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Chakra Magazine 2023



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President's Letter By Jaisen Mody

Welcome all to India Festival at Pioneer Square, August 6, 2023!

On this day we proudly honor India's 76th anniversary of Independence and commemorate the birth of the world's largest democracy. We are excited to celebrate India's rich culture and arts with an incredible array of food, arts, entertainment, and more. Join us for wonderful performances of classical, folk, and contemporary dances and music. And there's more than just a feast for the senses--be sure to visit our many vendors to sample the delicious cuisine of tandoori chicken, dosas, mango lassis, and other mouth-watering treats for every palate. We appreciate your support of all our fantastic contributors.

The India Festival is family friendly. Children can visit the CULTURAL and KIDS BOOTH to take part in fun, creative activities. Groups of all ages will enjoy live demonstrations as well as other types of festival experiences throughout the day. The India Festival is another important opportunity for younger generations to learn about and embrace their Indian heritage. We've found that participating in the festival bolsters leadership skills, which makes a lasting impact in preparing young people for successful, bright futures. We love to see former attendees and past performers lending their support for the ICA. We appreciate and remain grateful for all your continued engagement!

Of course none of this would be possible without the ongoing support, commitment, and hard work of numerous individuals and groups. For more than three decades the community of Portland has remained welcoming and engaged with this festival. A special shout out to the parents who have worked hard alongside their children to prepare for this program. Our volunteers are amazing and have dedicated a countless number of hours to make this event a success. KUDOS TO THEM!! I cannot thank them enough for their efforts.

I also extend deep gratitude to our Chakra team for doing an exceptional job in compiling this magazine. We are thrilled with their good work. For many years, Chakra has served as an important resource for those who are interested in discovering and learning about the Indian community in Portland. Please get to know our magazine, which includes information on our local businesses as well as wonderful articles written by our vibrant Portland community.

Our sponsors are invaluable partners and we would like to recognize their ongoing efforts. Thank you RACC, PDX A1, Mavensoft, Oregon Marathi Mandal, Portland Gujarati Samaj, Oregon Community Grant, Multnomah county cultural coalition and Oregon Health Insurance Marketplace. We also extend our sincere thanks to the amazing vendors. Your involvement at the festival as well as generous donations and promotional support in Chakra and elsewhere makes an extraordinary difference in the quality of this event. We are happy to have you!

With your ongoing support, we look forward to hosting the India Festival for many years to come. Interested in getting more involved? We are inviting volunteers to work on organizing the 2024 festival. Please spread the word and stop by our ICA booth to learn more.

Thank you! We look forward to enjoying a fun, safe, and exciting 2023 festival with you all!
Jaisen Mody
President, ICA

ICA thanks our generous partners !

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ICA INDIA FESTIVAL

AUGUST 6TH 2023

PIONEER COURTHOUSE SQUARE, PORTLAND OREGON

- ❖ 11am - 11:30am Opening Ceremony
- ❖ 11:30am - 8:30pm Cultural Bonanza (Performances of classical, folk and contemporary dance and music, food, shopping & more)



India Cultural Booth Programs



- ❖ Kids Corner - Various Fun throughout the day, including Face Painting, Drawing/ Coloring and Board Games.
- ❖ Quiz for Kids. These will be announced and conducted between performances. 4-5 times during our day of festivity
- ❖ Participate in Art, Craft and other fun activities for all
 - 11am - 1pm Make a hand fan and decorate it
 - 1pm - 4pm Mehendi. All natural henna hand painting by our expert local volunteer artists
 - 4pm - 5pm Rangoli demonstration (Decorative drawings made during festivals). See the demonstration and then you get to try it yourself

***Thank you RACC (Regional Arts and Culture Council) of Oregon
for your generous funding of the ICA cultural booth***

Gujarati Samaj of Portland is a Proud Partner of India Cultural Association

Our Vision

Preserve Gujarati cultural and linguistic heritage through diversity and sense of belonging for the upcoming and future generations of the membership.

Our Mission

Preserve and promote Gujarati heritage by providing exposure and opportunity to the membership.

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Community Recognition

Many Congratulations to our Portland Indian Community members for their outstanding achievements! KUDOS!!!

2023 Presidential scholar:

Rishab Jain, a senior at Westview High, has been named one of the 161 U.S. Presidential Scholars. The White House Commission on Presidential Scholars selects scholars annually based on their academic success, artistic and technical excellence, essays, school evaluations and transcripts, as well as commitment to community service.

Spelling bee National finalists from Oregon:

Aneesh Malyavanatham, Anika Malyavanatham, Anirudh Thodupunuri, Ansh Garg, Anshul Mantri, Ariyan Venkat, Arnav Sudarshan, Lasya Sudarshan, Logan Bisht, Madhava Kurella, Rajanya Paul, Saketh Vasala, Satvik Kushwaha, Shreya Andey, Srihaas Mallajosyula

Our community members who made it to Forbes 30 under 30:

- **2023:** Ankit Gupta : <https://www.forbes.com/30-under-30/2023/healthcare>
- **2022:** Tulsee Doshi: <https://www.forbes.com/30-under-30/2022/consumer-technology>
- **2017:** Anarghya Vardhana: <https://www.forbes.com/30-under-30-2017/venture-capital>

Tennis player and Social Entrepreneur

Shikha Uberoi Bajpai is a professional tennis player who has played both for the U.S. and for India. After retiring from tennis, she went on to graduate from Princeton and has been busy with her social entrepreneurial endeavors such as founding SDU Seva, co-founding Indi.com and anchoring their television show in India, The Real Deal - Anchor Shikha Uberoi Most recently she has her fingers in Age Forward, a program that seeks to bridge information gaps for people seeking to improve their health.

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India Day, a celebration of our unity & diversity

by Riddhiman Chowdhury

August 15, 1947 - a long, challenging freedom movement ended, and a country gained what it so greatly sought. A date that represents a significant event in Indian history, a day when India finally began an era no longer under the rule of the British Empire. Year after year, Indians around the world celebrate this day and their country's struggle for independence, a celebration of our roots and culture. This celebration continues to be of great importance. India Day is a celebration that embodies the value of patriotism. This day brings us together and strengthens the attachment we all have with our country and roots. As we host a celebration of Indian efforts, we strengthen connections in our community. Being Indian is something that affects my daily life. Recognizing this and accepting and celebrating this as part of your identity holds importance. Being Indian is something many of us have in common and this event illustrates how that similarity draws us together.

Being Indian may be part of your identity, but India is home to many diverse cultures. India is home to more than a hundred different languages, more than 12 religions, and more than 28 states. India is home to millions of Hindus, Jains, Sikhs, Christians, Muslims, Buddhists, etc. These numbers go from tens of millions to hundreds of millions. Cultural diversity is also very present in India. Indian culture is a fusion of many cultures. Culture varies heavily from different regions and religions. This results in unique traditions, a variety of music, dance, architecture and more.

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I, myself, am from Assam: a state in India. Assam, itself, is vastly diverse. Assam is known for many things, including: traditional clothing, folk dances such as Bihu, silk, and tea. One of those examples I mentioned, Bihu, is a traditional folk dance that is accompanied by instruments like Dhol, Pepa, Gogana and Bahni. Recently it was performed with roughly 11,000 participants, holding a new world record. Assam also is home to three major types of silk: Golden Muga, White Paat, and Eri Silk, as well as Assam tea, which is a strong tea known for its smooth malty taste.

India can be considered one of the most diverse places in the world. Despite all of these differences it has been shown that it's possible for us to all come together. During the fight for India's independence, brave people and leaders put away their differences to fight for a brighter future and fight for their freedom. Coming together to celebrate India Day is another example of how despite the differences we have, we come together to celebrate our shared culture and country.

India Day is a day where all Indians put aside their differences and come together to celebrate the brave souls who fought for freedom. That goes to show the importance of celebrating India day, celebrating your roots and culture and your country. To everyone reading this article I bid you farewell and wish you a great India Day!

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A teacher of Raja Yoga meditation since 1981, Sister Hema has served at BK centers in Dubai UAE, Oxford and West Yorkshire UK, as well as Los Angeles, USA. Since July 2004, she has been co-coordinator of the BK Anubhuti Meditation & Retreat Center in Novato, California.
Sister Hema's buoyant enthusiasm and deep interest in helping people benefit from a life of spiritual understanding and practice make her an entertaining and enlightening speaker that you'll not want to miss!

This public event is provided **free** of charge.

THE BRAHMA KUMARIS

Well-wisher

Poem by Pooja Nair

His eyes are lowered, his shoulders droop

His heart is heavy, his breath is too

Like a fish in your palm his heart struggles

but you know not where his sea his

Like a bird in your fold his wings hesitate

but you know not where his sky is

Show him that even the sun must rise

Show him that even the moon must play the clouds

Help him win without yet see within

Can you mould him yet not make him

help him find a form his own

Can you shore his feet to the ground

yet coax his eye to the sky...



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Is a non-profit organization that aims at preserving and fostering the Marathi culture.

It is supported by volunteers from the local community.

We strive to bring the community together, one event at a time, one family at a time.

Throughout this year, we organized and celebrated following programs –

Ganpati broke the covid spell and brought all of us out in the open to celebrate Lord Ganesh.

Diwali that showcased our collaboration with local cultural organization and Kathak Dance ensemble.

Sankranti highlighted the talented children and the hard work of their parents.

Anand Mela encouraged the culinary skills of seasoned & budding chefs.

Natak/ play featuring talented artists from India offered us the much needed laughter.

Our own talented local artists performed a musical and wowed everyone.

Please come join us !

Website – OregonMM.org



Transformation, the need of the hour

by Aarti Shenoy

Post the pandemic, we are all adapting to a new normal. There are many of us seeking a change, either financially, emotionally, physically or psychologically. The mind experiences confusion and reaches a state of mental fatigue. I was not an exception to these challenges, which made me seek a journey towards transformation.

Everything in my life from the outside looked perfect, but the internal state was different. I was in search of clarity. In the attempt to figure out the missing piece of my internal puzzle, I came across a beautiful book named “Before Tomorrow” written by my first spiritual teacher Smita Jaykar, a renowned film personality in India. Her spiritual journey spans over a long 37 years and I was indeed curious to meet her. Fortunately, I got an opportunity to meet her online through her session “Meditate with Me”. In these sessions, I discovered that “me” in this context refers to ‘my inner self’.

I commenced on a new journey of the uncharted world within me and its relationship with the world around me. Through her I got introduced to her spiritual master, Maitreya Dadashreeji, lovingly I refer to him as “Dada”. He is the founder, visionary of Maitribodh Parivaar (A family of friends) whom I gratefully, wholeheartedly accepted as my spiritual guide, my Divine Friend. Since then my life has transformed!

What struck me most about Dada is his profound simplicity. In the first encounter I had with him, he reminded us that to truly experience transformation, all we need is a willingness. Wherever you are right now, “Say Yes to Transformation” and the entire universe begins to support your journey. Transformation is not related to changing one’s physical appearance or any material possessions. It is a shift in your inner functioning from a Human mind to a Divine mind. By Divine mind, he refers to a mind devoid of inferiority complexes or insecurities. We often doubt that we can be fully happy or peaceful, but inner bliss is truly a state of being where the mind becomes your friend. You function from a state of love and friendship. I have seen Dada in this state and often get glimpses of this during my own meditations or nature walks. The 3 pillars of the loving, welcoming MaitriBodh Parivaar Family are Love, Transformation, and Selfless Service which anyone can experience in this journey.

I have been experiencing this path of Love for three years and have grown immensely. From simple practical teachings such as refining my words while communicating with people around me to forming a bond with Mother Earth. From genuinely offering prayer for others to connecting with my source of energy within through a freely available, guided meditative practice called Maitri Sambodh Dhyaan.

I feel my entire being is constantly nourished. The wisdom that I used to read about or hear others speak about on YouTube or Instagram videos now has become a personal experience and my personal truth. I have grown in awareness of all my attributes (what I used to consider positive /negative) and am now able to accept myself completely. This journey has been effortless and beautiful.

Another powerful prayer and healing which we affectionately call 'Maitri Light' is a free service anyone can avail. I realized the power of this when I was going through some emotional turmoil in my life. After taking Maitri Light I clearly experienced that my perception towards the situations and people both started to shift. My focus shifted from a complaining space to an appreciating space. I enjoy helping friends here in Portland and across the globe as a Maitri Light medium so they too experience the same shift. This helped me experience the MaitriBodh pillar of selfless service, where I can be a light for many bonding with all through true 'Maitri Bhaav' (Friendship)

Dada always says "Help is always available, you just need to ask." While sharing these experiences here I wish and pray that all the readers get to experience Love and Transformation in their own lives, like me.



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HIM

Poem by Sandhiprakash Bhide

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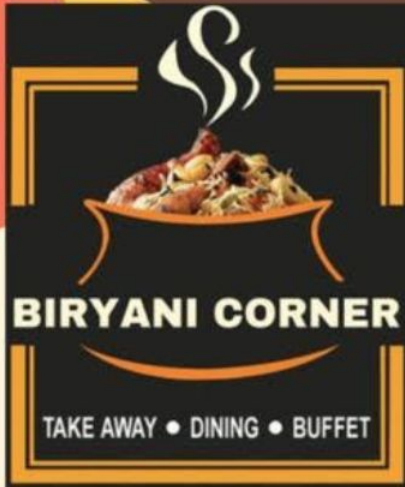
Handkerchief triangle topping the breast pocket
Shirt, white, immaculate and monogrammed Pressed and creaseless
Shiny gold cufflinks Designer Ferragamo Puppy Silk Tie
Sterling Silver Interlocking Gucci pin
Designer black Giorgio Armani belt
Black shoes with Ultimate shine Polished and buffed
A gold Waterman engraved pen With 18K Gilded Medium Nib
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Stern, scripted, confident with conviction His writing - precise, to the point, and brief
Consistent with his stature
A flat on Peddar Road at Breach Candy

A lazy hot Sunday afternoon Me huffing and puffing and dehydrated
Upper deck of BEST Double Decker Route 123 From Tardeo to Sterling Theatre
To watch Irma la Douce With Jack Lemon and Shirley MacLaine

To escape from the scorching heat and humidity Into the air-conditioned theater
Experience of three hour bliss
Bus idling at a bus stop In front of a palatial apartment
A man in the second floor balcony Looking aimlessly at the hubbub
At the same level as my upper deck
Our eyes met for a split second. Microsecond acknowledgment of crossed paths
Unshaved gray and white beard. A cigarette in his nicotine-stained fingers
Huffing and puffing and coughing. With swirling rising smoke
Out of control, uncombed, ragged hair line Hair popping ears and jagged eyebrows
Lifeless eyes with rings underneath Dark ripened wrinkled skin
Looking sad and lifeless Then I looked closely
Me for a big surprise His Fruit of the loom
V-necked T-shirt baniyan Even HIS baniyan was dirty yellow
And Sprinkled with copious holes
Even best of the best Greatest of the greatest
Brightest of the brightest Behind every three piece suit
The banyans will always have holes Dirty and yellow
Like HIM
The big hot shot executive!

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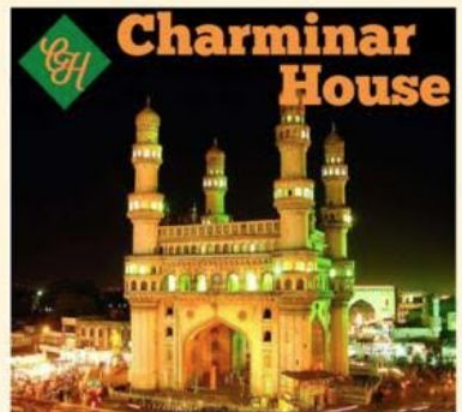
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What's in a name?

by Ved Shah

In 2012, when I was 3 years old, I asked my parents, “What does my name, Ved, mean?” My mother gave me a pretty elaborate answer at the time. I’m not sure how much of it I actually understood. Since then, my name has sparked conversations with others who have shared their opinions of the importance of the Vedas as the backbone of Indian philosophy. These discussions have helped to gain a deeper understanding of the meaning behind my name. Below, I’ll share a few fundamental concepts about humans and our spiritual connection with God. I’ve taken these from my research and discussions about the Vedas. These are by no means the only concepts nor are they intended to be a summary of the “main” concepts. It’s simply an introduction to the Vedas that I, as a 14-year-old, carry with me. Any errors from what others may think is a more accurate interpretation of these concepts are purely my fault.

God Resides Within Us. Why does our body function so perfectly? How does our brain work in sync with our organs? How does our heart work tirelessly for 75+ years? Where does this power come from? According to our scriptures, our soul (atma, or sense of self) is a part of God, who Himself is seated within the soul of everything that lives. Since God is within every living being, your interaction with other beings is an interaction with God. It’s another reason to make those interactions good ones. The Golden Rule (treat others as you wish to be treated) that we’ve been taught since we were young really takes on a new meaning when you consider that God resides in all living beings.

Karma. The Vedas and God’s guidance in the Bhagavad Gita proclaim that it’s important to prioritize doing your duty (loosely translated as dharma) to live a life of happiness and integrity. The law of karma takes into account a person’s intention behind engaging any action. The law of karma delivers to you consequences based on how it connects your intention and action to your duty and the concept of righteousness. Actions and intentions that are in line with your duty result in positive karma, while those not in line with your duty result in negative karma. Your intention can completely change how actions are interpreted according to the law of karma.

Avatars. Society tends to follow a pendulum cycle. When most people in society exhibit many actions that don’t align with their duty, God descends on Earth in the form of an avatar to reestablish the principles of the Vedas, restore the cosmic balance, and show through example how to live a life rooted in duty, righteousness, and connected to God. This is stated clearly in verse 4.7 of the Bhagavad Gita, “Whenever and wherever there is a decline in religious practice and a predominant rise of irreligion – at that time I descend Myself.” So far, God has appeared many times in different forms. Various civilizations around the world believe in different forms of God, calling these forms of Him by different names. Ultimately, it’s the same higher power that everyone is referring to. The Vedas support this monotheistic view of the Supreme Being; there is one God.

Reincarnation. Our Vedas and scriptures prescribe that throughout the many lives of our soul, we may believe in many different forms of God depending on where we were born, where we lived, what religion we were, etc. These external factors given to us at birth through what we often call “chance” or “luck” are based on our karma in past lives. Our soul, along its journey, reincarnates into new living beings and goes through different experiences throughout multiple lives. Our soul’s reaction to those experiences and the decisions we take during those experiences build our karmic portfolio. Future situations given to us may depend on the actions we are engaging in right now. Positive actions will bring you closer to God and the liberation of your soul by merging with God, just as a river ceases to be a river when it merges with the ocean. Negative actions, on the other hand, will take you farther from this destination.

Positive Outlook. Happiness and bliss are perhaps among the most desired outcomes of human existence. There is a lot of modern research on how a positive outlook and an attitude of gratefulness towards life impact our happiness. After all, “It’s not happy people who are grateful; it’s grateful people who are happy.” With a positive outlook, you’re able to take the good things from situations in life (even challenging ones that test us).

Universal Truth. The Vedas and the many other scriptures in our culture form a powerful foundation for morals and values for anyone, no matter which religion they believe in, which culture they originate from, or which part of the world they live in. The Vedas are fundamental truths for mankind and not a copyright of any single religion. While it is true that the Vedas are commonly associated with Hinduism (because they form the foundation of Hinduism), the Vedas are a unique body of work with no single author. Youth like me can stay connected with God by understanding the scriptures and the commentary given to us by our sages. This knowledge helps us become wholesome personalities with a better understanding of our true purpose in life.

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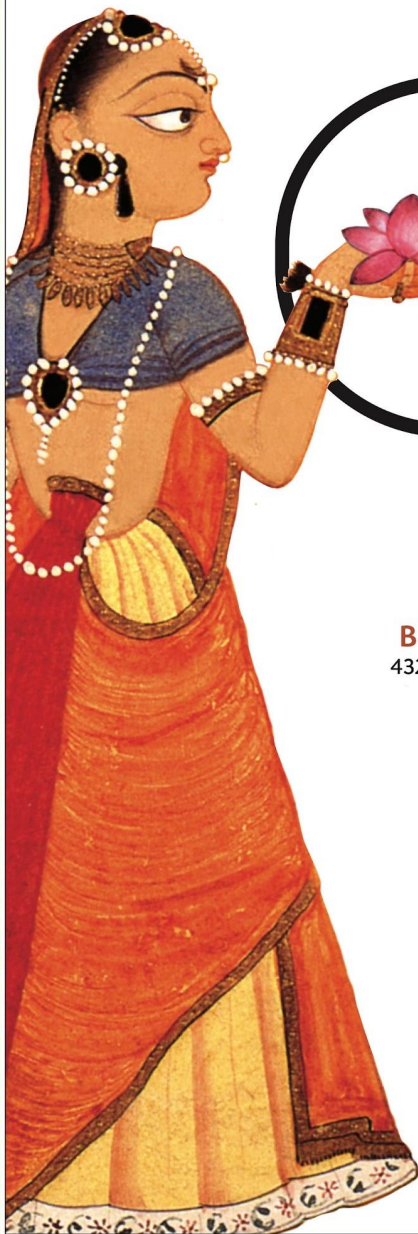
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Pre-K	One Lord so many forms
KG	The Alphabet Safari
1 st	Bala Ramayana
2 nd	Sri Hanuman The Super Superman
3 rd	Bala Bhagavatam
4 th	Krishna Krishna Everywhere
5 th	Symbolism in Hinduism
6 th	India, the Sacred Land
7 th	PO Box Mr God & Key to success
8 th	Yato Dharma Tato Jayaha
9 th	Bhagavad Gita Chapters 1-9
10 th	Bhagavad Gita Chapters 10-18
11 th	Self Unfoldment Part 1
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Let the Learning Begin

by Sandhiprakash Bhide

The class began right at 1pm after lunch time. It was a winter day and the first day of Winter Semester at the University of Wyoming where I was a teaching assistant in the Computer Science Department teaching 301F a beginner's course in Computer Science. It was a programming language class for FORTRAN IV. It was mandatory course for all the Bachelor's degree students.

It was cold and gloomy outside but the classroom was well lit. Those winters were not ordinary winters but the winters of Wyoming! I cannot describe to you what -40 degrees (Nerds, do not ask me Fahrenheit or Celsius. They are the same) with Wind Chill factor -100F feels like at an altitude of 7,165 feet. As it is the air is thinner and you have to take effort to breathe. This temperature cannot be described and oh by the way, that cannot even be felt as water flowing out of your nose and eyes freezes right there and your mustaches, eyelids, nose and ear lobes become stiff and become brittle (they can break) and your lungs contract so hard that you cannot stay out in that weather for even 10 seconds and breathe. Well, I digressed, but I thought it would be a good introduction to my life in Wyoming during the 1980's.

As I walked in the class, the chatter subsided to a white noise (must be the long winter coat, I was wearing) and everyone was looking at me curiously wondering what kind of teacher I would be. Grading hard or leniently grading or grades based on a curve. I could see their young faces staring at me. They must also be wondering who this teacher was, whose skin color was so different than them. They probably knew I was Indian with a weird first name with 13 letters that looked like someone they knew with a name Sandy and my last name they did not even dared to utter. They must be wondering if they could understand my accent and must be thinking whether to drop my class or re-enroll in someone else's if it became too troublesome. And I am sure; few were thinking of tolerating me for a semester, so they could clear the class and complete their prerequisites for graduation. Before coming to the class, I had looked over their majors in the roster. They ranged from engineering to Physical Education, Math, Psychology, Geology, Nursing, and there were even a few Computer Science students. So, it was a pretty diverse group from various disciplines. Then standing in front of the dais, I started with a standard preamble.

Welcome ladies and gentlemen. I am your instructor, Sandhiprakash Bhide and you can call me Sandhi or simply Sandy! If my computer programming class is not for you, this is your time to exit. Those who happened to come by because your friend is enrolled in the class and by the end of the class if you are still motivated to enroll in my class and I will sign on enrollment slip and we are on our way to have one full semester together. No one moved and that gave me deep pleasure of pride. They are indeed here because they want to take my class! This thought was soothing.

I started off with an announcement. Everyone, please write down your name and next to it write down the grade you are expecting from this class and pass it to the student sitting on your right. There was a little "why is he asking that" type of intrigue on their faces. While the paper pads were being circulated, I gave them my introduction and background. Then they started asking me, "How are you going to grade? On a curve, or the standard method and so on". This followed by questions about mind-term, quizzes, papers, assignments and the penalty for late submissions.

I took a quick look at both the paper pads they had submitted. Most students had written 'A' in front of their names, and some of them had written 'B'. Of course no one wrote C, D, or F. I had hoped more students would realistically write 'C' because the requirement in my class was a challenging 2.0 or better.

I stepped down from the dais, to be at their level and said "Well guys, let me make a promise to you all. Each one of you is now going to get exactly the same grade that you expect and what you wrote down, no matter what. And that is my promise. And, oh by the way, that is a promise even if you decide not to attend any or some of my classes, whether you take the midterms or even final exam, or complete any assignments. You are free to come and go as you please. I know you all want to get good grades which I have already promised. And now, that your worries about what grades you are going to get are put to rest, LET THE LEARNING BEGIN.

The class was stunned, they thought this was some kind of joke, and that I was tricking them into something. I stood on my ground and made it amply clear to them that I was going to keep my promise. Some were thrilled that they could now just bunk the class and still get the grade they wanted. I told them that their parents had paid for the class and it was in their interest to stick around. But if they chose to just get the grade and not work for it, that it was their choice. There was some intrigue about "Hey, I want to stick around and see what this teacher does. Is he for real or is this some kind of stunt."

I continued to my speech. My office hours were completely open, with no fixed hours. They could stop by any time unless I was teaching or in my own class, stop by anytime, or call me any time and it was OK for them to wake me up if they had a genuine problem even 2am in the morning. All they had to do was to work hard, focus on learning, and show genuine interest and any question was OK as long as they had a strong desire to learn and create the best and well commented programs they could show it with pride and I was there to help as long as they were genuinely interested. Slowly, they started seeing that I was serious and I meant what I said. Word started spreading as more and more students started coming to me for help and ask questions. I never gave them direct answers but led them on a right path by asking them number of questions. I made them work for their answers and they did not mind. I took them to the computer center so they could actually see where the processing was occurring. None of this was part of the syllabus but additional information to open up their minds. I wanted them to understand the context and the complete holistic picture. I started teaching them the beauty of computer science rather than programming as a dull nerdy subject. I started opening their minds to possibilities of programming in their own area of chosen major. I opened up a new world in front of them with immense possibilities. It became not just a course, but an experiment in experiential learning. I started telling the programming tricks and started sharing the history of computing and programming from 1940's onwards. They had really started to learn and understand.

Epilogue

At the end of the semester, I realized that every single student came to my class without missing even one class. They stayed with complete focus and attention. They worked hard not to prove their abilities or to get an A grade, but mainly to become better programmers. All of them wanted to seriously learn and they did learn, a lot! Every single student worked at the grade level and even beyond their written expectations. For those, I broke my promise and upgraded their grades. Every one of them excelled. Nobody did C, D, or F grade level work. In their written reviews to me, everyone gave me positive reviews and shared how much they enjoyed taking my course. Many of the freshmen wrote that they had changed major to Computer Science and wanted to pursue their BS in Computer Science. They wrote that they learned about 3 times as much as any of their other classes they had taken or their friends who were taking the same class from other teachers.

On the last lecture, I got a standing ovation and students had bought a little cake for the celebrations. My joy had no bounds. I set out to do an experiment in teaching and I had succeeded. From time to time, until I left Laramie to join Intel in Hillsboro, my past students would stop by to say hi and to tell me how much they learned in my class. Once the artificial constraints and emphasis on grades was removed, the learning truly began and moreover the student rose up to the challenge. When true learning happens, the grades are automatically taken care of.

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Hindustani Vocal music
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Hamsaasya Kalaa Yaana - Bharatnatyam&Mridangam
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Kalashiksha Dance (Sridharini Sridharan)
kalashikshadanceschool@gmail.com

Kalpna School of Dance @ Balaji temple
(Mini Jairaj) miniujairaj@yahoo.com

Kathak dance and Hindustani music
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Natya Dance Academy (Jayanthi Raman)
Jayantiramanpdx.com

Natya Leela Academy (Subashini Ganesan)
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Nirvana Academy for Indian Arts - online (Chitra Solur)
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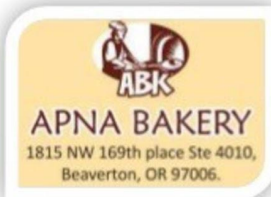
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