

**AIHR PRESENTS**



**AT VIRGINIA BEACH CONVENTION CENTER**

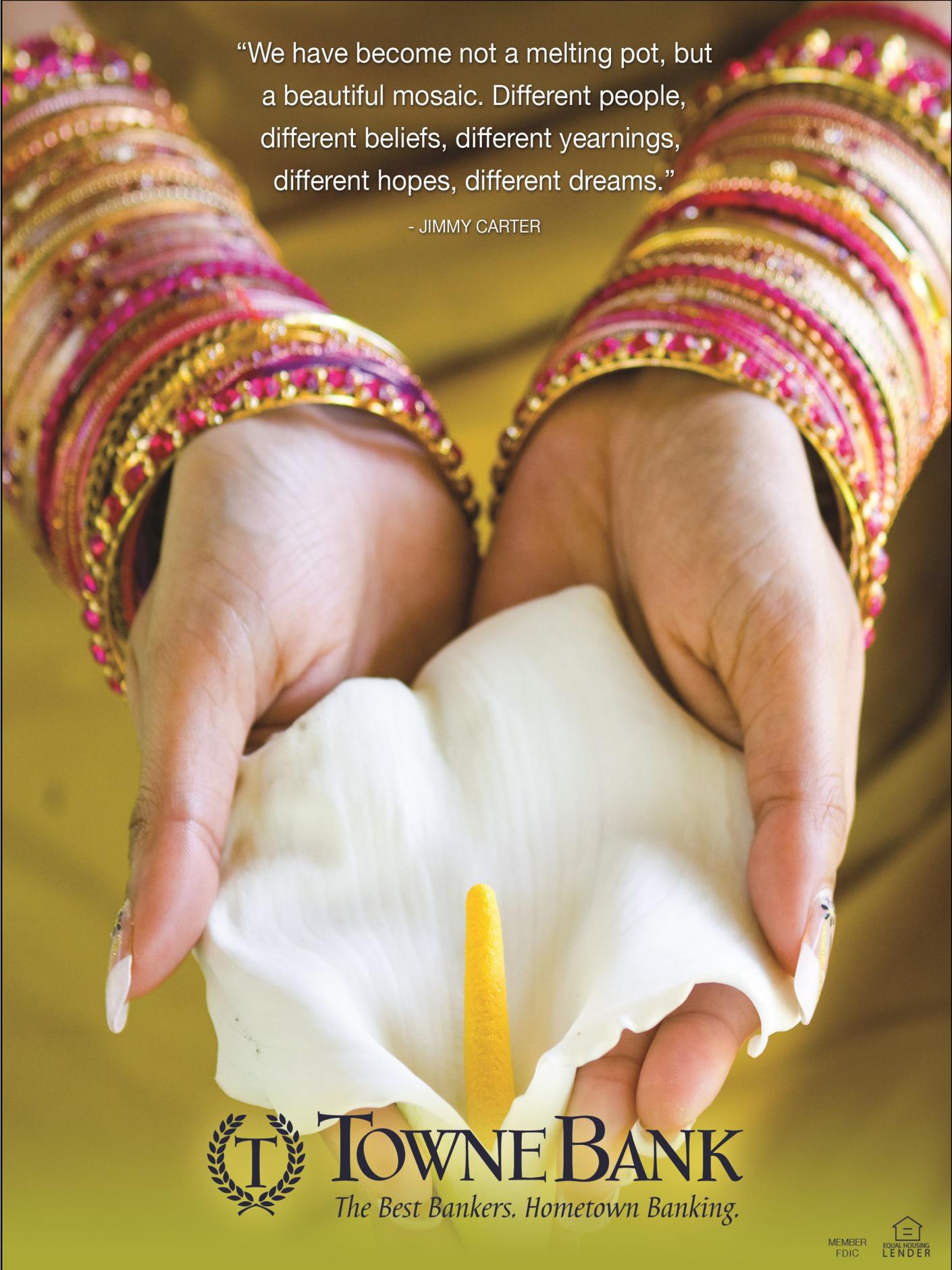
Saturday, November 8, 2014 11am - 7pm

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- | Bollywood Dances | Yoga Demos | Fashion Shows | Vibrant Music
- | Indian Cuisine | Fashion Jewelry | Henna/Mehendi
- | Designer Clothes | Face Painting | Exhibit Vendors | Lego Contest
- | Business Networking | Indian Bazaar | Art Contest
- | Food Drive By Food Bank | Free Indian Food Sampling
- | Raffle Drawing - iPad and many more in prizes

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Visit [www.aihr.org](http://www.aihr.org) for more info



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**BEST WISHES TO INDIA FEST 2014  
FROM PARIJAT'S DANCE ACADEMY**



## Message from the President



Dear Friends,

Greetings!

On behalf of the Asian Indians of Hampton Roads, it gives me great pleasure to invite everyone to this year's celebration of India Fest. I am very excited, particularly this year, as we take another leap and host the event at a bigger, better and a modern facility at the Virginia Beach Convention Center - another big step in the right direction for AIHR! My sincere thanks to the India Fest organizing committee for their commitment, their dynamism to grow India Fest and their support to AIHR throughout the year!

In keeping with its mission, AIHR continues to expand its reach in the Hampton Roads community by supporting various events and charities. Earlier in January this year, to celebrate India's Republic Day, several volunteers from the community including kids gathered at the homeless shelter in Virginia Beach and provided free meals to over seventy homeless people. Food, water and other supplies were provided by AIHR.

In line with the above, in July this year, AIHR organized another community service by volunteering at the Union Mission Ministries in Norfolk. Several community members including kids volunteered their time on a weekend morning to give back to the community by helping clean the donated articles received by the Union Mission warehouse. I take this opportunity to thank all the volunteers for their time and their belief in AIHR and its mission. I want to thank the members for bringing these new ideas and help AIHR expand its reach - Thank You for making the difference! It is because of our sponsors that we are able to organize such events. I thank them for their generosity!

Today, on behalf of the Asian Indians of Hampton Roads and the India Fest 2014 organizing committee, it gives me great privilege to invite everyone to this year's celebration of India Fest 2014 at this new and exciting location. I welcome you to explore and enjoy the vibrant cultures and traditions of our great nation. I hope you enjoy the educational activities with your kids, our cultural program with the international segment and the delicious food from our great Nation!

I am delighted to present this souvenir commemorating the 19th 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 and put in thousands of hours 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. We will continue to live out our mission!!

Sincere Regards,

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

**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 19th Annual INDIA FEST. This year's theme- DISCOVER INDIA has been selected considering the diversified nature of the Indian sub-continent, 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 and the mainstream Americans.

AIHR is in a mission to promote education in families of Hampton Roads. To accomplish this mission, we have introduced competitions like Writing & Poetry Competition, Science Fair and Lego Competition along with our regular Painting competition. The goal is to recognize 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 2014 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 2014. 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 to the penurious of the society and bring relief during disasters. AIHR will also give educational scholarships to the financially challenged families this year.

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

A stylized, handwritten signature in blue ink that reads 'HDEY'.

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



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# 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*

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Terence R. McAuliffe  
Governor

October 8, 2014

Dear Friends:

I am pleased to extend my warm welcome to everyone attending the 19<sup>th</sup> Annual India Fest, one of Hampton Road's best cultural events.

The deep cultural diversity of the Commonwealth is one of our greatest strengths. The many economic, social, and artistic contributions of Indian-Americans across Virginia continue to strengthen the Commonwealth and its communities. Since 1996, your festival has brought decades of musical, recreational, and cultural entertainment and crafts to the greater Hampton Roads region. Your festival plays an important role by exposing all Virginians to the richness of Indian culture and history. I commend the organizers of this event, and everyone with Asian Indians of Hampton Roads, for your dedication to educate and advocate for Indian-Americans through civic and political engagement.

Thank you for your outstanding contributions to Virginia, and best wishes for a successful festival.

Sincerely,

A handwritten signature in black ink, appearing to read "Terence R. McAuliffe".

Terence R. McAuliffe

TM/rfo

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November 8, 2014

Dear Guests,

I would like to welcome you to the Annual India Fest and Indian Republic Day Event. This is an exciting opportunity for our friends and neighbors to experience what our community's Asian Indian culture has to offer.

Each year, this event has celebrated one of the most vibrant cultures in our community. The event draws a large audience from all over Virginia, providing a chance for the Hampton Roads community to experience the culture and heritage of India. Thank you to all involved for your hard work that made this event possible. I commend you for your efforts in making Virginia's Second District a better place.

My wife Teri joins me in welcoming you to today's event. It is my hope that you will continue to attend this wonderful event in the years to come.

Mindful that I work for you, I remain

Yours in Freedom,



Scott Rigell  
Member of Congress

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J. RANDY FORBES  
4TH DISTRICT, VIRGINIA

October 15, 2014

Mr. Mohit Gour, President- AIHR  
Mr. Himangshu Dey, Chair- INDIA FEST 2014  
Asian Indians of Hampton Roads  
514 Rushwood Ct.  
Suffolk, VA 23435-3706

Dear Mr. Gour and Mr. Dey:

I would like to express my warmest greetings and commendation to you, to the members of your committee, and to all members and friends of the Asian Indian Community as you present INDIA FEST 2014 at the Virginia Beach Convention Center in Virginia Beach, Virginia.

Along with so many others in our community, I welcome and look forward to this wonderful, annual event which brings people together from all over our region to reinforce the strong and long-enduring bond between the United States and India.

While displaying the sights, sounds, and flavors of India, INDIA FEST also highlights the dynamic contributions made by Asian Americans of Indian origin to all aspects of American society, and the people of Hampton Roads are provided with the marvelous opportunity to enjoy and experience the rich and vibrant culture of India.

I extend my thanks to you and to those who have labored with you for all the work that you have done to host this wonderful festival.

With kind personal regards, I am

Yours truly,

A handwritten signature in black ink that reads "J. Randy Forbes". The signature is written in a cursive, flowing style.

J. RANDY FORBES  
Member of Congress



MEMBER OF CONGRESS

BOBBY SCOTT  
THIRD DISTRICT  
VIRGINIA

October 24, 2014

Mr. Mohit Gour  
President  
Asian Indians of Hampton Roads  
1000 19th St.  
Virginia Beach, VA 23451

Dear Mr. Gour, Members and Guests:

I am pleased to offer greetings as you gather for the 19th Annual India Fest presented by the Asian Indians of Hampton Roads (AIHR) on November 8, 2014.

The Annual India Fest has grown to become a marquee event for promoting cultural diversity in our region while showcasing the beauty of the Asian Indian culture. The India Fest has become a signature event on our community's calendar, because your sponsors, charitable partners, volunteers and participants work tirelessly to ensure the event will be successful. Today's program is particularly special because it will allow attendees to immerse themselves in artistic performances, exhibitions, demonstrations, networking opportunities and authentic cuisine.

Best wishes for a joyous occasion and another year of service to the Asian Indian community and all of Hampton Roads.

Very truly yours,

ROBERT C. "BOBBY" SCOTT  
Member of Congress

RCS/db

# Resurgent India- leaping into the new millennium India- Marching to new frontiers

By Kamlesh Kapur, Historian and Educator, Education Chair, AIHR

We at India Fest welcome all the visitors to a breathtaking cultural program.

This year there are more attractions. Free sampling of food at designated area will attract many, while throngs of visitors will be attracted by the Mehndi (Henna) decoration on hands, arms and feet. Nothing to worry, the red color eventually fades away. Intricate patterns are made. Small children will tug their parents towards photo ops in Indian costumes. Enjoying the cultural program, people can have lunch, business men can network. With satisfying culinary experience, visitors can go to the India Bazar- where rows and rows of vendors will be waiting with their wide variety of attractive clothing, jewelry, educational material and other useful item.

Something to know about India, for some of you will surely plan a trip to India and might have a life altering experience!

India has always attracted visitors for its panoramic cultural landscape and tranquility of the yogic ashrams. Many in the unbiased academia revere Indians for their mathematical and scientific genius. Now many other daring feats are being added; just to not a couple of these; the boy who came with the idea of Email was from India. The thirteen year old girl who was the youngest ever to climb to the top of the Mount Everest setting a new record is also Indian.

Indian inventiveness and ingenuity go back to several millennia. In the last nine centuries, Indians have been yoked to slavery, choked by strict laws and saddled by heavy taxes. This caused the pace of creativity to slow down. Once these hurdles are completely destroyed, the country is vibrating with a new wave of enthusiasm.

Throwing away the colonial baggage of bureaucratic sluggishness, slumbering politicians and getting rid of needless procedures of attesting documents, India reinvents itself. India is the youngest nation in the world with the majority of the population less than 40 years old. It has the largest percentage of skilled workers with engineering degrees. Ingenuity of fixing every broken gadget, Indians are always ready to find next best alternative. The native word for this ingenuity is Jugarh. Small mechanics are also able to find Jugarh to fix, rewire and do whatever is broken to give the gadget a new life.

Small miracles happen and then big events follow. The recent trip to Mars in the first attempt testifies to the capability of the skilled workers. The teams of scientists and engineers include a large percentage of women.

With a fast pace construction of roads, bridges and inner-city ring roads, traveling will become a pleasure. Once the proposed triple ring roads and infra-structure is completed, tourist will find inviting landscapes around several tourists' favorite cities such as Varanasi, Mathura and Rishikesh .

The river water pollution is being reduced speedily. The need to create clean India has a ring of urgency and sincerity.

How does all this affect everyone in the U.S? Simple!! Many investors from the U.S. will have investment opportunities. Using relatively cheaper labor, they can have nexus for expanding their own business. India fest is here to inspire you to take a leap to new experience- business or pleasure!

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# India Fest 2014



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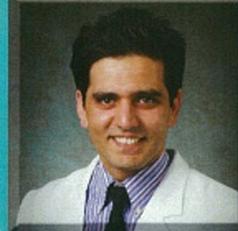
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President



**Dr. Ramesh Govindrajan**  
Vice - President



**Mrs. Ankur Khullar**  
Secretary



**Mr. Himangshu Dey**  
Treasurer

## 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
- Hosts for the INS Jalashwa & Tarangini Crew

### 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

**AIHR is a 501-c3 non profit organization. All contributions are tax deductible.**

**With Best Wishes to AIHR  
From  
Tejwant S. Chandi, M.D.  
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Tejwantchandi@gmail.com**

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for 2014 India Fest celebration.**

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**Wishing continued success to India Fest 2014.**

*If roses grow in Heaven  
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.*

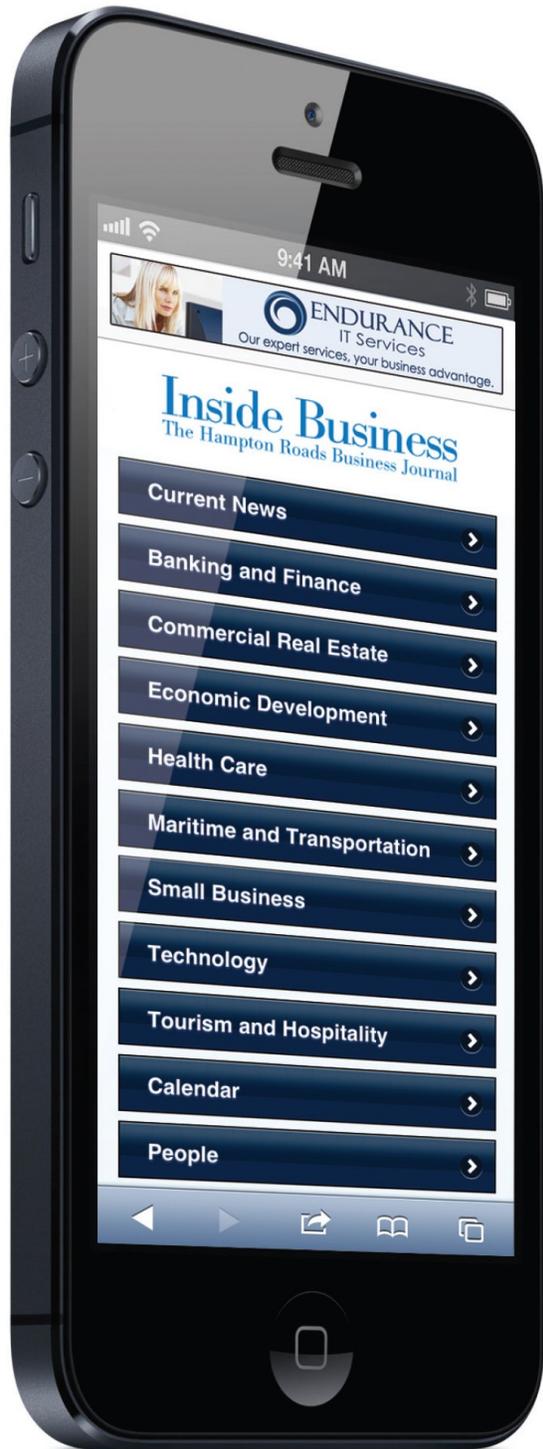


*Mom as I was child you held my hands for a while  
And stayed in my hearts forever.  
Your loving memory, we'll always miss you*

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



Dr.Vasanth & Kavitha Sri Hathwar dedicates GRAND Sponsorship to India Fest/AIHR in sweet memories of their mother. The goal of the sponsorship is to help the penurious of our society through educational and academic support. We wish all the best to AIHR in their mission and endeavor to promote and foster educational excellence in our community children



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Urban League of Hampton Roads, VA	150			
RedCross - Japan Tsunami Relief Fund		100		
RedCross - Oklahoma Disaster Relief Fund				10,000
Norfolk Sister City, Norfolk, VA		1,500		
Love Thy Neighbor - VA Beach		100	100	100
Breast Cancer Foundation				5000
Older Care Center, VA "Jeevan Sandhya"			500	
Haiti- Disaster Relief Fund	200			
Disabled American Veteran (DAV)			1,000	
CHKD			1,000	
Operations Smile				1000
Asian Pacific American Heritage Organization (APAHO), VA	250		350	
American Diabetes Association, VA	100			
VA Beach Plaza Middle School				500
Total Per Year	700	1,700	2,950	16,600

---

**Mohit Gour**                      - President, AIHR                      Email - mohitgour@cox.net  
**Himangshu Dey**                - Chairman, India Fest                Email - hdey@hotmail.com

AIHR is a 501(c) (3) organization. Visit [www.aihr.org](http://www.aihr.org) for more info.

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3. Has anyone ever observed you stop breathing during sleep? **Y or N**
4. Do you have or are you being treated for high blood pressure? **Y or N**
5. Is your Body Mass Index Greater than 35? **Y or N**
6. Are you older than 50? **Y or N**
7. Is your neck circumference greater than 40 cm? **Y or N**
8. Are you Male? **Y or N**



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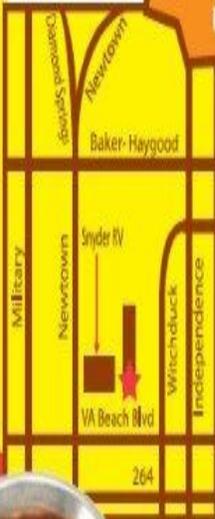


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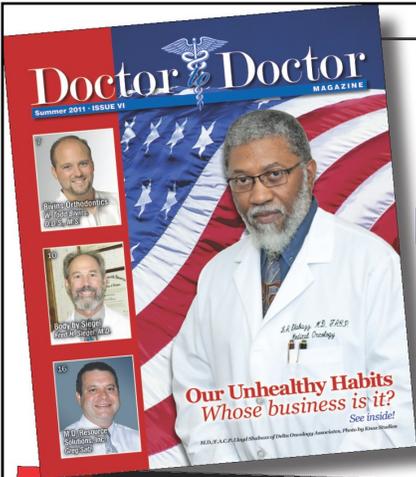
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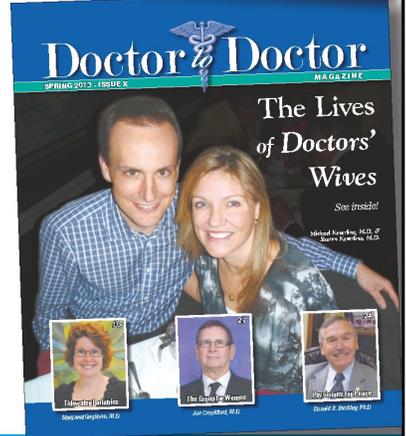
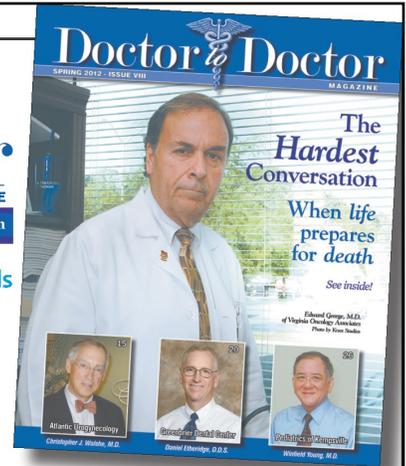
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# BEST WISHES for INDIA FEST 2014

from

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- 'Decimal System' was developed in India in 100 B.C.
- The world's first university was established in Takshila in 700 BC. More than 10,500 students from all over the world studied more than 60 subjects. The University of Nalanda built in the 4th century was one of the greatest achievements of ancient India in the field of education.
- Ayurveda is the earliest school of medicine known to mankind. The Father of Medicine, Charaka, consolidated Ayurveda 2500 years ago.
- The Art of Navigation & Navigating was born in the river Sindh over 6000 years ago. The very word Navigation is derived from the Sanskrit word 'NAVGATIH'. The word navy is also derived from the Sanskrit word 'Nou'.
- Bhaskaracharya rightly calculated the time taken by the earth to orbit the Sun hundreds of years before the astronomer Smart. According to his calculation, the time taken by the Earth to orbit the Sun was 365.258756484 days.
- The value of "pi" was first calculated by the Indian Mathematician Budhayana, and he explained the concept of what is known as the Pythagorean Theorem. He discovered this in the 6th century, long before the European mathematicians.
- Algebra, Trigonometry and Calculus also originated in India. Quadratic Equations were used by Sridharacharya in the 11th century. The largest numbers the Greeks and the Romans used were 106 whereas Hindus used numbers as big as  $10^{53}$  (i.e. 10 to the power of 53) with specific names as early as 5000 B.C. during the Vedic period.



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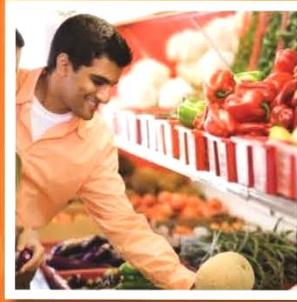
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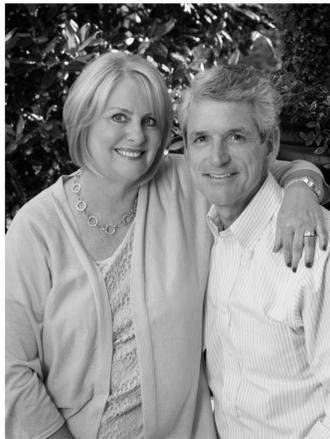
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# INDIA FEST 2014



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# FACTS ABOUT INDIA

By Santosh Choudhury, Ph.D.

Thanks to the organizers of India Fest for providing an insight into Indian culture and traditions. It's a monumental task, and they do it every year for the community.

- 14 year old VA Sib Ayadurai invented “Inter-office mail system” in 1978. It's the forerunner of today's e-mail. On 30th August, 1982 US Govt. agreed to the discovery and he was rewarded.
- With multi-party (dozens) system including factionalism, provincialism and all that, India is world's largest stable democracy with ‘peace’ as its policy. Despite Chinese aggression (1962), occupation of Indian land, Pakistan's intermittent shelling and terrorist attacks; following “Panchsil” India strictly follows the path of peace and negotiation.
- India is the only country in the world open to all religious faiths. Wherever religious persecutions occurred, India opened its doors to all. Now India has people from all world faiths from Jews to Zoroastrians. Some of the oldest churches and synagogues are in India even now. Fools try to create cosmos, but most favor peace and harmony.
- India is a free country where public demonstrations are sometimes violent because of hooligans, though non-violence is the official policy.
- India espouses “Hindu Philosophy”. Most interpret Hindu as a religion; in truth, Hindu precepts are a philosophy of how to live peacefully in a society. Hindu faith is “exclusive” meaning Hindus can pray anywhere (church, mosque or other places of worship), because of the concept that God is one, no matter what name we pray to Him.
- Despite animosity, aggression, terrorist attacks and killing, India survived over six and a half decades – all with peace and tranquility. Rarely another country can boast that.
- Over ten thousand years back Indian philosophers said ‘life is sacred’, don't kill any animal or destroy forests (take only what you need) or Nature will be hostile. Reckless deforestation, hunting, use of pollutants for years made Nature extremely hostile and all lives on earth are now endangered. The saying “those who serve all serve God”, proved its worth.
- Ancient Indians divided time beyond seconds. In Sanskrit, a second is “paul”; 1/60th of a second is “bepal”; while 1/60th of bepal is “Anupal”.
- “Eat less live long” is another Indian adage. Absence of that has made obesity an international health problem. One of my friends (a heart surgeon) made a joke out of it. He said, “God allots one only so much food for life, if one eats it too soon one goes out of the world too soon.”



## **Living Yoga: Building a Life-Long Practice**

**Dilip Sarkar, MD, FACS, CAP, President**

Dr. Sarkar is a long time resident of Virginia and a retired vascular surgeon and Fellow of the American Association of Integrative Medicine. A certified Ayurvedic practitioner and yoga teacher, Dr. Sarkar teaches classes in yoga therapy, Ayurvedic wellness, and integrative medicine, combining forty-five years of experience in conventional medicine with knowledge of Ayurveda and yoga. He retired as Associate Professor of Surgery at Eastern Virginia Medical School as well as Chairman of the Department of Surgery and Chief of Staff at Portsmouth General Hospital in Portsmouth, VA.

Dr. Sarkar has been very active within the Hampton Roads community. He has played an important role in the American Heart Association's public awareness program and was a guest speaker on heart disease and wellness in local TV and Radio programs. From January, 2005 to June, 2006 he was elected as the Chairman of the Board of Directors, American Heart Association. Since then he remains as the member of that board.

Dr. Sarkar is a design team member for last seven years and participant of discussion of Nexus, an interfaith dialogue group at Virginia Wesleyan College, whose program spirituality and health is being broadcasted by COX 11 TV channel several times. He is also a member of president's advisory council at the same college.

Governor Mark Warner of Virginia appointed Dr. Sarkar as a member of the Governor's Virginia Asian Advisor Board (VAAB) for the term July 1st, 2001 to June 30th, 2005 and the next governor Tim Kaine reappointed him until June 30th, 2013.

Dr. Sarkar's expertise is unique in the sense that he (1) combined his 40-year experience of western medicine and extensive knowledge of eastern therapies to develop a successful Yoga Therapy program;

(2) helped establish the first School of Integrative Medicine at Taksha University, a 501c(3), non-profit education and research organization in Hampton since 1976; (3) volunteered to educate the Hampton Roads community by conducting classes in Integrative Medicine, Integrative Nutrition, and Yoga Therapy, and (4) continues to bring students and recognition to Hampton Roads from Washington DC, Maryland, North Carolina, New York, Texas, and Montreal (Canada). Since his retirement as vascular surgeon in 2001, he has dedicated his time, energies, and personal funds, to educate the public in the immense benefits of Yoga Therapy for health and healing of body, mind, and spirit.

Dr. Sarkar has practiced western medicine throughout his life. He has retired from surgical practice and has developed a profound interest in Ayurvedic medicine which is a part of Integrative Medicine. Initially he learned Ayurvedic Medicine in the Tidewater area from an Ayurvedic physician, then traveled to India and worked with an Ayurvedic physician there. Since then he has become a Certified Ayurvedic practitioner. He is a founding member of National Ayurvedic Medical Association (NAMA) and sits on its research and standard committee. As a member of the International Association of Yoga Therapists (IAYT) he teaches Yoga Therapy locally. He is a Fellow of American Association of Integrative Medicine (AAIM). Now, Dr. Sarkar continues to practice Ayurvedic Wellness with positive results and has been devoting much of his time to teaching others in his community about the mind/body connection, Ayurvedic Wellness, and Integrative Medicine. Currently he is the Executive Director, School of Integrative Medicine, Taksha University, Hampton, Virginia.

Dr. Sarkar currently serves on several healthcare boards, including the American Heart Association (AHA). As President of the AHA's Board of Directors for the Hampton Roads region, Dr. Sarkar also chairs its Mission Committee and the "My Life Check" program. He is a life member of the National Ayurvedic Medical Association and serves as a member of its Yoga Standards Subcommittee. Dr. Sarkar also serves as Board Chairman for the Life in Yoga Institute. He conducts weekly yoga classes for Hampton Roads community at the Hindu Temple of Hampton Roads in Chesapeake, Olde Port Cove in York County, Sattvic Space in Portsmouth and American Theater in Hampton. He can be reached at [dilipsarkar@gmail.com](mailto:dilipsarkar@gmail.com) or <http://www.dilipsarkar.com/>.

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