

## STICA Newsletter Q2, 2007

### STICA Upcoming Programs

#### **Health Seminar:**

***"What we must know to take care of our body"*** – Dr. Rose Byland (cancer institute, Arnot Ogden)

Sunday, July 15<sup>th</sup>, The Econo Lodge, Painted post.

Note: This is a LADIES ONLY session specially organized in response to feedback to address female specific health issues.

#### ***"Free Arterial Screening"***

Special screening for STICA community at Dr. Akula's office in Horseheads.

Need: 20 members to sign up.

Duration: 30 min

Details: Contact Dr. Mahendra Shah ([mishah@stny.rr.com](mailto:mishah@stny.rr.com), ph: 607-734-5024)

**Highway Cleanup:** The Highway clean-up team is planning its first effort of the season at 8 AM on Sunday, July 15. This is an opportunity for the STICA members and associates to show-case their commitment to the local community. Please make an effort to join your friends in helping keep clean the stretch of Highway 86 assigned to STICA (west of Arnot mall). Please contact Vikram Bhatia at 607-936-6828 (or [bhatia@corning.com](mailto:bhatia@corning.com)), if you can spare about two hours for this cause.

**India Day Event:** STICA will celebrate India Day on Aug 18th at Centerway Square, Corning. The theme for this year's event is "East Meets West". The Mayor of Corning will preside as the Chief Guest for this gala event. A variety entertainment program is planned from 11 AM to 3 PM. The entertainment team is organizing a 15 minute theme play. If your children would like to participate, please contact Vani Akula at 739-3869 asap. Further, the India Day team is organizing a fun filled "***KIDS Special***" corner with an inflatable Moon bounce, a live demo on robotics, try it on "Space Suit" and "Can you hammer a nail with this tomato?" to name a few items. Last but not least STICA is organizing a raffle draw through the event. We are currently collecting gift items for the Raffle baskets. The items could be Indian or American spices, movies, Henna, crafts, utensils, books, gift items etc. The items can be delivered to Himanshu/Shital Shah (607-962-4423), Heena/Kashyap Shah (607-936-0621), Sadashiva/Sujata Pai (607-368-0902), Neena Patel (607-936-0418), Anil/Neela Kharkar (607-857-3746), Alka Shah (607-739-3374).

### STICA Health "Watch" - Dr. Mahendra Shah

Starting Q2, 2007 STICA organized monthly seminars on health issues. Dr. Ravi Akula kicked off the series (April 1<sup>st</sup>, The Hampton Inn) with a seminar on Heart diseases. His main focus was the incidence of Coronary artery disease among Indians in America. The second session was on Diabetes presented by Dr. Dayakar Reddy (on May 13<sup>th</sup>). Dr. Reddy stressed the high incidence among Indians in America and pointed out early signs, emphasized importance of early diagnosis and proper treatment. Both for diabetes and heart diseases factors of lifestyle, diet and genetics were addressed. Questions from the attendees made this presentation more meaningful. Handouts were made available regarding the Indian foods, their caloric values and other significant data. Dr. Seshu Kruthiventi addressed the issue of "Stroke". He emphasized that treatment has to start within the first three hours of diagnosis. All three sessions were reasonably well attended with active participation from the audience. The speakers had come prepared with handouts for the attendees. Future sessions are planned on Pediatric emergencies, Low Back Pain. Share your ideas/suggestions for future programs with Dr. Mahendra Shah.

### STICA Jugalbandi

Since its inception in 2005, the Cultural Committee has organized four concerts of world-class standards in support of STICA's vision to culturally enrich the local community. Latest in the series was the *Jugalbandi* concert by Ustad Shahid Parvez and Shashank on May 19<sup>th</sup>, 2007 at Horseheads High School.

This concert brought out a confluence of two distinct but related music traditions from India: Hindustani music from the north played on the sitar by **Ustad Shahid Parvez** and Carnatic from the south played on the flute by **Shashank**. An audience of about 400 people gave a standing ovation in response to the artistes for the special treat of this enthralling rendition.



"... STICA, through its cultural events and the generosity of its members, assures that the lives of all of us in the Southern Tier are enriched."

- Peigi Cook, Executive Director  
Corning Children's Center

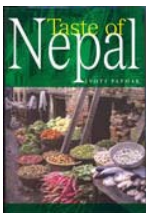
Both Shashank and Ustad Shahid Parvez are child prodigies and are recognized to be among the best artistes in their chosen fields. They started the concert with Yaman/Yaman kalyani for elaboration, which was all encompassing. Yaman is a popular raaga which is sweet and serene in nature. They were amply supported by **Parupppalli Phalgun** on the mridangam and **Aditya Kalyanpur** on tabla. Phalgun and Aditya played *tani avartanam* in Adi talam, which consists of eight mathras (syllables). They brilliantly worked the rhythms with interesting laya variations. The co-ordination between them was superb. The raaga chosen for the concluding piece was Sindhu Bhairavi, which is another popular raaga common to north and south Indian Music. Sindhu Bhairavi can be played in a classical or light classical style. Shashank and Ustad Shahid Parvez presented this piece in a light, devotional way. The STICA Cultural Committee is proud to bring such treats to the community and lists the volunteers, patrons, donors who made this event a success, at the end of this newsletter.

## STICA Host Network

Thanks to Corning Inc.'s New Delhi office the logistics of business trips to India has become much smoother in the recent years. STICA plans to reciprocate by providing similar help and support to visitors to our community from Corning India. Based on this a proposal forwarded to Aseem Sharma, current chief of Corning India (also a former STICA member) has been very well received. STICA views this as an opportunity to strengthen the relationship with Corning's India office and as a basis to appeal to Corning, Inc. for continued financial help.

STICA takes this opportunity to appeal to you the community to help us in creating a core team of volunteers to serve as hosts to these visitors from India. As a host you can: serve as emergency contacts in the area, play an important role in making the visitors feel at home and to meet their special needs. For example, sometimes, people don't have a car, and could use help in going places (like shopping) during non-work hours. Some may bring a spouse, who would appreciate a social contact during the visit. We know how busy everyone is, so we would like to serve this need without putting undue burden on anyone. For more details and to participate please contact Anil Kharkar ([akharkar@stny.rr.com](mailto:akharkar@stny.rr.com)) / Aravind Rammohan ([aravind.rammohan@gmail.com](mailto:aravind.rammohan@gmail.com)).

## Community Penmanship



Jyoti Pathak a member of the Southern Tier Community (since 1975) has published her first cook book "*Taste of Nepal*". One of the very few Nepali cookbooks published in the U.S., Jyoti's book is a thorough and comprehensive guide to this cuisine, featuring more than 350 authentic recipes, a section on well-known Nepali herbs and spices, menu planning, Nepalese kitchen equipment, and delightful illustrations. The book brings out the interesting aspect that Nepali cuisine is surprisingly diverse for such a small country, with influences from Chinese and Indian culinary methods and tastes. Jyoti is married to Dr. Kamal Pathak an ENT specialist. The inspiration for this book in Jyoti's words was "I wanted to share and introduce Nepali cuisine not just to the First generation Nepalis living away from home but to the subsequent generations as well." When asked about what living in Corning has been like Jyoti remarked that with the beautiful hills and valleys around, it often reminds her of her birth place, Kathmandu, Nepal.

## STICA Youth

Summer is the time of the year when school year comes to a close, time for a long break, summer camp, visiting new places and other such exciting events. The excitement is however heightened if you are graduating from high school. This summer we have three of our youth graduating from high school:

### Dyamanagouda (Dev) Patil:



Son of Kavita and M.D. Patil graduated from East high school, Corning Painted Post, NY. He graduated on June 22, 2007 with an IB (International Baccalaureate) Diploma. Dev inspired by his father will be attending the University of Buffalo, school of engineering for his undergraduate degree.

### Geetha Bhagavatula:



Daughter of Lakshmi and Venkat Bhagavatula graduated from Horseheads High School, Horseheads, NY (June 23, 2007). Geetha graduated valedictorian from her class. Geetha plans to do an eight year medical program with undergraduate studies at Saint Bonaventure University and Medical school at George Washington University Medical Center. Geetha has been the vice President of National honor society, a recipient of national merit scholarship and the Corning Incorporated scholarship for her undergraduate studies. Apart from achieving technical excellence Geetha has also been actively participating in state tennis championships and she plays the violin.

### Hetal Patel:



Daughter of Kalpana and Arun Patel graduated from Horseheads High School, Horseheads, NY (June 23rd, 2007). Hetal plans to study physical therapy at Monroe Community College, Rochester, When asked what inspired her choice of physical therapy she said "I love working with and helping people". Hetal has participated in a number of different community and social activities.

Two of our youth successfully graduated from undergraduate studies:

### Arindam Biswas:

Son of Vaswati and Samir Biswas, Arindam graduated from Pennsylvania State University, May 2007 majoring in electrical engineering. Arindam started work at IBM in June '07. Arindam plans to do a Masters or an MBA in the near future. He is the recipient of several awards like the Multicultural Resource center Academic achievement Award. Arindam has been very active in social activities and is an avid lover of sports.

### Pranay R. vaddi:



Son of Prema and Butchi Vaddi graduated from university of Rochester with a B.S. in Biochem and B.A. in political sciences. Pranay plans to attend Law school at University of Pittsburgh this fall.

## Recognitions

**Arnot Ogden Felicitates STICA:** On June 27, 2007 the AOMC Foundation recognized the Indian Community of the southern tier for their contributions towards the renovation and reconstruction of the new NICU a part of the Schewizer pavilion.

A bronze plaque was unveiled and placed at the entrance to the new NICU. Mrs. Joy Perry, president of the Arnot Foundation welcomed members of the Indian community. Mr. Anthony Cooper, CEO at The Arnot then greeted all present and recognized Dr. Mahendra Shah for his leadership in the Indian Community. Dr. Shah thanked the Indian Community for their help in accomplishing our pledge and helping to build the new NICU

Newsletter Team: Rajendra Modi, Aravind Rammohan, Alka Shah, Anil Kharkar



which will serve nine counties in our area. The nearest NICU for our community is in Rochester or Binghamton. Mr. Cooper and Dr. Shah then unveiled the new plaque. This is one more example of our efforts to contribute something to the community in which we live and make our living. This will go a long way to show the community that we are a part of this greater community and will remain so for years to come. STICA thanks all members of the Indian community that participated in this worthwhile project.

## Feedback

We take this opportunity to invite feedbacks from you the community that STICA aims to serve to its best. What did you like about the Cultural Event? How could we have been done better? Who are some other artistes that you would like us to bring to the community? Would you like to participate in STICA event organization? Do you have a skill that you would like STICA to showcase? Please share your ideas, thoughts and sign up to participate in some of our upcoming events. Please send in your feedbacks to [STICA1995@hotmail.com](mailto:STICA1995@hotmail.com) .

## Volunteers who made Jugalbandi a success

Team	Volunteers
<b>Cultural Committee</b>	Syed (Sam) Hoda, Lakshmi Bhagavatula, Suresh Shah Rama Kandala, Ameya Joshi and Krishna Vaidyanathan
<b>Food</b>	Rama Kandala, Sudhakar Onitkommu and <i>Thali of India</i>
<b>Front Desk &amp; Reception</b>	Ranjeet Rajanala, Ramesh Yenumula, Viswanathan Ponnuswamy, Rajesh Gade and Sudhakar Onitkommu
<b>Hospitality</b>	Sarla and Hashmukh Patel, Nina and Hemant Patel, Vibhuti and Suresh Shah, Lakshmi and Venkat Bhagavatula
<b>Media</b>	<i>Star Gazette, The Leader and 98.1 FM</i>
<b>Printing</b>	Nancy Agan, Student Activities Committee, Corning Community College
<b>Publicity</b>	Nithya Natesan and Krishna Vaidyanathan
<b>Sound</b>	Bill Davis & Team, <i>Soundworks</i> , Horseheads
<b>Stage Decoration</b>	Lakshmi Bhagavatula and Suresh Shah
<b>Write up</b>	Sastry Bhagavatula and Krishna Vaidyanathan