

Indian Americans for Burlington



IAB eMagazine

2020

MAITRI - Lighting the path of hope, humanity, equality, equity & inclusion





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IAB unites Burlington residents of Indian origin to support the Civic, Charitable, Community and Educational causes in the city of Burlington

Indian Americans for Burlington (IAB) is a community organization that works to meet the unique needs of the growing Indian population in Burlington.

We facilitate integration into the larger community and increase the capacity of the Indian community to address the needs of individuals and families and help each other in numerous ways.

Some of IAB's major events are :

- **Educational** - We conduct events with Burlington school committee members, talks on College Admissions & also provide scholarship to Burlington High School students.
- **Charitable** - IAB supports organizations like Burlington Pantry & People Helping People.
- **Civic** - IAB conducts Town Election candidate Meet & Greet and also join the town in 4th July parade / Veterans day events.
- **Community** - Provide and support activities required by the Indian Community in terms of need and crisis. This year as part of "Together We Help" initiative IAB conducted multiple online events to engage the community. IAB celebrates Diwali in Burlington Town Commons with festive cultural performances, street play, fun games, photo booth, food and other stalls to shop, and much more. Again, this year IAB conducted a Virtual Diwali event.



Membership Benefits

- Social engagement
- By actively participating in the organization, you can help bring about the change you wish to see in the community.
- Experience the joy and self-worth through civic, community, social and charitable activities.
- Discounted access to qualifying IAB events.

Register At:

<https://www.iabma.org/membership.html>



From The President's Desk

With 2020 coming to close in just few days, we enter 2021 with Hope , Humanity , equality and returning to some normalcy.

In these challenging times, the helpers are everywhere. They are the first responders, health care workers, mail carriers, grocery store employees, pharmacists, delivery drivers, civil service employees, journalists - anyone working to keep us safe, healthy, informed and as close to our normal lives as possible.

The impact of pandemic has been unique, requiring us to think differently and in new ways. Throughout this time IAB continued with its mission to help the community in every possible way and kept us all connected to keep everyone's spirit up.

IAB have continued to step up and deliver support to our community. Here are some of the tasks IAB accomplished:

- Food drive and donating to PHP.
- PHP donation (monetary).
- Supported BPS to warrant Article #7 - the creation of a Director of Diversity, Equity and Inclusion position within the Burlington schools.
- Conducted coding classes for kids.
- Continued the IAB scholarship for 2 Burlington high school seniors.
- Organized various virtual events like painting and dance sessions.
- Organized Lego sessions for young kids.
- Executed the first ever fully virtual IAB Diwali event (broadcasted by BCAT).
- Continued the tradition of Town commons tree lighting and gazebo decoration.

The impact of pandemic has been unique, requiring us to think differently and in new ways. Throughout this time IAB continued with its mission to help the community in every possible way and kept us all connected to keep everyone's spirit up.

Thank You so much for all the love and support you have provided throughout.
Best wishes and stay safe for this holiday season!!

From,
Gini Pookottil
IAB - President

"Alone, we can do so little; together we can do so much." —Helen Keller

IAB Executive Team 2019-2020



Director
Tanu Basu



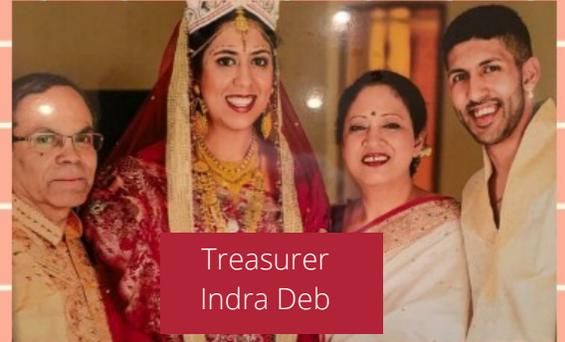
President
Gini Pookottil



Director
Anil Saigal



Director / Past President
Menka Jethra



Treasurer
Indra Deb

"Coming together
is the beginning.
Keeping together
is progress.
Working together
is success."
— **Henry Ford**



Director
Shweta Mathur



Director
Khushboo Goel



Secretary
Shital Bhammar



From Editors' Desk

Indian Americans for Burlington is well-famed for its signature tree lighting and Diwali show for the last 4 years, setting new milestones, celebrated in a grand way, welcoming a huge public gathering in the heart of Burlington Town Common every year.

But a deadly pandemic hit us early on this year – the COVID-19! This devastating outbreak has had a profound impact in our daily lives creating significant knock-on effects in our lives, resulting in lockdowns, shutdowns, and alterations of lives all around the world. “Social Distancing” being the new buzzword, we have been led to explore new ways to adapt to a whole lot of “new norms” for the present and foreseeable future.

This led us to embrace the virtual way to celebrate our much awaited IAB Diwali show by complying with the new norms of social distancing and covid safety. We came up with the event theme: “Maitri”, meaning amity and cultivation of benevolence. Maitri of what, should you ask... “Maitri” of hope & humanity; “Maitri” of Equality, Equity & Inclusion. And then, the team started ideating to present the best virtual event there could be! We added a few new things to our Pandora of ideas which has never happened before.

Launching an e-Magazine is one such idea! I mean why not? The human clan is more virtually inclined than ever before! So why not leverage the rising number of interested writers and readers and present an opportunity to express themselves via this e-Magazine to our community & beyond.

Holiday spirits have chimed in with great cheer showing that we can still have a rewarding holiday experience despite the testing circumstances. Reading brings joy, knowledge and perspective. Publishing an eMagazine is our thoughtful route for authors, artists, thinkers and humanitarians to reach readers.

Our much loved community & beyond, while we let imagination, responsiveness and human Spirits usher in a brand new year, we welcome you to embark on a marvelous reading journey of “MAITRI 2020 – IAB eMagazine”, lighting the path of hope, humanity, equality, equity & inclusion.

Yours truly,

Co-editors:

Pooja Singla & Tanu Basu

EDITORIAL TEAM

Magazine Design & Publishing:

Cover Page Design:

Collage Design:

Shweta Mathur

Raksha Soni

Khushboo Goel

Photographers & Picture Credit: Puneet Mohan, Neil Pandit, Avnish Rembhotkar, IAB
Photos from Social Media, Stock Photos from Canva



With friendship please serve,
And conquer all the hearts



MAITHREEM BHAJATHA

Anil and Ranjani Saigal

Maithreem Bhajatha

Akila Hrith Jeththreem,

Atmavat Eva Paraan Api Pashyata

“Serving with friendship and humility, will conquer the hearts of everyone. Know that it is the same Divine consciousness that is in you, is in others as well” - These words from the great Saint Chandrasekhara Saraswathi is a timeless inspiration that reminds us that humankind is indeed tied together. While our color and features may vary, each individual has the same invariant Divine spark embedded within them. Contd

..... Contd

This year has certainly been an intensely transformative period for the human race. We realized that there is much outside of our control and the world can indeed be brought to a standstill by a tiny virus. It was also a year that shone the spotlight on race based inequalities that continue to plague our society. While on the outside this would appear to be an extremely difficult time it gave much opportunity for internal growth. We learned to look inside and understand our own core values.

What emerged from the soul searching has truly been magnificent. The pandemic made realize that we are indeed one. In the Purusha Sukam God is vividly portrayed as "Viral Purush" where entire Humankind is shown as one "Divine Entity". Each one of us is part of Divinity and bound together in a way that when one suffers it impact all. The realization of oneness emerged during the pandemic and so many raced to help others in need. As BlackLivesMatter was coming into the spotlight we all looked inward to understand unconscious bias and so many who often are uninvolved bystanders were inspired to take a stand and articulate their values.



With friendship please serve,
And conquer all the hearts.

For us this event was very personal. COVID hit us severely. We were hospitalized. When that happened there was a huge network of volunteers who immediately came to support us. Food was our first need for it. We could not shop nor did we have the energy to cook. A volunteer group Meals-to-Heal was formed by our friends in Burlington to support us. Sew-To-Care, a mask making initiative provided masks to the frontline workers on our behalf to the people at the Rehab Center. Volunteerism has been an integral part of our live. We have supported so many causes pre-COVID. It was a very humbling moment to realize we were now in a position to receive support. Last year we had volunteered in Nashua, New Hampshire to teach App Building to Congolese refugees. We were so touch to get prayer cards from those children that we had worked with showing us clearly that those with very little material resources still have so much to give.

The experience clearly showed us that the line between being the helper and the recipient of help is a very grey one. One never knows when we will be on which side. What you need most during challenging times is prayers and positive energy. When you give love and treat everyone with respect inevitably the positive energy comes back to support you in many different ways. It is that positive energy that celebrate with the lighting of the lamp during Diwali.

Burlington is an amazing town that has people who are truly caring and compassionate. We have got to know so many including our elected officials, People Helping People team, the interfaith clergy group and others. The friendship extended by the townsfolk is indeed heartwarming. On this auspicious day of Diwali, we pray that the darkest night of negativity disappears and the light of hope and positive energy shines brightly. Shubh Diwali !

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DETACHMENT

Aaron Livingston Jones
Lincoln, MA

Standing in solitude
We are as one being
Contemplating wholly.

The juncture of time and mortality.
Blindness to death can be likened to
eating with no digestion.
The taste is good with no
nourishment.
The highest ideals are but as dreams
to the deep sleeper;
Fleeting images of possibility with no
anchor or form.

As organisms we require sustenance
Often never foreseen or envisioned.
The fuel of experience breeds the
evolution of consciousness.
Evolved thinking without right action
is impotent.

Sitting in awareness.
Flickers of insight streaming into
little lights
Thought-waves fluctuate, breaching the gap
Of form versus thought.

Action inside the reaction
To which there is no action.
Pure intuition realized.
Intention put to term.
Qualifying this moment
Sought after but not attained.
A life torn away from the burden of being.
Each breath a catalyst into the nature of
emptiness.



Contemplative fortress.
A bridge spanning the thought stream.
Allowing freedom and boundless energy to turn the
key
In the cornerstone of stability.
Power of determination and release.
Striving ceaselessly forward with no thought of
arrival.

Forever journeying in the vestibule
Of serene detachments.

Copyright, 2010. The Art and Poetry of Aaron
Livingston Jones



Pc: Puneet Mohan

Multiculturalism is the pot of gold at the end of the rainbow

Melting Pot versus Multi culturalism

BY MARTHA SIMON

When I was growing up, the concept of America as a “melting pot” was promoted. The term melting pot is defined as a place where people of different ethnic origins and cultures all come together to mix and merge, creating a new culture — not necessarily a monolithic or homogeneous one, but one that is reflective of some sort of shared template for society.

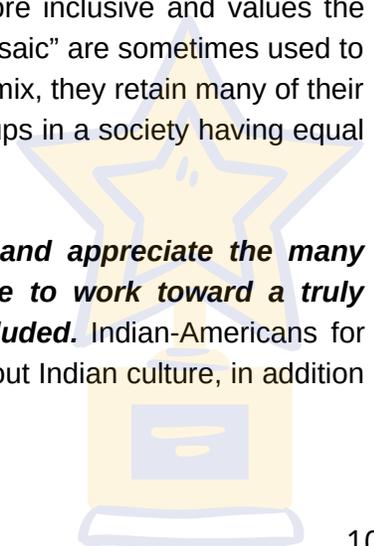
This sounded pretty good to me, a third generation white person growing up in a white suburb. However, although American culture has incorporated some aspects of many different cultures as immigrants have arrived (think of Italian and Mexican food), the melting pot concept has actually meant assimilation into a primarily white Christian society. The US government and

people tried hard to destroy and eliminate the culture and history of the indigenous peoples whose land was stolen, as well as erase the cultures of the people who were brought here enslaved. To their credit, both groups have maintained some strong cultural bonds and experiences..

Another concept, multiculturalism, is now promoted more often. Multiculturalism is more inclusive and values the myriad cultures in the United States. Tom Westfall says, “The terms “salad bowl” or “mosaic” are sometimes used to describe the current American culture. The idea is that even while the different cultures mix, they retain many of their cultural and ethnic values/traditions. Multiculturalism is defined as ‘cultural or racial groups in a society having equal rights and opportunities, and none is ignored or regarded as unimportant.’” (2)

The Town of Burlington is a multicultural town which is beginning to value and appreciate the many cultures that the people of Burlington represent. I hope that we will continue to work toward a truly multicultural community in Burlington, where everyone will belong and feel included. Indian-Americans for Burlington has contributed so much to help the rest of us appreciate and learn more about Indian culture, in addition to the other goals of the organization.

1. <https://www.journal-advocate.com/2019/01/24/melting-pot-vs-multiculturalism/>
2. <https://www.journal-advocate.com/2019/01/24/melting-pot-vs-multiculturalism/>





COVID

Tikam Matai Retired Project
Manager, MBTA, Boston MA

COVID-19 Human race has gone through a lot of unavoidable calamities like floods, cyclones, earthquakes etc, but this pandemic Covid-19 has brought the entire world to its knees. Pandemic like this has been unheard till now in our lifetime. It has suspended everyday life for all of us. This is nothing but a Wrath of Divine Power. In entire world people have lost moral values of life. Nobody knows the dark side of human soul.

More crime, more hatred, more cheating, more murders, more lies, more rapes, more jealousy. Everything is at the extreme. The world leaders have also become selfish. They just want to hold their power, they misguide people, they never practice what they preach. Everything is going in the wrong direction. This has caused a lot of suffering. Poverty and hunger have taken toll all over the world. There is economic turmoil in entire world because of this Pandemic.

All kinds of precautions are taken around the world as per guidelines of medical professionals, wearing mask, gloves on hands, following social distancing, using sanitizers. Of course there are some people who defy these guidelines, they do suffer.

Pandemic is still on the rise, 11 million people have been affected around the world. Half a million people have died around the world. This is a very sad situation and everybody is worried about it.

Some people have gone into depression !!!

The only way to avoid worry is to take a deep breath, listen to yourself and your mind.

Sit quiet for sometime alone in some room, close your eyes, remove all negative thoughts from your mind and repeat I am a Happy soul, I am a blessed soul. Ask "Oh! Lord, make me strong enough to face this situation". With in few minutes you will feel upbeat. Continue this exercise daily as many times as you like.

How come people have drifted from the right path. when we know we are not permanent on this planet. we have come here empty handed and will leave this place empty handed. Some go very young, some go when they are old. Some are born with some incurable disease. (Who's doing all this and making such decisions?) Nobody knows what is destined for tomorrow.

God has made all people equal, then why there is hate. After death we all go to same dust. White, Black, Brown, rich and poor, Everyone's color of blood is red.

We all have become materialistic. I need this, I need that, There is no end to desires. We brag about our belongings. In this world of 7 Billion people who knows us ? As a single individual amongst 7 Billion people we are equivalent to a grain of sand. We are so full of Ego- I, I know everything, I have everything, I am Super Human.

Everyday we have to train our mind that as long as we are in this world, we have to do the right things, then life will become peaceful.

..... Contd



.....Contd

Mind is not a dustbin to keep anger, hatred and jealousy. But is the treasure box to keep love, happiness and sweet memories ”

--(Swami Vivekananda).

“ If we want peace in our life, we need generous heart, kind speech, life of compassion, service and love”-\

--(Lord Buddha).

Living with these ideals we can smoothen our life. Hopefully this pandemic will go away soon, then we may see new world order with compassion and love. “

The greatest error of a man is to think that he is weak by nature, evil by nature.

Every man is Divine and Strong in his real nature. What are weak and evil are his habits, his desires and thoughts not himself.” (Rishi Ramana).

My Gurudev used to tell me “ If you live with simplicity and truthfulness God will not show you a single difficult day in your life.



THE PARABLE OF THE TITANIC



By Prof. Debabrata Biswas,
Billerica, MA

They also serve who only stand and wait” – John Milton

Who is so daring, to lend me a hand? And say – Jump Darling!

The Titanic is going to sink!

But never say die, let’s fight till the end.

If we go down, we will go together to heaven or hell

Not with a bang, but with a blink.

Don’t give up hope, we shall pass through the darkest night

In the horrendous cold ocean and still stay afloat.

Let the weak and old avail the lifeboats and sail out of sight.

We will wait for the ship on the horizon

And board the very first morning boat.

Hope always floats...



PC: First Resolute Photography
Avnish Rembhotkar



EK GHAZAL

Sheila & Atul Mishra

One Ghazal.. 🌸 जज़्बातों
की सहराई-----!

जज़्बातों की सहराई में
इन्सान भटकता रहता है
दिल की नादानी में फंस कर
हर शख्स मोहब्बत करता है

जज़्बातों की सहराई में

इश्क़ वफ़ाई और रस्मों
की बातें अक्सर करता है
झूठे नातों और रिश्तों में
दम इसका घुटता रहता है

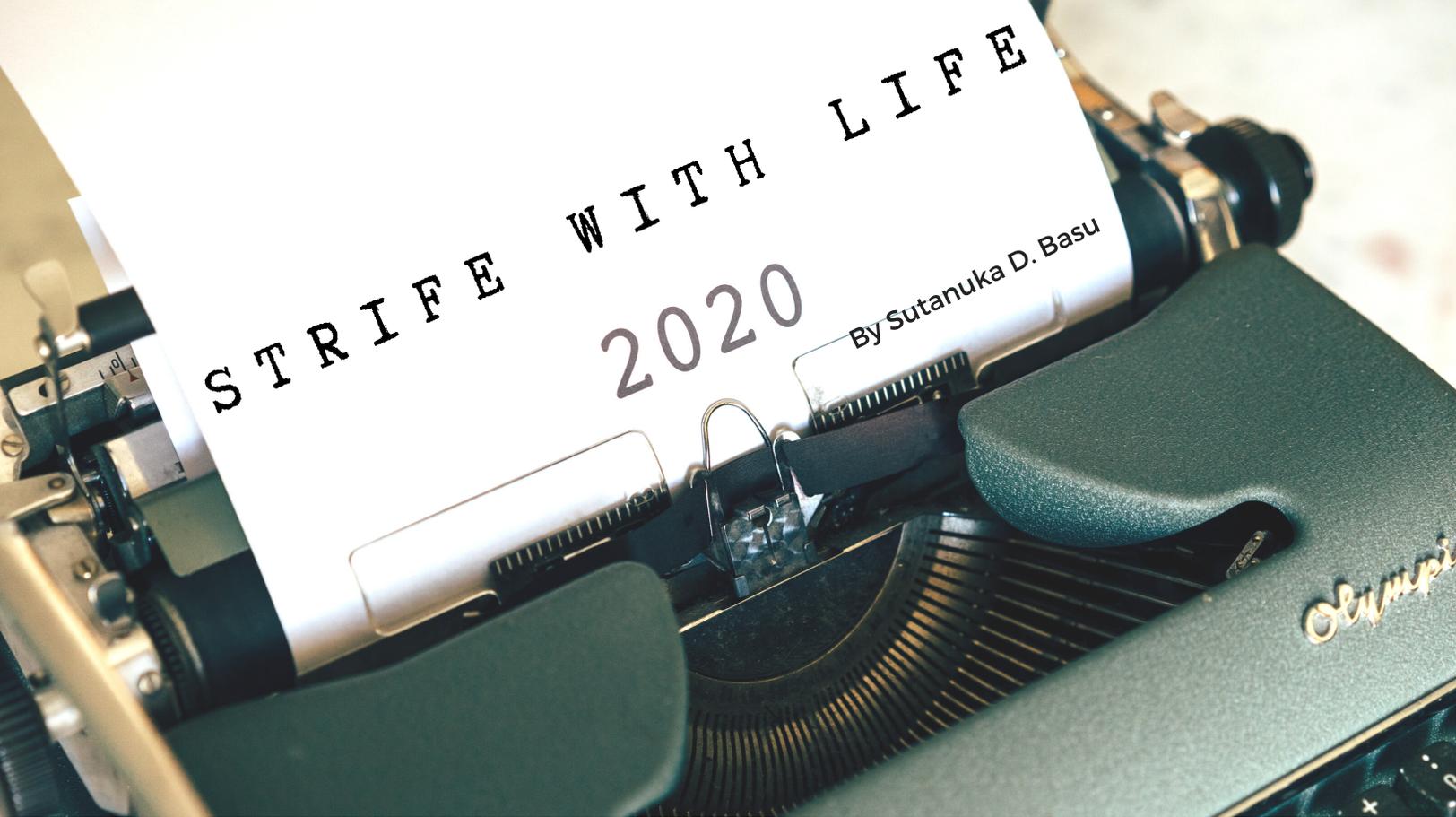
जज़्बातों की सहराई में
कभी हंसता है कभी रोता है
मसरूफ़ हमेशा रहता है
लेकिन खदग़ार्ज ये कितना है

जज़्बातों की सहराई में

हसरत और तमन्ना के
पीछे क्यों दौड़ा करता है
छोड़ ज़िंदगी की खुशियां
क्यों धनक खोजता रहता है

जज़्बातों की सहराई में
इन्सान भटकता रहता है..!!





**That silvery luminous January night 2020,
No soul no movement in near or far sight.
That incandescent frosted January day
Like immaculate pearls over hills of white hay.**

And, darkly circled, gave at noon
A sadder light than waning moon.
A hard, dull bitterness of cold,
The remnants of the snowstorm told.
That checked, mid-vein, the circling race
Of lifeblood in the sharpened face,

The wind blew north-east: oh, we heard the roar!!!
It was King Winter in the new year 2020 singing his wintry lore,

And we felt the strong pulse throbbing there
Beat with low rhythm, our inland air.
Day passed, set soon, the sunset light
Then, the gray day darkened into night,
A night made hoary with the swarm

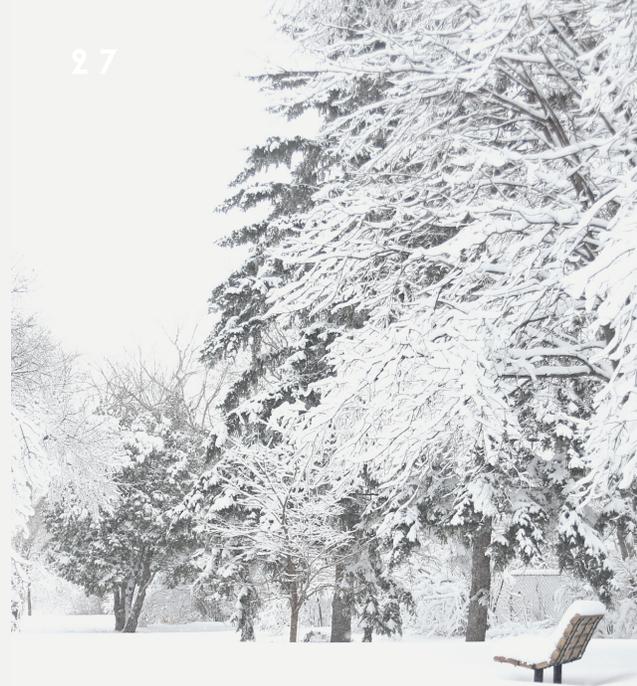
And whirl-dance of the blinding wind blowing the snow left by
the storm.

We witnessed people zigzag, wavering to and fro
Crossing and trudging through the winged snow.

..... Contd

In despair, then hope, then joy, ahoy!
We cleared our paths, we found way, boy oh boy!!!

The white drift piled the window-frame,
Snow precedes- everything else seems lame.
And through the glass, the snow piles and posts
Looked in like wrapped or sheeted ghosts.
Night drew on, a snow-blown traveler, sank
From sight beneath the smothering bank,
And through the bare boogied fir tree
My own warm hearth seemed blazing free.
What a night, what a day, Good Lord!!
King Winter in his worst rage, Good Lord!
Reminding all of us, the value of our lives
And sent this storm with 'honor your Mother Earth' vibes.



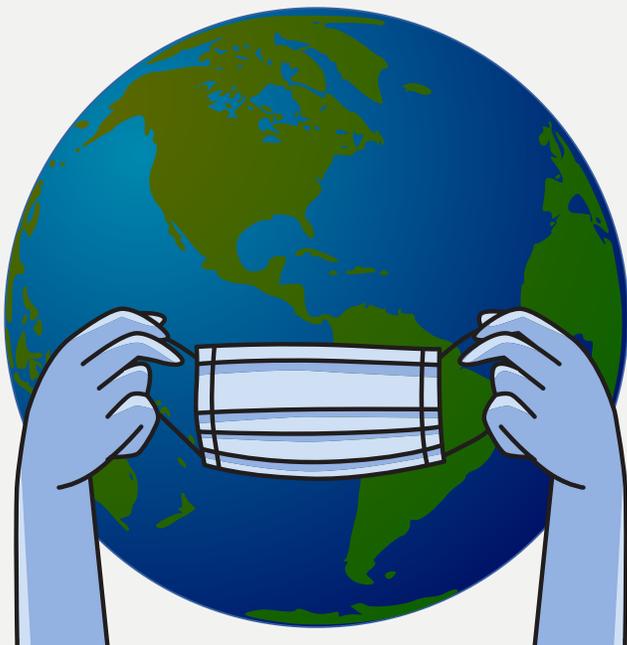
Then came Covid, the pandemic turning our lives topsy turvy
Life threw a curveball but whispered to us - in childish fancy, prompting
None may believe but we DO- in the miracle.
This heart wrenching pandemic will spare some and slay many.

But life must continue to gift us with bliss & might.
Hope, solace, peace and power of the will.
The old norm must find its way back, it will, it shall.
We will hang in there waiting for the days to mingle happy & bright.

If life is to be King Winter and situations, Global Warming
And outraged virus Corona throwing in the mix, a Covid 19, WAIT!
Life is unbeatable - it will send hope too, tumbling after...
Hope is omnipresent, even in the roughest of moments, darkest of
times...

Oh Life, outraged, we won't rest until we fall into your bright sunny
side, much sought after!
In the deepest of my heart I believe in our hope & humanity, as I
uttered these rhymes,
10 months this year, on this autumn day, I hear it in the whispering of
the wind as it rings the chimes...
We won't be silenced- even if life loses, hearts breaks, soul hurts,
dream shatters;
Oh life, the war's not over yet, you bet we'll hold on to you, 'cause
that's what matters!

Send your demons, our angels are watching over.
Try us Covid, we'll not give up until hope & humanity make it home –
People, don't you forget –
Stay afloat, no ceasefire yet...the war is not over.



By Sutanuka D. Basu

PUNYA MATI

By Madhuparna Sen

From Antiquity to now - women empowerment - did it happen at all ?

Shaktiis not just Mother who creates and nourishes, she also symbolizes Power, She is a Goddess who is trained and empowered to win all battles in life, she trains, advices and blesses her devotees to win wars. She is an all inclusive Goddess, her divinity is within all, from the Ganika to the Kinnar. One of the ingredients of Punya Mati essential to make the idol of Devi is for the priest to beg for soil from the prostitute area without which her idol cannot be made. She is within all primordial forces of nature and stands up and fights off evil to restore justice and end the darkness to usher in light.

But why are women still stuck in society as the oppressed for thousands of years, why is an attractive, charming woman mostly perceived as an object of desire over her other qualities, why cannot she be her true authentic self in so many societies, why are women subjugated and her desires and wishes so often repressed. We need to change the dynamics of power structure so the women from all across the globe and across all social strata can rise and shine to achieve all her dreams and goals. But what has civilizations, societies, generations done through the ages to actually empower the woman in the true sense so she can truly evolve and be an equal?



Why is the girl child globally not trained to rise in power and dominance and trained in the arts self-defense and given all opportunities and privileges across all social strata? Travelling through time we present few glimpses of women entrapped within societal oppressive norms and how the exact same scenarios are rampant even today.

A B.C Tale – Amrapali was so exceptionally beautiful and talented that many men vied for her attention and wanted to possess her, to pacify all powerful men of Vaishali and prevent men fighting over her, her betrothed love was killed and she was made the Bride of Vaishali – the Nagarvadhu Desired by kings and many others and inspite of all the money, fame, and male attention she ultimately denounced everything to follow Buddha and his path of peace.

Then there was the cult of the Devadasi – Devadasi is a girl “dedicated” to worship and serve a deity or a temple for the rest of her life. For thousands of years many young women were forced into this service and, in many cases forced to serve upper-caste members. Many poor families, in parts of India ‘offered’ their daughters to a divinity, thus pushing them into the life of a devadasi.

.... Contd



..... Contd

And then we have the Modern Devdasis & Modern Amrapalis – so many women from then to now are still forced to choose the path of entertaining men and become an object of desire as there are no other paths open for them to make a proper living. The whole spectrum of a woman who is desirable for a man becomes her identity and the systemic blocks and controls are such that it becomes impossible for many women to survive or make a living without being trapped in this world. So however beautiful and good the intentions might be, millions of unprivileged, poor girls and women are forced to tread the path of darkness as that is what society and its oppression, inequalities, injustice and loss of opportunities to make a fair income by other means make this the only path left for them.

So where is the evolution when still now a woman is subjugated, helpless, raped, tortured and in many situations forced to be what others make or want her to be rather than be her true authentic self? As long as women are oppressed and forced to be what society demands them to be, as long as all women are not empowered by society to live a life free of fear, full of opportunities so she is not forced to sell herself to others for whim or she becomes an object or victim of violence and lust, where is empowerment if things from thousands of years back are still happening now?

As women we have to train and empower ourselves, we have to get out of that cage and be warriors and strong, independent, emancipated mothers raising up very strong daughters and respectful sensible sons, there are many single mothers who are raising beautiful, strong daughters and it is up to the family, society and communities to rise and make sure they empower all women with resources, strengths and opportunities to make out a bright path and independent life of her own without fear and oppression. external forces determining her destiny.



LIFE AND NEW BEGINNINGS

Cynthia Hajjar
New Hampshire

**Who looks outside, dreams
Who looks inside, awakens
Carl Jung**



It is with great pleasure and appreciation of Diwali, the Festival of Lights and the Winter Solstice season upon us that I write this to address these times of great change that we are experiencing. I am happy to share my perspective with all of you about great news of these times. In order to tell this story there is some basic knowledge that I want to share.

The cosmic dance that is taking place now can be ascertained by knowing that we are eternal beings of light, where each one of us is a spark of light emanating out from the divine source of all creation. We have been given the golden opportunity to be here together on Mother Earth. There is much wisdom that we can learn, such as the Hermetic Principles where As above, So below takes place, and As within, So without, are realities within the structure of universal consciousness that we are experiencing.

If we start with knowing the Vedic Yugas we can see that in this cosmic dance we are in the age of ascent in Dwapara Yuga. A wonderful description of the ages can be viewed on Youtube entitled "Yugas with Byasa Steinmetz" for your viewing pleasure. I find peace within as I come to know this cosmic dance that we are all a part of. We are spiritual beings having a human experience. The Earth is our magnificent home in this life time and we have to be conscious of how we treat, tend and cultivate our home, gardens and community spaces. Nature is healing and cultivating a positive relationship with it is highly beneficial, beckoning us to live simply and lightly upon her, which ultimately is our best strategy. After all, we are united, as One is All and All is One.

As I write this today, being the New Moon Solar Eclipse in Sagittarius, I reflect on the importance of life and new beginnings. Part of a sacred daily practice, that leads one to have the perspective of seeing the beauty of the divine creator in all moments and all things, is greeting each day with great joy and appreciation. We must first have our own personal relationship with the universal source of all creation that we are one with. This cultivation accelerates our able to then cultivate that loving relationship with all of creation. This is my inner peace and strength which results from my relationship with the Divine Source.

..... Contd



PC: Puneet Mohan

..... Contd

Seeing all life as sacred and knowing the larger cosmic picture helps to let go of fear and take proactive steps to manifest our reality. Scientifically the science is catching up with what has been known by our ancestors of the energy that exists here.

We all have the ability to create beauty in our lives. Some great modern references for these sacred truths are found in the teachings of Dr. Bruce Lipton, Gregg Braden, Santos Bonnaci where they speak of The Biology of Belief and Epigenetics which can be seen for its impact on our DNA and physiology, sacred teachings of native indigenous peoples throughout the world and Astrotheology and how the universe is within and the constellations are depicted in our entire physical makeup, from head to toe.

We therefore must look to the cosmic story to see its effects here on Earth and even how we individually experience our world from within our own cosmic blueprint in this life, the natal astrological chart. The cosmic galaxy we are a part of is vast and its influences depending on where our solar system is in relationship to the center of the milky way galaxy (26 degrees Sagittarius) will play a crucial role in the affairs of people because of the energies that expand from the center. All is light, vibration, frequency and sound that exists within and without all of creation.

We now have enough knowledge through the records of the ancients and their ancient structures and through the science of physics in determining the world is a full of energy. I relate to having a 3 fold nature that we conduct our lives by: our physical health, our mental health and our spiritual health. When these 3 parts of our existence are balanced within we can participate more joyfully and peacefully in our daily existence and walk in beauty.

If we attend to our 3 fold nature we can take on the mastery of our lives. Our physical bodies and our environment are one level to heal and embrace. The thoughts we entertain and allow into our consciousness can be filled with beauty, light and compassion, if we so choose. Our spiritual awareness, practice and relationship with the Divine are available to each and every one of us. When we first seek to Know Thyself, the Great Work begins.

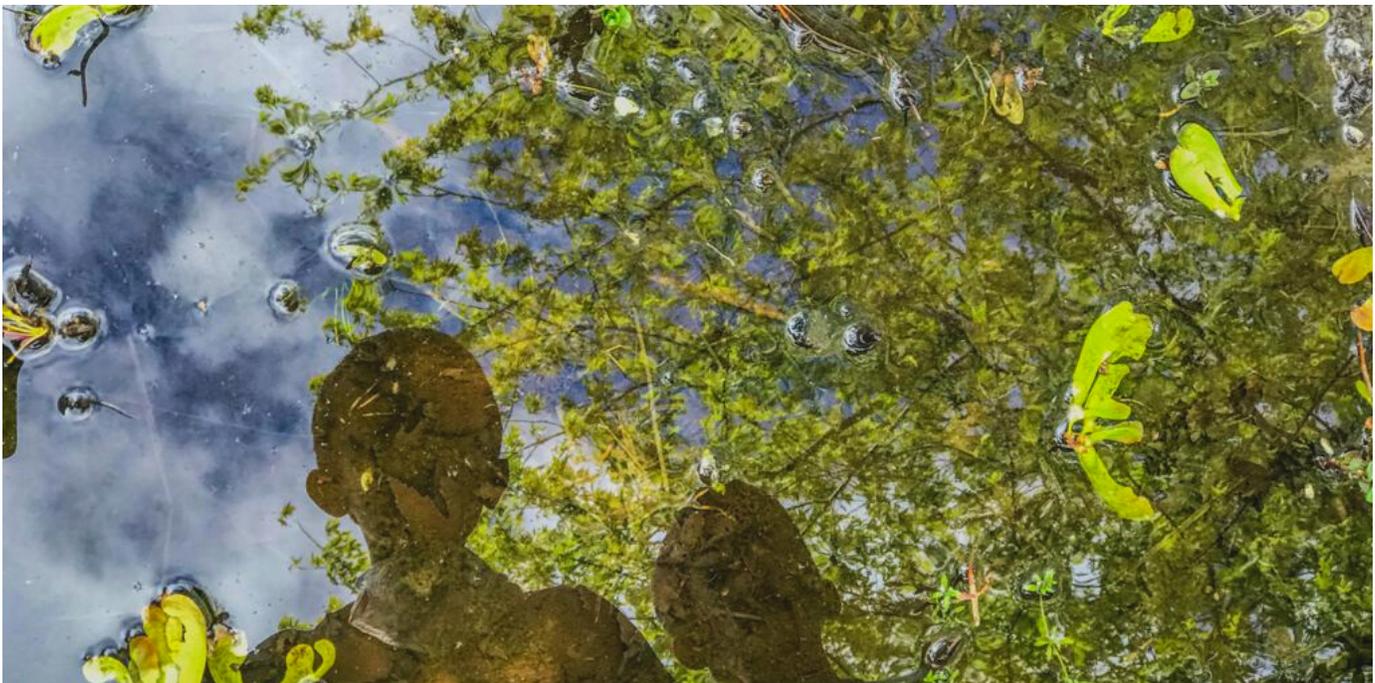
With my travels to Central and South America and Damanhur, a community in Italy, I learned that the love of life is cultivated from within first, in order to create ones reality to sync to ones dreams and goals in life. We incarnated here for a purpose and to experience this Sacred Garden Oasis, Mother Earth. It is a choice to be in right relationship with her and all the life that coexists here. The more we create peace, joy and hope within so too will we see the reality mirror that for us. If reality is a mirror of the cosmic dance and we have the consciousness to align with that dance first within we can manifest our hearts joy and surround each other in the Light of Love.

I choose to use my energy towards helping others to see the possibilities each one of us has through my We are entering a significant change enveloping new beginnings with the Saturn Jupiter conjunction tropically in Aquarius, sidereal Capricorn at 00 degrees which has not happened since the 1200s - approx 800 years ago. This heralds new energies starting on the Winter Solstice that will be in effect for decades to come.

I work as an educator who embraces the natural way of approaching living and thriving. Rising with the Sun, having a sacred practice of meditation, sun gazing and yoga to begin the day helps to create the energetic toe I wish to carry with me throughout my day. Using the principles of Feng Shui in my environment, and being mindful of Buddha's teaching of the 8 Fold Path regarding Right Thought, Right Speech, Right Livelihood and others are teachings I treasure. I am an educator supporting these natural holistic life enhancing practices that help to create a joyful balanced life. As each of us is uniquely different, yet share the same aspects of human needs, we each are composed of different energies and elements within the cosmic circle of life. They can be known from our charts, including health information, relationships and careers, among other topics that would support and benefit our lives.

My studies, teachings and consultations have included creating natural and sacred environments for thriving and sustaining oneself and loved ones. I provide information and applications of bioarchitecture, feng shui, astrology, nature education and natural environmental management. My journey began with starting a Nature School back in 1993 which served over 600 students and their families. I developed a nature based seasonal curriculum and conducted presentations on nature education both nationally and internationally. I have been blessed being together with native friends in the circle way, practicing herbalism and being trained as a raw food vegan chef. I am available for consultations for individuals, families and community groups. I can be reached by email at chajjar33@gmail.com.

Life is such a grand design and blessing. I thank Great Spirit for this gift of creation and my awareness that I am one with all. I give thanks for my family, great health and my service in the Light of Love. May your light shine and expand in our world and peace be with you.



PC: Puneet Mohan
Picture Location: Mary Cummings Park, Burlington



BREAKING THE TECHNOLOGY BARRIERS

By Prapti Shah and Sara Shaikh

As the world around us becomes increasingly adept to the use of technology, we Gen Z have little to no difficulty using the latest iPhones and computers. In fact, we are able to easily adjust to the new discoveries in the field of technology. Since the COVID-19 pandemic, each of us have been using technology on a daily basis. Whether it is family gatherings on Zoom or Facetime, online orders from grocery stores, or appointments with physicians, these have been beneficial ways for many age groups to interact with others, while still staying at home. Specifically, more and more senior citizens need assistance as the world around us becomes virtual.

The Burlington Breakfast Rotary Club, in a partnership with Burlington Council of Aging, has introduced the Technology Assistance Program for this very reason. As High School students, we have seen many of the elderly have difficulty using technology. In fact, our own grandparents ask us when they need help! We were even more interested in participating in this program after seeing many senior citizens' curiosity and urge to learn more about technology and catch up on our increasingly advanced world. More than just their interest, many seniors believe that not having access to technology increases their isolation and loneliness. They feel that "[they] are not part of this world anymore" and feel "shut out from society." Through this program, seniors can reduce their loneliness and experience better mental and physical health through communication and the use of technology. Even though it has been a few months since this initiative has begun, we have thoroughly enjoyed helping our fellow seniors and feel proud to be able to help our community in some way.

Just seeing a smile on their faces makes us feel like we have made their day a little better. So, let's break this "digital divide" and help our senior citizens make more connections and learn more about technology. As one senior expressed, **"It's time to catch up, you know, and join the world."**

THE INDIAN DREAM



Graphic Art
By Trinolka D. Basu
Billerica, MA

By Prapti Shah and Sara Shaikh



PROMOTING EQUITY IN BURLINGTON

While we like to believe that our town is not racist and that very little happens around here, it is necessary to realize our true reality and acknowledge that racism exists.

Discrimination, microaggressions, and biases exist. For us, microaggressions range from the slightest remarks, such as “Oh, you look just like [the only other Indian girl in class]” or “where are you actually from” to seeing the disgust on people’s faces when bringing our home-cooked saag and roti. As 2 Indian Americans, Hindu and Muslim girls, not only have we constantly been a victim to these microaggressions, but we have also seen our fellow BIPOC classmates face even more severe racist incidents by their own peers and faculty members.

In our sophomore year, we attended an IDEAS conference on anti-bias and anti-racist training where we were given the task to bring what we learned to BHS and make changes in our school culture. Since then, all students who attended the IDEAS conference, including us, worked on a proposal to the School Committee on taking concrete steps to build an equitable community in Burlington. We constantly worked with individuals of each school in the district to recognize equity problems and create possible solutions. From visiting our elementary schools and discussing our experiences with faculty members to creating an action plan which specifically highlights our necessary priorities, such as hiring a Director of DEI and more teachers of colors, we are extremely grateful for the work that both of us and the Equity Committee have been doing.

In the past year, we have focused our work on hiring a Director of Diversity, Equity, and Inclusion, and in the end of September, we were successful in receiving funding to hire a director of DEI as soon as the beginning of 2021. While it’s true that a person’s upbringing and family affects an individual’s biases and their journey of anti-racism, it is important to bring this change to the schools, which all starts with this Director.

To make a change takes time, but it also requires everyone to work together to reflect on themselves and their surroundings, in order to create a more safer and inclusive community. We encourage all our community members to be a part of the various organizations that promote equity or make important decisions and contributions to the town.

So, be involved and let’s help make this town a better place for those that come after us!

RISE UP

by Anuprabha Dandapat

Maa Durga
was created to show
that us women have power.
That we can make a difference.

But is it fair when men and women still
do not have the same rights?
After all these years,
Having the same qualifications
To do the same professions
But still paid less
Still refused
Why are some still denied an education
We did nothing wrong.
Knowledge is a right, not a privilege
Yet we must fight, be a witness.

We climb up the ladder, just fall all the way back down,
When they tell us that we are not as worthy as them.

We work the same as our male counterparts
Working until we wear ourselves out,
But no recognition
No commendation
We are just as strong
Just as right
Just as wrong,
But will you ever understand
That we are the same as you
We have the same capacity,
The same efficacy.

What did they do to become
More deserving than us?
What more did they do?
Are we really the minority?
Or do you just want the priority ?



ARTWORK BY
HRISHIKA KOTAMARTHIAGE :10YR OLD
BURLINGTON, MA

We think that we have come so far,
That we are so civilized,
But we are a civilization built with discrimination

Why must I watch this happen
We are underestimated,
ignored, looked past.

Paid 82 cents to the dollar,
Then at the end of the day,
With the money that you are sent,
When you cannot pay the rent, And you think about how
shameful it is that we are still not accepted as full people.

Then, in the dark blanket of night,
I must be scared,
Must cross my arms over my chest,
Scared of what someone might do lest I do not.
We are Weak, targetable,
because we are seen as vulnerable,

..... Contd



..... Contd

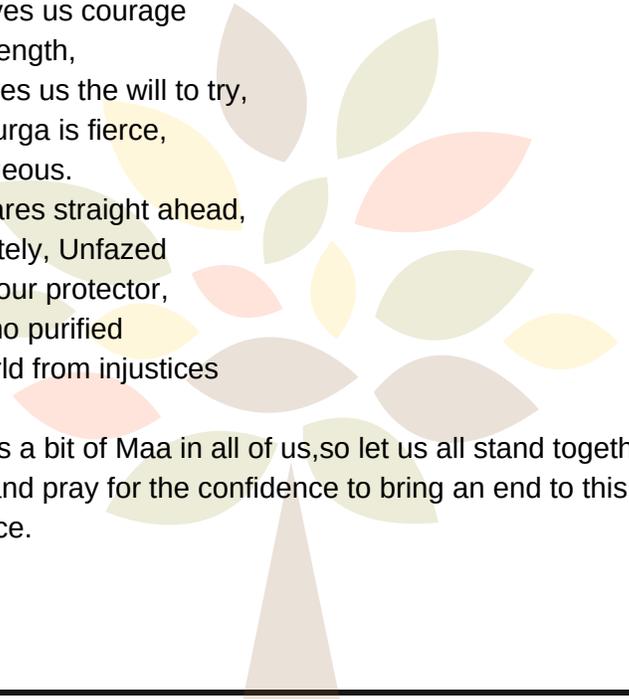
We need to fight back
Show them that we are the future,
the past,
and the present,
Defy us, and you will grow to resent it.

We can be as strong as the men,
and we can Rise up

We are capable, indestructible,
The undeniable truth
So, no more refusal,
No more rejection,
no more disbelief,
Let us follow our dreams,
We are not your slaves,
Not a toy.
Leave us be To reach our destiny,
To be free,
And strong,
And to stand united
As one.

Maa
Is said to be free from the
patriarchal constructs of society.
She is worshipped by all.
She gives us courage
and strength,
and gives us the will to try,
Maa Durga is fierce,
Courageous.
She stares straight ahead,
Resolutely, Unfazed
She is our protector,
She who purified
the world from injustices

There is a bit of Maa in all of us, so let us all stand together
united and pray for the confidence to bring an end to this
prejudice.



EQUALITY

Aadi Dash
Burlington, MA



Pc: Puneet Mohan

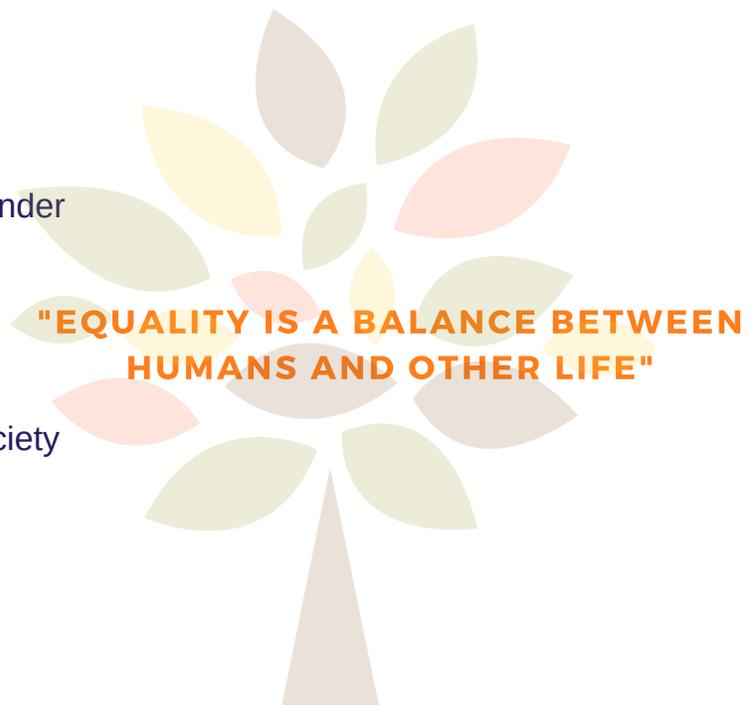
Picture Location: Memorial Elementary School, Burlington

Equality is having the same rights
Equality is progressing with non-violent fights
Equality is providing people with the same pay
Equality is making sure people have a say

Equality is a balance between humans and other life
Equality is living together without strife
Equality is being free to speak and pray
Equality is no judgement whether straight or gay

Equality is the same whether chubby or slender
Equality is treating people well no matter their gender
Equality is having shelter, food, and water for all
Equality is helping people at their call

Equality is having healthcare with no dubiety
Equality is bridging gaps between wealth and society
Equality is no discrimination of any ethnicity
For a perfect world, equality is a necessity
Although we don't have a perfect world yet
To this utopia we will eventually get





I am...

I am so grateful,
of the achievements my parents reached,
from the problems that were just so painful.
I am so grateful,
that they rose from the bottom of the depths,
so that I could lay my feet in the soft sand.
I am so grateful,
that I am privileged enough to be standing,
in the new world of America.
I am so grateful,
that my parents had to struggle so much,
so my future could exceed theirs'.
I am so grateful.

Yet still,
I am pulled
by the hands of others,
being pulled into the darkness
of injustice and oppression

They say that this day and age
is something to be proud of
But how can I do the great things
When I am pushed into this void, where my brown
color is a burden
How can I?

How can I?
When I am expected to have an Asian accent
When I am expected to know yoga
When I am expected to be a tech nerd,
a future doctor,
submissive,
fragile and quiet,
How can I?
When a white person is supposed to be better, just
because they are the norm

How am I supposed to be a part of the American
Dream?
How can we be part of the American Dream?
when schools and colleges will raise their
expectations,
because I am expected to be smart.
where I will always be faced with a tougher
challenge, no matter how far I go,
where the bar will always be higher for me.
Why me?

..... Contd

How can I?

When I go to my parent's home country, India,
and all I find are people trying to be white.

When I look at the next Miss India,
the One who is supposed to inspire me
the One who is supposed to show the ideal image,
but that One doesn't even look Indian.

How can I?

When everyone is trying to be as white as milk.

How can I?

Get inspired when all I see are people who I can't
relate to.

How can I?

Find India's diversity,
when in these models and actors,
there is none.

How can our next generation,
thrive and survive and make it a better place,
when we are constantly classified irregular,
when we are constantly put down,
when we are constantly judged,
and be forced to be who we are not,
because we are not the norm,
but they are.

Don't judge my eyes, my skin color,
or talk about how it's different ,
than the ones I'm supposed to be the same as.

Don't judge my hair on the curliness.

Don't judge my height.

Don't judge me.

Don't think, that I am supposed to be something else,
something different,
because this is who I am.

I can do anything,

be dumb,

be smart,

be kind,

be rude,

and I don't need you to decide which one I am,
because of my origin.



Pc: Puneet Mohan

'Glory' - Reflection of plane on clouds'

Could we show the ones
who do not understand,
what it is like, to be confined, put away,
If we could show our color,
show that we are just like them,
and that we don't need the extra attention,
or the lack of.

We all have unique capabilities,
our look is also who we are
and what makes us.

But they shouldn't decide,
what we are like,
until they meet us.

If we were to embrace,
the backgrounds, the cultures,
to show all of our colors,
to be part of the whole,
yet still, be different.

If we could see each other with new eyes,
if we could stop the biases,
if we could stop the actions, the words,
that make that pain,
if we could point to the sky,

SHREYA KANAUIA
LEXINGTON, MA

WRITTEN AS A SLAM POEM BY A 14 YEAR OLD INDIAN GIRL

Hope & Humanity



What is hope? Hope is the power to believe anything is possible, a fresh start, a second chance, or to wish upon a miracle. Hope means keeping a positive attitude, living each day to the fullest and never giving up. A perfect example of hope is 2020.

In 2020, people are suffering from a pandemic and despite all odds and negativity we hope that this will end soon ,we hope that people gather again and enjoy gathering without fear of getting infected, we hope that we will be able to go back to school and have play time and not face time and this is only thing that keep us going in this weird time.. so let's HOPE for best.

Now let's talk about Humanity. What is humanity? Humanity is the human race, which includes everyone on Earth. It's also a word for the qualities that make humans, such as the ability to love and have compassion, be creative, and not be a robot or alien. Humanity is to love others irrespective of Color of skin ,last name or place of birth ..imagine there is a poor child at your doorway, do not tell him/her to go, instead give them food, let's keep our heart open for people who may need us, We should do more charities and donations. We should be kind to animals too.

This is my thoughts on hope and humanity and I hope everyone's best and should be kind, loving and caring towards people, animals and nature.

**2020 is a year
where you need
more hope and
humanity**

**VIVAN DESHMUKH
GRADE 4
BURLINGTON**





Boy with the Golden Heart



Once upon a time there lived two brothers named Kai and Lloyd. They both got new colorful and pretty umbrellas from their father.

Few days later, Lloyd's umbrella got ripped so he got it stitched which left a patch on it and Kai started making fun of it saying it looked ugly. He felt that his umbrella was the best as it looked new and beautiful and walked around proudly with it.

One day, as they were walking back home from school, it started raining heavily. They saw a puppy on the side of the road, it was crying as it was getting wet. Kai ignored the puppy as he felt his beautiful umbrella would get spoilt if he used it for the pup but Lloyd went and helped the puppy and gave him shelter under his umbrella. All the kids standing by, praised Lloyd and Kai realized his mistake that it didn't matter how the umbrella looked, what mattered was helping the puppy in time of need.

Moral:
It is better to be useful than to be beautiful and also be kind, humble and help everyone.

RISH GOEL
GRADE 2
BURLINGTON



ART BY AMAZING KIDS



THEME: HOPE (AND HUMANITY)
TITLE: GALAXY OF HOPE

NAME: HANSIKA KOTAMARTHI
AGE: 5 YR
BURLINGTON

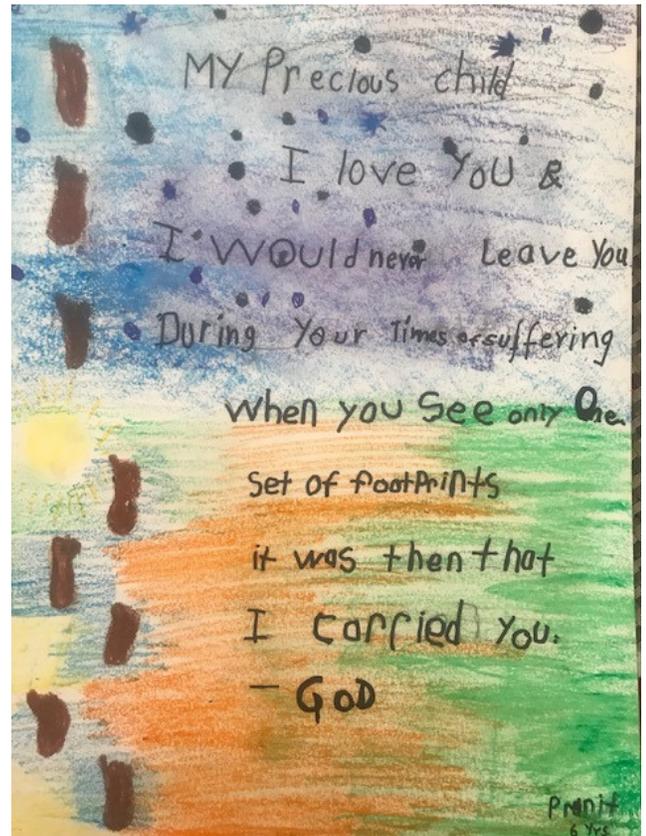
One night a man had a dream. He dreamed he was walking along the beach with the LORD. Across the sky flashed scenes from his life. For each scene, he noticed two sets of footprints in the sand: one belonging to him, and the other to the LORD.

When the last scene of his life flashed before him, he looked back at the footprints in the sand. He noticed that many times along the path of his life there was only one set of footprints.

He also noticed that it happened at the very lowest and saddest times in his life. This really bothered him and he questioned the LORD about it. "LORD, you said that once I decided to follow you, you'd walk with me all the way. But I have noticed that during the most troublesome times in my life, there is only one set of footprints. I don't understand why when I needed you most you would leave me."

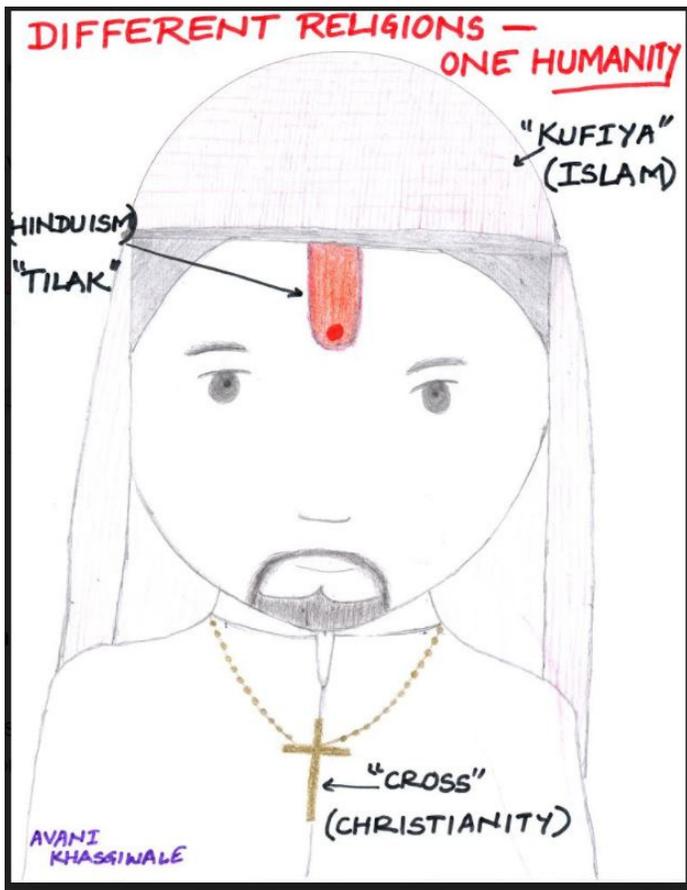
The LORD replied, "My precious, precious child, I love you and I would never leave you. During your times of trial and suffering, when you see only one set of footprints, it was then that I carried you."

--- Author unknown



THEME: HOPE AND HUMANITY
TITLE: FOOTPRINTS OF GOD - HOPE

NAME: PRANIT MATHUR
BURLINGTON, MA
AGE: 6 YEARS



THEME: HUMANITY
 TITLE: DIFFERENT RELIGIONS - ONE HUMANITY

NAME: AVANI KHASGIWALE
 WINCHESTER, MA
 AGE: 9 YEARS

THEME : EQUALITY, EQUITY AND INCLUSION
 TITLE: HAPPY DIWALI

NAME: IRA CHANEKAR , AGE :5
 LOCATION : BURLINGTON, MA





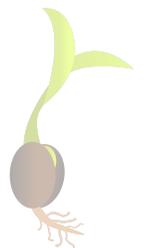
THEME: HOPE (AND HUMANITY)
TITLE: GALAXY HOPE WORLD

NAME: HRISHIKA KOTAMARTHI
BURLINGTON, MA
AGE :10YR



THEME: HOPE (AND HUMANITY)
TITLE: FEATHERED NEST OF HOPE

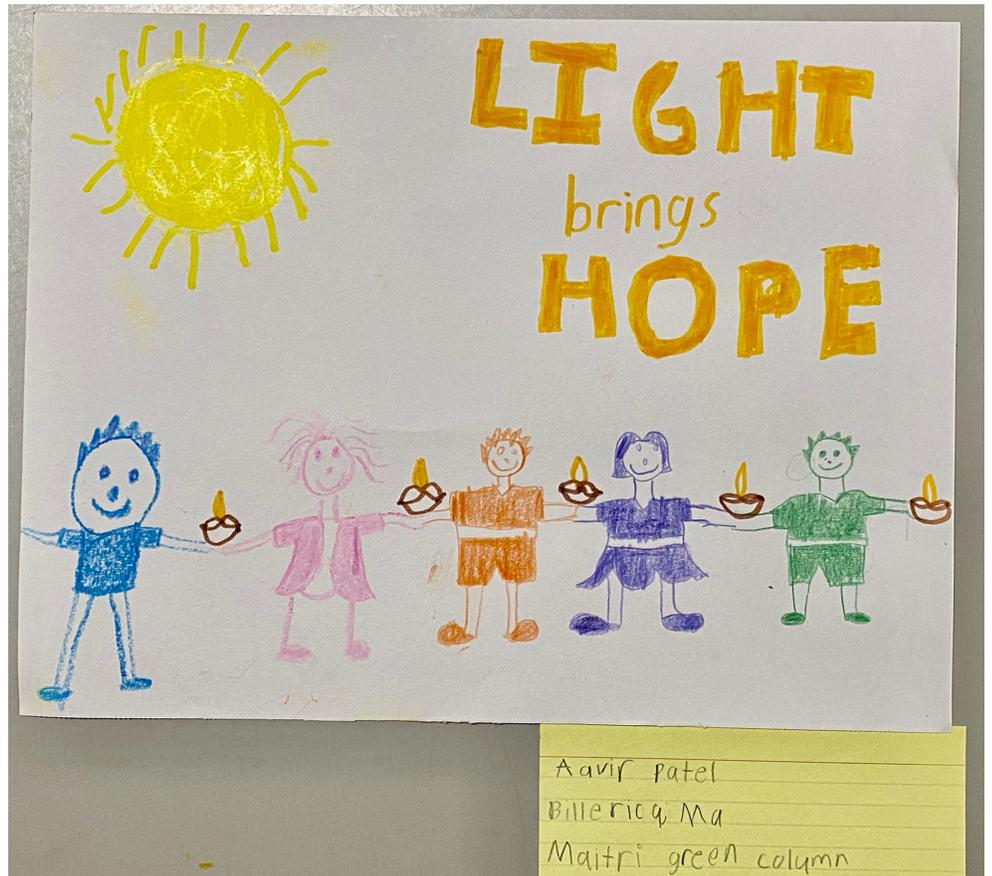
NAME : HRISHIKA KOTAMARTHI
BURLINGTON, MA
AGE :10YR OLD





THEME: HOPE AND HUMANITY.
TITLE: FIGHT WITH CORONA TOGETHER

NAME: ADVIKA BHATNAGAR
BURLINGTON, MA
AGE: 8 YEARS



THEME: HOPE AND HUMANITY
TITLE: LIGHT BRINGS HOPE

NAME: AAVIR PATEL, BILLERICA, MA
AGE: 7YRS, 2ND GRADE



Aaryan Dash
Age 10



THEME: HOPE AND HUMANITY,

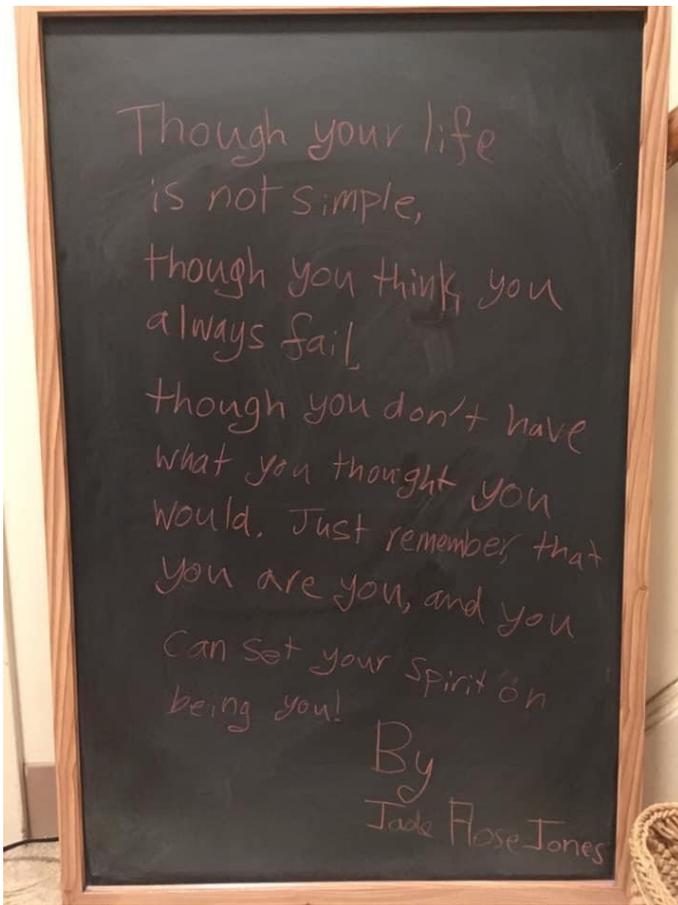
NAME: AARYAN DASH, BURLINGTON
AGE: 10 YRS

Kanika Agarwala



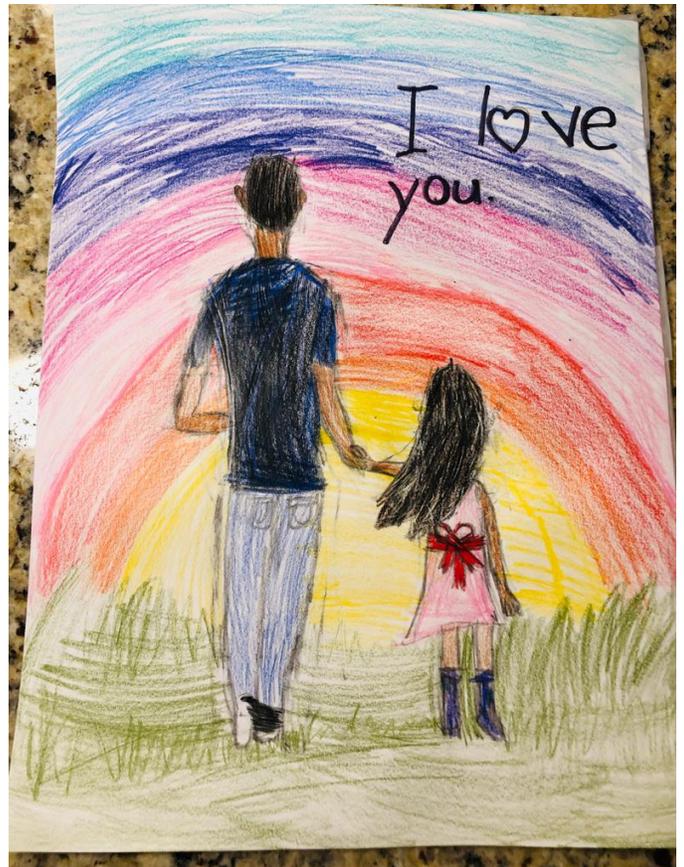
We May Have
Different Religions,
Different Languages
Different Colored Skin
But We All Belong to 1
HUMAN RACE
-Kofi Annan



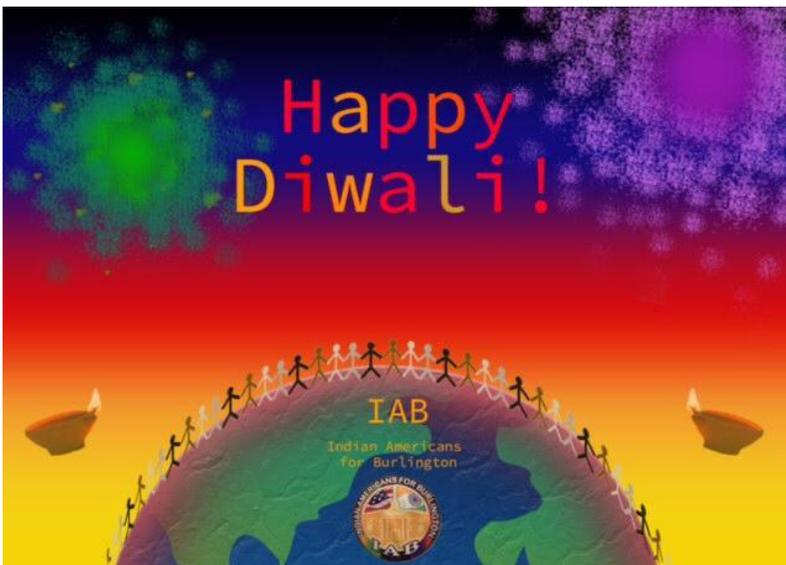


THEME: HOPE
JADE ROSE JONES, LINCOLN, MA
AGE: 11

THEME: HOPE
ANAIIKA DUTTA, BURLINGTON
AGE: 8



DIGITAL ART
NAME: AARYAN DASH
AGE: 10 YRS



OUR MOTHER EARTH



Shamvabi Guha Roy, age 14 yrs: Kolkata, India



ध्येय (लक्ष्य)

ज्योत्स्ना गर्ग



Pc: Puneet Mohan

Picture Location: Aiguille du Dru, French Alps

किसी भी सफर को तय करने के लिए मंजिल का चयन आवश्यक है, अन्यथा भटकाव की संभावना हो सकती है।

सफर की कामयाबी निर्धारित मंजिल के आधार पर होती है। हमारा जीवन भी एक लम्बा सफर है और इस सफर को आसानी से तय करने के लिए भी ध्येय आवश्यक है। हमारा मनुष्य रूप में जन्म होना ही ईश्वर का वरदान है। इस वरदान को अभिशाप होने से बचाने के लिए मनुष्य का सबसे पहले 'ध्येय' निर्धारित करना आवश्यक है, अन्यथा दिशाहीन होकर भटकना पड़ता है। जीवन भी उसी मनुष्य का सफल है जो 'ध्येय लेकर चलते हैं।

स्वयं का 'ध्येय स्वयं को ही निर्धारित करना पड़ता है। 'ध्येय' भी ऐसा जो कामयाबी की सीढ़ी चढ़ाए। इसका चयन करने से पहले अपनी शक्ति व योग्यता पर भी अवश्य विचार करें क्योंकि गलत चयन मनुष्य को असफलता के गर्त में धकेल देता है।

कुछ व्यक्ति सैर – सपाटे , खाना – पीना , , मौज – मस्ती को ही जीवन यापन का ध्येय बनाते हैं और उसी के अनुसार जीवन चलाते हैं। कुछ धन संग्रह को जीवन का ध्येय बनाते हैं और उसी के अनुसार जीवन बिताते हैं। कुछ ज्ञान को महत्व देते हैं। कोई अच्छा लेखक, अच्छा वक्ता बनकर समाज के उत्थान में अपना सहयोग देते हैं। कुछ अध्यात्मिकता के क्षेत्र में उन्नति करना ही जीवन का ध्येय समझते हैं। अपनी रूचि अनुसार कार्य का चयन करना जीवन की पहली सफलता है।

मानव जीवन को भी सुखी -समृद्ध व सम्पन्न करने के लिए भी श्रम की आवश्यकता होती है। श्रम करने के लिए भी ध्येय जरूरी है कि हमें किस कार्य में श्रम करना है और किस कार्य में सफल होना है। निकम्मा रहना व समय बर्बाद करना जीवन का अभिशाप है। धन और यश पुरूषार्थ से प्राप्त हो ही जाएगा।

मानवता का 'ध्येय ही सर्वोत्तम है। इसे पूरा करने का प्रयत्न करें क्योंकि ऊंचे स्थान पर पहुंचने के लिए ऊंची उड़ान भरनी ही पड़ेगी तभी 'ध्येय' से कामयाबी प्राप्त होगी।

HOPE

Asavari Dash
Navi Mumbai, India



On the evening train to Vashi, a trickle of office-goers began to appear, weary from their hectic work day. What seemed like an already full compartment would soon be teeming with humanity...tired heads and sweaty bodies jostling against each other, each in need of a little bit of space. Though trapped in the same moving metal entity, each mind was immersed in its own little world, a world with both rosy tints and blue hues.

A little girl's cry cut through the crisp, chill December air. She navigated deftly through the sea of bodies, her quick hazel eyes darting around the compartment for prospective buyers for the little bag of fruits that was flung over her left shoulder. While her call echoed, her eyes found a tiny doll that hung out from the basket of a hair-clip vendor. It was an inexpensive ragdoll, adorned with yellow hair and a floral dress and minuscule, smiling eyes, that managed to entice these hazel pair of eyes.

For a brief, fleeting moment, the hazel depths became a playground for emotions. There was excitement, followed by a strong longing, eventually giving way to sadness as she tore them away from the doll to look back at the multitude of heads. As the wheels screeched to a halt, she hopped off the train and stole a quick glance at the doll that had enchanted her ever so briefly. A stitched smile giving way to a watery smile that lasted on the lips for a few seconds, but left a much longer impact on the mind.

A strange thing, hope. It calls you to it, but, in the process, pushes you to strife.

Very much like a ragdoll, inexpensive, found in the small things in life...

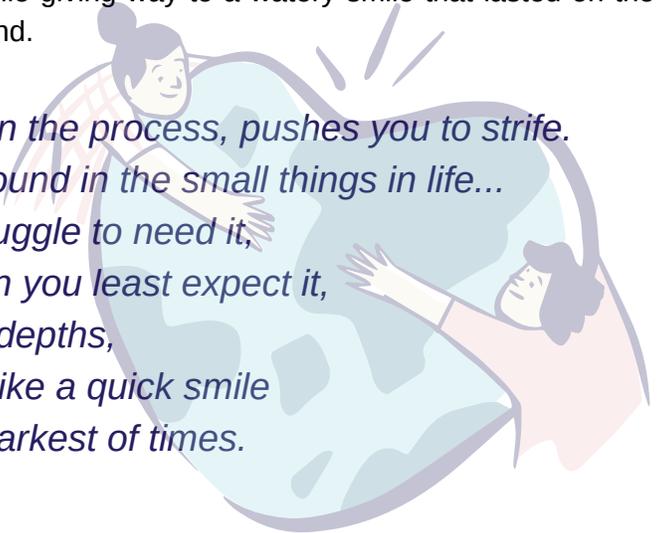
You don't need great struggle to need it,

It ambles in, like a child, when you least expect it,

Looks into your depths,

Seeping and creeping in like a quick smile

A pulsating light in the darkest of times.





For All your Love &
Support for IAB



- **Town of Burlington & The Board of Selectmen** for their whole-hearted support year after year.
- **Burlington Public Library (Michael Wick & Amanda Hogue-Lavallee)** for coordinating & facilitating the Diwali Story Telling and the Halloween Meets Diwali Fancy Dress Competition.
- **BCAT & Lokvani** for being our Media Partners.
- **Our Sponsors** for their generosity and support.

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thank you

Performers



- **Sunayana Kachroo Bhide** for her poetry recitation
- **Aparna Balaji & Abhyaas School of Music** for ShivaShakti
- **Mona Mitra** for Shiv & Ganesh Vandana
- **Mona's Dance Academy** for Umeed, the journey via Kathak
- **Madhuparna Sen & team** for Punya Maati, having premiered at IAB Diwali
- **Shubhayu Basu** for special effects and video compilation of Punya Maati
- **Bhumika Patel** for Ek Tu Hi Bharosa, the dance of hope
- **Moumita Banerjee & Tarana School of Kathak** for Salute to the Unsung Warriors of Covid
- **Devika Dhavan & DFD Academy** for Dance Carefree empowering girls

Volunteers



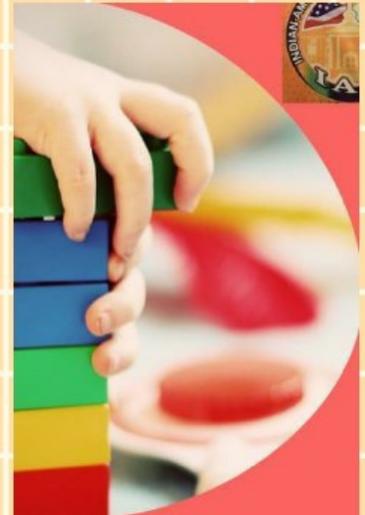
- **Ranjani Saigal** for always supporting IAB and enthusiastically steering the Diwali Story Telling session & Halloween Meets Diwali Fancy Dress Competition
- **Raksha Soni** for Gazebo decoration, banner and judging the Rangoli competition
- **BHS Alumni Neil Bhammar** for his wonderfully gripping Diwali Story Telling for kids
- **Deepa Agarwal** for her amazing virtual moderation of the Diwali Event
- **Team Akash Pradeep** for the “first time ever” “Natak” staged on IAB Diwali Show
- **Pooja Singla** for eMagazine editing support, design & layout
- **Sudakshina** for painting workshop
- **Bhumika P & Tamanna G** for dance/zoomba workshops
- **Kabil** for activity workshop and judging the Rangoli competition
- **Dipti Nagraj** for overall guidance for activities & workshops
- **Priyanki Taylor** for her support in activities, workshops & fundraising
- **Trinolka Basu** for the movie presentations “The IABJourney” & “The Dynamic IAB EC”
- **Somya Saxena** for supporting Diwali Activities



- **President Gini Pookottil** for her high energy and bringing a collaborative spirit in the team.
- **Secretary Shital Bhammar** for her dynamic overall management & coordination
- **Treasurer Indra Deb** for his leadership in IAB finance and accounting
- **Menka Jethra** for the stellar fundraising for all events
- **Anil Saigal** for his unconditional support to IAB personally as well through Lokvani
- **Tanu Basu** for the Theme, Ideation & Scripting of the Diwali Program as well as the first IAB eMagazine
- **Shweta Mathur** for media publicity, IAB eMagazine layout & design and also for the seamless coordination of online activities, workshops & competitions held during Diwali.
- **Khushboo Goel** for the fantastic virtual moderation of the grand Diwali show and coordination of various online activities & workshops



INDIAN AMERICANS FOR BURLINGTON



IAB brings to you
'FUN WITH LEGOS!!'
LIVE stream on our FB group
IAB-Indian Americans for Burlington'
on Apr 20, 2020 at 4:30pm

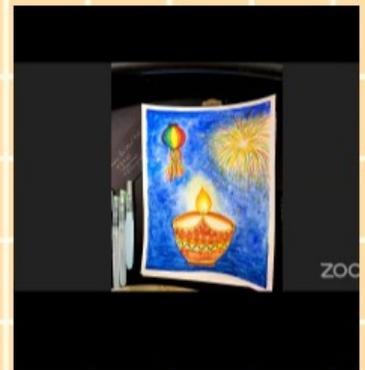


Join With Me!!

on May 20, 2020, Sunday
EST

Topic by Sudakshina B
Join on 'IAB - Indian
Americans for Burlington' FB page

What is required:
Crayons, paper, colours(pencil/
water).



**LEARN CODING USING
SCRATCH (DEVELOPED AT
MIT)
DESIGN YOUR OWN
GAMES, STORIES,
ANIMATIONS
&
SUPPORT A CAUSE
ALL PROCEEDS GO TO IAB
SOCIAL INITIATIVES
(PHP DONATION & BHS
SCHOLARSHIP)**

Classes by Shweta Mathur
Start Date: Sept 7th, 2020
10 AM ET every sunday

**AGES : 8 YEARS & UP
FEES: \$90 FOR 10 CLASSES**



**IAB IN COLLABORATION WITH APNA ZUMBA BRINGS TO YOU
ZUMBA HAPPY HOUR!!**

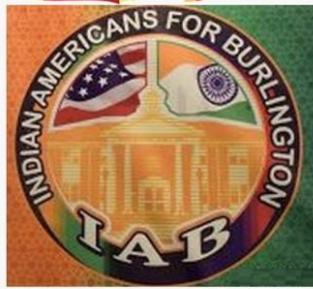
23RD MAY 20:
6-7PM EST
SESSION BY TAMANNA
Stay healthy and active

KEEP A BOTTLE OF WATER
AND A HAND TOWEL WITH YOU

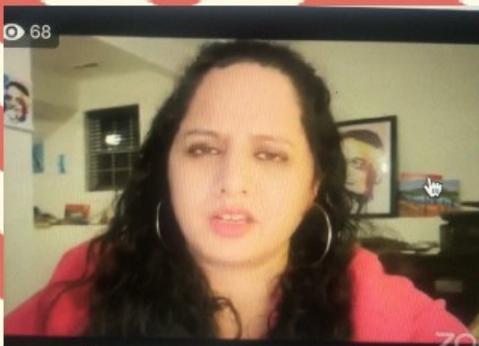
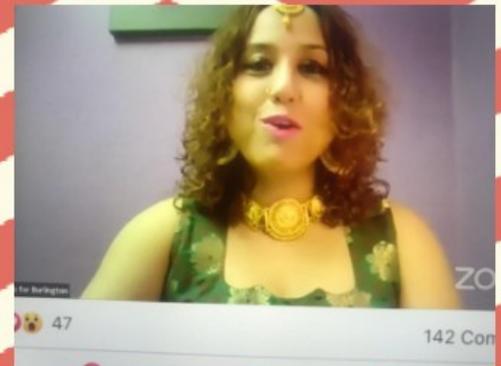
PIC COLLAGE

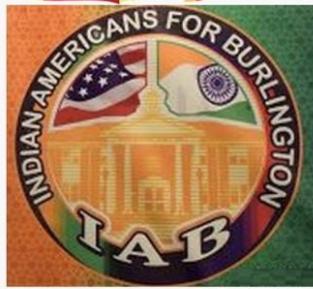
IAB Diwali 2020



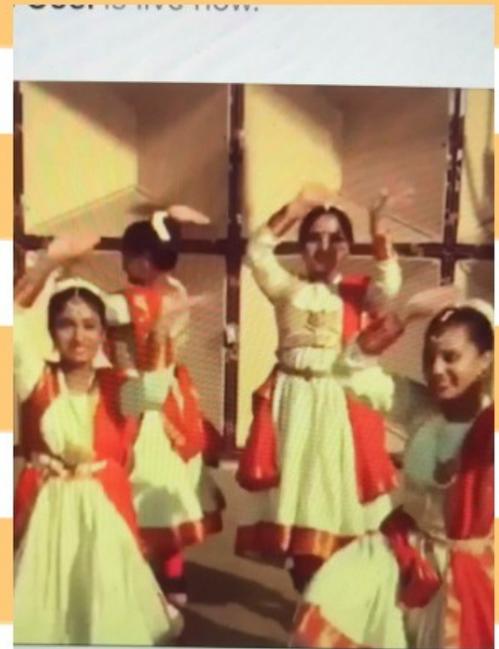
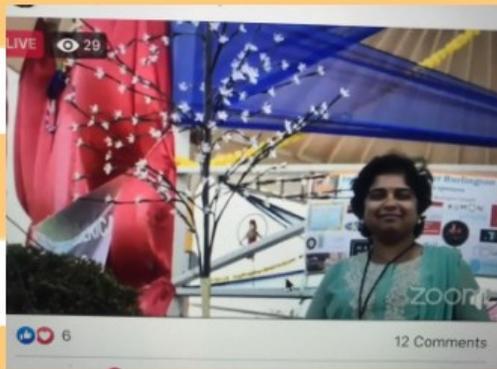
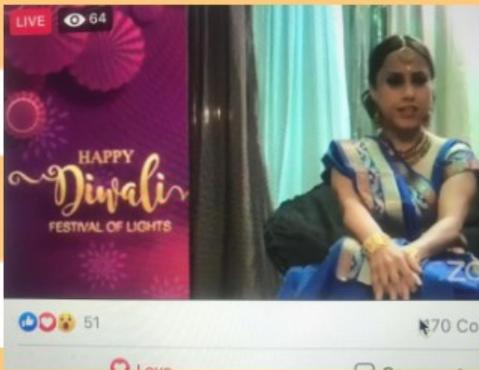


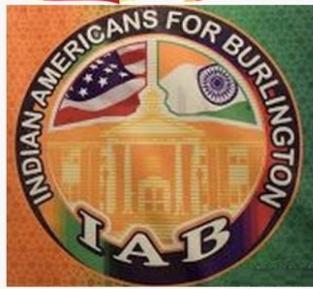
MAITRI - *lighting the path of hope, humanity, equality, equity & inclusion*



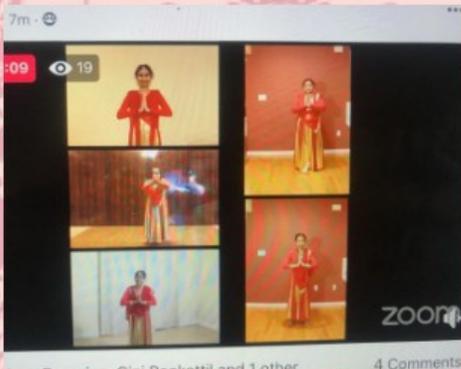
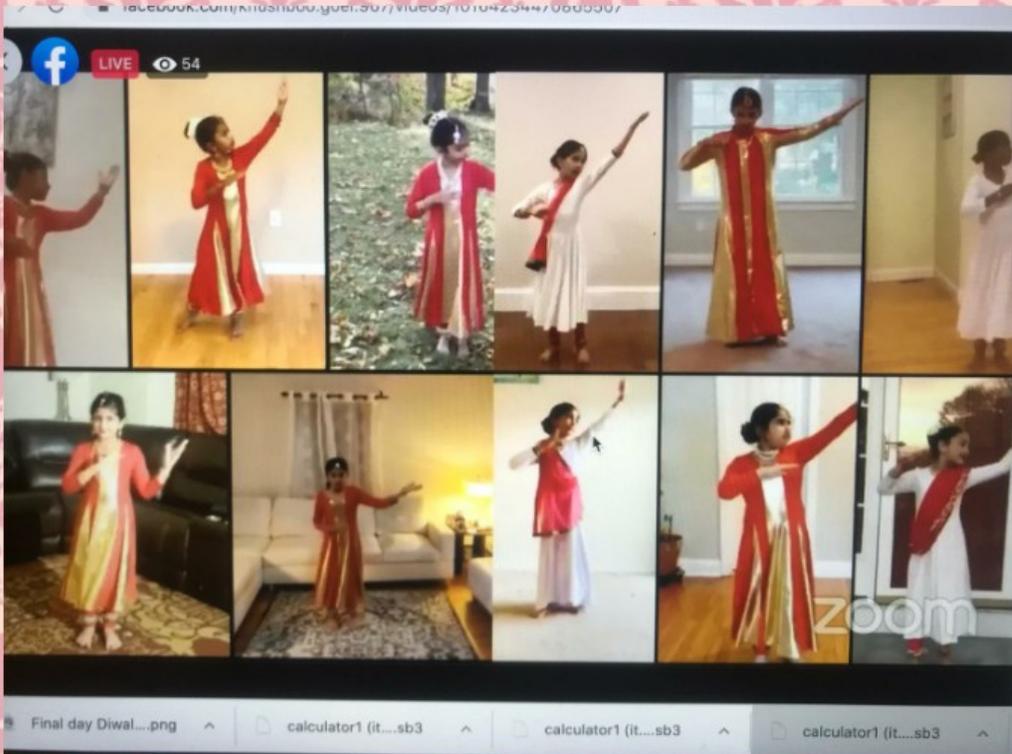


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IAB Diwali 2020

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humanity, equality, equity & inclusion*

