



Uttarakhand Patrika

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Patrika Editorial Team:

Sangeeta Bist (Editor), Runjhun Saklani, Ritu Negi,
Dr. Ajay Karki, Tarun Joshi



President's Message

Friends,

First, a very Happy Diwali to all. The Tri State and Greater Washington Area hosted very successful Diwali receptions to celebrate and renew our bonds as a community. Since the last time I reported to you we have had a flurry of activities. I am glad to report that UANA is making progress in many fronts through the collective contributions of all our members. In this issue of the Patrika, I highlight some of the major developments that have taken place in our community.

Annual Convention: The Annual Convention held in the historic city of Fredericksburg, VA on July 29-July 31 and attended by over 300 delegates was a grand success. Kudos go to the Annual Convention Committee (Dinesh Pant (chair), Mekhla Darshan, Pritam Dimri, Neeta Joshi, Ricky Kala, Rachana Pant, Ajay Rawat), and Local Organizing Committee (too many involved to list here as it should be) for planning an innovative and exciting program that catered to all age groups spread over a two day format. I will not get into the exciting program at the Annual Convention for fear of stealing the thunder of our hard working Annual Convention Committee Chair, Dinesh Pant whose report appears later on in the Patrika. I can only say that when you are part of such an event you are truly humbled and understand the real appreciation of the unselfish love and sense of community that binds us. The best highlight for me at our conventions is to meet and reconnect with old friends and to make new friends. The great success of the convention is a reflection of the countless hours put in by many volunteers, the many members who actively participated, and many others who contributed ideas, money, and their well wishes. Our Annual Convention is truly an extraordinary community event. Details and pictures from the convention can be found at our website, www.uttaranchal.org

Fund Raising & Membership Drive: Concurrent with our Annual Convention we have our fund raising and membership drive. This year the fund raising committee, (Sanjana Raturi (chair); Prema Bohra; Harish Pant; Dinesh Paliwal, Geeta Rawat) instituted a very professional fund raising strategy that was launched three months prior to the Annual Convention with defined milestones and targeting both members and businesses. What was

remarkable about the fund raising effort this year was that considerable amount of funds were generated by businesses and individuals who had not contributed to UANA before. This broadening of our donor base is a great achievement that should help us in the future. Under Sanjana's leadership, the committee not only met the target set by me three weeks prior to the Annual Convention but surpassed it by a considerable amount. Add to this, that the Annual Convention because of the tremendous work of the local organizing committee came under budget helping generate a substantial surplus that is being used to finance the many projects developed by our Outreach Committee. Going forward, we should have a philanthropy objective attached to the many events we host, a model that our Tri State Chapter has pioneered very successfully.

Our membership committee, (Surjeet Mastwal (chair), Bhawana Bist, Harish Pant, Sanjana Raturi, Geeta Rawat) has done a great job instituting a membership survey soliciting membership feedback and launching a membership drive prior to the Annual Convention. Because of their efforts, we were able to renew memberships for a substantial number of our existing members and enroll over 20 new members including 2 new life members during this period. The committee has helped articulate the value proposition that our organization should provides for our members and this should be helpful for us to improve our services and provide for stronger messaging to our current and potential members. The committee has also provided recommendations on a membership recruitment strategy and a timeline for our annual membership drive. A PayPal option on our website through which members can pay their membership dues and make donations conveniently has also been established.

Outreach Activities: A key feature of the Annual Convention was the presentation by the Outreach Committee (Ramesh Patwal (chair), Roop Bhakuni, Jagdish Bhandari, Mukes Kapilashrami, Chhaya Kapilashrami, Prema Khamka, Runjhun Saklani, Arun Tewari) of several initiatives that they had developed after extensive deliberations. Channeling the unanimous approval by the Board and the enthusiastic support by membership, the Committee has moved swiftly to implement the initiatives. The first Educational Camp [English & Computer Skills] completely designed and run by UANA is scheduled for December 25-December 31st. of this year in

Haldwani. The camp will be an all-residential one week camp to be hosted at Durga Dutt Kapilashrami Smarak Sanskrit Mahavidyalava that will draw students from all over Uttarakhand. Needless to say, this is a huge undertaking– identifying teachers, administrators, support staff; planning curriculum and daily schedule; logistics etc. I am very happy to report that we are in very advanced stage of the planning process and this is a reflection of the tremendous discipline and hard work the committee has brought to bear on this very important initiative for the organization. The learning costs for any new endeavor are always steep but the camp will serve as a prototype for future camps that we intend to run all over Uttarakhand.

The committee also initiated the first steps in our partnership with Himalaya Trust to run a Health Awareness Project covering 20 villages in Garur region in Kumaon. The project will be run over a year and Anup Uniyal, our Vice President, traveled to Dehradun and presented a check of \$850 to officers of the Himalaya Trust, meeting our initial commitment for the project. We look forward to working with Himalaya Trust. The committee has also vetted and approved five member initiated projects which will take place over the next twelve months.

Social Activities: The Social Committee (Mahender Bohra (chair), Devender Chouhan, Sunil Kala, Rajini Kapilashrami, Gita Khanduri, Mamta Kukreti) had a slow start understandably because the chair, Mahender and his wife Bhagyashree were anxiously awaiting and then blessed with their son, Arjun. Congratulations to them both and I am sure Arjun will eclipse both his dad and uncle (Bhuppi) in the cricketing ground. Because of Arjun’s arrival, this year the Annual Tri State Cricketing Tourney was delayed to September. This year the tournament was opened up to outside visitors so as to foster and cement relationships among our members from different geographical areas. I had the distinct pleasure to travel to New Jersey as part of the Virginia 11 Cricket Team in my role as the Nimbu Pani server for the team. Our young team was full of excitement and was the first to reach the event grounds in New Jersey. It was a great day of fun meeting with friends, enjoying cricket and some soccer in the side, and some friendly ribbing and cheering to go along with it all. Although, we lost in the semifinals which we attribute to the great buffet provided for lunch which slowed our team

considerably and the doctored arm and bat of one Bhuppi Bora - it was a day of great fun. What impressed me most was that some of the kids had organized a food drive and they collected more than 100 canned food items which were donated to a local food bank. We had heard a lot about the Annual Cricket tournament organized in New Jersey and but this year we got to experience it firsthand. I have to take my hats off to the local organizing group led by Mahender & Bhuppi Bohra, Ramesh Patwal, Nitin Bhatt, and Gopal Dhariyal for putting together a superb community event. Plans are underway to organize a return friendly (revenge) in the Washington DC area in the Spring/Summer of 2012.

While I am on the subject of social activities, I will be remiss if I did not mention the excellent play, “Aadhe Adhure” produced by our very own talented Mamta Kukreti and directed by Amol Palekar and his wife, Sandhya Gokhale. Along with a group of UANA members I was privileged to see the play. An excellent write up about the play is provided later in the Patrika by Preeta Ishaizay and also accompanied by an interview with Mamta herself.

Patrika and Website: I must acknowledge the tremendous work done by our Patrika team (Sangeeta Bist (editor), Chander Bhandari [Uttarakhand Liaison], Tarun Joshi, Ajay Karki, Ritu Negi, and Runjhun Saklani). The Patrika is a key component of our communication strategy and I greatly appreciate the hard work of Sangeeta and her team in putting out a very high quality Patrika in a timely fashion. Since the wider the distribution of the Patrika the greater its impact, we encourage you to share the digital copy of the Patrika with friends and family both here and in India. Last, but not the least, I must also acknowledge the creativity and resourcefulness displayed by our webmaster, Varun Karki. In this one year, the website has been completely updated and transformed, if you have not visited our website, please do so at www.uttaranchal.org.

In reflecting, on my first year as President of UANA, I am truly humbled. I have got an opportunity to witness first hand, the tremendous dedication and commitment of our members. We have accomplished a great deal but much remains to be done. I am also aware that we live in a very busy society with different demands at different points in our lives. The work of the organization is done

through the various committees and as we start planning for the next year, we will be looking to reconfigure and expand the committees. We always need help, if you are interested in participating in any committee, please feel free to contact me or the committee chair directly. Having worked with all our committees closely this year, I can say it is hard work but extremely satisfying. Please get involved and let us work together to make UANA grow.

Respectfully,

Ajay Adhikari

UANA 13th Annual Convention Report

Dinesh Pant

The 13th annual Uttaranchal Convention was held earlier this summer in Fredericksburg Virginia during the July 29th – August 1st weekend. It was truly a wonderful event that was well thought out and organized with lots of activities for everyone.

Over 300 UANA members, from across the eastern region, attended the event this year and it was truly a memorable event. The convention kicked off with early bird registration, and meets & greets dinner on Friday evening, which included a unique taste of Indian karaoke and dancing during the social mixer. On the main day of the convention, Saturday July 30th, a fun filled day started with the early morning session of yoga in a refreshing style. Acharya Girish Jha was our guest Yoga instructor from New Jersey and he provided the group with a great lesson on eating right and healthy living. His yoga instruction was embraced by all comers, from beginners to advanced power yoga enthusiasts. Later in the morning sessions after breakfast, there was a junior kids program hosted by the teen aged members of UANA. The kids program included games, music, and lots of sharing stickers and mehndi. It was a big hit with all the children and provided a great outlet for them at the convention. The morning also consisted of the board of directors meeting in which all board members had a chance to work through their different work streams relating to the organization. The hotel also provided a fantastic outdoor swimming pool which was used by several members as a fun filled social event. Right after the board

meetings there was a great session in the main ball room sponsored by the outreach committee. There were several presenters, each one on various projects that UANA could support and be a part of in assisting our state of Uttarakhand.

The afternoon started early with annual general body meeting. There was a great recap of the year on what UANA has accomplished including expanding membership of the organization. Everyone got a chance to also meet the board of directors, including a great speech from the UANA president, Ajay Adhikari. Also committee chairs of UANA committees spoke about what they and their respective teams are working on for the organization. The general body meeting was followed up by social mix and mingle lunch hour. It was a great causal way of getting most of the members together and socializing among themselves as several members came into town that day.

Right after the lunch we noticed several of the performers for the cultural event heading out to the local high school to prepare for the Annual Cultural Program. The main event started just a couple hours later in the early afternoon and it was a high energy event with an array of performances ranging from the classical (e.g., Bharat Natyam and bhajans) to contemporary Garhwali and Bollywood medleys. In the true Pahari spirit, participants ranged from tiny tots to our senior members in the community. The location for the event was just perfect and the master of ceremonies, Mekhla Darshan and Ajay Karki were incredible. They really kept the event moving and did a tremendous job of keeping everyone entertained throughout the program.

We ended the convention back at the main hotel with a great evening of dinner and dancing which stretched out to the wee hours of the night. The food was amazing and the DJ was fantastic as at one point it looked like there wasn't one person sitting around the dance floor.

Overall the convention turned out to be very successful. To all the members of the organization, THANK YOU for making this such a memorial event. Can't wait until NEXT YEAR!!

What do we do? A Focus on Legal Profession

Interviews with Ankush Nayar & Sachin Bhatt

We plan this to be a regular Patrika column that focuses on career and professions. To make the column accessible to a wide audience, the column will be in a question/answer format featuring two members of a profession drawn from UANA membership. In this issue, we focus on Legal and feature two Attorneys. Ankush Nayar is a Lawyer with the Attorney General's Office for the state of Maryland. He has dealt with civil rights claims filed by inmates against the state and now works for the Department of Budget and Management. Sachin Bhatt is an Assistant Attorney General with the Office of the Maryland Attorney General.

1. What attracted you to become a lawyer?

Ankush Nayar: I was always interested in becoming a lawyer. My early notions regarding the nature of the profession was influenced by what I saw on television and in the movies. As I got older I realized that the legal profession is pretty dynamic and has the capacity to shape society. One can work in finance, for civil rights, be a trial attorney and appear before a judge, or help draft legislation behind the scenes.

Sachin Bhatt: Initially, I was interested in becoming a patent attorney. A patent is essentially a grant, by the Federal Government, of a right to prevent others from practicing an invention. Practicing patent law requires an understanding of complex technical subject matter. I always enjoyed math and science and I eventually earned an undergraduate degree in engineering. But I also had an interest in writing and debating. Patent law offered me an opportunity to apply my technical background in a setting where I could also write about and debate, in a sense, interesting subject matter. So initially, I pursued becoming a patent attorney. However, as it often happens, my practice has evolved over the years, and presently, my law practice no longer involves patents.

2. What education and training did you have to undergo to become a lawyer?

Ankush Nayar: To become a lawyer one needs to graduate with an undergraduate degree, graduate law school, and take the bar exam. For example after graduating from college I applied and was admitted to an accredited law school. Law school is typically a three year program, and after I graduated I was required to take the bar exam. The bar exam is a comprehensive examination that tests each law graduate on the laws of the particular state he or she wishes to practice in. For example, New York has its own separate bar and California has its own separate bar. To practice law in each state one needs to pass the bar exam for that state.

Sachin Bhatt: To become an attorney, you must have an undergraduate degree and a law degree. I received my undergraduate degree from the University of Maryland at College Park and my law degree from the Seton Hall University School of Law. After completing your law degree, you must pass a licensing exam for each state in which you intend on practicing law – this licensing exam is better known as the bar exam. I have passed the licensing exams for New Jersey, New York and Maryland. Many states also have continued legal education requirements to ensure attorneys practicing in those jurisdictions continually update their knowledge. In certain states, continued legal education is mandatory.

3. Please tell us briefly about the organization you work with and your responsibilities?

Ankush Nayar: I work for the Maryland Attorney General's Office. The Maryland Attorney General is the chief counsel to the state of Maryland. The office is responsible for handling any legal matters that affect the state. It advises various state agencies, represents the state of Maryland if it gets sued, and also represents the state of Maryland in federal court. My main responsibility is to represent the state's interest when individuals have debt that they owe to the state.

Sachin Bhatt: I am an Assistant Attorney General with the Office of the Maryland Attorney General. The Office has general charge, supervision and

direction of the legal business of the State of Maryland. I counsel the Maryland Department of Information Technology (“DoIT”) in all legal matters. Presently, I represent DoIT in two major litigations against telecommunication service providers. I also counsel DoIT on issues arising under various information technology contracts. Such issues may arise as early as the procurement of the contract or as late as when the contract is audited. There are a myriad number of issues that may arise during the life of a state government contract and I am responsible for counseling DoIT through such issues.

4. What do you enjoy most about your work?

Ankush Nayar: I enjoy learning and getting better at my job and working with others to achieve a goal that serves my client’s interest.

Sachin Bhatt: I enjoy the company of the other attorneys in my office. They are some of the sharpest people I have met, their work product is exceptional, and they have the most colorful personalities.

Also, although it sounds a bit cheesy, I enjoy working for general benefit of the public. I counsel a state agency that, in a very real way, exists to serve the citizens of Maryland. So I take pride in referring to myself as a public servant.

5. What are some of the greatest challenges?

Ankush Nayar: There is a lot of reading and writing involved and long hours. It is a highly competitive field and adversarial in nature.

Sachin Bhatt: One of the greatest challenges I face at work is learning to do more with less. Budgetary constraints limit our resources and we have to adapt to prevent compromising our work product. This can be especially challenging when litigating against big businesses since they tend not to spare too much expense when the stakes are high.

6. Please describe briefly your typical day.

Ankush Nayar: I spend most of the day reading and reviewing legal documents and preparing responses

Sachin Bhatt: It is a bit of a cliché, but there is no typical day at my job. Last week I spent substantial time with our auditors reviewing and finalizing a report for a litigation involving DoIT. I also spent time reviewing documents for disclosure in that same litigation. This week I am counseling DoIT on responding to two requests set forth under the Maryland Public Information Act. I am also reviewing a template for DoIT’s telecommunication billing audit contracts. Next week I will be interviewing candidates to fill an opening in our office. As evident, there is no typical day at my job.

7. Would you like to share something else with our readers?

Sachin Bhatt: Although we have our bad apples who often take up the spotlight, the legal profession is ripe with ethical professionals that are attempting to resolve complex, and often contentious, disputes. Navigating through the legal system is not as black and white as non-attorneys often mistakenly believe.

Also, despite common perception, being an attorney is not glamorous. The work is often a grind and requires perseverance. But with the right personality and disciplined work ethic, it can be an intellectually challenging and fulfilling profession.

Few thoughts from my Uttarakhand trip

By Runjhun Saklani

My recent travel in the Kumaun and Garhwal hills has left me with mixed feelings. I was deeply impressed by Uttarakhand’s spectacular and ageless natural beauty described in the poetry of Kalidas and Sumitranandan Pant. Majestic snow-clad peaks, breathtaking panoramic views, magnificent glaciers, ancient temples, cultural heritage of folk music, dance, ethnic food along with its simple hardworking people make the state a unique and blessed land.

The government and various agencies have done significant work in building and maintaining roads and bridges despite unfavorable climatic and topographic conditions. Most ancient sites like temples and monuments in the region are being maintained and preserved under the Archaeological Survey of India.

However, with no intention of being critical, I was somewhat disappointed to see a considerable increase in uncontrolled construction of houses,

shops, and hotels throughout the area. There is a noticeable shift towards modernization with less or no sensitivity towards the indigenous hill architecture of the region. I am drawing this comparison based on my previous trips in the region around twenty years back. This unrestrained increase in construction of houses and hotels is perhaps the result of population growth and a justifiable need of local people to make their dwellings modern, comfortable and of others to improve their standard of living through hotel business. I believe that with certain amount of sensitivity it should be possible to preserve the environmental and historical heritage of the region without checking the economic growth.

One way to accomplish this could be by breathing new life into existing, traditional village houses and converting them into rural lodging for tourists. 'Shakti Himalaya' is a hotel group that has set an example in developing such properties at a commercial level. Their hotel '360 Degree Leti' <http://www.shaktihimalaya.com/himalaya-tourism/360-leti/> nestled in the Kumaun hills demonstrates their philosophy of minimizing negative impact on the culturally and ecologically sensitive areas. Keeping with the local tradition, the buildings are constructed of dry-stacked locally quarried stone with the help of village masons, carpenters, and craftsmen. The Uttarakhand government could consider providing incentives to local house owners for renovating and restoring their traditionally built houses. These houses could be utilized for lodging just like 'Bed & Breakfast' in the west thereby boosting local economy in turn.

I am not aware of any heritage conservation-restoration society in Uttarakhand. It would be a good idea to invite conservation and restoration professionals to conduct workshops and training sessions in schools and colleges to develop cultural pride among youth. This would also encourage community driven heritage conservation and pave way for development.

Some of these ideas are already being implemented by Mr. C.M. Bhandari who needs no introduction. My parents, aunt and I were fortunate to visit few of his initiatives with him during my trip. We also visited Gyan school in Dr. Roop Bhakuni's village. The school building and its surroundings are spectacular.

A Concise History of Uttarakhand (Part 2)

Continued from previous Patrika issue

By Raghavendra Dutt Saklani

(Based on 'History of Uttaranchal' by O.C. Handa)

Guru Ram Rai was a liberal from the Udasi sect of Sikhism. Udasi, comes from the root word Udas which means detachment or renunciation. Unlike some Sikh groups, they do not prohibit shaving or cutting one's hair. Aurangzeb wanted Guru Ram Rai to make certain changes in the holy text Guru Granth Sahib but he refused to do so. The emperor was so displeased that he impressed upon Guru Har Rai, Guru Ram Rai's father, to debar Ram Rai from the Gaddi (throne). Thereafter, Har Krishan, Ram Rai's younger brother was declared the eighth Guru of the Panth, which is the global community following the Guru's path. After Guru Har Krishan passed away, his uncle Tegh Bahadur succeeded him as the ninth Sikh Guru.

On Aurangzeb's instructions, Fateh Shah granted villages of Khurbura and other villages to Guru Ram Rai who spent most of his time in Srinagar and his disciple Mahant Har Prasad remained the Mahant (chief priest) of Dehradun. Har Prasad was succeeded by Har Sewak who was the Mahant when the Gurkhas occupied Dehra Dun. At Dhamawala, Guru Ram Rai built a small shrine which his widow Punjab Kaur enlarged into a large Gurudwara. The Darbar complex was completed in AD 1699. The establishment built in Indo-Mughal style came to be known as Guru Ka Dera or Darbar of Guru Ram Rai. The present capital city derives its name from two words Dera and Dun. Dera (Dehra) refers to a camp, while Dun is a reference to a local term used for a river valley between a smaller mountain range (Shivaliks) and the main Himalayas.



Gurudwara Darbar Sahib - Dehradun

At this time the kingdom of Kumaon under Kalyan Chand was passing through internal discord and external aggression by the Ruhilas. Being in the close neighborhood, Garhwal had to suffer the burden of Ruhila invasion. Ruhila army plundered Kumaon and desecrated the temples. Kalyan Chand escaped to Gairsain in Garhwal and sought the protection of Pradeep Shah who not only offered him protection but also stood shoulder to shoulder with him against the Ruhilas.

Garhwal army commanded by Shish Ram joined the Kumaon forces against the Ruhilas but the joint armies suffered defeat. Pradeep Shah was obliged to pay Rupees Three Lakh as war indemnity on behalf of his counterpart Kalyan Chand for his involvement. Pradeep Shah died in AD 1772 and was succeeded by Lalit Shah. Har Prasad Mahant was the sole arbiter of the destiny of the people of Dehradun. He shifted his capital from Nawada to Dhamawala near the Darbar.

In AD 1791, the Gurkhas marched into Garhwal through Kotdwara. In the meantime, the Gurkhas received the news of Chinese invasion of Nepal. This news unnerved them but they kept a bold face before the Garhwali king Praduman Shah and claimed Rupees Twenty Thousand as annual tribute to the Nepal Darbar for lifting the siege and impose a Nepali resident on him. The ill informed and meek Praduman Shah submitted to the Gurkhas. The people of Garhwal had hardly recovered from the shock of Gurkha invasion that a severe famine in the year AD 1794 -1795 befell them. In the year AD 1803, the kingdom suffered a very violent earthquake which almost completely destroyed Srinagar. The natural calamity had drained away the resources of the kingdom and the annual payment of tribute to Nepal Darbar was overdue for two or three years. It was a valid pretext for the Gurkhas to invade Garhwal. The Gurkhas stormed into Srinagar and Praduman Shah ran away from Srinagar along with his family to Dehradun. Raja Praduman Shah was pushed out of his kingdom to Landhaura in Saharanpur where he offered all his valuables including the costly plate of Badrinath to Ramdayal Singh, the Gujar king of Landhaura, to raise an army. With this army Praduman Shah marched into Dehradun. A fierce battle was fought in Khurbura around the Dera of Guru Ram Rai in which Praduman Shah was killed. His eldest son Sudershan Shah was minor at that time and lived under British protection at Jwalapur near Hardwar. Sudershan Shah was later declared the ruler of Tehri State by the British.



Raja Sudershan Shah

The rule of Gurkhas was very oppressive. The term Gurkhani is still used in Kumaon for any act of cruelty and oppression. The British authorities felt very strongly that their objective of colonizing the sub continent shall remain a dream unfulfilled unless the Gurkhas were pushed back from the Himalayan territory occupied by them. The British lost no time to declare war against Nepal in AD 1814 when the British troops marched to Dehradun. A four pronged assault on the territories occupied by the Gurkhas was planned by Gen. Ochterlony. Maj. Gen. Gillespie was detailed to invade Dehradun. Maj. Gen. Ochterlony raised the first Gurkha Rifles from the survivors of the Gurkha troops soon after the fort Malaun fell in their hands. That battalion is still popularly known as the Malaun Rifles in the Indian military tradition. On 24th Oct, 1814 the British forces reached Dehradun. The Gurkhas established themselves at Nalapani where they built a fort known as Kalanga captured by the British troops but many of them were killed. Two monuments now mark the site, one for Major General Gillespie and another for Balbhadra Thapa and his brave Gurkha comrades.

With the death of Maj. Gen. Gillespie in the ambitious operation Kalanga, Warren Hastings planned his strategy to seize Kumaon. Shiv Ram Saklani and Kashi Ram Saklani helped the British in driving out the Gurkhas from Uttaranchal. After fierce fighting, the Gurkha governor of Kumaon Bam Shah surrendered Kumaon to the British authority in 1815. Most of the Gurkhas left for Nepal leaving Kumaon to British control. Nevertheless, a sizable number of Gurkhas who had married the local women and established their homes chose to stay back in Uttaranchal. On 2nd Dec, AD 1815 East India Company signed a peace treaty at Sugauli. With the coming of the British, people felt relieved from Gurkha oppression.

The British in India had been very shrewd. They achieved their interest not by brute force as the

Gurkhas did. Their development was accomplished through largely indigenous resources. They laid roads, founded cantonments and sanatoriums in Uttaranchal. Hardly any of those was exclusively for public benefit. The roads they built opened new frontiers of international trade that benefited them. They founded cantonments to awe the people of their might. Nevertheless, those ventures incidentally benefitted the local people in many ways. Most of the British administrators in Uttaranchal were either military officers, released from active duty or civilians who prided on behaving like them. British administration was thus more or less a regimental affair which common people feared.

Soon after the fall of Almora on 3rd May, 1815, the British Governor General appointed E. Gardner as the first commissioner of Kumaon district that included the erstwhile kingdoms of Kumaon and Garhwal. The district was attached to the North western Frontier Provinces of Agra and Oudh of the East India Co. (later called United Provinces) which after independence came to be known as Uttar Pradesh. The British had decided to keep Kumaon under their direct control so that they could ensure better trade communication with Tibet and Western China. The question of deciding the fate of Garhwal occupied E Gardner's attention.

In 1804 when the Gurkhas occupied Dehradun, Sudershan Shah was a minor and the British had a soft corner for him. Since he was the surviving representative of the family which was formally reigning principalities in the hills, the British were prepared to handover the kingdom to him on a payment of Rupees Five Lakh but he could not afford to pay the required amount. So he was asked to surrender a part of the kingdom. Accordingly, the rugged western part of the erstwhile kingdom of Garhwal separated by Alaknanda and Mandakini rivers was handed over to him excluding Dehradun and Pargana of Rawain. That part formed the new kingdom of Tehri under Sudershan Shah who selected his new capital at Tehri at the confluence of rivers Bhagirathi and Bhilangna. Eastern Garhwal became part of British Garhwal in Kumaon division. Srinagar remained the headquarters till 1840 when due to better climatic conditions the capital was shifted to Pauri. The British Garhwal came to be known as Pauri Garhwal. Later the unproductive, rugged Parganas of Rawain was released to Raja of Tehri. Dehradun was separated from Garhwal and

came under the administrative control of Saharanpur Division. The British part of Garhwal and Kumaon was formed into the district of Kumaon with headquarters at Almora.

Sudershan Shah was now made the ruler of the new kingdom of Tehri Garhwal. An estate spread over several villages towards west of Tehri known as Saklana was given to Shiv Ram Saklani and Kashi Ram Saklani as recognition for their role in driving out the Gurkhas. The owners, called Muafidars, were granted civil and revenue powers of second class Magistrates under the jurisdiction of the Commissioner of Kumaon and the Agent for the Tehri State. As Sudershan Shah died without a male child, the state would have lapsed under British control. Since Sudershan Shah had helped the British during Mutiny, his relative Bhawani Shah was allowed to succeed him in 1859. Next in line of succession was Pratap Shah, son of Bhawani Shah. He founded the new town of Pratapnagar as it was very hot to live in Tehri during summer.

In 1892, after passing away of Pratap Shah, Kirti Shah on attaining majority was enthroned king of the State. He ruled his kingdom efficiently and so the British Government honored him with the title of Sir and KCSI. He founded the town Kirtinagar and reigned till 1913 leaving behind a minor son, Narendra Shah. Narendra Shah was coronated as the king in 1919 at the age of twenty one years.

The Tehri state maintained a company named the 'Imperial Service Sappers'. The company provided significant reinforcement for 18th Gurkha Rifles in France during World War-1. Narendra Shah founded the town of Narendranagar on the hill top twenty two kilometers away from Rishikesh. He died in a car accident in 1950. He reigned till 1949 when the kingdom was merged with Uttar Pradesh. Later Narendra Shah's son Manvendra Shah served as Member of Parliament – Lok Sabha.

In 1948 the kingdom of Tehri was surrendered and formed into the district of Tehri Garhwal under the Commissioner of Kumaon. Thus in 1948 the entire hilly region of Uttar Pradesh excluding Dehradun was under commissioner of Kumaon.

On 24th Feb, 1960 a new Division of Uttarakhand consisting of three districts of Uttarkashi, Chamoli and Pithoragarh was created. In 1968, the hilly Division of Uttar Pradesh was reorganized. Kumaon

Division was split up into two Divisions of Kumaon Division and Garhwal Division. Kumaon Division included the Districts of Pithoragarh, Almora, and Nainital. Garhwal Division included the Districts of Dehradun, Uttarkashi Tehri Garhwal and Garhwal. The District of Dehradun was transferred to Garhwal Division.

The people of Kumaon and Garhwal had been airing their demand for a separate identity of the hill region since long. The hill districts of Uttar Pradesh continued to be treated at par with the rest of the districts of the plains notwithstanding the economic disparity and harsh living conditions of the people of mountainous terrain. The hill people have sacrificed the lives of many of their relatives and friends to achieve their goal of a separate hill state of their own. Their goal was achieved when the Lok Sabha passed a bill for the creation of a separate hill state out of Uttar Pradesh on 10th August, 2000 and received the assent of the President on 28th Aug, 2000. With that a new hill state of Uttarakhand was born. Before the formation of Uttarakhand, there were nine hill districts. Those nine districts were combined and organized into thirteen districts of the new state.

In January 2007, the name of the state was officially changed from Uttarakhand to Uttarakhand. The provisional capital of Uttarakhand is Dehradun which is also a rail-head and the largest city in the region. The High Court of the state is in Nainital.



Map of Uttarakhand

YOGIC PATH TO THE SPIRITUAL WORLD
(Part 1 of 3-Part Article)

By C.M. Bhandari

We now live in Science and Technology age. The information and communication technology (ICT)

has already revolutionized lifestyles and human relationships. It is not unlikely that human race may one day surrender completely to the illusory forces of ego and forget its own supremacy over matter (*Prakriti*). What is more baffling and beyond reason is that we regard material well being as the definition of success in life irrespective of the fact that the material comforts are temporary and lead to miseries in the longer run?

Think of any comfort that money can buy/matter can provide and you will notice that too much of it leads to distress. That is why the saying also goes that too much or too little of everything is bad – neither comforts nor sorrows, neither sunshine nor rain, neither noise nor silence should be in the extreme. The right proportion or balance is the answer. The only way money/matter can bring permanent joy is by maintaining a sense of total detachment with it and utilizing/donating it for public good – what Gandhiji called becoming a “Trustee” of it. It is a uniform observation worldwide that real joy is in giving and not in receiving. Obviously when we give away wealth in charity, we do not expect any return or recognition but we do derive immense joy and mental satisfaction/peace/pleasure in having been of some help or made a difference in someone’s life or created a facility that would serve public good. But when charity is provided with strings attached even if for name and fame, the returns also get attached; the joy is not the same as that in serving without self-interest or strings attached, what in the language of Bhagvat Geeta is called the ‘*Nishkaam Karmayog*’.

It is very evident that material comforts are meant for our body and satisfy our senses of perception but the mental comforts that satisfy the spirit residing in the body are entirely different. A clear understanding of this reality can help us live a more meaningful life free from pain, anxiety and fear. This is why, you would have noticed, all rich people ultimately look for avenues to put a part of their wealth for public good. The more a person resorts to it selflessly, the more returns – visible or invisible – he gets out of it. That is the law of Nature also (Newton’s law in physics) – every action has an equal and opposite reaction. So, all acts of charity are rewarded by the Supreme Authority we call the Almighty or God in some way or the other at the due moment (if not immediately). We would not know when and how an act of kindness is returned, for that Supreme Authority never fails in maintaining

and administering an immaculate balance sheet of all acts of meritorious, and also sinful, acts of each and every individual.

My personal experience has been that an initial faith in the selflessly “Love All and Serve All” philosophy provides us numerous occasions to experience the unexpected acts of kindness from unknown sources in times of our critical need and we become convinced of the Almighty’s existence and His fair play. Mother Teresa is another example besides Mahatma Gandhi who entered sainthood by peoples’ acclaim during their lifetimes for their Love and Service for the downtrodden. The Truth also is that God resides within. According to *Purushsookt*, first verse, His seat is ten finger widths up from the navel point at the dip in the middle of the breasts. That is why the Vedas have exclaimed: ‘*Aham Brahmaasmi*’ (I, the Self within, am the *Brahman*), ‘*Tat Tvam Asi*’ (You, the Self within, are That – the Supreme), ‘*Sat Chit Aanand*’ (Self is Truth, Existence, Bliss), etc.

The contemporary materialistic world is debating if moral values or human values have a place in day-to-day public life, in running the present-day systems of nation-hood, political governments, and corporate world and so on. The western governments lay an emphatic demand on human rights and democratic norms but err at will in its faithful universal application and implementation. In recent times, people have also started discussing in all seriousness relevance of Mahatma Gandhi’s twin principles of Truth and Nonviolence. Gandhiji also relied a lot on reason or common logic, especially in situations where truth and nonviolence were not the deciding factors. For example, when it came to seeking his views on religious conversions, he said that unless it was justifiable on sound reasoning, religious conversions could not be sanctified. If something was beyond truth, nonviolence and reason, then it had to be a matter of individual faith, which he treated to be like a sixth sense with every individual. Many illustrious missionaries argued but could not reason out with him the necessity of religious conversion if the fundamental aim was social uplift of the downtrodden and the untouchables. Instead, Gandhiji was able to convince them of why the *Dalits* should not be uprooted from their long nurtured religious faith and planted in a totally new faith of which they had no knowledge and, therefore, could not decide the relative merits of the two.

The world scenario appears to be moving from bad to worse from whatever angle we look at it. There were great expectations of a New World Order after end of the cold war at the end of the 1980s but events of the past nearly two decades have shown that the areas of differences, discord and conflict have further multiplied. Powerful nations have not hesitated to take military actions at unprecedented scale against sovereign nations. Unfortunately the innocents are paying a heavy price for all this. The spread of materialism has made humans more selfish and self-centered. The rich have become richer and the poor poorer in most societies. What is the way out? Should there be no standards of international behavior? We talk of human rights but the standards are applied subjectively. As the world society continues to move towards more materialism, this disparity is bound to increase, both inter- and intra-nationally. The only way to save humanity from advancing towards self-destruction is by way of Self-realization, by knowing the truth that happiness lies not in seeking material comforts but distributing wealth for public good, in caring and sharing with your neighbor. This has been the message of all religions since times immemorial and is the eternal gospel truth.

Let us consider our times. All human beings irrespective of the place of their origin, nationality, race or religion, are in search of happiness and peace. In fact, it is Nature’s law that not just the human beings but all creatures look for happiness, which for them is mostly limited to having timely food, clothing, shelter and safety of life. While most of us are busy hunting for the illusive permanent happiness, there are some who pause for a moment and reason out if at all there is something like permanent happiness or is it just a mirage? At least that was the approach of the Vedic period and they coined four simple words to describe the entire philosophy behind happiness. They realized that everyone wanted to avoid sorrows and difficulties. They therefore, needed to know the reasons for sorrows and sufferings so that those could be avoided rather than finding ways of attaining happiness. The four words used to capture the entire concept are:

Heya – sorrows and sufferings that everyone wishes to be discard,

Heyahetu – reasons for arising of those sorrows and sufferings,

Haan – absence of sorrows (meaning by implication a state of happiness), and
Haanopaaya – ways of attaining *Haan*.

So, having understood *Heya* and *Haan*, everyone needs to look for reasons of *Heya* so that those could be avoided and know the means to attain *Haan*.

If we analyze the world politics today, it is all about national interest. Every country is keen on ensuring its own advantages and getting the best returns for its citizens. There is no concern whatsoever if that results in citizens of other nation(s) being denied the same advantages and returns. The developed nations are constantly working to further improve the socioeconomic conditions of their own nationals and give only a lip service to the developing and underdeveloped nations. Within each country also, there is struggle between different regions, districts, religious and ethnic groups, rich and poor classes, to ensure better treatment for their own group of peoples. For some it is a battle for survival while for some others, the problem is of affluence. At the root of all this is just the same animal instinct of personal survival first and the rest comes second except that the human beings are further afflicted with greed, jealousy, anger, delusion, etc., which makes the situation even more worse.

During my travels worldwide, I have come to see different cultures, different religions, different racial and ethnic societies/groups and their ways of living, thinking, behavior, responses, etc. I must admit that except for the differences in geographical and climatic conditions and local customs and practices, the human nature everywhere is the same. The human body and over all human constitution and natural behavior are also the same. The human anatomy and physiology, including individual emotions and feelings, are exactly the same all over the world. But human values are perceived differently in western societies. It is because of an excessive intervention of the State in individual lives, which has resulted in the weakening of the human touch and family bond. If it has ensured prevention of child abuse or gender discrimination, it has also resulted in emotional imbalances and bankruptcy of moral and spiritual values.

I have also noted that the generation-divide also applies uniformly to all societies and has existed all along the ages. This brings me to re-emphasize the

point that 'Time' is a very powerful factor in our lives. In the Vedic discussion of the creation of the universe, the Time dimension has been defined as the interval between two successive states of the ever-evolving smallest constituent of matter, namely the atom. Time is thus not a matter but a relative factor that determines the period between two consecutive states of an object. We see it in our lives as well. There are many things that cannot be beaten Time-wise beyond Nature's laws. A fetus cannot mature before time in the normal course. A child under puberty age cannot have normal sexual stimulations. The body responses of the same woman towards her husband and her newly-born baby are entirely different. Teen-aged boys or girls will be naturally attracted towards each other. Therefore, it is wrong to expect miracles that are not in tune with the Time factor. If certain developments do not happen as per our own calculations, it is a good philosophy to contemplate if it's Time has not yet arrived or already passed.

(To be continued in the next two issues of Patrika)

An Oral History: Life in Uttarakhand through the Ages

As narrated by Mrs. Kura Devi Mastwal to Surjeet Mastwal

Devbhoomi Uttarakhand ki jai ho

My "mayaka" is in Pauri Garhwal and my "sasural" is in Tehri Garhwal. Because Uttarakhand is the land of gods and related festivals, I will say a few words on that. In Pauri Garhwal there is a festival that occurs every 12 years for the gods "Mori ka Narayan". It occurs in June-July and is called "Mori ku Melu". This is similar to the "Nanda Devi Yatra" and happens in a village called "Tumlaag". The next one will be in 2014, and in its preparation, in another village named "Kundi" near Devprayag, there will be continuous day-night dance music "Mandaan" for 6 months before the festival begins. According to ancient traditions "Kundi" is considered the "mayaka" of the goddess and "Tumlaag" is considered the "sasuraal". After the 6 month celebration the "doli" is brought from

“Kundi” to “Tumlaag” where the Mela takes place. This is where the big celebration occurs and people from far places come to take part.

In Tehri Garhwaal there is the Surkanda Devi temple, where people from far away come for “darshan” and give their offerings. There are many facilities in garhwal now. When I used to live there 25-30 years ago, there was not even electricity and everyone’s life was much more difficult. We all should try to realize that no matter where we live, we should try not to forget our values, language, and culture and not let our children forget it so that our identity stays linked to Uttarakhand.

Tri-State UANA Update

Soccer Camp for Children at Tri-State UANA Annual Cricket Tournament

By Shashank Dimri



On September 10th 2011, at the annual Tri-State UANA cricket tournament, a ‘Soccer Camp’ for younger children was held in Colonial Park, Somerset, NJ. The ‘Coaches’ of this camp were, Divya Dhariyal, Akash Patwal, Rohan Bhatt, and myself, Shashank Dimri. The camp was organized by Tri-State chapter as part of UANA’s Youth Outreach program. The goal of the camp was to teach the rules of the popular sport to younger children while having fun playing soccer. I can proudly say that both these objectives were accomplished that day.



When the game started, all participants were focused and ready to play. Although the match ended with a score of 0-0, it was fun and challenging for both teams. The simple joy of friendly competition and trying to score is an age-old concept that was clearly visible. You could see the joy on the faces of children when they saved the ball from entering the goal or their frustration when they couldn’t get a goal for their team. These emotions and reactions showed how much they cared about the game. They got so much thrilled by playing soccer that they continued playing even after the camp got over. If you would ask a viewer who won, they would probably say that both teams lost. From a players’ perspective, however, everyone was a winner. The young organizers and all participants received certificates of appreciation later that day.



Giving Hope to the Hungry

Divya K. Dhariyal; Age: 14 years



This year's Tri-State UANA cricket tournament held on September 10th, 2011, at Colonial Park, Somerset, NJ, was a special event not only for all those who attended, but also for the needy people in our community who survived Hurricane Irene. Some of the children- Akash Patwal, Shashank Dimri, Rohan Bhatt, Nikki Khanduri, Tara Dhariyal, and me (Divya Dhariyal) - ran a food drive for a local food bank, determined to help out those who needed it. Setting a goal of 100 items of food was pretty high, and I must admit, at first it didn't seem like we would be able to reach that goal. We still stood waiting at our table, arranging the cans and boxes, recording the number of food items that was collected so far, and anxiously waiting for more people to come and make donations. Rain started to pour from the sky, as if giving an ominous sign to us, making everything seem much gloomier. It was all we could do to keep the food dry, covering them with bags and storing them away in a large bin underneath the table.



But shortly afterwards, the sun once again started shining, both literally and metaphorically. More and more people were arriving, and with them came boxes and cans of food flowing in. The members kept coming, contributing a few food items at a time until we more than reached our goal of 100 items. It was a magnificent sight, a glorious 187 pounds of food, which were 170 selfless donations of boxes and cans neatly stacked on our table- exceeding our hopes by a plethora. Some of the adults (Prakash Khanduri, Kumud Sanwal, and Gopal Dhariyal) went in to deliver the items to United Way affiliated food bank in Somerset, NJ that same afternoon. My dad told me that he "personally witnessed old and young alike with empty plastic bags that directly benefited from the generous donations." I am sure I can speak on behalf of everyone who participated that we felt very accomplished that we were able to achieve this amazing feat, and more importantly that us few kids, and our generous donors, were able to make a

difference by helping while giving hope and joy to an abundance of hungry people out there who needed the food after the devastations that they went through due to Hurricane Irene.



Aadhe Adhure

By Preeta Ishairzay

'Aadhe Adhure' is a Hindi play directed by renowned Indian film and theater veteran Amol Palekar, co-directed by his wife Sandhya Gokhale, and produced by our very own, Mamta Kukreti. We had the opportunity to watch this play in early October. Another Hindi play 'Khidkiyan' also directed by Amol Palekar, played in late September. Both plays featured in an auditorium in Rockville, MD and were organized by Natya Bharati. Mamta has been associated with Natya Bharati for the past fifteen years.

'Aadhe Adhure' is a classic Indian play written by playwright Mohan Rakesh over 40 years ago. Yet it still appeals to audiences today, due to its contemporary content. It's the story of a dysfunctional middle-class family, centered on Savitri who is the breadwinner and frustrated wife of Mahindranath, who is portrayed as a meek and dependent husband. They have three children: Binny who is the runaway elder daughter who is now back home after a strife ridden relationship with her husband, a jobless son, and an adolescent school going daughter. The play starts in a house that's in disarray with the members of the family in a state of unrelenting emotional turmoil. There are ongoing arguments between the characters as crisis after crisis moves the plot forward. The underlying issues are elusive initially though they surface in the second half of the play with appalling revelations. This is not to say that the issues are resolved eventually -

leaving the viewer with an unsettling sense of discontentment and incompleteness.

Excellent performances combined with a gripping plot, makes it feel as if we are in the midst of this family and tensed listening to them argue which can be attributed to the realistic portrayal of the characters. This is especially true of Savitri, played by Suma Muralidhar.



Congratulations to Mamta Kukreti for a fabulous production of 'Aadhe Adhure'! It was well executed with superb acting. We enjoyed it very much and look forward to more of these performances in the future, in the DC metropolitan area. One of the highlights for us was when Mamta Kukreti personally escorted several of us UANA members to the backstage to meet with Amol Palekar and Sandhya Gokhale.

Interview with Aadhe Adhure Producer Mamta Kukreti

1. As the audience, we got to enjoy the great performance. Can you give us an idea on what goes in mounting such a major production?

I do not know where to begin! This was a very unique production where the director was not a local person but instead Mr. Amol Palekar, the famous Indian actor and director. I have been working with Natya Bharati on this production for the past one year. After many meetings, e-mails and phone calls we decided to invite Mr. Palekar to direct three plays in Hindi over a period of one month. He accepted the invitation from us. Now my challenge started as a producer. In one month I had to put together a backstage production team and create a schedule that accommodated all of the

people involved in the play. This was my most difficult task because we had only one month, and so many people were involved. I started collecting the props for stage and getting the set and stage panels ready for the show. Many times I felt like I was living in Home Depot. Last but not least, I had to advertise the play and sell as many tickets as possible to pay for the production.

2. What was it like working with Amol Palekar and Sandhya Gokhale? What was the atmosphere in the set? Can you share some anecdotes?

I was so fortunate to be with Amolji every day during our rehearsals. Both of them are very much down to earth people. They understood that we are not professional theatre actors but that we were willing to work hard and long hours to improve the level of performance of the production. He gave the actors two weeks to memorize their lines, and then we started to block the play. Block means directing the actors' stage movements. Every day they spent 8 to 10 hours with us working on things such as: improving line deliveries, blocking, recalling emotions from the actors' own lives, where and when to take a pause and when to raise and or lower their pitch. During lunch or dinner breaks he would tell us jokes or talk about how he started in the movies. He talked a lot about his mentor, Basu Chatterjee, and his Hindi film debut: Rajnigandha in 1974.

I never felt like I was working with a well-known film and theater actor and director because he was very easy to get along with. He appreciated the work we were trying to do, understood that we all had full-time jobs, and was not at all demanding.

3. My understanding is that all the actors and supporting cast for the play were not full time drama professionals but instead people drawn from the local Washington DC area. How do you all juggle your busy life to mount such a major production?

You are absolutely right, just like me we all have full time jobs. There is only one thing we have in common among us, and that is the passion for the theatre. For a good production we will make time from work and family to have fun. For me it's a hobby and a great stress relief. When we received the final play dates from Amol ji, I knew the month

of September would be extremely busy and that I would have to plan around this big commitment.

4. Can you tell us something about Natya Bharati and how long have you been associated with this organization?

Natya Bharati is a non-profit cultural organization dedicated to bringing the best of Indian theater to theater-lovers in the Washington D.C. Metropolitan Area. It was established in January 1984 by a group of theatre lovers. Natya Bharati is sustained solely by community support through membership fees, donations, and ticket sales. None of the actors or production team members are paid for performances. The money made for each show is used to fund future productions. I have been with Natya Bharati since 1995. My first play with them was "Bagiya Banchha Ram Ki."

5. When and how did you first become interested in directing and producing plays? Did your parents support you in developing your passion for drama?

In 2003, I was given a chance to produce "Dhaai Akshar Prem Ka" and during that production I realized that with every onstage production there is a big back-stage supporting hand, and together we produce an amazing play for our theater-lovers. It takes a team of people onstage and a team of people backstage to put together a production. While you see the people onstage, any play would be impossible without the production team supporting them. My parents were always very supportive of my adventures in theatre. They have come all the way from Illinois to see many of my plays and have even traveled with me to many cities where our plays were being performed. They were very proud of my work and everything I've accomplished.

6. Do you have any plans to direct/produce a play with an Uttarakhandi theme? I am sure we have many UANA members who would love the chance to act in a play directed and produced by you.

As of right now, I have never directed a play, but I would love to have that opportunity and would like to work with an Uttarakhandi theme. I know there are many of you who are interested in this new adventure. If you're ready for a big commitment, maybe in the future we can put something together.

Lastly, I believe your father Dr. Kukretiji has just turned 99. Please convey to him our heartiest wishes from the UANA family.

On 11th of October we celebrated Papa's 99th birthday. I am so fortunate to have him as my dad. Next year we are looking forward to celebrating his 100th birthday!

Jhangore ka Upma - Pahari Recipe

By Anita Dimri

Jhangora (Barnyard Millet) is available in Indian grocery stores by the name 'Samo' or 'Vrat ke Chawal'. It can usually be found at fasting items' shelf.

Ingredients

<u>Oil</u> - 2 tbsp	<u>Jhangora</u> – 1 cup
<u>Water</u> - 3 cups,	<u>Onion</u> - 1 large size
<u>Green Chili</u> - 2-3	<u>Ginger</u> - 1 tbsp (Chopped)
<u>Coriander leaves</u> - 4-5	<u>Lemon juice</u> - 2 tbsp
<u>Salt</u> – quantity depends on taste	

For Tadka

<u>Hing</u> - a pinch	<u>Gram dal</u> - 1 tbsp
<u>Urad dal</u> - 1tbsp	<u>Cumin seeds</u> - 1 tbsp
<u>Mustard seeds</u> - 1 tbsp	<u>Red Chili</u> - 4 medium size
<u>Curry leaves</u> - 10 stalks	<u>Groundnuts</u> - 3 tbsp
<u>Cashews</u> - 2 tbsp	

Cooking time: 15-20 minutes

1. Wash Jhangora with water 2-3 times. Drain and keep aside.
2. Heat oil in a wide frying pan. Add all ingredients for Tadka. Once they start crackling, add ginger and green chili. When ginger turns light brown, add chopped onions and fry for 1-2 minutes on high heat. Add water and salt to it.
3. Once water is boiled turn the heat to low and add Jhangora to it. Mix it well and add lemon juice to it. Cover it for approximately 8-10 minutes. Stir periodically if needed.
4. Garnish with coriander leaves. 'Jhangore ka Upma' is ready to serve and eat. Enjoy it with 'Til ki Chutney'.

Optional: You may add your choice of vegetables such as peas, copped potatoes or French beans during step 2 above right after adding onions.

Himalaya Trust Update

By Anup Uniyal

Mr. Anup Uniyal (UANA - VP) met Mr. Nalni Dhar Jayal & Mrs. Indira Ramesh of 'Himalaya Trust' on September 28th in Dehradun. During this meeting, Mr. Uniyal handed the first installment check for 'Health Awareness Camp', which is a joint program of UANA and HT. Mr. Uniyal had a successful meeting in which they discussed about UANA's and HT's vision, goals, activities and also the progress of the Health Awareness Camp. During his trip to Dehradun, Mr. Anup Uniyal also met with Mr. Yogesh Bahuguna of Parvatiya Jan Kalyan Samiti. Mr. Bahuguna who is a dedicated Gandhian social worker, is the administrator of Jeewan Jagriti Niketan, a school that has been part of UANA Tri-State Chapter's support initiative since 2005.



Full copy of trust here:

http://www.uttaranchal.org/documents/initiatives/UANA_HimalayaTrust_July27_11.pdf

Recognition & Award

We would like to congratulate Shivani Dimri, daughter of Mr. Goberdhan Dimri for getting admission in the Thomas Jefferson High School of Science and Technology, Fairfax, VA one of the top schools for science and technology on US.

Congratulations are also due to Sachin Bhatt, who was recently promoted to Assistant Attorney General in Maryland.

Editor's Note

Our Patrika team would like to thank all the UANA members who had attended the annual convention from July 29 through July 31 at Fredericksburg, VA. Also like to extend my thanks and congratulations to the annual convention committee for putting such an exciting program with colorful cultural events, kid's activities, and Yoga and wellness programs.

We were saddened to hear of the passing of Shri Dinesh Paliwal's mother. May her soul rest in peace. Please keep Shri Paliwal and his family in your prayers as they grieve their tremendous loss.

We have published the Patrika in hard and soft copy. I would like to encourage our readers to opt for a soft copy which will cut considerable costs for the organization. You can help us save on these costs by sending us an e-mail at editor@uttaranchal.org indicating that you do not need a hard copy. We are looking forward to all your questions, suggestions, and comments on how to improve the Patrika.

Sangeeta Bist

Editor

Go Green every day, everywhere, 100% Environment respect

**New: Pay Membership Dues through Paypal at
www.uttaranchal.org**

UANA Membership Form [Please complete and mail in with your membership dues]

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Email: _____

Some Information about yourself and your spouse (Optional information about your educational and professional background. We use this information to build a database of Uttarakhandi people who could be tapped for serving in UANA committees and contributing to various projects that UANA conducts in Uttarakhand, from time to time):

Membership Fee:
One year \$25/- &
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