

# Sai Health Fair At HTA Receives Huge Response

BY MAHADEV DESAI

Atlanta: The 24th SAI Health Fair, held at the Hindu Temple of Atlanta, Riverdale Georgia, on Saturday, March 27, 2010 elicited a huge response. The Health Fair, as always, was spearheaded by well-known physician, Dr. Sujatha Reddy and was organized as a tribute to the life and legacy of Mahatma Gandhi and also to promote his and Dr. Martin Luther King's philosophies of Non-violence, community service and Social justice. The event was strongly supported by Muthalamada Sneham Charities; Hindu American Seva Charities; Gandhi Foundation of USA; and by the Hindu Temple of Atlanta.

Over 300 people from all over Atlanta availed themselves of the free consultancy and tests services provided by 38 dedicated physicians representing over 14 specialties, 14 nurses and over 59 service-oriented volunteers who attended to the various health related concerns of the people after they registered for blood tests, free EKGs; free glaucoma screenings; preventive Cardiology tests; free Bone Density tests to detect osteoporosis and Free Consultancy in dentistry, dermatology, endocrinology, Internal Medicine, Cardiology, gastroenterology, ophthalmology, physical therapy, chronic pain, Endocrinology, Gynecology, and Physical Rehab Medicine.

Many, including elderly and disabled people, lined-up as early as 7.15 a.m. The spacious and well-lighted hall and rooms in the Educational Building and below in the Banquet Hall had neatly laid out tables, where over 110 EKGs (male and female) were carried out, by Southern Heart Specialists, Riverdale, Georgia for males, and Commerce Cardiology, Commerce, Georgia, for females. Over 25 audiogram and hearing tests were carried out by Sridhar Krishnamurthy. And over 120 vision and Glaucoma screening tests were done by

Dr. Tulsi Vannapalli staff and Indira Menon from the Eye physicians and surgeons, Decatur, Georgia. Six tests were abnormal and two had critical arterial problems. Bone Mineral Density screening tests were in big demand About 30 plus bone-density tests (of which 15 were abnormal) were performed by Dr. Sujatha Reddy, Madhusudhana Siddagunta, and Vijaya Reddy. Madhavi Kasam gave advice on homeopathy treatment whereas her husband Nagesh explained about the health benefits through yoga exercises. Blood tests too were in big demand. Over 215 cost-effective, basic quality comprehensive Chemistry profile of blood tests with PSA, and HBA1c

were carried out at a nominal fee of \$20 per test. The lab work was provided by the Medical Center of Central Georgia Lab., Macon. It is noteworthy that the results of the blood work were mailed within 48 hours! The test results helped identify some life threatening results which were immediately notified to the participants.

Kiran Patel and Mary Beth Weber, MPH SHAPE Project Coordinators, Behavioral Sciences & Health Education

Rollins School of Public Health - Emory University, also participated in the SAI Health Fair. Both thanked Dr. Sujatha Reddy for the opportunity to participate in the Health Fair and commented "Emory University's South Asian Health And Prevention Education (SHAPE) study attended the Sai Health Fair to provide weight, height, and BMI measurements to fair-goers as well as promote its forthcoming diabetes prevention program to the community. The fair was an

excellent experience for the research team to speak with different members of the South Asian community about ways to improve their overall health. The SHAPE team looks forward to continuing its relationship with the Sai Health Fair as it further develops its health program."

by Charter Anchor Hospital, Forest Park, Georgia. SAI Health Fair also arranged lodging and dinner on Friday for out of town nurses.

Current President of HTA, Hymavati Mikkilineni also complimented Dr. Reddy for organizing Sai Health Fairs for the community at different venues including at the Hindu Temple of Atlanta.

Dr. Sujatha Reddy thanked the Hindu Temple of Atlanta for providing the accommodation and help to stage the Health Fair. She further thanked supporting sponsors; the team of physicians, nurses, students and dedicated volunteers who together helped make the Health Fair a big success and

And commented, "Inspired by compassion, dedication and commitment, many selfless physicians, Health Care professionals, volunteers, Community and Faith-based organizations have joined their hands in successfully staging these Health Fairs. Most of the physicians, nurses and volunteers on her team have been participating over and over again. I am thankful to God for uniting us all in our efforts to provide people basic screening & critical access to health care professionals, which might not normally be available to them due to no insurance or inadequate insurance, managed care restrictions, prohibitive medical cost or time constraints. With our screenings, individuals have become aware of diseases, ailments, and other adverse health issues that might be debilitating or terminal. With early detection, treatment and prevention of further medical complications, we strive to help the community at large and thereby our health care system in countless ways."



Doctors, nurses and volunteers. Photo by Krishna Murthy.

Antony Thaliath, the Executive Director of Gandhi Foundation of USA, who volunteered along with GFUSA Secretary Dr. Thirivikraman said, "Every time when we take part in the health fair it is such a rewarding experience. I love to see these people getting great service and go home with gratitude. It is such a warm feeling to see all the volunteers and doctors serving with great enthusiasm and dedication. The Gandhi Foundation is happy to be part of these health fairs and looking forward to doing more humanitarian services in the future. Dr. Sujatha Reddy's uncompromising dedication to service in this field is unprecedented."

SAI Health Fair arranged for the complimentary breakfast for participants, doctors, nurses and volunteers, whereas delicious lunch for all the doctors, nurses, health care professionals and volunteers, was provided by Larry Jones of Forest Lab, while Fruit trays, water bottles, cookies were provided

## SewaUSA Celebrates Colorful Holi

BY PRASHANT BHARDWAJ

Atlanta: Even the Almighty bows before a child's stubbornness. And bow He did before the child-like defiance and resolution of Sewa Team volunteers (Rakesh, Surya, Mitesh, Nitin, Amol, Amit, Dinesh and Nagesh) for organizing the spring festival of Holi for the straight 5th year.

The Rain God relented to his children on the 20th of March and made the weather (71 F) conducive to hold Holi celebrations at the Medlock Pavilion, Pickneyville Park, Norcross.

Swimming against the tide of several other difficulties like the one about venue reservation, the kid in these volunteers made it to the target. And made it in style I must say, going by the way the people of Atlanta and surrounding areas enjoyed Holi.

As people poured in, Nitin, Arun and Gaurav welcomed them by putting colorful teekas and Bindis on their faces.

The entry and parking were free and so were

the services of DJ Rudy playing bollywood numbers to which men, women and children of diverse gyrate with utmost zeal.

Our youngest and most unruly kid, Swadesh bhai pulled out the kid inside me (and many others) and made it dance so hard, that I am still nursing my overworked leg.)

People of all races were smeared with the skin-friendly and lead-free colors available on the venue and after a while, we were all just people enjoying Holi, our skin colors overshadowed by the vibrant Holi colors. For example, a Japanese lady, Nobuko, came all the way from Macon, GA just to play Holi! (we salute her enthusiasm). The group

masti photos reveal the crowd's enthusiasm (350 people) better than any words can.

This event was truly a melting pot, which is the spirit of America and India.

So meticulously planned was the event that small details like ensuring that Holi was played only on the ground and not on the concrete, and to keep the bathroom away from colors etc. were adequately taken care of - thanks to the initiatives of the young blood.



## Shiv Mandir Bhoomi Poojan In May

Atlanta: The Governing board of Shiv Mandir Of Atlanta has decided to perform Bhoomi Poojan on the auspicious Sunday, May 16th 2010 (Akshya Tritiya) at new temple site, located at 890 Peachtree Industrial Blvd., Sugar Hill, GA 30518. This is to fulfill the first step to culminate the aspirations of the Hindu community, to have a grand religious facility to worship for devotees of Sanatan Hindu Dharm, and to support community activities for young, adult, and senior citizens in the northeast area of Greater Atlanta serving the Alpharetta, Lawrenceville, Suwanee, Cumming, Gainesville & Athens. Shiv Mandir board and Executive committee is very pleased and excited to have been entrusted this responsibility.

Board Chairman Ajeet Das said, "Given the economic conditions it was a tough decision for us to go ahead without all financial commitments in place but we are sure that our faith in Lord Shiv and generous Hindu community of Atlanta will get us through this endeavor". He further added that "We expect the donations to pour-in in a similar manner as they did when we purchased 11.8 acres of land in 2005 for \$700,000 and today it is 90 percent paid off".

Surinder Dhar President of the executive committee said, "We are planning a weeklong celebration which will start with Mata Ki Chowki on May 9th at the present location and end on May

16th with a 17 miles Shobha Yatra from current Shiv Mandir location to the new location, followed by a Kalash Sthapana, Bhoomi Pooja and Homa/Yajna. I would request everybody to watch their mail in coming weeks as a personal invitations is on it's way".

The Mandir will have Lord Shiv (Shiv Parivar) as the main deity, along with Ram Parivar, Radha ji & Krishna ji, Bala ji and Durga Mata ji independently located on the same floor with pooja/parikarma areas for individual worship. The Mandir's architecture will follow Hindu design and concepts with special effects to create grandness. There will be a grand Main Entrance and a Dhvaj Stambh, a community kitchen, office, classrooms, and Auditorium. The main pooja floor will have 300-500 sitting capacity to accommodate a large gathering for special pooja/celebrations and large enough to accommodate multiple smaller gatherings while maintaining mandir's tranquility.

The Mandir will also have a library and an outdoor Yagna Shala pavilion. The present estimate puts the cost of construction to approximately three and a half million dollars.

Shiv Mandir appeals to Atlanta Hindu community to participate in this once in a life-time opportunity. Please visit [www.shivmandiratlanta.org](http://www.shivmandiratlanta.org) for more details on Bhoomi Poojan and other upcoming events.