

# NATIONAL FEDERATION OF INDIAN AMERICAN ASSOCIATIONS (NFIA)



**Serving the Indian American Community since 1980**

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**VOL. 2, # 10 OCTOBER, 2020**

## **GENESIS OF HALLOWEEN, AN EVENT OF SAINTS AND SPIRITS, OBSERVED IN AMERICA- GUIDANCE FROM CCD REGARDING COVID -19 AND HALLOWEEN:**

Each year young kids look forward to Halloween in the month of October. They pick a comic character or some ghostly character to dress as and walk the neighborhoods with bags or pumpkin lanterns to collect all the treats they possibly can during the evening. Some young ones come with their older siblings or parents and knock on doors rhyming with their group in unison "trick-or-treat". Many children watch parents do carving jack-o-lanterns. They love to get into festive gatherings, donning their favorite costumes, and eating all the treats of goodies they collect. It is a fun day for them.



Halloween is celebrated on the night of October 31. It is mostly observed in the United States and in Canada. For Christians it is the eve of All Saints' Day, which begins the three-day observance of All Hallows' Eve. This covers the three days – October 31 (All-Hallows Eve or Hallowe'en), November 1 (All Saints) and November 2 (All Souls). Halloween's roots can be traced back to Celtic culture in Ireland. According to their "Druid" religion, November 1st was New Years' on their calendar. The celebration would begin on October 31st, and last into the following day. The spirits of all who died in the prior year, would rise up and roam the

earth on this night. This is an evil night when spirits roamed the streets and villages. Lord Samhain, the lord of Darkness, would arrive in search of the spirits to take them to the underworld. Halloween as it is currently celebrated takes its custom from Druid Holiday.

All Hallows' Eve is a Christianized feast influenced by Portuguese harvest festivals and the religious belief of the people that the barriers between the physical world and the spiritual world breaks down during this festival allowing more interaction between humans and inhabitants of the Otherworld. The celebration was largely forbidden among the early American colonists, however, during 1800s there developed festivals that marked the harvest and a mix of elements of Halloween. When large numbers of immigrants, including the Irish, came to the United States, in the 20th century Halloween became one of the principal U.S. holidays, particularly among children.

Families must check the rate of spread of Covid 19 in their communities before kids and grandkids go out for trick-a-treat. Check local guidelines and make children wear masks that will protect them sufficiently. Please note that the CDC has officially advised against traditional trick-or-treating in light of the coronavirus pandemic. Happy Halloween!

*Angela Anand, NFIA President*



## **DIASPORA AND FESTIVALS OF NAVRATRI AND DURGA PUJA DURING 2020 – WHEN SOCIAL DISTANCE IS ADVISED AND LARGE GATHERINGS ARE NOT FEASIBLE:**



India is a land of many religions, languages, and a great number of festivals. The month of October is a month of holidays that are not observed on one day but extends to number of days in this month. Previously, many metropolitan cities here in the United States of America, where the Indian American population is large, have been celebrating these festivals with celebrities dining, singing, and community dancing over many days. Now, to maintain social distance of six feet, and use mouth coverings, as well as to wear the finer traditional outfits for these

festivals appear to be posing an unprecedented challenge. Guidance is safety over festivity.

Navratri is a 9-day Hindu festival celebrated for happier times and in offering prayers to the supreme goddess Durga. It is then followed by Dussehra. People pray for good life, compassion, wisdom and prosperity. Durga Puja is celebrated for a period of 10 days, the most popular festival for Bengalese. They decorate the deity figurine with beautiful clothes and jewelry and blow horns and through fragrance to make people dance in ecstatic state of mind in full on devotion to the goddess.

Goddess Durga is known as the universal protector and is believed by devotees that she is the one deity who protects us from evil spirits. Navratri is celebrated 5 times a year as per Hindu traditions. The nine incarnations of Durga are as follows:

1. Maa Shailputri
2. Maa Brahmacharini
3. Maa Chandraghata
4. Maa Kushmanda
5. Maa Skand
6. Maa Katyayani
7. Maa Kaalratri
8. Maa Mahagauri
9. Maa Siddhidatri

In India, where devotees of deity wait all year round to hold special festivities this year are instructed to follow standard procedures and guidelines drafted by the Ministry of Health and Family Welfare. The goal remains the welfare of the citizenry.

In the United States of America, there are State and Federal guidelines for social gatherings which is in addition to healthcare agencies. Center for Disease Control and Prevention (CCD) says avoid close contact and social distancing is very important. Outside your home: Put 6 feet of distance between yourself and people who don't live in your household. Remember that some people without symptoms may be able to spread virus. Stay at least 6 feet (about 2 arms' length) from other people. Keeping distance from others is especially important for people who are at higher risk of getting very sick.

## **CELEBRATIONS OF 151ST BIRTH ANNIVERSARY OF MAHATMA GANDHI:**

The 151st Birth Anniversary of Mahatma Gandhi was celebrated at the Embassy of India, Washington, DC on October 2, 2020. In the morning, Congressman Gregory Meeks, and Ambassador of India Taranjit Singh Sandhu paid floral tributes at the statue of Mahatma Gandhi at the Gandhi Plaza. Separately, Congressman Meeks spoke of the relevance of Gandhi's message to the world and said "Mahatma Gandhi is such a man who made a difference not only in India but around the world. It was his leadership, his thoughts, his actions that inspired Dr. Martin Luther King, Jr."





In the afternoon, a virtual event was organized to mark the conclusion of the two yearlong Gandhi @150 celebrations. During the event, 17 Congresspersons from various parts of the United States delivered messages on the importance of Mahatma Gandhi's life. Ambassador Sandhu addressed the event and said: "The Mahatma Gandhi Memorial that stands tall in front of the Embassy today is a testimony to the ideals that India and the United States share, the values that we cherish." The event also featured a message from Srimati Karuna, Director of the Gandhi Centre in DC, and special performances from various artists in the US and the India. On 1st October, the Embassy held a virtual Gandhi Katha session (narration of stories of Mahatma Gandhi) with Dr. Shobhana Radhakrishna, which saw the participation of more than 9000 persons.

Many Celebrations of Gandhi Jayanti were held in Metropolitan Cities by Consulates and the Community. This year the celebrations were smaller, some were outdoor and some were virtual by the Consulates and attended by the community and special guests. The tribute to Gandhi ji was inclusive of music, speeches by politicians, and address of the Indian Consul Generals all across America. New York, Chicago, Atlanta, Houston, Los Angeles, San Francisco, and many other cities where Indian population is large showed respect to Gandhi ji by offering wreaths and respect for the Mahatma, a great soul, who showed the way to achieve freedom without violence.

### **MAHATMA GANDHI JAYANTI & INTERNATIONAL DAY OF NON-VIOLENCE DAY CELEBRATION IN SOUTHERN CA:**

Excel Foundation USA in association with VHPA-LA, GOPIO-LA, UFICA, NFIA, SARGAM-LA, Rajput Association of America, and many local organizations celebrated Mahatma Gandhi's 151st Birth Jayanti and International Day of Non-Violence, virtually, on October 3, 2020. The program was moderated and managed by founder director of Excel Foundation USA, Charu Shivakumar. Program was attended by international community from India, Trinidad & Tobago, and USA.

Program was opened with a prayer by Usha Shritha from India. Prof. Keshav Patel of VHPA-LA delivered the Introductory message. The keynote speakers for the evening included Dr. Abhaya Asthana, President – World Hindu Council of America and Hon. Ambassador Dr. T.V Nagendra Prasad, Consul General (CG) of India in San Francisco. Dr. Prasad told the audience that they had just concluded two days celebration of Gandhi Jayanti in San Francisco followed by Khadi Fashion show by local designers. As we all know Khadi was very close to Gandhi ji's ideals. It was a great opportunity to celebrate particularly by Indian Community in USA. Dr. Prasad said, Gandhi ji inspired many leaders all over the world like Martin Luther King, Congressman John Lewis, and President Barack Obama. Gandhi is a global citizen. He predicted global warming 100 years ago, said Dr. Prasad.

Many prominent speakers, local and international, spoke about Gandhi's teachings, his vision for the World with no war, his belief in Ahimsa (non-violence), his world known quotes, his views about education, his message from Quit India Movement in 1942, Kasturba Gandhi's influence on him, and praised Gandhi ji's contributions and sacrifices in achieving India's independence from British rule. The beauty of it is; he did it without picking up a weapon. Program included patriotic songs, classical dances by kids, and bhajans. The highlight of the program was the "ELIKE youth debate" by young teenage students about the Violence VS Non-Violence. It was an interesting and educational virtual meet that everyone enjoyed listening to, speaking about, and knowing about Mahatma Gandhi whose influence on leaders is well known throughout the world. Gandhi ji's popular quote "Be the change you want to see" is quoted by many to inspire the youth.



## **MENTAL AWARENESS AND SUGGESTIONS OF CELEBRATING HOLIDAYS – BY NCAIA ADVISOR DR.**

### **BANIK:**

The first week in October is Mental Illness Awareness Week. It was established in 1990 to recognize the efforts of the National Alliance on Mental Illness to educate and increase awareness about mental illness related issues in society. There has always been a need to recognize human emotions and how people feel trapped if situations become beyond their control. The anxiety and sadness permeate and people become melancholic. They isolate themselves and this withdrawal and hopelessness sometimes leads to suicide and abuse of drugs and use of alcohol to escape from unpleasant feelings.



A well-known psychologist, a community organizer, a retired professor, Dr. Sambu Banik, who was in private practice in DC and had worked with patients dealing with anxiety, fear and isolation commented on the current Covid related situation and several holidays upon us.

COVID-19 is such a dreadful virus that it has affected every part of the globe creating severe anxiety, fear, panic, depression, violence of various kinds, economic disasters, and unemployment. Some degree of anxiety is healthy as it prepares one to take preventive measures like following CDC guidelines such as using face masks, social distancing, hand washing as well as proper sleep and relaxation. But one must be careful that anxiety does not become chronic leading into panic conditions.

Soon many festivals such as Rosh Hashana, Yom Kippur, Navaratri, Durga Puja, Halloween, Dussehra, Thanksgiving, Dia de los Muertos, Christmas will be upon us and the question is how we can celebrate and enjoy without jeopardizing the health and safety of family and guests. Festivals are meant to enjoy. It is an avenue to connect and create structure in one's life with children grandchildren, relatives, family, friends and loved ones.

One cannot live like a hermit or caveman. Many Indian organizations have decided to have Navaratri get together or Durga Puja in Virtual without any social contact. Individually one can have Diwali celebration at home with limited number of people with precautions. As it is the custom to wear new or colorful dresses during Navaratri, Durga Puja and Diwali, it will be an opportunity to wear some colorful dresses which had been hanging in one's closet for the past seven months, decorate the house or part of the house with Alpana or colorful Rangoli and prepare some special dishes. Decorate your dining table with flowers, candle lights and serve food in special China, play some music and enjoy the ambiance. One can take some photos and share with friends and relatives. For outdoor, one can wear sweater and use heater gas lamps. Thanksgiving this year will pose additional anxiety as many will visit their parents or relatives by flying for several hours inside a packed plane full of people. Many States have demanded that people coming from hot spot states quarantine for two weeks. It is everyone's hope that soon there will be a vaccine available and COVID will be destroyed by Durga, the SHAKTI.

### **VIRTUAL CONSULAR CAMP – LOS ANGELES AREA:**

Global Organization of People of Indian Origin – Los Angeles Chapter (GOPIO-LA) and Consulate General of India, San Francisco, in coordination with National Federation of Indo-American Association (NFIA), Rajput Association of America, and local community organized a Virtual Consular Camp on Saturday morning, September 26, 2020. This virtual camp was held on a video platform "VoxMeet", developed by an Indian IT Engineer Sandeep Kumar. This consular camp was, by large, a great success. There were 89 people logged in at the peak that was way more than what was expected by organizers.



The camp was attended by Hon. Consul General Dr. T.V. Nagendra Prasad, Deputy Consul General Rajesh Naik and consulate staff including Passport, Visa, OCI, and Misc. Services officers. The video meet was moderated and managed by Navin Gupta. Kewal Kanda, GOPIO-Int'l Treasurer welcomed and thanked the audience for their attendance and then introduced CG Dr. Prasad. Dr. Prasad in his address thanked GOPIO-LA for organizing the event and assured the audience that the consulate staff are doing their best to provide the necessary services under the trying situation of COVID-19. He said, San Francisco mission covers eleven states in the western United States that is the largest area not only in the USA but in the world. He also thanked the audience for tuning into the virtual camp.

After the introduction of DCG Rajesh Naik by GOPIO-LA president Rajinder Dhunna, and introduction of local chapter presidents by GOPIO Area Coordinator for SoCal and past president of NFIA, Ashok Madan, the virtual floor was opened to audience for questions. People asked various question covering regular visas, emergency visas, OCI cards, passport renewals, and Vande Bharat Mission. DCG Naik and his consular staff satisfactorily answered all kind of questions relating to emergency travel to India, travel restrictions, Covid-19 conditions in India etc. DCG Naik also assured the audience of providing the best possible services under the circumstances. He told, people with green cards, and OCI cards do not need any special permission to visit India. However, he said, all visa are still in suspended status until further notice. Anyone without OCI card or green card must seek special permission or emergency visa to travel to India. He suggested that people can email to him or any staff member for any of their questions, including questions related to emergency visas, that they need answers for. They will do their due diligence to respond as quickly as possible. The meet ended with GOPIO-LA secretary Rani Kuusto delivering the vote of thanks to Consulate Staff, organizers and the community for participating.

### **IT IS THE SEASON FOR PUMPKIN SPICED LATTE AND SUMPTUOUS FOOD FOR GASTRONOMIC GRATIFICATION:**

For coffee drinkers, it is the season to order delicious Pumpkin spiced latte from Starbucks Cafe and for some real gourmet coffee drinkers a time to order extra invigorating espressos & mouthwatering macchiatos. For Indians it is the tea time with clove, ginger, and cinnamon brewed with milk and sugar and served piping hot. These help to take care of the extra calories consumed during fall season festivities. There are many holidays this month and these often include family, friends, and delicious rich foods. Here are some recipes to make festivities extra special, courtesy of NFIA officers. Enjoy.

### **STIR FRIED CHICKEN GARNISHED WITH FRESH HERBS, GREEN ONIONS, AND SERVED WITH OR OVER RICE:**



#### **Ingredients for Stir Fried Chicken**

- 1 lb. boneless skinless chicken breast or thigh
- 3tbsp vegetable oil
- 1 chopped onion
- 1 tbsp cumin seed
- 1 tsp ginger powder
- 1 tsp red chilli powder
- ¼ tsp turmeric powder
- Salt to taste
- Cilantro and green onion for garnish



## Method

Cut fat off chicken and cut into small pieces  
Wash chicken and leave aside in a colander to drain water  
Heat oil in a frying pan

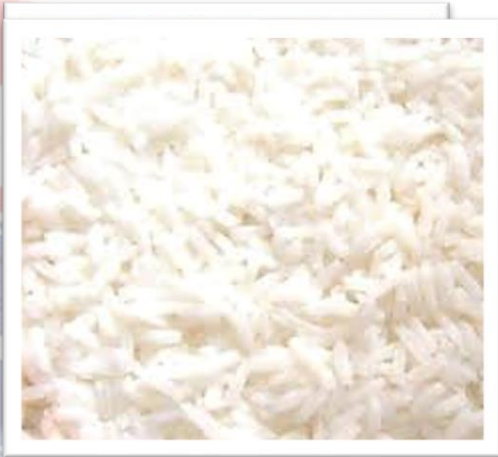
Add chopped onions and cumin – saute onion on medium low heat  
Add chicken and stir fry approximate 10 minutes or until onion and chicken turn brown  
Add all spices and salt and add little water and cook until water is absorbed and chicken soft  
Garnish with cilantro and some spring onions

For serving stir fry chicken to served for lunch or dinner, here is the recipe of Rice.

## Ingredients for Plain Rice – cooked Indian Style

2 cups of long grain basmati rice  
2 cups, can be just less than 2 cups if the rice is soaked before cooking  
Few frigs of cilantro and a spoon of ghee or butter after it get cooked to be used over the rice when they are hot and ready to be served

## Ingredients for Rice when cooked Asian Thai) Style



2 cups of jasmin rice  
1 cup of water  
1 cup of coconut milk  
For garnishing  
1 tsp lemongrass stalk finely chopped  
Or buy prepared lemon grass leaves  
1 kaffir lime leaf to give your dish color and fragrance

Lalita Kaul, President, Janki Ganju Educational Fund Inc.  
Professor, Author

## **BHATURA (FRIED FLAT BREAD), CHANA (CHICKPEAS), AND DAHI BHALLAS (DUMPLINGS IN YOGURT):**



### Ingredients for Bhatura

2 cups of all-purpose flour  
¼ tsp of salt  
2 tbsp semolina or suji  
4 tbsp yogurt  
1 tbsp oil to gather the dough  
Slowly add water to mix ingredients and make a pliable dough  
Let the dough rest for 2-3 hours  
Divide the dough into smaller portions as balls to flatten individually  
Smear a bit of oil as you are flattening them to avoid sticking to board  
Deep fry in a medium hot oil

NOTE: video of this was shared with NFIA members on Father's Day event



All north Indians love rich food. The food may be loaded with calories but it is made with so much love, fresh, and wholesome ingredients that it is not only a family favorite but also a popular dish ordered in restaurants, hotels, and also on street shops (dhabas) by those people who enjoy a combination of three finger licking following items.



The bhatura looks very much like puri but it tastes different. Puris can be made with whole wheat but bhatura is usually made with the all-purpose flour, some suji, and yogurt and the dough has to be somewhat firm but not too firm. Many people add baking soda and baking powder. You can also use eno fruit salt, if you prefer that over baking soda and baking powder.

Special notes for making bhaturas are that before you fry, let the dough rest for some time and finally the Oil has to be medium to

hot for them to get cooked inside and fluff quickly. If the oil is cold they will not rise up quickly and will be hard and not soft.

### **Ingredients and Method for Making Chana**

2 cups of chickpeas

Pressure cook until they are fully cooked, soft but not mashed

Add salt according to your taste

You can also use black salt and regular salt half and half

Add 1 tsp Red chilli

If you want color add turmeric or if you want like pindi chole do not then chana will be dark brown



1tsp garam masala, 1tsp cumin powder, 1tsp coriander powder to hot oil  
Mix the mixture along with some amchur (mango powder or tamarind in small water mixture)

Chanas are ready to serve

You can garnish chana with giner cut into small strips, onions, as well as green chilli, and of course cilantro frigs.

### **Ingredients and method for yogurt dumplings**

1 cup of moong dal made into a batter with some water

1 tsp salt

1 tsp carrom seeds





Make small individual balls or flat one whatever look you like  
Fry them until brown and then drain them on parchment paper to dry  
When balls are cooled down, dip them in hot water to drain some oil  
Squeeze the water out and put them in plain yogurt diluted with water or milk.

Now serve all three items that go together in Punjabi home cooking and enjoy with either spiced tea or salty or sweet yogurt drink to enjoy the Punjabi food explosion. You are guaranteed satisfaction and good nap.

Angela Anand, President, NFIA, Author, Food Lover

### **WEIGHT LOSS STRATEGY FOR WHEN WORKING FROM HOME:**

After eating to your heart's content, if you want to eat and drink sensibly, here are some ideas to lose the extra calories with light wholesome home cooked food. Try simple vegetable soup and 15 grain bread slice for lunch or light dinner. What does this soup contain- onion, garlic, ginger, Mexican Squash, chow Chow, Turnip, Celery, Carrot, Beans purple Cabbage, Green Chilies, coriander leaves, mint leaves with some salt, pepper and lemon juice. Way to go says Charu Shivkumar!



Vegetable soup is not only filling it provides good nutrition also. Generally speaking, bread is carb but the 15 grains in it make it wholesome. Indians eat a large variety of vegetables which is good for losing weight. Store bought bread is now available which is fortified with vitamins and variety of grains that satisfy the appetite.

Ingredients listed on wrapper of Pepperidge farm made with 15 grains include the following:

whole wheat flour, water, sugar, wheat gluten, sunflower seeds, wheat berries, yeast, contains 2% or less of: oats, soybean oil, pearled barley, rye, triticale, salt, corn grits, sugarcane fiber, calcium propionate and sorbic acid to extend freshness, buckwheat, millet and amaranth flours, flaxseed and brown Rice

Meals, Whole Quinoa, Sorghum and Spelt Flours, Monoglycerides, DATEM, Soy Lecithin, Whey.



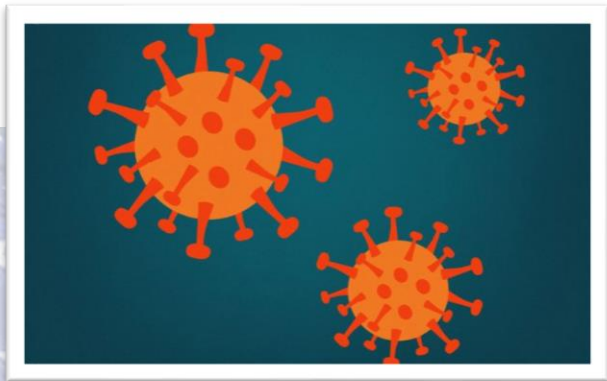
There are many resources available on Internet on losing weight. Additionally, there are public and private healthcare agencies that post information regularly. Balanced food is recommended by all reputable web sites. The plate concept was advocated by the United States department of Agriculture, Center for Nutrition and Policy.

Charu Shivkumar, president, Excel and Jasmin Foundation

### **THE LATEST NUMBERS (AS OF OCTOBER 9, 2020) OF CORONA VIRUS CASES AND DEATHS WORLDWIDE – AND SYMPTOMS OF FLU AND COVID:**

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 October 9, the tally is:





Total cases worldwide: 36,706,213 (up from 36,349,500 Thursday)

Total deaths worldwide: 1,064,420 (up from 1,058,698 Thursday)

Total cases in the United States: 7,645,302 (up from 7,586,904 Thursday)

Total deaths in the United States: 213,360 (up from 211,492 Thursday)

Total recovered: 25,510,557

On Thursday, October 9, 2020, Dr. Anthony Fauci who has been at the front and center of the U.S. response to COVID-19 during a fireside chat at UC Berkeley in California said that, "The examples of people not wanting to wear masks, or not believing that if you just go in a crowd you're not going to get infected or if you do get infected it's going to be meaningless because it's a trivial outbreak. Well, how could it be a trivial outbreak if it's already killed 211,000 people in the United States and a million people worldwide?"

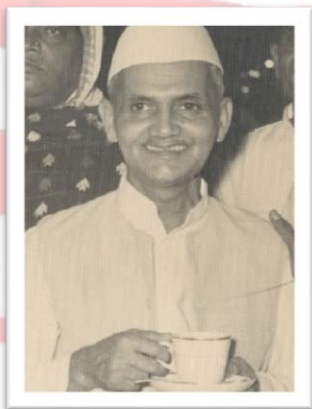
When asked about situation becoming normal, his response was, that it will become normal by saying, "Will people have to wear masks? Yes, likely. I would imagine if we get a good vaccine now, that we could have some degree of normality in the third to fourth quarter of 2021."

Anthony Stephen Fauci is an American physician and immunologist who has served as the director of the National Institute of Allergy and Infectious Diseases since 1984. White House has a team on Corona virus and it is headed by Vice President Pence. Globally, a safe vaccine is eagerly waited.

### **IN MEMORIAM – LAL BAHADUR SHASTRI, SECOND PRIME MINISTER OF FREE INDIA:**

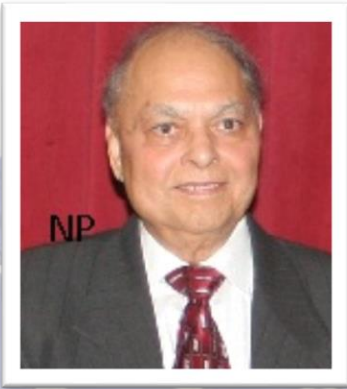
**Lal Bahadur Shastri**, was born on October 2, 1904 and died on January 11, 1966. He received Bharat Ratna posthumously. He promoted the White Revolution – a national campaign to increase the production and supply of milk – by supporting the Amul milk co-operative of Anand, Gujarat and creating the National Dairy Development Board. Underlining the need to boost India's food production, Shastri also promoted the Green Revolution in India in 1965. This led to an increase in food grain production.

(Profile and image from Wikipedia, image attributed to the courtesy of Mani Ram Bagri.)



Lal Bahadur Shastri was born to Sharada Prasad Srivastava and Ramdulari Devi, sharing his birthday with Mahatma Gandhi. He studied in East Central Railway Inter college and Harish Chandra High School, which he left to join the non-cooperation movement. He worked for the betterment of the Harijans at Muzaffarpur and dropped his caste-derived surname of "Srivastava". Shastri's thoughts were influenced by reading about Swami Vivekananda, Gandhi and Annie Besant. Deeply impressed and influenced by Gandhi, he joined the Indian independence movement in the 1920s. He served as the president of Servants of the People Society (Lok Sevak Mandal), founded by Lala Lajpat Rai and held prominent positions in Indian National Congress. Following independence in 1947, he joined the Indian government and became one of Prime Minister Nehru's key cabinet colleagues, first as Railways Minister (1951–56), and then in numerous other prominent positions, including the Home Minister.

## **REMEMBERING INDER SINGH ON HIS BIRTHDAY (OCTOBER 1, 1932 – SEPTEMBER 27, 2019):**



A community leader and former President of NFIA, and one of the founding members of the GOPIO. He worked tirelessly for the Indian community. NFIA remembers him fondly for his community work and he is missed by all. He devoted lot of his time after retirement in writing about Ghadar and people of great repute. He also founded an association that rewarded Indian students for their accomplishments.

## **REMEMBERING JAGJIT SINGH WHO PRESENTED GHAZALS IN A DIFFERENT STYLE OF HIS OWN:**



Jagjit Singh, born Jagmohan Singh Dhiman (February 8, 1941 – 10 October 2011), popularly known as "The Ghazal King" or "King of Ghazals", was an Indian ghazal and bhajan singer, composer and musician. He sang in numerous languages and is credited for the revival and popularity of ghazal as well as bhajan. Jagjit Singh passed away in 2011 due to brain hemorrhage. Music enthusiasts will remember him always for his great contributions to music.

## **HAPPY BIRTHDAY TO TWO ICONIC ACTORS OF INDIAN CINEMA:**

Two talented actors who have done exemplary work for Bollywood and continue to do so are getting one year older this month. NFIA sends greetings of happy birthday to movie industry giant **Amitabh Bachan** and to talented actress **Bhanurekha Ganesan** (popularly known as **Rekha**.)

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**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](mailto:angela_anand@yahoo.com) Contributions to this issue were made by the following individuals. Contributing Members: Administrative Director, Kewal Kanda; President of Excel and Jasmin, Charu Shivkumar; Dr. Sambu Banik, Advisor NCAIA; and President NFIA, Angela Anand. Also credited for information here are Everyday Health, Pepperidge Farm Co., John Hopkins data base, Indian Embassy Washington DC, Wikipedia, and Ms. Shashi Agarwal for photos.**

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