

NATIONAL FEDERATION OF INDIAN AMERICAN ASSOCIATIONS (NFIA)



Serving the Indian American Community since 1980

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MEMORIAL DAY HONORS ITS FALLEN HEROS IN A SUBDUED WAY:

This year due to spread of Covid-19 nationally and globally, events that are observed with dedication, outdoor activities, and special related ceremonial parades in honoring the fallen service men have been hampered. American people's spirits and desire to be with a family member to honor them posthumously and remember their sacrifice in serving the country has taken a subdued posture. Some men are serving the nation now and deserve a thank you but that may not happen fervently as travel is restricted and people want to be socially responsible.



Traditionally, each year Memorial Day is observed in remembering those fallen soldiers by visiting their graves with wreaths. Some families may do so this year and some may do so from home and remember a member of the family who made the ultimate sacrifice in giving up his or her life to save the country's honor and freedom - in isolation. This year does not have the same zeal as in the past due to restrictions of maintaining social distancing. People are adapting gracefully to forced changes in the interest of their family's welfare and safety. Most families are carrying on their activities in a modified way this special day to suit

the prevalent conditions. A military funeral for a fallen soldier is observed with a beautiful ceremony but in reality, it is a sad affair for those families who have lost their family members. Those service men and women who have left this earth, their memories will live in the hearts of their families for forever, however, collectively they may not get memorialized this year.



President Trump and First Lady Melania Trump visited Arlington National Cemetery and Baltimore's historic Fort McHenry; honoring fallen military members. They placed the wreaths. Incidentally, this is also the kick-off of the summer season.

It is a three-day work week for many, in regular times there will be many get together, this year that is also not possible as people are under stress monetarily. Economically, for tens of millions of people there is no celebration this year as many have been laid off and small and medium size companies have been forced to shut down their businesses. Media has been reporting that people standing in lines to file for these benefits has been long and at its highest level since the Great Depression. Federal Reserve Chair Jerome Powell and all others assessing the current situation think that prospects for a recovery is dependant on containment of this virus which remains unclear at present.

Angela Anand, NFIA President

HONORING FATHERS AND GRAND FATHERS ON FATHER'S DAY:

In almost all cultures father is the head of the family. He protects the family, earns for the family, and sets parameters of family's honor and principles. Mothers always are known as the nurturer but father knows the best as they are considered wiser, practical, and disciplinarian. In 1980's there was a situation comedy that was doing re-runs of this "All in the Family" show which was created by famous writer Norman Lear and was televised on CBS. The protagonist of the show was Carroll O'Connor – character name Archie Bunker who was portrayed as head of the family who had opinion on everything and was challenging and insulting to his wife, daughter, and daughter's boyfriend. He was rude to everyone but the whole household was accepting his opinions and comments which he delivered eloquently while sitting on a lazy chair. The comedy show had won many awards for entertaining the public.



It was a comedy and the show very smartly showed the dominance of a father and it made people laugh about his silly and cruel remarks to everyone. Literature and art reflect the values of the society. He was an epitome of male power. He was an outright bigot and full of himself. Anyway, comedy aside, now the times and values have changed, however, the reality remains that fathers are the shoulders that kids stand on. Fathers are important in a family structure and they provide the family its structure and sustainability. Fathers are the heroes of their children. Children follow in their footsteps. They adopt their principles and worship them for their contributions to their lives. They mostly emulate them knowingly or unknowingly.

Daughters are fond of their fathers as they can get more favorable treatment in comparison to their brothers who are trained to develop ethics of hard work. Sons are trained to provide for their family sufficient income to enjoy comfortable lives. Daughters love their fathers and have the privilege of the dance with their fathers at their weddings. The sons get to dance with their moms and enjoy the happy occasion. Here is one Indian movie star, Priyanka Chopra who professed her love for her father by getting his name tattooed on her wrist – "Daddy's Lil Girl".



Our NFIA family fathers and grandfathers are highly educated. They are loving family men with strong values for which they are revered by their families. A few of them are featured here. Some are present board members and some who have served NFIA responsibly.

Yogender Gupta, Vice President, with his grand daughter and grandson. The expressions speak about the love they share.



Dr. Parthasarthy Pillai, former NFIA president with his sons. His sons are now grown and Pillai family is enjoying their grand kinds. Next in the picture is Dr. Sukrit Mukherjee, NFIA 's Systems Director with his son and daughter.

NFIA's Executive Director, Kewal Kanda, with his wife and two granddaughters. He recently was in India and was too glad to be

featured with his granddaughters in NFIA publication.



Next to Kanda's family is former NFIA President, Mr. Lal Motwani, with his wife, son, daughter, all spouses and three grandchildren. A photo of three generations.



With three daughters seated on sofa is NFIA former president, Ashok Madan. It is believed that daughters generally profess their love for their fathers and mothers and always want the best for them before and even after marriage. Curiously, have you ever wondered and wanted to know why there is a father and daughter and mother and son dance in weddings of our adopted country.

Originally the first dance was reserved for "the moment when the father led his daughter, the

bride, onto the floor," as wedding historian Susan Waggoner puts it in oddly romantic terms. Originally, the father/daughter dance came before the first dance as an extension of the "giving away" as well as the dowry—the father would demand a final dance before giving their daughters to their new man (often a stranger). Then the bride and groom would have their first dance. Today, however, the newly married couple typically

shares the first dance, followed by father-daughter and then mother-son dance. Traditions also get modified with the passage of time. Next photo is of Regional Vice President Amrik Kamoh with wife, daughter, and grand kids. These are just a few members of NFIA family photos available for this publication.



Right beside the Royal family photo is of another Regional Vice President, Gope Gidwani and his son, and the photo speaks about their love for each other. Fathers are special and remembered as the kids heroes.

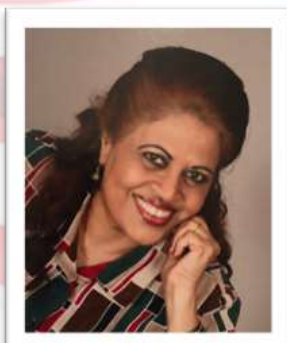
It was a moving scene where in the British royal wedding, in the absence of Megan Markle's father, Charles, Prince of Wales and father of Prince Harry, and future father-in-law of Meghan brought the bride to the altar. Again, the role and significance of a father in a family structure is very important. All these traditions and ceremonial roles are defined for a reason by all societies.

FRONT LINE WORKERS RECEIVE HONOR IN UNITED STATES FOR MAKING A DIFFERENCE IN THE LIVES OF COVID-19 PATIENTS DURING NURSES APPRECIATION WEEK:

It has been a difficult year for healthcare workers. The physicians and nurses have done credible job in treating patients with dedication. Due to spread of Corona virus, these professionals have been in trenches. This may have been the most difficult time of their career when compassion and care for the patients was needed abundantly. They were the only people who patient's family trusted for the care of their loved ones as the family could not be physically present.

Here is a shout out for NFIA family members who chose nursing as their profession and worked hard for many years before retiring in this country. Mrs. Ann Pillai, Ms. Aparna Hande, and Ms. Soruba Kuusto who have

successfully fulfilled their desire to serve and they deserve honorable mention here. They deserve to be recognized by NFIA family for their dedication to nursing.



Mrs. Pillai is a former president of FIA, ICC, and FOKANA and she has volunteered for several other organizations before she had a fall while helping a patient in a rehab facility. This fall ended her nursing career as she broke her back. She is now retired. Aparna Hande, profiled earlier in the NFIA newsletter, is a recipient of 'Women of the Year award' In 2012, from 56th District, of CA. She said, we have the opportunity to pause and recognize our fellow nurses during Nurses week. Nursing is a rewarding profession and I consider myself fortunate that I chose nursing as a career. I am proud to be a nurse.

The World Health Organization (WHO) has designated 2020 as The Year of the Nurse and Midwife. This year is also the 200th anniversary of Florence Nightingale's birth (founder of modern Nursing).

Ms. Soruba Kuusto, who attended NFIA convention in VA in 2018, along with Ms. Hande, are the two delegates of Jasmine Human Service, founded by Mrs. Charu Shivkumar. Mrs. Shivkumar, president of Jasmine, is also a healthcare worker, a speech therapist, and a great community leader with varied interests. Soruba "Rani" Kuusto, from California is a nurse who also has been recognized as a Woman of the Month in March 2019 by Professional Organization of Women of Excellence for her outstanding achievements and high level of success in the field of healthcare. Let us clap for these professionals who, even after retirement, has continued to make difference in the lives of others through their volunteer community work.

AMPHAN CAUSED LOT OF DAMAGE IN WEST BENGAL AND COASTAL AREAS:

May 21, 2020, a super cyclone hit West Bengal and area near Bangladesh impacting approximately 300, 000 people who live in the coastal area including Orissa. Parts of West Bengal and Orissa (also known as Odisha) states in India, and areas in south-west Bangladesh, bore the brunt, with winds gusting up to 115mph. It has caused lot of damage and at least 72 people have died in West Bengal state, and 12 deaths have been confirmed in Bangladesh. The damage to property including Kolkata airport is estimated at 13 billion dollars.

National Federation of Indian American Association (NFIA), an umbrella association, has expressed its concern and sympathy for the people who have been affected by Amphan. NFIA is also appreciative of the efforts of the Central Government of India and the efforts of Chief Minister for their decisions to extend help to people living in these areas.

West Bengal chief minister Mamata Banerjee said the devastation in Kolkata, the state capital, was "a bigger disaster than Covid-19".



Prime Minister Modi ji and Chief Minister of West Bengal Mamta Banerjee have been very prompt in their response and are devising ways to help the people. Due to precautions and restrictions pertaining to spread of Covid -19, evacuations of people in effected areas has gotten complicated as authorities attempt to maintain strict social distancing rules. According to Indian and global media Amphan became the strongest storm ever recorded in three centuries. It has been impacting people and property in the area, though it has since weakened slightly.

A COMMUNITY VIRTUAL FAREWELL - ATTENDED BY SEVERAL NFIA MEMBERS:

On May 25, Indo American Friendship Forum Foundation (IAFFF) organized a Virtual Farewell to Ambassador Sanjay Panda ji. Honorable Panda has been part of the foreign service and worked as the Consulate General of San Francisco for last eighteen months. He is leaving in June and taking charge of Indian Embassy in Ankara, Turkey.



The community members from Seattle, Los Angeles, and may other cities of the Western United Stated attended the online meeting and extended farewell to Mr. Panda. Ms. Pragati Mathur of IAFFF in introducing the Honorable Ambassador credited him with many important tasks. He was able to work on promoting trade, Article 370 Abrogation, Citizens Amendment Act, and many other important topics such as passport / visa issues of political asylees. Mr. Rajesh Naik of Indian Consulate, the second in command, from San Francisco also attended the meeting.

NFIA was well represented by past presidents and board members: Former Presidents Ashok Madan and Sudip Gorakshakar. Board members included were Yogendra Gupta, Lavanya Reddy, Amrik Kamoh, Kewal Kanda, and Ms. P. Thomas. Per Ms. Lavanya Reddy, 24 people attended. Ambassador Panda was thanked by the community members present and they wished him well in his new assignment.

TRAVEL DURING SPREAD OF COVID-19 – NFIA ADMINISTRATIVE DIRECTOR 2 KEWAL KANDA AND HIS JOUNEY TO INDIA:

I have been living in the United States of America for over four decades and visited land of my birth many times during this period. Every time I visited my motherland, I had enjoyed meeting my family, friends, and visited places that I could not or had not visited while I was growing up. Never in the past had I experienced

such a volatile situation as I did during the last trip. My visit this time has been full of excitements, fulfilments, and disappointments.

I started this visit to India on March 07, 2020. My village, GANDHRAN (near Nakodar, Distt Jalandhar, PB), is a small village with a population of over 2000. A Mata Chintapurni Temple has been built first time in our village. A three days puja was performed to inaugurate this temple and my wife and I were asked to be the chief patrons for puja and Murti Sathapna (installation). This was very humbling and wonderful experience for me and my family. Next, we had our annual Kabaddi and Wrestling tournament for three days. This tournament is an annual event and very popular in the area. Next, we inaugurated a park that our village built, with the help of NRIs, to beautify the village. All these functions were successfully completed by March 17th. Now was the time to do some fun shopping and buy some gifts for family and friends. I traveled to Ludhiana on March 18th to do just that. Unfortunately, one day into the shopping spree, here came Govt of India as well as Punjab Govt directives to shutter the shops to stop the spread of Corona pandemic that was catching fuel worldwide. A complete curfew was declared and all residents were asked to stay inside their homes.

I was scheduled to return to US on March 26 morning. To my dismay, all international flights were suspended from March 22nd. Initially it was done only for a week Even though my family and I had no problem with food and shelter, it wasn't fun when you are not allowed to step out.

US Embassy in India put out an advisory for US Citizens to register with Embassy if they need to be evacuated. The cost for evacuation was approx. \$2500 per person with only one piece of luggage plus a carryon bag. I was among the last batch that US Embassy evacuated from Delhi to San Francisco on May 16. From San Francisco, everyone had to arrange own transportation to one's final destination. Happy to be back in home safely.

INDIAN BASMATI BIRYANI, KEBAB, AND NAAN BREAD GO TOGETHER LIKE HAND AND GLOVE – HAPPY EID FESTIVAL- ENJOY HOME COOKING:

We lived in Doha, Qatar for five years. Loved the Eid festivities. Our friends shared special foods, sweets and delicacies. We miss the shopping experience in the souqs there. Best wishes to all our friends on this special occasion. How can I not celebrate? Made Biryani and chettinadu curry. **Sharumati Shivkumar**, president of Jasmine, member of NFIA family.

Biryani Recipe



Wash And clean Chicken. Put some salt, turmeric powder and lemon juice or two spoons of yogurt over the chicken and leave it for 30 minutes to marinate. Put pan on stove with some oil. First sauté long sliced onions, sauté garlic and ginger paste, sauté 3-4 cut-up tomatoes , sauté 3 cloves, 2-3 cardamom, small stick of cinnamon, half spoon of fennel seeds, 1-2 anise , quarter spoon pepper corn, three green chilies, add quarter spoon garam masala or Biryani masala, chili powder, cumin powder and cook on slow flame , add the chicken and mix with everything with light butter, add washed and drained basmati rice 2 cups and mix with everything, add 4 cups of water or three cups of water and one cup of coconut milk (1:2 ratio rice and water) add finely chopped coriander leaves and mint leaves, add needed salt, half spoon of lemon juice so rice don't stick

together and a spoon of butter. Put the lid on the pressure cooker. Put the whistle (pressure) and cook for two whistles on medium flame and then turn off. After 10-15 minutes, open the cooker and mix gently. Optional is adding butter fried cashews and raisins at this time. Biryani is ready. Eat with Chettinadu curry.



KALIYA – LAMB PIECES COOKED WITH YOGURT AND TURMERIC – A KASHMIRI DISH BY DR. LALITA KAUL:

Ingredients

2 pounds lamb shoulder, sliced 2 inches thick. 2 cups of water, 6 cloves, 2 tea spoon ground turmeric, 1 table spoon ground fennel seeds, 1 ½ teaspoon ginger powder, 1 ½ cup plain, whole milk yogurt, salt to taste, 3 table spoon butter, ¼ teaspoon cinnamon, 1 ½ teaspoon ground cumin seeds, 6 cardamoms, crushed thoroughly.

CURRIES WITHOUT WORRIES

Instructions

1. Divide each lamb slice into 2 pieces
 2. Bring the lamb, water, cloves, and turmeric to a boil on high heat. Mix the fennel and ginger in the yogurt. Add to the lamb. Bring to a boil again.
 - 3 Add salt. Reduce heat to low, cover and cook for about 40 minutes. Set aside.
- Heat the butter on high heat. Add the cinnamon, cumin, and cardamom. Stir. Add to the lamb mixture. Cook lamb for another 10 minutes on low heat. Serve hot. Serves 4. This is a healthy Kashmiri delicious dish to enjoy with friends.

DURING SELF-QUARANTINE GROW VEGETABLES AND EAT FRESH FROM YOUR GARDEN:

Siri Kompalli, who was the mistress of ceremony in March of NFIA International Women's Day has been growing vegetable from seeds she buys on line for her garden. A great healthy way to cope with Covid -19, spending time at home meaningfully. So that family can have fresh vegetables. Here is a recipe for Aloo, Baingan, and Methi.

INGREDIENTS:

- 1 bunch methi / fenugreek leaves
- 3 tsp oil, 1 tsp ginger garlic paste
- 1 tsp cumin / jeera
- 1 onion, finely chopped
- 1/2 Tsp of green chillies paste or 3 green chillies.
- 2 potato, peel & cube, 4 eggplants
- 1/2 tsp turmeric, salt to taste, ¼ cup water



Instructions:

First soak methi leaves with enough water along with 1 tsp salt. Rinse well making sure the dirt and bitterness of methi are gone. Now finely chop the methi leaves and keep aside. In a large pan, heat 2 tbsp oil and splutter 1 tsp cumin. Saute in 1 onion followed by 3 green chilli and 1 tsp ginger garlic paste. further, add in 2 cubed potato. Make sure to peel the skin off. Now add ¼ tsp turmeric and half tsp salt. Saute for a minute

making sure the oil is coated well. Add chopped eggplants. Cover and cook for 5 minutes or until potatoes and eggplants are cooked a little. Add ¼ cup water. Let it cool completely. Now add in chopped methi leaves and ¼ tsp salt. Saute for 1 minute or until methi shrinks. cover and cook for 5 minutes or until methi and vegetables are cooked completely. Finally, enjoy aloo methi sabzi with hot chapati.

EVERYDAY WAYS TO EAT MORE FRUITS AND VEGETABLES (MAYO CLINIC – USEFUL SUGGESTIONS):

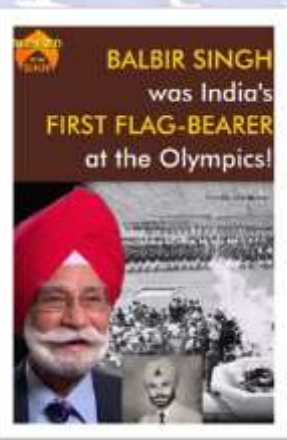
Think you don't have enough time to prepare meals with more produce? Try these 10 easy suggestions. It's a well-known fact, but it's worth repeating: Fruits and vegetables can help protect you against many chronic diseases — not to mention, they also provide you with the vitamins and minerals that your body needs to function. Try these tips from the Centers for Disease Control and Prevention and the Department of Agriculture. Before you know it, they will be a seamless part of your everyday lifestyle. Make a fruit-and-yogurt parfait for breakfast. Mix a handful of low-fat granolas with low-fat yogurt. Add sliced bananas or strawberries. Top a piece of whole-grain toast with peanut butter and sliced bananas. Mix blueberries or raspberries into your muffin or pancake batter. Add bell peppers, spinach, broccoli, mushrooms or tomatoes to your scrambled eggs or egg-white omelet. Like pizza? Opt for lots of vegetable toppings and less cheese. Mix green beans, corn, broccoli or peas into your favorite casserole or pasta dish. Aim to eat more veggies than you do pasta. Make a meal of vegetable soup and salad. Beef up your lettuce salad with cherry



Tomatoes, tomatoes, shredded carrots and sliced cucumbers. Create a healthier sandwich: Include lots of spinach or romaine lettuce, sliced tomatoes, sliced onions and sliced cucumbers, along with whatever lean protein is your favorite.

Mix fresh fruit, ice cubes and low-fat yogurt in a blender for a fruit-smoothie snack. Keep apples, oranges, pears and bananas nearby for go-to snacking. Explore different varieties of vegetables and fruits for appealing tastes and textures. The more you experiment, the easier it will become to incorporate these foods into your daily diet and reap all the health benefits.

HOCKEY PLAYER- THREE TIMES OLYMPICS WINNER HAS LEFT THIS WORLD:



India mourns the death of a great sportsman who brought home three gold medals. "I still remember that before the match started, the Wembley stadium was reverberating with the noise of English fans. As we (India) took an early lead and later on pumped in another goal, after the half time, some English fans started rooting for India, saying make it half a dozen goals," he remembered.

Sportsmen paid glowing tributes to him for his contributions to the sports field. Indian cricket team head coach, Ravi Shastri wrote on Twitter, BalBir Singh ji was "A True Giant" and a half in his field. Hockey legend out and out. Condolences. Condoling the demise of the hockey legend, India cricketer Harbhajan Singh wrote, "When you look back at his achievements, you just remain awestruck."

SOME HONORABLE MENTIONS OF OUR INDIAN AMERICANS – PATH BREAKERS:

Major Television Network, CNN, reported that seven of the eight **Spelling Bee winners** are of Indian heritage. The success of youngsters was attributed to their parents who are highly educated and their children are thriving in a culture that instills a drive for achievement and mastery of the English language.

South Asian-Americans have come out on top each of the past 12 years. This year, one of the eight winners, Sohumi Sukhatankar, took home the prize and this honor was shared with the Scripps National Spelling Bee winner, Abhijay Kodali, who was the national runner-up in the South Asian Spelling Bee.

Movie actor, well known for his charitable work, **Salman Khan**, has provided 1 lakh bottles of hand sanitizer for Mumbai Police. The official Twitter handle of Maharashtra Chief Minister shared the news. He continues to do relief work during Covid -19, he donated 5, 000 "Eid kits" through his initiative that he titles, Being Haangryy. He also released a song on Eid called, " Bhai Bhai" – a beautiful renditions of human values.

Another actor, **Sonu Sood**, has been touted for his self-less work to help the migrants to travel back to their villages during spread of Corona virus. Mr. Sood has been feeding these people who are returning to their villages as there is no work in cities where they had been working to support their families. Recently Vikas Khanna has joined Sood to feed the migrant workers. Sood has also arranged transportation for these workers as well airlifted women and children during these stressful times.

A shout out goes to a celebrated actor, **Mindy Kaling**, who became a house hold name when she starred in sitcom "Office" her new creation with Indian American and Hollywood actors, "Never Have I Ever" has become most watched #1 presentation on Netflix.

Dr. Vivek Murthy, a physician without borders, former U.S. Surgeon General, has authored a book, "Together", which came out this month has spoken about groups including small businesses, sports teams, and non-profits. He has said, there is widespread confusion about how to reopen the economy safely. A shout out for our path breakers and celebrities.

A CLASS OF 2020 IS MISSING OUT OF TRADITIONAL PROMS AND SPECIAL EVENTS DUE TO COVID -19 BUT SOME SPECIAL EVENTS ARE HELD TO HONOR THE GRADUATES:

Several Washington based publications and media sources televised a commencement ceremony of twenty high-achieving graduates from schools across the country. The event held at the White House was attended by the President and First Lady. Melania Trump took to Twitter to share photos from the ceremony. She also did a commencement speech to congratulate all graduates from the class of 2020.

From the NFIA family youth graduating this year, congratulations, and good wishes for your future endeavors.

DR. HARSH VARDHAN IS NEW CHAIRMAN OF THE EXECUTIVE BOARD OF WORLD HEALTH ORGANIZATION:

It is a welcoming news for India that Dr. Harsh Vardhan will be chairing the Executive Board's meetings of World Health Organization (WHO). He will work closely with Director-General Tedros Adhanom Ghebreyesus. During spread of Covid -19, India and Indian capabilities to help with medicines its neighbors also to manufacture Personal Protective Equipment and related technology have come to the notice of other nations globally including United States of America. Search for testing equipment and vaccine development has become a priority to contain the virus as well as to prevent future spread is on every nation's agenda. Union Minister Harsh Vardhan was India's nominee as the WHO's South-East Asia group, now he is going to serve the three-year term beginning May, 2020.

The Executive Board is composed of 34 individuals and consists of highly technically qualified in the field of healthcare. NFIA feels proud of Dr. Vardhan's leadership and wishes him great success.

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.

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