



## Sheih Dental Care

*SERVING THE INDIAN  
COMMUNITY FOR 20  
YEARS! WE ARE  
PLEASED TO SERVE  
YOU IN HINDI, TELUGU,  
TAMIL, PUNJABI!*



**PAUL SHEIH, D.D.S.**  
GENERAL & COSMETIC DENTISTRY

5659 STOCKTON BLVD.  
SACRAMENTO, CA 95824  
(916) 456-8625

[www.shiehdentalcare.com](http://www.shiehdentalcare.com)

**ACCEPTING ALL PPO'S, CARE CREDIT PATIENTS,  
CASH AND CREDIT.**



*Indian Community  
of  
Greater Sacramento Region*



## INDIA DAY 2011

*Folsom High School,  
1655 Iron Point Road,  
Folsom, CA, 95630.*

*On Saturday, 13th August 2011 1:00 PM onwards.*

*Chief Guest*

**Selvi Stanislaus**

*Executive Officer, Franchise Tax Board  
State of California*

*Charity of the Event*

**Apne Aap**

*(www.apneaap.org)*

*Mera Bharath Mahaan*

# Happy Independence Day

## PRIMARY CARE / INTERNAL MEDICINE

**Dr. Manjula Bobbala, M.D**

**2575 EAST BIDWELL STREET  
SUITE 210**

**916-984-7850**



- Preventive medicine & women's health is the primary focus
- Comprehensive quality health care
- We treat Diabetes, high Blood Pressure, high Cholesterol, Heart Failure, Coronary Artery Disease, Emphysema, and more.
- Perform DMV, school, and annual physicals
- Experienced in medical weight loss
- Accept all major insurances
- Serving uninsured patients for small fee
- Will see in 24 hrs. or less

**NO  
CO-PAY  
first 3 months  
for new  
patients**

Offer good  
thru 12/31/10

**Medical weight loss with Dr. Bobbala**



FOLSOM  
HEALTH & WELLNESS  
CENTER

**Every  
Wednesday  
Veg Dinner Buffet  
for \$8.99/person**

**RUCHI**  
INDIAN CUISINE  
(South Indian & North Indian)

**We Offer!**

- ★ Lunch Buffet
- ★ Dine In
- ★ Take Out
- ★ Party Hall
- ★ Catering
- ★ Onsite Dosa/Nan

**On 27<sup>th</sup> & 28<sup>th</sup> August**

**Weekday lunch buffet**  
11:00 AM - 2:30 PM

**Weekend lunch buffet**  
11:00 AM - 3:00 PM

**Everyday Dinner**  
5:00 PM - 10:00 PM

**Delivery Available!**

601 East Bidwell St,  
Folsom, CA, 95630

Ph: 916 983 2871  
Fax: 916 983 2873

info@indianruchi.com  
www.indianruchi.com

# India Day 2011

## India Day 2011 Supporting Organizations

- Ankur Association of Malayalees
- California Telugu Samithi • Sacramento Tamil
- Gujarati Samaj Sacramento Mandrum
- Hindu Swayamsevak Sangh • SAHANA
- Kannada Sangha of Sacramento • Sanskrity
- Marathi Mandal • Sangeet Bharati
- Sacramento ReGional • Telugu Association of Greater Sacramento
- Utsav

## India Day 2011 Event Sponsors

- Apex Dental
- Dr. Paul Sheih
- Brahmakumari
- Rajeev Sachdev - Attorney
- Chimaya Mission
- Reverse glass painting
- Coldstone Icecream
- Ruchi Restaurant
- Deepa Chauhan -  
Homemade Indian Food
- Sacramento Aradhana
- EZ Tutoring
- Sangeet Bharathi
- Golden one Realty
- SANSKRITY
- India Community Center  
(for Indoor Sports)
- Somu's Fruit Smoothie
- ISKCON
- Swarna Latha - Homemade  
Indian Food
- Dr. Manjula Bobbala
- Tech-Net
- Monavie Health products
- Tom Jonas
- Montessori Academy
- Udupi Restaurant
- Nationwide Insurance
- Universal Travels
- (Jon Lacy)
- Vibha
- Vonage

Dear Sacramentans,

**Namaste!**



Connect with **India**.

The India Day committee welcomes you with a very open heart. Since the start of India Day celebrations in 2005, we have come a long way. We have grown leaps and bounds; from a small gathering of 250 people in 2005 to a staggering 2000 people in 2010. We are confident we are going to set a new milestone today. All this is possible with your active participation. Yes, it is that simple.

The idea behind India Day is simple: celebrating vibrant India and its Independence Day.

Our hearts are jubilant that you are here and those hearts are directing hands to fold, and all those series of actions have assimilated into one gesture: **SWAAGAT**.

**Let's Celebrate India!**

**India Day 2011 Committee**

*Mera Bharath Mahaan*

Sharmila Shah, Arun Subbiah, Sravanthi Sridhar, Meenal Naik, Gururaj Narasimha, and Shivi Sharma will take you through a journey into the heart and soul of an enchanting nation: **Bharath (Matru Bhoomi** for over a billion souls).

# Charity of the event

## “Apne Aap”

An initiative to end sex-trafficking,  
every woman free, every child in school

(<http://apneaap.org/>)

### VISION:

Apne Aap (Hindi for “self-help”) works to empower the women and children of India’s red-light districts to escape sex trafficking. By providing them with education, healthcare and job skills. Apne Aap is breaking the cycle of poverty and discrimination that forces women into prostitution.

**Objectives:** To support community-based initiatives of those trapped by the sex-industry. Mitigate the circumstances of those caught in prostitution. Create awareness in society regarding discrimination against women and girls, particularly on issues related to sex-trafficking, prostitution, sex, sexuality and violence against women and girls.

Former **President Bill Clinton** awarded Apne Aap founder **Ruchira Gupta, President, “Global Citizen Award”** for her work against human trafficking in 2009, She was also honored with **The Abolitionist Award** in 2007 at the **UK**, won an Emmy Award in 1997.

### How can you help?

The donation is tax deductible (Tax exempted in USA). If you like to give cash you can put the cash in the donation box located near the front desk or fill out a pledge form. Checks should be payable to ‘**Apne Aap**’ with a memo “India Day Charity-2011”.

### Check Mailing address:

India Day 2011 Charity Committee  
115 Austin Dr, Folsom CA 95630

Last date to send your checks: **08/31/2011**

## India Day 2011 Sports Event Results

### Chess

Age Group	Winner	Runner Up
Under 9 Years	Pratyush Gadge	Easha Narayanan
9 to 15 years	Arvind Ravi	Rahul Iyer
16 and above	Naveen Janarthanan	Ravi Narayanan

### Quiz

Age Group	Winner	1 <sup>st</sup> Runner Up	2 <sup>nd</sup> Runner Up
Up to 18 years	Tejas Sood	Shreyas Sood Shria Narayanan	
19 and above	Mrugesh Pankhania	Sahana Ravi	Jay Chacko

### Throwball

Winner	Runner Up
<b>Team: Jhansi Rani Lakshmibhai</b> Debajani Pattnaik Deepa Seetharamaiah Lekha Itagi Naga Jahnavi Pannaga Bhaskar (Captain) Soumya Chandrashekar	<b>Team: Great Indian Woman</b> Anjali Sheth Harini Tummala Neelima Kosuru (Captain) Preeti Ramesh Selvi Janarthanan Vandana Dhareshwar

### Volleyball (Men)

Winner	Runner Up
<b>Team: SARGAM</b> Cigil George Mathew Palakothu Shibu Sreedharan Juvento Varghese Sam Dosanth Tony John Senthil Kumar Biju George	<b>Team: NATOMAS</b> Venkat Mechineni Anil Tummala Chandra Gopisetty Dayakar Eppanapally Nagesh Malyala Naveen Raju Phani Kumar Gajjala Ritesh Rembersu Bhaskar Reddy Gandagari Koteswar Rao Ruvva

Most Valuable Player: **Mathew Palakothu (SARGAM)**

# India Day 2011

MonaVie India Pre-launch

MonaVie is going to India

And you can be the first.

[www.MonaVieIndiaNow.com](http://www.MonaVieIndiaNow.com)

We are currently putting together our local Teams  
And allocating key positions for local Indian people.

## MonaVie

- Did \$2 Billion in sales in 6 years
- Paid out over \$1 billion in commissions
- Over 110 people making \$1 million a year
- Marketing a revolutionary Health Drink and Weight Management System
- Featured in Fortune Mag. Newsweek, BusinessWeek, Inc. 500 and more
- Have trips to India a TAX write off

If you are connected in the Indian community here or in India, this is your opportunity to be at the beginning of this great opportunity.

If you have strong leadership qualities, are highly ambitious or have Network Marketing experience, you could be one of the key people we are looking to work with.

[www.MonaVieIndiaNow.com](http://www.MonaVieIndiaNow.com)

[MVIndia2011@gmail.com](mailto:MVIndia2011@gmail.com)

(916) 798-8508

## 1 Flag Hoisting

## 2 Indian National Anthem

## 3 US National Anthem

Arushi Khare , Ameya Naik, Divita Pandita, Kruti Modekurty, Ritvik Khanna, Priyank Varshney, Sonakshi Tyagi , Shivi Sharma, Amanda and Anant Singh on Keyboard

## 4 Welcome

## Teens of Folsom

## Event Chair

## 5 Jhansi Ki Rani

## Heera Kulkarni

Maanasa Vasam, Yohan John, Janaki Sharma, Pallavi Sharma, Anisha Raina, Isha Khullar, Sejal Anuraji, Viral Jhala, Saritha Vasam, Usha Singh, Avinna Jain, Rouha Mahajan, Sonia Sarkar, Sanvi Kotti, Nitalie Biswal, Chinmay Khachane, and Manasi Wakode

## 6 Bollywood Medley

## Pallavi, Vasudevan, Jane

Nihar Mudigonda, Sree Gudapati , Aaryan Bidaye , Arjun Girkar , Sreevatsa Appajodu, Praveen Swaminathan , Pari Pandya, Tina Popat, Tanisha Fernandes, Priyanka Senthil, Girija Jangam , Sariya Dass

## 7 StarZ Dance Group

## Rasika Deshpande

Keerthana Vanka, Vishruth, Manvi Marepally, Ruchira Kosuru, Saket Kallam, Nandana, Samhita Nittala, Arva Bandeli, Snehal Baid

## 8 Charaiveti Charaiveti

## Preeti K.

Kanishk Vankayala, Kashish Vankayala, Saanchitha Gurudutt, Sanghvi Samala , Sumedha Suresh , Pratyush Gadge , Akhil Rao , Shantanu Rao , Kush Patel , Ansh Patel , Sowmya Gudapati , Sree Gudapati, Nihar Mudigonda , Priyanka Senthil , Shruti Balaji , Aravind Sharma , Abhinav Sharma , Jessica Joshi , Hridesh Joshi.

## 9 Maaray Ghongroo

## Shaswati Roy

Aditi Nair, Monicaa Kishore Kumar, Samaira Shah, Anya Lal, Aanika Javagal, Neha Suri, Sareeya Ali

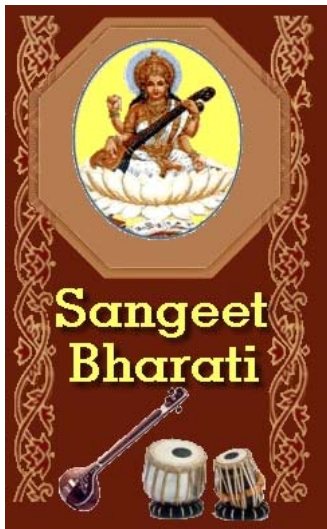
*Mera Bharath Mahaan*



**Bidwell Optometry**  
**Thomas Jonas, OD**  
**Jennifer Wademan, OD**

2545 E. Bidwell Street #160  
 Folsom CA, 95630  
 (916) 983-0896  
[www.jonasoptyometry.com](http://www.jonasoptyometry.com)  
[facebook.com/jonasoptyometry](https://facebook.com/jonasoptyometry)

Serving Folsom families since 1981



## Sangeet Bharati

A 501(c)3 Non-profit  
 Inspiring, Nurturing, & Developing, Indian Arts  
 and Culture (I.N.D.I.A.)

Concerts and workshops in  
 Indian classical music & dance,  
 Bollywood Hungama, & Kala  
 Darshan- dance & music  
 competitions (916)-686-5785

[www.sangeetbharati.org](http://www.sangeetbharati.org)  
[sangeetbharati@hotmail.com](mailto:sangeetbharati@hotmail.com)

# India Day 2011

**28 India Day 2011 Charity Presentation**

**29 Premodaranae....**

**Seema Nair**

Anjaly Nedumala, Sravanthi Sridhar, Tesney Chittattu and Namita Nedumala

**30 Gramiya Virundhu**

**PappaRajam Swaminathan**

PappaRajam Swaminathan, Meenakshi Ramamoorthy, Jayanthi Siva, Pushpa Gopan, Nalini Ashok, Yamuna GUn, endranAarthi Rajesh, Uma Krishnamoorthy

**31 Kalitta Hudugi**

**Pandu Itagi**

Sathish Nagaraj, Shreyas, Venu Mallesara, Narayana Swamy, Mahesh Shivalingappa, Prashanth, Basavaraj, Arun, Kaashi, Shiva, Pandu Itagi, Rakesh/Deepak, Lekha Itagi, and Amogh Itagi

**32 Shambo Shiva Shambo**

**Rajini Dasyam**

Neha Patil, Harini Peddi, Aditi Deshpande, Nithinya Varanasi, Rajini Dasyam

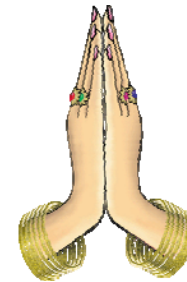
**33 Ghidda - Punjabi folk dance**

**Sundeep Walia**

Jasreet Sidhu, Divisha Gupta, Sunaina Kaur, Savneet Thakar, Talvinder Dhillon, Sandeep Kaur, Manpreet Gill, Maninder Sandhu, Parneet Sidhu, Amrit Sahi, Rimmy Malhi, Jassy Malhi, Pawan Sibia, Kiran Sibia

**34 Vote of Thanks**

**35 Dance Jockey**



For latest information visit

**[www.indiaday.net](http://www.indiaday.net)**

***Mera Bharath Mahaan***

# Universal Travel



*Where your journey begins...*  
Wholesaler for Major International Airlines



INDIA • PAKISTAN • BANGLADESH

FAR EAST • SOUTH PACIFIC • CENTRAL/SOUTH AMERICA

European deals on United, Virgin, British Airways and Delta Airlines.  
We will confirm your seats to any worldwide destination.

**Worldwide Vacation packages to exciting destinations at a great price:**



**FLY Emirates Airlines to India**  
**And have a Dubai stopover!**  
**3days/2 nights in Dubai**

Starting at  
**\$199**  
per person

Cost Includes: 2 nights hotel with Daily breakfast and airport transfers,  
Dhow Cruise & Desert Safari with dinner & Half day Dubai city tour

**Full Service agency with packages to Hawaii/Mexico and  
tours to India/Asia-Pacific/Europe and South Pacific**

**Prompt Service • Seats Available • Ask for our Stopover Packages**

*Call for Special Fares*

**877-589-6342 or 916-429-2711**

**www.universaltravel.com**

CST#2038722-40

Universal Travel

## India Day 2011

**10 Kalyani Jatiswaram Dance**

**Reshma Prabhu**

Riya Tapadiya , Sriyanka Mandava , Soumya Gudapati , Madhulika Appajodu , Kavana  
Gonur , Suravi Kanugula , Prachi Padayar

**11 India Day 2011 Charity Presentation**

**12 Om Shanti**

**Brahma Kumaries**

**13 Bollywood Fusion Dance**

**Reshma Prabhu**

Rithika Medari, Naythan Medari, Sanjana Medari, Maya Khangura, Jeeth Pawa ,  
Saarah Zanzi, Sameena Zanzi, Neev Mandho , Kush Patel, Puja Madgula , Ananya  
Vyas.

**14 Fusion Dance**

Akarsh Ramesh Kamala, Anusha Surepeddi, Asha channamalla swamy, Gautham Katta,  
Purna Chandra Naryana Reddy, Priyanka Dixit, Rajanish Donthi and Smitha Tuppada

**15 Kal aur Aaj**

**Shivesh K Sinha, Niraj Kumar**

Shivesh Sinha, Niraj Kumar, Pankaj Khillon, Ajay Tiwary, Aditya Shreyas, Sanjay  
Naik.

**16 The Desi Girls**

**Aishwarya, Ankankshya, Shreya**

Aishwarya Pattnaik, Ankankshya Samal, Shreya Sahoo, Shruti Sahoo, Nitali Biswal

**17 Boom Bru**

**Simi**

Cinzia Keechilot, Maria Sabu, Nayana Mano, Tesney Chittattu.

**18 Kaawalli**

**Rajive Kothari**

Hirendra Desai, Veena Desai, Navin Naik, Pratima Naik, Indra jit Dave, Pratima Dave,  
Chandu Patel, Suman Patel, Kanu Patel, Shaku Patel

*Mera Bharath Mahaan*



( A non-profit organization promoting Indian Dance, Music, Arts & Culture.)

Presents,

**CULTURAL EXTRAVAGANZA '11**

Everyone is invited and entry is FREE.

Slots available for-Dance ,Karaoke etc.

For more info - Contact Archana at(916)983-0178

Or, Meenal at (916)293-3920

Email-sanskriti.ca@gmail.com

Date & Venue -TBD



# India Day 2011

**19 Mile Sur Mera Tumhara**

**Sucheta and Anita**

Tanvi Kamath and Anuya Kamath, Rhea Shenoy, Prachi Padiyar, Anooshka Hegde, Nishka Baliga, Tara Pai , Shika Shenoy, Prasad Prabhu, Preeti Prabhu, Hema Prabhu, Nivedita Amanjee, Kritika Amanjee, Rudrani Ghosh, Smitha Baliga, Jaya Prabhu, Anjali Sheth, Purnima Hegde, Sucheta Amanjee, Pallavi Pai, Anita Kamath, Kirthi Shenoy, Chitra Prabhu, Rupa Ghosh, Vandita Shenoy, Madhuri Natu, and Sayli Natu

**20 India Day 2011 Sports - Awards Presentation**

**21 Parade**

**22 Chief Guest Speech**

**23 Bhangra - Punjab Di Awaz**

**Rohan Dosanjh**

Rohan Dosanjh , Jk Pabla , Jagdeep Bura , Ravi Parhar, Jyoti Banwait , Kiran Kahlon , Amitoj Kandola , Grace Mavi

**24 Bollywood Beats**

**Priyanka Khare**

Arushi khare , Divita Pandita, Ishaani Tyagi , Ruthu Nadgir , Srushti Naik , Sonakshi Tyagi , Yasha Choubey , Antara Singh , Nonika Kathiyal , Khushi varshney , Shivanshi Sinha , Isha saldhi , Tanya Agarwal & Prisha Pandita.

**25 Morni Baghama Bole Re**

**Pallavi Panday**

Mahek Pandya, Harshitha Naidu, Manvi Bhapkar, Rebecca Massil, Nishita Fernandes, Anjani Kedia, Preeti Bhat, Sachi Goli

**26 Marathi Lavani Dance**

**Sayli Natu**

Sayli Natu, Vrushali Pakhale, Pallavi Dhumal, Madhuri Shirolkar, Sonal A. Breed, Namita Surve

**27 Stomp Crew**

**Ashwin and freinds**

Bhargav Kothi, Ashwin Sathyanarayanan, Max Beall, Vignesh Mohan, Kumarakuru Visvanathan.

*Mera Bharath Mahaan*



331 J Street, Suite 200, Sacramento California 95814 Ph: 916-443-3529

**IMMIGRATION LAW  
PERSONAL INJURY  
CRIMINAL DEFENSE AND DUI  
CIVIL LITIGATION  
FAMILY LAW AND DIVORCE  
WILLS**

\*ATTORNEY ADVERTISEMENT. California licensed. Hiring an Attorney is an important decision not to be made by relying on advertisements. Solo Attorney not associated with any other attorney or law office/firm. No guarantees, warranties or predictions. No attorney-client relationship developed by contacting this law office. Not an offer and no assurance of acceptance of case. Free 15min initial phone consultation not designed as thorough review of case. Subject to availability, rules and law. We perform a conflict check. Do not send confidential info.



**RAJEEV SACHDEV, Esq.**  
B.COMM, BAS(Hons), LLB(Hons), MBA  
ATTORNEY AT LAW

FREE CONSULTATION\* WWW.CALIFORNIALAWCONCEPTS.COM

**CALL 916-443-3529**



# Udupi Cafe



Healthy Indian Restaurant  
We do CATERING for all occasions



[www.UdupiCafe.net](http://www.UdupiCafe.net)

Phone: (916) 851-5900 Fax: (800) 448-5769  
2226 Sunrise Blvd. Gold River, CA 95670

## Now offering

CHAAT items for \$3.99, Kothu Paratha / Kothu Naan for \$4.99 and Thaalies for \$7.99

**Lunch box service now available.** Lunch boxes for \$5 and free delivery for 10 or more box orders within Rancho Cordova, Bradshaw and Folsom areas.

**Looking for partners** to invest with us in the main location as well as other possible locations

Udupi Cafe is a contemporary style family restaurant serving authentic, high quality food, using the finest quality ingredients. The ethnic restaurant atmosphere is bright and lively, the prices moderate and the service quick. Our friendly staff and volunteers will be genuinely happy to guide novices through the menu.

**Bring this ad  
to get 25% off your dinner check**



**Nationwide®**  
*On Your Side*

*Namaskar*



HOME ~ AUTO ~ BUSINESS ~ LIFE

Special discounts available for:

- Software Engineers      Mechanical/Electrical Engineers
- Teachers                      Scientists
- Doctor/Dentist              Law Enforcement

With over 15 years of insurance experience and 7 years teaching for UC-Davis, I am a Nationwide Insurance Agency Owner. Let me use my experience and knowledge to help you and your family. Call me for a free **no obligation** quote!



**Jon Lacy Insurance Agency**  
(Lic #0C70713)  
1651 Exposition Blvd #350  
Sacramento, CA 95815  
**PH: 916-924-5673**  
**Cell: 530-354-3011**  
**Email: Lacyj2@Nationwide.com**



**"IT Development, Consulting & Staffing"**

**USA:**  
101 Parkshore Dr. #100  
Folsom, CA 95630  
Ph: 888-666-6568  
Fax: 866-299-6847

**India:**  
64/3 PS Nagar, Masab Tank  
Hyderabad, 500057  
Ph: +91-40 23340036/80

[www.tech-netinc.com](http://www.tech-netinc.com)



We will be happy to provide all the information you need to buy or sell real estate in Sacramento County, Folsom, Roseville, Elk Grove, El Dorado Hills, Natomas and surrounding areas. As the premier real estate agents in Sacramento, we look forward to serving you and will be happy to help at any time. For more information Visit

[WWW.GOLDENONEREALTY.COM](http://WWW.GOLDENONEREALTY.COM)



*"A Full Service Company"*

- Residential Homes
- Commercial Properties
- Investment Real Estate
- Short Sale Specialists
- Real Estate Leasing
- Property Management

5025 El Camino Ave  
Carmichael, CA 95608  
Ph: 916-514-0335  
Fax: 916-993-6346

**Dalip Gupta**

Realtor/President

DRE# 01844830

Direct: 916-308-9130



**Ramesh Tholla**

Realtor/Vice President

DRE#01899614

Direct: 916-529-6467



**Auto Insurance**



**LIFE INSURANCE**



We are Authorized Brokers for Mercury, Fidelity, Allied, Travelers, Golden Eagle, Hartford, CSE, Kemper, Sequoia, Infinity, Foremost, Bristol and many more.....

[WWW.GOLDENRATESINSURANCE.COM](http://WWW.GOLDENRATESINSURANCE.COM)

**We Provide All Types of Insurance**

- Auto
- Home
- Commercial
- Life/Health
- Motorcycle
- Trucks and Taxies
- Workers Comp
- Bonds



5025 El Camino Ave  
Carmichael, CA 95608  
Ph: 916-514-0335  
Fax: 916-993-6346

**Dalip Gupta: 916-308-9130**

**Ramesh: 916-529-6467**

**Dennis: 916-912-0432**

Lic#0G72925