



## India Association of Long Island News Letter March 2020

### From the President's Desk



March 30th ,2020

First 30 days as President:

In this current environment please stay safe, healthy and follow local guidelines. Our prayers go out to the people who have been affected by this unprecedented coronavirus and we appreciate the healthcare workers, local communities, and governments who are on the front line working to contain this coronavirus.

At IALI, we are very happy to share the launch of monthly newsletter including upcoming events to our members via email only. If you know of anyone who does not receive this Newsletter, please ask them to contact [shashimalik2020@gmail.com](mailto:shashimalik2020@gmail.com) directly.

In light of current uncertainty and social distancing, rather than not taking any actions, we decided to do most of IALI events with virtual socialization. It is our hope all members will be take benefit of these Virtual Forums.

New Yoga forum introduced in 2020; Yoga sessions are held every morning along with prayers.

Two other new forums introduced in 2020; "Health & Wellness" and "Financial Forum" were held via conference calls on Impact of Covid-19, information presented by professionals was well attended and well received by members. The information was very informative and at the request of members we will be organizing follow-up sessions on both of these topics soon.

I personally along with some volunteers are reaching out to elderly members periodically to ensure their safety and provide emotional support at this unprecedented time. If you know anyone who needs help, please let us know.

Local involvement- IALI pledged to donate \$ 250 to Raj Bhog towards their initiative of giving free food to needy.

Still at planning stages: Centralization of some activities and office equipment.

Serving the community can take many forms but it is our obligation during this crisis to prioritize the safety of not only ourselves but of our entire community. Please stay safe, healthy and follow local guidelines.

Shashi Malik

### Editor's Note

I hope that this finds you and your families, safe and healthy.

The last few weeks have been extraordinary with the stress and uncertainty caused by the historic challenges that we face with the growing COVID-19 (coronavirus) pandemic.

It has forced everyone to change how they interact with the world. It has dramatically changed our daily routines, our jobs, our physical and mental health. But it hasn't changed who we are – a mother, a wife, a father, a husband, a son, a daughter, and a friend.

We, as friends, need to remind one another to minimize the stress. Take breaks. Take walks. Exercise. Meditate. Eat well. Do a puzzle. Read a book. Facetime with family and friends. Limit TV and social media. We are all in this together and it is critical we **Stay Connected** as we practice social distancing. Let's support one another. Let's share our thoughts, views, questions, stress, anxiety via phone and email.

Our thoughts are with you and your loved ones as we go through these unprecedented times.

Stay healthy, Stay Home, Stay Safe!

"Together we can achieve anything"

Pradeep Tandon

Editor

Editorial Team

Neeru Bhambri

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Sanju Sharma

### India Association of Long Island - Oath Taking Ceremony

Oath Taking Ceremony for all elected and nominated members of the IALI Executive Council took place on Friday, 6th March 2020 at 6:30 pm at Hicksville Community Center Hicksville NY 11801.

The function started by tea/coffee and snacks. The function was attended by more than 100 guests that included friends and family of elected members, many past presidents, public officials, and IALI members.

The Oath Taking Ceremony started with USA and Indian National Anthem and prayers offered to God.

The MC of the ceremony was Dr. S. S. Ranu, who give a brief history of IALI.

Mr. Satpal Malhotra Chairman of the Election Committee announced the results of the election and gave the number of votes received by each elected official and the count of votes received by candidates who were not elected.

This year there were many firsts in the election of the EC of IALI. The President Mrs. Shashi Malik got the highest number of votes in the history of IALI Elections and it was the first time all the team members of her team were elected.

The oath was administered by Joseph Saladino, the Supervisor of the Town of Oyster Bay in Nassau County, Long Island.

The oath was taken to support and defend the US Constitution, its laws; NY State Constitution and its laws; and the IALI Constitution, and its Laws and Bye-Laws.

First the oath was taken by Mrs. Shashi Malik as the President of IALI.



The next oath was taken together by the three remaining officers Mr. Jasbir 'Jay' Singh Vice President, Ms. Kuljeet 'Karishma' Ahluwalia Secretary, and Mr. Sushil Khanna Treasurer.



The next batch was the eight elected Executive Councilmen and Executive Councilwomen of the Executive Committee. The following are the eight Executive Members:

1. Dr. Neeru Bhambri
2. Mrs. Deepa Goyal
3. Dr. Ramesh Gupta
4. Mrs. Harsha Padmanabhan
5. Mr. Gary Sikka
6. Mrs. Neelima Srivastava
7. Mr. Pradeep Tandon
8. Mrs. Ravi Kanta Verma

Dr. Ramesh Gupta could not attend the Oath Taking Ceremony because of prior commitment elsewhere.



After oath taken by Elected executive committee members, three nominated voting members of the three Standing Committee Chairs took the oath together: These were:

1. Anju Sharma – Cultural Chair
2. Suresh Bansal – Membership Chair
3. Sumit Rajpal – Finance Chair

Each elected executive introduced themselves and told in brief about the responsibilities that were assigned to them according to their expertise and experience.

All the above members after taking the oath were given the Citation by Mr. Joseph Saladino,

Next batch of oath taking was by all members who were nominated by the President to various committees.





After the oath taking was over, Mrs. Shashi Malik, President of IALI gave her remarks and a road map of all the activities that are planned for the year; such as Centralizing of all IALI documents at India House, address the legal issue relating to constitution of IALI, New forums for Health & Wellness, Yoga, Professional Forum and Charity Group. The objective is to work together with each elected official and to enhance the image of IALI in the community by providing community service. After her remarks she invited each and every member of the executive council to briefly outline their objectives for 2020.

After the oath taking ceremony all guests enjoyed the tasty dinner from Rajbhog Foods.

The function finished at about 8:30 pm.



## Health and Wellness Forum

### **Novel Coronavirus (Covid-19) Information Session**

India Association of Long Island arranged an informative session on the current Coronavirus pandemic on Sunday 22<sup>nd</sup> March, 2020 at 2:00 PM, first in Health and Wellness Series. The following physicians were the panelists who spoke and answered the questions of the attendees of the Conference call.

**Moderator: Sukhvinder Ranu, MD** Clinical Associate Professor of Pediatrics, SUNY-Downstate Health Sciences University, Associate Director of Neonatology, Kings County Hospital Brooklyn, NY.

#### **Panel of Physicians:**

**Sunil Mehra, MD, FCCP, FACP** Professor of Medicine, New York Medical College; Former Chief Pulmonary Medicine and Director Medical ICU; President, Medical Staff LIJ at Forest Hills, NY.

**Rajesh Verma, MD** Chief of Service, Department of Emergency Medicine, Kings County Hospital, Brooklyn, NY.

**Smeeta Verma, MD** Associate Chief, Emergency Medicine Department, James J Peters VA Medical Center. Albert Einstein College of Medicine, Bronx, NY.

**Usha Tandon, MD, DABAM, DFAPA** Assistant Professor, Mt. Sinai Medical Services, Associate Medical Director, Behavioral Health Clinic, Medical Director of Chemical Dependency Program, Elmhurst Hospital, Elmhurst, NY.

Shashi Malik, President IALI gave brief remarks and explained the Health and Wellness Forum and its purpose. The Forum will bring about many sessions on all aspects of Health and Wellness that affect IALI members and their families. The first in series was a session on current pandemic of Coronavirus (Covid-19). Mrs. Malik introduced Dr. S. S. Ranu, a past IALI President and a Physician as the moderator of the session.

Dr. S. S. Ranu gave a brief introduction about the subject for today's session and introduced each of the panelists.

Dr. Smeeta Verma spoke on What is a Coronavirus (Covid-19); What are the signs and symptoms of this infection? and When should a patient seek medical care in ER or Physician's Office?

Dr. Rajesh Verma spoke on the scope and prevalence of Coronavirus Infection - Worldwide, Nationally, NYC and in Long Island; shared his experience as a front-line emergency room doctor and administrator; and testing for Coronavirus.

Dr. Tandon spoke Stress, Anxiety, Panic, fear amongst the people caused by the current pandemic; shared her experience with patients coming to her out of concerns for Coronavirus infection; and advised on how to relieve stressful situation at home, at work, helping families and friends.

Dr. Mehra spoke on severity of this infection; different organs involved; shared his ICU experience; Is there a treatment for the infection? Is there a medication to prevent getting infected (prophylaxis)? and General Precautions and preventive measures.

After all panelists had spoken, there was a Question and Answer Session in which the attendees asked questions to different panelists and got answers to their specific questions that went into details and concerns that the attendees had.

At the end, Dr. Ranu thanked all the physicians on the panel. Mrs. Shashi Malik in closing remarks informed the attendees that there will be more sessions like this on various topics that interest our members like, Depression in Elderly, Loneliness and Aging Gracefully, Domestic Violence and Women's Abuse., Substance Abuse and Alcoholism amongst Younger Generation etc.

The Conference call lasted for more than one and half hour and was attended by 95 participants and was very well received.

### **Yoga and Mantra Chanting Forum**

IALI invited all members to participate in Yoga & Mantra chanting sessions, scheduled every day from 7:00 AM to 8:00 AM, on a conference call.

Every session consists of chanting Surya Namaskar Mantra, Gayatari Mantra, and Maha Mrityunjaye Mantra. This is then followed by Savasana to relax our bodies and minds. We also practice some basic techniques of breathing (Pranayama) and meditation (Dhyana).

These sacred ancient mantras are thought to be grounding and essential in creating positivity within its practitioners. The soothing nature of these mantras may be particularly beneficial to manage our anxieties amidst a global pandemic.

### **Meditation Forum**

IALI invited all members to join meditation forum on two Saturdays from 10 :00 am to 11:00 am on conference call. The first session was held on 3/21/2020. The session was on "Tap your inner resources".

The second session was held on 28th March same time. This meditation session enlightened the participants to explore the veracity of the question " Karma and Destiny". The meditation tries to use the prism of Srimad Bhagwad Geeta and pursue the spectrum of seven colors replete with kindness and vision. The meditation encourages one to go out and touch the people and make them extremely positive enabling them to respect diversity. The main aim of the sessions is to make you more focused, more productive, more qualitative, more empathetic and more compassionate. These sessions guide us how to live peacefully.

### **Senior Forum**

**IALI Senior Forum welcomes every member who is young at heart - "Abhi To Mai Jawan Hoon".**

The forum meets once a month at IALI Center. The year 2020 has been very unique in many ways for IALI. Due to present Coronavirus (COVID 19) PANDEMIC and to maintain social distance, the Senior Forum meets on conference call. The first session was held on Monday 23rd March, 2020 at 2 p.m.

Rita Batheja, MS RDN CDN FAND AFMCP, Integrative & Functional Medicine Registered Dietitian Nutritionist gave a talk on "Manage your health and wellbeing under tricky circumstance". A Q & A session followed after her talk. The follow up questions were confirmation of well accepted talk and members' interest in the subject presented.

A music session was arranged to conclude the meeting on a high note.

This forum will continue to meet in similar format until it is safe for everyone to meet in person.

### **Sangeet Forum**

The First Sangeet Forum was held on March 13th 2020 at India Center, before the Coronavirus Social Distancing came into effect. The program was put on Facebook live and many members enjoyed the program. The program started with Sarasvati Vandana. The evening was full of music and melody as not only the singers who were present at IALI center sang so beautifully; few very talented singers also joined us through Face time. Snacks were served to all present. It was a fun filled evening. Let's pray to keep everyone safe and healthy.