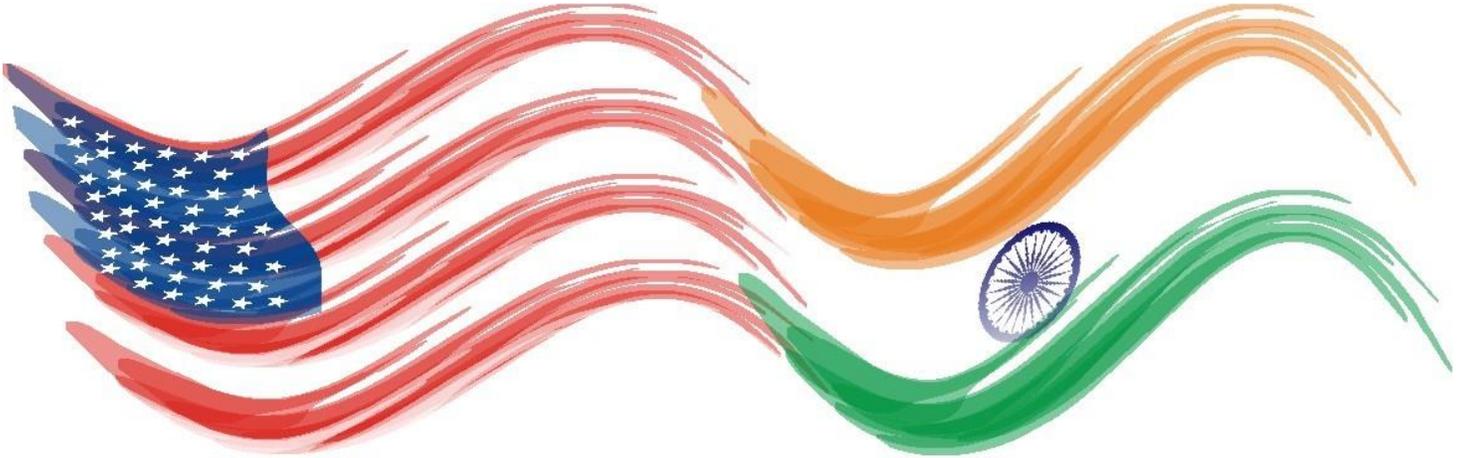


S P R I N G 2 0 1 7

# Indus Fusion

A Non-Profit Organization



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## About Indus Fusion

- **By Indus Fusion Committee**

Indus Fusion is a non-profit organization incorporated in the State of Texas with federal exempt 501(c) (3) status. The organization was founded in 2016 with a mission of enriching sports, arts and culture within the community.

The organization provides a forum for its members to meet, exchange views and foster friendship, goodwill, and, understanding as well as provide opportunities for cultural and, social activities.

By providing a platform for their artistic expression, Indus Fusion actively encourages the participation of artists of all ages. This helps keep them connected with their cultural heritage. In future we plan to host other events, such as food festivals, sports events, and public speaking workshops to name a few.



## Our Mission

We aspire to provide a common identity to the Indian community and facilitate cultural, social and educational services and, opportunities for integration within the community. Our intent is to encourage activities that enhance mutual understanding and appreciation between the Indo-American community and mainstream American community.

Our goal is to enroll at least 250 members and have representatives from Pine Mill Ranch, Cardiff Ranch, Cinco Ranch, Churchill Farms and Silver Ranch neighborhoods to recruit new members.

## Executive Committee

Indus Fusion is governed by a six member Executive Committee consisting of professionals, who speak different languages, come from different backgrounds, and are a microcosm of the unity-in-diversity; that is India. Indus Fusion thrives because of the dedication and hard work of its volunteers and the continued enthusiastic support from Fulshear and neighboring communities. The organization looks forward to continue working to fulfill its mission in the years to come.

- **Anu Byragani**

- **Ilankuzhali Mani**

- **Mythili Ramachandran**

- **Priti Moghe**

- **Susan Fernandes**

- **Vineeta Juthani**



(L to R) Vineeta Juthani, Susan Fernandes, Ilankuzhali Mani, Mythili Ramachandran, Anu Byragani, Priti Moghe

## Ilan's Inspiration

Welcome,

I am still amazed at how all this turned out from a small gathering of friends into a NPO! When you realize more hands had come forward together with passion and self-motivation - this proves that sky is the limit! That's how we went forward and formed Indus Fusion.



It is really inspiring to see the involvement of volunteers coming forward for enrichment of art, culture and most importantly, community service in the minds of our youngsters. When I say community service, it's not just helping the homeless, feeding the poor or cleaning the neighborhood. It is mainly cultivating the habit of giving back to the community, in our youth. We are very proud to say that many of our founders have been volunteering in the community for years. And that's the very reason why we formed this organization with one thing in mind - "To be united, to work-together to make a difference". We are from a nation with different regional borders and multiple languages, yet united in one motto - UNITY IN DIVERSITY. We demonstrate to the future generation, how we join our hands to cross all the barriers, be it race, religion, caste or language.

We plan all the events in a way to educate our succeeding generation and reinforce moral, cultural and family values that can easily register in their young mind.

With this note, I wholeheartedly thank each member for encouraging us in every possible way. I also extend my appreciation to our sponsors and donors for their generous support in making a difference in the lives of many.

My humble acknowledgement to all the founders and their families for working day and night to plan and execute all the events facilitating our mission. I enjoy being part of this organization! We have an amazing group of talented people who are open to new ideas, love to play with kids and, learn from one another every day!

Sincerely,

Ilankuzhali Mani  
Founder-Indus Fusion

## Events

### Indus Fusion Inauguration Ceremony

- Ramachandran Iyer

The Indus Fusion inaugural event was held on January 28, 2016 at Irene Stern Community Hall, Fulshear, Texas.

The event was initiated by the lamp-lighting ceremony and singing the national anthem of India followed by the American national anthem. Next, we welcomed our new members and communicated the purpose and goals of Indus Fusion. The cultural events were next, with a Bhajan and Vande Mataram song by students of the “**Alankaar Music School**”, founded by **Anindita Roy**. The evening was further enriched by **Vidya Raja** performing a Varnam and subsequently a Kathak dance by **Neha Pendse**. Vidya Raja also performed a Bharatnatyam dance. **Nidhi Addanki** concluded the cultural events by singing an independence themed medley.



The founding members of Indus Fusion and their spouses were introduced to the audience. The annual event plan for the year 2017 was presented, followed by volunteering opportunities for everyone inviting more involvement with the community and the organization. The interactive game for adults helped break the ice, initiating familiarity among members. The kids loved the musical "box" game where chairs were replaced by cartons. The rules were tweaked as well, to make the game interesting. These activities were followed by a sumptuous dinner and dessert. The evening was concluded by thanking the sponsors and volunteers who helped making the event a grand success.

We would specially like to thank our silver sponsor AIS Insurance Services for supporting us.



## Public Speaking Workshop

- Susan Fernandes

Our first event "Public Speaking workshop" was held on March 05 and March 26, 2017 at 24948 FM 1093 Ste 215, Richmond, TX 77406 which was a wonderful experience and a great success!!!

We had a strong and enthusiastic participation of students which made the event a memorable experience. Apart from serving as a great platform to learn, the workshop also taught self-confidence and how to overcome stage fear.



We are very thankful for the support from **Capt. Joseph Lobo** for mentoring the workshop and, **Mr. Tony Teo** for judging the presentations of the participants.

Each participant was outstanding in his/her presentation. They were recognized with certificates. Medals were awarded to the best three winners.

This would not have been possible without the support of our members, parents and the youth. Your positive support and interest is the "key towards making our organization a success."

We would like to thank Wal-Mart for their generous donation for this workshop.

Below are the feedbacks received from our attendees/parents. Thank you once again, and we look forward to your continued support.



### FEEDBACK



Cartoon Feedback by Pavithra Krishnan

Thank you so much for creating a forum where our kids are being given an opportunity to express themselves & to test their capabilities. Having said this I was very happy with your first workshop on public speaking. Capt. Lobo was very able & friendly host & was able to effectively reach out to kids in a short time. I look forward to many such learning skills workshops & activities from your team in future & wishing you all the very best.

Thanks & Regards,  
Supriya Vivek Manjrekar

## Volunteer Profiles

### Captain Joseph Lobo

Captain Joseph “Joe” Lobo is from Mumbai, India. He joined the merchant marine in India in 1971. He has sailed all the oceans of the world, visiting almost every maritime nation in his 35 years of maritime experience. During his tenure he has commanded numerous types of ships and crews of over 30 people.

He came with his family to USA in 1993 and since then has sailed in the US Merchant Marine and continues to hold the title of USA’s only Indian-born Captain to date. From 1994 to 2006 Captain Lobo taught navigation and advanced ship handling in the STAR Center Naval Academy in Fort Lauderdale, Florida, to US merchant marine officers and the cruise industry in Miami.

Since 2007 Captain Lobo had worked in Houston for BP’s LNG division.



### Tony Teo

Tony is the LNG Business Director for Keppel in North America. He has over 37 years of experience (5 years in ABS, 30 years in DNV.GL and 2 years in Keppel) in the maritime industry including leadership positions at DNV.GL in USA and Qatar.

In DNV.GL Tony has trained many colleagues in Cap Gemini’s relationship based selling. He has delivered key note speeches, chaired conferences and presented over one hundred papers at Liquefied Natural Gas (LNG) conferences.

He graduated with a B.Sc. (1st class honors) in Naval Architecture & Ocean Engineering from the University of Glasgow and has completed executive business education at IMD, Switzerland. Over the past 16 years, Tony has extensively been involved in marketing and selling LNG and ship energy efficiency technologies to customers.

Tony is a SNAME fellow, a RINA member, a chartered engineer (UK) and an advisory board member at the Texas A&M University at Galveston. He chairs workgroups on portable LNG tanks and LNG tanks gap analyses for Chemical Transportation Advisory Committee (CTAC) providing technical advice to the United States Coast Guard (USCG) on LNG rule making.



## Youth Corner



### Ode to "Beautiful woods"

- Gianna Fernandes

Oh, flourish vividly with winter dew,  
 that's painted in Earth's own blue, that's spacious in the silent light  
 Wins the chilly and frosted night.  
 Oh, please don't come when daisies lean  
 O'er lost bayou's haven't seen.  
 Maybe daffodils, in blue.  
 Do, creep over the red robin nest.

When it's late, and all alone  
 When woods are empty and winged creatures have gone,  
 And frost and short weeks go by.  
 And the old year is drawing to its end  
 Then adore the beautiful and silent heart.  
 Peek through the slender sky.  
 The blue sky, oh, the blue sky  
 as if the sky was about to fall.  
 A petunia from its cobalt wall.

I would state, when I will experience the time of death come closer to me.



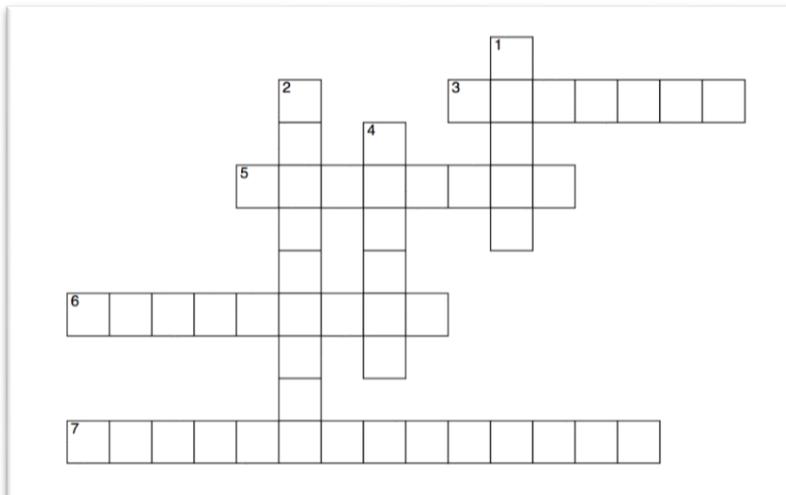
- Art by Gianna Fernandes

## Indus Fusion Sports Academy

- Sanika Dutta

Hello, I would like to introduce you to the Indus Fusion sports academy. I will be coaching the basketball team, let me tell you little bit about me, I am a freshman at Tompkins High School and have 7 years of experience with playing basketball, I started playing at the age of 8, and I think that basketball is an amazing team sport. It builds an independent character and help out in time management, it'll also keep you in shape, Basketball is a team sport, so therefore it will help work with other kids and respect the team work, this game is about Team, no individual can win the game hence it need a better coordination and respect each other.

I would like to share my Basketball experience and learning with all of you.



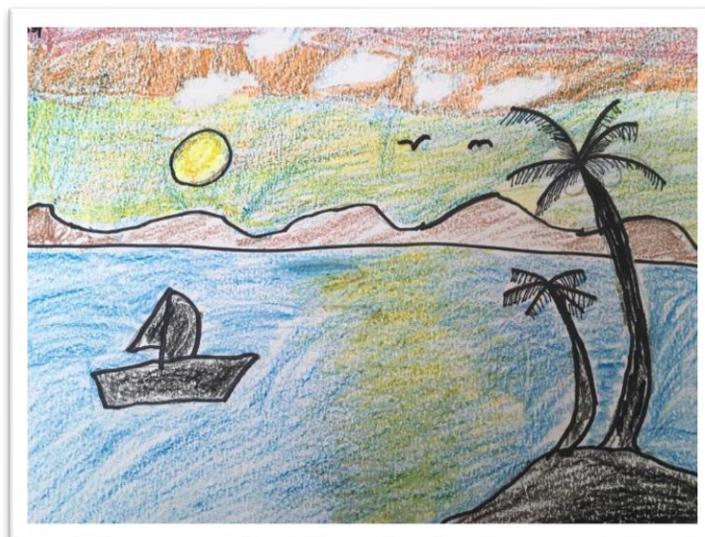
### CROSSWORD CLUES

#### ACROSS

- 3 Derived from the Sanskrit word champu, which means to massage, this hair care method was invented in India.
- 5 Oldest continuously habituated city in the world.
- 6 Animal producing the loudest sound of up to 188 decibels.
- 7 US's most ethnically diverse county.

#### DOWN

- 1 Board game invented in India.
- 2 Objects with gravity so strong that nothing can escape, even light.
- 4 A multi-billion electrical goods company, named after its original owner, Haveli Ram Gupta.



- Art by Adhav Kesavan

## A Little About India

Festivals are a portentous part of the Indian culture and, India has been rightly called the “Land of Festivals!” We, Indians, believe that life should be celebrated and festivals are the means to bring enthusiasm and celebration in life.

The diverse array of culture and religion in India gives way to numerous festivals celebrated across the country. Just like the country, Indian festivals are rich in history and narrate a colorful story.

### Holi – Festival of Colors

- Chhavi Varma

Known as ‘Festival of colors’ worldwide, Holi is one of the most spirited festivals of India. Holi is celebrated with great gusto on the full moon day in month of Phalgun (mostly month of March as per Gregorian calendar.) Holi also announces the passing of winter and arrival of the vibrant and colorful spring! On this vivacious day people smear gulal and abeer (colored powder) on each other, sing and dance, eat and unite in enjoyment, bridging



The day before this play of colors is called Holika Dahan or chhoti holi and is observed by burning the holi pyre to celebrate the victory of good over evil.

There are many mythological legends related to the celebration of Holi. The most well-known is the story of Prahlad and Hiranyakashyapu. Hiranyakashyapu, a powerful demon king, after being blessed with a boon that made him practically invincible, became arrogant and wanted to rule the world. To his great displeasure, his son Prahlad was a stout devotee of Lord Vishnu. Outraged by his unfaltering devotion to Lord Vishnu, Hiranyakashyapu asked Holika, his demon sister to take Prahlad on her lap and sit on a pyre. Holika had a blessing to remain unharmed by fire. However, following her brother's wish, when she performed the act, it was Prahlad who came out unscathed while Holika burnt to ashes. This festival gets its name ‘Holi’ from this legend of Holika. The bonfire lit on chhoti Holi is a symbolic representation of burning of one's negative thoughts, traits and desires.

Another legend related to Holi tells us the story of Shiva. After the demise of Goddess Sati, her disgruntled husband Lord Shiva, renounced all his duties and went into a deep meditation in the Himalayas. The balance of the universe soon crumbled in his absence and Sati took rebirth as Parvati to bring Shiva back. When Shiva did not respond to her efforts Goddess Parvati asked for help from Kamdev, the God of love in Indian mythology. Aggravated by Kamdev's intrusion in his meditation Shiva opened his third eye and reduced Kamdev to ashes. It is believed that Kamdev sacrificed himself for the good of all beings on this auspicious day of Holi. This legend gave birth to the custom of offering sandalwood paste to Kamdev to soothe his burns and, is still observed in many regions in India.

The most popular of these legends relating to this exuberant festival, is the legend of Radha and Krishna. It is said that when Krishna was a young lad he often complained about the color of his dark skin, comparing it to Radha's light skin. Tired of his complaints, Krishna's mother Yashoda, suggested that he could smear color on Radha's face to change it to the color of his choice. Krishna did just as suggested, paving way to this colorful festival of Holi.

For centuries, Holi has been celebrated with same fervor and devotion among the Indian community! Because of its fun, festive character and universal appeal Holi is now gaining popularity in other countries around the globe, spreading the colors of unity, peace, and love.

## Ram Navami and Baisakhi/Vaisakhi

- Smita Dwivedi



- Art by Stavva

Come April and we resort to jubilate in more festivities with Ram Navmi and Baisakhi/Vaisakhi.

Ram Navami or the birthday of Lord Ram, (the seventh avatar of Lord Vishnu,) is celebrated on the ninth day of the month of Chaitra (March/April) according to the Hindu calendar.

It coincides with spring (Vasant) Navratri or Chaitra Durga Puja. Hence, the festival spans over nine days. An important part of the Ram Navmi celebration is the famous Rathayatra, the chariot processions, also known as Shobha yatra of Rama, Sita, Lakshaman and, Lord Hanuman.

Baisakhi, is the harvest festival celebrated across India. Baisakhi or Vaisakhi is the first day of the Hindu month of Vaishakh. Celebrated as New Year in several states, the festival has different yet significant values across the different regions of India.

Known by different names, Poila Baisakh or Naba Barsha in Bengal, Vishu in Kerala, Puthandu in Tamil Nadu, Bishu in Karnataka, Rongali Bihu in Assam, Vaisakha in Bihar and Baisakhi in Punjab; this is an auspicious time of the year and also marks the Solar New Year. The celebrations include sacred rituals in households and temples, elaborate, traditional cuisines and jubilant and colorful fairs or "melas."

Baisakhi is especially significant in the history of Sikhism. The historic formation of the Khalsa Panth, (Brotherhood of Saint Soldiers to fight against tyranny and oppression) dates back to the year 1699 by the tenth Sikh Guru, Guru Gobind Singh thereby marking Baisakhi as the Sikh New Year!

An interesting fact about Baisakhi is that it is always celebrated on April 13 but, once in thirty-six years the date changes to April 14!

## Our Spring Spotlight

**Madhura Sankar** is a well known Carnatic musician in Katy. She started her initial tutelage in Carnatic music with her mother at the age of five.

She continued her learning under Smt. Mythili Veeraragavan, one of the disciples of T. R. Subramaniam, a famous Carnatic vocalist. She further groomed her musical knowledge under the guidance of Shri G. N. Desikan, while pursuing her studies in Electrical Engineering.



She was a grade artist in All India Radio (AIR) and has given countless number of concerts and won many awards in music competitions. She moved to Houston after marriage and lives in Pine Mill Ranch sub-division in Katy with her family. She runs a music school “**ShruthiLaya**” in Katy offering music lessons to adults and kids. Please reach her at +1 (713) 492-3685 for music lessons.



Book Folding



Origami



- By Pranav Sundar

**Did you enjoy the newsletter?**

**If you have something to share with us, we would love to publish it. Please send entries to [indusfusionnewsletter@gmail.com](mailto:indusfusionnewsletter@gmail.com)**

## Health & Lifestyle

### Exploring Acupuncture with Eileen van Vulpen

- Smita Dwivedi



Acupuncture is a form of traditional Chinese medicine. It is one of the oldest alternative therapies of the world. It is based on the theory that energy (chi,) flows through the body along pathways called meridians. When chi is blocked or imbalanced due to some factors, it triggers a health problem or illness. Acupuncture helps by eliminating the blockage and restoring balance back to the body thereby eliminating the illness.

The treatment involves the insertion of fine needles at specific points along the body's meridian pathways, which are the channels through which the body's energy flows. Acupuncture is a holistic, safe and effective method of treatment that has proven to yield impressive results. Acupuncture also promotes the body's remarkable self-healing abilities.

#### **OUR TIP FOR SPRING**

Keep bugs at bay with essential oils! Mix and match - Lemon eucalyptus, camphor, citronella, peppermint, geranium, tea tree, and lemongrass; add witch hazel, carrier oil (sweet almond/coconut,) spray, Enjoy!!

[Eileen van Vulpen, PhD, Lac](#), is a licensed acupuncturist/herbalist, owner and, practitioner at [The Ginkgo Tree Acupuncture and Oriental Medicine](#). She earned her Master's Degree in Acupuncture & Oriental Medicine from the American College of Acupuncture & Oriental Medicine (ACAOM) in Houston. Eileen has also worked in western research. She completed her Ph.D. in Neuroscience before studying traditional Chinese Medicine.

Eileen says that acupuncture and cupping work the whole body by opening energy pathways. They stimulate the nervous system, increase the range of motion, renew energy and vitality and induce a general sense of calm and well-being. Eileen treats patients for conditions such as - pain management, stress, and anxiety, female issues including PCOS, infertility, digestive disorders, allergies, asthma, and a lot more. She says that success rate is good and varies in different individuals. Her first consultation consists of getting a complete background of the patient's lifestyle and health history in addition to the main ailment they are seeking treatment for. Many patients report an overall improvement in general health and sleep cycles in the process of treatment for their ailments.

"The beauty of Chinese Medicine (besides no harmful side effects,) is that acupuncture and Chinese herbs can treat anything under the sun. Whether it is Bell's palsy, common cold, sweaty feet, cancer support, digestive issues, or something else, acupuncture can make a big difference," says Eileen van Vulpen.

Since there are hardly any negative side effects, acupuncture is a good option for pediatric patients as well. Research has proven that acupuncture is effective in a variety of areas, including pain relief during injection of local anesthetic in children. Acupuncture stimulation of specific points has shown to result in analgesic effects in patients experiencing acute pain.

Acupuncture can be used by itself or as Integrative health care. If a condition or an illness requires allopathic treatment, acupuncture can actually complement allopathic or western healthcare, can add to its effectiveness, and subside side effects. Integrative health care is becoming increasingly prevalent in today's world. It brings conventional and complementary approaches together to benefit patients.



## Save the Date!

### Seminar on College Funding

**May 13, 2017 6:30 – 8:30 PM**

Irene Stern Community Center  
6920 Katy-Fulshear Rd, Fulshear, TX 77441

Reservations are required. Please RSVP at [www.indusfusion.org](http://www.indusfusion.org) and be automatically entered to a drawing for raffle prize and door prizes. Raffle prize winner gets an 18K gold plate. Complimentary dinner provided.

## Workshops/Programs Planned for the year 2017

- Public Speaking Workshop - Conducted in March
- Warli Art Workshop - June 10 and June 17, 2017
- Culinary Workshop
- Sporting Event

## Events Planned for the year 2017

- Picnic/Camping
- Sports Event for Kids – Summer
- Diwali Event
- Utsav (Food and Cultural Festival)
- Feed the Homeless (Thanksgiving)

### **CROSSWORD ANSWERS**

ACROSS: 3 - SHAMPOO; 5 - VARANASI; 6 - BLUE WHALE; 7 - FORT BEND COUNTY  
DOWN: 1 - CHESS; 2 - BLACK HOLE; 4 - HAVELL

# Committee Members

Sports:	Kesavan Sethuraman, Rosevelt Fernandes
New memberships:	
Cross Creek Ranch:	Mythili Ramachandran
Pine Mill Ranch:	Sanjay Dutta, Swati Dutta
Cardiff Ranch:	Ganesh Guru
Silver Ranch:	Open
Cinco Ranch:	Open
Churchill Farms:	Open
Westheimer Lakes:	Open
Newsletter:	Smita Dwivedi, Chhavi Varma
Cultural Events:	Mythili Ramachandran, Anu Byragani
Volunteering:	Priti Moghe, Rishi Moghe
Sponsorships/donations:	Susan Fernandes
Media and social networking:	Ilankuzhali Mani, Kesavan Sethuraman
Event Planning:	Meenakshi Sundaram, Raj Balakrishnan, Ramachandran Iyer



Thank You!

**We would like to thank New York Life insurance for being our platinum sponsor for the year and also to AIS for being the silver sponsor. Thank you for your support!**

**We would also like to thank Print & Design for their generous support towards the organization!**

We would love to hear from you. Send us your feedback @ [indusfusionnewsletter@gmail.com](mailto:indusfusionnewsletter@gmail.com).

Connect with us at:

