

**AIHR PRESENTS**



**AT VIRGINIA BEACH CONVENTION CENTER**

Saturday, November 14, 2015 11am - 7pm



- | 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
- | Early Bird Specials | Raffle Drawing - iPad and many more in prizes

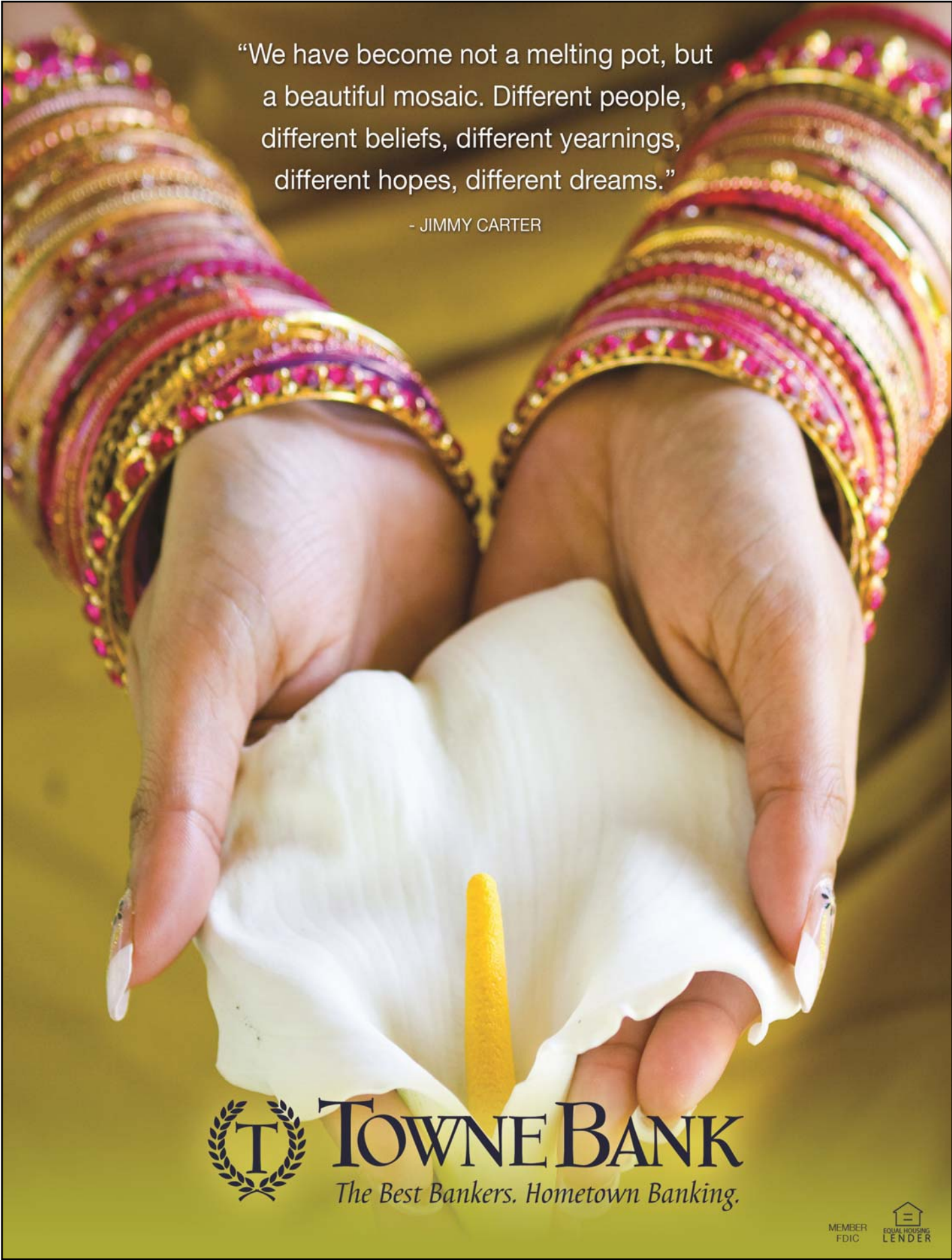
**Organized by: Asian Indians of Hampton Roads**

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

Email: [aihr.va@gmail.com](mailto:aihr.va@gmail.com)

AIHR is a 501(c) (3) Non Profit Charitable Organization. All proceeds from the event will be used for charity & disaster relief purposes.

Disclaimer: All programs and items are subject to change. AIHR reserve the right to change and cancel the event



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**BEST WISHES TO INDIA FEST 2015  
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. This year is extremely important and special as we celebrate the 20th Anniversary of India Fest, a huge milestone for AIHR! My sincere thanks to India Fest Chairman, Naveen Kumar, and 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. In addition, AIHR supported other local community organizations, with continued participation in Asia Fest and International Children Festivals to represent Asian and Indian Culture.

In line with the organizational mission, AIHR joined hands with Nepalese Community of Hampton Roads (NCHR) to raise funds and support earthquake victims in Nepal, which was hit by devastating earthquake in late April 2015. With aggressive efforts of the AIHR team, volunteers, and great community support, we were able to raise and contribute \$34,424.50 to the Nepal Disaster Relief programs through trusted beneficiaries—Red Cross, Prime Minister's Relief Funds, and Help Nepal Network. We are proud to support such a noble and humanitarian program and serve the AIHR mission.

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 for helping 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!

I am delighted to present this souvenir commemorating the 20th annual India Fest. This includes recognition of our proud sponsors and the members of the organizing committee. Please take a moment to thank them during the event.

**Himangshu Dey**

**President, AIHR**



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## Message from the Chairman



Dear Friends,

Welcome to the 20th Annual India Fest, the cultural Festival of India in Hampton Roads.

On behalf of the India Fest Organization Committee, it gives me great privilege to invite everyone to this year's celebration of India Fest 2015 at Virginia Beach Convention Center. 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!

Here through the seamless continuity of the day long cultural performances, we have tried to create the overarching majesty and diversity while capturing the essence of Indian culture. Daylong activities will show the blending of the ancient wisdom of India and the modern media of communication to achieve a unique impact. We hope that this will be not only an enjoyable experience but will help deepen understanding and appreciation of Indian culture.

One of the main missions of AIHR is to promote education in families of Hampton Roads. To accomplish this mission, we introduced many educational contests such as Writing & Poetry Competition, Science Fair, and Lego Competition along with annual Art and Painting competition. The goal is to recognize talent and encourage school-age children to compete and shine in a highly competitive environment. AIHR will continue to provide support and educational scholarships to multi-talented and outstanding students from financially constrained families.

Deep commitment, dedication, tireless work, meticulous planning and a great deal of effort have gone into what you will all enjoy today. We thank the dynamic teams of volunteers. We take this opportunity to extend our sincere gratitude to the sponsors who supported India Fest 2015. Finally, we thank the community for the massive support and encouragement they provided to champion 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!!

I hope you will have a memorable day enjoying the cultural program, varied cuisine and have fun shopping at the booths.

Best wishes for peace and harmony amongst us all.

**Naveen Kumar**

**India Fest Chairman**



***C & C, Inc.***

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Portsmouth, VA 23704

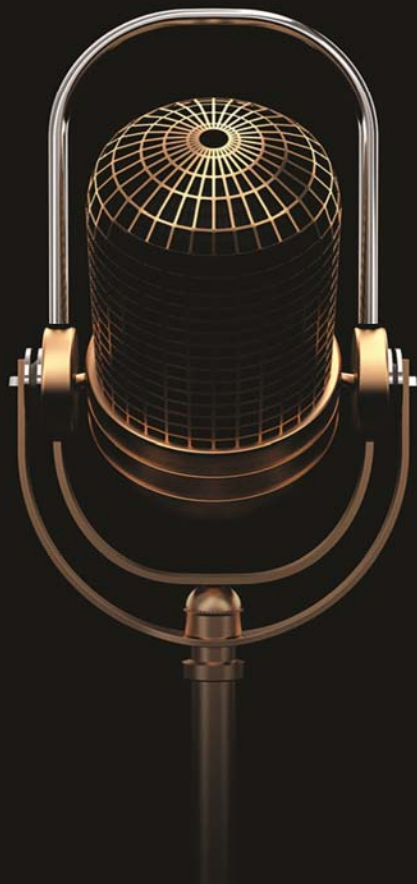
O: (757) 397-3800 – F: (757) 397-7176

**Best Wishes for a Successful Year!**

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



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जो मेरे भाग्य में नहीं है,  
वो दुनियाकी कोई भी शक्ति,  
मुझे नहीं दे सकती और जो मेरे भाग्य में है  
उसे दुनियाकी कोई भी शक्ति छीन नहीं सकती  
ईश्वरीय शक्ति असम्भव को सम्भव बना सकती है।  
अतः कर्म ही "कामधेनु" एवं प्रार्थना ही "पारसमणी" है।

## Auspicious Thoughts

Whatever is not due to me,  
no power in this world can give it to me  
and whatever is due to me  
no one in this world can take it away from me.  
God's grace can make even impossible a possible.  
So, do your DUTY and pray for the BEST.

With Best Wishes

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MARK R. WARNER  
VIRGINIA



UNITED STATES SENATOR  
WASHINGTON, D.C.

November 14, 2015

Dear Friends,

I am pleased to extend warm greetings to all who are gathered for Asian Indians of Hampton Roads' India Fest 2015.

This event is a testament to the pride you take in your community and in the Commonwealth of Virginia. It provides a wonderful opportunity to share in a true community environment while celebrating the Indian culture. Your efforts to share your culture enrich the lives of those around you; I commend you for your work to honor and celebrate your heritage.

America's diversity is a tremendous virtue. We are fortunate to have a strong and vibrant Indian community in the Commonwealth. The contributions of the community have been extraordinarily valuable to the spirit and drive that make our Commonwealth and this Nation great.

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

Sincerely,

A handwritten signature in blue ink that reads "Mark R. Warner".

MARK R. WARNER  
United States Senator

SCOTT RIGELL  
2ND DISTRICT, VIRGINIA

HOUSE COMMITTEE ON APPROPRIATIONS

WASHINGTON OFFICE:  
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**Congress of the United States**  
**House of Representatives**  
Washington, DC 20515-4602

November 14, 2015

Dear Guests,

I would like to welcome you to the Annual India Fest, hosted by the Asian Indians of Hampton Roads. This is a wonderful event that showcases the vibrant culture of our community.

For years, Asian Indians of Hampton Roads has been a pillar of our region. You have incorporated your rich heritage and great sense of civic duty into efforts that unite our community. I commend you for your countless volunteer and service programs that have helped make the Second District of Virginia a better place. Thank you to all involved for your hard work that made this event possible. Please know that your hard work and dedication does not go unnoticed.

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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MEMBER OF CONGRESS

BOBBY SCOTT  
THIRD DISTRICT  
VIRGINIA

October 29, 2015

Mr. Himangshu Dey  
President, Asian Indians of Hampton Roads  
c/o Virginia Beach Convention Center  
1000 19th St.  
Virginia Beach, VA 23451-5674

Dear Mr. Dey, Members and Guests:

It is indeed a great pleasure to offer my congratulations to the Asian Indians of Hampton Roads (AIHR) as you celebrate the 20th Annual India Fest at the Virginia Beach Convention Center on November 14, 2015.

As you celebrate this installment of the India Fest, I hope that everyone who has participated in or frequented the India Fest over the years will reflect on how grand this event has become. India Fest has evolved into one of the signature cultural events in our region by highlighting the many artistic and culinary highlights of the Indian culture. I am confident that the relationships that have been forged over the last twenty years have positioned the Asian Indians of Hampton Roads to continue the tradition of inclusion and tolerance for many years to come.

Best wishes for a joyous Twentieth Anniversary and many more years of health and prosperity.

Very truly yours,

ROBERT C. "BOBBY" SCOTT  
Member of Congress

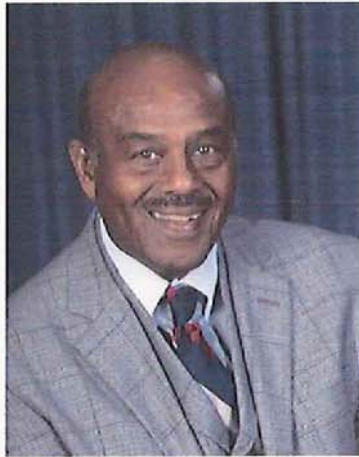
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**WELCOME FROM THE MAYOR  
OF THE  
CITY OF HAMPTON, VIRGINIA**

It is indeed a great pleasure on behalf of the City of Hampton to welcome 20<sup>th</sup> Annual India Fest 2015 being held at the Virginia Beach Convention Center on November 14, 2015.

You are to be commended for your hard work in providing the residents of all the local communities that the Asian Indian Community is vibrant and active through the experiences of Indian cuisine, authentic dances, shopping and the displays of art.

Best wishes for a successful event.

Sincerely,

George E. Wallace  
Mayor

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**Email:** fitz@itcoalition.com

Geoff Crowe, Director  
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**Email:** gcrowe@itcoalition.com



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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.

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# Best Wishes India Fest & AIHR...

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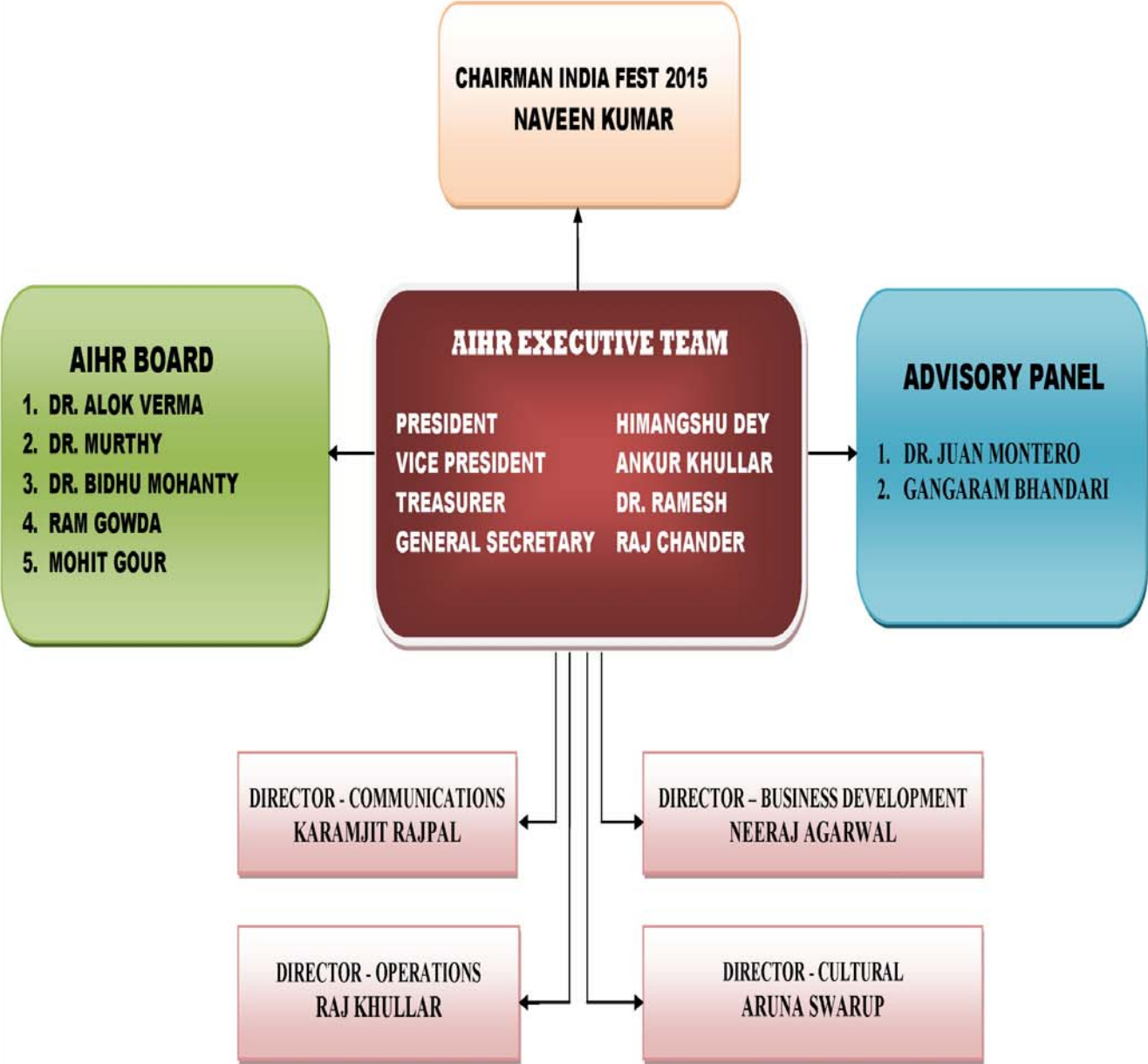
# AIHR MISSIONS & OBJECTIVES

<b>AREA</b>	<b>MODUS OPERANDI</b>
<b>Charity &amp; Community efforts</b>	<ol style="list-style-type: none"> <li>1. Donate funds to local, domestic and international charities, trusts and foundations</li> <li>2. Support the penurious of the community.</li> <li>3. Support and work with community organizations like Union Mission, homeless shelters, Food Bank etc.</li> <li>4. Donate funds to support the Veterans of United States</li> <li>5. Raise funds for charities through events &amp; programs.</li> </ol>
<b>Disaster Relief</b>	<ol style="list-style-type: none"> <li>1. Support domestic and international disasters through financial and non-financial aid.</li> <li>2. Host fund raising events to support disasters.</li> </ol>
<b>Educational</b>	<ol style="list-style-type: none"> <li>1. Promote the importance of Education in local schools.</li> <li>2. Seek and recognize talents from the local community.</li> <li>3. Host Math, English and Science competitions for school kids.</li> <li>4. Participate and promote Children's events and festivals.</li> <li>5. Award scholarships for academically excellent students.</li> </ol>
<b>Cultural</b>	<ol style="list-style-type: none"> <li>1. Promote the cultural heritage of India in mainstream America.</li> <li>2. Represent India in various cultural events and programs.</li> <li>3. Host cultural events to show cast the cultural heritage of India.</li> </ol>
<b>Health</b>	<ol style="list-style-type: none"> <li>1. Educate community about the importance of healthy living</li> <li>2. Promote Yoga and benefits of yoga in local community</li> <li>3. Host health related seminars and workshops</li> <li>4. Host Blood Donation camps in association with Red Cross</li> <li>5. Host Health Fair and camps to create health awareness</li> </ol>
<b>Community Support</b>	<ol style="list-style-type: none"> <li>1. Support local community activities in Hampton Roads.</li> <li>2. Activities include cultural, charities, fund raising and festivities.</li> <li>3. Support local organizations and trusts.</li> <li>4. Promote networking platform for local businesses and sponsors.</li> </ol>
<b>Indian Heritage</b>	<ol style="list-style-type: none"> <li>1. Act as a liaison and facilitate the involvement of people of Asian Indian origin in the mainstream of American social fabric.</li> <li>2. Disseminate information about India in local schools and colleges.</li> <li>3. Jointly host events with Indian organizations to promote culture and heritage of India.</li> </ol>
<b>Events Hosting</b>	<ol style="list-style-type: none"> <li>1. Host signature event like India Fest to raise funds for charities, disaster support and operational expenses.</li> <li>2. Provide platforms to the local business community for networking through events.</li> <li>3. Raise funds through hosting cultural and non-cultural events.</li> </ol>
<b>Social and Political</b>	<ol style="list-style-type: none"> <li>1. Disseminate information on economic, social &amp; political issues</li> </ol>



**Asian Indians of Hampton Roads (AIHR)**  
 A True Community Partner & 501 (C) (3) Non-Profit Org  
 Email - aihr.va@gmail.com Phone - 757-609-0016

## AIHR ORGANIZATION STRUCTURE



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**BEST WISHES TO  
AIHR & INDIA FEST**

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## AIHR COMMUNITY SUPPORT ACTIVITIES

### CHARITY & COMMUNITY SUPPORT INITIATIVES

Operations Smile	American Breast Cancer Foundation
Disabled American Veterans	CHKD
Norfolk Food Bank	American Red cross
Union Mission	Norfolk Sister Cities
Citizens First	Veterans Affairs
India Heritage Foundation	Homeless Feeding
Older Care Center, "Jeevan Sandhya"	Urban League

### DISASTER RELIEF INITIATIVES

Japan Tsunami Relief	Haiti- Disaster Relief Fund
Oklahoma Disaster	HUDHUD Cyclone, INDIA
Nepal Earthquake	American Red Cross
Nepal PM Relief Fund	Help Nepal Network

### EVENT HOSTING & PARTICATIONS

India Fest	Asian Fest
International Children's Fest	International Seminars
Community Lunch	

**AIHR PRESENTS** **INDIA FEST 2015**  
 AT VIRGINIA BEACH CONVENTION CENTER  
 Saturday, November 14, 2015 11am - 7pm  
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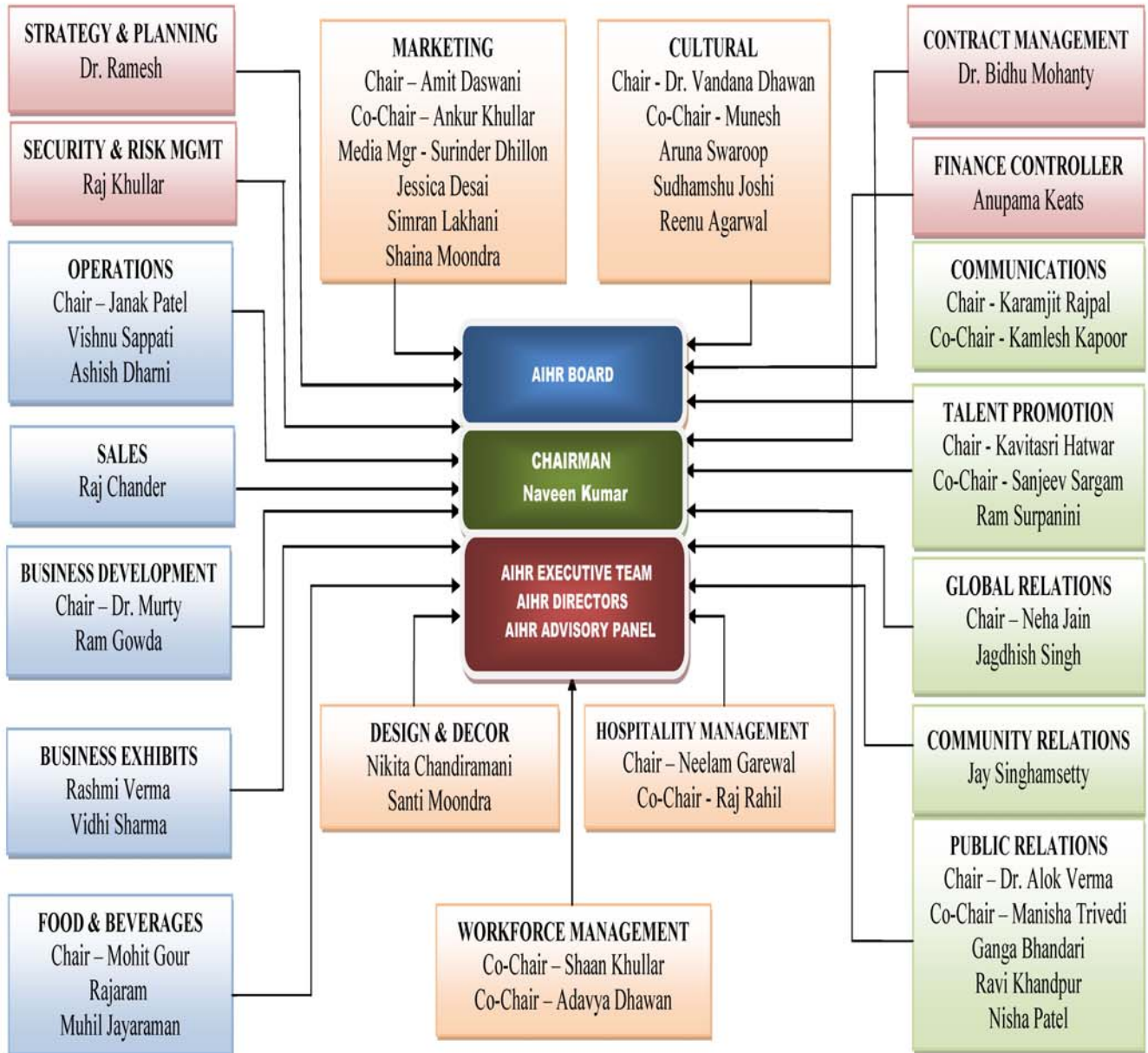


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And tell her that kiss is from me.*



*Mom as I was child you held my hands for a while  
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Your loving memory, we'll always miss you*

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



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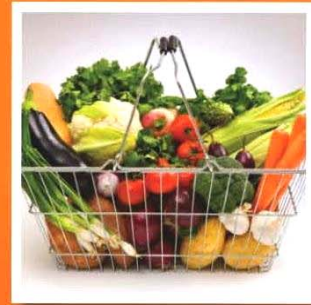
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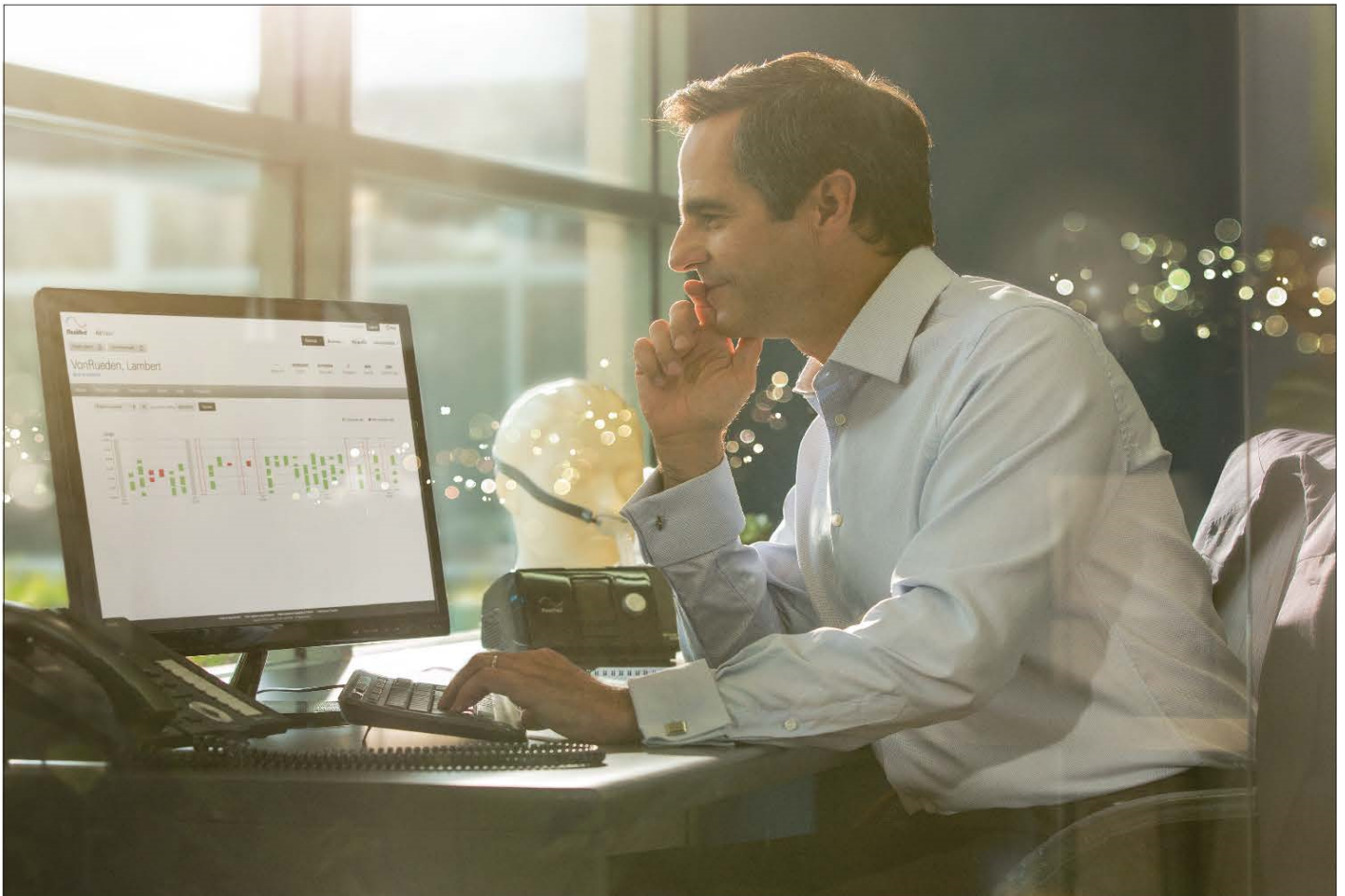
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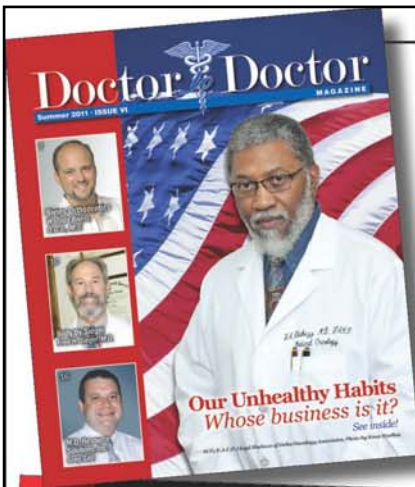
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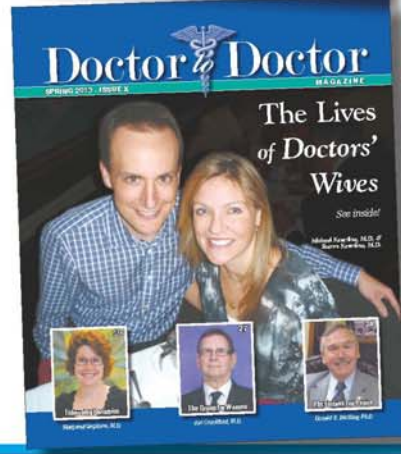
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**Bharathanatya (Indian Classical Dance) and Yoga**  
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At India Fest you have a chance to see two ancient movement based practices of India; Classical Dance (in the form of Bharathanatya, a popular style of dance from Southern India) and Yoga, in its form as Hata Yoga, a highly popular movement based yoga practice. Both Yoga and Bharathanatya come from the great insights of India's ancient seers or rishis that were later transcribed into very important Sanskrit texts: the Natya Shastra (the monumental text of Indian dance, music and theater by the Sage Bharatha (approximately 1st Century B.C.E.) and the Yoga Sutras of Patanjali (approximately 2nd Century B.C.E). Bharathanatya, a South Indian classical dance is based upon the elements of Natya Shastra.

The Natya Shastra gives dance a divine origin, According to Bharatha,  
*"There is no knowledge nor sculpture, no wisdom nor arts, no yoga nor action that is not found in the Natya Shastra."*



Natarajasana (Lord Shiva)

In Bharathanatya the discipline of the body and its use as movement can be used for emotive expression. This is seen as a means to lead to rasa or aesthetic artistic experience. The Natya Shastra conveys the idea that art is an act of worship on the part of the performer and an act of devotion on the part of the observer and dance was long used as a form of temple worship. Thus dance, which is known as Natya Yoga, can be seen as a path of using the body through artistic expression to experience and join with the divine.

Yoga is described by Patanjali, in the second and perhaps most important sutra of the Yoga Sutras, as a means of bringing the mind to focus or concentration: *yogascitta vrtti nirodhaha*. Although Yoga, as it is commonly done, can seem very obviously about the body, ultimately the body is a means that leads to the mind. Yoga takes a path from asana, a discipline of the body, to dhyana, meditation, and ultimately leading to samadhi, which can be seen as a joining with the divine.

The Natya Shastra lists 108 very specific dance movements which lead to poses. These are known as karanas and these movements form the basis of the physical aspect of dance. Karanas have been depicted in temple sculpture and are famously sculpted in the great temple to Shiva, as the Lord of the Dance, in Chidambaram, Tamil Nadu. Shiva who is commonly depicted as Nataraja, the Lord of Dance, has also been portrayed for centuries as Yogishwara, the Lord of Yoga.



Urdhva Dhanurasana (Argala Karana) (Upward Bow)

The Hasta Mudras, or hand gestures, of Bharathanatyam also share similarity with the mudras of Yoga. In Bharathanatyam both the left and right sides of the body are used equally (and sometimes symmetrically) in movement, similar to Yoga. There is a significant overlap between the asanas of Hata Yoga and the karanas of Bharathanatyam which can be seen in the dance postures.



Utthita Hasta Padangusthasana (Vikshipta Karana)

Both Yoga and Bharathanatyam represent traditional systems of knowledge of India that were handed down unbroken for centuries by dedicated teachers through what is called the guru-shishya parampara (teacher -student lineage). When I learnt dancing we learnt yoga asanas as part of our curriculum. Sri Pattabi Jois of Mysore (a famous yoga teacher) would come to our class and teach us yoga asanas. Learning the complimentary practice of yoga enhanced our dance both physically and mentally.

We are very lucky today that both these disciplines of Classical Indian Dance and Yoga, have come through the centuries for us to practice and experience. I have certainly been blessed to have studied both and hope that others may get a chance to do so as well.

*Om Shantih!*

*Mrs. Malini Srirama can be reached at malinidance@hotmail.com.*



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The program was held on  
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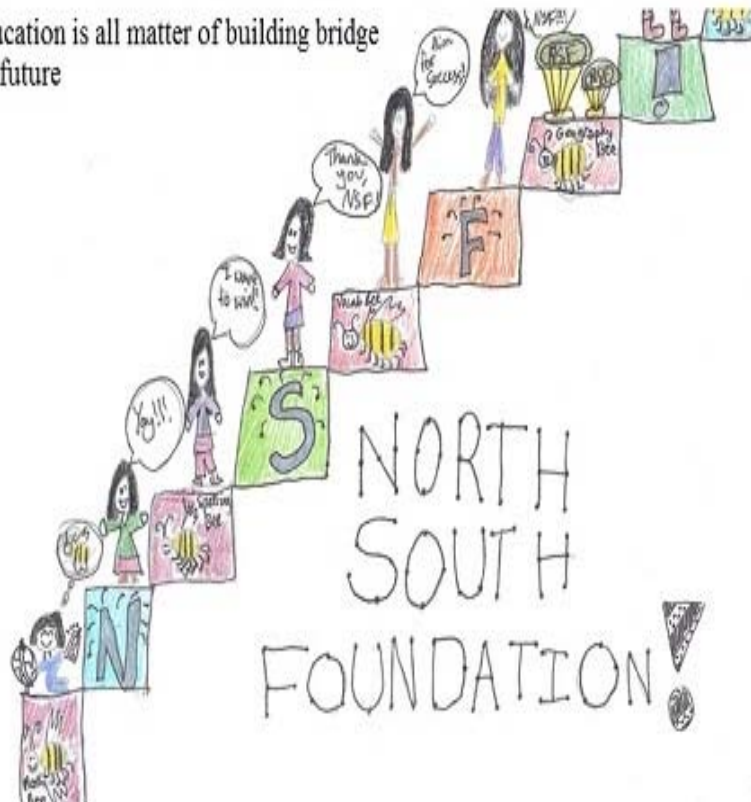
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## Emergence of New India

In the history of nations, there comes a moment when the nation pauses and reviews where the country has been going or not moving at all. That is also the moment when the young generation tries to envision their future. That moment was when in the most democratic way and without arm twisting by special interests, a new parliament came to focus on the tasks ahead. India has always been an interwoven tapestry of diverse fabrics that compose its society- revealing fascinating scenery. People from all over the world seem to be attracted by the simple hospitality of rural India at the same time by the marvels of rich cultural expressions in ancient sculpture, architecture, Yog, frescoes to name just a few.

Indian musical concerts- vocal and instrumental, classical and fusion are attracting large western audiences.

Similar interest is shown by Western audiences in Indian Dance performances. Many artists in the West are learning and performing intricate dances such Kathak, Bharatanatyam and Odishi dances. Apart from the classical dances, each region has its folk dances. In the folk dances, the audience and the performers become one. All of these folk dances have their own settings, spontaneity and costumes. Usually these dances escape the radar of the art lovers. India fest brings its richness and earthiness on the stage each year. Recognition of Yog as crucial to one's total health- mental and physical is drawing more and more people. In response to the demand by India, United Nations Organization has recognized June 21<sup>st</sup> as the International Yog day. Herbs and spices which have been an integral part of Indian cuisine for millennia are now being accepted as essential healing products. Naturopathy has also been acquiring an ever- increasing interest.

These and more than these are being showcased in India Fest today.

On another note, in the past one year, a new type of interest in India has been kindled; this interest comes from investors from all over the world.

Considering that India has the largest size of younger hardworking population with the ability to speak English fluently, focus of the investors has shifted to India. The achievements of the past one year have been encouraging factor. If India can reach the Mars in the first attempt, imagine what it can do for one sixth of world population given the helping hand.

This generation is eager to make their own mark on the world by framing a list of priorities, they want to participate in the decision making and they show abhorrence for politicians covered with thick layers of smoky scams. The inventive vigor and the dynamism combined

with ingenuity of the common people is trying to reinvent modern India- not at the expense of the traditions but being parallel to the timeless traditions. This unique culture is like confluence of several streams and rivers as also the main river which assimilates differences.

Prime Minister Modi's support for the Digital India initiative that heralds a new age of participatory democracy and enhances transparency in governance in India, leveling the playing field for vast numbers of India's citizens augers well both for investors, exchange students and the tourists.

When we read these encouraging news that 170 million new bank accounts have opened, that there is government-backed catastrophic insurance giving hope and empowerment to the poor, people feel optimistic. Under Prime Minister Modi, India's civilizational contributions of yoga, holistic health, pluralism, art, and music are enjoying renewed patronage and international attention.

Empowerment of women, welfare and pension schemes for the street vendors, and schemes such as these are already being implemented. Mixing traditions with new visions, India beckons tourists to see new wonders. It also tempts the investors to marry their technology to the hardworking innovative researchers.

Some new wonders are awaiting tourists. The building of a colossus- twice the size of the Statue of Liberty in the Indian state of Gujarat was the brainchild of Indian Prime Minister Narendra Modi in 2010, when he was chief minister of the state, as he looked for ways to pay tribute to the freedom fighters and the founding fathers. This one is a tribute to the nation's first home minister and freedom fighter Shri Vallabh Bhai Patel.

The statue's proposed height of 590 feet would make it the tallest statue in the world. Other large iconic statues dwarf in comparison: the *Zhongyuan Buddha* in Hennan, China, is currently the world's tallest statue; it is a little over 418 feet tall. *The Statue of Liberty* is an inch over 305 feet tall, including the pedestal.

Welcoming India's rebirth, it is hoped that talented people gathered today in this pavilion will entertain the visitors as also encourage them to visit the land itself. It is very likely that in the near future, some youngsters from amongst the visitors today will be working in India and will remember this panoramic event!

**Kamlesh Kapur**

Education Chair AIHR

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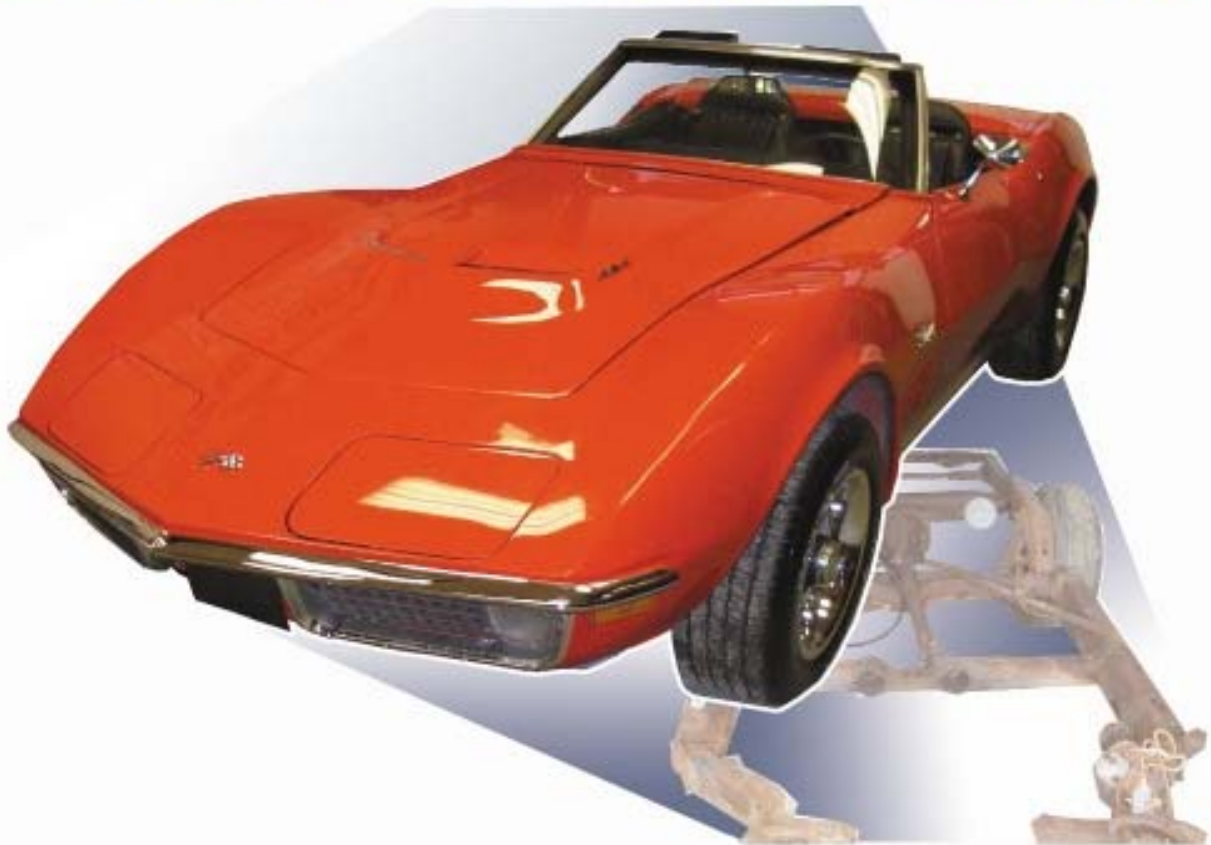
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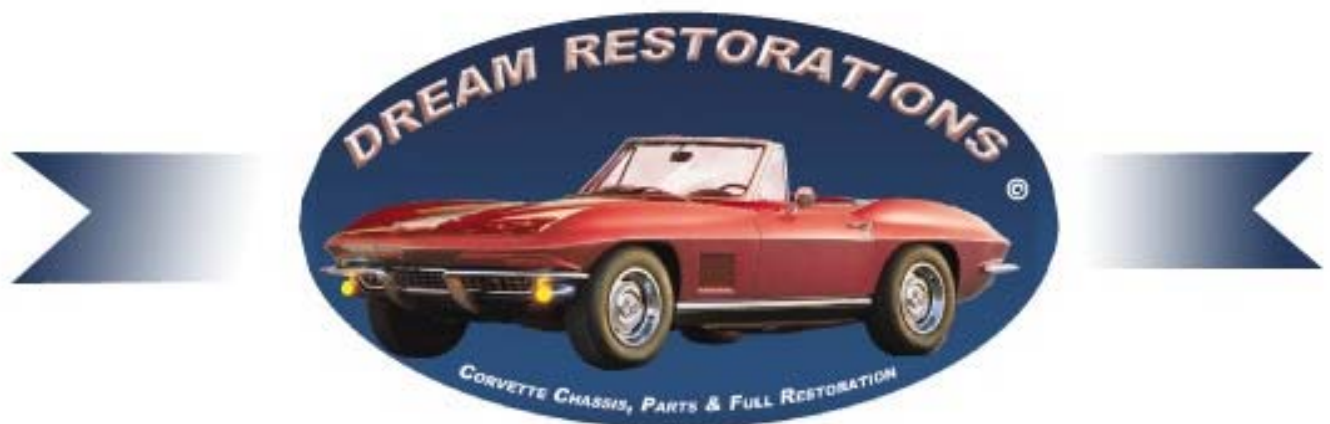


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