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TELUGU ASSOCIATION OF GREATER DELAWARE VALLEY



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TELUGU ASSOCIATION OF GREATER DELAWARE VALLEY (TAGDV)



Saturday May 11th 2024 | 4 PM - 10 PM EST

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*Greetings to beloved TAGDV Family, Friends,
Supporters, and the Community!*



I am thrilled to share that I've had the honor of serving as the 25th president of TAGDV organization during its impressive 50-year journey. Also, alongside my dedicated executive committee and with the support of our community, have commemorated the organization's 50th anniversary, during my term.

Throughout the past five decades, TAGDV has steadfastly served the Telugu community in the Greater Delaware Valley, hosting cultural and social events under the guidance of exceptional leaders and committed volunteers. I deeply admire their dedication to our shared mission and hope to see it continue, celebrating our culture and achievements. I firmly believe and advocate the idea that our community organizations and events serve a genuine platform for nurturing and inspiring individuals while fostering strong familial bonds for future generations.

My involvement with TAGDV began when I joined the executive committee in 2016, culminating in my presidency from 2022 to 2024. This experience has been truly transformative, and I am profoundly grateful to all who have supported and guided me along the way. Over the last two years, I've forged numerous friendships within the community and had the privilege of meeting some of the finest and most genuine individuals.

The success of my presidency is owed to the tireless efforts of community leaders, executive members, friends, volunteers, and generous sponsors who dedicated their time and resources to our cause.

Most importantly, I extend my heartfelt appreciation to my beloved wife, Karuna, and my son, Sameer, for their unwavering encouragement and support throughout this journey.

In closing, it has been a privilege to lead this esteemed organization and to celebrate the milestone event of Golden Jubilee. I am certain that the memories of this remarkable experience will stay with me for years to come.

With warm regards,
Mujeebur Rehman Sheik
President, TAGDV

“If You Want To Go Quickly, Go Alone. If You Want To Go Far, Go Together.”
– African Proverb

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1980 - 1981



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(1982 - 1983)



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Sri. Yedavalli Sambasiva Rao
(1986 - 1987)



Sri. Aravabhumi Srinivas Reddy
(1987 - 1988)



Sri. Akkaraju Sarma
(1988 - 1989)



Sri. Pavuluri Sudhakar
(1989 - 1990)



Sri. Maruvada Rajeswara Rao
(1990 - 1992)



Sri. Kotapati Sambasiva Rao
(1992 - 1994)



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Sri. Mallik Budhavarapu
(2014 - 2016)



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South Asian Diaspora in the USA (From Languages Perspective)

(Joint Credit is due to Late Srimathi Akkaraju Kameswari Devi Garu, the catalyst for the growth of the Telugu Associations alluded in the Text).

- Akkaraju Sarma, MD FAAFP

akkaraju1@gmail.com

48 Regents Court, Bensalem, Pa, 190020.

In the USA, the month of May marks Asian Pacific American Heritage Month, The Mandirs convention is in fall (Aug / Sept) and our South Asian needs remain and we need to fulfill them in a pragmatic manner. I have provided a link to the May 2023 NPR Program and the impact of Telugu Language Groups in the USA. The history of the United States of America is endowed with rich heritage. Our obligations to document and support: how the spreading of a citizen from their original homeland and to the USA is critical and in doing that we must avoid being ethnocentric.

We will very briefly focus on Indian Sub-continent. Here, in the context of a fundamental change in the USA Immigration Law in 1965. A video clip may help you to understand and its source is Bing Search Engine and use here gratefully acknowledged. Diaspora: Origins, Evolution and Engagement - Bing video this begins, in 1776 when the pilgrims (also stands for the citizens of Britain), set foot during freezing winter in Massachusetts. They were English language speakers. They were Hungry with not much food, ran into American Indians who gave them food, which is Turkey (that they gorged for the first time and liked it too) and that event simply became coupled with Anglo-Saxon November thanksgiving. The pilgrims were looking for new motherland to adopt and did not want to continue British Citizenship.

From this we have at once have become glossary in the English Language, “Adopted Motherland” – The USA and the “Native Motherland” – in pilgrims case, the United Kingdom. This immigration of new persons had continued since then, improved over the years, with the only hub of entry was N.Y.C. harbor and the Ellis Island. Since then, there had been many political twists and turns. The prioritization of ethnic Caucasians continued for 100’s of years, each European County given a

fixed head counts. Unfilled European Quotas were surrendered, that is, wasted. Historically, all Asian natives, when seeking USA Citizenship, were given minuscule allotments (in Single digits per country). That changed in 1965, when President Lyndon Johnson signed into law (both houses of US Congress approved), that unfulfilled European quotas be transferred to Asian applicants.

What were their reasons to immigrate? The South Asian and especially Telugu Language Speakers to the USA Diaspora? Thus began the massive Telugu Immigrants began. They were professionals with the IT abilities by and large. Where did the Telugu speakers stand in the USA Diaspora? They were sub-minimal till 1955. In 2023 there are close to 450,000 Telugus in the USA and are the #1 in head counts in the USA. In 1960’s time, a very small fraction of physicians had been in the pool and many were in J visas. Take a moment to check the URL from the recent NPR program that was nationally broadcast in May 2023.

<https://www.npr.org/sections/pictureshow/2023/05/01/1144971419/how-the-telugu-immigrant-community-is-instilling-their-culture-in-the-next-gener>

Just to keep the record in perspective, many Sikhs who had been indentured laborers working the farms in California that were denied USA citizen status. They organized “The Gadar Party”. In an earlier article of mine, Published in Brahma Bharati 2019, I published an article how, Sakhran Ganesh Pundit helped to get the landmark Federal Court Ruling that opened many to become Citizens of the USA Now coming to 1960’s when Federal Law Changes for immigration. There were several Telugu Graduate Students in the USA (on student Visa “F” or exchange visitor “J” visa), enrolled for advanced study. In NYC we have 4-5 PhD granting schools. The Columbia University had a few Telugus

and besides Tamil, Bengali, Maharastrians) All had scholarships but sub minimal amounts. Here, the efforts of Akkaraju Kameswari Devi Garu and me helped many students. Not financially but with a big plateful of Sambar & Rice (it is cheap to cook both). Like the Chinese Say, to reach a humans heart (of support), it is thru the well fed & full stomach Saturday night is dinner time.

That activity started in 1967 and continued, which became the catalyst of Telugu Focus Groups in New York, then even more from 1971 (when we moved to Philadelphia I received my PhD in 1969, joined Temple University [TU] faculty. Check www.TAGDV.com (Stands for Telugu Association of Greater Delaware Valley). TAGDV celebrates the Gold Jubilee in the year (2023). At the TU we have/had the India Association of TU and made up of the students and faculty. We celebrated the Independence Day and Republic Day regularly.

Now, here is a brief my suggestion to all leaders of the Mandirs (South Asian Primarily), no matter which continent in the world they are located. We have members that speak one of the 26 major languages. In many parts of the world. And Indian language associations have been set up. In the USA. Besides the 1973 TAGDV.com (the very first organized one) there are others... Many are

expanding more and to be strengthened. Many Mandirs in the USA have Bala Vihars and Educating Children components. And within that framework, identify those that speak one of the twenty six languages and create a focus group. Thus, we can continue our traditions without being ethnocentric. These groups then can structure ongoing programs in their own language media. What is our ideal end goal? An India example for us to reflect on. Example: Tulu as a language. In brief, it has become an oral ? aural language with no written script of its own. Thus, Tulus in Karnataka use the language with Karnataka Script. Likewise in Tamilnadu with Tamil Script. Etcetera. You get the idea. If we do not do this, take the examples within the USA, Indian Americans in many parts have come down to speakers in their own tongue are now in literally in single numbers. Let us look the situations outside of the USA, in Mexico and Columbia, native tribes speak with an oral <=> aural tradition. We need to prevent this end with advanced planning. For the major language groups, each and every one of them need to set up a decennial recognition program timelines in the USA Diaspora, strengthening the contributions in our adopted motherland of the USA. And make sure have our genetic linguistic link, Sanskrit, which must be strengthened in the USA (& Western Hemisphere).



Akkaraju Sarma MD Receiving Ellis Island Medal of Honor 2016.



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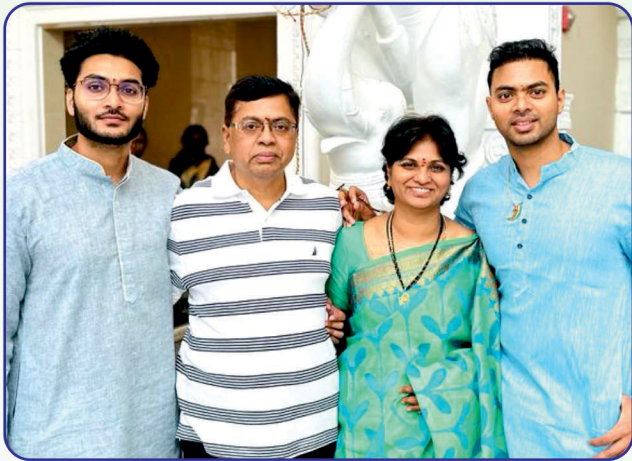


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The Evolving Landscape of Eldercare in India: Honoring Traditions and Embracing Progress

- Ravi Prakash Mayreddy

India, a land steeped in rich traditions of respecting elders, is witnessing a demographic shift. With a rapidly growing senior population, the need for robust eldercare services is becoming increasingly crucial. This article explores the current state of eldercare in India, its challenges and opportunities, and how organizations like Aaptha Eldercare are paving the way for a future that honors tradition while embracing progress.

The Importance of Eldercare in India

India's elderly population (aged 60 and above) is projected to reach 300 million by 2050. This demographic shift presents both challenges and opportunities. Elderly individuals are valuable members of society, possessing a wealth of experience and wisdom. Proper eldercare ensures their well-being, promotes their continued social engagement, and allows them to live fulfilling lives.

The Current Landscape: A Mix of Familial Care and Nascent Solutions

Traditionally, India has relied heavily on the family structure for eldercare. However, with changing family dynamics, nuclear households, and busy lifestyles, fulfilling all the needs of elderly parents is becoming increasingly difficult. This creates a gap in the care system.

The eldercare industry in India is still in its nascent stages. While there are a growing number of assisted living facilities, home care services, and day care centers, access to these services remains limited, particularly in rural areas. Additionally, affordability can be a concern.

Maintaining Elder Wellness: Balancing Physical and Mental Health

The well-being of elders goes beyond just physical care. They also require support for their mental and emotional health. Here's how to address both aspects:

Physical Health:

- Regular health checkups: Preventive healthcare is crucial for early detection and management of age-related health conditions.
- Balanced diet and exercise: Promoting healthy eating habits and regular physical activity, even in modified forms, helps maintain physical strength and well-being.

- Accessibility and mobility aids: Ensuring a safe living environment with assistive devices like grab bars and ramps can prevent falls and injuries.

Mental Health:

- Social interaction: Social isolation can lead to depression and anxiety. Encouraging interaction with family, friends, and local support groups is essential.
- Mental stimulation: Engaging in hobbies, learning new skills, and participating in activities that keep the mind active can improve cognitive function and overall well-being.
- Addressing mental health concerns: Mental health issues like dementia or depression should not be ignored. Seeking professional help can significantly improve quality of life.

Traditional Family Care vs. Professional Care: Weighing the Options

The choice between traditional family care and professional eldercare services depends on individual circumstances.

Traditional Family Care:

Benefits: Offers a familiar and comfortable environment. Promotes emotional bonding and a sense of security for elders.

Challenges: Can be physically and emotionally demanding for family members. Work-life balance can become a struggle. May not be able to provide specialized care needs.

Professional Care:

Benefits: Offers a wider range of services, including medical care, assistance with daily living activities, and social interaction opportunities. Can provide trained professionals to address specific needs. Frees up time for family members.

Challenges: Cost can be a significant barrier. Adapting to a new environment can be challenging for some elders. Loss of independence may be a concern.

Caring for NRI Parents: Bridging the Distance

For Non-Resident Indians (NRIs) with aging parents back home, navigating eldercare options can be stressful. Distance makes it difficult to provide

physical assistance. Technology can play a vital role in bridging the gap:

- Remote monitoring systems can provide real-time updates on the well-being of elderly parents.
- Telehealth services facilitate virtual consultations with doctors.
- Professional eldercare service providers specializing in NRI care can offer a range of services, from daily assistance to emergency management.

Future Challenges of Eldercare in India

- **Skilled Workforce Shortage:** The eldercare industry needs a trained and qualified workforce to ensure quality care.
- **Affordability:** Making eldercare services accessible and affordable for all sections of society remains a challenge.
- **Social Stigma:** Breaking down negative stereotypes associated with seeking professional eldercare is crucial.

Aaptha Eldercare: A Beacon of Hope

Aaptha Eldercare, a ray of hope for seniors in Hyderabad, India, stands out as a not-for-profit social enterprise dedicated to providing exceptional in-home eldercare services. Their mission extends far beyond simply providing assistance with daily living activities. Aaptha fosters a philosophy of respect, compassion, and holistic well-being for the elderly they serve.

Guiding Principles: Quality Care, Personalized Approach

Aaptha's core strength lies in its commitment to excellence. They understand that each elder is unique, with individual needs and challenges. This philosophy translates into a multi-pronged approach:

- **Rigorous Caregiver Vetting:** Aaptha employs a meticulous caregiver selection process. This ensures you get highly qualified, trustworthy individuals who possess the necessary skills and empathy to care for your loved one.
- **In-depth Needs Assessment:** Aaptha goes beyond basic care by conducting a thorough evaluation of the elder's physical and mental health. This comprehensive understanding allows them to tailor a care plan that addresses specific requirements.
- **Extensive Caregiver Training:** Aaptha invests heavily in training its caregivers. This training equips them with the knowledge and skills

necessary to assist with daily living activities, manage medical needs, and provide emotional support. But it doesn't stop there. Aaptha fosters a culture of continuous learning, ensuring caregivers stay updated on best practices in eldercare.

- **Periodical Service Monitoring:** Aaptha's commitment doesn't end with placing a caregiver. They conduct regular monitoring visits to assess the quality of care being provided, address any concerns, and ensure the elder's continued well-being. This provides families with peace of mind knowing their loved ones are receiving the care they deserve.

Specialized Services for Specific Needs

Aaptha recognizes that some elders require specialized care. They offer tailored services for individuals struggling with:

- **Alzheimer's Disease:** Trained caregivers understand the specific needs of Alzheimer's patients and can provide compassionate care that promotes safety, reduces anxiety, and fosters a sense of security.
- **Parkinson's Disease:** Aaptha's caregivers are equipped to assist patients with Parkinson's in managing their symptoms, performing daily tasks, and maintaining their independence for as long as possible.
- **Arthritis:** Arthritis can significantly impact daily activities. Aaptha's caregivers offer assistance with tasks like bathing, dressing, and medication management, while also promoting gentle exercise programs suitable for arthritic conditions.

Aaptha: Bridging the Gap Between Generations

In a world increasingly focused on speed and efficiency, Aaptha Eldercare stands as a refreshing alternative. They bridge the gap between traditional family care and professional services, offering a solution that respects the values of Indian society while ensuring the well-being of its elderly population. By combining exceptional caregiver training, continuous monitoring, and a focus on personalized care, Aaptha empowers families to ensure their loved ones receive the support and dignity they deserve during their golden years.

Looking for compassionate, comprehensive eldercare in Hyderabad? Look no further than Aaptha Eldercare. Contact them today to learn more about their services and how they can help your family.


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The Growing Role of Indian Community Organizations in Supporting the Indian Diaspora in the USA

- Ravi Prakash Mayreddy

Introduction: The Indian diaspora in the USA has witnessed remarkable growth in recent years, with Indians contributing significantly to various sectors and shaping the cultural landscape of the country. However, with this growth comes a host of challenges that need to be addressed to ensure the well-being and integration of the Indian community. Indian community organizations play a crucial role in supporting and addressing the needs of the diaspora, ranging from cultural assimilation to elderly care and advocacy. This article explores the challenges faced by the Indian diaspora in the USA and how community organizations can effectively address them.

The Status of the Indian Diaspora in the USA: The Indian diaspora in the USA has expanded rapidly over the years, becoming one of the largest and most successful immigrant communities in the country. According to recent estimates, there are over 4 million people of Indian origin living in the USA, encompassing a diverse range of professionals, students, entrepreneurs, and families. Despite their achievements, members of the Indian diaspora encounter various challenges related to cultural adaptation, healthcare, education, and social integration.

Challenges Faced by the Indian Diaspora: The increasing Indian diaspora population brings forth several challenges that require attention and intervention. One major challenge is the lack of cultural understanding and adaptation among newly arrived immigrants. Many Indian immigrants struggle to navigate the cultural differences, legal systems, and social norms of the USA, leading to feelings of isolation and alienation.

Additionally, the influx of Indian students to the USA presents another dimension of challenges. These students often face difficulties in adjusting to the American education system and lifestyle, compounded by the pressure to succeed academically. Moreover, the aging Indian population in the USA requires better care, both physically and mentally, as they navigate the challenges of aging in a foreign land.

Addressing the Challenges: Indian community organizations have a vital role to play in addressing the challenges faced by the diaspora. Firstly, they can provide cultural orientation programs, language classes, and mentorship opportunities to help new immigrants acclimate to American society. These organizations can also offer support services such as legal assistance, healthcare referrals, and counseling to address the specific needs of the community.

To involve the community in addressing these challenges, Indian organizations can organize community events, workshops, and seminars to raise awareness and foster a sense of belonging. Creating platforms for networking and social interaction can facilitate community engagement and collaboration in finding solutions to common issues.

Connecting the Indian community with the mainstream society in the USA is essential for promoting integration and mutual understanding. Community organizations can facilitate cultural exchange programs, volunteer initiatives, and collaborative projects with local institutions to bridge the gap between Indian and American cultures. By actively participating in civic activities and community events, the Indian diaspora can become valued members of the broader society.

Engaging with the government is crucial for advocating for the needs and rights of the Indian diaspora. Community organizations can lobby policymakers, participate in policy discussions, and advocate for legislative changes to address issues such as immigration reform, healthcare access, and anti-discrimination laws. Building alliances with other immigrant communities and non-profit organizations can amplify the collective voice of the Indian diaspora and garner support for policy initiatives.

Role of US Non-profit Organizations: US non-profit organizations can play a supportive role in addressing the challenges faced by the Indian diaspora. By partnering with Indian community organizations, non-profits can provide resources,

funding, and expertise to implement programs and initiatives that benefit the community. Non-profit organizations focused on immigrant rights, healthcare, education, and social services can offer valuable assistance and advocacy on behalf of the Indian diaspora.

Conclusion:

The increasing role of Indian community organizations in supporting the Indian diaspora in

the USA is essential for addressing the diverse challenges faced by the community. By providing resources, services, and advocacy, these organizations can empower immigrants to thrive and contribute to American society while preserving their cultural heritage. Collaboration between community organizations, government agencies, and non-profit organizations is crucial for creating a supportive environment that fosters the well-being and integration of the Indian diaspora in the USA.



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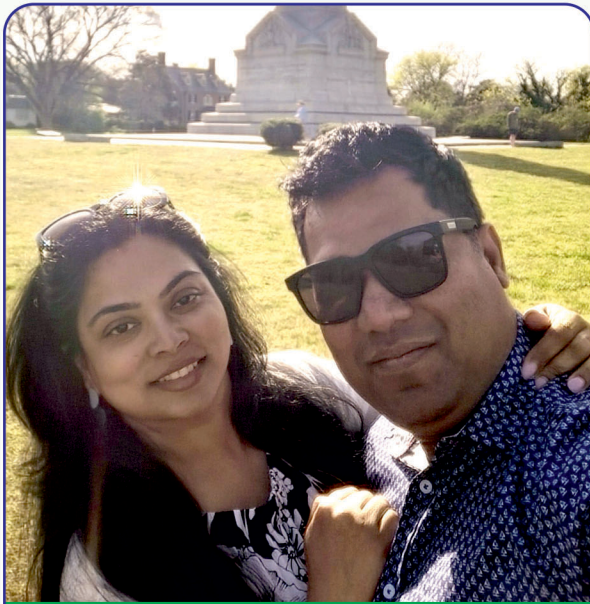


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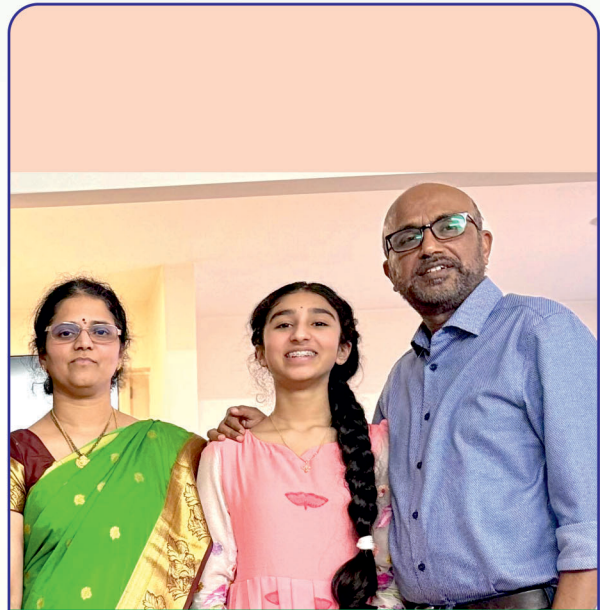
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TAGDV Past - 2 Year's Memories



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TAGDV Past - 2 Year's Memories



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Quotes on Community Service

- Sangameswara Devisetti

- “As you grow older, you will discover that you have two hands — one for helping yourself, the other for helping others.”
- Audrey Hepburn
- “Volunteers are the only human beings on the face of the earth who reflect this nation’s compassion, unselfish caring, patience, and just plain loving one another.”
- Erma Bombeck
- “Life’s most persistent and urgent question is, What are you doing for others?”
- Martin Luther King, Jr.
- “The meaning of life is to find your gift. The purpose of life is to give it away.”
- William Shakespeare
- “The unselfish effort to bring cheer to others will be the beginning of a happier life for ourselves.”
- Helen Keller
- “Volunteers do not necessarily have the time; they just have the heart.”
- Elizabeth Andrew
- “It’s easy to make a buck. It’s a lot tougher to make a difference. ”
- Tom Brokaw
- “We make a living by what we get, but we make a life by what we give.”
- Winston Churchill
- “One can pay back the loan of gold, but one dies forever in debt to those who are kind.”
- Malayan Proverb
- “Even if you just change one life, you’ve changed the world forever.”
- Mike Satterfield
- “Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in.”
- Author Unknown
- “What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.”
- Albert Pike
- “If you think you are too small to be effective, you have never been in bed with a mosquito.”
- Betty Reese
- “Love cannot remain by itself — it has no meaning. Love has to be put into action and that action is service.”
- Mother Teresa
- “Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.”
- Sherry Anderson

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Thanks to all Volunteers!



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and many more individuals.

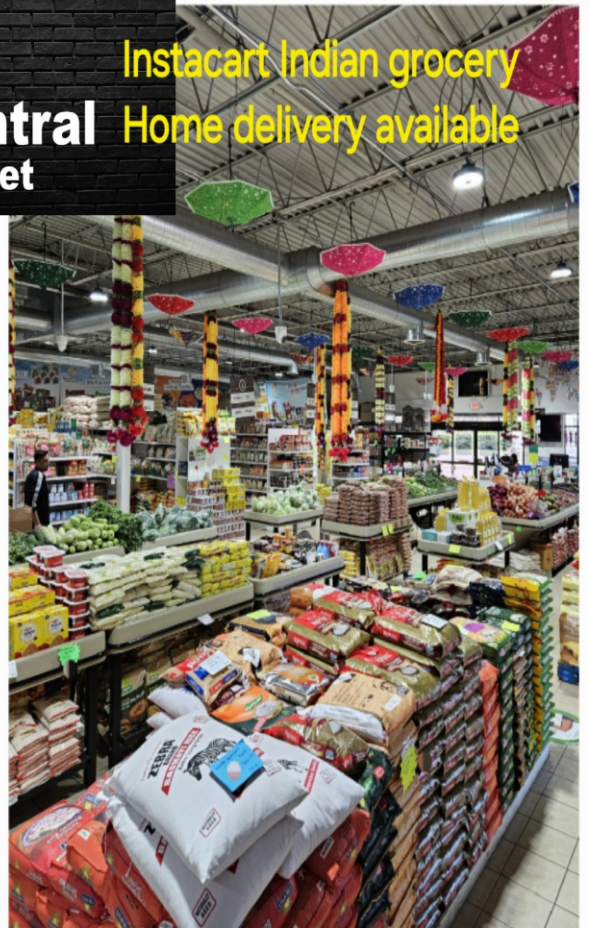


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