

# India Fest 2013

Norfolk Scope  
November 16, 2013  
Saturday, 11am - 7pm

Discover India

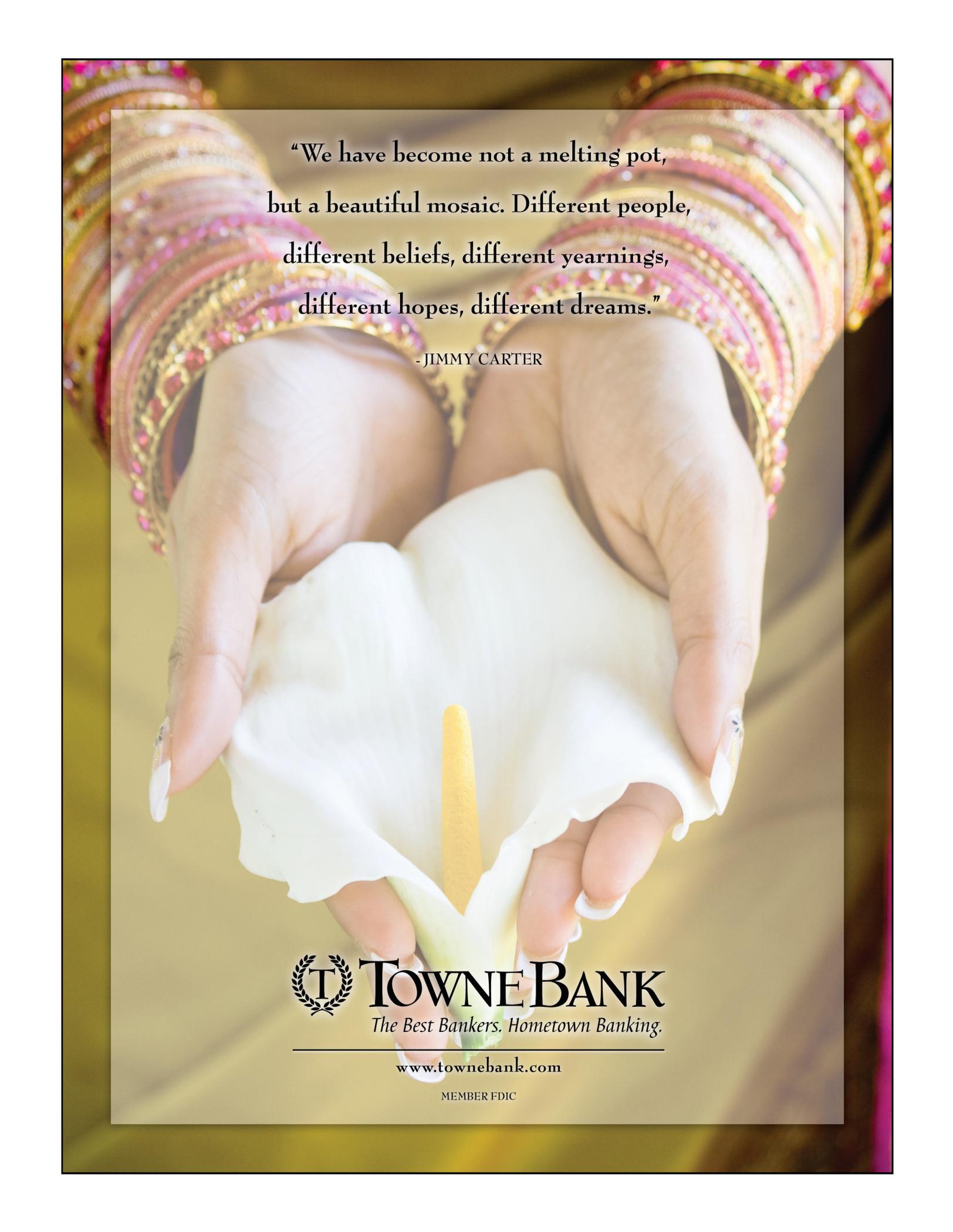
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Organized by: Asian Indians of Hampton Roads



For More Info Visit: [www.aihr.org](http://www.aihr.org)



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- JIMMY CARTER

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TO  
INDIA FEST 2013  
FROM**



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## Message from the President



Dear Friends,

Greetings!

As the end of the year draws closer, I want to stop and take a moment to thank you for your commitment and support to AIHR in 2013. We value the loyalty that you've shown us and we look forward to your continued support as an AIHR supporter in 2014.

During the last year, we have made education a fundamental part of AIHR initiatives. We continue to support Balakendra in its goals and are working closely with WHRO to promote education in the Hampton Roads area. AIHR instituted an annual scholarship to 2 deserving college bound students of Indian origin from the Hampton Roads area which will be awarded at the AIHR sponsored Republic Day event every year.

Earlier this year in July, we organized a fund raising event to support the Oklahoma Tornado Victims in cooperation with American Red Cross and raised \$8,000. Special thanks to Nawab Indian Cuisine, Holiday Inn Virginia Beach-Norfolk Convention Center and Mr. Amit Daswani for their generous support. Overall, we donated \$10,000 towards this noble cause. All of this was possible only because of you - our supporters!

Today, on behalf of the Asian Indians of Hampton Roads and the India Fest 2013 organizing committee, it gives me great privilege to invite everyone to this year's celebration of India Fest 2013. I welcome you to explore and enjoy the vibrant cultures and traditions of our great nation.

I am happy to present this souvenir commemorating the 18th Annual India Fest. This includes our proud sponsors and the members of the organizing committee. Please take a moment to thank them during the event.

In conclusion, I want to take this opportunity to sincerely thank many AIHR volunteers, choreographers, performers, and committee members who worked tirelessly to make India Fest a success. I want to thank our proud sponsors for their continued commitment and support without which this event would not be possible. Thanks to various community organizations for their cooperation and support. We will continue to live out our mission and ensure that your contribution will also be balanced with a sense of fulfillment.

Once again, I would like to welcome you to India Fest 2013, and I hope you enjoy this event and bring memories back home with you. And most of all enjoy the journey!!

A handwritten signature in blue ink, which appears to read 'Mohit Gour'.

Sincere Regards,

**Mohit Gour**  
President, AIHR



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## Message from the Chairman, INDIA FEST

Dear Friends,

It is our privilege and pleasure to welcome you all to the 18th Annual India Fest 2013 celebrating DISCOVER INDIA. This year's theme- DISCOVER INDIA has been selected considering the diversified nature of the Indian subcontinent, be it culture, food, the aroma of spices, customs, religion & races. INDIA FEST provides a platform for the residents of Hampton Roads to come together and learn more about Indian's rich cultural heritage and savor some of the cultural diversity of the residents of Hampton Roads.

Through this festival and varied other activities, AIHR aims at building congenial relationships between Asian Indians the mainstream Americans. We encourage our members to be part of the multiethnic Social Fabric of America. To accomplish this mission, we have introduced competitions like Talent Shows & Essay Writing Competition along with our regular Painting competition. The goal is to look for talent and encourage kids to compete and shine in a highly competitive environment.

We thank the volunteers who donated their time, the India Fest organizing committee for their hard work to make India Fest 2013 a colossal success. Events like India Fest are not possible without the support of the sponsors. We take this opportunity to extend our sincere gratitude to the sponsors who supported India Fest 2013. Finally, we thank the community for the massive support and encouragement they provided to champion the event.

Asian Indians of Hampton Roads (AIHR) stay committed to provide relief during these disasters.

We hope you will have a memorable day enjoying the day long cultural program, varied cuisine and have fun while shopping at the booths. Best wishes for growth and harmony amongst us all.

**With Warm Regards**

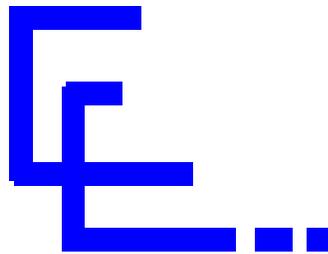
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**Himangshu Dey**  
**Chairman – India Fest**

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## The Art of Giving

Source: Unknown

"Rivers do not drink their own water, nor do trees eat their own fruit, nor do rain clouds eat the grains reared by them. The wealth of the noble is used solely for the benefit of others!

Even after accepting that giving is good and that one must learn to give, several questions need to be answered.

The first question is: **When should one give?**

We all know the famous incident from Mahabharat. Yudhishtir asks a beggar seeking alms to come the next day. On this, Bhishm rejoices that Yudhishtir his brother has conquered death! For he is sure that he will be around the next day to give. Yudhishtir gets the message. One does not know really whether one will be there tomorrow to give!  
The time to give therefore is now.

The next question is: **How much to give?**

One recalls the famous incident from history. Rana Pratap was reeling after defeat from the Moghals. He had lost his army, he had lost his wealth, and most important, he had lost hope, his will to fight. At that time, in his darkest hour, his erstwhile minister, Bhamasha, came seeking him and placed his entire fortune at the disposal of Rana Pratap. With this, Rana Pratap raised an army and lived to fight another day.  
The answer to this question how much to give is:  
"Give as much as one can!"

The next question is: **What to give?**

It is not only money that can be given away. It could be a flower or even a smile.  
It is not how much one gives but how one gives that really matters. When you give a smile to a stranger that may be the only good thing received by him in days and weeks!

"You can give anything but you must give with all your heart!"

One also needs answer to this question: whom to give?  
Many times we avoid giving by finding fault with the person who is seeking. However, being judgmental and rejecting a person on the presumption that he may not be the most deserving is not justified.

"Give without being judgmental!"

Next we have to answer: **How to give?**

Coming to the manner of giving, one has to ensure that the receiver does not feel humiliated, nor the giver feels proud by giving.

In giving, follow the advice 'Let not your left hand know what your right hand gives? Charity without publicity and fanfare is the highest form of charity.'  
'Give quietly!'

While giving, let not the recipient feel small or humiliated. After all, what we give never really belonged to us. We come to this world with nothing and will go with nothing. The thing gifted was only with us for a temporary period. Why then take pride in giving away something which really did not belong to us?  
Give with grace and with a feeling of gratitude.

**"What should one feel after giving?"**

We all know the story of Eklavya. When Dronacharya asked him for his right thumb as "Guru Dakshina, he unhesitatingly cut off the thumb and gave it to Dronacharya.  
There is a little known sequel to this story. Eklavya was asked whether he ever regretted the act of giving away his thumb. He replied, and the reply has to be believed to be true, as it was asked to him when he was dying.

His reply was "Yes! I regretted this only once in my life. It was when Pandavas were coming in to kill Dronacharya who was broken hearted on the false news of death of his son, Ashwathama, and had stopped fighting. It was then that I regretted the loss of my thumb. If the thumb was there, no one could have dared hurt my Guru?"

The message to us is clear.  
Give and never regret giving!

And the last question is: **How much should we provide for our heirs?'**

Ask yourself 'are we taking away from them the gift of work? - A source of happiness?  
The answer is given by Warren Buffett:  
"Leave your kids enough to do anything, but not enough to do nothing!"

I would conclude by saying:  
Let us learn the Art of Giving,  
and quoting Saint Kabir:  
"When the wealth in the house increases, when water fills a boat, throw them out with both hands!"

This is the wise thing to do!

**Thank you all for giving!**  
-AIHR

# SOME GREAT THOUGHTS BY CHANAKYA

(A Great Indian Philosopher/Teacher)

"Learn from the mistakes of others... you can't live long enough to make them all yourselves!!"

"A person should not be too honest. Straight trees are cut first and Honest people are taken advantage off."

"Even if a snake is not poisonous, it should pretend to be venomous."

"Once you start working on something, don't be afraid of failure and don't abandon it. People who work sincerely are the happiest."

"The fragrance of flowers spreads only in the direction of the wind. But the goodness of a person spreads in all direction."

"Books are as useful to a stupid person as a mirror is useful to a blind person."

"A man is great by deeds, not by birth."

*From Times of India*

**With Best Wishes**



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November 16, 2013

Dear Asian Indians of Hampton Roads and Guests,

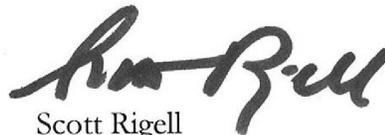
I want to express my warmest greeting to those who have gathered to celebrate India Fest 2013. To all who have worked so hard to make this day possible, I commend you on all of your hard work.

I am excited that the 18<sup>th</sup> annual India Fest continues to provide people in our community the opportunity to see firsthand the impact of the Asian Indian heritage on Hampton Roads. Year in and year out, this event showcases the best of India's diverse culture, including its art, music, and food.

Again, I welcome all of you to this tremendous event. I am grateful that the Asian Indians of Hampton Roads have provided this great opportunity and hope each of you enjoy today's festivities.

Mindful that I work for you, I remain

Yours in Freedom,



Scott Rigell  
Member of Congress

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**Kenneth I. Wright**

Mayor

November 16, 2013

Greetings:

As Mayor of the City of Portsmouth, and on behalf of my City Council Colleagues, I would like to take this opportunity to congratulate Asian Indians of Hampton Roads on organizing *India Fest 2013*. This event has become a tradition over the years in our community, and it is a strong and respected one.

The contributions made by the Asian Indians to the Hampton Roads community are admirable. Year after year, your group has taken on many noble causes and it is always an honor for me to participate with you. The work you do is commendable, and I give you my strongest support and best wishes.

India Fest provides a wonderful opportunity to celebrate the arts, food, crafts and history of the Indian culture and recognize the contributions made by Asian Americans of Indian origin. Please accept my deepest gratitude and appreciation for the work that you all do for our cities, our region and the Commonwealth of Virginia. You have my utmost respect and commitment, and I will continue to offer all that I can to your wonderful group in the future.

I wish you the best in all your efforts, and you have my continued support for your cause in the years to come.

Sincerely,

Kenneth I. Wright

Mayor

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October 30, 2013

Dear Members of the Organizing Committee for India Fest 2013,

I am pleased to extend warm greetings to all of you who will be celebrating India Fest at Norfolk Scope on November 16, 2013.

India Fest provides a wonderful opportunity to celebrate the arts, food, crafts and history of the Indian culture and to recognize the contributions made by Asian Americans of Indian origin. Your efforts to honor and celebrate your culture enrich the lives of those around you.

We are fortunate to have a strong and vibrant Indian American community in Hampton Roads and equally fortunate that a number of you are part of the ODU community. Your contributions are extraordinarily valuable to the spirit and drive that make ODU a great university.

On this important occasion, I am very pleased to join with your families, friends and community in wishing you the very best for a successful event.

Sincerely,

John R. Broderick  
President



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OFFICE OF THE PRESIDENT

October 31, 2013

Dear Members of the India Fest 2013 Committee:

I write to extend hearty congratulations to those who will celebrate India Fest on November 16, 2013.

Celebrating the history of one's culture is a time to unite with pride and focus on the accomplishments of the past, achievements of the present, and explore options for the future. From these gatherings, stories are shared that might not otherwise be revealed. It is also an opportunity for other cultures outside the Indian community to experience and embrace differences that ultimately unites us as a people. The Indian American population within Tidewater Community College lends to the value of diversity within our institution and we are extremely proud of that.

On behalf of the students, faculty, and staff at TCC, we hope that you will have an exciting and fulfilling event while you celebrate in Hampton Roads.

With best wishes,

Edna V. Baehre-Kolovani, Ph.D.  
President

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### India Fest 2013

Congratulations on your upcoming "**India Fest 2013**" that the **Asian Indians of Hampton Roads** is sponsoring. This event has become a tradition over the years in our community, and it is a strong and respected tradition.

Year after year, your group has taken on many noble causes and it is always an honor for me to participate with you. The work you do is admirable, and I give you my strongest support and best wishes.

Please accept my deepest gratitude appreciation for the work that you all do for our cities, our region and the Commonwealth of Virginia. You have my utmost respect and commitment, and I will continue to offer all that I can to your wonderful group in the future.

I wish you the best in all your efforts, and you have my continued support for your cause in the years to come.

Sincerely,

William D. Sessoms, Jr.  
Mayor

**With Best Wishes to AIHR**

**from**

**Joginder Pal, M.D.  
for 2013 India Fest celebration.**

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# Discover Diverse India Here - Then Visit India

By: Mrs. Kamlesh Kapur

India continues to be many a splendored thing!!

Indian culture and customs are as diverse as Indian Fauna and Flora, landscape and India's climate.

Coastal areas provide the best vacations spots with breathtaking views from the beaches. To top it off is the great experience of watching the three bodies of water merge at the tip of India- the Indian Ocean, Bay of Bengal and the Arabian Sea. Surprisingly, the tumult of the waters creates a sense of wonder and peace, exactly the same way as the Himalayan Mountains do, as seen from the valleys below.

From the start of the 18th century, Indian philosophy has been a source of solace and tranquility to many great people of America. Now another far more scientific aspect of astrophysics and appreciation of Indian symbolism as expressed in India's temple architecture have emerged unraveling the working of the inner self. The knowledge surrounding the consciousness and the reality of mind as contained in Vedanta (otherwise given a new name Quantum Physics) has been used therapeutically in India for many thousand years. The Beatles, and later many others, went to India seeking the ways to find secrets of inner peace.

Here are a few snippets highlighting India's diversity:

The art and architecture varies from simple to ornate to elaborate. About a thousand years back, a visitor from the Middle East remarked in his chronicle, "Indian artists cut rocks like titans and finish like jewelers".

In the last three decades, a new American culture has evolved distinctly reflecting the impact of India. American culture has embraced meditation, yoga, Ayurvedic medicines and diagnosis of disease, use of herbs and plant-based proteins and many other traditional Indian practices. In the vendor's booth, visitors can check the flavor and learn the usage of spices and herbs.

During this festival, Yoga therapy for longevity and health will be demonstrated by renowned Yoga teacher and retired vascular surgeon- Dr. Dilip Sarkar on the stage. Watching him teach Yoga to varying age groups, visitors will feel inspired by the benefits of Yoga.

India is home to elegant dress styles which vary from one region to another. Some of the most popular fashion trends are inspired by India's dress styles. India is famous for classical dance, and music traditions and regional folk dances going back to several millennia. Now there is a new trend of combining light music in fusion dances; assimilation is an ongoing process. During this one-day festival, visitors will find these fashionable dance performances fascinating.

The ancient roots continue strong in the heart of rural India, where an unknown guest is still welcomed. Even the not so well-off people offer three things to their guest: kind words, a comfortable seat and a glass of water. Where else in the world when a stranger knocks at the door, is the door even opened, let alone anything offered? During the Indian Cultural Festival, an annual event, regional diversity in cuisines, fashions, music, art and many other fields is showcased. In India there is a popular saying that as one travels 25 miles from his place, the taste of water changes and as one crosses a river, the dialect changes! In the seemingly chaotic and confusing diversity, one does not miss the inherent unity in India's intricate socio/cultural fabric.

## Unity in Diversity

When Pranab Mukherjee was sworn in as the President of India in July 2012, what did the world witness in the ceremony?

A Parsi Chief Justice Kapadia swears in a Brahmin President Pranab Mukherjee,

With a Muslim Vice President Hamid Ansari,

A Sikh Prime Minister Manmohan Singh,

An Italian-born Catholic chairman of the ruling party Sonia Gandhi,

A Dalit Speaker of the Parliament Meira Kumar

A Sikh Chief of the Indian Army General Bikram Singh,

An Anglo Indian Chief of Air Force Air Chief Marshal N.A.K. Browne and

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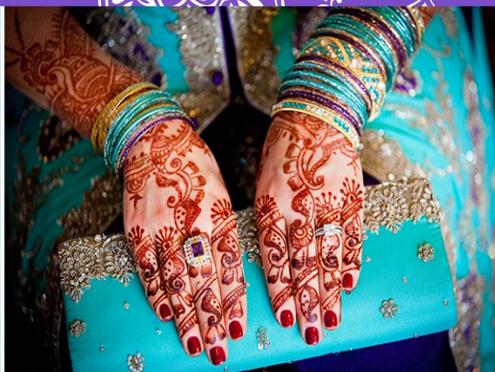
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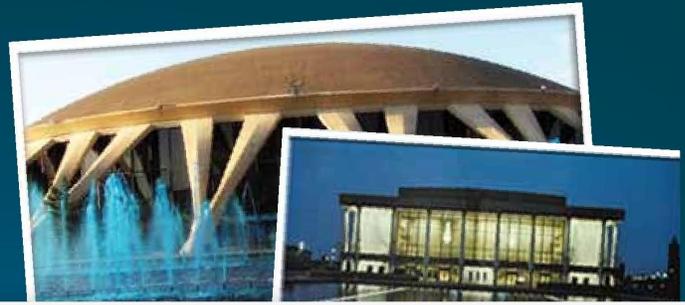
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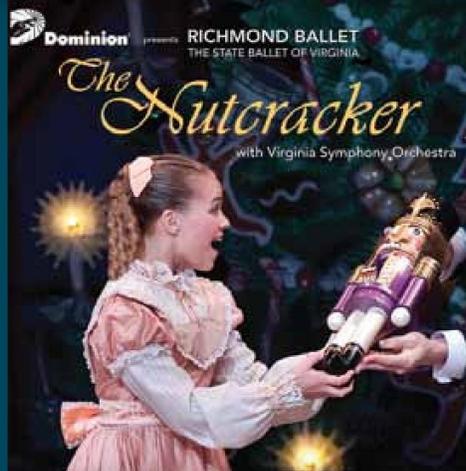
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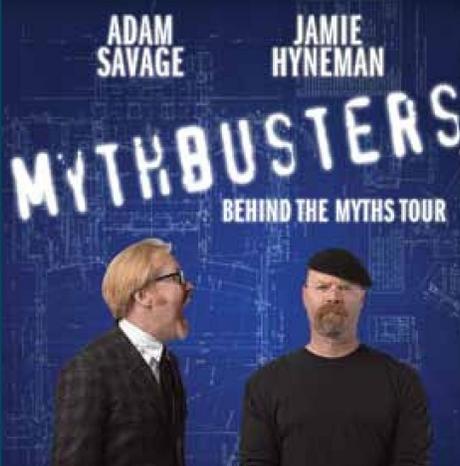
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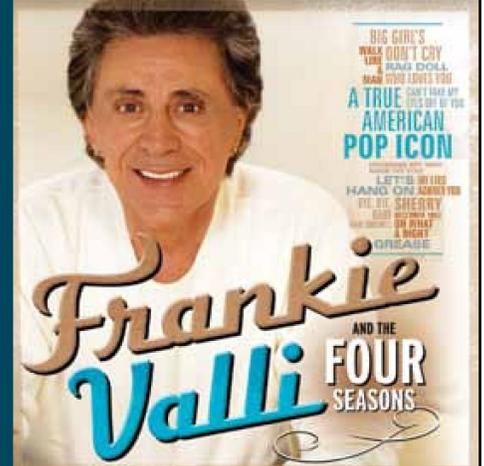
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*Best Wishes to Asian Indians of Hampton Roads*  
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**Bhavdeep K. Gupta, MD, FACC**

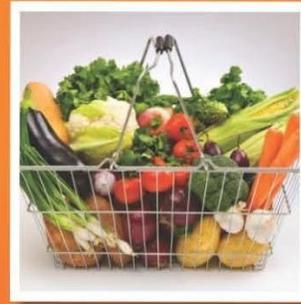
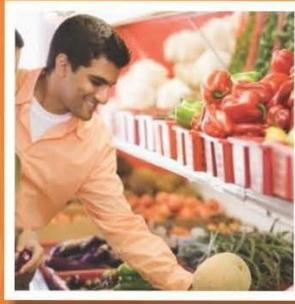
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***BEST WISHES FOR INDIA FEST 2013***

*From*

**Dr. Surendra Kumar, P.E., President**



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WWW.EEInfo.com

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**AIHR THANKS**

**LAXMI PALACE**

**3423 Old Parham Road**

**Henrico, VA 23294**

**Phone - 804-217-7066**

*With Best Wishes to*

*India Fest 2013*

*From*



7870 Tidewater Drive,  
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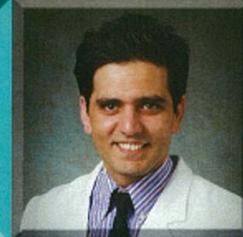
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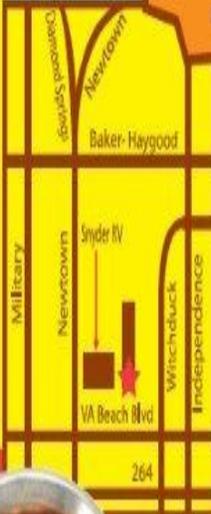


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Lord please pick a bunch for me  
Place them in my mother's arms  
And tell her they are from us.  
Tell her I love her and miss her  
And when she turns to smile  
Place a kiss upon her cheek  
And tell her that kiss is from me.*



*Mom as I was child you held my hands for a while  
And stayed in my hearts forever.  
Your loving memory, we'll always miss you*

*Love - Anil Kumar, Kavitha Sri, Srivarun, Vasanth*



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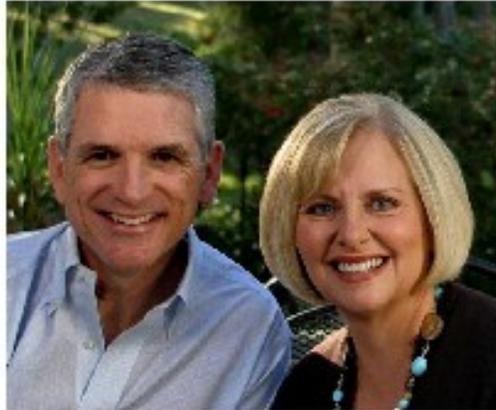
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Are you older than 50? **Y or N**

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Are you Male? **Y or N**

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Point of contact:

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### AIHR Donations from 2010 - 2013

Organizations	2010	2011	2012	2013	Total
Urban League of Hampton Roads, VA	150				150
Redcross - Japan Tsunami Relief Fund		100			100
Redcross - Oklahoma Disaster Relief Fund				10,000	10,000
Norfolk Sister City, Norfolk, VA		1,500			1,500
Love Thy Neighbor - VA Beach		100	100	100	300
Breast Cancer Foundation				5000	
Older Care Center, VA "Jeevan Sandhya"			500		500
Haiti- Disaster Relief Fund	200				200
Disabled American Veteran			1,000		1,000
CHKD			1,000		1,000
Operations Smile				1000	
Asian Pacific American Heritage Organization (APAHO), VA	250		350		600
American Diabetes Association, VA	100				100
	<b>700</b>	<b>1,700</b>	<b>2,950</b>	<b>16,100</b>	<b>21,450</b>

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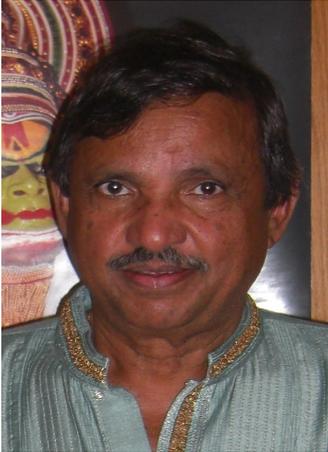


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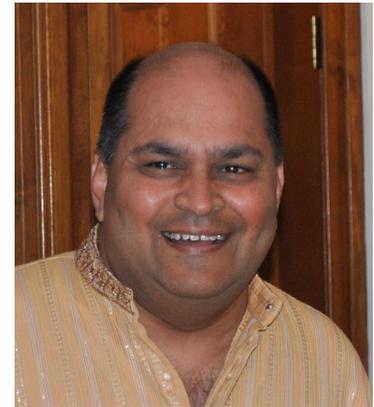
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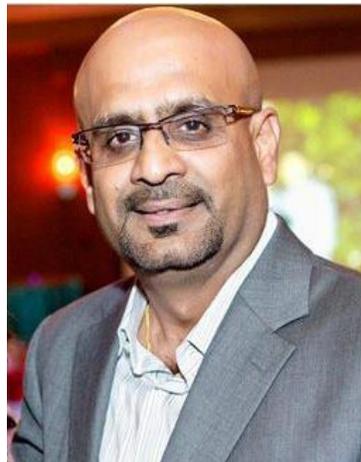
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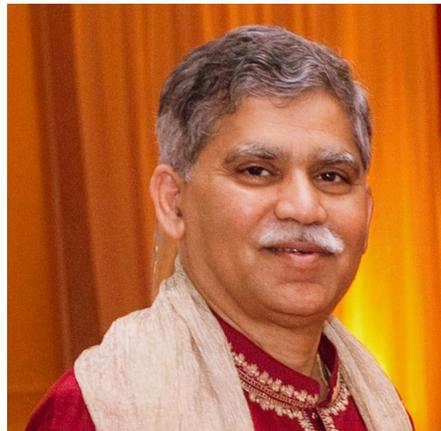


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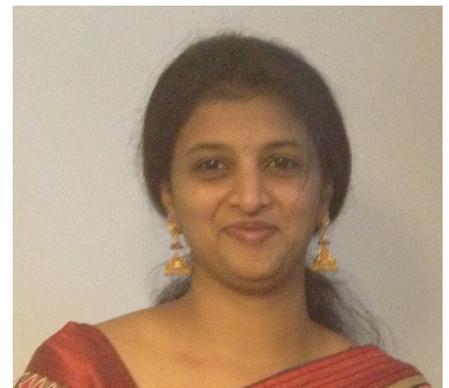
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## ACCOMPLISHMENTS

### Events

- India Fest
- Republic Day
- Invited Lectures – Healthy Heart
- Invited Speakers – UN Ambassador from India, Ambassador Mansingh, Senator Mark Warner, Rep. Owen B. Pickett, Rep. Robert C. Scott, late State Sen. Yvonne B. Miller, Mayors of Hampton Road
- Cities and regional University Presidents
- Workshop with Dr. Deepak Chopra

### Community Support

- Joint program with World Affairs Council
- Sponsorship for WHRO
- Sponsored Asian Fest
- Multi Cultural Alliance
- Sponsors for APAHO (Asian Pacific American Heritage Organization)
- Sponsors for International Children's Festival
- Contributed to ODU Scholarship Fund
- Sponsored community sports camp

### Fund Raising / Charity Events

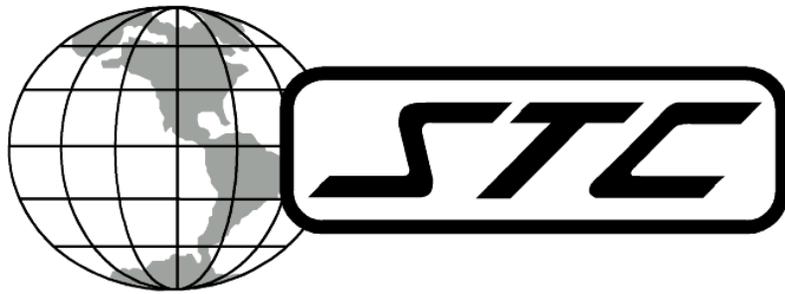
- Oklahoma Fund Raising
- National Multiple Sclerosis Society
- Boo Williams Summer League of Hampton Roads
- Partnered with American Red cross to raise funds for the victims of 9/11
- Volunteered for CHKD's Runwalk 2012
- Norfolk Food Bank
- Free Health Clinic at India Fest
- Tsunami Victims
- Victims of Katrina
- Kashmir Earthquake Victims

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**Our Very Best Wishes for**

*India Fest 2013*

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# INDIA'S GLOBAL PROMINENCE

By Santosh Choudhury, Ph.D.

India's contribution to Math (zero, decimal, calculus), health (Ayurveda, Yoga), language (except Latin all other European languages are known as "Indo-European languages" as these languages use hundreds of pure Sanskrit words), philosophy and agriculture earned its global prominence way back in history. The invention of zero and decimal is so important that Einstein said "India taught us how to calculate, without which there would be no progress ...." Its legendary wealth in gold, jewels and silk etc., invited invaders from world-over. Even the largest diamond 'Kohinoor' of British crown came from India. Tower of London museum exhibits a large number of diamonds from India.

India was the crown jewel of British colonies for hundreds of years. The 'quit India' movement became so popular and widespread it earned freedom from colonial rule. Unfortunately, with freedom came partition on religious basis into India and Pakistan. The writer has vivid painful memories religious riots and grief following partition. The cost was enormous in terms of movement from both sides of millions of people fearing insecurity of lives. Most came with nothing, leaving their heritage, homes and belongings behind, and became refugees.

Our beloved first Prime Minister Mr. Nehru, overwhelmed by the abject poverty and misery of people including refugees adopted "Socialistic Pattern of Society" and 5-year Plans to ameliorate poverty. The policy didn't work well because of changing world economic conditions devastated by the Second World War. It took time to adopt "Open economy" policy of Dr. Manmohan Singh, which considerably improved economic progress during 2003-2009. The annual growth rate was over 8 percent during those years, but subsided to about 5% in recent years. With phenomenal economic growth (2003-2009), India gained another laurel of global prominence, although poverty still remained a tacky problem for the country.

India was unprepared and ill-equipped when China attacked and occupied a large tract of India's North Eastern territory. China still occupies the Indian land. Currently, India produces a large number of armaments and defense equipments including short and long range missiles usable from land, air and sea. Its border area infrastructures are considerably improved. It became the first ever country to fly and land a Hercules (world's largest and heaviest plane) at 16,000 feet height snow zone in a short airstrip. It's Navy is capable to safeguard the sea lanes in and around Indian Ocean.

Indian scientists exploring space placed surveillance and weather satellites for both defense and civilian use. It regularly sends satellites to space for other nations as a commercial venture, and has a flawless record. It is sending satellites to explore moon in November, 2013.

"Peace at all costs" – is another policy that gained India global prominence. India still follows the "Panchsil Principles of Bandung Conference" of Mr. Nehru, despite China and Pakistan's occupation of land and border intrusions. India's policy of peace and continued negotiations earned it a good name among the family of nations.

India is world's largest liberal democracy and maintained its good name despite plethora of political parties, open protests and demonstrations. Even being messy sometimes, it has maintained its democratic principles at all times continuously. Its judiciary is independent to the extent that often political leaders of prominence are chastised for undemocratic activities or jailed. Like all other democracies it has problems, the principal being coalition governments, most often a single party has no majority in government. In world affairs, its contribution to UN peace-keeping force is well-recognized and earned it a good name.

Currently, Indian diaspora of teachers, scientists, tech people, doctors, including domestic helpers live world over. Many have and are contributing to growth and prosperity of the respective countries they live. The contribution of Indian scientists at NASA is well recognized. There are many of India descent serving the US government in various capacities. Some of India's festivals such as "Dewali" are celebrated in Congress and elsewhere. In some liberal countries like US many gained prominence even in political arena.

Yoga, an ancient Indian method of health improvement and maintenance has entrenched world over, and in the US "Wellness Centers" in hospitals and elsewhere are well-known. India's private health care institutions are considered world-class by many US patients, not only because those provide first-rate service, but also because those are substantially cheaper in money terms. Reputation earned by these institutions are known world over, and patients continuously visit India for treatment.

With 'open economy policy' firmly established, many foreign including US companies invested heavily in India, opened offices and research centers there. Research quality is considered world class. India is also a major outsourcing country of the world because of the reputation of quality of work. In reverse, Indian Tech companies and others invested heavily in the US and other foreign countries providing employment and economic improvement in those countries.

Securities and Exchange Board of India, SEBI, with its laws and regulations and the new Indian Companies Act provide safeguards while Indian Stock Markets attract large amounts of investments from the US Mutual Funds and other countries. Indian commercial banks also established offices outside India and vice versa facilitating international trade and commerce.

Last but not least, Indian art and architecture, historical monuments including the Taj Mahal placed India as a preferred tourist mecca. Every year millions of foreign tourists visit Indian tourist sites providing foreign exchange and international amity. In reverse, relatives and friends of Indian diaspora visit their close friends and relatives in other countries – a venue for enhancing international peace and friendship. Both ways these people and organizations bear the flag of international brotherhood and goodwill.

Santosh Choudhury, Ph.D. is a freelance writer from Virginia Beach.



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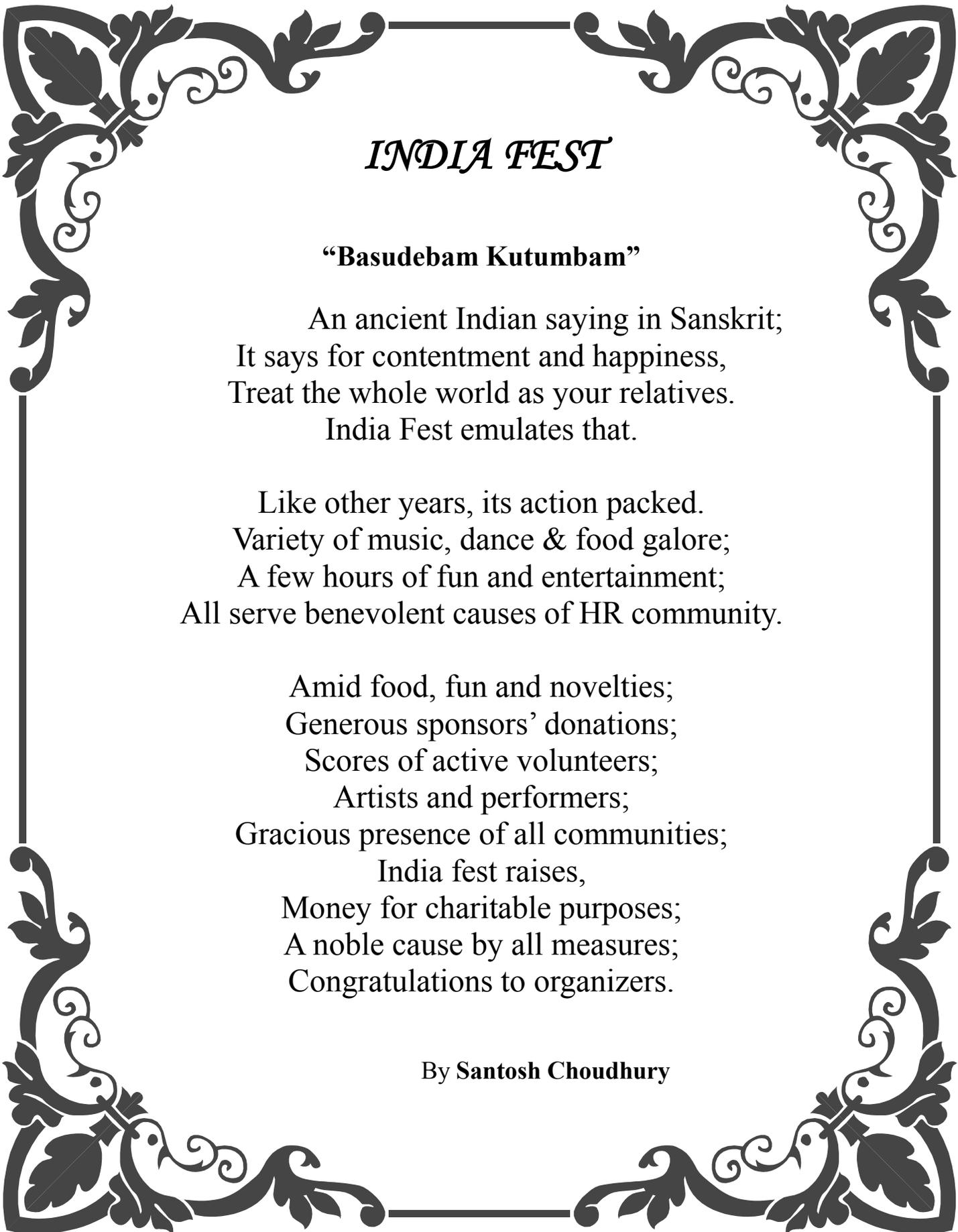
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# *INDIA FEST*

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A noble cause by all measures;  
Congratulations to organizers.

By Santosh Choudhury

**With Best Wishes to AIHR  
From  
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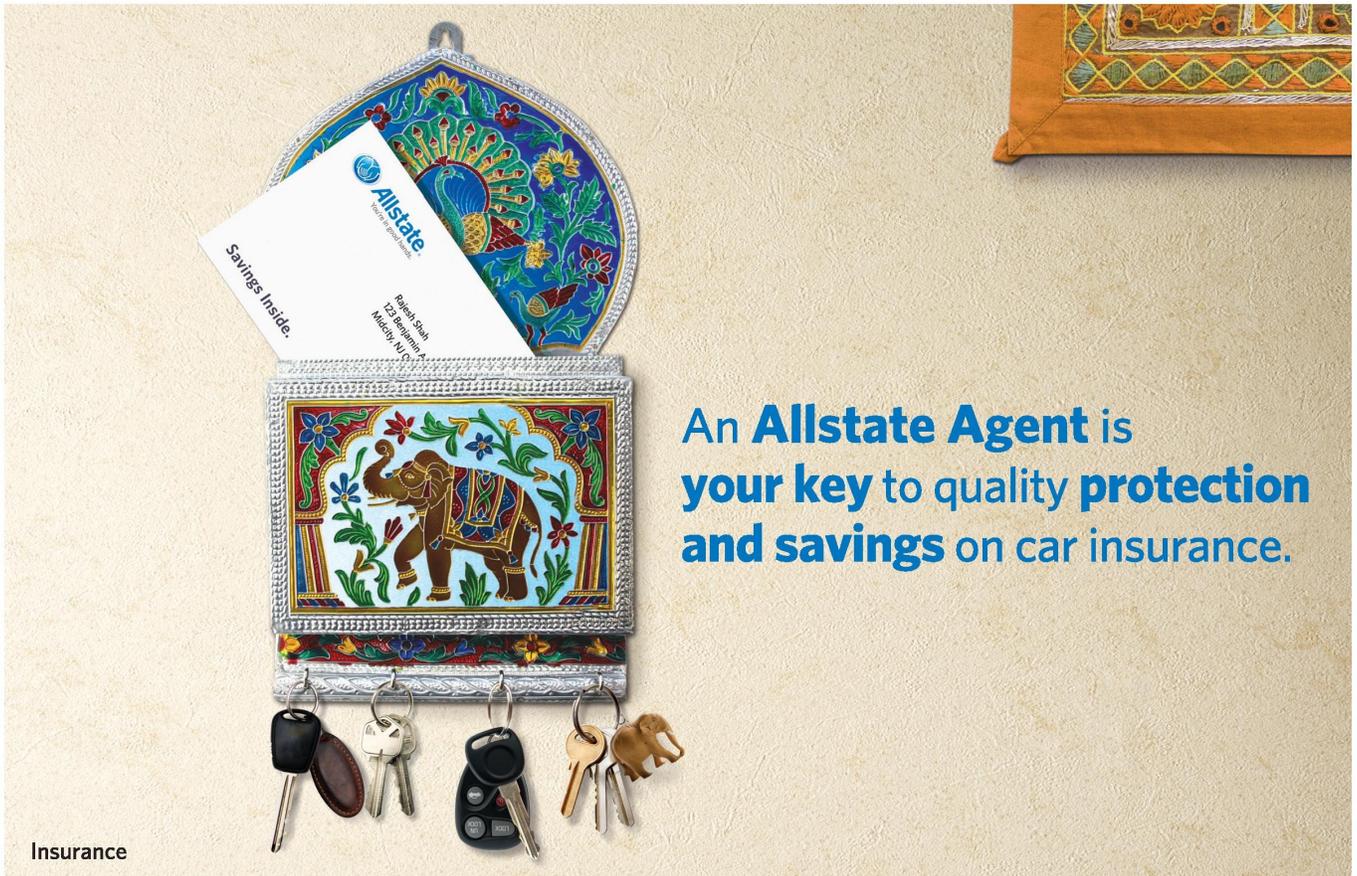


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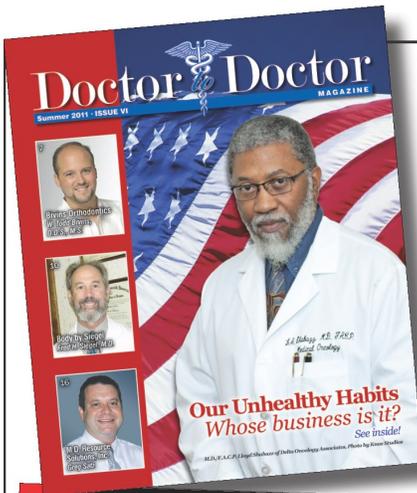
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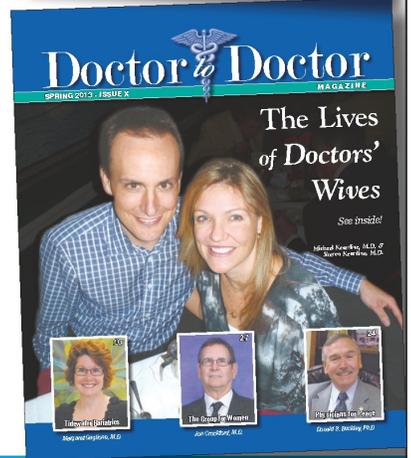
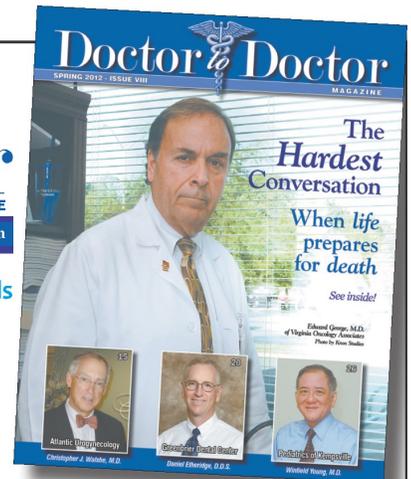
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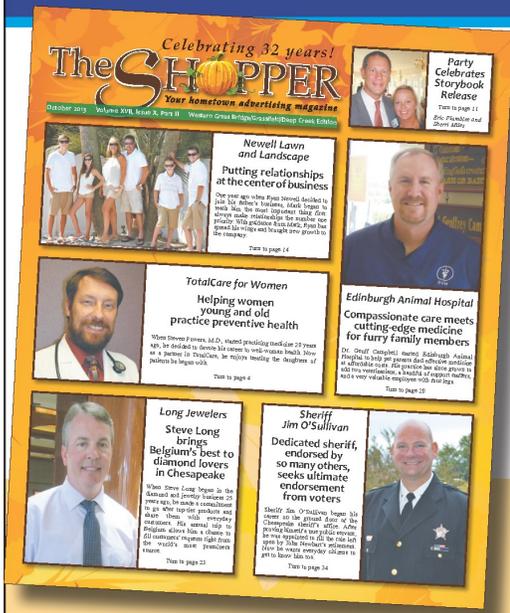
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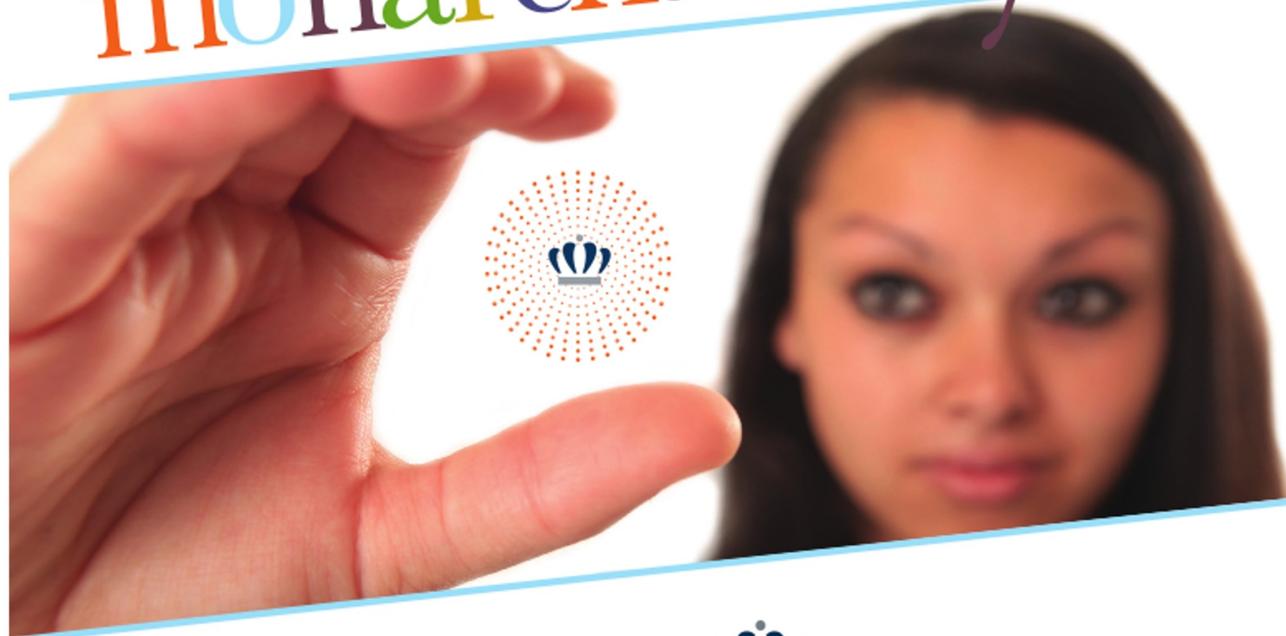
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