

### Inside this issue:

2013 4th Q Report, 2013 Wrap-up	1-2
A Panchatantra Story	3
Movie Suggestions	3
Angkor W(h)at	4-5
'Obamacare' Explained	6
Happy Entertaining	7
Editor's Notes	8

### Editor:

Meena Narsimhan

Send your articles to:  
mlnarsimhan@gmail.com

Next Submission Deadline:  
Feb 1, 2014

## 2013 Fourth Quarter Report

*A Message from the IWA 2013 Board*

### Dear IWA Family,

We had an eventful and successful fourth quarter ending with a crescendo -- our 4<sup>th</sup> annual Celebration of India (COI). Superbly planned and executed, COI drew close to 700 people and raised \$5000. The fund was evenly distributed between YWCA, Lafayette, and International Center for Research on Women (ICRW), a global organization with a holistic approach of empowering women. One of the key take away from this event is how beautifully IWA members got synced on the ethos of the fundraiser and helped at every juncture to make it a grand success. We would like to thank IWA members and their respective families for their support and generosity in making this event a 'sight to behold' and an enviable showcase for our community.

### Empowering Women Locally and Globally -

As you may recall, the funds were raised specifically for YWCA's Domestic Violence Intervention and Prevention Program (DVIPP) and gender equity projects of ICRW.

After an extensive discussion with the YWCA executive team we were given the opportunity to target our funds for a specific purpose within the YWCA's DVIPP program. We chose to target areas that provide resources to help women find employment, housing, financial resources, childcare, and counseling in order to become self-sufficient. YWCA agreed to provide a report in mid-2014 to assess how the money was being utilized to further this cause.

### COI Proceeds Benefit



Within ICRW we chose to fund the GEMS (Gender Equity Movement in Schools) program launched in the state of Jharkhand within 3 districts. This program is funded by the govern-

ments of Jharkhand and UK, EU, and few NGOs. Specifically targeted toward adolescent boys and girls, the GEMS program aims at breaking down the patriarchal structure by 'influencing the formation of more gender-equitable norms among adolescents.' Extant research has shown that while giving women access to education and employment reduces household poverty it seldom leads to gender equality. The GEMS program has already been implemented in Mumbai, Goa and Kota and has been successful in bringing about attitudinal changes in the subject population to support equitable norms. IWA's grant will be merged with the larger program and the monetary contribution will be acknowledged through products such as documents, manuals, and/or campaign material bearing IWA's logo. ICRW will inform us once a Project code is assigned, and the time-frame and the deliverables are defined (called TOR--Term of Reference).

*(continued on pg. 2)*

## 2013 Fourth Quarter Report

(continued from pg. 1)

### IWA-Sponsored Garba Nite -

With the help and support from our membership we sponsored a Garba Nite at BTCCGL. It was a festive and fun evening of dancing for all ages, with colorful attire as well as an avowal of faith and community.

**Yoga Sessions** - Our regular yoga sessions are in full swing thanks to our dedicated gurus Veena Sagi and Manju Jarori. We plan to continue to sessions after the brief winter break.

**Board Elections** - As specified in the by-laws, the Board elections for 2014 were conducted. The new officers are as follows:

*Trustees:* Anju Dev, Deepa Divakaran, Kumari Govindraju

*Co-Presidents:* Lakshmi Garimella, Rashmi Chaturvedi

*Board:* Debjaya Misra, Meena Narsimhan, Punam Mittal, Riwiti Roy, Sangita Handa

*Treasurer:* Renu Bajaj

*Legal Advisor:* Hema Suresh

### Philippines Disaster Relief Effort

- Once again our community came together to help generate funds for relief efforts in Philippines due to the havoc caused by Typhoon Haiyan. So far we have collected \$650.00 which will be sent to Red Cross before the end of the year. We hope and pray for the well-being of the Pilipino community and though our contribution is small, we firmly believe that these few drops in the bucket will make a difference to a person (or persons) who has lost all.

We thank you all for a wonderful, enjoyable and productive year of sisterhood and look forward to similar commitment and contribution in years to come.

**2013 IWA Board**

### *4th Annual Celebration of India*

Attendance	700 persons
Food and merchandise revenue	~ \$6,500

### *2013 IWA Charitable Contributions*

ASHA (Diksha &	\$1,000
YWCA, Lafayette	\$2,500
ICRW	\$2,500
Oklahoma disaster	\$331
Philippines disas-	\$650
<b>TOTAL</b>	<b>\$6981</b>

### **A Big Thank You**

For *Sanskriti* articles, interviews, reports, jokes, recipes, photos of your graduating children etc. Your enthusiasm keeps us going!

#### **A, B**

Ahsan, Rakshi  
Badrinarayan, Sumathi

Bag, Mahaswetha  
Bajaj, Nitesh  
Bajaj, Renu

Balachander, Malathi

#### **C, D**

Carneiro, Smita  
Charabarti, Sankar  
Damodaran, Bindu  
Dani, Raunak  
Dani, Sarita  
Dayananda, Prema

Dev, Anju

#### **E, G, H, J**

Erukulla, Madhavi  
Erukulla, Nikith  
Erukulla, Rohith  
Gore, Medha

Gupta, Omprakash  
Handa, Sangita

Jambunathan, S.  
Janaswamy,  
Gaayathri  
Janaswamy, Ragha  
**K**

Kalwani, Ritu  
Kolla, Sangeetha  
Krishna, Roopa  
Krishnan, Shruthi  
**M, N, P**

Mehresh, Gaura  
Mittal, Punam  
Mukherjea, Phullara  
Narsimhan, Meena  
Patel, Monal  
Patel, Surekha  
**R**

Raghothama, Bharathi

Ramani, Neha  
Ramani, Sujatha  
Ramdas, Vasanthi  
Rao, Ranjani  
Revankar, Jayashree  
**S**

Sagi, Vivek  
Shah, Shalini  
Sharma, Archana  
Shastri, Bhavani  
Singh, Sunita  
Subramaniam, Padma

Suresh, Hema  
Suresh, Ravi

## What Makes Our Community Special?

### **Preface by Meena Narsimhan:**

Rajdeep Chatterjee is a young man who has achieved fame as an Indian Idol star and up-and-coming Bollywood movie singer. His performance kept us rocking during the COI event. Below is an email that I received from him immediately after he left Lafayette. He also told me that this is the most cosmopolitan Indian crowd that he has performed for in the US.

**From:** Rajdeep Chatterjee

**Date:** October 21, 2013

**11:31:20 PM EDT**

**To:** Meena Narsimhan

**Subject:** Re: IWA

**Dear Aunty**

It was really nice meeting you all. I sincerely mean it. Thank you all for loving me like a son n giving me all the happiness. I'll cherish it always.

Honestly this was one of the best experiences of my life Aunty. I have performed at many places but the love here was totally different. I felt like home here n most importantly didn't feel a moment that I was away from my parents!

All I want to say is a big thank you to everyone for their love care and affection. I wish to perform for you all again n entertain you all yet again. IWA rocks n I'm sure in the near future you all would be hosting a bigger event.

Keep spreading happiness n smiles. Love and prayers.

See u all soon ...).

**Rajdeep**

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## A 'Panchatantra' Story

contributed by Sujatha Ramani  
(author unknown)

Once upon a time, there was a software engineer who used to develop programs on his Pentium machine while sitting under a tree on the banks of a river. He used to earn his bread by selling those programs in the Sunday market.

One day his machine tumbled off the table and fell in the river. He started praying to the River Goddess. The River Goddess wanted to test him and so appeared only after one month of rigorous prayers. The engineer told her that he had lost his computer in the river.

The River Goddess wanted to test his honesty. She showed him what was obviously a matchbox, and asked, "Is this your computer?" Disappointed by the Goddess' lack of computer awareness, the engineer replied, "No." She next showed him what looked like a pocket-sized calculator and asked if that was his. Annoyed, the engineer said "No, not at all!" Finally, she came up with a Pentium machine that looked exactly like his. The engineer was not sure it was his machine or another one of the same kind, but wanting to protect his livelihood, he quickly said "Yes."

The River Goddess was happy with his honesty. She was about to give him all three items. Before she could make the offer, the irritated engineer asked her, "Don't you know that according to the 'Panchatantra' story tradition you're supposed to show me some better computers before bringing up my own?"

The River Goddess, angered at this, replied, "I know that, you stupid man! The first two things I showed you were the Trillennium and the Billennium, the latest computers from IBM!". So saying, she disappeared with the Pentium!!

## Movies Worth Watching

by Meena Narsimhan

**Lunchbox:** Good 2013 Hindi movie. It is a story describing incidents that arise out of the accidental switching of two lunchboxes or 'dabbas' by the famed Mumbai dabbawallas.

**Bhaag Milkha Bhaag:** Another good 2013 Hindi movie. It is based on the life of the famous Indian sprinter Milkha Singh, Milkha Singh was an Olympian and the only Indian to win a gold medal in Commonwealth games. He had a hard life scarred by the partition of India. This movie recounts how his life and character were profoundly affected by his passion for running.



## Angkor W(hat)! - A Visit Into The Past *by Dr. Shankar Chakrabarti*

**Preface by Sangita Handa:** My impression of Cambodia before my recent visit was hazy – nothing that inspired much interest. However, our friends, Dr. Sankar Chakrabarti and his wife expressed much enthusiasm about their visit to Angkor Wat – considered to be the largest temple in the world. They encouraged us to visit what I imagined would be a large, splendid temple brimming with celestial beauty. What I encountered was different but was I was far from disappointed. I only wish I had read the following account by Dr. Chakrabarti before visiting so that I could have appreciated the temple even more intelligently than I did.

### ABOUT THE TEMPLES AT ANGKOR, CAMBODIA

We visited beautiful Cambodia in early November, 2007. The highlight of the trip was the world famous temple of Angkor Wat, in the Angkor archeological complex near the city of Siam Reap, some 6 hours by bus from the capital city of Phnom Penh. Angkor Wat is a majestic temple built around 11<sup>th</sup> century. It was 'lost' to the world for about 300 years and then 'discovered' and popularized by a French archeologist in the 1860s.

### A short history of the Angkor complex:

Angkor is the site of the remains of different capitals of the powerful and enlightened rulers of the "Burman" dynasty who ruled "Khmer Empire" (Cambodia) from about 8<sup>th</sup> century to 15<sup>th</sup> century. It encompasses a forested area twice as large as Manhattan and contains upwards of 200 Hindu and Buddhist temple ruins of which 37 are currently accessible to visitors. The grand temple at Angkor Wat is the grand jewel of these creations and has recently been voted as a wonder of the world. The word "Angkor" is derived from the Sanskrit word "Nagar" which means City. And "Wat" is most likely derived from "Math" or temple. Together it means the Temple in the (capital) City. The great temple of Angkor Wat was originally dedicated to "Lord Vishnu".

### Towers of the 5 temples on 'Meru'



Angkor Wat

### Why did the Khmer kings build so many temples? Where did they find the money to do so? Why did these temples fall in to disrepair and ruin?

It seems to me that every new Khmer king would move the capital a few kilometers from his father's capital and would first build a temple in honor of his parents, and then would build a temple in honor of his faith at that site. After six centuries, the whole Angkor region became dotted with temples.

At its height, the Khmer empire spread over a million square miles encompassing parts of Cambodia, Thailand, Laos, and parts of Vietnam. The source of Khmer wealth was their knowledge of efficient use of water and their geography of the Khmer terrain. They created a chain of man-made water reservoirs and irrigation systems operated through (hydraulic?) locks. With these systems in place, the Khmer kingdom was able to raise 3 harvests of rice in a year, whereas the neighboring kingdoms would raise no more than one harvest a year. This differential, and an absence of wars, seems to have been the source of Khmer Wealth, which financed temple-building projects for centuries.

The Khmer lost a crucial battle to Siam (precursor of Thailand) in 1422 AD. The defeated Khmer king relocated his capital to a place close to Phnom Penh, the current day capital of Cambodia. The entire population of Angkor complex moved out. The victorious Thai rulers gleefully destroyed the finely tuned irrigation system to impoverish the Khmer people. Water-logging became rampant and malaria decimated the population. Without any people to look after it, the Angkor complex got so

completely engulfed in tropical forest that it was forgotten and remained unknown for about 300 years! Fortunately the main temple at Angkor Wat, the temple dedicated to Lord Vishnu, is remarkably free from invasion of the trees. How this temple got spared while the others were taken over by the trees is not understood by me. Perhaps it is because Lord Vishnu is the Preserver? The French rulers of Cambodia (1860-1890) who shipped fine specimens from the Angkor site to France, dealers who loot and sell artifacts in the black market are also the cause of significant damage to the beautiful structures in the Angkor site. And now-a-days, the popularity of the Angkor site among tourists is causing deterioration due to wear and tear!



### Spiritual inspiration of the magnificent temple of Angkor Wat

Before 8<sup>th</sup> century, the entire population and their kings were Hindus. Buddhism arrived from India around the 10<sup>th</sup> century and by the 15<sup>th</sup> century most of the population turned to Buddhism. The Indian/ Hindu cultural influence on Cambodia is immense. It is evident in their language (alphabet, script, grammar), their deities, their names, their faith (Buddhist), to a large extent in their traditional dresses, and in every other way. They subscribe to the Indian epics Ramayana

and Mahabharatha as their own epics; they grow up learning the Indian mythological stories. Compared to that, Chinese influence is miniscule or non-existent, though China is a close neighbor and often the Chinese traders and diplomats have visited Cambodia and have recorded Cambodia in their historical documents. This is quite surprising.

*How the Indian/Hindu culture, faith, became widespread and established in a distant land in the absence of military intervention or population migration from India is a mystery.*

### Design of the Angkor Wat Temple:

This temple, as well as other temples from the Khmer period, are constructed following the Hindu mythological view of the world. In this view, there is a lofty mountain in the center of the world. This mountain called “Meru” or “Sumeru” is assumed to be the abode of the gods. Surrounding the Meru mountain, is the earth where humanity resides. Surrounding the earth are the oceans which is the habitat of aquatic creatures. Following this design, there is a huge raised platform in the center of the temple complex which is the actualization of the Meru mountain. On top of this platform there are four temples at four corners, and there is a larger temple in the center, the abode of Lord Vishnu. These temple structures are referred to as towers in the tour books; but they are actually the temples employing “Shikhar” or peak style of architecture. “Shikhara” is one of the three architectural styles of constructing temples, developed in India in the first century AD. All these styles are used in temple construction all over East Asia.

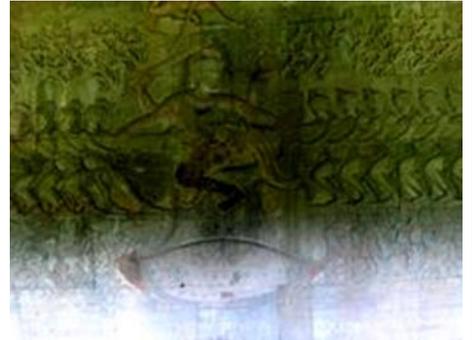
This “Meru” mountain and its adjoining corridors are enclosed by a perimeter wall which is about 600 meters x 600 meters and perhaps 3 meters high. It is on these walls enclosing the Meru mountain are the wonderful painted carvings which has brought

the Angkor Wat temple fame from the world. One wall is dedicated to stories from Ramayana. A second wall is dedicated to stories from Mahabharatha and the life of Lord Krishna. The entire third wall, all of its 600 meters, captures a very rich story from Hindu mythology, the story of “Samudra Manthan” or “Churning of the Ocean.” The story also describes the duty/ deed performed by Lord Vishnu in his second incarnation, in the form of a “Kurma” – a tortoise. The carving on this wall is of dazzling beauty. The fourth wall is dedicated to the glorification of (Khmer) kings. Surely, the Khmer kings thought of themselves as gods on earth! There are carving describing the royal court, daily lives of the citizens and interestingly, the lives of people in hell. Outside this perimeter wall enclosing the “meru”, are compounds, structures enclosing corridors, smaller rooms and smaller shikhara-s. All these represent earth, the roaming ground of men. This “earth” is also enclosed by an outer perimeter wall. Beyond this wall is a man-made moat to represent the ocean in the mythical view in Hindu universe. The moat around the temple is 1.6 kilometer by 1.3 kilometer and is 90 meters wide.



The deities share the temple with charming Apsaras. According to Hindu mythology, “Apsaras” are female entertainers of the heavens - singers, and dancers. They are venerated in Cambodia. Hundreds of Apsaras are carved on the temple walls and corridors and each one is exquisitely beautiful, unique and intricately decorated. It seems to me that the modern day fashion designers could get bold ideas by examining the attires and decorations of the Angkor apsaras!

### The “Samudra Manthan” story and its’ significance



The “Samudra Manthan” carving in the perimeter wall of Angkor Wat is exquisitely detailed. The spiritual meaning is that churning (dispelling) of the ocean (ignorance) produces Amruth (nectar; symbolizing happiness, prosperity, knowledge and enlightenment). Successful churning requires a shaft (portrayed as a dancing human; symbolizing rational thinking) resting on a solid support (a huge tortoise, 2<sup>nd</sup> incarnation of Lord Vishnu; symbolizing faith and laws of nature) that is rotated back and forth by rope coiled around it (the ‘rope’ is a great cobra; symbolizing the ego that connects good and evil tendencies of man). The good and evil tendencies are symbolized by male figures clinging to the snake in the pulling posture (gods symbolize good and demons symbolize evil). The postures and facial expressions of the male figures are beautiful in the Angkor Wat perimeter wall carving. Just by looking at the facial expression you would know which side depicts gods (symbolizing good), which side depicts demons (symbolizing bad).

In Cambodia, the Samudra Manthan story is captured in art form everywhere – in railings in the entrance walkway of Angkor Wat, in a grand form in the walkway leading to the doors that open into the city of Angkor Thom, in the current royal palace (at Phnom Penh) and in many other places, even in the smallest of the small places that we visited. It is the expression of a deep spiritual truth recognized and valued by a sophisticated culture for centuries.

## A Primer for The Affordable Care Act a.k.a. ObamaCare

by Archana Sharma, Ph.D.

It is important to know that the *per capita* expenditure on healthcare in the USA is about \$8,600 and is about the highest in the world. However, the return for this investment in terms of healthy citizens, is the lowest among industrial nations. Therefore to improve healthcare delivery system, provide much-needed patient protection, and to control healthcare costs, President Obama in 2010, signed into law a comprehensive health reform bill known as the Affordable Care Act (ACA) or 'ObamaCare'.

*There has been a lot of misinformation about ACA. Let me try to explain the main features of the law in a nutshell.*

ACA aims to expand access to healthcare coverage to uninsured and underinsured. The law requires most U.S. citizens and legal residents to have health insurance. It creates state-based Health Benefit Exchanges through which individuals and low income families (eg., families with annual income of \$24,00 for a family of four) can purchase health insurance and receive eligibility for premium subsidies and costs sharing credits. It requires employers to pay penalties for employees who receive tax credits for health insurance through an Exchange, but there are exceptions for employers with less than 50 employees. It also expands Medicaid to people who are at federal poverty levels. Before ACA, insurance companies would sell insurance with high premiums; high deductibles and low healthcare, a.k.a. junk policy. As a result many Americans would go bankrupt by paying medical bills. ACA has imposed new regulations on insurance companies to protect and benefit patients.

*According to the ACA, all insurance have to provide 10 basic services:*

1. Ambulatory services, such as doctor or clinic visits.
2. Emergency services.
3. Hospitalization, e.g., overnight stays at the hospital.
4. Maternal and newborn care, throughout pregnancy and also after delivery.
5. Prescription drugs.
6. Laboratory services, such as tests and blood work.
7. Preventive services, wellness services and disease management.
8. Pediatric or children's services, including dental and vision care.
9. Mental health and substance use disorder services, including behavioral health treatments.
10. Rehabilitative or facilitative services and devices to help people with injuries, disabilities, or chronic conditions gain or recover mental and physical skills.

*Insurance market rules under ACA:*

1. ACA also prohibits individual and group health plans from placing lifetime limits on the dollar value of coverage. It also prohibits individual and group health plans from placing annual limits on the dollar value of coverage. It prohibits insurers from rescinding coverage except in cases of fraud.
2. ACA imposes the same insurance market regulations relating to guarantee issue, premium rating, and prohibitions on pre-existing condition exclusions in the individual, small group market and in the Exchange.
3. Under ACA, dependent care for children up to age 26 remains.

*According to Kaiser Report, ACA provides five plans:*

- **Bronze plan** represents minimum creditable coverage. It provides the essential health benefits, covers 60% of the benefit costs of the plan, with an out-of-pocket limit equal to current legal limit on Health Savings Accounts (HSA).
- **Silver plan** provides the essential health benefits, covers 70% of the benefit costs of the plan, with the HSA out-of-pocket limits;
- **Gold plan** provides the essential health benefits, covers 80% of the benefit costs of the plan, with the HSA out-of-pocket limits;
- **Platinum plan** provides the essential health benefits, covers 90% of the benefit costs of the plan, with the HSA out-of-pocket limits
- **Catastrophic plan** available to those up to age 30 or to those who are exempt from the mandate to purchase coverage and provides catastrophic coverage only with the coverage level set at the HSA current law levels except that prevention benefits and coverage for three primary care visits would be exempt from the deductible. This plan is only available in the individual market.

*Pre-existing conditions:*

1. ACA prohibits pre-existing condition exclusions for children.
2. US citizens and legal immigrants who have been uninsured for at least 6 months will be eligible to enroll in a temporary national high-risk pool and receive subsidized premiums.

For greater details visit <http://kaiserfamilyfoundation.files.wordpress.com/2011/04/8061-021.pdf> or <http://obamacarefacts.com/obamacare-facts.php>

# Happy Holidays!



## Coconut laddoo

by *Phullara Mukherjea*

- Sweetened shredded coconut 8 oz pkg
- Half-and-half milk 1/2 pint
- Cardamom seeds from 4-5 pods, crushed

Place coconut and milk together in blender. Blend until smooth. Transfer the pureé to a thick bottomed pan and cook over medium heat stirring continuously, for about 5 min (or until mixture can be rolled into balls). Remove from the heat. When just cool enough to handle, roll into marble size balls. Yield = 40 laddoos.



\* *An easy and tasty dessert for a crowd.*

## Chocolate truffles

by *Smita Carneiro*

- Bittersweet chocolate 8 oz, broken into small pieces.
- Cream 1/3 cup
- Butter 6 tbsp
- Cocoa powder, chopped nuts (e.g., walnuts) about 1/2 cup each

Warm the cream in a saucepan and add butter. When the butter has melted, add the chocolate. Stir until melted. As soon as the chocolate has melted take it off the stove. Let it cool and then refrigerate. Once the mixture had solidified, take it out. Spread cocoa (or chopped nuts) on a plate. Take a spoonful of the chocolate mixture at a time, and roll it into a small ball. Coat the ball by rolling it in the cocoa powder (and/or nuts). Repeat process until all the mixture is used up. Yield = 40 pieces.

Store refrigerated.



\* *A chocolate lover's delight.*

## Ramen noodle salad

by *Anju Dev*

*For the salad:*

- Coleslaw mix 1 bag, preferably a mix containing red cabbage.
- Oriental Ramen noodles (break noodles before opening package; save the seasoning for the salad dressing) 2 pkgs
- Broccoli (shredded) 3/4 cup
- Celery (diced small) 3/4 cup
- Green onion 3-4 stalks, white and green parts, diced small.
- Medium onion (diced small) 1/2
- Red, green or orange peppers (diced small) 1 cup
- Carrots (shredded) 2
- Dried cranberries 1/2 cup
- Nuts (roasted, chopped) 1 1/2 cups (Can use peanuts, walnuts, almonds or pecans)
- Oil or butter 2-3 tbsp

*For the salad dressing:*

- Oil 1/2 cup
- Vinegar 1/4 cup
- Sugar 1/3 cup
- Black Pepper powder 1/4 tsp
- Seasoning from the 2 pkgs of Ramen noodles.

Blend all ingredients together for 10 sec using a hand-held mixer. Refrigerate until ready to serve.

*Assembly of salad:*

1. (*This step can be done a day in advance*) Roast broken noodles in 2-3 tbsp butter or oil on very low heat until you hear a crunchy sound while stirring. This takes 10-15 min. Cool the noodles completely.

2. Mix noodles and vegetables. Toss with the salad dressing just before serving.



\* *A Reader's Request recipe.*



## Chuckles contributed by Sangita Handa

*Definitions:*

**Alcohol:** Solvent; dissolves marriages, families and careers.

**Archeologist:** A person whose career lies in ruins. Also, the best husband any woman can have - the older she gets, the more interested he becomes in her.

**Fine:** A tax for doing wrong.

**Tax:** Fine for doing well.

*Random observations:*

The nice thing about egotists: They don't talk about other people.

Alcohol is NOT a problem. Chemically speaking, it is a solution.

*Marriage:*

My girlfriend asked me, 'Do You believe in love at first sight?' I said, 'At the first sight of what?'

There was a man who said, "I never knew what happiness was until I got married...and then it was too late.

Before marriage, a man yearns for the woman he loves. After marriage, the 'Y' becomes silent.

\* *Fun for everyone*



If undelivered please return to  
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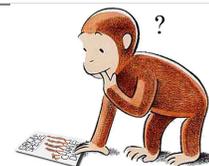
## *Sanskriti*

*Indian Women's Association Newsletter*



## Editor's Notes

## *What is Inside This Issue?*



### Dear IWA members:

2013 is coming to an end! And what a wonderful year we have had. IWA has been very productive this year. It would not have been possible without the hard work and co-operation of over half our members. Your participation strengthens and energizes IWA, so I hope more members will participate in activities next year.

Inside this issue you will find:

The 4th quarter report and a brief summary of the 2013 IWA charitable contributions.

A "Panchatantra Story" to amuse and entertain

A wonderful essay on the Angkor Wat, including its history, causes of decay

and the significance of the temple's design and ornamentation. Angkor Wat is considered as one of the wonders of the world. It is situated in Cambodia, not too far from Phnom Penh, one of the cities of Vietnam War fame. You will enjoy an armchair journey to distant Cambodia when you read this essay.

Affordable Care Act or 'Obamacare' has been dominating the TV news and talk shows since October. While there is a lot of argument on the airwaves on whether ACA is a good or bad thing for Americans, the details of what the plan actually offers are usually left out. To shed light on this matter, we bring you an article by Archana Sharma, who has taken a course on ACA. In this article, she tells us exactly what coverage ACA provides and what types of plans are offered.

For your holiday entertaining, we bring you recipes and jokes that are sure to be crowd pleasers. And for those long cold nights in front of the fireplace, we offer Indian movie suggestions. Enjoy!

**I wish all of you a Merry Christmas, Happy Holidays, and a peaceful and prosperous New Year.**

*Meena  
Narsimhan*

