



This is our eleventh edition of Sandesh (the e-newsletter for IAN) for 2014. We just concluded our biggest event of the year – Rhythms-2014.

## Cultural committee Message:

Dear Friends,

Holiday Cheers to Everyone!!

IAN Cultural committee organizes many cultural events with representation of culture from India. The events we organize include Republic day celebrations, Independence day celebrations and our yearly signature event Rhythms of India.

Rhythms 2014 – IAN's biggest event was held on Nov 15 and it was a very successful event. We had more than 200 participants showcasing the different style of dances like Classical, Folk and Movie songs. Students from UPFNA also demonstrated yoga poses and explained the benefits of it. We have taken this opportunity to donate funds to other organizations like Heartland food bank, Blind foundation of India, Child savings institute and student scholarships (Creighton, UNO and UNMC). We have recognized the cultural teachers for their contribution to IAN and teaching the younger generation of our community with our cultural activities such as Classical dance, Bollywood dance, Yoga, Cricket and Carnatic music.

Thank you for all your support and please let us know your feedback at <http://wavesofindia2014.blogspot.com/p/rhythms-2014-feed-back.html>.

IAN Cultural Committee

## Highlights:

"Rhythms 2014, The cultural waves of India"

Nov 15, 2014

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## Spotlight:

### STATE: Uttar Pradesh

**Uttar Pradesh** (/ˈʊtər prəˈdɛʃ/, lit. "Northern Province"), abbr. **UP**, is a [state](#) located in northern [India](#). It was created on 1 April 1937 as the **United Provinces**, and was renamed *Uttar Pradesh* in 1950. [Lucknow](#) is the administrative capital of Uttar Pradesh.

The state is bordered by [Rajasthan](#) to the west, [Haryana](#) and [Delhi](#) to the northwest, [Uttarakhand](#) and the country of [Nepal](#) to the north, [Bihar](#) to the east, [Jharkhand](#) to the southeast, [Chhattisgarh](#) to the south and [Madhya Pradesh](#) to the southwest. It covers 93,933 square miles (243,290 km<sup>2</sup>), equal to 6.88% of the total area of India, and is the [fourth largest Indian state by area](#)



Uttar Pradesh has a humid subtropical climate and experiences four seasons.<sup>[51]</sup> The winter in January and February is followed by summer between March and May and the monsoon season between June and September.<sup>[52]</sup> Summers are extreme with temperatures fluctuating anywhere between 0 °C and 50 °C in parts of the state.<sup>[53]</sup> The Gangetic plain varies from semiarid to sub-humid.<sup>[52]</sup> The mean annual rainfall ranges from 650 mm in the southwest corner of the state to 1000 mm in the eastern and southeastern parts of the state.<sup>[54]</sup> Primarily a summer phenomenon, the Bay of Bengal branch of the [Indian Monsoon](#) is the major bearer of rain in most parts of state. It is the South-West Monsoon which brings most of the rain here, although rain due to the *western disturbances* and North-East Monsoon also contribute small quantities towards the overall precipitation of the state.<sup>[51][55]</sup>

Traditional sports, now played mostly as a pastime, include [wrestling](#), [swimming](#), [kabaddi](#), and track- or [water-sports](#) played according to local traditional rules and without modern equipment. Some sports are designed to display martial skills such as using a sword or 'Pata' (stick).<sup>[165]</sup> Due to lack of organized patronage and requisite facilities, these sports survive mostly as individuals' hobbies or local competitive events. Among modern sports, [field hockey](#) is popular and Uttar Pradesh has produced some of the finest players in India, including Dhyan Chand and, more recently, Nitin Kumar<sup>[166]</sup> and Lalit Kumar Upadhyay.<sup>[167]</sup>

Uttar Pradesh ranks first in domestic tourist arrivals with more than 71 million,<sup>[185][186]</sup> owing to its rich and varied [topography](#), vibrant culture, festivals, monuments, ancient places of worship, and [viharas](#). Thousands gather at [Allahabad](#) to take part in the [Magh Mela](#) festival on the banks of the Ganges.<sup>[187]</sup> This festival is organised on a larger scale every 12th year and is called the [Kumbha Mela](#), where over 10 million Hindu pilgrims congregate in one of the largest gatherings of people in the world.<sup>[188]</sup>



A typical day-to-day traditional vegetarian meal of Uttar Pradesh, like any other North Indian [thali](#), consists of [roti](#) (flatbread), [chawal](#), [dal](#), [sabji](#), raita and [papad](#). Many people still drink the traditional drink chaach (traditional [Butter milk](#)) with meals. On festive occasions, usually 'tava'

(flat pan for roti) is considered inauspicious, and instead fried foods are consumed. A typical festive thali consists of Puri, Kachauri, sabji,

pulav, [papad](#), [raita](#), salad and desserts (such as sewai or [Kheer](#)).

Many communities have their own particular style of cuisines, such as the Jains, Kayasths and Muslims. There are also certain sub-regional delicacies. Awadhi cuisine is world famous for dishes such as [kebab](#), [biryani](#), [keema](#) and [nihari](#). Sweets occupy an important place in the Hindu diet and are eaten at social ceremonies. People make distinctive [sweetmeats](#) from milk products,

including khurchan, [peda](#), [gulabjamun](#), [petha](#), makkhan malai, and [chamcham](#). The [chaat](#) in Lucknow and Banarasi [Paan](#) is known across India for its flavour and ingredients.<sup>[209]</sup>

## IAN's Event Calendar for 2014

Event	Date	Location	Time
Solo Singing Competitions	1/26/2014	Hindu Temple Social Hall	2:30 pm to 4:30 pm
65 <sup>th</sup> Republic Day	1/26/2014	Hindu Temple Social Hall	5:00 pm to 7:00 pm
NSF Bee contests (Spelling, Math, Geography and Vocabulary)	4/26/2014	UNO Mammel hall	8:00 am to 5:00 pm
	4/27/2014		8:00 am to 4:00 pm
Health fair	05/10/2014	Hindu Temple Social Hall	8:00 am to 12:00 noon
ACT/SAT panel discussion	8/17/2014	Hindu Temple Social Hall	4:00 pm to 5:00 pm
68 <sup>th</sup> Independence Day	8/17/2014	Hindu Temple Social Hall	5:00 pm – 7:00 pm
Health Fair	8/31/2014	Hindu Temple Social Hall	8:00 am – 11:00 am
Rhythms of India	11/15/14	Westside High School	3.00 pm – 8.30 pm

### Appeal:

Please do renew your membership or signup for life membership if you are not currently life members. Membership can be obtained by filling the info at <http://www.indiaassociationofnebraska.org/Membership.aspx> and the payment is made securely thru PayPal. Your membership is tax deductible as IAN is a non-profit organization.

If you would like to volunteer for any upcoming IAN events please email [info@indiaassociationofnebraska.org](mailto:info@indiaassociationofnebraska.org)

If you are interested in contributing articles or have suggestions for Sandesh please email us at [publications@indiaassociationofnebraska.org](mailto:publications@indiaassociationofnebraska.org)

Like IAN : <https://www.facebook.com/pages/India-Association-of-Nebraska/148111838633174>

## THANK YOU

Articles gathered and edited by Smitha Amar and Malathi Balu

## Appendix B: Complete IAN Committee 2014

President	Mr. Joseph Selvaraj
President Elect	Mr. Srinivasarao Mallipudi
Secretary	Mr. Sundar Chokkara
Treasurer	Mr. Venu Potineni
Past President	Mr. Muralidhar Chintapalli
Permanent Member	Dr. Syed Mohiuddin
Permanent Member	Dr. Alekha Dash
Member 2014	Dr. Amarnath Natarajan
Member 2014	Mrs. Asha Deshpande
Member 2014	Mr. Gowridhar Madu
Member 2014	Dr. Meera Varman

Committee	Chair	Co-chair	Members
Banquet	Mr. Kantha Raju Etigi	Mrs. Deepa Kashyap	
Community Service	Dr. Alekha Das	Mr. Srinivasarao Mallipudi	
Cultural	Mrs. Swati Ponnappalli	Mr. Gowridhar Madu	Mr. Arun Prasad Mrs. Keerthi Ranjith
Education	Dr. Babu Guda	Mr. Tirumala Chengalasetty	Mr. Shankar Kuppa
Emergency Response	Mr. Sunil Singh	Mr. Muralidhar Chintapalli	Mr. Ravi Kumar Mr. Rony Kappuzha Mr. Shivashankar Yadav Mrs. Swarna Gopi Mr. Venkat
Finance	Mr. Venu Potineni	Mr. Pradeep Somavarapu	
Information Technology	Mr. Ishroop Aneja	Mr. Raj Deeduvanu	Mr. Jay Pawar
Long Range Planning committee	Dr. Sanjay Singh	Dr. Phani T Adidam	Past Presidents
Membership	Mr. Arul Nambi	Mr. Srinivas Nimmagadda	Mr. Ratish Gopal
Publications	Dr. Rakesh Singh	Dr. Vimal Kandasamy	Mrs. Anjana Mukherjee Mrs. Bhanu Sethupathy Mrs. Devi Kotaru Miss. Kinjal Vyas Mrs. Latha Kishore Mrs. Malathi Balu Mrs. Mrudula Potineni Mrs. Ramanpreet Aneja Mrs. Smitha Kizhake
Nomination	Mr. Muralidhar Chintapalli		
Public Relations	Dr. Meera Varman	Mr. Gowridhar Madu	
Schools/Universities	Mr. Sanjeevi Mariappan	Mr. Prasad Dharmavarapu	High School/University Students
Sports	Mr. Krishna Ravipati	Mr. Dilip Bhavani	
Youth	Mr. Venkat Kiran	Mr. Venkat Perla	
Volunteer	Mr. Vijay Anand	Mr. Vijay Varma	Mr. SriHarish Rajakumar