

અંકુર ગુજરાતી સમાજ
Ankur Gujarati Samaj Inc.

Newsletter - March, 2015

Ankur Presents Hindi Comedy Drama “Ladi Ke Latke Aur Jasu ke Jhatke”

PRAYA CULTURAL ARTS PROUDLY PRESENTS
Famous Star Plus T.V. Serial - “Hamari Devrani” Fame
“Paresh Bhatt & Samir Rajda”
SUPERSTAR ACTRESS * MOUSAMI HADKAR & COMEDY KING - MANGESH SALVI

TV ASIA HD

लाडी के लटके
No.1 Comedy Drama

और जसु के झटके

प्रस्तुत करता
Shivam Arts
Rajendra Butala
Shomil Parekh

Director
Vijay Konkro
Writer
Raj Patel

★ Samir Rajda ★ Paresh Bhatt ★ Mangesh Salvi ★ Jigish Vyas
★ Naimish Dave ★ Mousami Hadkar ★ Bhavisha Upadhyay

Contact : Dulari Parekh - 804 814 2975
Email : prayaculturalarts@gmail.com

Contact : Shomil Parekh - 201 424 5693
Email : shomil.parekh@gmail.com

**ON
Sunday
April 12, 2015
4:00 PM
at
Lakota
Freshman
Auditorium
5050 Tylersville Rd,
West Chester,
OH - 45069**

**TICKETS
\$20, \$30 & \$40
Students \$15**

TIME: Doors open 3:30 PM, Show time: 4:00 PM

CONTACTS: Kashmira Bapat 📞 513-677-9637 knbapat1@yahoo.com

Nita Parikh 📞 513-237-3757 nitamehtaparikh@yahoo.com

Jagruiti Khandhadia 📞 513-253-9004 k_jagruiti@hotmail.com

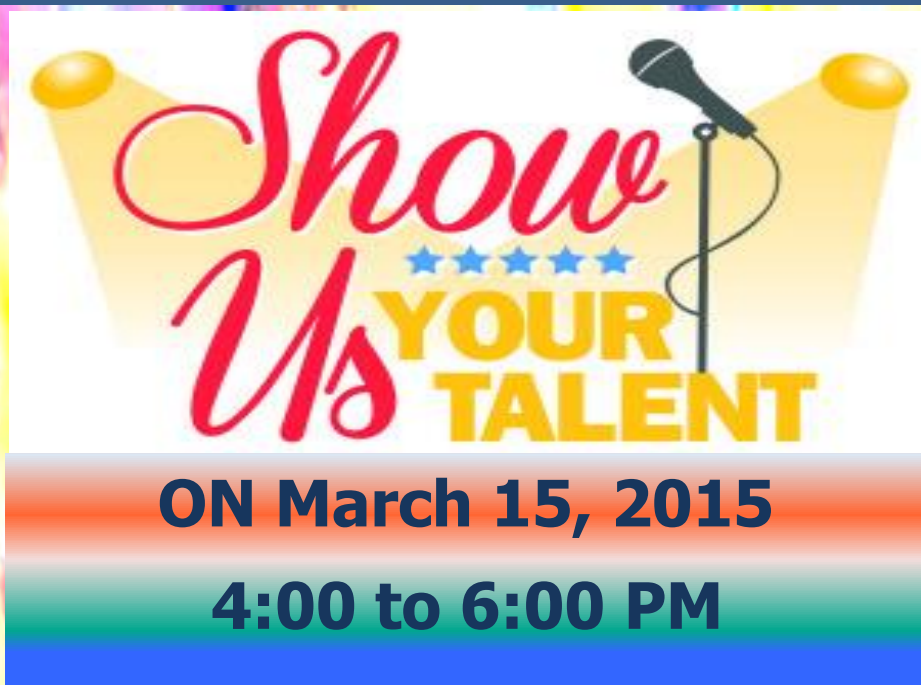
TICKET OUTLETS:

Bombay Grocers: 513-733-5050, 11965 Lebanon Rd, Cincinnati, OH 45241

Patel Brothers: 513-769-0400, 11985 Lebanon Rd, Cincinnati, OH 45241

Niva Grocers: 513-234-0888, 6182 Tylersville Rd, Mason, OH 45040

Curries: 513-956-5678, 11963 Lebanon Rd, Cincinnati, OH 45241



Categories For Children & Youth

- Stand-up comedy
- Short Skit
- Performance by parents with children
- Vocals in language of choice
- Dance—any form

(Please keep the item under 5 mins.)

**Please send your entries to Nita Parikh
by March 8th 2015 at
nitamehtaparikh@yahoo.com**

**For questions and information contact
Nita Parikh (513) 237-3757**

2015 ANKUR CALENDAR

Add these dates to your calendar

March 15th 2015
Sunday
4:00 to 6:00 pm
Venue: Ankur Samaj

Holi Cultural Talent Show
(See Flyer for details)



April 12th 2015
Sunday
4:00 to 6:00 PM
Venue:
Lakota Freshman School Auditorium

Hindi Comedy Play
"Ladi Ke Latke Aur Jasu Ke Jatke"



May 17th 2015
Sunday
Venue: Ankur Samaj

Mother's day Dinner



June 21st 2015
Sunday
Venue: TBD

Father's day Picnic



Message from Committee- Holi cultural Talent show March 15th 2015

We have a very strong participation from community children and youth for this event.

Please join us at the event to support, encourage and appreciate the cultural talent the children and youth will present.



Ankur Activities



Yoga

With Herman Ranpuria

Weekly– Monday, 6:30 - 8:00 P M

March & April fees:

Ankur Members \$35

Single class fees:

Members \$5, Non Members \$6

Whole Year Session fees:

Ankur Members \$150



**Please bring your
own Yoga mat**



Yogaschittavrttinirodha

“Yoga stops the fluctuations in the mind.”

(Yoga sutra 1.2, Maharishi Patanjali, approx 400-200 BC)

Commentary:

We often complicate yoga with long winded dialogs, but the above completely summarizes what yoga is. Yoga is nothing more than a method for clearing the mind. That is all it is.

Why would you want to clear the mind? So you can then decide what you put in it. A cluttered mind is as dysfunctional as a cluttered desk, or room, or any space. If we can learn to clear the mind at will then we can give our complete attention to whatever one thing we are trying to get done.

Why all those physical exercises, breathing, and all that other stuff yoga practitioners do? To clear the mind, you need to bring stillness to the mind. Bringing stillness to the body helps still the mind. For physical stillness, the body need to be strong and pain-free. The asanas and pranayama provide a safe and minimum effort way to make the body strong and pain-free.

If you read this far, you probably have a lot of questions. You can either watch this space in the next newsletter or just show at the Ankur yoga classes.

BRIDGE

Weekly – Wednesday 7:00 PM – 9:30 PM



Interested in learning Bridge? Come to Ankur Bridge Club in a group of 4 players and Bhupen Joshi and Rekha Budev will teach the basics of this game.

Anyone who enjoys Bridge is invited to come and play on Wednesday nights at ANKUR. Players should arrive at 6:45 PM so everyone can help set up tables and equipment downstairs. The aim is to be seated with partners by 7:00 PM so play can begin. A prompt start is to achieve a timely finish.

Please contact Hari or Rekha Budev at 513- 793-5951 or haribudev@yahoo.com , rbudev@ [gmail.com](mailto:rbudev@gmail.com) or Bhupen Joshi at 489-1077 for more information.



Ankur Book Club

Monthly: March 26th 2015, April: TBD

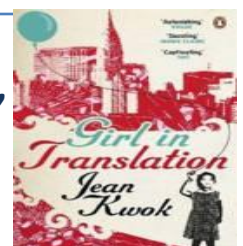
Ankur Book Club meets once a month at Ankur or Minal Patel's residence. Book club is led by Minal Patel. The following is the reading plan and schedule

Please contact Minal Patel at 234-0569 to join Ankur Book Club or for more information.

March 26th 2015 – 2:00 -4:00 PM

Venue: Ankur

"Girl In Translation"
by Jean Kwok





Drop-In Center – Homeless Shelter Lunch Monthly: Second Wednesday every month)



For over 12 years, Ankur volunteers have quietly and consistently served at The Drop-In Center monthly lunch, traditional Thanksgiving meal, winter wear at Christmas as well as donations to those who are homeless in Cincinnati serving society and those in need.

A group of truly devoted Ankur volunteers led by Bharti Noticewala and Rashmikant Patel donate, prepare and serve lunch to over 150 homeless people every month at The Drop-In Center which is Greater Cincinnati's largest homeless shelter, located in Over-the-Rhine.

To help serve lunch or donate food items or money, please contact Julie Desai 513-560-2232 or Bharti Noticewala 513-563-2007.

MIDWEST REGIONAL FOGANA 2015

Inviting Choreographers and Participants for all groups – Minor, Junior, Senior and Adults to participate in the competition!



Please contact: Nita Parikh
nitamehtaparikh@yahoo.com or call 513-237-3757 for any questions regarding Fogana participation and registration.

Fogana meeting planned on March 22nd 2015, Sunday 2:00 to 4:00 PM to form groups and meet choreographers.

2015 Ankur Annual Membership

Membership fee for January to December 2015 is now due.

- Annual Membership:\$35
- Life Membership:\$501

Members other than life members are requested to send their annual membership check payable to “Ankur Gujarati Samaj” and membership form* to: ANKUR, c/o Jagruti Khandhadia, 4446 Wilderness Way Mason, OHIO 45040.

Please contact Jagruti Khandhadia at 513-253-9004 or email @ K_jagruti@hotmail.com

**2015 membership forms can be downloaded from Ankur web site @ http://ankurcinci.com/images/2015_Ankur_Membership_Form.pdf*

New additions to Ankur Community

Ankur community welcomes the following new members:



- *Vishakha & Tushar Manek*
- *Jagruti & Kalpesh Khandhadia*
- *Nirali & Sandip Shah*
- *Preeti & Rajan Mehta*
- *Niyati & Samiran Chanchani*
- *Sreekala & Rajgopal Krishna*
- *Neeru & Rajeev Arora*
- *Mallika Madugula*
- *Meghna Patel*

What would you like added to Ankur community?

Would you like to submit a recipe, activity idea, interesting article etc. to Ankur newsletter?

Please email your ideas and suggestions to Parul Dalal at anknewsletter@gmail.com

2015 Operating Committee

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Rashmi Vyas 513-520-5347

madrush@gmail.com

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Bharati Noticewalla 513 -563-2007

Rasila Parikh 513- 247-9404

Shashank Patel 513-733-8838

Vijay Parikh 513-733-0245



**Need Volunteers on
March 15th 2015
Holi cultural Talent show**

**To help before and after the
event, please contact
Nita Parikh at
nitamehtaparikh@yahoo.com
☎ 513-237-3757**

If you or someone you know, is not receiving Ankur News letter or your address has changed , please contact Parul Dalal at anknewsletter@gmail.com

9502 Highland Avenue, Cincinnati, Ohio 45242.

www.ankurcinci.org