

SHAMA Inc Projects

With your help during the past 23 years, SHAMA, Inc has instituted programs to empower the impoverished.

1. **NEW! SHAMA WELL** Introduces **SMART WELL Leadership & Excellence Grants & Scholarships** for Women in Poverty at P.N. Doshi College, Mumbai.

2. **SHAMA WELL** — Your \$180 gift connects you personally with an impoverished woman by providing self-employment and training programs as an interest-free grant which helps another woman upon its return, with a 95 percent return rate so far! Projects include biogas cooperative, cafes, lunch service, food and milk vending and more.

3. **SHAMA WELL - WOW! Women On Wheels** Training poor women in taxi driving and car repairs for the 2010 Commonwealth Games in Delhi.

4. **Adopting Eco-Development Villages -** Rural development for health, education, women's empowerment and community development using ecologically based investment, technology and methods. Programs in: Mhaskal, Maharashtra; Jahangirabad, Orissa; (prospects in Surat, Gujarat). **School & Community Libraries** built in: Pattoor, Andhra Pradesh; Bangalore, Karnataka; Gurgaon, Haryana; and Dhuri & Amargarh, Punjab.



5. **SHAMAKids** — provides health and educational expenses for needy children for a simple \$10 a month. Includes after-school academics, art, & sports & leadership camps.

6. **NEW! SHAMA SlumKids** — assists in two-hour, open-air, mobile schools for all aged children in seven laborer's shanty towns in Chandigarh.

7. **LEAD-Local Enrichment and Diversity-** Mainly in Central Wisconsin, including: Assistance to local Family Crisis Center, Cultural Diversity educational lectures, demonstrations, food and culture, and Heritage India Children's Group.

Festival Workshops (free)

3:00 pm Workshops

- **Yogic Wisdom: an Interactive Panel of Seasoned Yogis**
- **Families with Adopted Indian Children** - Lauri Martin Keefe, Adrienne Kaster, Sharron Kraft

4:00 pm Workshops

- **Historical Implications of Caste System**—Dinesh Bhat
- **Islam**—Fizza Razvi
- **Arranged Marriages** - Dr Anshu Varma
- **Introduction to Indian Languages**—Pulkit Gautam



5:00 pm Workshops

- **Indian Cooking** - Reena Sidhu, Meenaskshi Bhandari
- **Indian Classical Dance Bharat Natyam**—Kamala Peddiraju

3:00—6:00 pm Ongoing Activities

- **Folk Dancing with guest participation** (3:00—5:00 pm) Ringwalas: Dr Kirtida & Nikunj, Naimesh & Mala, Rahul & Dipti, Sujal and Sonia Baherawala, Dogras, Cheemas, Dr Gian & Gurdeep Daroach
- **Chair Massage** ~ B J Harkness
- **Kirtan** ~ Ragi Bhagwant Singh, Geetha Bhat, Cathy Derezhinski, Sheela Hanumana, Sudha Karkara **Tabla & Harmonium** (Baja) ~ Dr Dilip Tannan, Shreekant Shah
- **Indian Bazaar** ~ Ruma Roy, Neelima & Sudhakar Ingle, Ashi Tannan, Bonnie & Krishna Khatri, Bharani Pinisetty, Puja Aggarwal
- **How to Wear a Sari and Other Indian Clothing** - Dr Anshu Varma, Parithma Ramesh, Aruna Kondal
- **Picture Yourself in Indian Fashions:** Get your Picture Taken or Bring Your Own Camera for a photo shoot—Gautam Malik
- **Slum Dog Millionaire Movie** ~ UWSP South Asia Society
- **Children's Street Games** ~ Dr Sandhya Sridhar, Nidhi Jain, Dr Vijay Chalamalasetty, Kaushalya Iyengar, Rama & Srinivas Dadi
- **Tabla** ~ Karan Pal Cheema
- **Palmistry, Dream Interpretation, & Numerology** ~ Ron Laswell
- **Henna Painting** ~ Alka Sharma, Swapna Patel, Rajshree Patel, Sumati Badiger, Poonam Bhundiya

Program Subject to Change!

Dinner & Performances

Buffet Dinner 4:30—6:30 pm

(Meal ticket required)

- ~ Tandoori Chicken Tikka ~ Channa Massala
- ~ Paneer Sabzi (Indian cheese & vegetables)
- ~ Basmati Rice Biryani ~ Naan (Flat Bread)
- ~ Rayta (Cucumber Salad) ~ Chutney & Achar
- ~ Mango Ice Cream ~ Beverages

Stage Performances 6:00 pm

(Stage Performances are free)

- **Folk Dances**
- **Bollywood Dance**—Kara Noble & UWSP students
- **Children's Bhangra**—Heritage India Group
- **Bharat Natyam**—Kamla Peddiraju

Featured Performances

7:00—8:30 pm

WELCOME - Paul Cibaric & Vic Akemann, SPASH

- **Emcee**— Gil Halstead, WI Public Radio
- **Fashion Show**—Enjoy a fun-filled Music, Dance and Fashion Experience! UWSP South Asia Society
- **Garba Raas Folk Dance**
- **Bhangra Club**—UWSP South Asia Society
- **Spotlight on SHAMA, Inc Projects**—Jyoti Chander, DP Kar, Dr Devinder Sandhu
- **Indian Classical Vocal** Shree-mayee Kar & Sanjay Brijalusu accompanied by Dr Dilip Tannan on Baja and Shreekant Sha on Sitar
- **Indian Tabla Percussion Solo**—Jayshree Chander
- **Bhangra Dance** with Audience Participation



Thank you Sponsors!



Have you Dreamed of a Trip to India?

Are you interested In a 10–day trip to India featuring SHAMA, Inc. programs, sightseeing, spiritual centers, eco-tourism and/or youth activities this winter? Send your information with Name, Address, Age and Interest to:

j2chande@uwsp.edu



Sponsors & Supporters

* SPASH Administration *UWSP Multicultural Affairs * UWSP South Asia Society * India Association (Fox Valley) *GFWC Stevens Point Junior Women's Club * IndUS—Fox Valley * Sikh Temple Society (Fox Valley) * Fox Valley Interfaith Association * UWSP College of Fine Arts & Communication *Suvani Dance Group * Redeemer Lutheran Church *AIA Madison Chapter * Wisconsin Network of Peace & Justice * Point Dance Ensemble

Jyotsna Chander, Festival Coordinator
Linda Pluke & Ka Bao Moua, Publicity (UWSP)
Paul Cibaric & Vic Akemann, SPASH Coordinators
Karla Rothmann, Volunteer Coordinator
Jigyasa Richa Chander, WELL Director
Dr Lynn Kirby & Srinidadi, SHAMA Webmasters

Thanks for your support!

Ticket Information

Dinner Cost: **Advance Purchase**

Your early ticket purchase will help us plan better!

- \$13.00 per adult
- \$8.00 per child (6-12 years of age)
& UWSP and High School Students w/ID
- Children 5 yrs and under FREE
- **Tickets are an additional \$2.00 at the door**

Tickets available at these local places:

- Stevens Point Area CO-OP, 633 Second St (341-1555)
- Kindred Spirit Books, 1028 Main St (715-342-4891)
- Point Motel—209 Division St (344-8312)
- Roadway Inn—3300 8th St So, Wis Rapids (423-7000)
- AmericInn Motel, 1501 American Drive, Plover (Hwy B & I-39) (715-342-1244) www.americinn.com
- Days Inn- 4700 Rib Mtn Dr, Wausau (355-5501)
- Paypal - Online tickets-click on: -
www.uwsp.edu/multicultural/SHAMA/

Volunteers Needed!

If you can help on or before October 9th or 10th, please call Chanders @ 715-341-1538 You will be rewarded!

PLEASE MAKE CHECKS
PAYABLE TO:



SHAMA, Inc

Mail to: Dr Devinder Sandhu, Treasurer
708 Owl Lane
Stevens Point, WI 54481
Phone: 715-345-0720
Fax: 715-346-3744
E-mail: dsandhu@uwsp.edu
www.uwsp.edu/multicultural/SHAMA

Your contributions are tax-deductible 501 (c)(3), so please donate generously. Thanks so much!



SHAMA INC.

presents

22nd Annual Festival of India! Saturday, October 10, 2009

Small Help -- Big Changes!

Featuring:
**FIRST ANNUAL YOGA
CONFERENCE!**

**South Asia Society Fashion Show with
Community!**

**Indian Music Vocalists, Shreemayee
Kar & Sanjay Brijalusu**



Workshops - 3:00 to 5:45 pm
Dinner - 4:30 to 6:30 pm
Pre-Stage Performance - 6:00—7:00 pm
Stage Performance - 7:00 to 8:30 pm

Where: Stevens Point Area
Senior High School (SPASH)
1201 North Point Drive
Stevens Point, WI 54481

(West of Ramada Inn)

www.uwsp.edu/multicultural/SHAMA

SHAMA INC.



SHAMA, Inc presents Yoga Wellness Conference

Announcing the First Annual Yoga Wellness Conference!
Featuring over 20 Expert Teachers on a Variety of Topics & Techniques!

A weekend retreat for positive change!

We invite you to open your heart, empower yourself by cultivating vitality from within, experiencing deep relaxation and listening to your inner silence. Renew and energize your inner passions and goals with the wisdom and insights of therapeutic yoga, cleansing, theories, principles, and postures. Experience the joy of your inner rapture! **This event is followed by Festival of India, cuisine, entertainment and fun-fair activities for the whole family to enjoy.**

October 9 - 11, 2009

Friday—Networking of Yogis with Dinner & Kirtan 6:00—9:00 pm

Saturday—All day workshops: 8:00 am—5:00 pm (Workshop open for public 3:00—4:00 pm)

Sunday—Concluding Session: 9:00 am—Noon

See insert for more conference information or our website: www.uwsp.edu/multicultural/shama

Thanks to Yoga Conference teachers & volunteers!
You make it happen!

Paul Cibaric, Richa Chander ~ Directors
Jaydeep Raval ~ UWSP Student Director
Karla Rothmann, Rob Schulz ~ Event Managers
May Pan Oo, Zahira Jadavji ~ UWSP Student Managers

