

Prodigy of Albany:



Aneesh Muppidi

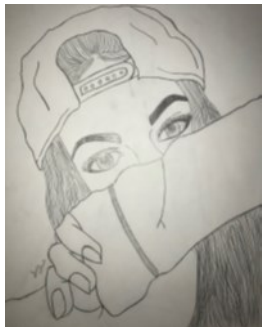
Phenomenal Ping-Pong Tournament



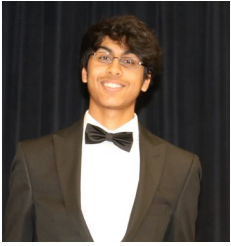
Spectacular 'Spring Festival of India 2018'



Amazing Sketches and Paintings by our kids



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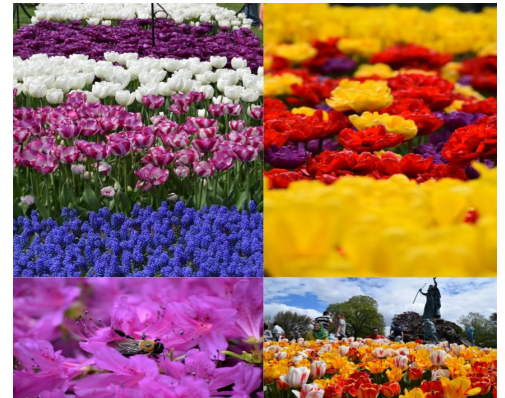
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“Writing isn’t about using big words to impress.
It’s about using simple words in an impressive way.” - *Sierra Bailey*

Editor-in-chief's Message

Dear TRICIA Community,

We are happy to note that you enjoyed reading the first edition of Tricia Times, a quarterly magazine that showcased the literary and artistic skills of the greater Albany community. We are delighted to present the second edition of Tricia Times, with a wide range of prose, photography, and illustrations. Spring Festival, a signature event that TRICIA organizes every year, again provided a remarkable platform this year for many—from artists to ethnic vendors—to gather to celebrate dances, culinary masterpieces, and friendships. My first-hand observation once again reminded me of the marvelous community spirit, enthusiasm for performing arts, and varied artistic skills. Therefore, it comes as no surprise when I review thought-provoking narratives written by the local community. The articles presented in this edition pay tribute to the art of essay writing, the pride of homeland, the academic and well-rounded talent of Aneesh Muppidi, the life of Dr. Anandi Joshi (the first female physician of India), “The Perfect Circle,” a heartwarming short story, effective study habits, and the benefits of ‘Detox’ or fruit-infused water. There is a recipe as well for you to enjoy an easy week-end dessert. The beautiful illustrations and photographs presented in this second edition complement the writing skills.



Editor-in-chief
Annu Subramanian

Hope you enjoy the second edition of Tricia Times. We are in the thick of summer when families plan several outdoor activities. Celebrate this glorious season and let your imagination soar. Take your journals and write or illustrate the beauty of shaded woods and serene lakes. And don't forget to share your creation with Tricia Times. The editors of Tricia Times wish you peace and joy in the days ahead.

Best wishes,

Annu Subramanian

Editor-in-Chief

(You may contact Annu Subramanian at dawnheaven711@gmail.com with questions about writing and about contributing to Tricia Times.)

This magazine is designed by Kavitha Muralimanohar.

“Leadership is not a position or a title; it is action and example.”

- Cory Booker

Short Story: The Perfect Circle

The silence in the seventh-grade art class made Deepu's hands shake harder, as he tried to make a perfect circle. Mr. Bhaskar, the art teacher, was small, skinny, with a mean frown on his dark forehead. While he taught, children forgot how to cough or sneeze and would hold off going to the bathroom. Making a sound meant being noticed and being noticed meant possible trouble. And trouble in Mr. Bhaskar's class simply meant physical pain. He never just yelled. Everyone waited with bated breath for the class to be over. He walked through the class, tapping the dreaded ruler on his thighs. He would stop once in a while and quietly scrutinize a student's work.

Deepu dug his eyes in his art notebook, like an ostrich, not wanting to be seen. All he was conscious of was Mr. Bhaskar's ruler. Mr. Bhaskar wielded it in a variety of ways. When he felt amused at a child's folly, he patted it gently on his buttocks. If he felt the child was slacking off, he would make him stand and land it hard on the calf. Sometimes he would pretend as if he were cutting a neck. He would then use it like a knife, moving it too and far, hard on the back of the neck. That really hurt. Occasionally, he asked a slacker to extend his hand, palm facing downward, and then crack the ruler hard on the knuckles. But when he blew up in rage, he could use the ruler in crazier ways.

A ruler cracked on Deepu's head and he cried out in pain. "Is this how a circle looks?" Mr. Bhaskar's gruff voice sounded from behind him. Deepu stood up, terrified, waiting for another crack of the ruler.

Mr. Bhaskar again swung the ruler at him, this time striking him on his arm. "You are a terrible student. You messed up with your straight line yesterday, and today you are unable to draw a circle. Why are you so sloppy?"

Deepu's eyes were full of tears. He managed to utter two words, "Sorry, sir."

"Sorry? Do you think that by being sorry you can get the circle right?" Mr. Bhaskar picked up the notebook and ripped off the page Deepu was working on. "Now try again." He slammed the art-book in front of him.

Deepu was aware of the snickering Shahid and his gang. That group of four boys, who sat on his right, reveled in his misery. Apart from math and science, they were better than him in every other way. Probably they were jealous that he stood first in math and science, always. In the gym, music, recitation, English and especially art, Shahid was the best, and he made sure that everyone knew about it. He was the only one who had never borne the brunt of Mr. Bhaskar's ruler, and he was the only one who could even dare to smile in his class. Deepu knew that they would give him a hard time during the lunch break.

Why can't I get a perfect circle? he thought. He wished that like science and math, art would come easily to him. His father, a doctor, had frowned last month when he saw that he had failed in art. Deepu somehow knew that his father dreamed that Deepu got a perfect score in all his subjects. After all, according to his grandmother, his father got perfect scores all through his school years. That's how he became a doctor. Deepu was the only child of his parents. A lot was at stake.

x-----x

The shouts of the vendors, the honking of the cars, the sputtering of the scooters, the howls of the stray dog, the mooing of the stray cows, the blaring parody from the tempo, soliciting votes for Indira Gandhi and the loud bells from the Hanuman temple blended into a soothing din for Deepu's ear, as he walked in the marketplace that hot evening with his mother's protective arm on his shoulder and the wonderful taste of hot chaat in his mouth.

His mother somehow knew that something was wrong as soon as he came back from school. She had asked him if something was wrong, and he denied. So she asked him to change his clothes and took him to the marketplace to eat chaat. Now as they walked home, he felt her soft, plump frame against his body very comforting. He almost huddled at her side, to avoid bumping into the sweaty crowd of people in which he was submerged.

They were behind a family of four. A large woman towered over the rest. The man was smaller. The boy and the girl held their mother's hands as they walked on either side.. The woman's voice was loud and he overheard her say, "Why are you so sloppy? You spilled the cough syrup that we bought for our son. Do you know that it costs fifty rupees?"

"I will get my paycheck tomorrow, dear," replied the man softly. "I will buy another one surely. It doesn't cost much, you know."

"The one exclusive sign of thorough knowledge is the power of teaching."

- Aristotle

"There you go. It is not about buying another bottle of cough syrup. You have to improve your habits. You lost your wallet yesterday, and today you dropped the bottle of cough syrup. We will go bankrupt if you don't change."

Deepu saw the boy and girl exchange glances, smiling smugly. They seemed to enjoy the plight of their father being belittled by their mother. He felt bad for the father.

"You've got to speak softly, dear," said the man. "You don't need to be yelling in the middle of a marketplace."

Deepu was so engrossed in listening to the conversation that he did not realize that the family had stopped walking. They were about to cross the road. He bumped into the man. The man turned around and looked at him, annoyed.

Mr. Bhaskar's surprised eyes locked with Deepu's for a moment and then he averted them. His dark face became a shade of purple, his shoulders sagged and he hurriedly crossed the street leaving his family behind.

Deepu had never seen a man look so embarrassed before. He felt Mr. Bhaskar shrink before his eyes. The monster turned into an ashamed and embarrassed little boy. Deepu was familiar with that feeling.

Deepu went home and discussed the day's affairs with his father.

x-----x

Next morning, Mr. Bhaskar walked into the teacher's room. He liked to come to school early, usually on some pretext, to get away from his wife.

Teaching the seventh-grade class was going to be tough today. Deepu's surprised face lingered in his mind all through the night. He was not sure how he would face the boy. The thought of Deepu delightfully sharing his plight with other kids made him feel heavy. The news would spread rapidly, and jokes about him would be shared all over the school.

A bottle was sitting on the table in the teacher's room. It had a little note under it. It was a physician's sample of a cough syrup. The note read: "For Mr. Bhaskar."

The note did not say who wrote it, but Mr. Bhaskar knew instantly who the writer was. He knew that Deepu's father was a doctor. The heaviness lifted and he felt a lump in his throat. He couldn't believe what he saw. Deepu grew in stature in his mind, from a lazy sloppy kid to an amazingly thoughtful and empathic human being. He sat down on a chair and held his head in his hands. His mind was spinning.

He sat holding his head for a long time. A lifetime of memories flashed through his mind. He wished someone had made a similar gesture earlier in his life. He wished that his father had done something like this and not slapped his face when he dropped a catch on the cricket field. He wished that his math teacher had done something like this and not made him stand on the chair because he couldn't get his algebra right. He wished that his wife would do something like this and not yell at him when he lost things.

He got up and started pacing. The sound of his ruler landing on Deepu reverberated in his head. He was giving Deepu what fate had given him. His life was coming to a full circle.

x-----x

All through the art class that day, he did not speak to Deepu. He did not even look at him. When the class was over, he asked Deepu to meet him after school.

Deepu was worried that he might be in trouble. His father had not been sure if he was allowed to take the sample to school, but he had agreed to give it to him.

Deepu went to meet Mr. Bhaskar after school. Mr. Bhaskar sat in the teacher's room waiting for him. He looked different. Gone were the frown and the stern look. His relaxed face had a boyish charm. He hummed a tune and drummed a pencil on the table.

"Learn from the mistakes of others.

You can't live long enough to make them all yourselves!" - Chanakya

“Hello Deepu, thank you very much for the cough syrup. Say thanks to your father for sending it. Now let us sit down and practice how to make a circle.

Deepu sat down beside him. Mr. Bhaskar patiently spent the next half hour with him. He prompted Deepu from time to time and also held his hand as he taught him the skill of drawing a circle. Deepu finally did get it. Both of them looked at each other, smiling joyously, basking in their achievement.

The circle was now perfect.

X-----X

Hazelnut Mousse

Recipe Contribution by **Ratna Randive**

What can be easier and sweeter than hazelnut chocolate mousse for dessert?

Even a child can make this delicious dessert with a little help from an adult.

This recipe will yield 6 servings.

Ingredients:

1 cup Nutella (keep it in a bowl at room temperature)

2 cups heavy cream

3-4 Ferraro Rocher chocolate (optional)

Few raspberries (optional)

- Whip the cream with a hand mixer for about 3 minutes till it holds shape and develops soft peaks

- When the whipped cream is ready, add it to Nutella (set aside in a bowl). Start by mixing a few tablespoons of the cream with Nutella and whisk by hand to soften it.

- Add the rest of the cream with a spatula until completely mixed.

- Chill this mixture in the refrigerator for at least 2 hours.

- You can garnish this dessert with raspberries and Ferraro Rocher chocolates. The toppings compliment the flavor of the mousse and add a crunchy texture, too.



Now all you have to do is sit back and enjoy the delicious taste of this light chocolatey dessert... Oh, so good!

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“There is no sincere love than the love of food.”

- George Bernard Shaw

How Studying Can Be Fun

by Shrihas Shah

Have you wondered why we go to school? The reason we go to school is to learn and, in turn, to get jobs and be successful in life. A school is a place for learning. But does learning happen in school? Most of the kids are bored with studying and so-called learning. For most students, textbook learning is of little value in real life except in finding a job and settling down. If you open any textbook, it has a lot of useless information that we never use in real life. For example, when did we use calculus in our real life? When did we use the laws of physics in our real life? What is the point of teaching material in school that students are not going to use in real life?

The point I want to make is that if students can learn what they'll use in life, their school life will become more interesting, and students will feel like learning. They will be motivated to learn. How can we do that? Learning is not memorizing useless information from textbooks. It involves asking the right questions and an approach that divides large problems into smaller problems that one can reason out.

If you ask students to read a textbook, they will find most technical textbooks very boring. However, if you ask a student to read a storybook, they will read it and enjoy it. The reason we like to read story books is that there is curiosity involved when we read them. It takes us on a journey into the unknown with many twists and turns and keeps us asking questions about what is going to happen next. If the story does not generate curiosity, we may not enjoy reading it.

However, there is little or no curiosity involved in reading a textbook. Why is that? The reason is that we have not been taught how to read a textbook. Also, we are supposed to know the material in a textbook for exams for the class. Since the only way we know how to retain the material in a textbook is to memorize it, reading textbooks gets very boring. Memorizing itself is very boring. Reading a textbook requires a new approach. If we approach reading a textbook as though it is a storybook, we will miserably fail.

A storybook is an experience. The author takes you through a journey into the unknown without revealing too much of what is coming and brings twists and turns into a story. When we read a storybook, we are part of the story. It is an experience. It is like going through a dream. However, reading a textbook requires a different approach. It is a different animal. We cannot approach reading textbooks as though they are storybooks.

Reading a textbook is not an experience, but it is making sense of an experience. To make sense of an experience, one needs to ask questions about the content of the textbook. Asking questions will generate curiosity and finding answers will generate fun while learning from textbooks.

Let's take an example. Suppose you are learning Anatomy and Physiology, it is really memorizing a lot of internal structures of a body and sounds terribly boring. Most students will try to memorize the names of the muscles, veins etc. And such information will be forgotten very shortly if not used on a daily basis. But is there a different approach to learning Anatomy and Physiology? Sure there is. Suppose you are learning about shoulder muscles. Rather than memorizing all muscles, if we ask questions about what is the function of each muscle in our shoulder and how it is being used in different movements of our arm, it will create curiosity and will make our learning fun. We can also ask questions about what type of different pains people suffer when a shoulder muscle becomes weak. I am just giving an example of how to make a subject matter more interesting. However, every part of reading textbooks is not interesting and, yes, there is definitely memorization involved for an exam, but I believe that subject matter can be made interesting by asking questions and generating curiosity.

Another approach to reading a textbook is to divide and conquer. When an author writes a textbook, they have a general theme in their mind. They divide this theme into sub-themes and then these sub-themes become chapters. Then the author divides chapters into sections and then into topics. Each topic presents an idea which fits into the theme of a section and the theme of a chapter and the book. So the question one can ask is how does it fit into the overall theme of the chapter and the theme of the book? It is a reverse engineering process to understand the author's thinking.

The divide-and-conquer approach applies to other things in our lives too. For an example, it is like learning about cars. The car is

"A book is a gift you can open again and again."

- Garrison Keillor

car is divided into various systems like the cooling system, transmission, fuel system, etc. Each of these systems is further divided into parts and sub parts. To understand how cars work, one needs to reverse engineering to see how different parts fit into the whole.

This asking of questions to figure things out itself generates curiosity and makes learning fun. The question is how to find the answers to these questions one asks during the process of learning. Twenty years ago, there was no internet like we have today. People used to ask experts or go to a library and read the material. Now with the advent of the internet, one can ask these questions on Google and find the answers. There are multiple websites and tutorials available for these questions. One can learn and understand the subject matter simply while sitting in their living room.

Lastly, I will mention that one has to master the art of reading non-fiction material. Such a skill is necessary for school and in life. Without such skill, one will suffer personally in the academic world and professionally in the working world. It is very important to learn through reading non-fiction material as most of the material available today is still in written form, whether it's in a book or on the internet. Even though the landscape of learning is changing, still today most of the material is only available in written form. With the advent of the internet, there are now many additional resources available for students. With YouTube videos, khanacademy.org, udemy.org and other websites, one can enroll and learn at their own pace.

I just have barely touched on the subject matter of learning from textbooks. There is much more involved in learning to read non-fiction subject matter. I have written a book specifically to help students learn how to approach studying. It is available on Amazon. Let me also mention a couple more resources for reference that one can buy from Amazon or get from a library.

How to Learn by Engaging your Curiosity, Asking the Right Questions and Using Reason –Shrihas Shah.

What Smart Students Know: Maximum Grades. Optimum Learning. Minimum Time. – Adam Robinson.

How to Read a Book: The Classic Guide to Intelligent Reading – Mortimer J Adler.

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“A house without books is like a room without windows.”

- Horace Mann

Aneesh Muppidi – A Hero on a Journey

by Sudharsan Ramarao

Aneesh Muppidi is a hero who goes on a journey, faces trials, solves problems, and comes back with powers—powers that he can use to help fellow humans. He is the hero whom Joseph Campbell, the renowned mythologist, talks about in his monomyth “The Hero with a Thousand Faces.” Aneesh is a hero who has gone on Journeys that kids his age would normally consider

farfetched. But Aneesh is not a normal kid. He is a kid who is on a quest to quench the insatiable curiosity that has put him on multiple journeys and resulted in sev-

eral achievements. Aneesh is now the class president for freshmen in Guilderland high school. He is the recipient of President’s Education Award for Academic Excellence, the District’s Board of Education’s “Outstanding Academic Achievement Award,” Intel’s Excellence in computer science Award, and Sandra G. Morley’s Physical Education Student Leadership Award. He has received honors, awards, and course credits from Johns Hopkins University. He is part of his school’s junior varsity Volleyball team and part of an Under-16 team of Sporting Albany volleyball. He can do



roller-skating. He is a prodigious swimmer and is now pursuing lessons for horse-back riding. He is an app developer, a researcher, a documentary filmmaker, a Taekwondo 3rd

degree black belt, an amateur pianist, along with a host of other skills.

It all started during the Christmas break in his 5th grade. Aneesh was trying his hand at solving the Rubik’s cube, a 3-D combination puzzle that is ever popular with Kids. For Aneesh, solving the Rubik’s cube was a sign of intelligence and a matter of pride. It was something that most of his friends tried but could not solve. This is when Aneesh started his first journey. At first, he struggled. He could not solve the cube after many tries. Amidst loud cries in his mind to give up, he persisted. He finally solved it. His first successful try took him

started his journey again and tried finding methods to solve it even faster. He gradually reduced his time from 8 minutes to 5 minutes then to 3 minutes and then when he was finally done with the Rubik’s cube, his fastest time stood at an astonishing 25 seconds. This whole journey was, in effect, a trigger to everything that was yet to come. He now understood the joy of going on a journey and solving a problem. His curiosity got kindled and now he wanted to solve other challenging problems.

One such problem was developing an iOS app. He wanted to do something that no one of his age had ever done; therefore, he decided to develop an iOS-based game called the “Paradodge.” He was just a 13-year-old kid with little exposure to programming and no idea of an iOS operating system. He convinced his dad into buying him a MacBook to learn SWIFT, the programming language used to build apps on iOS. Aneesh then spent countless hours before the system watching various tutorials to learn SWIFT. At first, it was a bit daunting for him. He wanted to just give up and just focus on his school. But the real fighter in him wanted to push more. Aneesh, by now, was a 2nd-degree black belt in Taekwondo, a Korean martial art that specializes in kicking techniques. It was here that Aneesh learned the philosophical underpinnings of courtesy, integrity, perseverance, self-control and the power of indomitable spirit. It was through Taekwondo that Aneesh became a determined human and learned to persevere through problems, a trait that would stand in good stead in several of his journeys. After nearly 8 months of coding, testing, reviewing and re-working, Paradodge finally came to light in the Apple app store in March 2016. It was a moment of pride for everyone who knew him because he was just a seventh-grade student who had accomplished a feat that no one of his age had ever tried.



He then set his sights on National History day contest, an annual theme-based contest in which students conduct research related to the theme and present their work in one of 5 ways: as a paper, an exhibit, a performance, a documentary, or a website. Aneesh chose the path of the documentary. His interest towards cinematography and his prior experience in making funny videos with his friends gravitated him towards documentary. He first took part in this contest as a 6th grader in 2015. His documentary on “NiKola Tesla” won him a second place in the regional-level contest but didn’t place him in the

**Tenets of Taekwondo are
Courtesy, Integrity, Perseverance, Self Control, and Indomitable Spirit.**

state-level contest. Aneesh was disappointed with his failure. His intense level of competitiveness meant that he never took any failures lightly. He resolved to come back the following year with a better product. Meanwhile, he decided to reflect on his failure aggressively. His introspection gave him a key finding: his modus operandi did not involve taking feedback from his well-wishers. All along he had been fiercely independent, doing everything by himself, and that meant he had closed the doors for feedback and constructive criticism. He decided to fix it. In 2016, he made a documentary based on the "Theory of Evolution" by Charles Darwin. This time he took feedback from all his well-wishers. He won the regional's and state-level contest and won an outstanding entry award at the Nationals while finishing in top 10. His journey was not over yet. He came back in 2017 with his documentary "Joseph Rothblatt and The Anti-Nuclear Stand" and again won the regional's and state-level contests. At the National's, he won the Global Peace special prize sponsored by United States Institute of Peace and an Outstanding entry award, once again finishing in the top 10.

His voracious reading habits then landed him in the world of Artificial Intelligence. He was fascinated by the whole concept of giving powers to machines to do things only humans can do. He started looking for a problem to solve. Soon he started researching radiology. He discovered that a radiologist takes weeks to diagnose novel small-cell lung cancer and that too with an efficiency of only 70 %. He also found that the early detection of novel small-cell lung cancer improved the survival rates of patients drastically. He started his journey. He took the help of his friend Amol Kumar, who was excellent in biology, and Daniyaal Qazi, who had prior experience in processing CTscan datasets. Together, the trio developed an artificial neural network that would scan the CT scan images and detect the cancer nodules at an average efficiency of 95 %. Their novel algorithm performed 34% more accurately than radiology departments in New York State, and it is predicted to increase survival rates of early lung-cancer patients by 45%. Their project won second place at the eCYBERMISSION competition at the state level and got them \$1500 in savings bonds.

Throughout all these journeys, what stood out was the fact that Aneesh focused on carving out a process that helped him work at an efficiency that would gradually reduce the rate of failures. He never stops until he reaches the desired destination. He looks at problems as an opportunity to explore new realms within his mind. He keeps track of all the mistakes that he has ever made in an issue tracker to make sure he never repeats them. He thinks of sleep as a form of meditation that gets rid of all the negative energy from his system. He uses music as a companion in everything he does. He listens to Rap when he is on the track and classical while he is studying. It is his curiosity, coupled with his strong focus on the process, that has led him into so many different journeys, each one fetching him new powers.

He is now preparing to take part in STANYS State Science Congress at the University of Buffalo in June 2018. In the future, he plans to apply Artificial Intelligence in the field of Astronomy. His insatiable curiosity will forever keep him as a hero who is on a constant journey.



**"A dream doesn't become reality through magic.
It takes sweat, determination and hard work."- Colin Powell**

TULIP FLOWERS

by Muralimanohar



“If we could see the miracle of a single flower, our whole lives would change”.

-Buddha

Dr. Anandi Joshi (1865-1887): First Indian Female Doctor in Western Medicine.

-by Dr. Suman Joshi

This is a unique story of hope, courage, tenacity, and grace. This is a true story of a young Indian woman who should be a source of inspiration to all young boys and girls, as well as men and women of today. This is how it happened.

March 11, 1886 was when Anandi Joshi, a twenty-one-year-old woman from India was awarded the medical degree in western medicine in the United States of America. She was the first Indian lady to achieve this honor.

In 1886, India was under the British rule and the citizens were not living in freedom. When people are afraid, the rigidity of traditions takes roots by going deeper into human societies and their psyche. They stick to their traditions forcefully which then becomes a blind faith. Men don't have any power and women become victims of such societies.

In the 19th century, women in India were oppressed by the systems created by people's rigidity. Women were not allowed to attend schools. Child marriage was the rule of the social structure. Girls usually got married between the ages of 8 and 12 years. The age difference between girls and men was often 10 to 20 years. If the girl's family was poor, it was even harder for parents to find a groom. Second and third marriages for men were common occurrences since wives died at an early age during childbirths, especially due to the lack of medical care. Most men married young girls. Widows were shunned and were not treated compassionately. Also, they could not remarry as men did.

Let's consider Anandi Joshi's achievement with this backdrop. She was born in Pune, India, in a poor Brahmin family in 1862. Her maiden name was Yamuna Joshi. She knew how to read Sanskrit and Marathi. Her parents were very much worried since she was still unmarried at age 11. They found a widower who was 20 years older than her, whose name was Gopal Joshi. At age 14, she gave a birth to her son who died in a few days. Child mortality and young women dying during childbirth were nothing new then. Her story after her newborn son's death took a fascinating turn.

Her husband had high aspirations but did not have capabilities to achieve those goals. He started teaching English to his wife and saw a lot of potential in her. He somehow decided to fulfill his own aspiration through her by sending her to the USA to earn a medical degree in western medicine. During those days, there was a taboo for anyone to leave the country and go abroad. So one can imagine what a stir it must have caused to his countrymen to see Gopal Joshi wanting to send his wife alone abroad to be educated. He wrote in a magazine named Mission Review about the need for women doctors in India, without converting them to Christianity. This article was no-

her community, Anandi Joshi was offered scholarship to travel to America and Lady named Mrs. Carpenter opened her house in New Jersey for her.

Anandi Joshi arrived in Ellis Island on June 4, 1883 and was received by the Carpenter family. Young Anandi was wearing a nine-yard sari and sandals. She never changed her Indian attire in college even under the bitter cold weather. Even though she was away from India, she followed all the rules and expectations, according to the demands made by her husband in India. He controlled her daily life in the USA from India.

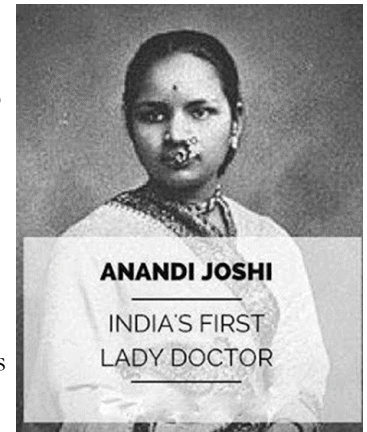
Anandi Joshi was the first Indian woman to attend the women's college in Pennsylvania (Medical College of Pennsylvania and Hahnemann University School of Medicine). Her intelligence and passion to be a physician were admired and recognized by Rachael Badly, Dean of women's medical school, and Anandi Joshi was offered a financial package by the college. Anandi's 50-pages long thesis on "Obstetrics Among the Aryan Handout; was accepted and a medical degree was awarded to her on March 11, 1886. Even Queen Victoria sent her a congratulatory note.

Dr. Anandi Joshi was returning to India by boat to resume her position as a physician in charge in a women ward in a city named Kolhapur in Maharashtra.

Unfortunately, she got very sick with tuberculosis. She returned to India but did not recuperate from the disease. She died in Feb 26, 1887. Her ashes are in Poughkeepsie in NY state in a burial ground of the Carpenter family. They were her family who loved dearly while she was in the USA.

Dr. Anandi Joshi was in a great passion to help children and women of India. Although she died too soon to achieve her goals Dr. Joshi was a pioneer in the field. She has been a great inspiration for women doctors all over the world and especially for women in India who want to be physicians. She paved the path for today's women physicians.

Anandi Joshi succeeded against all odds, particularly unfamiliar climate, opposition from her community, and blind traditions. We, as Indians, are standing on the shoulders of our past generations with gratitude.



“When the whole world is silent, even one voice becomes powerful.”

- Malala Yousafzai



by Aanya Jayadev Age 8



by Jia Bachwani Age 5

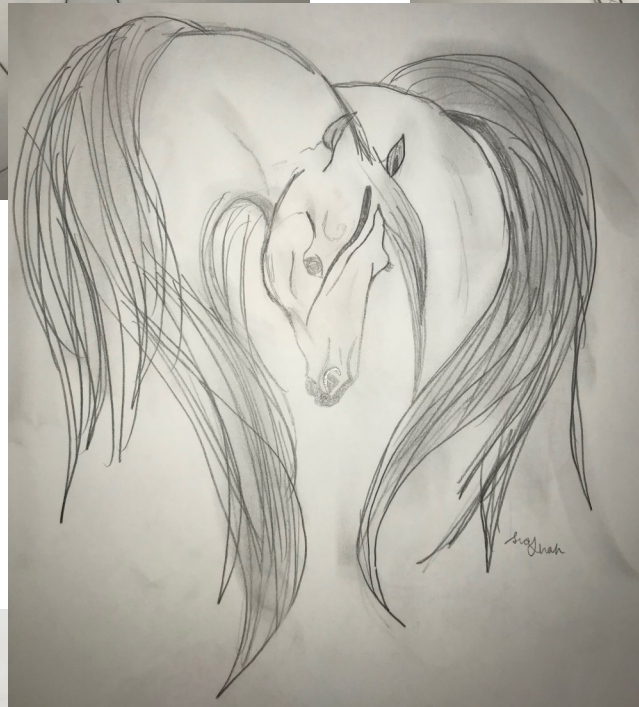
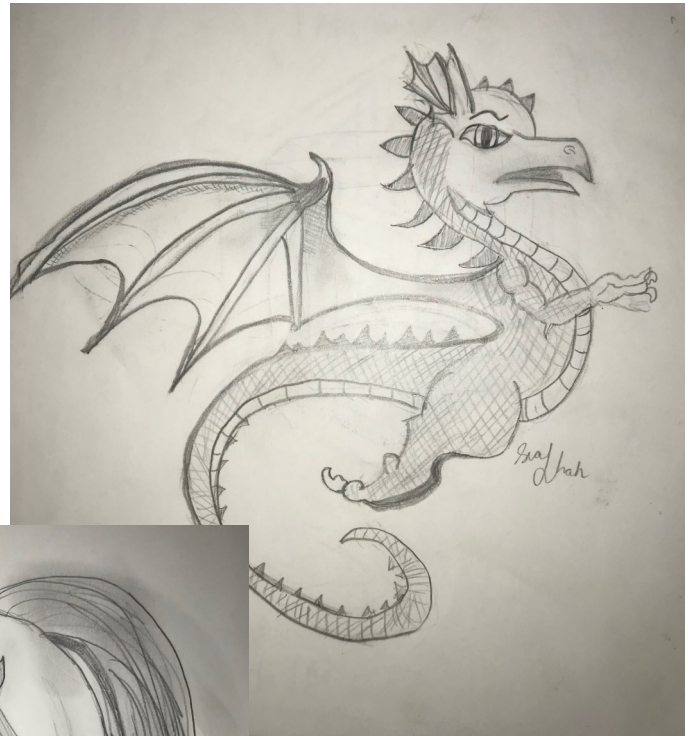
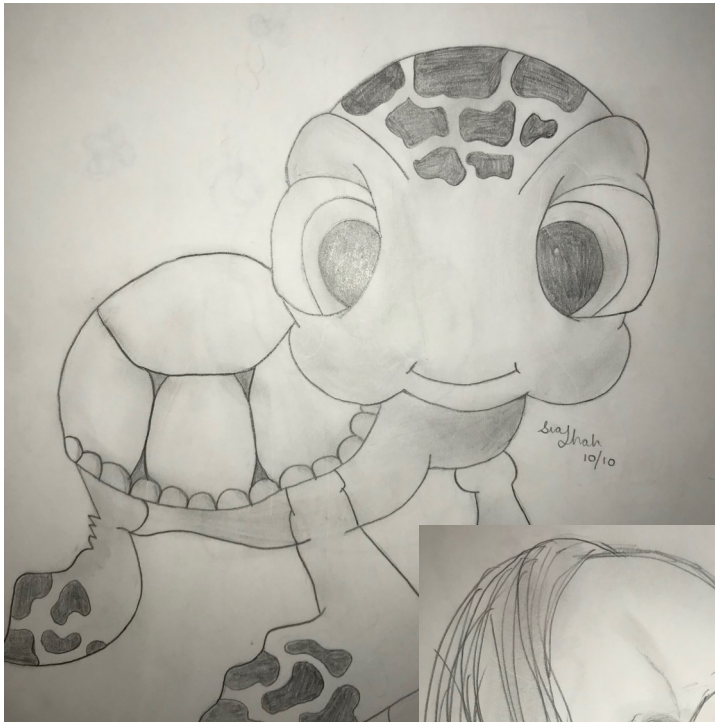


by Aanya Jayadev Age 8

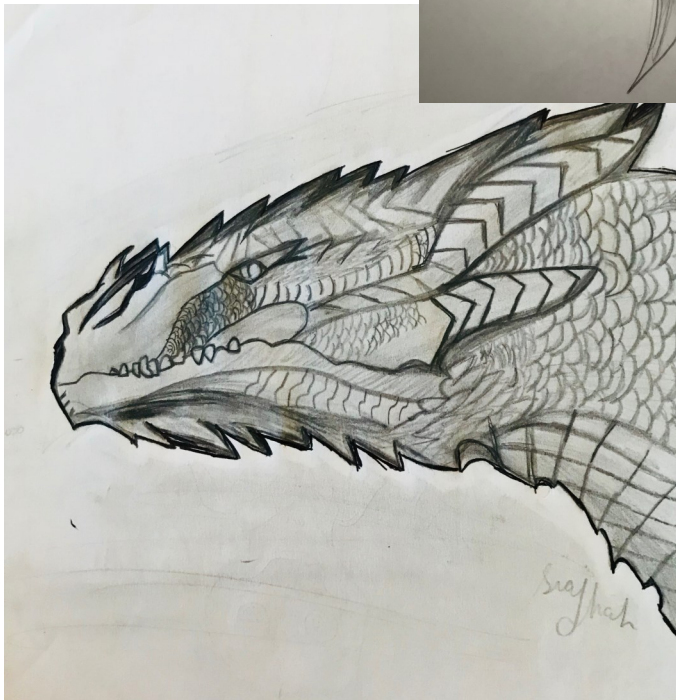


by Jai Bachwani Age 12

“Painting is just another way of keeping a diary.”
- Pablo Picasso



Pencil Sketches
-by Sia Shah, Age 13



“How you draw is a reflection of how you feel about the world.
You’re not capturing it; you’re interpreting it.” - *Juliette Aristides*



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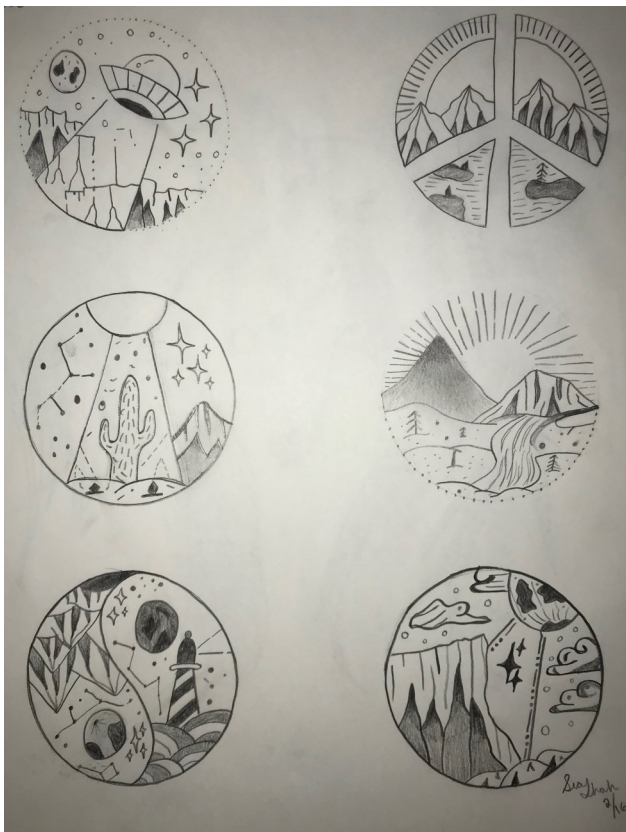
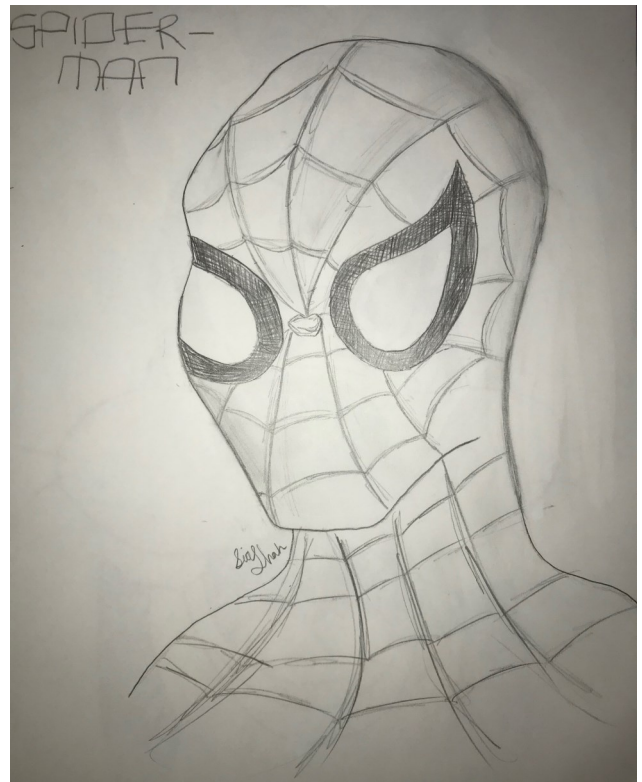
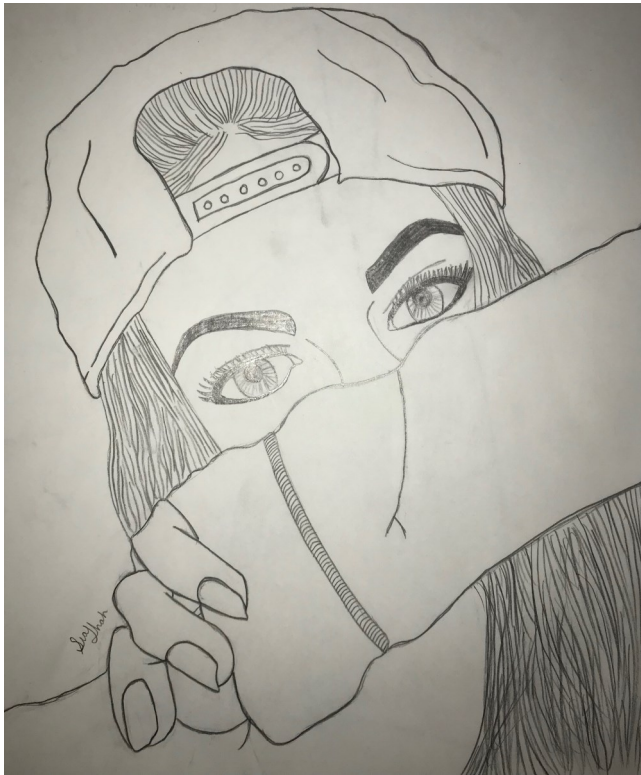
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“A true work of art is but a shadow of divine perfection.”
- Michelangelo

Pencil Sketches by Sia Shah, Age 13



“Logic will take you from A to B. Imagination will take you everywhere.”
- Albert Einstein

by Smirthy M Sajan Age 16



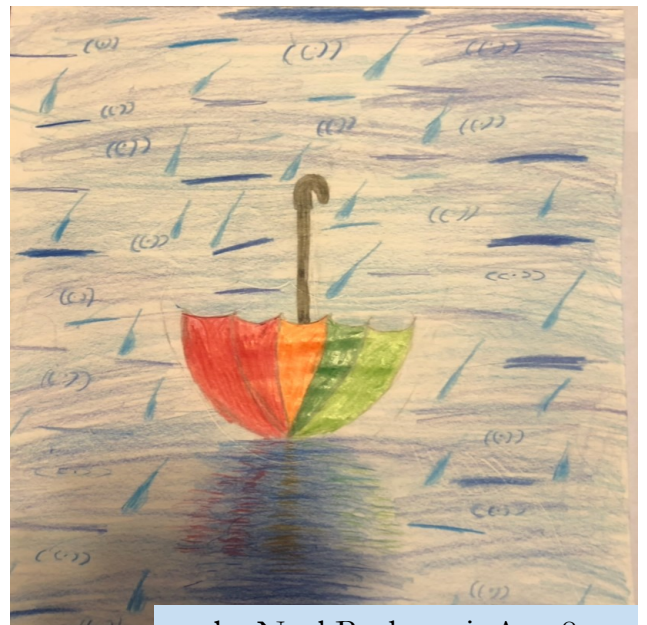
by Smirthy M Sajan Age 16



-by Riya Karadge, Age 8



by Nietu Marigowdara



by Neel Bachwani Age 8

“A picture is a poem without words”
- Horace

The College Essay –by Jane Chen

“Writing,” E.B. White once said, “is an act of faith, not a trick of grammar.”

That is probably among the last things a student working on her college application needs to hear. Your typical junior in high school is knee-high in books, juggling her extracurricular activities with community service requirements, knocking on the doors of teachers for recommendations, ripping through practice SAT tests ... and you want me to view the personal statement as a spiritual exercise?

OK, fair. Instead, let us start with this ubiquitous fact: that acceptance into selective colleges is harder than ever before. Today, Harvard and Stanford rejected nearly 95% of all students who apply compared to an acceptance rate of 13.5% for the incoming class of 1997. A major driver for this is the emergence of the Common App, which allows students to apply to multiple schools with the single click of a button.

This, of course, led to an “arms race.” Alongside the explosion of the information age since the 90s, greased by the Internet and test-prep publishing empires, the absolute quality of a high schooler is orders of magnitude smarter than his counterpart just half a century ago. On a relative level, however, the incremental advantage that an individual student might have compared to his peers is marginal at its best.

All right, so let’s say your student has the top grades, the perfect SAT scores, and a nice stash of community service credits. As it so happens, she is also the Student Senate President and runs the debate team in her spare time. But would I like her? Is she someone I can relate to and have a drink with? This is a question that both university admission and scholarship committees ask.

Of course, there is no practical way for members of the committee to come close to truly knowing your child. But at the end of the day, the personal essay is the only window they have. You would be surprised at how much a piece of writing can say about someone. Diction and syntax play a specific tone; a writer composes it into a melody. It’s a fine line – Is your tone assertive? (That’s good.) Overly assertive? (That’s not good.)

This question-asking goes to show you just how deeply personal and individualized good essay writing is. But let me still try to impart some general advice here. I cannot tell you what to write right now, but I can tell you what not to do. I have experience working with immigrant families over the years, and essay writing is by far the hardest for them.

Parents can pour resources into test-taking and rote memorization, but when it comes to conveying a tone, they struggle. Suggestions for essay topics tend to either be a rehash of prestigious awards or an overdramatization about a summer in the soup kitchen. Another commonly heard piece of advice is the use of complex, ornate words to impress the reader.

I can tell you right now that all of these suggestions are counter-productive. The fact is that, like any piece of artwork, an essay, too, needs an appraisal. Writing and then evaluating your own personal statement is like looking into the mirror and then expecting a stranger to see exactly what you see. Whether it’s by a trusted friend, sibling, guidance counselor, or professional reader, you need someone who can be brutally honest with you.

I’d like to think that is the best part of me. Once, the topic a student chose for his essay was so horrible, that even with 12 hours left before the deadline, I killed the essay entirely. At 2AM we started a new topic from scratch (he ended up being admitted into the Stanford MBA program). On the flip side, I would come across essays so incredible that I have no reason to retouch it, and so I don’t.

I wish you all the very best of luck with your admissions process. Yes, it is grueling (it certainly was for me), but it is my sincere hope that the personal essay can enable you to learn something about yourself. After all, it has to move you before it can begin to move someone else. That is, in short, why I love writing: the paper is my infinite canvas, and on that canvas, I have the opportunity to capture the human essence. The saying is that a picture is worth a thousand words—I aim to do it in 500. I hope that challenge excites you as much as it does me, and that I can help you become better writers in the process.

Jane runs an essay commentary and writing service in New York.

“A good essay must have this permanent quality about it; it must draw its curtain round us, but it must be a curtain that shuts us in, not out.” -*Virginia Woolf*

Spectacular Spring Festival of India 2018

-by Kavitha Muralimanohar

You can call us NRIs, American Indians, Overseas Indians or Indian Diasporas. We call ourselves Proud Bharathiya (Indians). Our identification is only our motherland from the moment we cross the borders.



There are many not-for-profit Indian organizations all across the United States of America, celebrating the culture and tradition of India with pride. We at

TRICIA honor and celebrate all languages and cultures with equal pride and respect. People who have visited us for vacation and attended the Spring Festivals have known TRICIA as the miniBharat (India) in all sense.

The Spring Festival was started in 2000. The idea of spring festival came from the perspective of Alka Wadhwa, the then President of TRICIA, and the commitment of the committee members. The purpose of conducting the Spring Festival was to gather all Indians in the capital area, bringing together the diverse culture and art of India, creating the opportunity to get familiar with each other. In the first few years, the programs were presented to showcase the heritage of different states of India. But later, it was spun on Bollywood dances. Basavaraj Benki, the current President, and the Executive Committee revived the theme of the Spring festival.



This year, time slots were allotted to Regional Associations, so they could showcase their authentic folk dances, culture, art,



and history of the Indian state they represent. It was icing on the cake when our local Guyanese Indians participated. We had a record of

more than 600 participants on stage this year.

Ethnic KARNATAKA Vaibhava, Colorful RAJASTHANI Vaibhava, Vibrant Gajar MAHARASHTRACHA,



Grandeur TELUGU vaibhava, Enthusiastic KERALA vaibhava, Energetic Rangla PUNJAB were some of the state-wise themes that were showcased. Kathak, Bharathanatyam and many more classical dance performances enriched our



show. More glitter was added to this by dances based on Bollywood music. Performances paying tributes to Karnataka's legend Dr. Rajkumar and Bollywood legends, from Meena Kumari to

Shridevi, were overwhelming. Among all this was an act dedicated to grandparents, to show how much kids miss them. Every member in the audience could feel connected to this act at some point. This spectacular event came to an end with the heart-stealing performance by local Guyanese Indians. This increased the thirst in the audience for the next spring festival. TRICIA Spring Festival is one stop for all Indian shopping, Indian entertainment, and mouthwatering spicy Food of India. A non-profit organization like ours needs a lot of dedicated,



energetic volunteers, selflessly working committee members, guiding Board of Directors and cooperating community members to put up an exuberant event of this huge scale. We are miles and miles away from our motherland. We bond here irrespective of our religion and caste. For all of us here, it is just one mantra " **HUM SAB BHARATHIYA HAI**" (We are all proud Indians).



"DIVERSITY: The act of thinking independently together."

-Malcolm Forbes

Indian Languages Word search

-by Sia Shah, Age 13

e j s y f v e t g w i r p l z
 s d z e h c i m i r r f m f y
 e x s t b w k b u r o m g b h
 m i l b f a z p a i k w n e z
 a t l j n x i u f j v s p n r
 s y u n n n w v a h n h n g p
 s k a s a i t a r a j u g a n
 a d a m a l y a l a m y p l s
 a h y s i h t a r a m i z i x
 t m i j h u u o l y d l q h q
 a k y n g m e t a i m a q j v
 m y o a d s i n d h i p t g u
 i z l a e i a r a c n e h r l
 l e h u g n i b i s s n d k y
 t v e t f l k e r b n u c k t

Assamese
 Hindi
 Malayalam
 Nepali
 Sindhi
 Urdu

Bengali
 Kannada
 Manipuri
 Punjabi
 Tamil

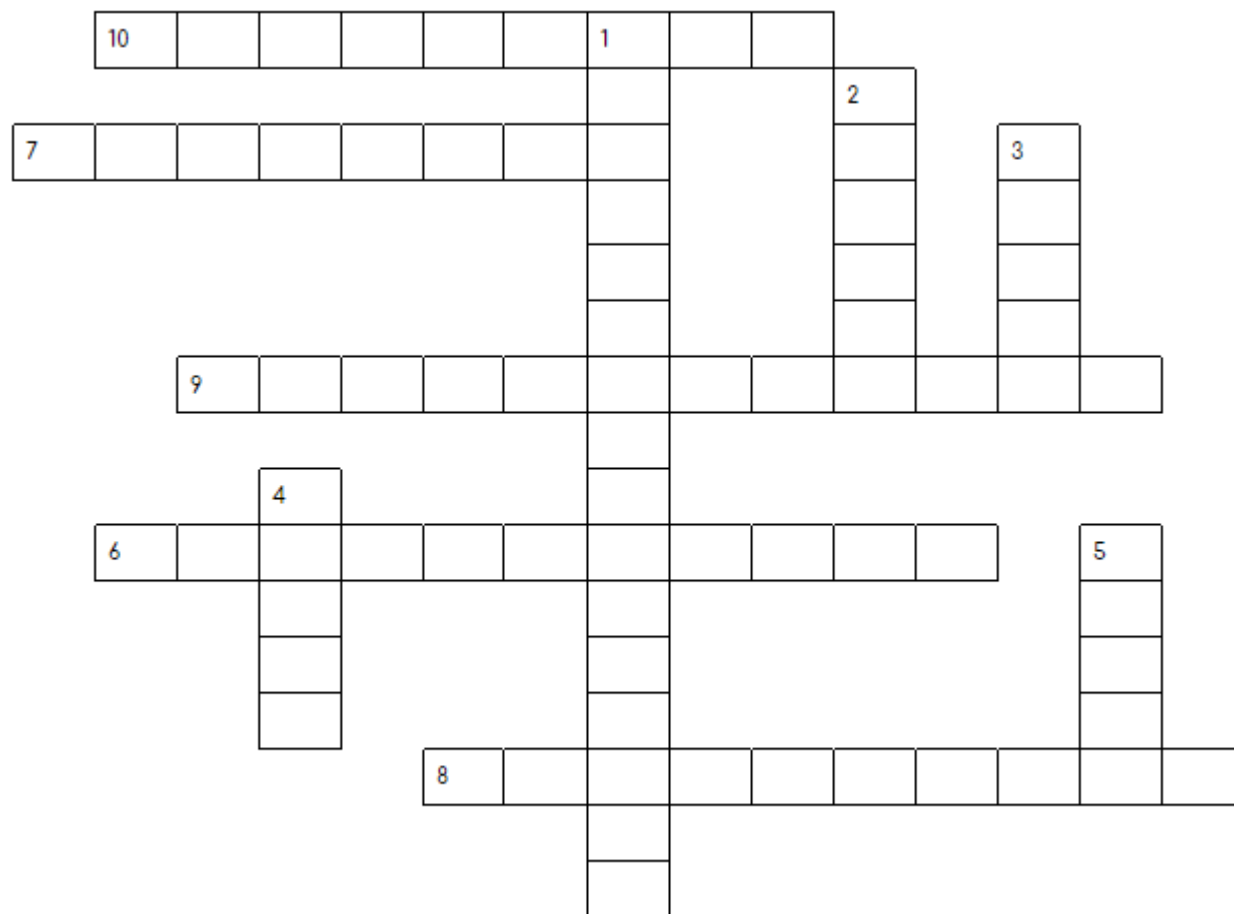
Gujarati
 Kashmiri
 Marathi
 Sanskrit
 Telugu

“Speak a new language so that the world will be a new world.”

-Rumi

Dances Around The World

by Tanisha Muralimanohar, Age 11



Down

1. An Irish dance created in the late 1800s. Involves rapid leg and foot movement.
2. A dance that was created in the early 1500s. Was created to entertain nobles in courts
3. A dance that was accidentally created in the late 1900s. It burns up to 1000 calories.
4. A Brazilian dance created in the late 1900s. It is usually performed solo at carnivals.
5. An Iraqi dance that means foot-stomping.

Across

6. A dance that was created in 206 BCE. It symbolizes good luck and prosperity.
7. A Japanese dance that was created in the early 1500s. It symbolizes the necessity to drive out demons.
8. A dance that has a quick tempo and changing beats. In German, it means double.
9. An Indian dance that was created in the 1600s. It expresses a complex range of emotions.
10. A dance that was created in the 1500s. It is based on the _____ bird.

Answers:
 1. IRISH STEP DANCING
 2. BALLET
 3. ZUMBA
 4. SAMBA
 5. DABKE
 6. DRAGON DANCE
 7. BON ODORI
 8. ZWITZACHER
 9. BHARATANATYAM
 10. TINIKLING

“Creativity is contagious. Pass it on.”

- Albert Einstein

ENJOY DRINKING WATER AGAIN: Detox Water/Infused Water

-by Manisha Kulshreshtha

Detox or fruit-infused water seems to be a new trend these days. What is Detox water? what are its benefits? Why is everyone crazy about it? Does it really work? You are going to find all your answers in this article.

The most interesting & amazing thing about Detox or fruit-infused water is that it contains only water, which is proven to be really vital for digestion, essential for cognitive functions, helpful in restoring energy, eliminating headaches, and improving digestion. Other than these benefits, water also flushes out all the toxins from our body. There are certain fruits and herbs that have great health benefits, and when they are mixed with water, it becomes Detox water and flushes your body of toxins quicker than plain old water. Some of the Detox recipes really help in the cleansing process of our body and boost our metabolism. When these recipes are followed over a certain period of time, you start to lose weight too as a result of boosted metabolism and water consumption.

Another great use of Detox waters is when the water itself gets boring, especially for kids, when you have to always remind them constantly to drink enough to avoid dehydration while playing outdoors or while in summer camp. The good news is that I have actually put some Detox/infused water recipes to test with my own daughter, and her water intake increased a lot to my surprise. It's a great way to introduce a healthy habit of drinking water throughout the day, where it tastes good, with the additional health benefits of fruits.

Detox waters provide me with the flavor that I'm usually looking for, thereby preventing me from eating something that I shouldn't be touching.

With the help of Detox water, you can still enjoy delicious treats without sacrificing your health.

This summer, enjoy a treat that tastes great and lose weight.

Tips for Making Refreshing Detox waters

The main motive of Detox water is to infuse the body with nutrients contained in the fruits and also to refresh and hydrate the body. They will also help us increase our daily intake of fresh water in general. However, they are not diluted versions of fruit punch or lemonades.

Always use fresh fruits to make these recipes and wash them thoroughly before using them.

Always try to use filtered or bottled water for these recipes as the fruits will sit in this water for hours or overnight to infuse the nutrients into the water completely.

It is also a good practice to use sturdy glass Jars and avoid using plastic bottles. Also, make sure that cold water or ice is used for these recipes as the fruits can spoil easily even when they are immersed in water.

Be sure not to use any sugar or sugar substitute in these recipes as the sugar reduces the amount of water your body retains. For kids' recipe, I use some lemon and honey that give the water a nice flavor. Below is my five favorite summer Detox water recipes that you will love.

Recipe 1: SMART Detox Water

Add some blueberries, a few slices of orange, 1-2 pieces of ginger, and a few mint leaves in a Jar. Add water and a couple of drops of honey. Mix everything well. It's ready to use after a few hours.



Health Benefits: My daughter and I call this recipe 'SMART WATER' because blueberry has a good amount of antioxidants, and they help improve memory. Oranges have Vitamin C and antioxidants. Ginger and mint help our immune system and reduce bloating in the stomach. Once the water is finished you can eat the fruits that were left in the jar. They are really a good source of Fiber.



Recipe 2: ANTI INFLAMMATORY Detox Water

Wash lemon, mango, strawberries, and fresh cilantro. Cut them into small pieces and add them to a jar of chilled water.

We call it anti-inflammatory water. If you are not making this for kids, you can always add a spoon of apple cider vinegar.

Health Benefits: Lemon is again a very good source of vitamin C, and it helps for Arthritis pain, too. Strawberries are known to have a good amount of antioxidants, anti-inflammatory, and heart benefits. Mango is supposed to improve eye health. Cilantro is rich in antioxidant and full of vitamin A, vitamin C, potassium, and magnesium. Apple cider vinegar is known to cut belly fat really fast.

Recipe 3: SKINNY Detox Water

This recipe includes the goodness of green apple, kiwis, cucumber and cinnamon sticks. Add these to cold water with a

"When the well is dry, we will know the worth of water."

-Benjamin Franklin

few drops of honey, and your Skinny Water is ready to use.

Health Benefits: Kiwi is a fruit that is rich in antioxidants and Vitamin C. Cucumber has skin rejuvenating properties, is really good for skin, and it helps reduce blood sugar as well. Similarly, green apples and cinnamon sticks help in reducing blood-sugar levels and help in reducing cholesterol level. Cinnamon sticks are also good for controlling blood-pressure issues.



Recipe 4: WELLNESS Detox Water:



This recipe mixes watermelon, grapefruits, and blackberries, with an option to use some ginger and mint leaves, too. We call it wellness water as this recipe helps in improving the overall health of the body.

Health Benefit: Grapefruit is a great source of fiber, potassium, and vitamin C. Also, it has lycopene that helps to maintain a healthy heart. Watermelon helps You Hydrate and prevents cancer, improve heart Health, lower Inflammation and oxidative stress and also help Relieve Muscle Soreness. Blackberry's dark color increases their antioxidant power. They are an excellent source of fiber, vitamin C, and contain a day's worth of manganese. Blackberries contain a small number of calories for a large volume of fruit.

Making detox water is an easy and quick process and has many health benefits. They can increase your water consumption and provide you with a few more nutrients. Be creative and make your own recipe using your favorite fruit and herbs.

You can actually start enjoying the act of drinking water again!

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"If you have concern for people around you, you should make everything about you and around you beautiful." - Sadhguru

Word Scramble: National Symbols of India:

by Sia Shah

aongm _____

sutol _____

ynbaan rtee _____

anaj ngaa maan _____

vdnae aartaam _____

corrotli lgfa _____

bangle egirt _____

epreu _____

ceokpca _____

ansgge ivrre ihpondl _____

“Symbols are the imaginative signposts of life.”

-Margot Asquith

**Glimpses of 'TRICIA Ping-Pong Tournament 2018',
held on May 12th, 2018 at YMCA Guilderland.
Over 100+ players participated in different categories**



“Table Tennis is like an atom. To the ignorant, it is merely microscopic and insignificant in existence, but to the dedicated, it is intricate in design and the building block to everything we know.” - *Matt Hetherington*

Winners in Singles of TRICIA Ping Pong Tournament 2018

Men's Singles

Champion
George Letterman



Runner-Up
Aditva Kiran



Women's Singles

Champion
Willie Cao



Runner-Up
Jhashaini



Boys 12 & Under Singles

Champion
Saarym Saeed



Runner-Up
KrishnaDhev Jammula



Girls 12 & Under Singles

Champion
Jeevika Benki



Runner-Up
Saamrah Saeed



Boys 18 & Under Singles

Champion
Rohan Gangaraju



Runner-Up
Shamanth Murandi



Men's 55+ Singles

Champion
Jiangyan Xu



Runner-Up
Rohinton Irani



“I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.”

-Michael Jordan

Winners in Doubles of TRICIA Ping Pong Tournament 2018

Men's Doubles

Champion

George Letterman &
Ranjeet Sandhu



Runners-Up

Rohinton Irani &
Anil Bisht



Women's Doubles

Champion

Hema Akula &
Jhashaini Muttiah
ALBANY, NY



Runners-Up

Sowmya Yarlagadda &
Willi Cao



Boys 12 & Under Doubles

Champion

Dhev Jammula &
Saarym Saeed



Runners-Up

Aneesh Burra &
Zain Choudry



Girls 12 & Under Doubles

Champion

Jeevika Benki &
Risha Mathur



Runners-Up

Sarina Saeed &
Samrah Saeed



Boys 18 & Under Doubles

Champion

Imam Brula &
Aayan Sayed



Runners-Up

Nitin Obla &
Shamanth Murandi



Men's 55+ Doubles

Champion

Jiangyan Xu &
Mike Chen



Runners-Up

Tang Junnong &
Minfeng Xu



Tricia Upcoming Events



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and

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Coordinators: Ashok Adikoppula & Elangovan Raman













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 Ashok Adikoppula, Secretary: 479-381-9554; Elangovan Raman, Treasurer: 518-229-7875
 Kalyan Ghule; Venugopal Gunji; Praveen Karanjkar; Abdulrahman Moideen;
 Amrithesh Singh; Ravindra Vuppala; Ram Lalukota, Past President;
 BOD Chair: Guryam Singh; BOD Vice Chair: Vijayan Aroumougame

contact@triciany.org
www.triciany.org
 AlbanyTricia

Kissing a man with a beard is a lot like going to a picnic. You don't mind going through a little bush to get there! -Minnie Pearl

Tricia Upcoming Events

TRICIA Annual Picnic

11 AM to 6 PM

August 19th, 2018

Elm Ave Park, Delmar, NY 12054.

X-----X

TRICIA Tennis Tournament

Sept 09, 2018

Central Park, Schenectady, NY

X-----X

Workshops on how to write impressive essays for college admission.

X-----X

Bus Trip exclusively for Women

X-----X

Annual Dinner

X-----X

“How effective you are in life is essentially determined by your level of clarity and balance.” -*Sadhguru*

Precepts of Magazine:

What are the proposed release dates of this magazine?

The TRICIA Magazine will be released on last Sunday of every quarter.
The dates for this year 2018 are April 15, Jun 24, Sep 30 and Dec 30.

What's the language for this magazine?

As of now, we are starting with only English language.

What are the deadlines to submit the contents for this magazine?

The deadline for submitting the content is 15th of last month of every quarter.
They are March 15, Jun 15, Sept 15 and Dec 15.
Your article should be max 2 pages or 1000 words.

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“Look at everything as an infant does-absorbing everything, not judging, not labeling anyone.” -Sadhguru