 400 medical experts in the States have written to the Food and Drug Administration asking it to ensure that a novel Corona vaccine was approved only after a transparent and rigorous process that was "devoid of political considerations". Hinting the upcoming elections where economy will be one of the determining factors for the candidates. Some companies are in first and second state of testing but it is not known when it would become available for human consumption as vaccines take long time to develop and get approval.



More than half of America's counties report fewer than 20 cases last week. So, if you look at that, more than half of America's counties report fewer than 20 cases last week. But we have to remain vigilant...The southern states that were very strong hotspots not long ago — Arizona, Texas, Florida — continue to show significant improvement, including increased availability of — hospital beds.

Florida is also stabilizing, and statewide positive test rate continues to decrease — from 13 percent on July 23rd, to 8 percent this week.... New Jersey and New

York remain stable with less than 1 percent of emergency room visits due to the China virus — the illness.

...Diabetes is a big problem. Approximately half of all deaths have occurred in nursing homes and long-term care facilities. Most deaths are reported from nursing homes.

The federal government and the private sector have delivered more than 9 million N95 masks, 27 million surgical masks, 3 million face shields, 20 million gowns, and 668 million gloves to New Jersey alone....We provided \$3.4 billion to the state of New Jersey in emergency relief funding....We've also provided nearly \$5 billion to New Jersey hospitals and healthcare facilities.

White House coronavirus advisor Dr. Anthony Fauci says that the chances of scientists creating a highly effective vaccine — one that provides 98% or more guaranteed protection — for the virus are slim. Scientists are hoping for a coronavirus vaccine that is at least 75% effective, but 50% or 60% effective would be acceptable, too, he said. The FDA has said it would authorize a coronavirus vaccine so long as it is safe and at least 50% effective. Private sector is advising that precautions and social distancing must be maintained and most likely work force is expected to work from home and not from the office locations up until first of the year. Some schools are expected to open but some are of the opinion that classroom teaching should not happen and virtual schooling will be a preferred mode of operations but each jurisdiction will have to make their own determinations for the safety of the children and teacher going forward for the school year.

EATING FOR GOOD HEALTH AND VITALITY:

We are living in an uncharted territory during spread of an uncontrolled and infectious virus this year. It has impacted lives of people globally. Worldwide economies are moving downward and unemployment is on the rise significantly. Small businesses have experienced permanent lock down and people dying from this pandemic are in millions across the globe. Government and private sector are engaged in combating the spread of this virus but the entire world is in the grip of this and no vaccine is available to control this virus. Vaccine takes time to be proven safe for human use.

Health and immunity from diseases is on top of many people's mind. Earlier, it was said that older population or population with existing health conditions is at risk and young kids are safe but healthcare agencies are now rethinking these assumptions. First-line workers engaged in care have also succumbed to the havoc caused by this virus. Here are some of the suggestions of credible agencies to guide people for maintaining good health and precaution to prevent themselves and their loved ones from this virus.

National Institute of Health (NIH) has an Eatwell Guide which informs us that what we eat should come from each food groups, foods that are protein rich, foods that are high fiber and are carbohydrates for energy, dairy, and plant foods to meet our daily requirements for maintaining good health. We must eat foods that are rich in minerals and amino acids that are essential elements of a balanced diet. It also states that You do not need to achieve this balance with every meal, but try to get the balance right over a day or even a week. You

should also cut down on saturated fat and sugar and ingest less salt. Additionally, add some form of daily exercise to stay active to feel good in life.



US Department of Agriculture has dietary guidelines and many resources for eating for good health. It suggests that we should aim to get:

- Less than 10% of calories each day from saturated fats Foods higher in saturated fats include butter, cheese, whole milk, meats higher in fat (like beef ribs, sausage, and some processed meats), poultry skin, and tropical oils like coconut and palm oil. Instead, go for foods with unsaturated fats — like seafood, avocados, most nuts, and canola or olive oil.
- Less than 10% of calories each day from added sugars

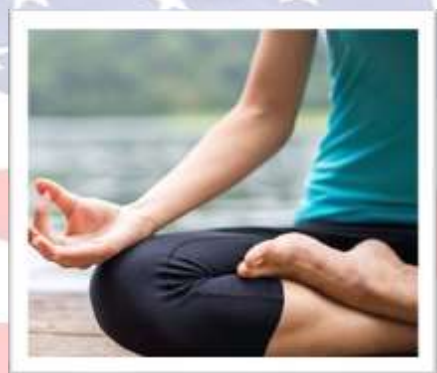
Added sugars are syrups or other sweeteners with calories that are added to foods and drinks when they're being made or prepared. Stick mostly to foods and drinks with naturally occurring sugars — like ones in unflavored milk and fruits — or no sugar at all. Choose water instead of sugary drinks and limit sweet treats like cake, cookies, brownies, and candy.

- Less than 2,300 milligrams of sodium each day for adults and children ages 14 and up (less for younger children) Sodium comes from table salt — but most of the sodium we eat comes from foods that are packaged or served in restaurants. When buying foods in the store, check the Nutrition Facts label and choose the option with the lowest amount of sodium.



To cut down on sodium, cook more at home or ask not to have salt added to your meal when eating out.

Finally, for attaining and maintaining good health, we must rest, relax, have good eight-hour sleep and take care of job, family, and day-to-day life stress. Everyday Health states we must eat mindfully which can prevent us from stress eating. It states that there are many benefits of eating consciously and one big benefit of that is reduced stress.



There are several studies have been conducted and it points out that mindfulness can lower not only stress levels but also emotional exhaustion, depression, and anxiety. A February 2018 review published in Obesity Reviews found that participants who ate mindfully lost an average of 6.8 to 7.5 pounds of weight. Enjoy these and many other health related suggestions from governmental agencies and enjoy good life full of vibrancy. There are many software applications available for physical, mental, and spiritual health. A life in balance is recommended by healthcare personnel, as well as motivators and health coaches. Living in the United States makes it so much easier to pursue goals related to

health and well-being that we should be able to achieve and maintain good health, long and healthy life, and help those who do not have such advantages.

HEALTH CORNER- SOUTH ASIAN FOOD:

RECIPE FOR PUNJABI STYLE CRISPY OKRA - A virtual meeting to walk on the memory lane happened in June and it included lot of sharing, loving and caring. Several NFIA Stalwarts, Board Members and friends joined and shared their father and grandfathers' memories and favorite story or a dish with the group. At this event,

some home cooked food and recipes were demonstrated with the help of video or power point slides. Dr. Sukrit Mukherjee's Shahi Hyderabad lassi was favored and shared earlier and this newsletter, we are highlighting Manju Madan's Okra recipe for good taste and enjoyment. Enjoy cooking Okra and sharing with family and friends.

Ingredients:

- 12 oz frozen okra (bhindi), thawed, preferably fresh if you can find it in the grocery store
- 3 tablespoons oil to sauté okra
- ½ teaspoon whole cumin seeds
- 1 onion, sliced long and thin, depending on quantity increase the number of onions
- 1 Serrano pepper depending on how much heat you like
- ½ inch ginger, sliced
- ¼ teaspoon of Kasturi Methi (fenugreek)
- ¼ teaspoon salt, adjust to taste, as well increase quantity based on the quantity of Okra



Instructions:

1. Rinse okra, and slice them into rounds. Spread them out onto a paper towel to dry while you prep the remaining ingredients. The okra must be completely dry.
2. Heat 2 tablespoons of oil in a pan over medium-high heat.
3. Next, add salt, turmeric and serrano pepper.
4. Cook Okra for 10 minutes, or until the Okra is somewhat cooked and then add onions when all ingredients begin to brown. Then add ginger and Kasturi Methi and mix well.
5. Reduce heat to medium and add the remaining 1 tablespoon of oil
6. Stir-fry for 10-12 minutes or until the okra is dry and fully cooked and brown.
7. Enjoy with your family with the Indian roti/chapatis.

SOME NEWSWORTHY INFORMATION – RAM TEMPLE IN AYODHYA:

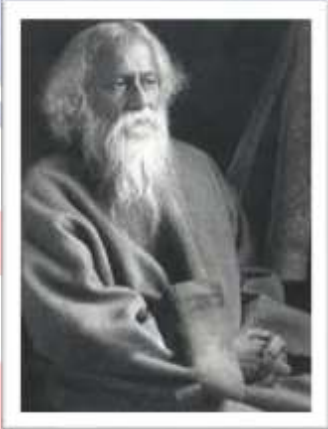
A story in the New York Times reported that Prime Minister Narendra Modi on Wednesday set the ceremonial cornerstone for a new Hindu temple at the site of a destroyed mosque in Ayodhya. The dispute related to the land where the temple is being constructed was going on for decades. Finally, the courts ruled in favor of the Hindus and thus the foundation for this has taken place now. Millions of Indians watched the ceremony on television or on social media. But because of the coronavirus pandemic, the gathering in Ayodhya itself was more muted than originally planned, with the crowds kept away.

SUE GHOSH STRICKLETT- AN ATTORNEY IN PRIVATE PRACTICE TO HEAD ASIAN OPERATIONS OF USAID:

President Donald Trump has tapped an Indian-American lawyer to head the Asian operations of the United States Agency for International Development (USAID) as its Assistant Administrator. She has lot of experience in national security law and foreign affairs. Daughter of immigrant parents from India, Sue Ghosh Stricklett has over twenty-five years of experience in National Security Law and Foreign Affairs according to a White House announcement. On confirmation by the Senate, she will head the Asian bureau of the US agency primarily responsible for administering civilian foreign aid and development assistance with an annual budget of \$27.2 billion.

LEGACY OF INDIAN NOBEL PRIZE WINNER – RABINDRANATH TAGORE:

A Nobel Prize winner of literature who walked on earth and left a legacy of rich writings left his mortal body on August 7, 1941. Nobel Laureate Rabindranath Tagore, was born in Kolkata, India, on May 7, 1861. He died at the age eighty. He was educated at home; and although at seventeen he was sent to England for formal schooling, he did not finish his studies there. He founded Brahma Samaj and was particularly known for social reforms. He also founded, a model institution, Shantiniketan, a school based on vedic ideals of education. He authored many great works and was revered by India and abroad for his high ideals, writings and interest in humanity. He authored essays, poems, dramas and sketches. He composed music and painted. India and Indians feel proud that he was a great gifted Indian who left numerous writings for others to read for inspirations.



Where the mind is without fear and the head is held high
Where knowledge is free
Where the world has not been broken up into fragments
By narrow domestic walls
Where words come out from the depth of truth
Where tireless striving stretches its arms towards perfection
Where the clear stream of reason has not lost its way
Into the dreary desert sand of dead habit
Where the mind is led forward by thee
Into ever-widening thought and action
Into that heaven of freedom, my Father, let my country awake.

“Clouds come floating into my life, no longer to carry rain or usher storm, but to add color to my sunset sky.”
— Rabindranath Tagore, Stray Birds

“If you cry because the sun has gone out of your life, your tears will prevent you from seeing the stars.”
— Rabindranath Tagore

Rabindranath Tagore’s literature is rich and full of hope, faith, love, and inspiration and for us to enjoy.

NFIA is a 501c (3) association. NFIA’s newsletter aims to inform and to mobilize the Indian American community nationally. It was founded four decades ago and has been continuing to work with the community organizations in large metropolitan areas of the United States. Your suggestions on topics of interest and NFIA’s member organizations activities and projects can be featured here and circulated with the help of this communication tool. Please let us know if you like to receive the newsletter by giving us your best email address. Editor: Angela Anand, angela_anand@yahoo.com Contributions to this issue were made by the following individuals. Contributing Members: Administrative Director, Kewal Kanda, Ashok and Manju Madan, Charu Shivkumar, Rani Kustoo, Subash Roy, and Angela Anand, credit to USDA, NIH, Cancer society, New York Times and photo credit to Indian consulate in San Francisco.
