

# Indian Americans for Burlington



IAB eMagazine

2021-2022

Healing for Humanity



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PC: Neil Pandit



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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. 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.

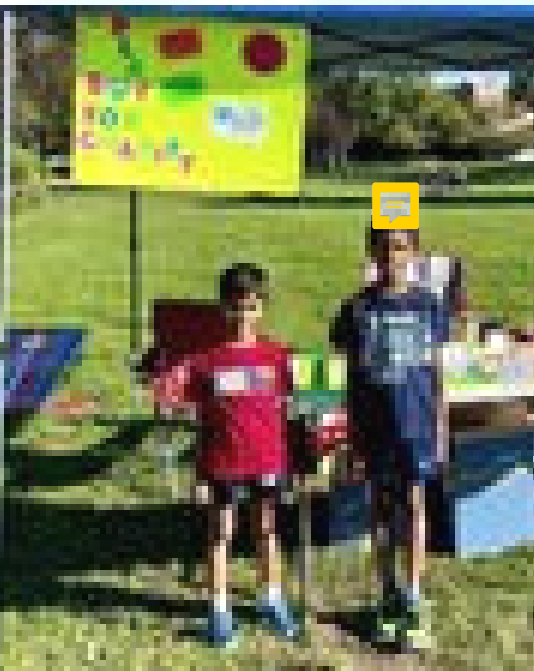


## Membership Benefits

-  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>**





With spring around the corner, I hear birds chirping in my yard and the sunset taking place later in the day - it brings a ray of hope - our healing for our humanity has begun. After a long two years, many of the Covid challenges are finally behind us. During the difficult times in 2021, we as a human race persevered through the frustration and exhaustion that the pandemic continued to strike upon us, and the beacon of hope that helped us through that was our strength in each other... for each other. Our presence and support for our community shined in unique ways that otherwise may have never manifested.

It is with this sentiment that we hope to continue strengthening our community bond since the founding of Indian Americans for Burlington (IAB) seven years ago. IAB has been right by your side with our virtual and in-person programming, including the Diwali celebration at the Town Common, the July 4th parade, sponsoring Burlington High School Scholarships, Bake sale, virtual coaching sessions for young kids, our candidate meet and greet, and volunteer appreciation ceremony.

We hope you can join us for the events we have planned for rest of the year like participating in our upcoming July 4th parade, our collaborative events with the Burlington Public Library, and of course our Annual Diwali celebration that will take place on the last Sunday in September.

Thank you to all for your participation and support throughout this past year. We know we can count on you again in the future. Cheers to a bright and beautiful rest of the year!

**Shital Bhammar**  
**IAB President**

# IAB Executive Team 2021-2022



Director  
Menka Jethra



Director  
Tanu Basu



Director / Past President  
Gini Pookottil



Director  
Anil Saigal



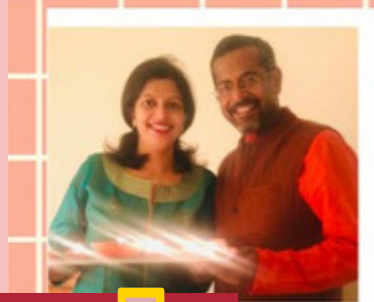
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Treasurer  
Indra Deb



Secretary  
Shweta Mathur



President  
Shital Bhammar

## From Editors' Desk

**Indian Americans for Burlington** is well-famed for its signature tree lighting and Diwali show year after year, 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.

As we all recognize, this COVID-19 pandemic permanently re-routed our paths having adjusted to various new norms and has changed how we work, learn and interact. As social distancing norms have led to a more hybrid existence, both personally and professionally, we yet continue our pledge of in-person existence for the foreseeable future.

But life doesn't wait for anyone or anything. Life has boosted us to continue to find safer, low-key ways of celebrating various special milestones, socio-cultural or historic occasions, big or small. That thought lead us to strive to an in-person Diwali celebration in 2021.

We carry within us all the mystical power we need to transform our world. We dream of a better, safer, more caring world. The world is one big nation, where everyone in it is a citizen, so it is our responsibility to make it better.

As the world stands today, it needs HEALING. And we humans play a huge role in that healing.

The significance of Indian Culture is making LIFE a Celebration. The feeling of TOGETHERNESS brings people together to celebrate in ONENESS –and that is exactly what we strived to achieve with IAB's branded Diwali festivity in the year 2021, a well thought of, and carefully executed in-person event at our very own Burlington Commons - the IAB Diwali Extravaganza of 2021 - "IAB Diwali – Healing for Humanity".

*Yours truly,*

*Co-editors:*

**Pooja Singla & Tanu Basu**

## EDITORIAL TEAM

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**Cover Page Design:** Raksha Soni

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Photographers & Picture Credit: IAB Photos from Social Media, Stock Photos from Canva



# SERVICE TO SOCIETY IS SERVICE TO GOD

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Parvathy Ayyar

Humanity is a mosaic of various communities with their distinctive features of traditions and cultures. This variety is the beauty of humanity with its underlying unity binding them. People cannot exist in isolation. Everyone necessarily has to be a member of a group where he/she finds a commonality with that group. The progress and development of such a group is directly proportional to the participation and contribution of the members belonging to that group.

Now, the question arises how as an individual, one can effectively contribute to the progress of that community. Talents differ, abilities differ, resources vary. There is certainly scope for every member to contribute his/her mite, only the willingness, and readiness matter.

When I was growing up, I had a passion to shape myself as a qualified professional. Having been born in Kerala, I could see around, women in considerable numbers pursuing higher education and many had made a mark in their career as doctors, executives, noted academicians, and administrators. The teachers in my school always encouraged the students to achieve and reach great heights. I truly considered it a pride and privilege to go to school. I had dreams to reach dizzy heights. My father, although highly educated, did not believe in female formal education. Consequently, my education was discontinued after completing the pre-university program. I left no stones unturned to convince my father but met with little success. All the same, the seed sown within the four walls of the classroom were always within me.

After my marriage, my husband who was an academician ( he was the former dean of IIT Bombay), supported me to continue my education. After raising my family for ten years, I continued my education. The tenacity to fulfill my desire is created by my school, my loving and excellent teachers. I firmly believe the role of a school is very significant in shaping the character and career of the students. Without neglecting my family responsibilities, including the care of my ailing mother-in-law, household set up, the education of my two daughters, I continued my education with avid interest and acquired a Master's Degree in English Literature and a Bachelor's degree in education, which enabled me to get a faculty position in one of the local colleges in Mumbai, where I rendered my service for Thirty Years, till my retirement. My classroom was my Paradise. It is not lost, the reminiscences of my joyous interaction of my students provide immense happiness even now.

A teacher meets a microcosm of a society in the classroom. It is a platform that provides an opportunity to interact closely with the students. As a teacher, I was able to listen to their problems and help them if I can by giving timely counsel besides helping them in their academics. I am glad that many of my students have made remarkable contributions in their chosen fields as doctors, engineers, academicians, and administrative heads. They in turn render service to others wherever they can. For example, some of my doctor students, take good care of me. Not only that, they even honor my request to render service to the needy, if the need arises. I am confident to get help and service from them for any good cause. The best investment I ever made is my student community, who unhesitatingly rush to extend a helping hand.

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I must place on record, the co-operation and support of my family, my mother-law, my dear daughters, my husband in supporting my career as a teacher. God is kind to bestow His blessings on my two daughters to get the best education possible, starting from school. education at Kendriya. Vidyalaya Powai, the IIT Bombay and could make a mark in their career. The institutions are abstract, it is the people who breathe life into them. They had wonderful teachers, the school provided academic ambiance, company of good friends, all part of a community, because of which they could achieve what they have today. They in turn, contribute their service to the community wherever possible, apart from their profession, for which they are recognized and rewarded. Community is a structure, the stronger the structure, the better we are. Let us all work together for progress and upliftment of our respective community, finally leading to a harmonious global community, full of love and friendship and free from bigotry, hatred



# THE HEALING FOR HUMANITY

## Tikam Ji

Since the last two years, dark clouds have been hovering over our country. False slogans let us “Make America Great Again”. Instead, our country is doomed with divisive forces. The insurrection of the Capital on January 6, 2020, is a good example.

Now it is time for our nation to bring the healing for humanity. Covid-19 has already taken a toll on our nation and this is nothing but the wrath of Divine Power. Then again, some of our politicians are dividing our nation with poisonous ideologies full of total lies and hateful remarks.

Now it is time for us to be truthful to our nation and uplift the morale of our people and work together for the betterment of our people as one nation. 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 leave this place empty-handed.

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

If we want peace in our life we need generous hearts, kind speeches, and lives of compassion, service, and love. (Lord Buddha).



“When you move your focus from competition to contribution life becomes a celebration. Never try to defeat people, just win their hearts” (Lord Buddha).

Life is truly simple but we have complicated it with too many materialistic goals. Most people have adopted undesirable goals; hatred, jealousy, and the desire to grab power.

Dalai Lama, when he was asked what surprised him most about humanity, answered, “Man. Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not live in the present or the future; he lives as if he is never going to die, and then dies having never really lived.”

# FABLE OF AN AMBITIOUS FROG

DEBABRATA  
BISWAS

Once upon a time there lived in a big city an ordinary man who was not actually a man but a frog. No body knew that because he could not go out of his house which is not really a house but a well. He lived on a stone there protruded halfway inside of the wall of the well. He was cursed and hanged there like a TRISANKU. (In social classification of the frogs he belonged to middle class)

He hated to look down below for fear of falling down there. Instead he preferred to look upwards where he could see the whole sky overhead. He was an ambitious frog. He knew that if he could get out of the well, he would be free from the curse and become a real man.

He longed to push himself upwards so that he might get out of the well but could not do so. In the meantime he met a pretty woman and fell in love. He married her and fathered two most pretty and lovely girls. He loved them dearly and wanted very much to give them the pleasures of life which he could not achieve for himself. So he began to push them upwards so that they could get out of the well

to the vast open space outside. It almost became his obsession and sometimes very much irritating to his daughters.



Then one day an eagle who was actually a cursed prince flew over the mouth of the well. He Proposed to marry his elder daughter and take her away outside. The man agreed in the hope that at least she could enjoy the freedom in the world outside of the well.

But alas! the eagle frequented to change forms, from prince to eagle and vice versa, due to his curse and he was very selfish. As a result the poor girl suffered immensely.



She rightfully held her father responsible for her miseries. All these events had an impact on her younger sister who began to mistrust her father and refused to be pushed upwards by him. She fell ill seriously but fought back to life with extraordinary courage.

In the meantime the elder one gave birth to a very pretty girl who was actually a fairy queen in disguise. The eagle prince one day took them on a ride to an unknown place and flew away leaving them alone. It was the little angel at that moment of sorrow and despair who saved her mother. She touched her with a Phoenix feather which made her overcome the sorrows and put her feet on an unknown new world with the child. When their news somehow reached the frogman he cried but was not sad.

Here meanwhile, the younger daughter also met her mate. He was a swan, actually a soldier in disguise. They fell in love and the swan flew her away with all his might out of the well. Under the sun, they lived happily afterwards with a daughter and a son.

The man was left alone in the well with his stubborn wife who refused to be pushed upwards and outside without him. So there was nobody whom the obsessed man could push upwards. He lost his motivation to live and grew older day by day. Then one day the 'Yamadut' came to him and announced that his day had come and for his deeds - sins and some good karma, he would visit hell and heaven in turns. 'Where you want to go first?' he asked. The man wanted to go to hell first as there he could have some meaningful business to do. He could at least put some sinners upwards to heaven..

Old habits die hard !



## Healing Humanity

This very title creates curiosity in the mind. Healing the body, healing the wounds, healing people from disease, all these things are natural for us. But healing humanity, this very phrase makes us want to introspect. Humanity encompasses all the virtues like kindness, compassion, selflessness, charity, sympathy, empathy etc. In this era of cutting-edge science and technology, somewhere we are losing behind the humanitarian virtues. The voice of the inner consciousness is getting suppressed.

It is said that we are known by the company we keep. In the modern times, irrespective of age we are all surrounded by gadgets and machines. This robotic age has somewhere led to loss of reasoning power, lowering of our emotional quotient. Hence, healing humanity has become the prime need of the hour. Materialistic progress is at its peak, but what about humanitarian progress? In the current times of globalization, the world has definitely come closer, but only in a physical sense. To understand this, let's visit the bygone era, where there was no mobile, no internet, no gadgets. But there was more of love, warmth, compassion for others. People possessed highest mental power. They could share their joys and sorrows with each other. They could overcome the negative feelings like jealousy, insecurity and lived in harmony with each other, Their resilience power, self esteem was so high, that they were wary of stress, depression and other mental disorders. They helped

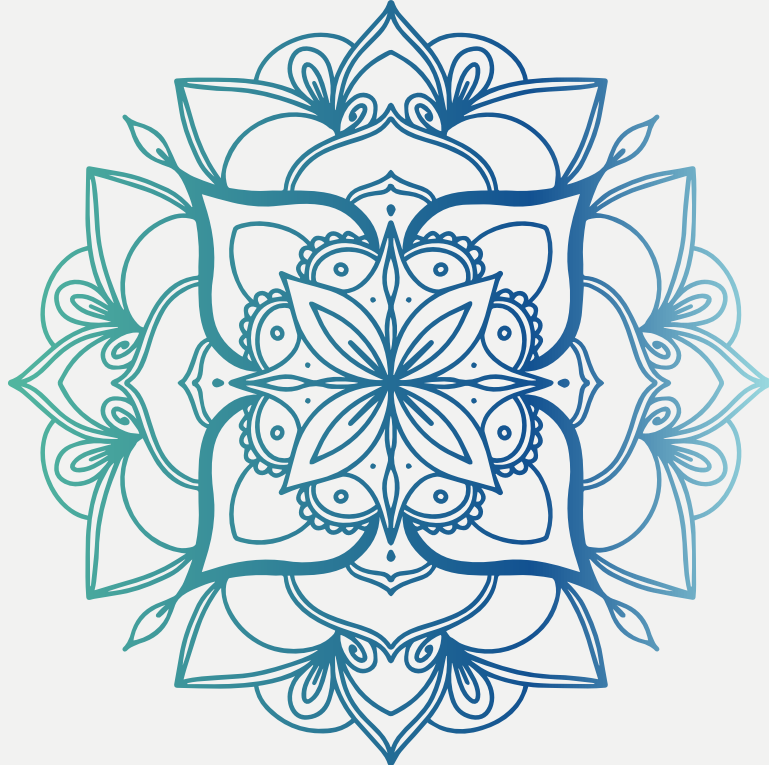
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For healing of the humanity, bonding of people is of utmost importance. To create this bonding, we can learn the mantras from our ancient texts of wisdom- the Vedas. The Vedas carry a mantra, a prayer, an aspiration, a resolve that has the potential to heal humanity. They say- we should walk together. In the pursuit of global progress, not a single soul should be left out. We should talk to one another, let our minds come together. Learning from our ancestors, let us together create the knowledge that benefits all.

Dr. A.P.J Abdul Kalam once said, "the world doesn't need leaders, but it needs healers and artists". The question that follows is, who can be healers? Can only psychologists and doctors be healers? Most definitely No, any compassionate and sensitive human being can be a healer. In this fast-paced life, let's take a moment to listen to what others have to say, you never know who needs a listening ear which might help them feel better. Additionally, artists are also great healers. True artists captivate the audience by their performance and can leave them feeling liberated. And last but not the least, spirituality can help heal humanity. Spirituality must be our way of life. All great men, saints, thinkers incorporate spirituality in their lives. That is why in any crisis they remain clam and mentally stable. They can heal the world with their powerful vibrations. So, lets join them in their campaign of healing humanity. Let's march from ignorance to awakening, lets march from darkness to light. Let's march from mortality to divinity.

असतो मा सद्गमय ।  
तमसो मा ज्योतिर्गमय ।  
मृत्योर्माऽमृतं गमय ॥  
Om Shanti Shanti Shanti ॥

**By Radhika Dawra**



# GOD'S BLESSINGS

By Kalyani Murthy, MD, MS

Leading us down the path of good  
Treading with us and nudging as we stood

Creating a space bereft of hurdles  
Holding us safely as we traversed life's circle

Parents are God's choicest blessings  
Parents are God's hands that soothe sufferings

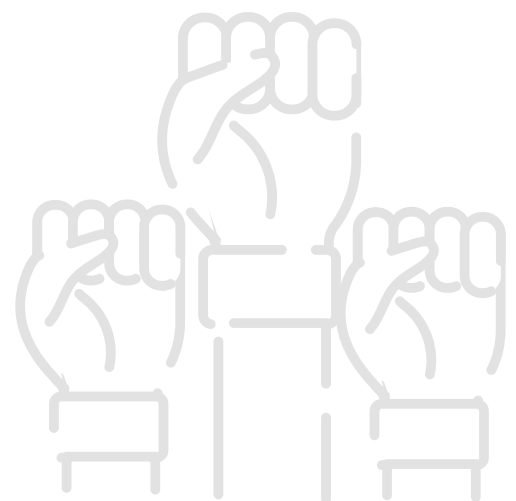
Parents loving touch carries a special power to heal  
Parents embody the divine energy a child can feel

A child beholds the vision of God in its parents' eyes  
A safety net when cradled and hugged as it cries

A child perceives the warmth of God in its parents' embrace  
Melting away in their love into a happy place

Let us take care of this unique gift from God  
Let us cherish their selfless acts and applaud

Parents are the pillars to our self worth  
Parents are the shining beacon on Mother Earth





# HUMANITY IN OUR OWN WAYS!

Neha Vijay Khairnar

*Good thing about TIME is ..  
...that.. it changes..*



Almost 2 years of our life have passed around closed walls because of Covid pandemic. The life where people were in quarantine and countries had locked downs. People were banned from traveling and could not meet their loved ones. People even stuck in some places and could not go to their homes where they belonged. Many people lost their loved ones by such unfortunate events of the pandemic waves. People lost their jobs, salary, pay cuts and even immigrant statuses where they could not go to their home country. This harsh reality is beyond words. People were working from home, limiting the reach of people, started teaming online and forgot the real touch of hugs, fists and high fives.

We cannot bring back what has happened, but one of popular quote says :

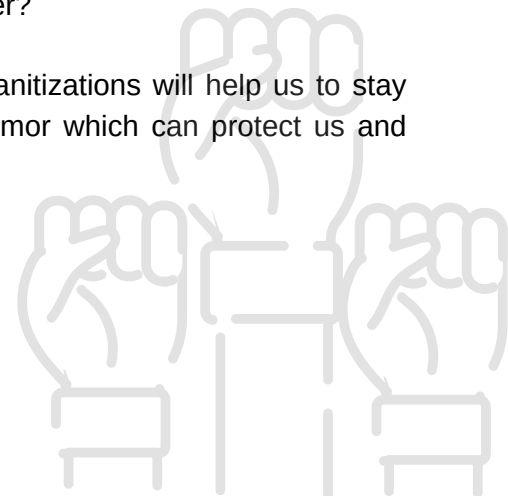
**Good thing about TIME is ..  
...that.. it changes..**

Yes, life is changing and slowly coming back to normal. There still are issues, problems and hurdles but at least life is moving on. People are still at home but they are coming out slowly. They still have their loved ones with them knowing they will always be there no matter how time changes. Even though we lost two years of life, there are certain things that will never change, like the way my baby girl hugged me tightly and those loved ones who will always be with me irrespective of how far we are.

We will recover. We will stand out by grabbing each other's hands and saving each other's life in our own ways. Face masks, sanitizations, taking Vaccines, keeping distances in public places are new ways of taking care of each other. That's called "**Humanity**" isn't it? Taking care of each other?

Wearing masks will not only save our life but also save others' lives too. Sanitizations will help us to stay healthy and clean which will prevent spreading viruses. Vaccine is a big armor which can protect us and others from infection.

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We are still away from children's vaccines under the age of five. Many parents have a harder time dealing with stress, anxiety and fear of letting their child play outdoors. As a mother, this pandemic made me think every moments when I open the door for my child to go out,

“Will my child be safe out there?”

No one knows the answer. But as a mother, I can HOPE that my child will be safe. Because I feel, HUMANITY is there, who will protect my child from this pandemic. There will be people around my child who will wear masks, sanitize themselves, take vaccines, stay quarantined and care for themselves to save my child from infection.

Please take care of yourself to save others!

Happy Quarantine!

Neha Vijay Khairnar



# JOURNEY

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By Jocelyn Nakka



**Walking through the forest  
Day or by night  
I am an explorer, not a tourist  
Into dark caves  
And onto chilly mountains,  
Taking pictures of all  
The bird fountains**

**Up great Canyons  
And hills too,  
I rest in my tent  
Eating some stew  
Out of my tent  
Watching the twinkling stars  
Munching on my snacks  
And Chocolate bars**

**So glad I'm on this  
Wonderful planet  
With God watching over me,  
Feeling safe and cozy in my blanket**



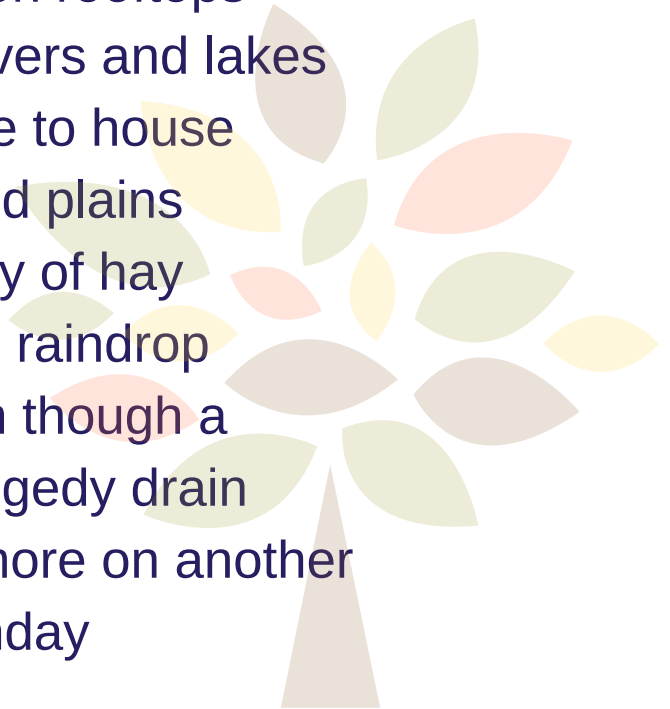
# TRAVEL OF THE RAINDROPS

—  
*by*

*Christa Arun*



Travel of the Raindrops  
Drip drop goes the raindrop  
Down the slopes of mountain tops  
Drumming on rooftops  
And onto the rivers and lakes  
From house to house  
Fields and plains  
And a bay of hay  
Finally the raindrop  
Went down though a  
Rigidity, raggedy drain  
To come once more on another  
Rainday



A woman with long dark hair is shown in profile on the left side of the image, looking towards a large grid of many small, diverse human faces. The faces are arranged in a grid pattern, representing a wide range of ethnicities, ages, and genders. The overall theme is about human diversity and the concept of an 'ideal body' as discussed in the text.

# The Ideal body

by Diya Shenoy

**Society** portrays this perfect body as the key – the secret to attracting a romantic partner, to landing a dream job, to having good health, popularity, success and self-confidence. In short, society seems to say that the ‘perfect body’ is your passport to ‘the good life’”. Like many other articles, this is what a Brown university website tells us. Why? Why do so many people believe that your appearance is the way to live ‘the good life’? There are a lot of ways society’s opinion affects us. Why does society think this way? Why are we constantly judging ourselves based on society’s opinion? How can we change our point of view on this matter?

Many people believe having an hourglass-like figure or big strong muscles are the only ways to ‘get the good things’ in life. People are highly influenced by the media. We see flawless bodies on the cover of magazines, ads on TV, and the most influential, Instagram. This causes people to be criticized or criticize themselves because they constantly see these bodies and it leads them to compare themselves to the cover women/men. An Australian survey taken by 24,000 young people of ages 15 to 19 years found that 87.9% of adolescent girls were concerned about their bodies. The survey also found that body image ranked third in issues of personal concern for both genders (behind coping with stress and school or study problems), a trend that has been consistent since 2013 according to [journalofethics.org](http://journalofethics.org). This only benefits the media, for when the people see countless, exemplary, figures it provokes an atmosphere of jealousy which motivates them to buy products from the media in hopes of achieving the same condition of the models they see. People resort to going on diets with very high costs, and take drugs such as weight loss pills that may have grave side effects to try and fulfill society’s thoughts on what someone’s body should look like. Industries wave their products at people, saying, if you pay for me, and use me, I will give you a mythical, “perfect body”, and, in turn, give you eternal happiness. Which brings us to our next point, on the disadvantages of constantly judging ourselves.

brings us to our next point, on the disadvantages of constantly judging ourselves.

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There are so many downsides when you constantly compare yourself to the so-called “perfect models” you see all the time. For example, you may easily get embarrassed, feel constant anxiety, feel low self-worth, low self-image, and low self esteem. The constant comparison and reminder of the unreal ideal body really affects your mental and physical health. According to [betterhealth.gov](http://betterhealth.gov), a low self-esteem can reduce the quality of a person's life in many different ways including experiencing negative feelings – the constant self-criticism can lead to persistent feelings of sadness, depression, anxiety, anger, shame, or guilt. The repetitive reminders may also cause you to stay in a constant state of doubt about who you are. Another mental issue that may develop due to that repetitive comparison is social anxiety. This means you might isolate yourself in fear that society will judge you because you don't have a matching image of the ideal body. You need social interaction on a daily basis. To be deprived of this is very unhealthy. There are numerous serious side effects of contrasting your own body to people who are thought to be quintessential and that you see persistently. Society's perspective of the ideal body is something that a lot of people want to fit into. We all wish to be one of those people - to be viewed as flawless or divine.

CNN says “these days, any sign of body imperfection, particularly being overweight, will bring down the wrath of society -- that is, the Internet. Recently, comedian Amy Schumer, actor Wentworth Miller and model Iskra Lawrence have all faced digital scrutiny of their bodies.” This is an example of how people's opinion on the “perfect body” affects us. When we don't fit into the category that people have made for us, we are immediately thought to be weird or different. Most of us have experienced this before. We've looked into the mirror and compared ourselves to that “perfect” image society and the media has placed in our heads. How can we convert society's mindset on this matter?



Unfortunately, there is no overnight solution to this. We can start by stopping. Stopping ourselves from comparing our bodies to those we see in Vogue magazine or on Instagram. Comparing ourselves to models that have most likely been enhanced by technology is like if Mohammad Ali's dad told him to be a singer and if Micheal Jackson's dad told him to be a boxer. It would be disastrous. When you go to research about changing your mindset, you'll get a lot of articles as search results. But, these articles don't really help us. They talk more about our emotions that will come with diets and exercise. This certainly doesn't imply that exercising is bad. Exercise is certainly important, but to do it just for a different appearance is not worth it.

Essentially, you should remember to be open minded and not compare yourself to others because you will only be putting yourself down and be consumed by society's expectations and opinions.

*Above all, believe in yourself and follow your dreams without constantly thinking about appearance. This will lead to a much better world for everyone!*



# HEALING FOR HUMANITY

THERE IS LIGHT AT THE END OF EVERY TUNNEL !!

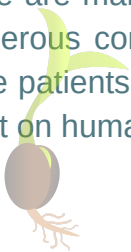
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By PSarvesh Rahul Mahadik

We are well aware of many problems that are prevalent in the world around us. Furthermore, most being Covid-19 pandemic along with other problems such as people facing health issues, people not getting enough food to eat, homelessness, kids being orphaned, etc. Every day we can see these issues commonly in society. Is there anything that we can do for society? Can we help to minimize their suffering?

A Covid-19 pandemic is an unexpected event that no one could have imagined spreading worldwide. The world got affected by it and a big lockdown started. People could not go out for months which made them lose their jobs, even friends and relatives could not visit each other, and the people lost their loved ones. In this lockdown doctors and nurses have been our heroes. They worked really hard to help and treat the patients without even thinking about themselves and their own families. They even sacrificed their own life while serving the patients. There were others who supported the health workers in their work for the people. They were front-line workers such as Public Safety, Food supply chain workers, Utilities, communications, and financial services workers, and many others who risked their lives to help people. We all are living in this pandemic and we need to help each other to slowly get through it. This would make healing for humanity because we will help and support each other.

There are many other issues in the community around us. Many kids and adults are struggling with very dangerous conditions such as cancer, COPD, cirrhosis, etc. With the rising cost of medical treatments, these patients need help from the people who are privileged to give back the society. This would have an effect on humanity.





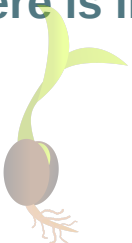
There are other issues that society is suffering from joblessness, homelessness. We should help them, but how do we help them? When we see this kind of people then we blame these people for their condition instead of trying to help them get on their feet. It's a society were wired to district people who we feel are not making a good contribution to the community. In the news and even in some movies homeless people are often portrayed as criminals and spread diseases. Thus, instead of blaming them for things that are beyond their control, we need to help them and we also need to change our attitude towards them.

They are humans just like us irrespective of their skin colors, gender identity, religion we all belong to the same race mankind. We share the same experience we must understand that we all get hungry, feel cold, and need someone to understand us. This is basic for all humans. We need each other to live in a society and we all should work towards helping each other to bridge the gap between the privileged and underprivileged people.

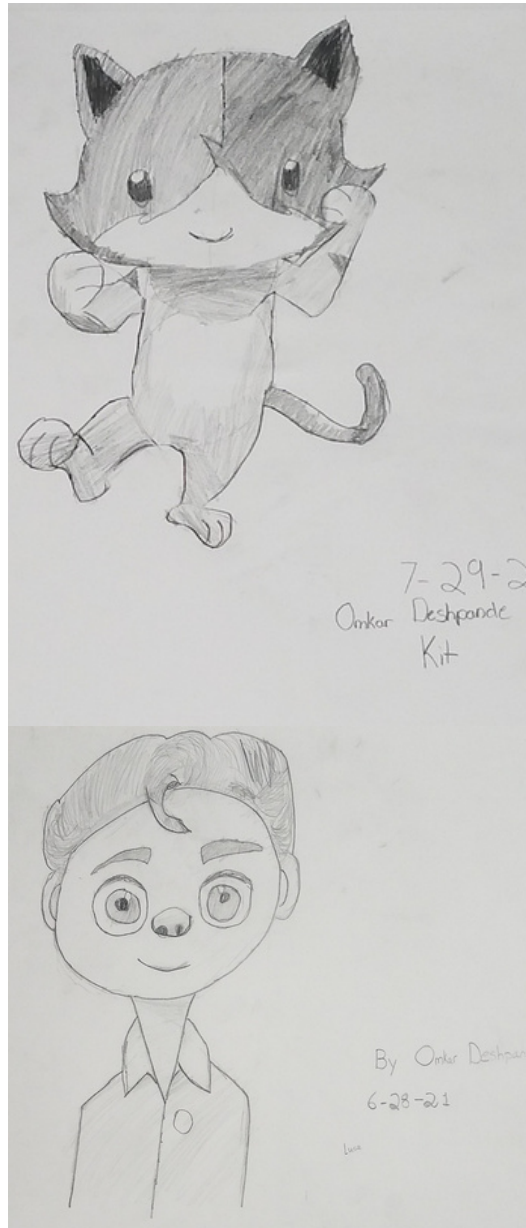
Further talking about humanity in the pandemic the nations united, every country is on the ball and trying its best to face this inevitable situation. Everyone regardless of the country's size is chipping in. While France and Germany donated medical equipment; China sent its medical team to Italy. India also decided to help the world by allowing the export of hydroxychloroquine (HCQ). The United States has announced monetary assistance to some countries.

If someone is blessed and have the resource to help others then we should use them to benefit the community. Even a small token of happiness given to others brings a great deal of joy to us and any kind of helping out go a long way to spread of worth of goodness around us. It is our chance to make difference in other people's lives and to change the world to make it a better place. When we help and work together it heels humanity.

**There is light at the end of every tunnel !!**



# KIDS ART WORK



Omkar Deshpande



# IAB DIWALI YOUNG ENTREPRENEURS



I am Ayush Agrawal, and I am a sophomore at Burlington High School. It was a pleasure to volunteer at the Indian Americans for Burlington (IAB) Diwali event. I was the coordinator for the entire group of young entrepreneurs. It was an amazing opportunity to mentor the young entrepreneurs on their journey. I had a great time getting to know them and had the opportunity to speak with them at the live event. In the future, I hope to coordinate and volunteer for IAB.

## YOUTH LIASON

Ayush Agrawal



# IAB DIWALI YOUNG ENTREPRENEURS



Young entrepreneurs **Advik Mathur (Grade 3)** and **Pranit Mathur (Grade 2)** got the kids (and grown-ups!) to toss some bean bags to try and win some exciting prizes like Xbox wireless Controller and Patriots Bluetooth speakers. And all for a good cause - they pledged 100% of their net proceeds to 'People Helping People' (PHP), a local charity of Burlington supported by IAB. Thanks to everyone who supported their endeavor !

**AHAAN  
BALANTRAPU**  
Face Painting



# IAB DIWALI YOUNG ENTREPRENEURS



**ROHAN AND NEEV  
MC3D**

Coding Course & 3D Printing

**AAVIR & FRIENDS**  
Handicraft keychains



# IAB DIWALI YOUNG ENTREPRENEURS



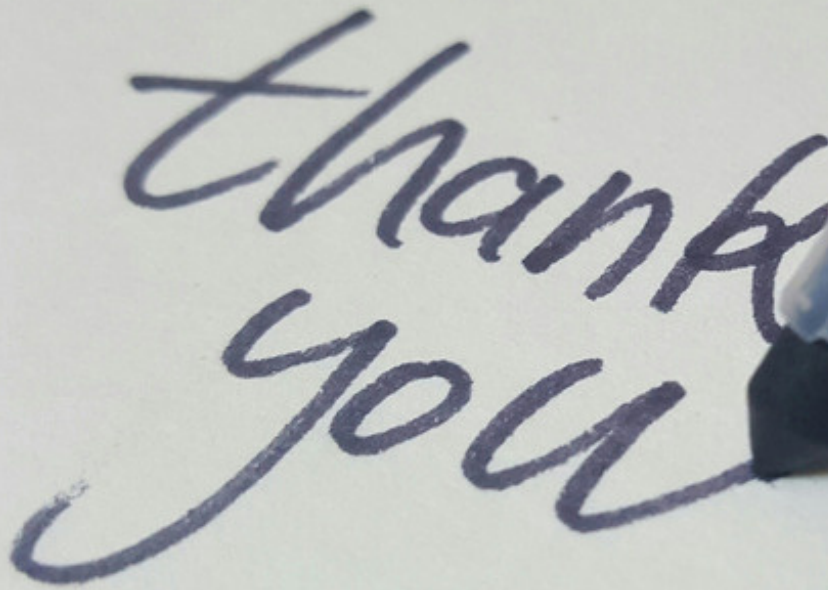
**RISHITHA RAVI  
RISHU'S ART CORNER**

Quilling jewelry, terrarium,  
stands for display and some  
small crafts.

**KRITIKA AND KANIKA  
AGARWALA**

Diwali themed craft kits





thank  
you

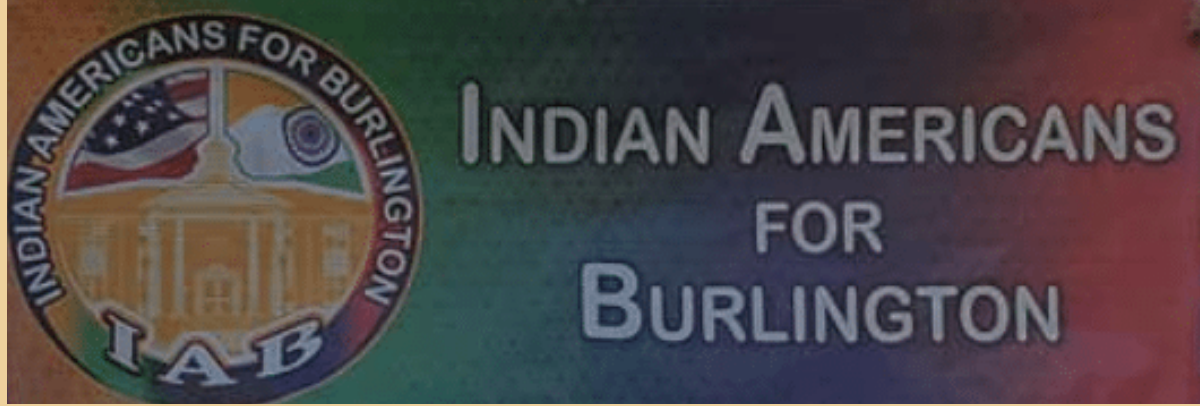


For All your Love &  
Support for IAB

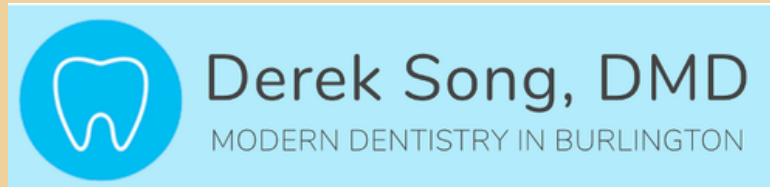


- **Town of Burlington & The Board of Selectmen** for their whole-hearted support year after year.
- **Burlington Public Library** for coordinating & facilitating events & meetings
- **BCAT & Lokvani** for being our Media Partners.
- **Our Sponsors** for their generosity and support.

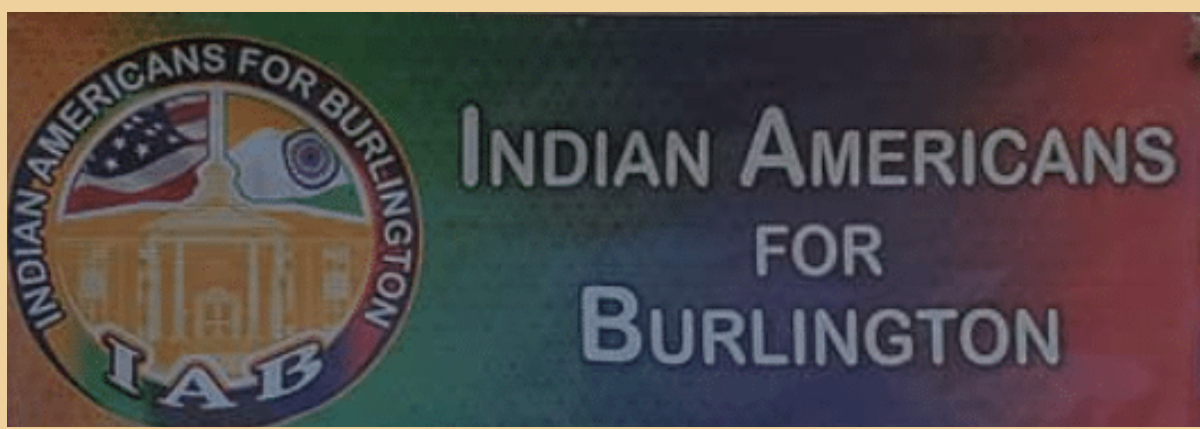
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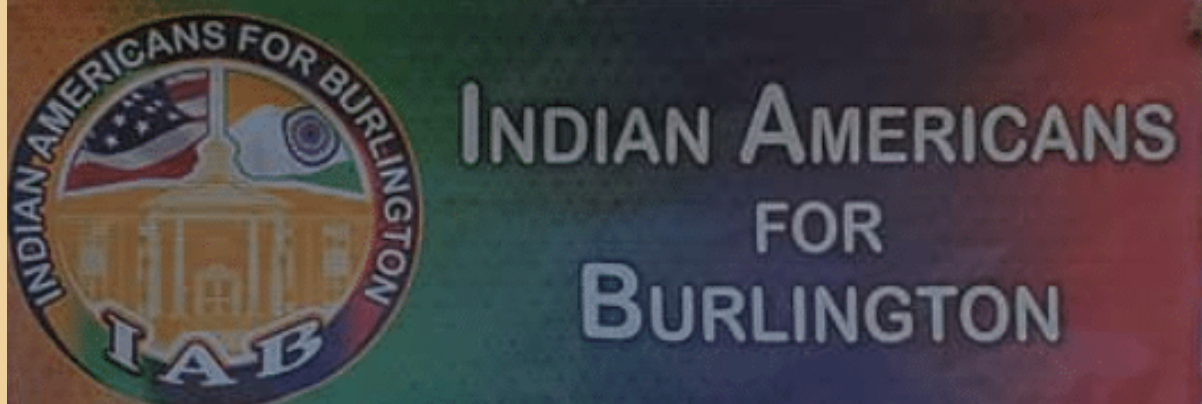


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# GOLD SPONSORS

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SILVER  
**SPONSORS**







*Thank you  
to Performers*



- **Navneet Momi**-Kids Fashion Show
- **Mouli Pal**-Ganesh Vandana Odissi Classical
- **Anuprabha Dandapat**-Singing Songs
- **Moumita Banerjee(Tarana School of Kathak) & Students**-Prayer for Healing Humanity
- **Mona Mitra (Mona's Dance Academy) & Student**-Shiva Vandana & Instrumental Music
- **Swasti and Aanvi Bhargava**-“Mila Jo Sang Tera”-  
Mother Daughter
- **Devika Dhawan & Pari Amin (DFD Dance Academy) & Students**- Bollywood Medley
- **Tara Rachel Jones**-Musical Yoga Demonstration



*Thank you Volunteers  
for helping us !!*

- Rajasthan state presentation by **Prerna Mathur.**
- Maharashtra state presentation by **Prerna Joshi and Akshara Agarwal.**
- Gujrat state presentation by **Amisha Soni, Eesha Soni and Samira Patel.**
- Tamil Nadu state presentation by **Vasantha Kannan and Sujatha, Vijaya.**
- Bengal state presentation by **Andy tapaswi and Rahul Roy.**
- Punjab state presentation by **Peelu Kumar and Jharna Varshney.**
- Gazebo Decoration by **Raksha soni, Renu Katta, Smita Kapadia, Minal Shingavi and Shubhangi Mali**
- MCEE-Nitin Kumar, **Shefali Bakre and Ranjani Saigal**
- IAB membership table: **Vinita Shah.**
- Other Setup: **Ansh Bhammar, Sachin Yeola, Atul Bhamar, Nilesh Agrawal, Dev Dutta, Puneet Mohan and Neil Bhammar**



# *Kudos to Team IAB!*

- **President Shital Bhammar** for her high energy and bringing a collaborative spirit in the team.
- **Secretary Shweta Mathur** for her dynamic overall management & coordination
- **Treasurer Indra Deb** for his leadership in IAB finance and accounting
- **Gini Pookottil** for managing vendors and sponsors
- **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
- **Deepa Agrawal** for media publicity, Diwali decorations & IAB eMagazine and online support
- **Khushboo Goel** for the online support always

# Volunteer Appreciation & Town Election Candidates Meet & Greet



## Volunteer Appreciation

For granted the very things that most deserve our gratitude are the volunteers who made each of our events a roaring success. We give you the Opportunity to thank & felicitate YOU!

## Town Election Candidates Meet & Greet

As an active engagement endeavor, we want to extend our hands to support our town election candidates. We want to be around people who pledge to do things for the betterment of our town!

# BOOK SALE FOR INDIA

The current situation in India is dire and India is facing one of the worst COVID outbreaks in the history of the pandemic. Burlington and New England Community organizations are joining hands to support in this need of the hour. All proceeds will be donated to American India Foundation for COVID response initiatives (<https://aif.org/>)

Book your goodies & donate generously at <https://forms.gle/fUK4aZPaCuH6Cq878>

Event: May 23rd 11AM to 1PM at Burlington Town Common

Organizing organizations - Saheli, IAB, BEC, Burlington Rotary Club, FISCO and other local organizations.



SATURDAY MARCH 27TH, 2020 AT 10:00 AM


## Megha Math Coaching Presentation Let's Build Confidence

Helping children understand the concept of self-talk and what negative self-talk looks like. This program focuses on changing the way children talk to themselves with the help of their parents.

SIGNUPS BEGIN ON SATURDAY MAR 20 AT 10:00 AM. A LINK WILL BE EMAILED A COUPLE OF DAYS BEFORE THE PROGRAM ON SATURDAY MAR 27.

Only for Students in Grades 1-5






Get ready for your Diwali festivities  
**You are Invited**  
**IAB Diwali 2021**

SUNDAY, 26 SEPTEMBER 2021,  
VENUE: BURLINGTON COMMONS

4.00 pm	Diwali Exhibitions
4.30 pm	Songs and Dances
6.30 pm	Aakash Pradip/Tree lighting

Enjoy shopping from our speciality vendors



**IAB Diwali 2021**  
Sunday, Sept 26th 14:00 pm - 7:00 pm  
AT BURLINGTON COMMONS

We all are excited for IAB Diwali 2021  
Are you wondering what to do when you are bored?

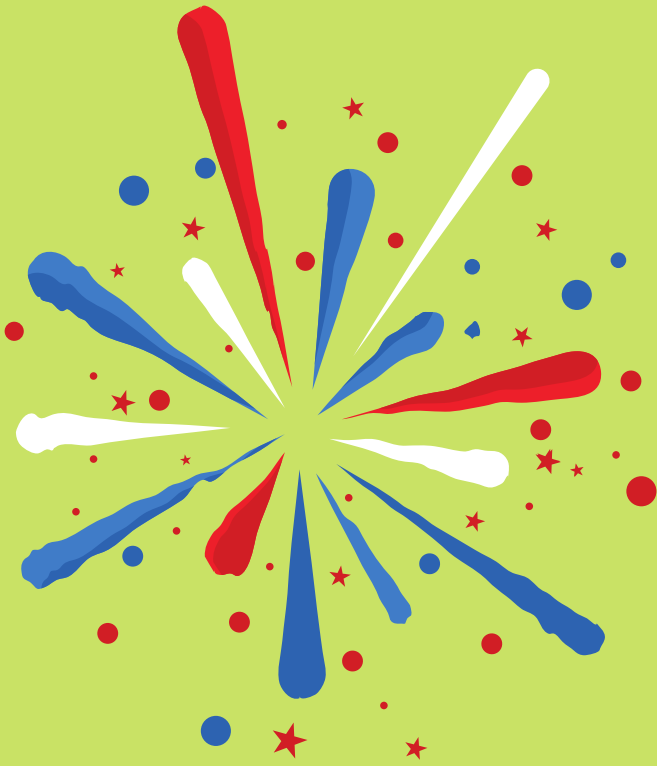
Take pictures at Town Common Gazebo beautifully decorated with "Healing for Humanity"

Take a trip to India - Visit exhibitions from different states of India about different cultures, food, art and festivals from each state.





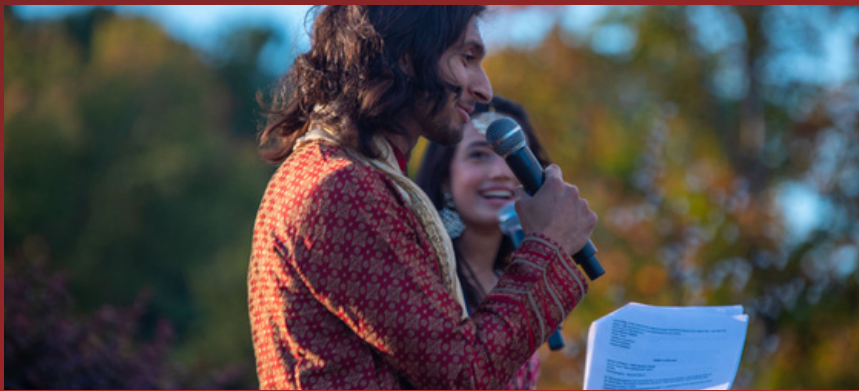
# INDIAN AMERICANS FOR BURLINGTON





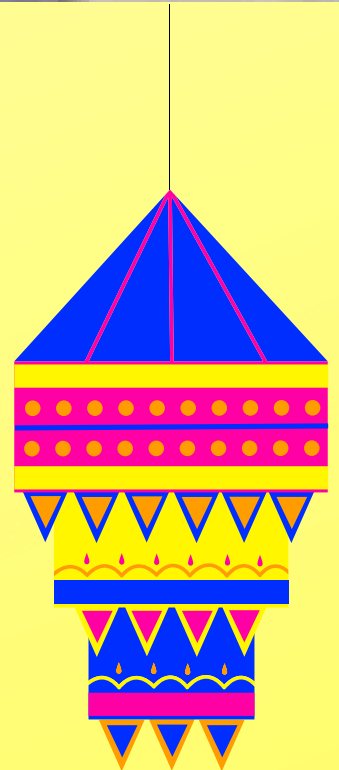
# IAB Diwali 2021

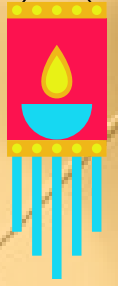














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