

Fall

2014



Sandesh

“The Message”

A Newsletter from IndUS of Fox Valley

From Editors' Desk ...

Many of us long for that relaxing, rejuvenating vacation, be it at a beach, a mountain resort or cruising on waters. Some of these places leave us in awe of the wonders nature offers us. In this issue we bring to you some natural wonders from India. They range from an adventurous trek to one of highest mountain peaks, beauty of a serene river flanked by shiny marble rocks, lush tropical green heaven on earth, living bridges woven from trees strong enough to ferry people across, a wide variety of flora and fauna; and how natural spices from your kitchen shelf help you to be healthy.

Sandesh

An IndUS of Fox Valley
Publication

Editors

Dr. Sandhya Sridhar
(Chief Editor)

Dr. Sudeep Sodhi
(Feature Editor)

Ms. Sonu Pareek
(News Editor)

Ms. Sonia Beherawala

Ms. Janice Dugal

Ms. Viju Rao

Advisor

Dr. Badri Varma

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

Kerala: "God's Own Country"

By Mary Beth Pritzl

In June 2001 Brian and I had the pleasure of exploring some of Kerala. The state of Kerala lies on the southwestern side of India also known as part of the Malabar Coast. This coastal place is rich in unspoiled tropical beauty and has been called “God’s Own Country”. This was our first experience in a tropical environment and it will always be the bar to which we measure any other tropical locations in any future trips.

When we arrived in Kerala it was during the Southwest Monsoon season, which begins by the end of May or early June with the outset of the southwest monsoon winds. The next few months are periods of torrential rain. Lying on the windward side of the Western Ghats and being the first state to be hit by the monsoon winds, Kerala receives copious rainfall. Almost 85% of the rains received in Kerala are contributed by the monsoons. The slopes of the Western Ghats are among the places in India, which receive the highest amount of rain. Most of the rivers of Kerala are fed by the monsoons. People that we met said that it was particularly dry that year in 2001, but for us it was still very humid and damp.

Our trip began through Cochin and Ernakulum. We took a boat ride in the evening from Willingdon Island and watched the sunset. We walked along the waterfront the next day to see the day’s fish catch and enjoyed the sea lapping up on the shore. Breakfast at the hotel was accentuated by the strong, wonderful scent of jasmine and other flowers.

We continued to travel deeper into the backwaters of Kerala. We opted to hire a

teenager from our hotel to take us on a motorized boat tour. We left the dock and went out to the wider waterway through a beautiful, overgrown tunnel of vines. The backwaters have a unique ecosystem - freshwater from the rivers meets the seawater from the Arabian Sea. In certain areas, such as the Vembanad Kayal, where a barrage has been built near Kumarkom, salt water from the sea is prevented from entering the deep inside, keeping the fresh water intact. The fresh water is used for irrigation. The lotus flowers had already closed for the day, but we could still enjoy the variety of colors and sizes. We watched Kingfishers dive into the water for fish. Everything just seemed more intense and



large. There were dragonflies as big as our hands. So many of the different plant species appeared to be fluorescent in color. Our tour guide was kind enough to point out many varieties of birds and plants that we didn’t even notice. The canals are home to crabs, frogs and mudskippers. We traveled numerous natural canals along which people lived, livestock grazed and rice grew. Other animals such as otters and turtles also populate the backwaters. Our tour took an entire afternoon.

On our way from Kanjirapally we drove along roads that hugged the higher areas of the Ghats. These mountains run parallel to

the coast of India. They were declared a UNESCO World Heritage Site in 2012. The Western Ghats are one of the eight "hottest hotspots" of biological diversity in the world. Its ecosystem contains over 7,400 species of flowering plants,



139 mammal species, 508 bird species, 179 amphibian species and 288 freshwater fish species. It is host to lakes, rivers, and diverse climates at various elevations. As the fog drifted in and around the roads and peaks we could see the rubber trees, tea and spice growth so important to the area. \

Along the coast of course are the beaches. Kovalam and Varkala beaches are listed on tourism websites mostly, but there a quite a few other beaches that have many natural aspects that shouldn't be missed.

Depending upon the way you like to travel there is a lot to experience in Kerala. There are also a lot of ways to do that exploring. Plans can include scheduled tours with or without a group to many of the wildlife sanctuaries that dot Kerala. Many locals are happy to share their knowledge of the area or natural aspects with visitors. There was a lifetime of exploring for us to do and we barely scratched the surface.

Mary Beth Pritzl has lived in the Fox Valley for over 20 years. She and her husband have 5 children, 3 of whom were adopted from India. She is the main contact for IndUS for the Midwest IChild Heritage

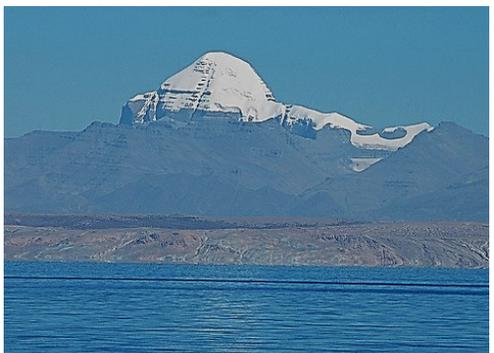
The Mountain Speaks

By Kartik Ravel

Always in awe of the Himalayas, I have enjoyed their majestic beauty and have traveled to several remote regions over the years. Western Tibet was one such region, where my son and I hiked in a remote valley surrounding a mountain named Mt. Kailash. The trip did not go unnoticed, as I was recently asked to write an article on Mt. Kailash for Sandesh, with the theme: Natural Wonders of India.

Admittedly, I was a bit perplexed. How can I write about a mountain that is officially in Tibet and on the surface, just another 22,000-foot peak in the Trans-Himalayan range? With this challenge in mind, I humbly offer a personal glimpse into a most unique trip.

Considered by many to be a jewel of natural beauty, Mt. Kailash and nearby



Lake Manasarovar have been referenced in Asian scriptures for thousands of years. Although the theme for this

edition is "natural wonders", one cannot ignore its spiritual heritage. It is believed to be the center of the universe by Tibetan Buddhists and revered as a sacred mountain by Hindus, Jains and followers of Bön. Mt. Kailash creates a profound sanctity for those who visit it.

Kailash has always held an allure and as a teenager, I was captivated by Mt. Kailash - its unexplainable beauty along



with the thought of traveling to remote Tibet. In 2004, an opportunity arose to visit Mt. Kailash, so we set our travel plans in motion. Although there were several routes from Nepal into Tibet, we decided to fly into Lhasa and travel via Jeep across the Tibetan plateau. While in Lhasa, we visited several ancient monasteries that were surprisingly well preserved – but that is a story for another time.

Our one-month long adventure began with a 2-day acclimatization at 11,450 ft. in Lhasa, the administrative capital of

Tibet. Once our caravan was ready with food, water and fuel we began our 2,000-mile journey across one of the most remote places in the world. Given the limited choice of routes, we had no choice but to follow dry riverbeds and occasional tracks left by previous travelers. Travel was not all that bad, as there were rocky trails, locally known as "roads" that were occasionally used. In addition, there was that occasional dry riverbed crossing that was not quite dry and required us to drive our jeeps through rushing waters that were eager to take us in a different direction.

The bumpy journey with broken shocks and all, was incredible. We were privy to cultures and architectures untouched by the modern world. Ornate monasteries, some more than a thousand years old were amazing. The pristine high-altitude lakes and half-mile sand dunes at 16,000 ft. were quite the sight. The entire 6-day road trip took us through the towns of Gyantse, Shigyatse, Saga, Paryang and Horchu where we camped overnight.

Our final destination and base camp was in Darchen, located on the western part of the Tibetan Plateau. We rested for a few days and hiked around Lake Manasarovar - one of the higher freshwater lakes in the world at 15,000 ft. The lake is unique in that it is

partially spring fed and has incredibly clear water. The locals consider the fish in the lake as medicinal in nature and rarely catch them for food. Interesting to note that a neighboring lake, Rakshastal (Lake of the Demon) is extremely salty to the extent that there are no aquatic plants or fish, quite the contrast for lakes that are only miles apart.

Once rested, we prepared for our mountain trek to Mt. Kailash. From Darchen we drove to the south face of Mt. Kailash, which stands at a height of 21,788 ft. We got our packs ready and the Yaks loaded with our food and began the trek around the mountain, which is about 32-miles long and at its highest point is 18,200 ft at Dromla Pass. Normally, the trek takes 3-days for the average person, however there are some that have incredible stamina and can complete the task within a day, almost superhuman given the rarefied mountain air. And like most mountains, the

weather is ever changing and we experienced our share of thunder and lightning storms - all at eye level and nowhere to hide. Throughout the trek, you will also find places where colorful prayer flags are hung to promote peace and compassion.

For the avid mountaineer, here are some technical details, but with a caveat. The north face is very steep and virtually unclimbable due to the sheer rock face, whereas the southeast ridge offers a route up – Google Earth, in this case is priceless. So now the caveat: climbing Mt. Kailash is relatively easy, however this mountain is overpowering in its subtle beauty and sacred stature. Many climbers had intentions to climb this mountain but circumstances did not allow it to happen. Either through a change of heart or a stern governmental ban, the mountain has been free of climbers, preserving its beauty from afar. Climbers, please do not take this as a challenge to climb it, but as an

opportunity to experience a mountain peak from afar – you will find it unforgettable!

After many days, our journey ended with an opportunity to trek around Mt. Kailas, experiencing its snows and pristine running waters. Seeing the various “faces” of the mountain was exhilarating, sometimes smiling and sometimes stern, but always reflecting the mood of the day or night. Mountains stand tall in silence; Mt. Kailas stands tall but speaks in silence.

PS - A side note for would be travelers, plan your trip so you can slowly adjust from lower elevations to higher elevations over a period of days, thereby minimizing risk of altitude sickness.

Kartik Ravel is a longtime resident of Fox Valley and has three great kids and a wonderful wife. He is currently a management consultant for a global consulting company and enjoys the outdoors.

Living Bridges of Cherrapunji

By Janice Dugal

Cherrapunji is a town in the East Khasi Hills District in the Indian State of Meghalaya, northeastern India. It is located on the Shillong Plateau. It is known to be the wettest place on Earth. Cherrapunji is 1,290 meters above sea level and much of the torrential rains (monsoons) run off the mountains and into the valley below. It receives an annual rainfall of about 1, 270 centimeters. That is a whopping 500 inches of rain every year! The heavy precipitation results from the village’s location on the Shillong Plateau’s southern edge, at which point the saturated summer monsoon air rises up the southern slope and cools rapidly, releasing enormous quantities of condensed water. Despite the perennial rainfall, the town of Cherrapunji’s irrigation system is insufficient to provide adequate amounts of clean water. During the dry season, people that live there have to frequently travel a few kilometers to get much needed water.

Besides being the wettest place on earth, Cherrapunji is home to a series of unique bridges, strange tapestries of live tree roots woven by indigenous tribes. The bridges are the creation of the tribe that lived in the area’s isolated valleys “the Khasis.” Needing a means to cross many rivers and streams in their midst, the Khasis dreamt up the idea of coaxing the roots of the Ficus Elastica tree (otherwise known as the Indian



rubber tree) along hollowed-out trunks of betel palm and bamboo. These hollowed-out trunks created a root guidance system. The thin, tender roots

of the rubber tree, prevented from fanning out by the betel nut trunks, grow straight out. When they reach the other side of the river, they then anchor into the soil and create the base of the bridge. Other roots are led in a similar ways to create support railings. Roots grow and intertwine into the sturdy bridges. The bridges take 15 to 25 years or so to become functional. There are bridges up to 100 feet long. They can bear the weight of up to 50 people at a time and last for five centuries or more.

People who have visited these natural wonders, say pictures cannot do them justice. It is a must see wonder, if you are able to travel to Northeastern India.

Janice Dugal grew up in Wheaton, IL. Janice attended Elmhurst College in Elmhurst, IL and has degree in accounting. She lives in Appleton, WI and enjoys being a mom to Jenna, Reeya, and Reena.

Marble Rocks and Smokey Cascades on River Narmada

By Sandhya Sridhar

My bucket list is rather long. Anybody reading it would be amazed to find a motley collection of places to visit, things to do and people to meet. One item I recently checked out was Marble Rocks at Bhedaghat and Dhuandhaar Falls. Not much heard of, right?

I wanted to see Bhedaghat ever since I heard someone describing the dreamlike experience of a boat ride through river Narmada, flanked by serene, snow white marble rocks on either side. They soar high towards the blue sky and sparkle in sunlight. The effect is even more spectacular on a full moon night when their beauty is set against a dark sky.

On my last visit to India, I made a point to be in the city of Jabalpur, in the central state of Madhya Pradesh on a full moon night. I was little miffed when I heard that they had canceled night boat rides due to a recent suicide attempt. Well, Narmada was still calling us for a day trip. Going down the steps to the riverbed and negotiating a fair price for a private, guided boat tour was an adventure in itself. We were lucky that our guide was a part poet, part guide and part navigator. He entertained us reciting poetic rhyming couplets describing the sacred river, many anecdotes and tit-bits from history. He even pointed to the "suicide point", where utterly disappointed souls go to end their lives. It was hard to imagine such a gory scene as we sailed the quiet, scenic landscape. Narmada was all it promised to be, calming waters flowing through many colors of marble rocks.

Over 150 years ago, Captain J. Forsyth, an officer of East India Company spoke eloquently about the infinitely varied beauty of these rocks: "the eye never



wearies of the ... effect produced by the broken and reflected sunlight, now glancing from a pinnacle of snow-white marble reared against the deep blue of the sky as from a point of silver, touching here and there with bright lights the prominence of the middle heights and again losing itself in the soft bluish grays of their recesses . . . Here and there the white saccharine limestone is seamed by veins of dark green or black volcanic rock; a contrast which only enhances like a setting of jet, the purity of the surrounding marble." He traveled from the source of the river at Amarkantak along its course and wrote about it in a book titled Highlands of Central India.

River Narmada, like other rivers in India, is much revered by people of India. Many perform a spiritual journey called Narmada Parikrama. It involves walking alongside the river Narmada without crossing to the other side. The journey starts at Amarkantak, and progresses west always keeping Narmada on the right side till the river meets the Arabian Sea in Kathpore. This is a crossing point. From this point they walk back towards the place of origin, again keeping the river to their right. There are many strict rules for performing this spiritual journey. A

traveler must live a simple ascetic life meant to focus on higher purpose of life. Many travelogues describe the beauty of this journey. The standard period to complete Parikrama is over 3 years. However, many modern versions condense it and allow people to



complete it as per their convenience.

The Narmada River, after making its way through the world-famous marble rocks, narrows down and then plunges in a waterfall known as Dhuandhaar or Smokey Cascades. The plunge, which creates a bouncing mass of mist, is so powerful that its roar is heard from a far distance. It was exciting to get very close to the falls. We were delighted to be sprayed by fine mist. Our attempts to converse were drowned in its roar. What an amazing contrast to see the quiet, serene upstream river suddenly changing to a bubbly, riotous, rip-roaring, delightful falls. How lucky are those travelers who get to see many changes in Narmada as it courses to the sea.

Sandhya Sridhar has been involved with IndUS since its inception. She loves to teach, travel, cook, garden, swim and read good books. She and her husband Sridhar made Fox Valley their home, and raised two wonderful children Sameer and Paayal.

When it comes to decide the top ten Natural Wonders of India, it could be highly subjective. However, there are some places which are common in most of these claims. You read about two of these places in this issue: Root Bridges of Cherrapunji in Meghalaya and Bhedaghat in Madhya Pradesh. It will be exciting to learn about other places such as, Siachen Glacier in Kashmir, Valley of Flowers in Uttarakhand, Chir Batti at the Rann of Kutch in Gujarat, Lonar Lake (a crater lake formed by a meteor impact) in Maharashtra, Columnar Basaltic Lava rocks on St. Mary's Island in Karnataka, Magenetic Hill (creates an illusion of the movement of a vehicle, with its ignition off climbing up a steep mountain), National Fossil Wood Park in Tamil Nadu, and Sundarbans in West Bengal.

Indian Flora and Fauna

By Sonia Baherawala

The natural bio-diversity of the Indian sub-continent is staggering to say the least. Some estimates declare that India has about 8 per cent of the total species in the world. It is estimated that there are over 500 species of mammals, 2000 plus species of birds and over 30,000 species of insects in addition to hundreds of species of fish and reptiles. Aside from their biological significance, the various forms of natural life share a prominent role in both mythological stories and cultural traditions that have been passed along from generation to generation over time.

Some of the more popular forms of Indian wild life comprises of the Asian elephant, the Asiatic lion (the only lions outside of Africa), the Royal Bengal



Tiger (the national animal of India), the single horned Indian rhino, the wild buffalo (Indian Bison), and several different kinds of leopards and smaller

cat species. There is a large variety of deer, monkeys and wild goats while the reptile population includes a wide range of snakes, lizards and crocodiles. Birds range from colorful peacocks (the national bird of India) and parrots to large stocks of migrant water birds. The interesting thing is that several animals are viewed as religious deities in different regions of the country and are revered and worshipped as such. Much of India's wildlife is protected by law - India has setup 84 National Parks, 447 wild life Sanctuaries and 35 zoological gardens in the country.

The favorable climatic conditions of the country support the wealth of Indian flora, which has a great range of varieties from the coniferous to the evergreen, from scrubs to deciduous forests and thick tropical jungles to cool temperate woods. The tropical forests in the east are in sharp contrast to the pine and coniferous woodland of the western Himalayas. The Himalayan foothills are dense with deciduous trees and shrubs, bamboos, fern and grass. The gangetic plain, the Deccan plateau of volcanic ancestry, and the dense luxuriant forests of the Western Ghats - all provide fascinating variations in habitats. Indian trees too bear a religious significance – especially the Banyan tree (the national tree) whose beautiful

lateral spread provides much needed shade along various rural roads in the country. Coconut trees line the coast and lagoons of Kerala providing some breathtaking scenery for tourists and locals alike. One of the more popular attractions in India is the National Park in the state of Uttarakhand - The Valley of Flowers. This is located in the



Western Himalayas, bordered by Nepal and Tibet. Here the stunning landscape presents itself in the form of meadows full of bright and colorful alpine flowers that are contrasted by the snow-capped mountains behind them.

Sources: various websites on the internet.

Sonia Baherawala has lived in Appleton for several years now. Having earned degrees in Biology, Business Administration, and Health Care Administration, she now works for a leader in the health care industry. She is the proud mom to Sahil, Sunil, and Suraj.

Wonders of Nature: Ayurveda and your Kitchen

By Sudeep Sodhi

Ayurveda (ayur means life and Veda means knowledge), which follows the broad based integration of life, health and freedom from disease. The classic text Charaka Samhita says that it is not possible or even necessary to name every disease. Recognizing that human beings are part of nature, Ayurveda describes three fundamental energies that govern our inner and outer environments: structure and movement, transformation. Known in Sanskrit as

Vata (Wind), Pitta (Fire), and Kapha (Earth), these primary forces are responsible for the characteristics of our mind and body.

According to Ayurveda, every person has a unique constitution called Prakriti. Prakriti is similar to a genetic code, you are born with it. However, during one's lifetime Prakriti has a tendency to change depending on the diet, age, lifestyle, environment and seasonal

influences. External and internal influences produce an altered state of the constitution that is called Vikruti. Vikruti can create imbalance and lead to disease. Ayurveda says that a person should know his original constitution and take appropriate measures to keep it in balance.

An important goal of Ayurveda is to identify a person's ideal state of balance, determine where they are out

of balance and to offer interventions using diet, herbs, aromatherapy, massage treatments, music, and meditation to re-establish the balance.

India has a diverse natural wealth of 45,000 medicinal plants spread across the varied topography of the country.

Going by the wisdom of the Ayurvedic sage, Vagbhata, who wrote: "There is nothing (in the world) which is not a medicine", you can make effective remedies using common kitchen ingredients.

We will discuss the benefits and home remedies for ginger, black pepper and turmeric for upcoming winter season. These spices are integral part of all Indian kitchens.

Ginger: The best way to describe ginger would be, that it is spicy to the tongue and soothing to the digestive tract. It has been used for centuries as medicinal herb. Ginger contains chemicals called gingerols and shagoals, which stimulate the secretion of saliva, and gastric secretions quell stomach upsets and encourage gentle muscle contractions that move the food to the digestive tract. They are also responsible for the antinausea effects of ginger.

It is an excellent remedy for respiratory conditions and to decrease incidence of cold symptoms. It increases agni (digestive fire), helps digestion, and absorption of food. It can be used both fresh and dried. Ginger can be used to make refreshing spicy tea or in soups, stews, and appetizers.

Try some of the following for the upcoming cold and flu season and to reduce the duration of flu symptoms.

- Mix 1 tsp each of ginger powder, turmeric and black pepper and take ½ tsp. of this mixture with warm water or honey twice a day.
- Mix ½ tbsp. ginger, black pepper, cardamom, clove, cinnamon and turmeric. Add 3 tps of raw sugar. Mix ½ or 1 tsp. of this mixture with honey or warm water and take twice a day.
- Mix ½ tsp. fresh ginger juice with ½



Turmeric



Dry Ginger



Dry Red Chillies



Cummin Seeds



Coriander Seeds



Nutmeg



Black Pepper



Carom Seeds



Fenugreek Seeds



Curry Leaves



Mustard Seeds

sp. honey and take three times a day.

Black pepper

Black pepper is called the king of spices. When spice was intensified during 15th century, the price of black pepper went up 30 times. Soaring prices sent Christopher Columbus westward to discover the land of spices and riches for Queen of Spain. Of course he was off by 8000 miles as the secret land of spices was on the Malabar Coast in India.

The active principles in the pepper may increase the gut motility as well as the digestion power by increasing gastrointestinal enzyme secretions. It has also been found that black pepper can increase absorption of selenium, B-complex vitamins, beta-carotene, as well as other nutrients from the food.

In home remedies for cold, black pepper is a very effective Ayurvedic herb.

- In water, mix 4-5 Black peppercorns, 8-10 Holy Basil leaves, 2-3 cloves, one piece of Ginger and 1-2 Green cardamom and add milk to prepare a mixture, like tea. Use of this mixture helps you to deal with cold symptoms also reduce fever.
- To treat a hoarse throat, use a mixture of Black pepper, Mulethi (English name Liquorice) and Sugar-candy. Suck this mixture three times daily.

Turmeric (Haldi): Referred to as the Indian Saffron, Turmeric is bitter, astringent and pungent in taste. It has been known for centuries for its many therapeutic qualities, including anti-oxidant, anti-inflammatory and anti-septic properties.

There are more than 50 studies on turmeric's effects in addressing Alzheimer's disease. The reports indicate that extracts of turmeric contain a number of natural agents that block the formation of beta-amyloid, the substance responsible for the plaques that slowly obstruct cerebral function in Alzheimer's disease.

Turmeric contains more than two dozen anti-inflammatory compounds, including six different COX-2-inhibitors (the COX-2 enzyme promotes pain, swelling and inflammation; inhibitors selectively block that enzyme).

Home remedies with turmeric:

- For throat infection, a tsp. of turmeric powder boiled in two cups of water and strained is a very effective remedy. The liquid should be gargled.
- Boil a tsp. of carom seeds in a cup of water with a tsp. of turmeric. Add honey and have about 1/4 cups 2 - 4 times a day for cough and chest infections.

The Board of Directors

Ms. Nancy Heykes (Chair)

Ms. Sridevi Buddi

Dr. Mahendra Doshi

Dr. Sonja Downing

Mr. Tim Higgins

Mr. James King

Ms. Karen King

Ms. Ruth Mansukhani

Ms. Sandipa Newman

Ms. Kamlesh Varma (*ex-officio*)

Mr. Jayprakash Ravel

(India Association NEW *ex-officio*)

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

The Executive Team

Ms. Sonu Pareek
President

Ms. Sridevi Buddi
Vice President

Ms. Susan Kulkarni
Secretary

Dr. Gaurav Bansal
Treasurer

Team Leaders

Mr. Sujal Baherawala
(Cultural & Art Programs)

Dr. Sandhya Sridhar
(Chief Editor, Sandesh)

Ms. Richa Mehrotra & Dr. Sandhya Sridhar
(Education and Outreach)

Mr. Rajeev Dugal
(Fund Raising)

Ms. Sandipa Newman
(Publicity)

Dr. Gaurav Bansal
(Webmaster)

Ms. Sonu Pareek (*Chair, IndUS-2014*)

Ms. Sridevi Buddi (*Co-Chair, IndUS-2014*)

Visit our website at

www.indusfoxvalley.org

Contact us at

indusfoxvalley@yahoo.com

- A glass of hot milk with a tsp. each of turmeric and honey relieves congestion and cough, when taken on an empty stomach.
- A tsp. of turmeric in a glass of hot water, with a pinch of rock salt, drink it while still hot gives immediate relief from flatulence.
- For sprains, a tsp. of fresh ginger paste, to which a level tsp. of turmeric powder is added should be applied liberally on sprain area and bandaged lightly. If there is a swelling, then adding a little salt to the paste helps.

Once upon a time an apprentice to an Ayurvedic physician was given a final exam. He was asked to go to the surrounding hills and, and collect any plants without medicinal uses. Apprentice wandered the surrounding hills for several days before returning to his master failing to find any. He passed the final exam!!!

These traditions have been passed from one generation to another for thousands of years and underline the close

relationship of humans to mother nature. This is reflected in the traditional Indian prayer.

“Om Dyauh shanti rantariksham shantih prithivi shanti rapah shanti roshadhayah shanthih. Vanaspatayah shantir vishwedeвах shantir brahma shantih sarvam shantih shantireva shantih sa ma shantiredhi. Om Shantih, Shantih Shantih.” (There is peace in the heavenly region; there is peace in the atmosphere, peace reigns on the earth, the water is cooling, the herbs are healing, the plants are peace-giving, there is harmony in the celestial objects and perfection in knowledge, everything in the universe is peace, peace pervades everywhere. May that peace come to me!)

Disclaimer: This article does not constitute medical advice, which should be obtained from your personal physician.

Sudeep Sodhi is interested in mindfulness and holistic medicine and trained with Andrew Weil in Integrative Medicine.

News ...

India Heritage Day

On August 2, 2014 IndUS volunteers participated in India Heritage Day for Midwest IChild, an organization with families with children adopted from India. The camp was held at Green Lake, Wisconsin. We have been doing this for over a decade.



This year IndUS volunteers worked on a theme of Sankranti, a harvest festival celebrated all over India under different names. It is marked with cooking special foods, flying kites and sharing many mythological stories. Our volunteers showed the campers how to build a kite and make it fly.

Cooking demos included traditional Sankranti foods: a mildly spiced moong bean-rice entrée called pongal, creamed vermicelli called payasam or kheer and a cooling summer drink, rose milk, known as rooh-afza. In addition the children and their families played outdoor Cricket and indoor board games from India.



Space Wind and Fire Concert

This year IndUS organized a fusion concert of Space, Wind and Fire in partnership with Lawrence University. It was held on Sept 26, 2014 at Harper Hall.

The audience was left mesmerized by Mr. Abhijit Pohankar on the keyboard, representing space, Ninad Mulaokar on flute, symbolizing wind and Ojas Adhiya on tabla (Indian drums) creating the roaring impression of fire. They played to a full house with audience giving them a standing ovation and wanting the musicians to play more. But like every good thing must come to an end, the concert ended with a promise to bring more of such great artists to the

Fox valley area. We would like to thank Lawrence University for their support in promoting cultural events. Thank you all for making this event a great success.



IndUS Of Fox Valley
3600 N. Shawnee Ave.
Appleton WI 54914

IndUS of Fox Valley

Presents

IndUS - 2014

*Natural Wonders of
India*

Saturday, November 22, 2014

5:00 to 9:30 p.m.

**Radisson Paper Valley Hotel
Appleton**

*Exhibition
Social Hour
Authentic Indian Cuisine
Cultural Program*