



India Association of Long Island News Letter July 2020

From the President's Desk



July 2020

To our IALI members and community,

This pandemic is challenging us all like never before. In our 42 years, but we are confident that just like then, we will get through this together and we would like to thank you for your continued loyalty and support. We hope you are all staying safe and well.

This month we did send a proposal to **NYC Health & Hospitals Corporation** for \$750,000 grant to help community. When I wrote the following statement in the proposal, I was beaming with pride because I **BELIEVE in 2020 IALI EC** and honored to be part of this amazing organization.

“The IALI community is like a diamond with many faces: we have 2,215 men and women, youth and senior, low and high income, from all walks of life, speaking all languages of India, and practicing many different religions. Dur to the diversity of our members, we must provide a diverse approach to outreach, including a variety of in-person events, print materials, digital communications & phone outreach. We have found success with these methods already since the pandemic hit our community in **March 2020**, and have many lessons learned from our 42 years since we were founded.

I am hoping to get this grant so my fingers are crossed.

Over the years IALI members have expressed concerns over the By Laws and Election manual so for IALI's continued functioning and growth, in the month of July, 2020 Executive Council passed revised By-laws and Election Manual for smooth functioning of our organization. We mailed the information to all members with our request to Vote on revised documents and votes will be counted on August 22nd, 2020 noon at IALI Center.

In addition, we are holding a general body meeting via ZOOM on August 9th, 2020 from 2pm to 3pm and we did post revised documents on website for everyone to review. In this meeting IALI member will be able to ask questions and give their input on the revisions. An anonymous Voting will also be conducted on the revised By-Laws and Election Manual during the meeting and the changes are briefly summarized below:

The constitution of IALI will not be changed under the current proposal, Constitution and By- Laws of India Association of Long Island will be two separate documents. New By-Laws conform to the New York State rules governing not for profit organizations under section 501 C (3), new bylaws give more clarity, The revised Election Manual will be part of the by-laws of the IALI, they provide detailed guidelines regarding membership

enrollment and termination, including guidelines to vote or contest elections by IALI members with a cutoff date to be end of June. Knowledge and qualifications to perform duties of the office if seeking election for the position of officer, filing fee for elected positions and number of signatures required from active members in good standing is 15 or more, not 2% of total members. Annual Meeting quorum is 20% of total number of dues paying members, and Amendments of By-laws by 2/3 majority of Executive Council AFTER INPUT from general membership. etc..

This month we also started campaign for **Charity Forum for educational support of financially struggling students**. Families and children throughout the island are struggling and it's not only during times of crisis. IALI believes we have an obligation to help our community and the children of the future. We would like to thank IALI members who sent us donation, we still have long way to go achieve our goal and need your support.

First time, we started **Art & Craft sessions** and we are continuing to conduct our sessions via conference calls/webinars, our "Health & Wellness" is covering different topics on COVID-19, Women Forum, Sangeet (music) Forum, new Yoga Forum, Spirituality Forum, Meditation forum are well attended and especially Senior forum in which we are addressing various topics such as diet, exercise, entertainment in challenging times.

First time, we are also organizing **"Kavi Sammelan"** on August 16th, 2020 at 12 noon hosted by IALI EC member Pradeep Tandon and Co-Host Sushma Kaushik, please join us as it is dedicated to you all. Detail Information is listed below.

First time, we started 'Story Lounge' and topic was **Journey of My Life** on July 23rd, 2020 and our speaker Gursharan Singh Kalra who shared memorable events of his life. This was also well attended.

At IALI, we recognize the financial toll this pandemic has caused on us and small business owners. In response, we are regularly updating community on Insurance topics.

Our Building maintenance team is taking necessary steps of precaution to help keep our visitors safe. We look forward to seeing you again in IALI Center soon, if you are not sick and feel safe to join us.

Stay Well and Healthy!!

Shashi Malik

President IALI-2020

IALI Serving the Community!!

IALI is your organization, as it functions with your generous support and contributions, which are tax-exempt. Please consider making a donation to IALI by visiting www.ialinewyork.org. Any amount would be instrumental in helping us better serve our community.



India Association of Long Island
Non-Profit Organization since 1978
www.ialinewyork.org Tax-Exempt ID 11-2539617

celebrates India's Independence Day
Kavi Sammelan
Hasya, Vyang, Geet, Gazal, Shayari
Flavors of Humor, Satire, Love, and Beauty
Dedicated to You – The Listener
Hosted by Pradeep Tandon
Co-Host Sushma Kaushik

Sunday August 16, 2020 at 12 noon NY Time 9:30 PM India Time
Invited Eminent Poets from India



**Deepak
Gupta**



**Padmini
Sharma**



**Mumtaz
Naseem**



**Shambhu
Shikhar.**

Join us on Zoom from comfort of your home and enjoy a beautiful, not to be missed program.

 **Zoom Meeting Id: 852 3858 3700**

Shashi Malik President 516-633-5229	Jasbir Singh Vice President 516-857-5297	Kuljeet Ahluwalia Secretary 646-267-7134	Sushil Khanna Treasurer 516-439-0278
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Editor's Note

This is the fifth Issue of our Newsletter, and I was thinking what should the Editors Note be and I came to realize that in light of the current circumstances, we have had the time to introspect, to take things as they come, to slow down, reassess and think about things that are of value to us.

We all have participated in some or other kind of Zoom Meetings. Let me share my experiences with Zoom. I started having Zoom Meetings with all my relatives all over the world. We met the relatives we had not seen for years, decades; and met them recently on Zoom. And believe me that it was fun. After that we started Zoom meetings between friends, friends that we used to meet frequently and have not seen in last few months. I even attended a wedding on Zoom, which was great fun. The wedding had all ceremonies that we would have otherwise missed, only difference was that people gathered on a Computer screen. People had even practiced and performed a well-choreographed dance, from their homes. If you have not tried Zoom in your private life, go ahead and connect with friends and family. You will get closer to friends and family keeping the distance. You will love it.

So, go ahead and try new things, be innovative and let your talent shine, do the best you can, pursue your hobbies, and develop new ones.

Be well, stay safe, good luck and best wishes to all members and their families.

See you in a month,

Pradeep Tandon

Chief Editor

Editorial Team Neeru Bhambri, Harsha Padmanabham, Sanju Sharma

“Together we can achieve anything”

Health and Wellness Forum

Brain is the control center of your body and as the boss it keeps heart beating, lungs breathing and allowing human to move, feel and think for that reason Dr Usha Tandon was gracious to educate our members on “ Food and Brain” session to keep brain in excellent working condition to improve specific mental tasks, such as memory and concentration. Dr Tandon explained the function of various categories of food and their effect.

Omega-3s helps build membranes around each cell in the body including the brain cells and good source is oily fish and nuts. Eggs are very effective brain food. For antioxidant, Soybean products, Dark chocolate and many berries contain flavonoid antioxidants they may reduce blood pressure and also helps remove waste efficiently. The vitamin E is very important and grains are a good source, whole-grain foods include brown rice, barley, oatmeal, whole-grain bread and pasta. Peanuts contain plenty of unsaturated fats and protein to keep a person’s energy levels up throughout the day. Kale and broccoli are a low-calorie source of dietary fiber, and may be good for the brain.

Main message from Dr. Tandon was that we need to take keep our brain sharp while aging as well being physically healthy and brainy food should be taken in moderation. Dr. Jag Kalra did great job moderating this session by addressing every attendees question. This session was well attended.

Professional Forum

At IALI, we recognize the financial toll this pandemic has caused on us and small business owners. In response, we are regularly updating community on Insurance topics. Buying insurance is an important decision. It is unfortunate that this decision is often overlooked. On July 14th, 2020 Salil Zaveri conducted session on “Dos and Don’ts for buying insurance” explaining why it is important to talk to a broker or independent agent because they work for customers and not for the insurance company. The brokers can help customer navigate the complexity of issues. The session was well attended.

Kid’s Forum

There was no activity in the Kids’ Forum In the month of July 2020. Plans were made to do some activity on zoom, but were not successful. Children were not interested to participate in Kids’ Forum on Zoom, as they are doing their regular activities on zoom. The Kids’ Forum Chair is looking for ideas to do activities that would interest kids during this Covid-19 pandemic. Some ideas were shared like telling funny stories or jokes and those ideas are being considered.

Meditation Forum

One of the most important and difficult factors one faces in old age is lack of sleep. To enlighten our esteem IALI members in our community a very interesting topic how to induce sound sleep was conducted on July 18th, 2020. This topic was discussed in details with some ideas incorporated from the Wisdom of

Shrimad Bhagwat Geeta, that enlightened us with the role of mind-set, which is key factor in inducing sound sleep. Few suggestions were made to follow some steps like positive thinking, to become selfless, practice calmness and mindfulness. Reciting of your favorite mantras 25 times before going to bed is also very helpful. The environment of the room and light where you sleep also plays great role. This topic was very advantageous to our members.

Sangeet Forum

July Sangeet Forum was held on Friday, July 10th 2020 on Zoom conference. It was moderated by: Kiran Arora, Renu Kapoor, Sonia Anand, Sushma Kaushik. Many people joined and enjoyed the evening. 25 participants sang melodious songs. At the end there was a raffle draw and President Shashi Malik was requested to choose the winners. Anjana Kashyap, Ramarao Chintaluri & Niru Mascreant were selected and cash prize was sent to them via Zelle.

Senior Forum

IALI Senior Forum welcomes every member who is young at heart - “Abhi To Mai Jawan Hoon”.

Senior population in United States is growing, most baby boomers have now reached the age where self-reliance is not enough and they have to depend on assistance for age related cares. In such instances just medical care is not enough, one may need 24/7 help, and only nursing homes can provide those services.

The nursing homes are facilities that are designed to meet the needs of people recuperating from illness and they are intended to provide long term nursing supervision and meet the needs of people with long-term medical problems. Staff from “Parker Jewish Institute” talked about the healthcare and rehabilitation of adult patients, specifically Indian cultural Unit. Adult care is one of the major concerns of an Indian families. The importance of Indian environments in a nursing home care was the subject of talk at the July 16, 2020 IALI Senior Forum meeting.

LIJ Parker’s Indian Cultural Unit provides specialized care for Indian patients. Staffed by Indian physicians and nursing staff fluent in Indian languages; Bengali, Gujarati, Hindi and Punjabi to name a few. In addition; facility provides stay suitable for Indian life style, diet, keeping consideration for Hindu religion and organizing all major Indian festivals.

Spirituality Forum

Spirituality Forum was held two times this month. First session on “The only temple that matters can be found within yourself” was held on July 2, 2020 and focus was on inner peace. The second session was held on July 30th, 2020 on “Personal Development & Awareness”. Respected Sadhavi Chandra Bharti explained how our views and thoughts circulate in our bodies and make us more spiritual. We should practice more good deeds regularly not only for family but for our society too. 15 minutes of meditation in every session was welcoming. Both the sessions were very relaxing and all of our participants enjoyed it.

Women's Forum

Women Forum is organized on the first Friday of every month. Due to some unavoidable reasons, it did not take place on July 03, 2020 and was replaced by "Story Lounge - Let's be kids again: Fictional Storytelling Time" session, where stories from our childhood were narrated. Everyone really enjoyed, going down the memory-lane. It was an afternoon full of fun and laughter. Now, this session will be continued on the third Thursday of every month. Everyone is invited to share real-life experiences or fictional stories.

Yoga Forum

IALI invited all members to participate in Yoga scheduled every day from 6:45 AM to 8:00 AM, on a Zoom meet. However due to sprained ankle of Mr. Sura, all sessions after 7/11/2020 were cancelled for Yoga. Every session consists of basic set of Asanas to relax just the joints and muscles, chanting Surya Namaskar Mantra, Surya Namaskar set of Asanas. This is then followed by Savasana to relax our mind and body. Attendees also practice some basic techniques of breathing (Pranayama) and meditation (Dhyana). The sacred ancient mantras are thought to be grounding and essential in creating positivity within its practitioners. The soothing nature of these mantras may be particularly beneficial to manage our anxieties amidst a global pandemic.