



India Association of Long Island News Letter April 2020

From the President's Desk



April 30th, 2020

In an effort to protect the health and safety of our community, we are continuing to conduct our sessions via conference calls/webinars which were attended by community with great enthusiasm and eagerness. We are making the best usage of these resources available to us in this challenging time.

Would like to extend our condolences, with deepest sympathy to Jay Singh on the loss of his son Avneet Singh. Our hearts go out to Singh family in time of sorrow.

April was very busy and exciting month for IALI Executive Council members as they approved the initiation for "Legal Consultation and Audit" process, first time in the history of India Association of Long Island.

Coverage of Covid-19

Organized Financial Impact of Covid-19 and covered important topics as "Loss of income, Troubled by bills, Targeted by scammers and specially protection of seniors.

"Health & Wellness" forum did organize follow-up session covering update on research, treatment, emotional impact and specifically pregnancy and new born babies.

Local involvement:

IALI organized 150 meals sponsored by Rajbhog (NJ) on 4/15/2020 to Parker Institute for Health and Rehabilitation (4th floor) along with the support of Suffolk PD Asian Jade Society. Attachment 1 is the email of appreciation from Regina Cialone, Vice President Development at Parker Institute.

On Thursday 23rd, I personally along with two other IALI members sponsored on behalf of IALI, Food for medical and nursing staff at King County Hospital. Attachment 2 is the email of appreciation from Dr. Hand, Director of Neonatology.

Our GoFundMe campaign for "IALI fund for COVID-19 Front-line Heroes" is still going on and would appreciate if you could ask your contacts to support us.

Our 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.

I give Kudos to my Executive Council and Adhoc committee members for their support to make all session successful. Information of all session is posted on IALI Bulletin board, please free to contact us if you are not a participant and we will be happy to add you in the group.

This monthly newsletter including upcoming events to our members are available via email only. If you know of anyone who does not receive this Newsletter, please ask them to contact shashimalik2020@gmail.com directly. We would appreciate it very much as our goal is to keep all our members updated on the IALI activities.

On a personal note; Thank you so much for your feedback via phone calls and emails. Hopefully we will continue to earn your support. There is no limit to our togetherness and together we will keep making IALI great.

Shashi Malik
President IALI-2020
IALI Serving the Community!!

Attachment 2

Email of appreciation for Food donation

From: **Hand, Ivan** <Ivan.Hand@nychhc.org>
Date: Thu, Apr 23, 2020 at 2:58 PM
Subject: Food donation
To: shashimalik2020@gmail.com <shashimalik2020@gmail.com>
Cc: Ranu, Sukhvinder <Sukhvinder.Ranu@nychhc.org>

Dear Ms. Malik,

I want to thank the India Association of Long Island and President Shashi Malik for your generous donation of food for our medical and nursing staff during this difficult time. Your generosity will definitely boost up the mood of our front line health care providers.

The entire Department of Pediatrics at Kings County Hospital appreciates your donation of food and good will during this time of crisis.

Thanks

Ivan Hand, MD, FAAP
Director of Neonatology
NYC Health + Hospitals | Kings County
Professor
Departments of Pediatrics and Neurology
SUNY-Downstate College of Medicine
451 Clarkson Avenue
Brooklyn, New York 11203

Phone: 718 245-4753
Fax: 718 245-4107
Email: ivan.hand@nychhc.org

Attachment 1

Email of appreciation for Food donation

From: Regina Cialone <rcialone@parkerinstitute.org>
Date: April 24, 2020 at 4:03:57 PM EDT
To: "shashimalik2020@gmail.com" <shashimalik2020@gmail.com>
Cc: Sujata Seth <sseth@parkerinstitute.org>
Subject: Thank You!

Dear Mrs. Malik,

On behalf of the entire Parker Jewish Institute family, please accept our sincere thanks for donating 150 meals for our team on the 4th floor and beyond. Your thoughtful contribution provided support and comfort to our hardworking staff during an incredibly difficult time.

We are so appreciative of the generosity shown to us by this joint effort of the IALI, the NYPD Indian Officers Society, and the Suffolk County Police Asian Jade Society.

Now more than ever, support from the community goes a long way as we work to support our residents, patients, and staff through the COVID-19 pandemic.

On behalf of all of our staff, thank you for your kindness.

Sincerely,

Regina

Regina Cialone
VICE PRESIDENT, DEVELOPMENT
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Editor's Note

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

India Association of Long Island has reinvented itself in current Coronavirus Pandemic. The crisis caused by the pandemic and the shelter in place made all activities of IALI to be virtual.

Health and Wellness Forum has been educating the community about the disease, it's emotional impact and how to deal with it.

Various other forums are bringing members together and helping them support each other.

News of the various Forums is given below in alphabetical order.

India Association of Long Island will continue to work virtually as long as it is necessary.

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

Stay healthy, Stay Home, Stay Safe!

Pradeep Tandon

Chief Editor

Editorial Team

Neeru Bhambri, Harsha Padmanabham, Sanju Sharma

"Together we can achieve anything"

IALI donated Lunch to Parker Jewish Institute and NYC Kings County Hospital

India Association of Long Island along with NYPD Indian Officers Society, and the Suffolk County Police Asian Jade Society donated 150 lunches to Parker Jewish Institute to support the front-line workers.



Health and Wellness Forum

Health and Wellness Forum met on 26th April, 2020 via Conference call. The topic was “Ayurvedic view on Health and Wellness. The speaker was Dr. Kulbushan MD FRCP (London) Ayurveda (C). Many people joined on Conference call. The lecture was well attended and enjoyed by one and all.

Meditation Forum

There were three sessions held this month. The sessions were conducted by Narinder Kapoor and Sujata Seth.

The first session was on topic Holistic Thinking held on April 4. It illustrated about physical, emotional and spiritual body. It focused on the techniques and process how to integrate these layers and transform into peaceful, productive and qualitative human being.

The second session was on Anger Management Part -1 on April 11. It was continued by great public demand. It narrated seven different steps of warning. It also focused on the concept that anger is directly proportional to ego. This session was dedicated to in memory of Avneet Singh son of our beloved Vice-President Jay Jasbir Singh.

The third session was again on Anger Management – Part2 on April 25. This session empathized on food eaten in our daily lives being directly related to our anger. Eating sattvic food can control anger. It enlightened us to love people and not materialistic things in life. Being selfless leads to peace of mind. Each session was followed by Divine Mantra Meditation.

Men's Forum

Men's forum session was held on 19th April moderated by Vimal Goyal.

The topic discussed was the effect of Corona Virus on the members' businesses and jobs and how it affected their lives and when they expect this to end.

The future planning for the year was also discussed.

Some of the planning was discussed how our organization IALI can help in needs of people out of jobs and closed businesses.

Plan for the year includes at least two Small boat trips to fire island in summer to the beach with several activities. Jet ski trip to riverhead and NYC trip by Limo or Luxury Bus.

Outreach Forum

Outreach Forum arranged a Zoom Meeting on Earth Day on 30th April, 2020. Guest Speaker Pandit Mahesh Shastri ji gave a wonderful presentation which was very much liked and appreciated. He gave a deep insight of Mother Earth. Importance of wisely using the natural resources. He spoke on Global Warming and how we can work towards making this planet a better place by minimizing use of plastics, reducing carbon footprint, save water, save trees, use of renewable energy resources to save the Mother Earth.

Professional Forum

A Conference Call Lecture on Financial Impact of COVID-19 was given by Eric Kumar and Raj Wadhwa. The main focus was how the current situation is impacting Minority and Women owned Businesses; SBA and Non-SBA Stimulus packages. Issues related to Landlord and Tenants struggles and negotiations were also discussed.

Sangeet Forum

Sangeet Forum met on 8th April, 2020 via Zoom conference call. It was moderated by Kiran Arora. Many people joined on Conference call. The musical evening by enjoyed by one and all.

Senior Forum

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

On Thursday, April 9th, 2020 from 2:00 – 3:00 PM IALI Senior Forum met on a conference call.

Guest Speaker: Dr. Runi Mukherji, Ph.D. Professor & Chair Department of Psychology Neuroscience Research Institute SUNY College at Old Westbury, NY 11568

Topic of the speech was “How to be Social in social distancing”. Dr. Runi’s talk encompassed difference between Isolation, Loneliness, and Depression.

Dr. Runi explained that being home, observing safety rules and social distancing are not exactly falling in to an isolation category. There is a major difference is that these individuals who are not sick but observing social distancing.

Human nature is to be in company of others that’s the main concerns of majority of the population who is in self-imposed separation. Naturally there are many emotions, discomfort, unfamiliar routines, and adjustments at multiple levels: - foods, health, sleep, relationships and so on. Everyone finds it awkward, uncomfortable, anxious, difficulty in dealing with uncertainty.

Women’s Forum

Women’s Forum met on 24th April, 2020 on a Conference Call. Many chefs, both Male and Female talked about their recipes. Many people joined on Conference call. The event was enjoyed by one and all.

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. The sessions were conducted by Sanjay Sura.

Every session consists of chanting Surya Namaskar Mantra, Surya Namaskar Asanas. This is then followed by Savasana to relax our body and mind, and practice basic Surya Dhyana, practice some basic breathing (Pranayama) techniques and learn meditation (Dhyana), chanting of Gayatari Mantra, and Maha Mrityunjaye Mantra, and conclude with chanting of Omkar.

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.

India Center

IALI is in the process of getting Tax Exempt Status on one PSEG and one National Grid Account.

Two new Nest Thermostats have been ordered and will be installed as soon as possible. This will help in regulating the temperature in the building remotely and thus saving on utility bills.

A new Security System has been ordered and will be installed next month.