



## India Association of Long Island News Letter May 2020

### From the President's Desk



May 31<sup>st</sup>, 2020

Good News for all of us is that we are already in Phase two of reopening businesses due to Coronavirus, and Phase Three may be around the corner. However; we still need our community to be safe while conforming with social distancing guidelines and other restrictions imposed by the state

At IALI, we recognize the financial toll this pandemic has caused on us and small business owners. In response, we are regularly updating our members on mortgage and insurance topics, on federal and state economic relief opportunities. In addition; we are running a Memberships Drive and Executive Council has approved a reduction in membership fees until June 30th. Reduction is \$25, applicable to all type memberships, except annual membership fee.

Month of May 2020 was very busy month as we held over sixteen sessions for our community, they were very informative and well received and attended. We are continuing to conduct our sessions via conference calls/webinars and our "Health & Wellness" is covering different topics on COVID-19, Women Forum, Sangeet (music) Forum, new Yoga Forum, Meditation forum, Professional forum are well attended and especially Senior forum in which we are addressing various topics such as diet, exercise, entertainment during this lockdown situation.

We have appointed Gautam Sanghavi of SG Accounting as an outside independent auditor to audit IALI's finances for 2019 fiscal year. We believe conducting an audit will provide transparency and ensures IALI's honest operation.

#### Local involvement:

We distributed 200 masks to local business who are supporter of IALI our beloved association. Kids Forum organized car rally with kids' parents and delivered food to Nassau University Medical Hospital.

*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.*

Shashi Malik

President IALI-2020

IALI Serving the Community!!

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

News of the various Forums is given below and 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 Masks to Local Business and food to NUMC Hospital







### **Health and Wellness Forum**

Dr Usha Tandon conducted session on “Depression in the Elderly and its Symptoms and Treatment” for our members on May 2nd, 2020. This session was very informative and detailed. The main message was that for any physical illness, everyone run to the Doctor for treatment, similarly we must care for our emotional, psychological and mental wellbeing, on a priority basis.

We must overcome the stigma or prohibitions, usually associated with such issues, in the initial stages or developed ailments. We must not worry about judgmental tendencies of society; rather, we must be concerned about restoration, replenishment and recovery.

Dr Rashmae Chardavoyme a renowned surgeon conducted session explaining “Elective Surgery” on May 10th, 2020. The Elective Surgery or Elective Procedure is type of surgery that is scheduled in advance because it does not involve a medical emergency. Semi-elective surgery is a surgery that must be done to preserve the patient's life, but does not need to be performed immediately.

Due to Covid-19 each surgeon should thoughtfully review all scheduled elective procedures with a plan to minimize or cancel elective scheduled operations until hospitals can provide assurance of clean entrance and operating rooms for non Covid patients and find additional space to take care of these patents. Some of Elective surgery procedures can be done in the Surgeon’s office under clean environment. The CDC guidance for inpatient facilities includes: rescheduling elective surgeries as necessary.

On May 24th, 2020 Dr. Sukhvinder Ranu our past President, conducted the session “COVID -19 Do you see Light at the end of tunnel”. Various studies were shared on the origination of the virous and measures being taken around the world. The experience of Wuhan in China, the epicenter of the outbreak, could provide some answers.

The difference between now and the start of the pandemic is that we can at least see the end. We can see that we have flattened the curve, and we can reasonably project when the pandemic will be brought under control. We are not at that point yet, but at least we can see it and that is a very positive takeaway from the data thus far.

Lockdown rules are being relaxed and the containment is working, but what should be considered for 2nd wave if it happens in late winter. The decision to lift the rules should be based on many different factors and also the availability of vaccine.

### **Kid’s Forum**

In the month of May 2020 Kids forum of IALI with collaboration of Huntington Learning Center Plainview has donated free lunches to Nassau Hospital. The whole unit of surgical Dept. of NUMC expressed their gratitude and was very thankful. They also sent us the pictures while enjoying their meals, which I have attached to share.

We will be continuing the food drives for next few weeks as we got some requests from different hospitals.

At present from remote the Kids forum is helping the kids in their homework and assignment when needed. Together by joining hands we can still achieve our goals while staying safe and blessed at home during these pandemic

### **Meditation Forum**

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

First session was on "KNOW YOUR JOURNEY AND DESTINATION" explaining that we are born with our Destiny and leave this planet with our Karma. Second session was on “MINDFULLNESS MEDITATATION" to be aware of Cosmic Energy around us including Nature and our Body. The spiritual meanings of Mantras were provided in the Meditation Session. Third session was on the meaning of "SATYAM SHIVAM SUNDRUM”. The fourth session was on “FACULTY OF HUMAN MIND” in which Saatvic diet, Saatvic speech

and Saatvic thoughts must be practiced on a daily basis. Leave the kingdom of "Inness" and enter into the realm of "Aatma" of "JIVA". In the fifth session, "FEAR MANAGEMENT" topic was discussed. Intense attachment to your kingdom of "Inness" is the root cause of all types of Fears. Practice the art of Detachment-in-Attachment and become "Fearless".

All sessions were well attended and feedback was very positive.

### Outreach Forum

In the month of May our team did Four events. Outreach forum team worked hard to bring the knowledgeable speakers and share the events with our community.

"Seva" Seva is the act of selfless service. Selfless service is an important concept in India, as well as most Indian religions. The act of "seva" leads to collective benefit and gain, although it is performed without regard for the outcome of the individual. Head Granthi, Gyani Parmjeet Singh ji, shared about what is meant by SEVA in our life and how we can take care of poor and needy to provide food and water the basic need, especially in the environment of COVID-19.

"Healthy Thoughts and Healthy Mind" session was conducted by Gourav Khurana (a motivational speaker) Mr. Khurana explained that how our thoughts creates a healthy mind. In this Covid-19 pandemic era we should think positive and we get positive results. We should start writing positive and negative thoughts and you will see that positive things are much more than negatives. Such as your staying with your family and friends are ok instead of paying much more attention about the mass deaths with this virus and too much more with examples. Be calm and be positive.

"Humanity" Garuda prabhu Hari Dass Ji provided everyone the insight about what is human. How our body construct with five Tattar's and it is going to disburse in these. What is our responsibility towards humanity? All human beings should take care of other humans.

"PEACE" session was conducted by Sadhavi Chander Bharti and she explained very well about peace within self. Today everyone is so anxious about this corona virus and scared, but we should keep our mind from outside disturbances and tranquility from this state of period where there is bacterial war. We should not confuse ourselves with this pandemic.

All four events went very successful and we had good numbers of participants. Our questions answered sessions in every event was very knowledgeable.

### Sangeet Forum

Sangeet Forum met twice. May 1<sup>st</sup>, and May 15<sup>th</sup>, 2020 via Zoom conference call. It was moderated by Kiran Arora, Sonia Anand and Sushma Kaushik. The first session was dedicated to Mother's Day and second session was with theme of "Tota Maina Duet" where couples picked songs to sing together. Many people joined on Conference call. The musical evening was enjoyed by one and all.

### Senior Forum

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

On May 11th, 2020 senior forum met on conference call and Guest speaker was DR. Jyoti Barot, R.C.S.W. Ph.D. She is retired Psychotherapist; worked with the N.Y. State Office of Mental Health, she also as chaired National and international conventions of the Global People of Indian Origin. Jyoti ji is a life time member of IALI over 20 years.

The topic of her speech was “Stress Management” Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. Good stress is type of stress we feel when we feel excited. Our pulse quickens and our hormones surge, but there is no threat or fear. We feel this kind of stress when we ride a roller coaster, entering in examination hall, or go on a first date. Sometimes stress manifests into serious health condition. Effects of stress are varying, to name a few: loss of appetite, depression, loss of interest, anxiety, high blood pressure, and so on, please seek medical and /or a physician’s help if symptoms persists.

Few tips were given to relieve stress and anxiety such as exercise, reduce your caffeine intake., write in a gratitude journal, spend time with Friends and Family, lough out loud, find a hobby and find time to meditate.

Session was well participated and apricated by seniors.

### **Women’s Forum**

In the month of May “Women Forum” celebrated “Mother’s Day “on May 8th, 2020 via Zoom. Anjana Kashyap started the session with importance of Mother’s Day, which is celebrated in various parts of the world to express respect, honor and love towards mothers. Memories were shared to honor the contribution of mothers, acknowledge the efforts of maternal bonds and the role of mothers in everyone’s life so participant shared their memories of their mother. Mother’s Day is an occasion which is celebrated in various parts of the world to express respect, honor and love towards mothers. The day is an event to honor the contribution of mothers, acknowledge the efforts of maternal bonds and the role of mothers in our society. The session was very emotional and joys. 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 by Sanjay Sura.

Every session consists of basic set of Asanas, chanting Surya Namaskar Mantra, Surya Namaskar set of Asanas. 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.

### **India Center**

Security cameras were installed around and inside the building. The surveillance is available around the clock for security, Two Nest thermostats were installed in India Center and now the temperature can be adjusted remotely depending upon the weather.