

NATIONAL FEDERATION OF INDIAN AMERICAN ASSOCIATIONS (NFIA)



Serving the Indian American Community since 1980

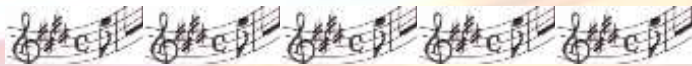
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TIS THE SEASON TO BE JOLLY....



Christmas, celebrated around the world, is an annual and religious holiday. The 25th day of December is designated the day of the birth of Jesus Christ. Christmas Day is a public holiday in many countries and is celebrated by a majority of Christians, as well as culturally by many non-Christians. It is the most popular holiday of the year all around the world. The White House gets each year more and more tastefully decorated.



The traditional Christmas narrative, the Nativity of Jesus, delineated in the New Testament says that Jesus was born in Bethlehem, in accordance with messianic prophecies. When Joseph and Mary arrived in the city, the inn had no room and so they were offered a stable where the Christ Child was born, with angels proclaiming this news to shepherds who then spread the word.

For those interested in knowing all about this must visit the museum of bible in Washington DC. This museum is housed in a state-of-the-art building with exhibits, artifacts restored, and live theatre in the corridors of this multi-story structure. The museum also has several formal seating theatres as well as auditoriums for events in this upscale and beautifully designed building that has an eatery and live garden on the roof of the building. Although the month and date of Jesus' birth are unknown, the church in the early fourth century fixed the date as December 25. This corresponds to the date of the winter solstice on the Roman calendar. It is exactly nine months after Annunciation on March 25, also the date of the spring equinox.

Most Christians celebrate on December 25 in the Gregorian calendar, which has been adopted almost universally in the civil calendars used in countries throughout the world. Due to a season that is understood as the time for gift-giving, the holiday has become a significant event and a key sales period for retailers and businesses. Children and adult look forward to giving and receiving gifts over a celebratory dinner of many courses of food.

Angela Anand, NFIA Immediate Past President, Editor of the newsletter

I-75 - AZADI KA AMRIT MAHOTSAV PLANNING MEETING HELD IN ARTESIA CA:

An inclusive Committee representative of the diaspora community from the Los Angeles was formed to celebrate India's 75 years of freedom under the leadership of Kewal Kanda earlier this year. Mr. Kanda, who has been in leadership positions in several community organizations for years and has organized community events in the area has already done one event in August.



Next event is planned for January 22, 2022 at Cerritos Center for performing Arts (CCPA) in Cerritos, CA. The theme for this event is Vibrant India. The planning for this event is under way. At Buttery Bites in Artesia, CA, a planning meeting took place on Friday, November 19, 2021. The committee, at this dinner meeting, very enthusiastically discussed all the logistics, proposed location, and elements of the contract, as well as contingencies and the cultural presentations under various committees.



This committee includes members from various local organizations such as GOPIO-IE, GOPIO-OC, FIA, NFIA, VHPA-LA, Excel Foundation, Step2StepUp, Global Peace Foundation, Inc, Rajput Association of America, Brahman Samaj of North America and some more. It is referred as India@75 Core Committee for Azadi ka Amrit Mahotsav, it is a registered entity with County of Los Angeles as DBA under GOPIO-LA, a Non-Profit (501-©-3) organization.

Also selected on this committee were, Anju Garg – Chairperson of GOPIO-LA as Treasurer, Rani Kuusto as Secretary, and Harkishan Vasa

as Jt. Secretary. India@75 has already completed the first leg of its planned four programs. India's 75th Independence Day was celebrated on August 14, 2021 at Joy of Sharing Community Center in Norwalk, CA. The theme for this event was Modern India.

NFIA ANNOUNCED A SLATE OF OFFICERS FOR THE YEAR 2022 WITH ENTHUASM:

In a special meeting held on December 3, 2021, an oath was administered to all the incoming officers by Dr. Thomas Abraham, the individual who has been the founder of NFIA and GOPIO, amongst many others for the last forty-seven years. He is current chairman of GOPIO International.

The new officers will be assuming their respective positions in January, 2022. The next newsletter will have more detailed information regarding the Executive Committee and the members of the board, along with all the chairs of committees and the chairman of the Foundation. Until the end of the month, the current president, Ajoy Dube, will preside meetings and activities and then hand over the responsibilities to the new leader of NFIA and will assume the role of Immediate Past President of NFIA. More information to follow next month. The three-member committee concluded the results of elections and welcomed the new officers this month and included two former presidents, Sohan Joshi, Subash Razdan, and Admin Director Hari Har Singh.

NFIA DIRECTOR AT LARGE FROM SEATTLE WAS HONORED FOR HIS COMMUNITY INVOLVEMENT BY THE MAYOR OF REDMOND CITY:



Redmond is home to a diverse population of residents, employers, workers and community members and the community strives to be welcoming and inclusive for the greater Redmond and the region.

Mr. Reddy is an entrepreneur and owner of Quadrant Resources with 500 employees and also runs Saibaba temple. Quadrant Resource is a global provider of IT services, products, and solutions to the client across diverse industries. The company is known as a "Cloud & Data" company involved in building and delivering managed services for technology projects.

He is elected president of the National Telangana Telugu association for the year 2022. NFIA family congratulates him and wishes him more success in all areas of his life.

PRESIDENT OF NIAASC, A MEMBER ORGANIZATION OF NFIA, MS. GUNJAN RASTOGI WAS HONORED WITH GOOD SCOUT COMMUNITY AWARD:

The Theodore Roosevelt Council, Boy Scouts of America hosted its premiere fundraising event of the year, the Good Scout Awards Dinner at the Crest Hollow Country Club in Woodbury, N.Y. The Dinner celebrated distinguished civic and business leaders for their outstanding contributions toward cultivating a diverse and progressive Long Island.



Among this year's esteemed honorees at this dinner was, NFIA Regional Vice President, representing the New York area, Ms. Gunjan P. Rastogi, CEO UniversaCare. She is an entrepreneur, community leader, philanthropist and social worker known for her dedicated service to the community. She was awarded Good Scout Community Award.

This exclusive cocktail and dinner event will benefit the local Scouting program, providing education and youth leadership training for more than 6,500 youth in Nassau County, including the Scout reach program, which ensures that all young people can join Scouting, regardless of their circumstances, neighborhood, or ethnic

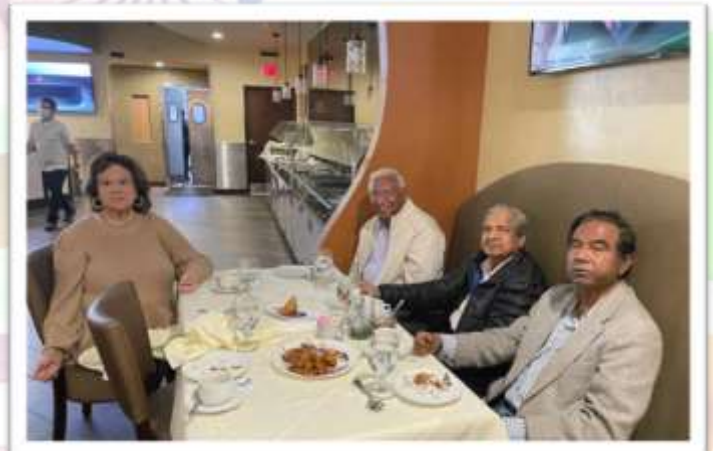
background. It was a grand success and 80,000 was raised for the program.

DURING THANKSGIVING HOLIDAYS, NFIA FAMILY IN LOS ANGELES, GOT TOGETHER TO HAVE AN EARLY HOLIDAY SOCIAL DINNER:

To have a no agenda tea as well as dinner, served with affection for the NFIA family members, at Artesia, CA was a treat enjoyed by all those who were able to join. A spirit of solidarity, community, and a sense of belonging to an affinity group was present at this dinner. Though it was late yet the Little India was still full of shoppers enjoying an atmosphere that reminded them of their roots and the culture that they left behind but those cherished memories still linger on in their psyche.

Diaspora relishes Indian cuisine, but fusion food of Wok and Tandoor, that too served elegantly by the staff of the restaurant with good ambiance was much appreciated by all at the dinner. This was initiated by former

president and Director at Large, Sudip Gorakshaker and Vice President of NFIA, Ashok Patnaik. Those NFIA family members who were able to join included Immediate Past President, Angela Anand, NFIA officers and members, Aparna Hande, Dr. Sukrit Mukherjee, Charu Shiv Kumar, Kewal Kanda, Lata Ahir, and Jatin Patel.

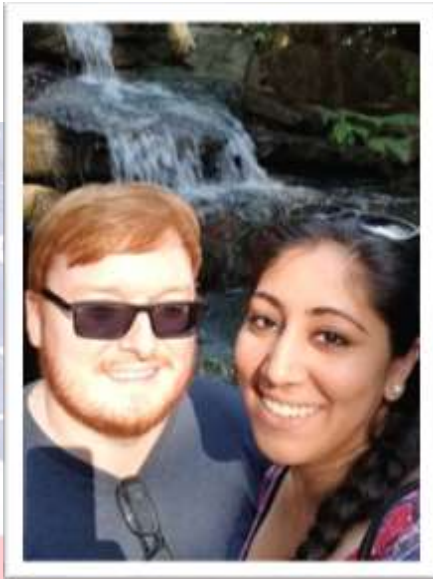


The dinner was preceded by a tea at Ashoka restaurant, also in Artesia, which is also known as Little India. Some individuals who were not able to join dinner also wanted to be together for no agenda just a feel-good meet included were: NFIA President, Ajoy Dube, Immediate Past President visiting CA, Angela Anand, Mr. Deedwania, Dr. Sukrit Mukherjee, Kewal Kanda, Malik Banda, and Ms. Pooja Thomre. After dinner several from the group were able to join the dinner at Wok and Tandoor. A sense of community, a sense of joy, and an opportunity to share interests and discover new interests as well as create trust and the desire to cultivate friendship was evident at both restaurants. There was a feeling of belonging which permeated at these small fireside gatherings.

WEDDING BELLS RANG JUST BEFORE THANKS GIVING HOLIDAYS AT PRESTIGIOUS UPSCALE BEL AIR CLUB OF PACIFIC PALISADES:

Bel -Air Bay Club in Pacific Palisades CA, overlooking the Pacific Ocean in the backyard of this sprawling 1920's Mediterranean-style mansion, with sounds of waves, swaying palms, and rustling winds, the daughter of Ashok Madan, former President of NFIA, Meena Madan, tied the knot with Ian Richard. It was a beautiful setting when the two families joined together to perform the Hindu wedding with the blessings of the priest, who was reciting Sanskrit mantras, when the couple took the wedding vows in the presence of family and friends.

The guests to attend wedding came from Britain, East Coast, as well as from the West Coast to welcome the newly-weds and besides family there were a few friends of parents of the bride who joined the celebration.



The entire estate, with courtyard, dining room, and reception area was beautifully decorated for guests to mingle and enjoy food and social interactions. The courtyard equipped with gas heaters and fire place added to the ambiance when sliders were passed on for guests to enjoy their favorite drinks and munch on snacks. The groom's family and the bride's family changed their outfits for the reception along with best man and bride maids to enjoy several courses of elaborate dinner and the newly wed posed for photos with family and friends.



The wedding was a great experience for the guests and the family members to socialize and enjoy. NFIA family wishes good luck to the newly-wed couple and congratulates the Madan family.

DIWALI WAS CELEBRATED WITH LOT OF MUSIC AND DANCE IN ANAHEIM, CA WITH ACCOMPLISHED VOCAL AND PERFORMING ARTISTS:

The Federation of Indian American Association and United Indian Association of America celebrated Diwali on Oct. 30, 2021 in Anaheim. The commemoration began with Ganesh Puja citing Lord Ganesh Vandana. The event kicked off with DJ music by Kush, Bollywood and kathak dances fusion by participants of various age groups from local dance academies. People from different communities, many of them from the Indian American groups, packed the Pearson Park and later on the gathering was emersed totally in live Bollywood music featuring Time Music India artist Bhavana Chawla and Time Music and T-Series artist RAM Tahsildar.

These artists attracted the crowd and made them come to the dance floor to dance. Emcee Mansi Mehra and Seema Arora engaged the guests and made this event more remarkable and unforgettable.



Americans across the country observed October as the Hindu Heritage Month. The FIA and UIAA initiative of Hindu groups welcomed by guest of honors- Anaheim Mayor Harry Sidhu, Supervisor Don Wagner, Lake Forest Mayor Scott Voigt and Irvine Member Anthony Kou. Harry Sidhu and Scott Voigt issued proclamations to FIA and UIAA, and acknowledged the contributions of this Indian American community in the US. Proclamation was received in person by some community members including NFIA President Ajoy Dube and Board Member Ishwar Deedwania for their contribution to the Indian community. Greeting the gathering, Mayor Harry Sidhu lighted the lamp. In his speech, Mayor Harry Sidhu congratulated Indian community for their contributions to USA. One minute silence was observed for those who were killed during recent attacks on Hindus in Bangladesh.

DURING CHRISTMAS HOLIDAYS IT MAY BE DIFFICULT TO KEEP UP HEALTHY HABITS BUT IF YOU PLAN AND USE PLANT BASED CUISINE, YOU CAN STAY ON HEALTH GOALS:

Beet Root & Moringa Leaves Roti

Submitted by: Dr. Sirisha Potluri, a physician who uses plant-based diet to help patients with weight and diabetes like health problems.

Beets increase nitric oxide production in our body. When you eat plant foods, many of the pigment phytonutrients that act as antioxidants in your body (such as lycopene and beta-carotene) are absorbed into the bloodstream and bathe your organs, tissues, and cells. Here's a simple recipe using grated beets and moringa leaves!

Ingredients:

1. ½ cup whole wheat flour
2. ½ cup cassava flour
3. 1 cup grated beets (microwaved for 3 minutes)
4. ½ cup moringa leaves thinly chopped
5. Spices (½ tsp ginger garlic paste, ½ tsp red chili powder, ½teaspoons turmeric, pinch of black pepper)
6. Water as required

Directions:

1. Mix all the above ingredients adding water little by little and form a dough. Keep it covered for 20-30 minutes.
2. Later make roti putting flour on the surface so that the dough won't stick.
3. While cooking the roti, use a wet towel to pat on the roti so that extra flour comes off.
4. Always cover the cooked roti with a dry napkin or towel on them so that moisture won't form.



Nutrition Info:

Calories 65
 Total Fat 0.4g
 Saturated Fat 0g
 Cholesterol 0mg
 Sodium 70mg
 Total Carbohydrate 14.6g
 Dietary Fiber 2.2g
 Total Sugars 1.7g
 Protein 1.4g

Nut-Free Chocolate Bark

Ingredients:



- 1 cup dairy free dark chocolate chips
- 2 Tsp date sugar
- 1 cup roasted chick pea half's (roasted channa dal)
- 1/4th cup toasted sesame seeds
- 3-4 cardamom pods (we will be using the seeds)

Instructions:

- Start by adding your dark chocolate chips to a microwave safe bowl.
- Melt your dark chocolate chips in the microwave in 30-second increments, stirring really well each time until melted completely. Make sure to not heat it too

much, usually, 1:30 to 2 minutes does the trick!

- Now add date sugar in and mix well (if the chocolate chips you are using already has sugar, we don't need to use date sugar)
- Next, add roasted channa dal and sesame seeds to the bowl. Leave a Tsp of sesame seeds aside to sprinkle on the bark.
- Stir well until the chick peas and sesame seeds are coated in chocolate.
- Next, line a plate with parchment paper or wax paper and pour the chocolate, chickpea mixture onto the plate. Use a spatula to spread the bark into an even layer. Then sprinkle, sesame seeds and cardamom seeds on top of the bark. Put your bark in the freezer for about 20 minutes. Once it has hardened, use your hands to break it into smaller pieces. Keep this stored covered in the refrigerator. Enjoy!!

INDIA MOURNS THE DEATH OF GENERAL BIPIN RAWAT- THE DECORATED GENERAL WHOSE HELICOPTER CRASHED THIS WEEK:

In a shock to the Indian military, its most senior serving soldier, Chief of Defense Staff General Bipin Rawat, was killed in a helicopter crash on Wednesday as he was flying to give a lecture at the Defense Services Staff College (DSSC) in Wellington, in Tamil Nadu.



Rawat was very popular and enjoyed accolades for his acumen and was chosen army chief in 2016. Three years later, he was chosen as the first tri-service Chief of Defense Staff, bringing for the first time the army, navy and air force under a single umbrella. His untimely death has Indians very sad. Diaspora and general population of Indians are pouring sympathies for the families of those who traveled with him in the helicopter that crashed. NFIA family prays for the departed soul of the General Rawat. May God give rest to the departed soul and comfort and peace of mind in this hour of grief.

UNITE AND CELEBRATE THE INDIAN CULTURE- DIASPORA ENGAGED IN SUSTAINABLE COMMUNITY EFFORTS IN CHICAGO:

THE NATIONAL INDIA HUB- COMMUNITY CENTER WITH 26 ROOMS, including 3 large rooms for small events and cultural classes, 3 conference rooms, Charity Clinics, Studio, Youth Activities and many more at the central location of Greater CHICAGO (Downtown Schaumburg) was inaugurated by the Secretary of State Jesse White, Congressman Raja Krishnamurthy and effective Community leaders. Doors will be open for everyone from January 1st 2022.



This revolutionary concept center will be a HUB for Passionate Volunteers to provide a variety of services and opportunities, including:

- ◆ Free Screening Clinic- Accessible to everyone, including visiting parents and the uninsured.
- ◆ Mental Health support
- ◆ Diagnostic Center
- ◆ Support for domestic abuse survivors
- ◆ Recreational center for Senior Citizens
- ◆ Legal & Immigration Support
- ◆ Emergency Travel
- ◆ Employment Support & Training Center

◆ Internship Programs

◆ Centers for the performing arts, which will focus on Celebrating Indian culture through Dance, Music, Art, Drama Acting, Yoga, and Meditation by reputed institutes.

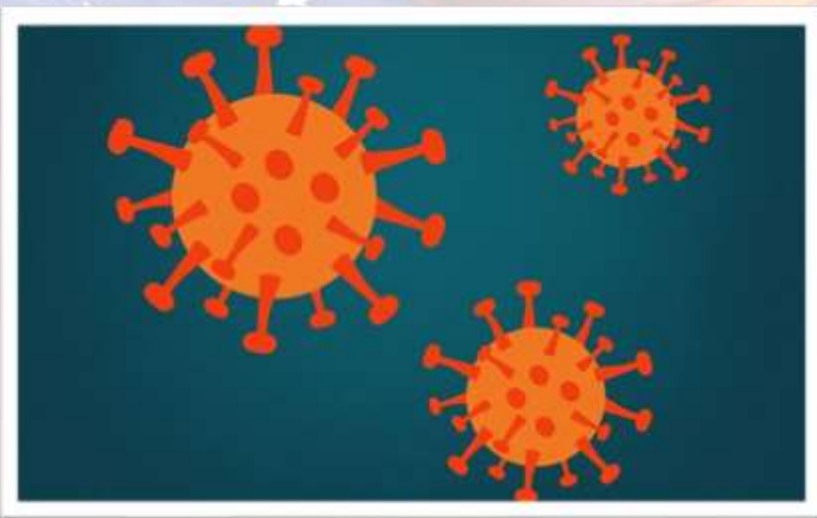
Partnering with eminent and effective organizations like CMS - Chicago Medical Society, S.C.A.R.F, Sanjeevani, Mandala Arts, Mandi Theater, Nritya Natya Academy and many more in the pipeline. The community is working on having a professional and systematic process to run INDIA HUB by meeting all the State & Federal guidelines.

JOIN US@ www.IndiaHub.org/JoinUs

NATIONAL INDIA HUB is an initiative of NCAIA, NRI SEVA Foundation, and several partner organizations who formed INDIAN TASK FORCE to support the community in response to the COVID-19 pandemic and the challenges that many Indian Americans faced.

STATISTICS AVAILABLE ON CORONA AND CDC REPORT ON THE VIRUS:

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 12:55 a.m. on December 11, 2021, the tally is:



Total cases worldwide: 269,168,292
Total deaths worldwide: 5,295,491
Total cases in the United States: 49,833,439
Total deaths in the United States: 796,792

There are several variants of the original virus and the latest one is called Omicron and it originated in Africa. Omicron is now in at least 23 states. On Thursday, state health authorities revealed that Iowa had recorded its the first case of the omicron variant, making it the 23rd state in the nation to detect the highly mutated variant, according to USA Today.

A report published by the Centers for Disease Control and Prevention (CDC) on Friday said that among 43 omicron cases with initial follow-up in the first week of December, one hospitalization and no deaths were reported.

Another piece of information related to the virus is that that the delta surge has been driven by a combination of the late fall's colder weather, holiday gatherings, increased travel, and pandemic fatigue. It is said that although more than 200 million Americans are now fully vaccinated, more than 35 percent of eligible Americans, including 28 percent of adults, it does not include the children are still aren't fully inoculated.

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: GOPIO former treasurer and NFIA's Administrative Director II, Kewal Kanda, NFIA Regional VP, Gunjan Rastogi, Charu Shivkumar, president of Excel; President Elect NFIA, Lavanya Reddy; President of NFIA, Ajoy Dube, NFIA Director, Dr. Sukrit Mukherjee; Sirisha Potluri, M.D., NCAIA chairman, Harish Kolasani; and Editor of NFIA newsletter, and former president of NFIA, Angela Anand; and also credited for information here are Everyday Health, John Hopkins data base and analysis of Covid done by USA today and report of CDC on virus.