

AIHR PRESENTS



AT VIRGINIA BEACH CONVENTION CENTER

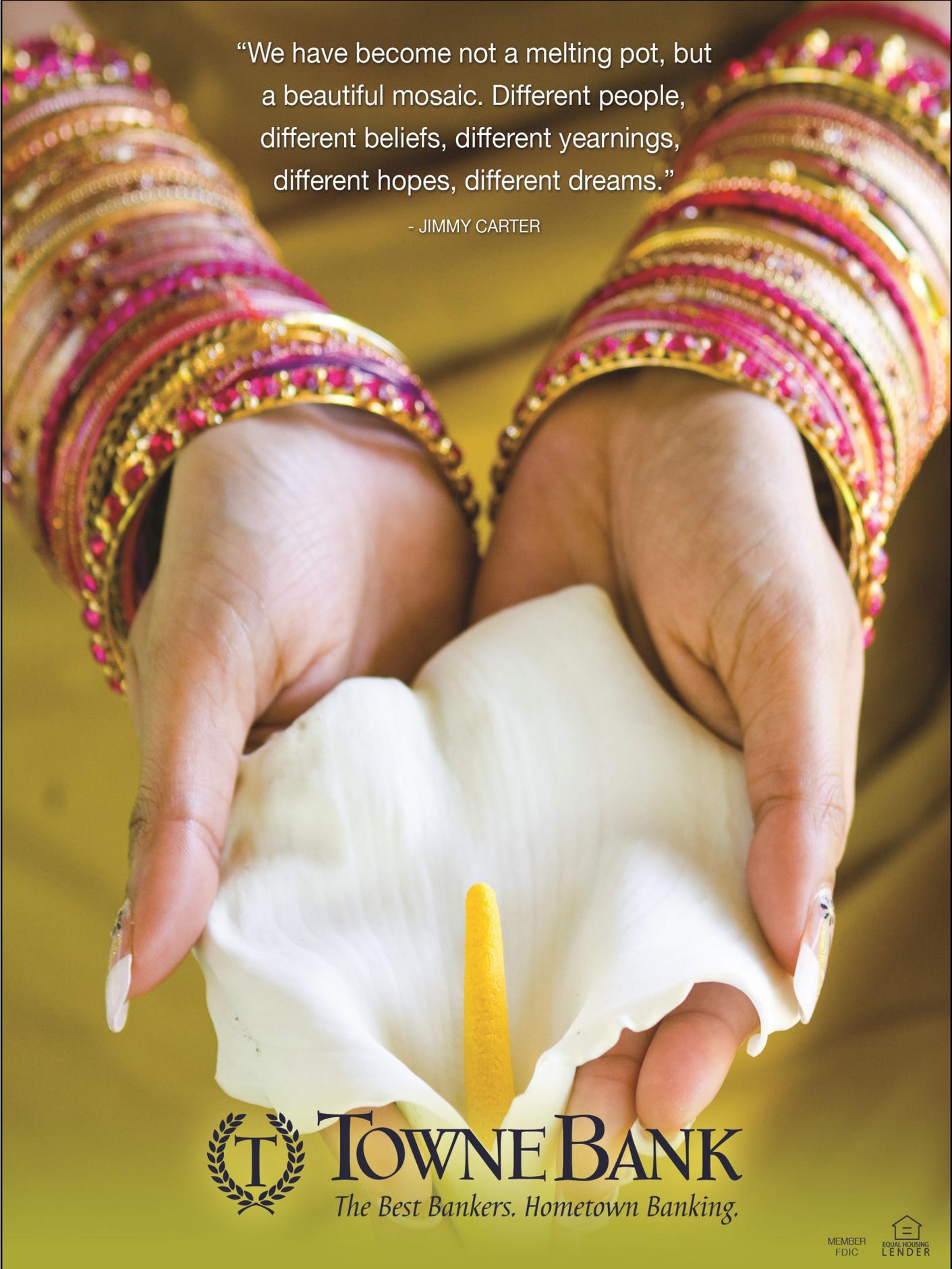
Saturday, November 8, 2014 11am - 7pm

FREE ADMISSION! FREE PARKING!

- | 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

Organized by: Asian Indians Of Hampton Roads (AIHR)

Visit www.aihr.org for more info



“We have become not a melting pot, but
a beautiful mosaic. Different people,
different beliefs, different yearnings,
different hopes, different dreams.”

- JIMMY CARTER



TOWNE BANK

The Best Bankers. Hometown Banking.

MEMBER
FDIC



EQUAL HOUSING
LENDER



I will surf, stream and share like never before.

Cox has doubled Internet speeds.

Up to 50 Mbps
COX HIGH SPEED INTERNETSM

\$1999

PER MONTH FOR 12 MONTHS WITH A 2-YEAR AGREEMENT AND AN ADDITIONAL SERVICE*

IN ADDITION TO FASTER SPEEDS, YOU'LL ALSO GET:

- Access to the fastest in-home WiFi - including hassle free set-up and support
- Over 300,000 WiFi hotspots when you travel
- Free Security Software protects your computer from viruses and spyware (a \$169 value)

757-609-3858 COX.COM/INTERNET COX SOLUTIONS STORE®



*Max download speeds are increasing to 50Mbps for Preferred and 100Mbps for Premier. See cox.com for speed availability in your local area. Offer expires 12/31/14 and is available to new residential Internet customers in Cox service areas. \$19.99/month includes Cox High Speed Internet Preferred when customer newly subscribes to both Cox High Speed Internet Preferred and Cox Advanced TV or higher. Total bundle rate varies by market. After 12 months, bundle rate increases by \$20/month for months 13-24. Regular rates apply thereafter. See www.cox.com. 2-year service agreement required. Early termination fees may apply. Additional Internet packages are available and may be required for access to all advertised features. WiFi network access available to residential customers with Cox Internet Preferred or higher service at hotspots in select locations outside of Cox service areas. See cox.com/hotspots for available coverage areas and hotspots. Equipment fees, installation charges, taxes, fees and surcharges additional. Not all services and features available everywhere. A credit check and/or deposit may be required. Offer not combinable with other offers. Equipment required. Uninterrupted or error free service not guaranteed. Actual speeds vary. Other restrictions may apply. ©2014 Cox Communications, Inc. All rights reserved.



**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, appearing to read 'Mohit Gour', written in a cursive style.

Mohit Gour
President, AIHR



Albemarle Eye Center, P.L.L.C.



Jitendra Swarup, M.D. Melody Morrow, M.D.
Gary Lehman, O.D. Eric M. Burns, O.D.
Janet Riddick, O.D.

We are proud to offer a wide variety of treatments and services:

Cataract Surgery with:
***ReSTOR lens**
***Toric Lens**
***Crystalens Lens**
Laser for Diabetic Eye Disease
Glaucoma
LASIK & PRK Surgery
Routine Eye Care
Botox & Restylane Treatments
Same Day Optical Service

Office Locations in:

Elizabeth City: 252-335-5446

Kitty Hawk: 252-441-3163

Edenton: 252-335-5447

Toll Free: 1-800-755-7535



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



C & C, Inc.

100 Seventh St., Ste. 104

Portsmouth, VA 23704

O: (757) 397-3800 – F: (757) 397-7176

Best Wishes for a Successful Year!

**Gopal, Indu, Deepika,
Sangeeta & Deepak Sharma and Dr.RS Jain**

Hall
AUTOMOTIVE
More Cars. Great People.



ACURA

Hall Acura is the proud sponsor of the



**PLEASE CONTACT
HALL ACURA VIRGINIA
BEACH'S INDIA FEST
AMBASSADOR,
PETER MANIKKAM TODAY AT
757-631-3060**



2015 ACURA MDX

Hall Acura Virginia Beach | 3200 Virginia Beach Blvd. Virginia Beach, VA 23452
www.HallAcura.com | 757-631-3060

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



30 Research Drive

Hampton, VA 23666-1325

(757) 865-1400

www.vigyan.com



COMMONWEALTH of VIRGINIA
Office of the Governor

Terence R. McAuliffe
Governor

October 8, 2014

Dear Friends:

I am pleased to extend my warm welcome to everyone attending the 19th 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

Patrick Henry Building • 1111 East Broad Street • Richmond, Virginia 23219
(804) 786-2211 • TTY (800) 828-1120
www.governor.virginia.gov

SCOTT RIGELL
2ND DISTRICT, VIRGINIA

WASHINGTON OFFICE
410 CANTON ST., SUITE 1100, NORTON
WASHINGTON, DC 20515
(202) 226-4515

HOUSE ARMED SERVICES COMMITTEE
HOUSE COMMITTEE ON THE BUDGET

Congress of the United States
House of Representatives
Washington, DC 20515-4602

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

VERNONA 0041
4722 Dulles Road, Suite E & F
Arlington, VA 22204
(703) 657-8090

www.rigell.house.gov
Website

5060962
2205 First Street
Arlington, VA 22204
(703) 703-5172



HOUSE OF REPRESENTATIVES
WASHINGTON, DC 20515

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,

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!

Healthcare Questions? We've Got Answers.

Health Plan Options for Seniors

Medicare Supplements

Medicare Rx Plans

Medicare Advantage Plans

Health Insurance for Individuals & Families

Employer Group Health Plan Options

Vision & Dental Plans

Marketplace ACA Plan Eligibility/Enrollment

Local, Personal Assistance

Southside (757) 340-3873

Peninsula (757) 249-5490



Richmond—Virginia Beach—Suffolk—Newport News—Williamsburg—Northern Virginia—North Carolina

www.tfabenefits.com 1-877-340-3873 (Toll-Free)

The Fine Art of Representing You

For a detailed market analysis on your home or to discuss your home buying needs, please contact Tammy Busche



880 Ocean View Avenue W.
Offered at \$1,650,000



246 Ocean View Avenue W.
Offered at \$1,250,000



3754 Jefferson Blvd
Offered at \$1,100,000



223 56th Street
Offered at \$674,750



908 Harwich Dr
Offered at \$499,750



2236 Arklow Road
Offered at \$485,000

2012, 2013 & 2014 Five Star Real Estate Agent

This year, I have the honor of being selected as a "Best in Client Satisfaction" - Five Star Real Estate Agent as announced in Coastal Virginia Magazine.

Based on surveyed Hampton Roads area residents who recently purchased a home, Five Star Professional awarded this prestigious title to fewer than 3% of Hampton Roads real estate agents.

Our fabulous clients are the foundation of our success, and it is our pleasure to offer our sincerest thanks to you.

When buying or selling your home,
You deserve the *finest* representation.



Tammy A. Busche

*Integrity.
High Performance.
Delivered.*
BUSCHE Executive Realtors, Inc.
www.tammybusche.com

3181 Shore Dr.
Virginia Beach, VA 23451
Direct: 757-270-4294
Office: 757-481-1919
tammybusche@gmail.com
www.tammybusche.com

THREE-YEAR WINNER

Integrity • Performance • Delivered

- No. 1 Long & Foster agent in SE Virginia
- 2011, 2012 and 2013 Platinum COE award winner
- Long & Foster Founder's Club
- Long & Foster's Gold Team Master's Club
- Circle of Excellence seven consecutive years

Exceeding client expectations and providing total commitment to excellence continue to guide Tammy's passion and devotion to the real estate profession. She is committed to personal service and realizes that building lasting relationships through service is key. "I am truly honored and humbled by this award and sincerely thank all of my clients for their high regards." — Tammy

As honored in Coastal Virginia Magazine

TAMMY BUSCHE

#1 Individual Agent SE Hampton Roads*
2009, 2010, 2011, 2012, 2013 *Long and Foster Real Estate
757-270-4294 www.tammybusche.com





Analytical Mechanics Associates, Inc.

ENGINEERING

INFORMATION TECHNOLOGY

VISUALIZATION

ANALYTICS

George M. Low Award Winner | Emmy Award Winner

Tomorrow's Vision



Aeronautics



Space Technology



Analytics



NASA X



Today's Solution

www.ama-inc.com

21 Enterprise Parkway, Suite 300
Hampton, VA 23666 Phone: 757.865.0000

Beach Eye Care

Proudly Supports

India Fest 2014

Congratulations &

Best Wishes

**WHEN IT'S YOUR EYES,
EXPERIENCE MATTERS.**

- Family Eye Care
- Contact Lenses
- Optical
- Cataract Surgery

- LASIK Laser Vision Correction
- Treatment for Glaucoma,
Dry Eyes, Macular Degeneration,
and Diabetic Eye Disorders



**THE PILOT'S
BEST
OF CONTEST
VIRGINIA BEACH
14X WINNER**



Vivek K. Jain, M.D.

Dr. Neatrou | Dr. Jain | Dr. Waschler | Dr. Lipton | Dr. Tang | Dr. Dunn | Dr. Ritenour

VISIT ONE OF OUR THREE CONVENIENT LOCATIONS.

1201 First Colonial Road | 4388 Holland Road | 2173 Upton Drive (Red Mill)

757.425.5550 | www.beacheyecare.com | Because Experience Matters



BEACH EYE CARE
Neatrou Eye Institute



S E N T A R A[®]

www.sentara.com

Your community, not-for-profit health partner

Congratulations



PEDIATRIC
SERVICES



866-DME-FORU
(866-363-3678)

ABC Health Care's goal is to make sure our patients are happy by meeting the patient and family's home care needs. We aim to achieve this by providing professional and caring customer service. Our staff provides reliable and knowledgeable one-on-one service, answering any questions you may have. We ensure that families and caregivers are trained and educated on every piece of equipment in order to care for the patient.

Products and Services:

- CPAP, BIPAP and humidification systems & services
- Power Mobility & Custom Rehab
- Specialty wheelchair cushions
- Oxygen Therapy
- Apnea Monitors
- Photo Therapy (bili blankets)
- Enteral nutrition and supply program
- Nebulizer Therapy and supply program
- High tech ventilator program
- High tech tracheotomy program
- Accessories & Miscellaneous items such as...
Portable house ramps, Strollers,
Automobile lifts

...WE CARRY MUCH MORE, PLEASE CONTACT US FOR INFORMATION ON SPECIFIC EQUIPMENT!

FOUR CONVENIENT LOCATIONS

28 RESEARCH DR, SUITE A
HAMPTON, VA 23666
757-826-2600
(FAX) 757-826-9269

1224 EXECUTIVE BLVD, SUITE 101
CHESAPEAKE, VA 23320
757-826-2600
(FAX) 757-826-9269

7439 WHITEPINE ROAD
RICHMOND, VA 23237
804-864-8700
(FAX) 804-864-8702

3897 BRIDGE RD, SUITE 106
SUFFOLK, VA 23435
757-826-2600
(FAX) 757-826-9269

WWW.ABC-HC.COM

India Fest 2014



Our Mission Statement

Chesapeake Service System's mission is to provide work opportunities in an environment that will stimulate development and improve the health and quality of life of people with developmental disabilities.

Our Vision

Chesapeake Service System's vision is to make sure that all persons with severe disabilities are accepted into their communities and seen as equal. This can only be done by eliminating the negative stereotypes that people have regarding people with disabilities.

We do this by providing opportunities for people with severe disabilities the chance to reach their full potential in work activities that they enjoy.



It is our belief that every person with a disability is a whole person and has the same hopes and dreams that each person has.

Work is essential because it gives the person with the disability a sense of worth and dignity. Every person with a disability has the right to work because without work, people lack self-esteem. Without self-esteem and confidence people do not develop properly.

We believe service delivery systems need to merely stop trying to help people with disabilities, but rather, help people with disabilities help themselves. To help a person with a disability lasts a day, to help them to help themselves, or gain dignity and self-worth, will last a lifetime.



Chesapeake Service Systems, Inc.

(757)312-0456

www.css-online.org

<http://www.facebook.com/ChesapeakeServiceSystems>

authentic indian fare with unique flair



With Best Compliments to
India Fest 2014

NAWAB

INDIAN CUISINE

nawabonline.com



VIRGINIA BEACH
756 First colonial Rd.
(757) 491-8600

NORFOLK
888 N. Military Hwy
(757) 455-8080

WILLIAMSBURG
204 Monticello Ave.
(757) 565-3200

NEWPORT NEWS
11712 Jefferson Ave.
(757) 591-9200



Digestive & Liver Disease

SPECIALISTS

"A Member of Gastrointestinal and Liver Specialists of Tidewater, PLLC"

885 Kempsville Road, Suite 114

Norfolk, Virginia 23502

Phone (757) 466-0165 • Fax 466-7296

www.DLDS.org

Michael J. Ryan, M.D., FACP

David A. Johnson, M.D., FACP, FACG, FASGE

F. Taylor Wootton, M.D., FACP, FACG, AGAF

Jeff R. Willis, M.D., FACG

Kelvin Hornbuckle, M.D., AGAF

Whitney D. Brooks, M.D.

Syed Ismail M. Thiwan, M.D.

John H. Smith, M.D.



ACCREDITATION
ASSOCIATION

for AMBULATORY HEALTH CARE, INC.

Pulmonary Medicine of Virginia Beach

*Specializing in the Diagnosis & Treatment of
Diseases of the Lungs and Sleep Disorders*



William R. Cooper, MD

*Board Certified in
Critical Care Medicine,
Pulmonary Medicine,
& Internal Medicine*



Seth H. Greenberg, MD

*Board Certified in
Critical Care Medicine,
Pulmonary Medicine,
Internal Medicine &
Sleep Disorder*



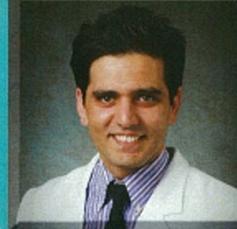
Melhel Imad, MD

*Board Certified in
Critical Care Medicine,
Pulmonary Medicine,
Internal Medicine;
Specializes in
Interventional
Pulmonology*



Bruce E. Johnson, MD

*Board Certified in
Critical Care Medicine,
Pulmonary Medicine,
Internal Medicine &
Sleep Disorder*



Rana Khan, MD

*Board Certified
Internal Medicine*



Vasantha Hathwar, MD

*Board Certified in
Critical Care Medicine,
Pulmonary Medicine,
Internal Medicine &
Sleep Disorder*



Haleigh Leeson, PA-C

*Board Certified
Physician
Assistant*

Offering:

- * Full service Pulmonary practice with expertise in diagnosis and treatment of lung cancer, asthma, COPD, cough and shortness of breath
- * Full Service Lab for Pulmonary Function Testing
- * Comprehensive evaluation and treatment of sleep disorders including but not limited to Obstructive Sleep Apnea

**Also offering Interventional Pulmonary Services, including
Endobronchial Ultrasound (EBUS),
Bronchial Thermoplasty and Navigational Bronchoscopy**

1008 First Colonial Rd.
Virginia Beach, VA 23454
(757) 481-2515

1925 Glenn Mitchell Dr., Ste. 101
Virginia Beach, VA 23456
(757) 689-8430

www.bayviewphysicians.com


BAYVIEW
PHYSICIANS GROUP

For fresh business gifts, we've got you covered.

- ✓ GIFTS FOR EVERY OCCASION
- ✓ EXCLUSIVE OFFERS & SAVINGS
- ✓ MADE FRESH DAILY
- ✓ SAME-DAY DELIVERY



COMPANY
EVENTS

Brighten Their Day Party™ -
Dipped Fruit Perfection



Delicious Celebration®



Elegance Platter™ - Classic Fruit Trio™



Thank You Bouquet

CLIENTS
& VENDORS

WORK
ANNIVERSARIES

EMPLOYEE
APPRECIATION

SAVE \$ 50.00 ON YOUR FIRST BUSINESS ORDER



Call, visit or order at edible.com

2728 N Mall Drive. Lynnhaven. Va. Beach. 757-463-3050
1115 Independence Blvd. Haygood. Va. Beach. 757-226-0099
1437 Sams Dr. Greenbrier. Chesapeake. 757-410-8795
520 West 21st St. Ghent. Norfolk. 757-965-9224

OLIVIA PISARETZ

PHOTOGRAPHY



OUR GOAL AS A COMPANY IS TO PROVIDE QUALITY IMAGES THAT MEET A VARIETY OF PHOTOGRAPHIC NEEDS. WE PRIDE OURSELVES IN BUILDING LONG, LASTING RELATIONSHIPS AND PROVIDING OUTSTANDING CUSTOMER SERVICE. FOCUSING OUR SERVICES ON OUR STRONG SUITS ASSURES AMAZING RESULTS!

OAPPHOTOGRAPHY@GMAIL.COM

WWW.OAPPHOTO.NET

1.888.638.1502

PLEASE TAKE THE TIME TO VISIT OUR WEBSITE, WHERE YOU CAN VIEW OUR PORTFOLIO AND LEARN MORE ABOUT OUR SERVICES! WHO KNOWS? WE MIGHT JUST BE WHO YOU ARE LOOKING FOR IN YOUR SEARCH FOR A PHOTOGRAPHER!

Executive Committee of AIHR



Mr. Mohit Gour
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.
Board Certified in Internal Medicine
for 2014 India Fest celebration.**

**Albemarle Medical Associates, PLLC
1507 North Road St., #3
Elizabeth City, NC 27909
Office Phone - 252-335-2963
Tejwantchandi@gmail.com**

**With Best Wishes to AIHR
From
Jasvinder P Singh
MD, FACP, FCCP, FAASM
for 2014 India Fest celebration.**

**Albemarle Pulmonary Medicine Associates, PA
Specializing in Pulmonary &
Sleep Disorders and Critical Care
1507 N. Road Street, Ste 1,
Elizabeth City, NC 27909
PH: 252-338-6167 Fax: 252-334-1755
Email - jpsingh@apma-nc.com**

With Best Wishes to AIHR

from

**Joginder Pal, M.D.
for 2014 India Fest celebration.**

**Urgent Psychiatric Care, PLLC
4356 Bonney Road, Bldg 1. Suite 101
Virginia Beach, VA 23452
Office Phone 757-498-3314
Care@urgentpsychva.com**



2701 Pacific Ave, VA Beach
VA 23451, Ph.: 757-428-4926,
Fax - 757-428-4926 (Ext 167)
www.mysunshineinn.com

Best Compliments From,

**Madhu, Sapna,
Kenny & Harsha**



Sunshine Paradise
2610 Atlantic Avenue

Sunshine Paradise
1600 Atlantic Avenue

Sunshine Paradise
2904 Atlantic Avenue

Sunshine Paradise

CHARLES  BARKER
AUTOMOTIVE



Ride with Charlie for excellence, performance and exhilaration.



Discover the experience of enjoying a new or pre-owned vehicle from your friends at Charles Barker Automotive. Whether at work or at play, when you choose a vehicle from one of our seven dealerships, you can be sure that our ongoing commitments to you are quality, excellence and 100% satisfaction.

CharlesBarker.com



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.*



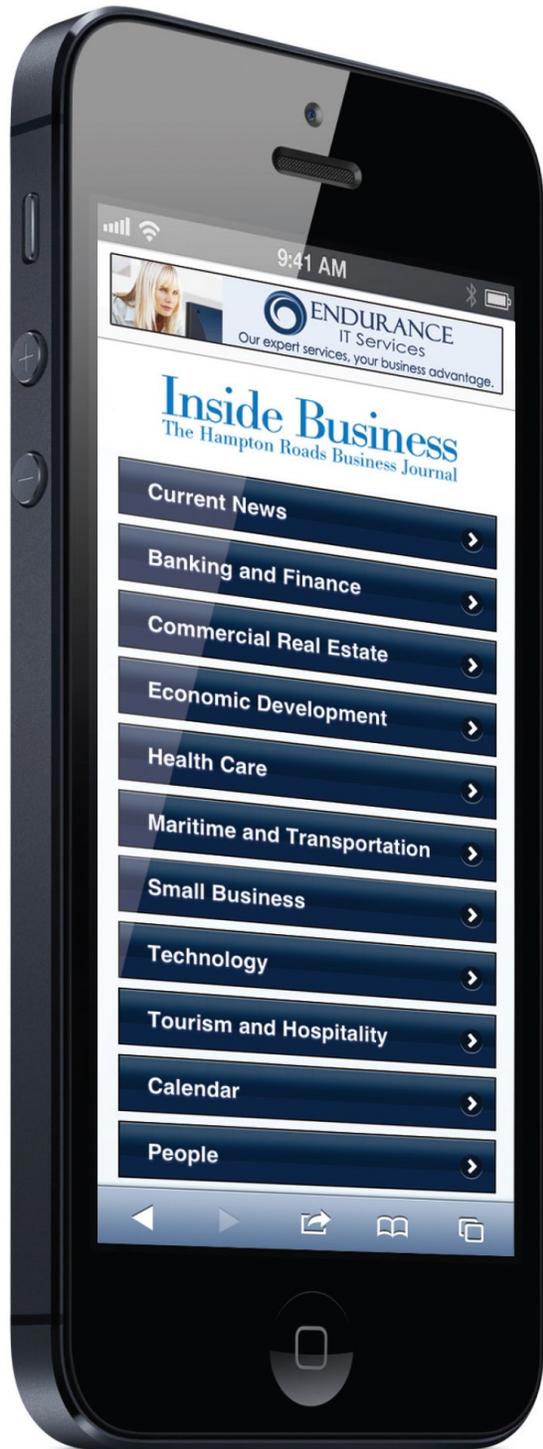
*Mom as I was child you held my hands for a while
And stayed in my hearts forever.
Your loving memory, we'll always miss you*

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





Get Smart about business.

**Local business news
at your fingertips 24/7.**



m.insidebiz.com

Inside Business
The Hampton Roads Business Journal

Congratulations India Fest

**Saffron**
INDIAN BISTRO

Virginia Beach Town Center

4532 Columbus Street

Virginia Beach, VA-23462

757-644-6904

info(@)saffronvabeach.com

***420 Monticello Avenue,
Suite #170, Norfolk VA 23510***

757-321-7005

info@saffronnorfolk.com

BEST WISHES FOR INDIA FEST 2014

From

Dr. Surendra Kumar, P.E., President



Engineering & Environment, Inc.
195 S. Rosemont Rd., Suite 118
Virginia Beach, VA 23452-4353
Email: DrSKumar@EEIEmail.com

WWW.EEInfo.com
Tel: (757)457-0002 FAX: (757)457-3636

***BEST WISHES FOR
INDIA FEST 2014***

NORVA BARBER SUPPLY

***Hiroo & Kamla Daryanani
757-583-7669***

INDIA FEST ORGANIZING COMMITTEE

EVENT CHAIRMAN	Himangshu Dey		
FINANCE CONTROLLER	Chair	-	Naveen Kumar
OPERATIONS & SECURITY	Co-Chair	-	Janak Patel
	Co-Chair	-	Raj Khullar
SPONSORSHIP	Chair	-	Dr. P.S.Murthy
MARKETING & PUBLICITY	Chair	-	Amit Daswani
	Member	-	Surinder Dhillon
	Member	-	Jay Singamsetty
	Member	-	Ankur Khullar
	Member	-	Simran Lakhani
SALES	Chair	-	Raj Chander
	Co-Chair	-	Vishnu Sappati
	Member	-	Neeraj Agarwal
EXHIBIT VENDORS	Chair	-	Dr.Ramesh Govindrajan
	Co-Chair	-	Rashmi Verma
	Member	-	Muhil Jayaraman
FOOD & BEVERAGES	Chair	-	Mohit Gour
WEB MANAGEMENT	Chair	-	Karamjit Rajpal
EQUIPMENTS	Chair	-	Dr.Bidhu Mohanty
CONTRACTS SPECIALIST	Chair	-	Mayank Jain
COMMUNITY RELATIONS	Chair	-	Dr.Madhu Kaloji
	Member	-	Dr.Sreenevasan
DESIGN & DECORATION	Chair	-	Nikita Chandiramani
	Co-Chair	-	Dr.Raji Kaloji
PUBLIC RELATIONS	Chair	-	Dr. Alok Verma
	Co-Chair	-	Manisha Trivedi
GLOBAL RELATIONS	Chair	-	Jagdish Singh
	Member	-	Sireesha Aleti
CULTURAL	Co-Chair	-	Dr. Vandana Dhawan
	Co-Chair	-	Munesh Chandiramani
	Member	-	Mariyam Ali
PHOTO BOOTH	Chair	-	Santi Moondra
	Member	-	JJ Parker
EDUCATIONAL ACTIVITIES	Chair	-	Jigisha Reddy
	Member	-	Sanjeev Sagarm
	Member	-	Bhavani Parakala
VOLUNTEERS	Co-Chair	-	Aneesh Dhawan
	Co-Chair	-	Nipun Chabra

AIHR PRESENTS



Sponsored By:

Media Sponsor:

Inside Business
The Hampton Roads Business Journal



TOWNE BANK
The Best Bankers. Hometown Banking.



SENTARA[®]



Hall
AUTOMOTIVE
More Cars. Great People.
www.hallauto.com



OLD DOMINION
UNIVERSITY

CHARLES **CB** BARKER
AUTOMOTIVE

The **SHOPPER.com**

CSS
CHESAPEAKE SERVICE SYSTEMS, INC.



PuroClean[®]
The Paramedics of Property Damage

SOLES
REALTY OBX

Lives Need Saving



Meet Resident Physician in Emergency Medicine Doctor Stephanie Krebs Louka.

Dr Louka began her medical career as an EMT with the VA Beach Volunteer Rescue Squad and continues today to respond to emergency calls for help with the volunteer rescue squad.

EMT Training is Free when you Join the Volunteer Rescue Squads of VA Beach.

To learn more about joining VB-EMS go to: Livesneedsaving.org or call 757-385-2911

Free American Heart Association Family-Friends CPR Instruction is also offered to the community. To learn more go to: vbvrs.org and click on the Free CPR class button.

BEST COMPLIMENTS TO INDIAN COMMUNITY

AVAILABLE FOR LEASE

Great industrial site! 6.688 acres paved and fenced with an office building, warehouse building, garage and three large covered parking areas. Zoned I-2, heavy Industrial. Perfect for a range of uses including fleet servicing, large scale parking, bulk outside storage and more.

→ BIG VIEW INDUSTRIAL PARK

731 Rugby ST Norfolk VA-23504 PH 757 309 0887



Asian Indians of Hampton Roads (AIHR)

A True Community Partner

AIHR Donations from 2010 – 2013

Organizations	2010	2011	2012	2013
Citizens First				
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 for more info.

*Proudly serving your community
for 30 years from your friends*

at

Kalfus & Nachman

Visit us at www.KalfusandNachman.com

800-487-8546

RESMED

Global leaders in sleep and respiratory medicine
www.resmed.com



Normal Airway



Obstructive Sleep Apnea

Answer the following Questions to predict your likelihood of sleep apnea

1. Do you snore loudly (louder than talking or loud enough to be heard through closed doors)? **Y or N**
2. Do you often feel tired, fatigued, or sleepy during the daytime? **Y or N**
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**



*Answering Yes to 3 or more of these indicates you are high risk for Obstructive Sleep Apnea, talk to your PCP about the next steps for your health.

Authentic Food-Honest Prices
Catering Available

FREE
DESSERT
w/ DINNER



INDIA PALACE
 The joy of Divine Indian Dining

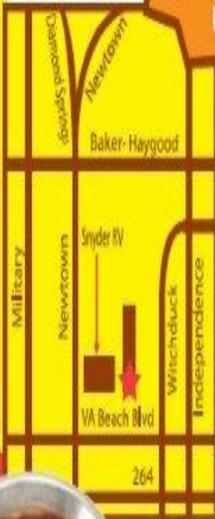


LUNCH BUFFET
7 DAYS A WEEK

1 Vegetarian Buffet Island
 1 Non-Vegetarian Buffet Island

552-7060

5600 Virginia Beach Blvd
 (next to Snyder RV)



Just a few of the tasty dishes we serve

- | | |
|----------------------------------|---------------------------|
| Chicken Tikka - \$9.99 | Shahi Paneer - \$10.99 |
| Tandoori Chicken (Half) - \$8.99 | Chicken Biryani - \$10.99 |
| Lamb/Goat Bhuna - \$13.99 | Naan - \$1.50 |
| Chicken Tikka Masala - \$11.99 | Gulab Jamun - \$2.99 |
| Shrimp Bhuna - \$14.99 | |



For The Full Menu
www.IndiaPalaceVB.com

Mon-Fri
 Lunch 11:30am-2:30pm
 Dinner 5:00pm-10:00pm

FREE Dinner Entree

Buy 1 Dinner Get The Second FREE
 With Purchase Of 2 Drinks
 Equal Or Lesser Value. Mon-Thurs Only
 India Palace, 5600 Virginia Beach Blvd.
 552-7060. Not to be combined with any other
 offer. Expires 09/28/12.

FREE Lunch Buffet

Buy 2 Lunch Buffets & 2 Drinks
 Get the 3rd Buffet FREE. Mon-Thurs Only
 India Palace, 5600 Virginia Beach Blvd.
 552-7060. Not to be combined with any other
 offer. Expires 09/28/12.

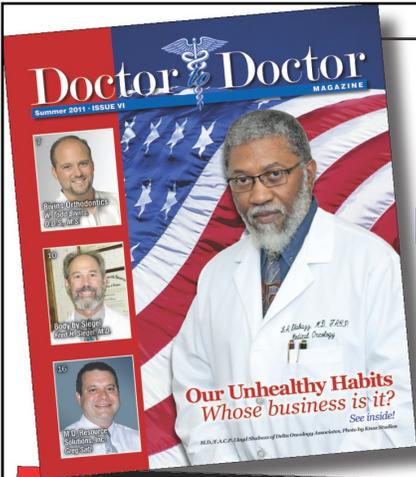
15% OFF

Total Dinner Meal Purchase Of
\$25 Or More. Dine In Only. (10% Off Take Out)
 India Palace, 5600 Virginia Beach Blvd.
 552-7060. Not to be combined with any other
 offer. Expires 09/28/12.

\$5.00 OFF

Purchase Over \$30.00
 (Excluding Buffet)

India Palace, 5600 Virginia Beach Blvd.
 552-7060. Not to be combined with any other
 offer. Expires 09/28/12.



Doctor to Doctor

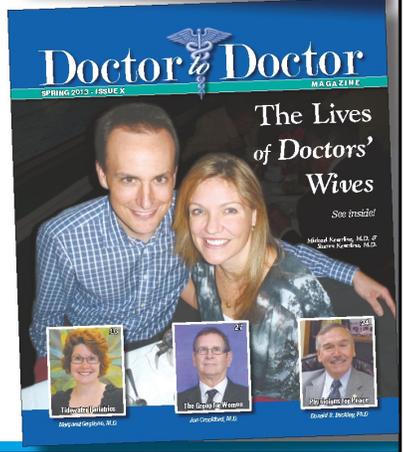
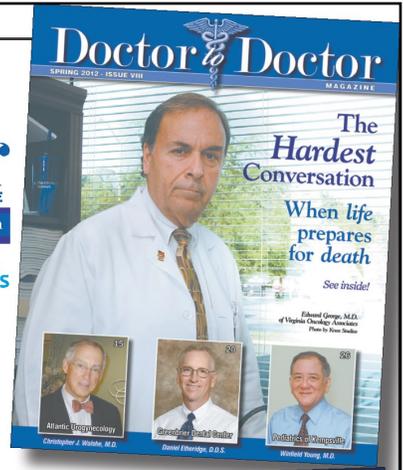
DoctorToDoctorMagazine.com Info@DoctorToDoctorMagazine.com

The Voice of Medical Professionals to Medical Professionals

Doctor To Doctor Magazine is mailed to medical professionals throughout Southside Hampton Roads and Northeastern North Carolina. We reach physicians and dentists as well as hospitals, therapists and other medical groups in this designated area.

To reach this distinguished group of professionals, call **547-3030** to reserve space in our next issue.

Visit DoctorToDoctorMagazine.com to read this issue online



The Shopper & Doctor to Doctor Magazine — The Loxley-Barnard Family of Publications



Where do you get The SHOPPER ?

- 1 120,000 homes receive one of our 12 community editions in the mailbox.
- 2 Full editions of all 12 community editions of *The Shopper* are also available online. So, tell a friend if they don't receive it at home they can read it online!

Our mailing is carrier route sorted and updated regularly.

All Current Feature Stories
About local businesses & charitable organizations

Monthly Columns
Along with archives of your favorite past columns

Gatherings
See photos of your neighbors *being good neighbors*

The **SHOPPER**.com



FIND US ON FACEBOOK! www.facebook.com/TheShopperMagazine

Our Very Best Wishes for

India Fest 2014

from



Science and Technology Corp.

Dr. Adarsh & Patricia Deepak

Mr. Chand & Malini Deepak

BEST WISHES for INDIA FEST 2014

from

ISAM International Society of Agile Manufacturing

Interesting Facts about India

- '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.



Join Local Desi's on



facebook:

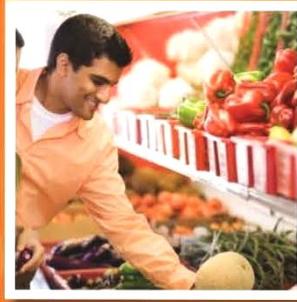
देसी'इ  of hampton roads

<https://www.facebook.com/groups/DesisOfHamptonRoads>

For up-to-date information on upcoming Local Indian News, Events, Cultural and Community Happenings, Festivals, etc. in the Hampton Roads area.



BRAHMANI INDIAN ASIAN MARKET, NORFOLK, VA



We sell variety of Indian Asian grocery ~ All variety of Rice, whole Wheat flour, gluten free flours, organic products, ready to eat subji, Indian Bread, Indian snacks, Frozen food, Beans, Lentils, Herbal products from India & Pakistan, and fresh Indian vegetables.

Indian Asian Market

415, N Military Hwy Suite # 25, Norfolk, VA 23502, Phone #: 757- 455 - 0700

Cilantro

Bangladeshi Bistro

...A Unique Dining Experience!

**Authentic Bangladeshi family recipes,
expertly prepared one dish at a time.**

*Perfectly spiced to excite taste buds,
but never overpower.*

100% Halal



757-962-1004



*We are proud
to have been chosen
as one of Coastal Virginia's
"Best Of" for 2014. Please,
come in and see why.*

1011 Kempsville Rd.
Norfolk, VA 23502

Visit our website or facebook
for our daily menu specials
www.CilantroBistro.com



facebook.com/CilantroBistro

Lunch Mon. - Thurs.
11:30 A.M. - 6:00 P.M.

Take - out
6:00 P.M. - 7:00 P.M.

Fri. - Sat.
11:30 A.M. - 9:00 P.M.



Incorporated: 1998

Employees: 100+

Revenues: \$20M+

Top Secret Security Clearance

Info@snapinc.net

www.snapinc.net

1-866-234-SNAP

MAJOR CUSTOMERS

- USDA Forest Service
- USDA National Agriculture Statistics Service (NASS)
- U.S. Department of Treasury Alcohol and Tobacco Tax and Trade Bureau (TTB)
- U.S. Department of Homeland Security (DHS)
- Securities and Exchange Commission (SEC)
- General Services Administration (GSA)
- U.S. Army
- U.S. Navy
- U.S. Coastguard
- State of Maryland

SNAP SOLUTIONS & SERVICES

At SNAP we help our customers address increasingly complex information technology challenges. Through our 15 years of experience and many valuable lessons learned, we are able to offer agile and cost effective solutions and services such as:

CERTIFICATIONS

Certified SDB (\$25M Size Standard)

CMMI Level 3 Certified

ISO 9001:2008 Certified

Microsoft Certified Solutions Provider

INFORMATION TECHNOLOGY SOLUTIONS

- Program & Project Management
- Software Engineering
- Network & Infrastructure Support
- Multi-tier Service Desk Offerings
- Collaboration & Knowledge Management
- Configuration & Change Management
- Cloud Services
- Enterprise Mobility
- R&D and technology evaluation
- Enterprise Architecture
- Information Security
- Strategic Staffing

Software Engineering

- Agile SDLC
- Integrated Application Lifecycle Management
- Operations & Maintenance (O&M)
- .Net, Java, PL SQL
- System and COTS integration (GIS/Mapping, Business Intelligence (BI), SharePoint)
- Data strategy & unified data modeling
- System and business analysis
- System requirements development
- Process improvement (CMMI Level III)

Information Security

- FISMA Compliance
- System security risk mitigation planning
- Risk prevention solutions
- Security awareness training programs

Network & Infrastructure Support

- Planning, Design and Implementation
- Hardware and Software Acquisition
- Server and Database Administration
- Performance Optimization
- Data Center Support Services

Training Support

- Align Information, Knowledge, and Learning Solutions
- Instructional Design
- Adult Learning
- E-Learning Technologies
- Design and Development of Electronic courseware
- Courseware conversion
- Instructor-Led Training
- Web and Computer-Based Training
- Classroom Instruction
- On-Site Training Support
- Training Support

Web Services:

- Web Site Design, Development and Hosting
- User-Centered Design
- Web 2.0 -Rich Internet Applications
- Webcasting
- Web Analytics
- Search Engine Optimization (SEO)
- Google Web Toolkit (GWT)
- Section 508 Compliance

CONTRACT VEHICLES

- USDA Forest Service National Infrastructure Computing (Tower I)
- CIO-SP3 SB & 8(a) GWAC
- GSA 8(a) STARS II GWAC
- GSA IT Schedule 70
- GSA Alliant SB GWAC
- Information Technology Enterprise Solutions (ITES 2)
- FAA e-FAST GWAC
- U.S. Navy SeaPort-e GWAC
- U.S. Army HRSS, Management and Administrative Support Services
- Operations, Planning, Training and Resource Support Services (OPARSS II)
- U.S. Army Fires Center of Excellence (FCoE) Training and Training Support IDIQ

CONTACT

Headquarters
Chantilly, Virginia
Tel: (703) 393-6400

Newport News, Virginia
Tel: (757) 599-7360

Rockville, Maryland
Tel: (240) 630-4047

Oklahoma City, Oklahoma
Tel: (301) 769-6094

“Best Wishes to India Fest 2014”

PULMONARY & SLEEP MEDICINE CONSULTANTS, P.C.

MADHUKAR KALOJI, MD, FCCP.
Board-certified in Pulmonary & Sleep Medicine.

AASM-Accredited Sleep Disorders Center
1020 Independence Blvd., Suite 205
Virginia Beach, VA 23455.

Sleep Disorders Center
1021 Eden Way N, Ste 114, Chesapeake, VA 23320.
Main office (757) 460-6080; fax (757) 460-6081.

***Specializing in the diagnosis and management of Pulmonary, ICU
and Sleep Disorders for over 14 years.***

With Best Wishes to AIHR

From

Frank Owens
State Farm Insurance Agent
1776 Laskin Rd #201a,
Virginia Beach, VA 23454
Phone: (757) 428-3101

BHARATA NATYA CLASSES IN NORFOLK

Phone: (757) 533-5594 eMail: malinidance@hotmail.com



AIHR 2012 "Salute of Honor" Award Winner

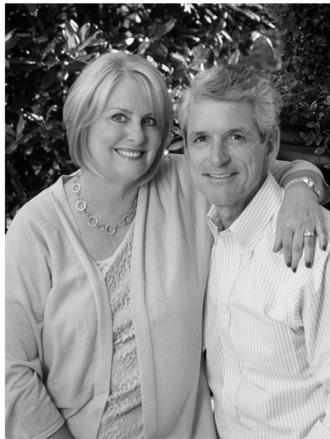
MALINI SRIRAMA

Trained in Bharatha Natya and Kuchipudi dance styles by eminent gurus of India, Malini has a renowned international career as a dancer, choreographer, and teacher. Her original dance ballets and international performances have won Malini's dance troupe grant funding, awards, and critical acclaim. As a teacher/guru, Malini's greatest joy is guiding her students with skill and dedication to Arangetram, the student dancer's graduation performance.

CLASSES FOR BEGINNER THROUGH ADVANCED STUDENTS
PERSONALIZED INSTRUCTION (GROUP/SOLO)

Teri and I proudly support

INDIA FEST 2014



Congressman & Mrs.
Scott Rigell

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 or <http://www.dilipsarkar.com/>.

499-7317
Phone



SWAGAT

Health Food & Spices

Basmati-Rice / Lentils / Herbs / Spices / Frozen Foods
Pickles / Chutnies / Tea / Papadum / Exotic Incenses / etc.

Lowest Prices – Largest Specialty Variety in Hampton Roads

309 Aragona Village Shoppes, Virginia Beach, Virginia, 23462
(Across from Krispy Kreme)

Phone: 757-499-7317

With Best compliments

To INDIA FEST 2014

From

Parthiv Sheth, MD

Board Certified Adult & geriatric Psychiatrist

Krita Sheth - Adult Primary care NP

Sajan & Manav Sheth



www.worldfinancialgroup.com



www.transamerica.com

Youth Lin
Marketing Director
YOUTH.WFG@GMAIL.COM
757.303.0171

“No Family Left Behind”

We are proud to be a part of **India Fest 2014**. We are honored to be able to provide continual support to **AIHR** and **India Fest** in serving the Hampton Roads Community. Service is our number one priority here at World Financial Group. We are a leading financial services marketing company. We offer financial services & solutions from top product providers.

Our Reputation is built on:

- Helping people reach financial goals
- Empowering families to create & grow wealth
- Understanding better ways to manage & protect money matters
- We are here to serve Individuals – Families – Small Businesses - Corporations

With locations though out Hampton Roads & North America- Discover how we can make a difference for your family.



PACIFIC LIFE





Our Services include but are not limited to:

Skilled Nursing * Physical Therapy * Occupational Therapy
Speech Therapy * IV Therapies * G-Tube Care * Tube Feedings
Wound Care (including wound vac) * Medical Social Work
Medication Teachings & Management * Assessment by RNs
Draw Laboratory specimens and cultures * Private Duty * ADLs

Medicare/Medicaid Provider * Skilled Services **JCAHO** accredited

**Chesapeake * Norfolk * Portsmouth
Suffolk * Virginia Beach
757-455-0030**



Stop by and say **Hey** at one of our local branches:

NORFOLK

403 Boush St.
757.446.6920

4101 Granby St.
757.446.6960

CHESAPEAKE

1217 Cedar Rd.
757.549.8787

1304 Greenbrier Pkwy.
757.436.0192

3343 Western Branch Blvd.
757.638.9383

VIRGINIA BEACH

1124 First Colonial Rd.
757.446.6940

1870 Kempsville Rd.
757.446.6950

3720 Virginia Beach Blvd.
757.446.6970

SUFFOLK

221 Western Ave.
757.923.4868



Our interest is *You.*

WISHING SUCCESS TO AIHR

INDIA FEST 2014



URVI AND RAJIV NANAVATY

***Neurology Associates Of Suffolk
150 Burnett's way, Suite 320, Suffolk VA 23434
757 934 1900***

ON THE LEADING EDGE OF

Digestive Healthcare

Gastroenterology Consultants

A Division of Gastrointestinal and Liver Specialists of Tidewater, PLLC

CONTINUING OUR CAMPAIGN TO
PROMOTE COLON CANCER AWARENESS
AND PREVENTION



Brent W. Geissinger, M.D., Trent D. Martin, M.D.,
Jacqueline Salcedo, M.D., Suhas L. Deshmukh, M.D.,
Patricia Raymond, M.D.

Haygood Medical Center
1020 Independence Blvd.
Suite 110
Virginia Beach, VA 23455
(757) 464-1644

Princess Anne
1925 Glenn Mitchell Drive
Suite 102
Virginia Beach, VA 23456
(757) 523-9755



LANDMARK
HOTEL GROUP

*Best Wishes
India Fest 2014!*

- The Landmark Team



Crowne Plaza Virginia Beach

4453 Bonney Road
Virginia Beach, VA 23462
757-473-1700



Hilton Garden Inn Riverfront

100 East Constance Road
Suffolk, VA 23434
757-925-1300

We are ready to welcome your next Social Event,
Wedding, Reunion, Company, or Association Meeting!

HOSPITALITY | MANAGEMENT | EXCELLENCE



**THE FORTUNATE TRUTH IS
MORE GOOD HAPPENS
THAN BAD.**



Rain or shine, good is always there.

I don't wait for something bad to happen to do something good. That's why I offer things like free coverage checkups and rewards for safe driving. I'm here to help you live the good life every single day.

ARUN VERMANI

757-471-0011

3545 BUCKNER BLVD #104A

VIRGINIA BEACH

arunvermani@allstate.com

Call me to put yourself in Good Hands®.



Allstate®
GOOD HANDS *for the* GOOD LIFE

Subject to terms, conditions and availability. Allstate Property and Casualty Insurance Co. © 2013 Allstate Insurance Co.

107071

THE PARAMEDICS OF PROPERTY DAMAGE

Property Emergency?



Call PuroClean 757.389.7127

EVERY MINUTE COUNTS...

You want experienced people you can rely on. Trained and certified to the highest standards in the industry, our PuroClean professionals respond 24 hours a day, 7 days a week to lessen your loss and meet every challenge with professionalism, reliability, compassion and respect.



**GUARANTEED TO DRY
IN 4 DAYS OR LESS***

A prompt response using the PuroClean QuickDry System can save from 15-40% on water damage claim costs!

*Certain conditions may require additional drying time.

WATER

REMOVAL SERVICES:

- Emergency water extraction
- Drying and dehumidification
- Mold and odor removal
- Carpet restoration
- Carpet cleaning, deodorization and spot removal

FIRE

MITIGATION SERVICES:

- Smoke odor removal
- Complete cleaning and sanitation
- Temporary protection/Board ups
- Carpet and pad removal
- Puff Back remediation
- Pack-Outs

MOLD

REMEDIAL SERVICES:

- Professional drying with the latest scientific equipment
- Full mold remediation
- Professional deodorization
- Cleaning and sanitation of structure, fixtures and contents
- HEPA Air filtration and HEPA vacuuming

BIOHAZARD

SERVICES INCLUDE:

- Blood and bodily fluid remediation
- MRSA Decontamination and protection (**RapidDefense™** program)
- Sewage cleanup and sanitation
- Deodorization and odor control
- Crime scene clean up

ASK US ABOUT

**CARPET & DUCT CLEANING SERVICES
LARGE LOSS HOTEL/MOTEL**

WE UNDERSTAND YOUR NEEDS.

Our commitment to customer service excellence means that you can expect effective, ongoing communication & service quality.

WATER

FIRE

MOLD

BIOHAZARD



PuroClean®
The Paramedics of Property Damage



American Red Cross Disaster Responder
Proud Sponsor of the American Red Cross Disaster Responder Program

PuroClean Property Damage Restoration

(757) 389-7127

www.PuroClean.com/pdr-va

Disaster Specialists • Immediate Response

monarchability...



OLD DOMINION
UNIVERSITY

IDEA FUSION

- ... a campus zinging with energy
- ... classes that spark your imagination
- ... internships that give you an edge

Join the Monarch pride!
odu.edu/monarchability



Whether you are Buying or Selling on the Outer Banks work with Realtors who care about YOU!

"Where Professionalism Exceeds Expectations"

- Primary
- Second Homes
- Investment Homes
- 1031 Tax Deferred Knowledge
- Waterfront Homes

We Make The Buying Process Simple

The Soles Team will educate you throughout the entire transaction, ensuring highest satisfaction through their knowledge & experience.

**Our specialized Marketing will sell your home fast and for top dollar!
Call for a FREE Evaluation.**

Jim Soles, Broker/Owner®

252-599-1518 jim@solesrealty.com

Alan Creech, Broker®

252-455-1420 alan@solesrealty.com

Marion Siefferman, Transaction Manager

252-441-7095 marion@solesrealty.com



"The Soles Team is absolutely outstanding! I can't imagine buying a home without the Soles Team" - JH



View all Outer Banks Listings at

www.SolesTeam.com



EQUAL HOUSING OPPORTUNITY