



## India Association of Long Island News Letter June 2020

### From the President's Desk



June 30th ,2020

To our IALI members and community,  
We hope you are all staying safe and well. We know these past few months have not been easy and we would like to thank you for your continued loyalty and support.

As cities and states reopen, we will continue to follow the guidance of government and health experts to determine our next steps. We look forward to seeing you again in our IALI Center, if you are not sick and feel safe to join us. We will let you know if and when Executive Council decide to open door of IALI Center in the meantime we are taking the following precautions to help keep our members safe:

- Sanitizing at the front door
- Social Distancing
- Face Coverings
- Enhanced Cleaning & Sanitization
- Floor Markers and seating of chairs
- Please stay Home When Sick

Good News for all of us is that we are already in Phase four of reopening businesses due to Coronavirus, and Phase four just started in New York State. However; we still need our community to be safe while conforming with social distancing guidelines and other restrictions required by the local & state government.

At IALI, we recognize the financial toll this pandemic has caused on us and small business owners. In response, we are regularly updating community on mortgage and Insurance topics on federal and state economic relief opportunities.

In addition; we are continuing to conduct our sessions via conference calls/webinars, our "Health & Wellness" is covering different topics on COVID-19, Women Forum, Sangeet (music) Forum, new Yoga Forum, Meditation forum are well attended and especially Senior forum in which we are addressing various topics such as diet, exercise, entertainment during this lockdown situation.

## Local involvement:

Our volunteers are reaching out to elderly members periodically to ensure their safety and this month we helped an elderly couple out of Queens, Mr. & Mrs. Manjit and Baljeet Singh, they were struggling financially after they lost their jobs since the economy shutdown due to COVID19. They were having difficulty with the basics like food and having enough money to pay their rent. When Police Officers from the NYPD Indian Officer's Society ([Indianofficerssociety.org](http://Indianofficerssociety.org)) heard about their plight, they started a collection among themselves to meet some immediate needs of the couple. Suffolk County Police Asian Jade Society ([SCPAJS.org](http://SCPAJS.org)) and the India Association of Long Island (<http://ialinewyork.org>) leveraged local partners for additional help. The American Association of Physicians of Indian Origin of Queens and Long Island (<https://aapiqli.org>) donated \$2,000 to the couple. Thank you to all the parties involved for a job well done in coming together as a community and helping out a family in need. **(please see attached photograph)**

I am so proud of members of India Association of Long Island, Ladies Kanata Data, Adarsh Singla, Jyoti Jaiswal, Sadhna Uppal and Balwinder Singh to help making more than 500 masks which are ready to deliver this month and we will continue this work in upcoming month. **(please see attached photographs)**

You can learn about our openings and safety practices by joining our regular sessions and/or on our website soon. We are on the road to reopening and hope to see you soon. Until then, you can always visit us online at [www.ialinewyork.org](http://www.ialinewyork.org) for important information.

This pandemic is challenging us all like never before. In our 42 years of community service, but we are confident that just like then, we will get through this together.

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](mailto:shashimalik2020@gmail.com) directly. We would appreciate it very much as our goal is to keep all our members updated on the IALI activities.

Stay Well and Healthy!!

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

*IALI is your organization, as it functions with your generous support and contributions, which are tax-exempt. Please consider making a donation to IALI by visiting [www.ialinewyork.org](http://www.ialinewyork.org). Any amount would be instrumental in helping us better serve our community.*

An elderly couple out of Queens, Manjit and Baljeet: -



Masks for Community Service: -





### **Editor's Note**

The current times continue to be very stressful in spite of steady Corona Virus cases in New York. As a nation we are struggling to contain the pandemic. The life is not the same and will most likely not be the same for a long time. Until we have a successful vaccine, we will have to live with masks, keep social distancing and follow all safety measures. The pandemic has affected our association as well. Our meetings can only be done on Zoom and conference calls. We have tried to do many useful conferences, sessions on Zoom on topics that interest and impact our members.

With this Newsletter, we are bringing you up to date on all the activities that happened during the month. Those of you who could not attend the Zoom sessions and conference calls, reading the newsletter we hope will encourage you to attend the sessions and you can benefit by them.

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”

### Health and Wellness Forum

“Stigma in Mental Health “is very important topic and is not very much discussed openly. Specially in India it is a paradox as far as mental health is concerned. Studies on stigma and mental illness in the Indian culture have focused both on measurement of stigma and on locally important sociocultural factors shaping stigma and have started research at the National Institute of Mental Health and Neurosciences (NIMHANS). Dr Usha Tandon conducted session on “**Stigma in Mental Health and its role in Indian culture**” for our members on June 7th, 2020. This session was very informative, detailed and brought awareness in our community.

IALI conducted a follow-up session covering update on research, treatment, session on “**Coronavirus update & Survivors Stories**” on June 28<sup>th</sup>, 2020. Dr Sukhvinder Ranu moderator, and shared statistic update on the Virus and on possible cure available in the market. In addition; we are thankful to Dr, Sunil Mehra to share his experience as a patient, a doctor and suggestion to regain his health. We were fortunate to have COVID-19 survivor Judge James d’auguste (He is a Justice of the Supreme Court in Manhattan where he presides over a general civil part) to share his experience. Our Local bank (Flushing Bank in Hicksville) Manger Sandy Bhatia also shared her experience with virus and what steps bank is taking for their customers to feel safe. We will continue to conduct Health & Wellness sessions and bring awareness on various topics of wellbeing for IALI members.

### Kid’s Forum



The month of June 2020 was a very proud month for Kids' Forum.

On 3rd June 2020, Kids' Forum Chair Neeru Bhambri organized a very special Thank You parade for the frontline workers of NUMC hospital. The car parade had two-fold mission. One was to cheer up the frontline workers greeting them personally and handing them posters and thank you cards made by the kids. And the other was to give donations for food drive.

The kids were very excited for this venture. They had put great efforts and enthusiasm to make beautiful colored posters. Their thank you cards brought joy and smile to all frontline heroes who have been working very hard day and night during adverse pandemic conditions.

There were more than 35 cars in the parade. The car parade started from Home-Depot on Hempstead turnpike and ended in NUMC hospital. Once the announcement for the event was made generous donations started pouring in. 80 Indian lunch box meals, 50 large vegetarian topping pizzas and \$1000 of fresh fruits were donated to NUMC.

The main applause goes to the kids and their super moms who helped and joined hands to make this mission possible. Heartfelt Thanks to Surekha Bedi, Smriti Chowdary, Dr Nirmal and Sheila Jain, Archana Kumar, Anjali Khosla and her daughter Nitika Khosla, Mausam Mascarelli, Kuljeet Ahluwalia, Neelama Srivastava, Sushma Kaushik, Kiran Arora and all the esteem parents of kids for their great help & generous donations.

Special vote of thanks to our community leaders Bobby Kalotee, Mukesh Modi (who generously gave special masks for all kids personalized with their names and for their Dads) and Deepak Bansal for their great help and support. Thanks to everyone to make this event very successful for a very good and noble cause. The special kids' car thank you parade stole the hearts of many people in the community. The event was covered by TVASIA.

### **Meditation Forum**

There were four sessions held in the month of June and sessions were conducted by Narinder Kapoor and Sujata Seth.

First session was on "GLORY OF SRI GUGU GRANTH SAHIB" explaining the wisdom embedded in Sri Guru Granth Sahib. The second session was on "EMPOWERMENT OF REIKE" focusing on the meaning, the origin, and the history of Reiki. The seven "Chakras" vertically hidden in our body. The three Vital Energy Centers hidden in our spinal-cord were explained. The topic of the third session was "WHAT IS EGO". Distinction between Ego, a negative energy and Self-esteem, a positive energy was discussed. The fourth session was on "ASHTANG YOG OF PATANJALI" explaining the eight steps of Patanjali Yog.

Each session was followed by Divine Mantra Meditation. All the sessions were very well attended and the feedback was extremely positive and encouraging.

### **Outreach Forum**

The first time in IALI 'Enrich Environment Day' was celebrated by Community Outreach Forum on Saturday June 20, 2000 for our neighborhood, friends and IALI members in front of IALI center.

We believe in Clean Environment, there is only one way to keep ourselves alive and that is to keep clean Environment. Invest in Indoor and outdoor plants is very important as they uplift the overall atmosphere of any place, and reduce stress and anxiety for workforce. Indoor greenery can boost oxygen levels and remove harmful pollutants such as carbon dioxide and formaldehyde. The Aloe Vera, Snake Plant, & Peace Lilies to name a few.

Garden was started in the front of IALI center and members enjoyed planting flowers. The motto to do this project was to bring awareness to improve environment around our neighborhood and to reduce the stress and anxiety in this pandemic season. Free plants were distributed.

IALI president Shashi Malik, past president Satnam Singh Parhar, Jay Singh, Kuljeet Ahluwalia, Prafulla Vaghela, Neeru Bhambri, Kiran Arora, Anju and Sanju Sharma and Ravi Kanta Verma, Outreach Forum Chair Magandeep Rehal, and Cochair Lalita Kapoor supported Neelima Srivastava in organizing this event.

### **Sangeet Forum**

Sangeet Forum met twice June 7th, and June 21st, 2020 via Zoom. Music has Spiritual Powers and specially when husband & wife sing together in a way of expressing their feelings and emotions to each other thru Bollywood songs. It was fun evening, the session was moderated by Kiran Arora, Sonia Anand and Sushma Kaushik. The musical events were enjoyed by one and all.

### **Senior Forum**

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

On June 8th, 2020 senior forum met on a conference call, and the Guest speaker was an IALI Life member Sangeeta Ahuja, OTR/L, Occupational and Physical Therapy. The topic of her speech was "How to stay fit to function". Her presentation included instructions on how to stay fit. Breathing Exercises, Chair cardio guide, and Relax into stretch techniques were discussed. Sangeeta Ahuja's talk was followed by questions and answers which was well participated.

Few facts about Physical therapy, it began in the United States as a result of World War I but the first association for physical therapists was established in 1921 after realizing the necessity. The Physical therapists require a Doctor of Physical Therapy (DPT) degree and a state license to practice. One in two American adults have been treated or managed with the help of physical therapy but Physical therapy isn't just for adults.

Many members requested printed reference document of these exercises as these documents may help members to follow exercise instructions at their convenience. These documents will be posted later.

### **Spirituality Forum**

The spirituality forum is a newly created Forum in IALI as Spirituality is linked to many important aspects of human functioning and gives us inspiration to have positive relationships, high self-esteem, are optimistic, and have meaning and purpose in life.

Session was held via ZOOM on June 15th, 2020, and the topic was 'The only temple that matters can be found within yourself'. The sessions are conducted by Sadhvi Chandra Bharti ji, founder and head of Divyagu Jyoti Jagrati Sansthan.

Spirituality is not about believing, but is about seeking for the ultimate truth. It exists within the mind of person. It is a condition or a state that is achieved by a person, may be after a long period of attempts and trials.

### **Women's Forum**

The IALI Women's Forum celebrated Father's Day on Friday June 12th. Father's Day celebration is considered extremely important as it help acknowledge the contribution of fathers to individual families and to societies as large. Besides observance of Father's Day provide everyone, especially children an opportunity to express love and respect for their fathers. Many members shared the memories of their childhood with their fathers. It was very emotional moment for some. Session ended laughter and jokes to enlighten the mood.

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

IALI invited all members to participate in Yoga & Mantra chanting sessions, scheduled every day from 6:45 AM to 8:00 AM, on a Zoom meet.

Every session consists of basic set of Asanas to relax the joints and muscles, chanting Surya Namaskar Mantra, Surya Namaskar set of Asanas. This is then followed by Savasana to relax our mind and body. 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