

Fall

2016



Sandesh

“The Message”

A Newsletter from IndUS of Fox Valley

From Editors' Desk ...

Holistic living implies oneness of mind, body and spirit. This Sandesh brings you stimulating articles and personal experiences from scholars and practitioners of yoga, meditation and mindfulness. We hope you will find a treasure trove, a blend of wisdom rooted in ancient traditions and modern research. The lead article on meditation is an excerpt from a book by Dr. Susan Taylor, our keynote speaker for upcoming IndUS 2016. It is followed by delightful articles on various aspects of holistic living.

Enjoy

Sandesh

**An IndUS of Fox Valley
Publication**

Editors

Dr. Sandhya Sridhar
(Chief Editor)

Ms. Sonia Beherawala

Ms. Janice Dugal

Ms. Sandhya Maheshwari

Ms. Sonu Pareek

Ms. Aditi Patil

Dr. Badri Varma
(Advisor)

*The views expressed in the
articles are not
necessarily those of the
Editors or
IndUS of Fox Valley*



Focused Awareness Meditation

By Dr. Susan Taylor

We hear a lot about mindfulness but mindfulness itself is not enough. Only when combined with focus, does it take us beyond the sensory realm into a place of pure awareness. If you think of a bird needing two wings to fly one wing being mindfulness and the other concentration – that is what constitutes a complete meditation practice.

History

In traditional cultures throughout history, the mind and body have been viewed as inseparable entities, and meditation was the tool used to access the mind-body-spirit matrix and allow for greater awareness. Meditation has been traditional in the East, but it became more accessible to the West in the 1960s within the context of science.

Scientists studied what meditation is and what its effects are. Researchers began recording practitioners' changes in their physical functions, such as blood pressure, heart rate, respiratory function, including function of the brain and its relation to thoughts and emotions.

In the early 1970s, meditation was touted as a relaxation technique for alleviating physical stress. Although the concept of a “relaxation response” was convenient as an initial explanation for what was happening in the meditative state, later work showed that what was happening physiologically was much more complex than a decrease in heart and respiratory rate.

By the 1990s, meditation was becoming

accepted as medicine, and it was incorporated into stress reduction programs offered at many traditional health care facilities. (One well-known example is the mindfulness program organized by Jon Kabat-Zinn, Ph.D., author, professor, and stress-reduction expert at the Stress Reduction Clinic at the University of Massachusetts Medical Center.) Today, ancient healing traditions and modern medicine alike recognize meditation as a proven technique for restoring balance and vitality to the overstressed mind. Studies aside, the best proof can be found in one's own cerebral laboratory. Study your own mind and validate your own data.

Meditation Defined

The word “meditation” comes from the root word *medi*, which means “to attend to.” Just as a medical practitioner attends to a patient, meditation involves using any number of awareness techniques to attend to quieting the mind and relaxing the body. Concentration practices found within Focused Awareness, Transcendental Meditation and mindfulness meditation are perhaps the best known.

No matter what style or technique you use, in all styles you sit quietly, witnessing internal thoughts and external stimuli without getting caught up in them. This is why meditation is used in most stress reduction programs.

People also use prayer, contemplation, visualization, and hypnosis for stress reduction, but meditation is different.

Bringing Mindfulness into Focus

Mindfulness is a form of practice that teaches the practitioner to be in the moment while observing sensory stimuli and thoughts that arise. If we think of a camera with a wide angle lens – one that takes in the panoramic view—that is mindfulness as taught in western view. The concept to think about here is that our sensory mind called manas is endless. In other words, it will keep on searching for data since that is its job. If we learn to practice mindfulness by bringing it into focus then we can determine what we are to be mindful of. In other words, our mind will be able to go deeper into our unconscious and get to the source. Bringing mindfulness into focus is like using a short angle lens. We are still being mindful, but there is more of a narrowing effect, if you will, on what we are taking in to be mindful of. *I have personally found that mindfulness is initially a great tool to acknowledge the mind and its senses but if we are to access the deeper healing potential within, then we must take our mindfulness and focus it.*

One of the best focuses is on the breath and the sound that naturally accompanies inhalation and exhalation. By focusing on the breath and its natural sound we regulate the organism and at some point can let go of the mindfulness altogether and experience pure awareness. At this point you are dwelling in the space between your thoughts and in a space of pure light. It is at this point that you can access higher realms of creativity.

Principle Components of Meditation Practice

We can all benefit from a meditation practice. I know of no way better, or more beneficial, for brain and body and mind to reach homeostasis. But most people pronounce themselves unable to meditate. They've tried and feel like failures, often because they assume

meditation is ridding the mind of all thoughts. Invariably, I find that these people have practically given up without ever having completed the first step: they have not prepared their bodies and minds for this activity.

The preparatory components I share below are not complicated, however, they are essential and they can make the difference between reaping the benefits of a meditation practice and pure frustration.

Keep in mind, meditation is not easy.

The biggest obstacles we encounter when trying to meditate are

- uncomfortable posture;
- physical, emotional and mental tension;
- illness, which creates discomfort in the body and radiates to the mind;
- fatigue;
- having eaten too much food - or too little food - before practicing;

Addressing some of these common obstacles requires a system if we want to make progress. With a systematic approach we can overcome most of the roadblocks that pertain to an unsteady or restless mind.

The below *focused awareness meditation* sequence has been developed to train the body and mind from the outside to inside and has been established to facilitate this process. It is as follows:

1. steadiness in posture—the ability to sit with the head, neck, and spine aligned to promote stability of mind and body
2. diaphragmatic breathing - the skill of breathing while using the diaphragm muscle, in order to balance the nervous system
3. systematic relaxation—the act of sequentially freeing the body of all

levels of tension – physical, mental, emotional and spiritual

4. even breath (breath awareness) - the practice of even inhalation and exhalation, without pauses or jerks (if the breath is calm, the mind is calm; whatever the breath is doing, the mind will follow)
5. focused mindfulness, or the art of being an observer - the act of becoming an objective observer when a thought arises.

It bears repeating: the biggest obstacle to meditation is an uncomfortable sitting posture. So take the time to find your most comfortable seat, following these simple steps:

1. Find your preferred foundation: floor, meditation bench, or chair.
2. Adjust your posture on your established foundation.
3. Bring your legs and arms into a relaxed position.
4. Close your eyes.
5. Fine-tune your posture.

Once you have found your seat, commit to a few minutes of self-awareness each day and within one month you will see profound results. Once you have established a comfortable foundation, you can then deepen your practice by engaging an experienced teacher for coaching to continue research in your cerebral laboratory.

Excerpted from *Feeling Good Matters, The Yoga of Mind, Medicine and Healing* : Susan Taylor, Ph.D. 2015

Dr. Susan Taylor is an author, teacher and thought leader. For more than 20 years, she has been practicing and teaching meditation science as a wellness model for health and healing. Taylor developed the widely acclaimed Meditation Specialist Training, which provides a unique skills-building competency platform that leads to certification for teachers and health care practitioners.

“A vibrant body, a radiant mind, a loving heart, and an honorable life.”
- Stefan Emunds

“No medicine can compensate for un-healthy living”
- Renu Chaudhary

“Disobey God and you are forgiven. Disobey Nature and you get disease.”
- Nancy S. Mure

Food is Medicine

By Dr. Rashmi Menon



Father of modern medicine, Hippocrates said that “Let food be thy medicine and medicine be thy food”. He and his disciples believed in healing all diseases via dietary modifications. All ancient forms of treatment gave importance to the role of diet in healing the body. There is a famous proverb in Ayurveda which is translated into this, “When diet is wrong, medicine is of no use. If diet is correct, medicine is of no need.”

Yet how far have we deviated from that wisdom. Since the last decade and half, I have seen so many patients who experience heart attacks, strokes, high cholesterol, polycystic ovarian disease, erectile dysfunction, high blood pressure, diabetes and many other conditions. They all have a few things in common. They want to be healthy, look their best, and reduce or get off their medications. During the course of medical training, I learned how to diagnose and treat diseases from many brilliant physicians and scientists. However, I did not learn as much about the successful ways to prevent disease in the first place, such as with nutrition; a common theme, unfortunately.

As I got interested in the world of nutrition, I've seen some of the sickest patients, including those needing organ transplants. I've also seen some of the healthiest, like those looking to run a marathon.

I've seen people try every kind of diet you've heard of: paleo, Atkins, the Zone diet, gluten-free, even the blood-type diet. The problem is that none of these diets seem to work long-term. People frequently go on them to lose weight or to feel better but find it difficult to stay

on them for life. They are often too restrictive. Not only that, but they frequently don't fix the underlying problem or illness. And they end up taking medications, which add to the bodily distress.

Nevertheless, I have come to learn and experience that these diseases (and many other diseases) are preventable, treatable and even potentially *reversible* with dietary changes, specifically by adopting a whole food, plant-based diet – a diet rich in fruits, vegetables, whole grains, legumes, nuts and yams, and excluding highly refined foods and animal products, such as meats and dairy. And, if that wasn't enough, this same dietary change can make you much healthier overall – not a bad deal! Curious to all this, I read and researched the works of the likes of Dr. Neil Barnard, Dr. Gabriel Cousins, Dr. Micheal Gregor, Dr. John McDougal, Dr. Colin Campbell, Dr. Dean Ornish. And realised that this is seen all over the world. Scientific research studies clearly reveal that high protein, saturated fats and cholesterol from animal based foods such as meat, fish, egg and dairy products contribute to most of these life style diseases. Whole plant based (vegan) foods have been proven helpful in preventing and reversing most of these life style diseases. There is a mountain of research evidence supporting the benefits of a plant based diet.

Yet I could not prescribe it unless I experienced it myself. Thus began my journey in 2010, starting off as a borderline overweight mom, with endometriosis, osteomalacia, asthma, unable to stand for even 30 minutes. The biggest shock was the milk; the

discovery that in fact milk creates and aggravates calcium depletion in the body. The change within a few months started off with weight loss, disappearance of the pain. Within six months, the bone density was normal, asthma vanished. A year ahead, saw me running half marathons in decent timings. And Endometriosis? Did I ever have it? Add to the radiant health and the mental clarity, the icing on the cake are the compliments—“O, you are a mom? What? 15-years old? Get out of here!!” Who wouldn't want more of that!

Then, I met someone who was doing their doctoral research in climate change and food security, I discovered how our diet also affects the health of our home, planet Earth. I discovered that a typical Western diet which we were becoming more and more partial to, one that is heavy in meat, dairy, and other animal products, also has a very high carbon and water footprint, significantly contributes to climate change and land degradation, and harms the oceans. These in turn can negatively affect our food supply, the air we breathe, the spread of disease vectors, and ultimately our health.

And here's the best part: The reasons to go plant-based are not mutually exclusive. We can eat a healthy plant-based diet for ourselves and for the environment, because it's simply good for both. What's more, a plant-based diet works well for almost anyone and offers innumerable benefits.

My patients come back to me with delightful stories of clear, youthful skin, dropping off of medications, blood sugar levels coming back normal

after decades of highs, weight loss, mental clarity, and deep sense of contentment and peace at having adopted a cruelty free, compassionate path.

I urge each one who is reading this to try this out. Just for a month, cut out the dairy, cut out the meat, cut out the fish.

Cut out all animal based food. Keep a note of what the mental and physical changes. You can get help and pointers at my blogspot The Sentient Foodie. I guarantee you, this will be the most life enhancing decision that you make.

Dr. Rashmi Menon is a qualified medical doctor, also an expert in psychotherapy and clinical hypnotherapy. Today she specializes in reversing lifestyle diseases—diabetes, hypertension, cardiac illness, autoimmune diseases, endocrine disease, cancer etc via nutrition, lifestyle shifts and mind body work.



Making Life A Celebration Through The Art of Living

Shama Jog

Interviewed by Aditi Patil

Art of Living is an educational and humanitarian movement engaged in stress-management and service initiatives. It was founded in 1981 by Gurudev Sri Sri Ravi Shankar. The organization operates globally in 155 countries and has touched the lives of over 370 million people.

The Art of Living movement has spread peace across communities through diverse humanitarian projects, including conflict resolution, disaster relief, sustainable rural development, empowerment of women, prisoner rehabilitation, education for all, and environmental sustainability.

Aditi Patil, Appleton resident and contributing writer at Sandesh connected with Shama Jog; resident of India, and a long time practitioner of the Art of Living to understand how it helps us live a holistic life.

Aditi: Thank you for taking the time to educate us on the Art of living. Can you share the philosophy of the Art of living, and how it began?

Shama Jog: Born in 1956 in Southern India, Sri Sri Ravi Shankar holds degrees in, both, Vedic literature and physics.

In 1982, Gurudev entered a ten-day period of silence in Shimoga located in the Indian state of Karnataka. The Sudarshan Kriya, a powerful breathing technique, was born. With time, the

Sudarshan Kriya became the centre-piece of the Art of Living courses, which can be learnt from the expert teachers in a workshop called 'Happiness program'.

The Art of Living programs are guided by Gurudev's philosophy of peace: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace." To help individuals get rid of stress and experience inner peace, The Art of Living offers stress-elimination programs which include breathing techniques, meditation and yoga. These programs have helped millions around the world to overcome stress, depression and violent tendencies.

Aditi: Tell us a bit more about the Sudarshan Kriya and how it helps us live a holistic life.

Shama Jog: It has been seen that the regular practice of Sudarshan Kriya helps in physical, mental, psychological and spiritual levels of our being. It reduces stress, improves health and well-being, energy levels, and strengthens immune system. One experiences greater creativity, greater clarity of mind, improved sleep patterns, enhanced brain function and improved ability to manage challenging situations.

It is interesting to see that the interpersonal relationships are also

improved with Sudarshan Kriya. One experiences more ease, joy and harmony in personal and work relationships, a deeper sense of community, increased awareness both of self and surroundings, improved patience and increased confidence and self-esteem. It relieves depression and anxiety. It enhances a person's yoga and meditation practices and helps experience a deep inner peace of mind.

Aditi: That truly sounds like holistic living. You have been practicing the Art of Living for 21 years. How did your journey begin?

Shama Jog: I was introduced to the Art of Living almost 21 years ago by a friend of mine who was already practicing the Sudarshan Kriya. I enrolled for the course just out of curiosity and then started practicing regularly, whatever was taught in the course, not because I believed in what they had said in the course but because I had paid the fees and it would go waste if I did not practice!!

Aditi: Interesting! So, what changes did you see in your life as you began to practice the Sudarshan kriya?

Shama Jog: After a few days of regular practice I realised that I did not need to take any pain killer tablet for my migraine problem. Normally I had to have it very often. I also had to use the nasal spray as a breathing support.

Since I started practicing Sudarshan Kriya I didn't need the spray. Not only the daily activities but all the climbing and walking was possible without the support of the nasal spray. Over the period of time I could see that I was a much calmer, happier person. I started responding to the people and situations around me in a different way. A sense of belongingness and the urge to do something good for the society developed within me.

Aditi: That is amazing! Thank you for sharing. What according to you are the main ideas that the Art of Living teaches us?

Shama Jog: The philosophy of the Art of Living is pretty simple and is about bringing smile of each and every one and making life a celebration. It is also about dedicating ourselves to non-violence and making our society a "Violence free-Stress free society"

Aditi: Sounds like something that is much needed around the world today. What can you tell us about the global footprint of the Art of Living?

Shama Jog: The Art of Living continues to make an impact through a strong global footprint. It is present in 155 countries in 6 continents.

It has touched 370 million lives, and reached out to over 40,000 villages in India. It also gives free education to over 50,000 children in 400 schools.

Aditi: Thank you Shama for taking the time to talk to us, and enrich our knowledge about the Art of Living. We are sure that it will help all of us to make our way to a holistic and healthier life.

Shama Jog: You are welcome, and it is my pleasure.

For more information on the Art of living, please visit www.artofliving.org

Shama Jog is a retired teacher of the deaf and lives with her husband in Pune, India. She is on the faculty of Art of Living and teaches the 'Happiness program'. She participates in many Art of Living service projects. She also enjoys being a mother to her two children and grandmother to four loving grandchildren.



Aditi Patil is an Internationally Certified Wellness Coach, and a published writer with multiple stories in Chicken Soup for the Soul. She is passionate about helping people to maximize their personal wellness. She currently works at TheDACARE as part of the Talent Development Team and can be reached at patil.aditi@gmail.com.



Ayurveda

By Erika King

Ayurveda is a system of medicine that helps us to live in harmony with nature. It is over 5,000 years old and began in India and is the sister science to yoga. Ayurveda strives to bring balance into your daily life through an individualized program. Methods of treatment include food and herbs, daily routine, massage, detoxification, yoga, and meditation. Ayurveda focuses on prevention and longevity.

Ayurveda teaches us about the elements of nature which describe not only our seasons, but also our food, herbs, bodies, minds, and the expansion of consciousness. Five basic elements of nature are:

Space: We need space in order to exist. The space in our minds is where we experience love and compassion.

Air: the movement of consciousness as

well as nerve and sensory impulses. Our breath is only possible with the air element. In the mind responsible for movement of our thoughts and ideas

Fire: creation of heat. Responsible for digestion, absorption and assimilation of food and thoughts. In the mind it gives us our ability to understand, comprehend, and realize.

Water: liquid form of matter. In the body exists as plasma, saliva, mucus, sweat, urine, and more. In the mind it enables us to have feelings of compassion, faith, love, and devotion.

Earth: solid form of matter. In the body makes it exist as bones, teeth, nails, hair and skin. In the mind gives us our feeling of being grounded.

There are 3 body types called doshas called vata (space & air), pitta (fire and

water), and kapha (earth and water). Each one of us is made up of all the doshas but have our own unique balance of each. Knowing this allows you to eat the proper foods and incorporate the lifestyle that will allow you to stay in balance.

Erika King is founder of Sattvic Healing and Yoga. In 1999, Erika sought out the practice of Yoga after dealing with angioedema and chronic back pain. Yoga became a healing tool in which she could move through her daily life with tools to assist with her discomfort and pain. Yoga, Ayurveda, Healing Touch, natural foods and supplements have directed Erika on many journeys. She is also a member of Yoga Alliance and the National Ayurvedic Medicine Association. Through these practices, Erika has found the 5,000 year old technologies have helped her live better. She teaches others how to regain balance of mind, body, and spirit for true healing.

Benefits of Kundalini Yoga

By Chari Jaideep Kaur



Everything we do in our lives is directly or indirectly an effort to achieve happiness. Kundalini yoga is a science and the most direct action one can take in the course of achieving happiness.

Kundalini yoga uses breath, postures, mudras, mantras and meditation to balance the nervous system. A balanced nervous system is calm and relaxed and wards off disease.

The physical movements are sequenced (kriyas) to target a precise physical or mental health objective and all kriyas bring body awareness. Being present in the body balances the nervous system. Kundalini yoga allows one to stay healthy by moving stagnant energy from the body. Stagnant energy is unhealthy because it creates chakra blockages that diminish the flow of energy, the flow of life and provides a

breeding ground for disease and imbalance. Meditation and breathing exercise help center the mind, bringing clarity and understanding to one's self. Practicing Kundalini yoga keeps the mind and body aligned, giving clarity and fluidity to our thoughts and actions.

The expenditure of energy and the endorphins produced by physical movement enhance the effects of meditation, making it easier to move our emotions through our subconscious. Without conscious thought, one can move past the self-constructed obstacles in life towards the goal of happiness. The anxiety and stress produced by functioning in the fast paced modern world melts away. The mind is centered and acts in the most efficient and logical manner. The ancient science of Kundalini yoga is so effective it heals

addiction and emotional trauma arguably more effectively than current modern psychological methods, by empowering the individual to feel connected to happiness in the mind, body and spirit.

Chari Jaideep Long is a KRI Certified Kundalini Yoga Teacher. She was introduced to a yogic lifestyle as a child by the American Sikh Community. She attended her first week long intensive Kundalini Yoga retreat at the age of 19.

This experience changed the chaotic trajectory of her life by embedding in her the importance of keeping the nervous system balanced. She has practiced and taught Kundalini yoga for the past 28 years.

Jaideep passes on her experience and passion for the yoga that saved her life by teaching classes and workshops in studios, private spaces, retreats, Sikh Gurdwaras, Hindu Temples and Women's workshops.



Hmong Holistic Living

By Mai J. Lo Lee

I am a Hmong refugee born in Thailand and raised in the United States of America. I was born and raised with the clan surname Lo and married into the clan surname Lee. I do not live holistically in the sense of how holistic is defined : *living a life in a way that is natural in the world in which we live.* As a Hmong woman I live a life in a way that is both natural and also

culturally influenced both by my Hmong heritage and my American world. For example, following the Hmong traditions I have always been taught to keep not only my body healthy, but to keep my mind and particularly my soul healthy. This is different from American or Western way of thinking.

Because traditional Hmong religious

beliefs see life as a continuous circle of birth and rebirth – the physical world and the spiritual world coexist. It is believed that interactions between the two worlds are normal and natural. I believe that my soul and my physical body are one unit. It provides me life and good mental, physical and spiritual health. My people believe that sickness is caused when the relationship

between mental, physical and spiritual health is out of balance. The ability to be mindful is often taught, encouraged and praised in the Hmong culture, not only because it shows maturity in the person, but also because it creates strong mental health due to a strong soul and body pairing.

My mother always practiced a holistic approach to treating sickness in the family. She believed that every sickness had some herbal tea treatment. My siblings and I would often eat boiled chicken mixed with aromatic medicinal herbs to cure our fevers and body aches. Now, as a mother of a 3-year-old, I find myself looking for natural medicines for my daughter's scrapes, ouchies and fevers. My cures are now closely linked to my cultural upbringing. In reflection, I remember being in sick bed, my mother often asking my soul to stay with me, to relax and to keep me alert,

referencing that not only my body needed rest, but my soul did too. Should my siblings and I not recover quickly, my mother would massage our bodies to change our energy in hopes that our body and soul would recover together. And often these remedies helped heal us from our ailments.

As an adult, I have learned that many of my decisions not only affect me, but have an impact on my immediate family and on my Lee clan. I am always mindful to reflect on how my decisions affect my mother-in-law, the patriarch of my family clan. For example, my partner and I are always mindful of how our 3-year old daughter is raised. Is she getting enough 'grandma' time? Is she mindful of her behavior affects others? Does she understand the generational differences? Do we understand the generational impact on our decisions while raising her? We understand how

much our behavior impacts our clan, that is our family. I have come to realize that my behavior affects mental, physical and spiritual health of not only myself, but also of my clan family. I am extremely mindful of my actions, demeanor and my behavior. This is how I see how I live holistically each day in my life.

Mai J. Lo Lee is a Thai born Hmong raised in the United States of America. She has lived in Appleton since 2007 with her partner, Tou Ger and their 3-year-old daughter. Mai serves as a board member and co-chair for Celebrate Diversity Fox Cities, a neighborhood captain on her Neighborhood Watch Team and also as a district captain for the Appleton Public Library. She holds a Master of Science degree in Education and a Bachelor's Degree in English and Mass Communication. She enjoying working in student affairs. Her personal interests include reading, crafts and creative writing.



News ...

Multicultural Night at Huntley Elementary School held on February, 11th, 2016. Indus of Fox Valley was



asked to be a part of this event which was well attended. Kids and parents were eager to try Samosas and sample the mango drink. As usual henna drew the most crowd to our booth.

Multicultural Night at Ferber Elementary School held on April 22nd, 2016. The students were excited to sample Indian food. Many parents enjoyed visiting our table. A lot of them



stopped by to look at the handicraft station. Henna was a popular attraction.

Diversity Fair at Neenah High School held on April 29th, 2016. Our booth has



always been a popular spot with the kids for over sixteen years. Tandoori chicken and samosas were the hottest selling items. Henna was

very high in demand. The food sale and henna charges generated a little over \$250 which will be donated to a worthy cause.

"Maithree" a Concert of Friendship held on May 8th, 2016. IndUS was a proud sponsor of to benefit ADIRE, a Green Bay based non-profit that is dedicated to improving lives of people in rural Odisha, an eastern state of India. The event was held in Green Bay on May 8th, 2016 at Walter Theatre at St. Norbert's College. Ms. Nirmala Rajasekar, the master Veena artiste and her group presented an ensemble of Indian and jazz music. The audience got to experience various moods of soulful music. The performance ranged from soft, romantic to fast, rhythmic and uplifting styles. The program received rave reviews.

Diversity Day at Building for Kids held on June 4th, 2016. IndUS was invited to participate in the diversity



day. Our booth was one of the best decorated areas of the event. We were presented with a challenging task of doing a quick activity with children. They did some beautiful art

work that brought a great amount of publicity for our station. The event brought over 900 people to the building. It was a huge success.

Incredible India: at Appleton Public Library held on August 20th, 2016. IndUS collaborated with APL for this program. For the entire month of August, we had two displays containing artifacts from India - dolls depicting classical dance form, bridal dolls, musical instruments, spices, purses and more. families with children came to learn about India. They were welcomed by library staff and IndUS volunteers with refreshments. We had several craft and henna stations where kids created



"CD rangolis"(artistic designs by gluing gems on CDs) and got henna tattoos. Sridevi Buddi presented a slide-show on "Incredible India", followed by a Q-A session. The program ended with a Bharatnatyam performance by Sanjana from Aum Fine Arts. Over 50 guests attended the program. The library had books, DVDs and music CDs on display in the program area. They could be checked out by the members. It was heartening to hear that most of them were checked out at the end of the program.



Appleton Octoberfest was held on September 24th, 2016. IndUS in partnership with India Association of



NEW set up its stall and sold samosas, Dosas, and tandoori chicken. Thanks to the weather, more than 100,000 people turned up to enjoy the day. More than fifty IndUS volunteers worked hard all



The Board of Directors

Ms. Nancy Heykes (Chair)

Ms. Sridevi Buddi

Ms. Ruth Mansukhani

Ms. Richa Mehrotra

Mr. Dnyanesh Patkar

Mr. Bob Pederson

Ms. Kamlesh Varma (*ex-officio*)

Mr. Chetan Patel

(India Association NEW *ex-officio*)

The President, Vice President, Secretary, and Treasurer of IndUS Exe. Committee are *ex-officio* members of the board.

The Executive Team

Ms. Sridevi Buddi
President

Ms. Sonu Pareek
Vice President

Ms. Susan Kulkarni
Secretary

Mr. Venkat Raman
Treasurer

Team Leaders

Ms. Sonu Pareek
(Cultural & Art Programs)

Ms. Richa Mehrotra
(Education and Outreach)

Dr. Sandhya Sridhar
(Chief Editor, Sandesh)

Ms. Sridevi Buddi
(Fund Raising)

Ms. Nancy Heykes
(Publicity & Communication)

Dr. Gaurav Bansal
(Webmaster)

Ms. Sonu Pareek
(Chair, IndUS-2016)

Ms. Sridevi Buddi
(Co-Chair, IndUS-2016)



through the day. Due to their dedication and hard work, we were completely sold out by late afternoon, way before the festival ended! The proceeds generated via sales will be donated for a good cause.

Upcoming Event

The Eighteenth Annual Event Indus 2016 will be held on November 19, 2016 at Radisson Paper Valley Hotel, Appleton. This year's theme is *Holistic India*. The event promises to be an experiential journey from the moment you enter. The exhibition is a variation from the usual with live demos and sessions conducted by licensed practitioners in Yoga, Ayurveda, Pranic healing, Mudra healing, mindfulness and holistic health. The ambiance and decor will complement this journey. The sumptuous banquet will be a satisfying and balanced meal as the guests enjoy a soulful music and dance performance. A talk and a guided session on meditation will sum up the experience for the 490 guests we will be hosting this year. We are glad to announce that the event this year has received an overwhelming response and we 'sold out' within weeks of initiating our ticketing process. This credit is the result of the goodwill created over the last 18 years. Thanking you for your patronage and excited about the upcoming annual banquet!

Indus cares

In keeping with the culture of giving, IndUS donated \$2000 to Boys and Girls Club, which in keeping with the investing in children initiative of IndUS promotes and enhances the development of boys and girls by instilling a sense of competence, usefulness, and belonging.

Indus donated another \$1000 to Headstart (Childhood early learning Center). Head start program has made a tremendous impact on the Fox valley community in the one year of its inception.

IndUS donated a total \$5000 towards rebuilding Nepal, an initiative of Rotary Club of Appleton. This money will fund a project of building a community health clinic near the epicenter of a massive earthquake that devastated the area.

IndUS was also a proud co-sponsor of Martin Luther King Jr. Day Celebration organized by Celebrate Diversity in Appleton and Green Bay on January 16, 2016. We gave Barnes and Noble gift certificates of \$25 each to all the winners in four age groups.

Sridevi Buddi
President, IndUS of Fox Valley



IndUS of Fox Valley, Inc

Mission

IndUS of Fox Valley is dedicated to promoting Indo-American friendship and goodwill by serving the community through social, cultural, educational and charitable activities.

Visit our web site:
www.indusfoxvalley.org

Contact:

IndUS of Fox Valley
3000 E Apple Hill Blvd.
Appleton WI 54913

indusfoxvalley@yahoo.com

IndUS of Fox Valley is a 501 (c)(3)
nonprofit organization