



# March 2022

## Know your Past President

-By Pushpalatha Venkataraman

### The history of Kasturi Kannada Sangha

A group of Kannada speaking people met at a picnic during the summer of 1984 and decided to create an organization to celebrate and cherish the linguistic and cultural traditions of the Kannada speaking diaspora of the greater Cleveland area. At the suggestion of Mrs. Sumitra Dattatreya, they chose to name it Kasturi Kannada Sangha. Mr. Vasudev Kamath, who hails from Shringeri and moved to the Cleveland area in 1983, was chosen the inaugural president. The first event of this fledgling organization was Ganesha Pooja in 1984, with the participation of 24 families. Mr. Kamath was assisted by an able committee which included Mr. R. Srinivas (Vice President), Dr. Usha Shankaran (Secretary), Mr. Sridhar Phadki (Treasurer), as well as Mrs. Bharati Udayashankar, Mrs. Janaki Patil and Mrs. Vijaya Vishwanath. A great tradition was thus born!

Mr. R. Srinivas took over as the second president from 1986-1987. He is originally from Bengaluru and resided in northeast Ohio between 1972 and 1987. During his tenure, about 30 families regularly attended the Sangha events. Mr. Srinivas recalled that 7 of these families, including his own, were particularly close and met almost every 2 weeks. Their children grew up together and felt they were all part of an extended family despite being away from the shores of the motherland.



**Mr. Vasudev Kamath**

**(1<sup>st</sup> President KKS)**



**Mr. Srinivas**

**(2<sup>nd</sup> President KKS)**



**By Dr. Naveen. K. Uli**

### **The heart disease conundrum among South Asians**

South Asians (individuals from India, Pakistan, Bangladesh, Nepal, Bhutan, Sri Lanka and Maldives) make up a quarter of the world's population and are one of the fastest growing ethnic groups in the United States. They however account for 60% of the world's population of atherosclerotic cardiovascular disease (ASCVD), which includes heart attacks and strokes. The increased risk of ASCVD in South Asians was first reported in Singapore in 1959. Since then, similar findings have been reported in South Africa, Trinidad, the United Kingdom, the United States and Canada. Accumulating health data from the US and other nations have documented higher prevalence of heart disease risk factors in South Asians, including truncal obesity, type 2 diabetes, high blood pressure, high cholesterol, chronic kidney disease, tissue inflammation and clotting risk. In the US, South Asians have higher proportional mortality rates (PMR) from cardiovascular disease than non-Hispanic whites as well as all other Asian American subgroups (Chinese, Korean, Japanese, Vietnamese and Filipino).

There are many biological factors that predispose South Asians to heart disease and stroke. Compared to the US white population, South Asians have twice the prevalence of type 2 diabetes. Individuals with diabetes have a 2-3-fold increased risk for cardiovascular death. A sobering statistic is that by 2030, approximately 120 million individuals in South Asia are projected to have diabetes. Compared to other US subgroups, South Asians have lower body weight, waist circumference and body mass index (BM) and yet have higher amounts of abdominal visceral fat (around the liver and other organs) which increases the risk for diabetes and heart disease. People of South Asian descent living in western societies have a characteristic lipid profile which includes high triglycerides and low HDL ("good") cholesterol and contributes to heart disease risk. Technological advances in the field of population genetics over the past 2 decades have shown that genetic variants that are more common among South Asians may also contribute to their health risks for diabetes and heart disease.

However, biological factors alone cannot fully account for the degree of elevation of risk for cardiovascular disease in South Asians. The Mediators of Atherosclerosis in South Asians Living in America (MASALA) study is the first and ongoing study of heart disease in South Asians in the US, with the idea that information generated might guide specific approaches to treat and prevent heart disease in this population. In addition to the biological mechanisms of heart disease detailed above, the MASALA study is also trying to tease out unique cultural and behavioral factors that might be at play in the South Asian population. A major finding from this study is that the typical South Asian diet is high in the content of carbohydrates and saturated fat. The Indian vegetarian diet is also lacking in lean meats. In addition, South Asians have low physical activity compared to other ethnic/racial minorities in the US. Although overall tobacco use is less among South Asian men and women in the US, some sections of this population use culturally specific tobacco products, including smoked (beedi and hookah) and non-smoked (paan, gutkha, zarda) products. Findings from the study are already being utilized to implement community strategies in many geographic areas in the US.

For more information on this topic, please click on the links below.

<https://www.ahajournals.org/doi/epdf/10.1161/CIR.0000000000000580>

<https://www.masalastudy.org/>

**March 13, 2022**

**Naveen K. Uli, Solon, OH Medical Director, Center for Diabetes and Endocrinology; Pediatric Endocrinologist**



## **KASTURI RECOGNITIONS**

### **Achievements**

Research focus: Microbiology,  
Immunology and Vaccinology.

**2019: Dr Gourapura was selected for the 2019 class of Fellows representing 136 research universities, governmental and nonprofit research institutes Worldwide.**

He is the 10th Ohio state inventor to be chosen as a Fellow of the NAI.

**2021: "Innovator of the year award" for CFAES, The Ohio State university.**

Dr Gourapura was selected from among over 400 faculty of the College of Food, Agricultural and Environmental Sciences.

He was one of the three finalists from among over 5000 faculty at The Ohio state university.

**Five US approved patents on Vaccines**



**Dr. Renukaradhya J. Gourapura  
(Aradhya) DVM, MS, PhD**



**Dr. Shashiprakash Surali**

**Achievements**

It's our pleasure to inform you all that Dr. Shashiprakash (Prakash)Surali has been elected as a Fellow **of the American Concrete Institute (ACI)**. He is one among the 20 people elected around the world for this honor 2022.

As noted on the ACI website, a Fellow shall have made outstanding contributions to the production or use of concrete materials, products, and structures in the areas of education, research, development, design, construction, or management. In addition, a Fellow shall have made significant contributions to ACI through committees and/or local chapters.



**Kushi Raghav**

**Achievements**

Kushi Raghav and her partner competed in Science Olympiad regionals and **won 2nd place in Electric Wright stuff**, and they made it to the State level competition. **They built a free flight electric-powered monoplane to achieve maximum time aloft.**

Best wishes to Kushi on her future endeavors



**Anusha Bangalore**

## **Achievements**

Anusha Bangalore, a senior at Westlake High School, has been nominated for prestigious Presidential Scholars Program for the year 2022. Each year approximately 5000 students (out of about 3.6 million senior students) are selected by a White House Committee to nominate for the Presidential Scholars program. The selection is based on demonstrated exceptional accomplishments in academics, the arts, career and technical education, and an outstanding commitment to public service.

Anusha scored a perfect 36 in all four sections of ACT in her first attempt. Apart from extraordinary academic success throughout high school, Anusha actively volunteered at Fairview hospital as a sophomore. As a high school senior, she has been involved in cancer research under the guidance of Dr. Danielpour at Case Western University. Her dream is to be involved in the medical field as a surgeon or a researcher. Anusha has also been a dedicated cello player for seven years. This year, Anusha auditioned for and was selected for the competitive OMEA All State Orchestra. She is passionate about playing the cello in college and throughout her life. Best wishes to Anusha on her future endeavors!



**PICTURE COURTESY:  
Ravikumar and Viswa**





## RECIPE OF THE SEASON

Recipe by Sushma Lohit



**When you have fresh juicy Tomatoes, this will be the perfect dish to make Tomato Thokku / Pickle.**

**It is a delicious pickle, which take your taste buds to heaven and a versatile dish which goes with Hot rice, roti, and curd rice & many more. Once you try your hands at making this simple relish recipe, there's no going back.**

**Best part can be stored to enjoy this relish for long time.**

**Ingredients you will need:**

oil - 3 Tbsp  
tomato - 6 -8 chopped  
tamarind - Small Size  
jaggery - 1tsp  
Jeera - 1 tsp  
mustard seeds - 1 tsp  
fenugreek seeds - 1 tsp  
turmeric / haldi - 1/2 tsp  
Kashmiri red chili powder - 1 tbsp  
salt - 1 tsp

**FOR TEMPERING:**

Oil - 4 Tbsp  
mustard seeds -  $\frac{3}{4}$  tsp  
asafoetida -  $\frac{1}{4}$  tsp  
few curry leaves  
Red chili - 2

### INSTRUCTIONS

1. Dry roast methi, mustard seeds, Jeera seeds and powder it, later add turmeric, red chili powder and salt. Keep it aside.
  2. In a pan Sauté large tomatoes in 3 tbsp oil. also add a small ball sized tamarind, jaggery and mix well.
  3. Cover and cook for 10 - 15 minutes or till the tomatoes turn mushy.
  4. Mash the tomatoes slightly making sure it is cooked completely, let it cool down and grind it to paste.
  5. Add all the spices and mix well, making sure all are combined well.
  6. In a heavy bottom pan, heat 4 tbsp oil for tempering.
  7. Add mustard seeds, hing, red chili and few curry leaves. allow to splutter and pour the prepared tomato thokku.
  8. Mix well till oil separates.
  9. Tomato thokku / tomato pickle is ready to serve with rice.
  10. Store in a airtight container and refrigerate.
- Enjoy have a delicious day!



By Chandrika Gopal

### Can healthy food be tasty?

I am happy to contribute to the pilot edition newsletter from our Kasturi. Congratulations to the newsletter team who have made this possible. Wishing the best of success in its journey onwards. I have here a snapshot of what we eat in a day. It has been a continuing journey of discovering different ingredients, combinations, and preparations to carve a path to a healthy road.

I was not a smoothie fan until I got convinced into how it could be the best thing to give your body a jolt of energy first thing in the morning.

### 1.GREEN SMOOTHIE



#### **GREEN SMOOTHIE:**

Ingredients: A cup each of cut apple, spinach, grapes, and kiwi fruit.  
1 tbsp of flax meal.  
Blend them together and drink it fresh.  
We find this very refreshing, no stringy texture, and smooth. I always struggled to eat fresh spinach and this one does not have the raw taste and our regular favorite.

## 2. JICAMA WRAP



### **JICAMA WRAP:**

This one took me by complete surprise at first! My husband was at a conference and came home praising a salad made by the chef with

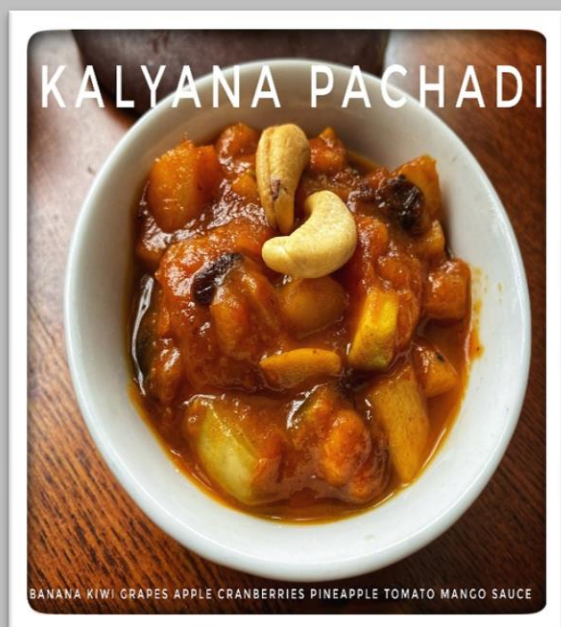
Jicama. It is a Mexican root vegetable, tastes like a bland apple. Thanks to him, this one is a regular in my fridge.

You can buy these Jicama slices at Trader Joe's for a few bucks.

### **Ingredients**

Jicama slices, corn, cauliflower rice, peppers, green chilies, cilantro, lemon, onions, and salt. Sauté all veggies in a light cooking oil with your choice of spices. Flavor with fresh lemon and cilantro. This is a salad that goes on the Jicama slice. You can try different vegetables that might suit your palate. Arrange the slices on a plate and serve the salad on top. I like to add my pudina chutney to kick it up a notch. Enjoy this low-calorie lunch without guilt and feel happy too!

## 3. KALYANA PACHADI



### **KALYANA PACHADI:**

This is a mixed fruit reduction (followed the recipe from Subbu's' kitchen <https://www.youtube.com/watch?v=ZUpymOcn7lk>)

Approximately 4 servings

### **Ingredients:**

2 medium tomatoes

Quarter cup each of banana, apple, grapes, mango pineapple (your choice)

Quarter cup diced dates

2 tbsp raisins

2 tbsp cashews

1¼ cup or more sugar (original recipe recommends 1 cup)

I used coconut sugar. You can use any variety.

1¼ tsp cardamom powder.

I added golden kiwi and pineapple essence.

You can customize this to suit your taste and the kinds of fruits you may have.

### **Method:**

1. Cube tomatoes, blend into a puree, strain to remove seeds and skin
2. Cook this in a heavy pan to remove the raw smell for 5 mins.
3. Cook in this medium flame.
4. Around 5-7 mins the mixture becomes syrupy.
5. Next add all the cut fruits, dates and nuts.
6. Add the cardamom powder and the essence.
7. The dish is pretty much done here. The fruits need not be cooked and leave it closed for an hour before serving.
8. You can add whipped cream or ice cream to serve with.



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**Difference Between Employer (Group) and Individual Life Insurance.**

If you need more life insurance, you may be face with a question: Do I purchase an "Individual" life insurance policy? Or, do I just get it work?

Sixty percent of employees have access to life insurance through work. Commonly referred as "Group life Insurance". How does this coverage is different from an Individual Life Insurance policy? When does it make sense to buy an Individual policy?

**Understanding Employer (Group) Life Insurance Policy:**

**Basic Term insurance Policy:**

For some, the policy coverage is flat amount, for others, it is based on one's salary.

**Advantage:**

- **Convenient** - sign up at work, Premium get deducted from paycheck
- **Guaranteed coverage** - no questions, no tests, no underwriting.
- **Free** -Generally free, regardless of age, health, etc.

**Disadvantage:**

- **Work related restrictions**- coverage typically "active" working status. If you become ill and unemployed before dying, the insurance may not pay.
- **Not portable** - Can't take policy with you if you leave the employer. Next employer may not offer life insurance.

**Supplemental Term life insurance policy:**

Some employers offer the option to buy additional life insurance. This can be added to the "Basic" coverage.

**Advantage:**

- **Convenient** - sign up at work, Premiums get deducted from paycheck
- **Minimal Underwriting** - There may be some high-level medical questions or a medical exam.
- **Potentially Lower Cost for Unhealthy.**

**Disadvantage:**

- **Work related Restrictions** - like the "Basic" coverage, typically requires you to be "actively" working.
- **Not Portable** - can't take policy with you if you leave the employer. If your next employer doesn't offer "Supplemental" insurance, then you may need to purchase an "individual" policy to maintain the same level of coverage - paying higher premium based on your age and health.
- **Increasing premiums** - Typically, cost increase each year as you age.
- **No Option**- Employer coverage typically offers few or no bells and whistles that an "individual" policy may include.

## Understanding Individual Life Insurance:

### Individual Term Life Insurance Policy:

A policy purchased from an insurance company or a licensed agent – outside of the workplace.

#### Advantage:

- **Potentially Lower costs for healthy** – Coverage is dependent on your circumstances via underwriting. Healthy people will typically experience significantly lower premium compared to “Supplemental” insurance.
- **Level Premium** – Term policies lock in the premium for a fixed period e.g., 10 year or 20 years.
- **Portable:** Since this policy is not connected to your employer, it is completely portable, providing you continuous coverage.
- **No work -related restrictions** – This means that an “Individual” insurance policy is more likely to pay out benefits than employer-provided coverage.
- **Multiple options** – Can choose from large selection of term policies which offers varieties of special features and riders that provide flexibility.

#### Disadvantage:

- **Underwriting processes** -Policies are, typically, fully underwritten, meaning that your policy will be based on your health and other factors and may include medical tests.

#### How do I decide what to do?

1. Always take advantage of free “Basic” employer-provided coverage.
2. Determine how much insurance you would need.
3. Get quotes from both “Individual” and “Supplemental” group life insurance for the coverage needed in addition to the Basic employer policy.
4. When making decision, Consider the features/benefits that are important to you.

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#### Services:

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