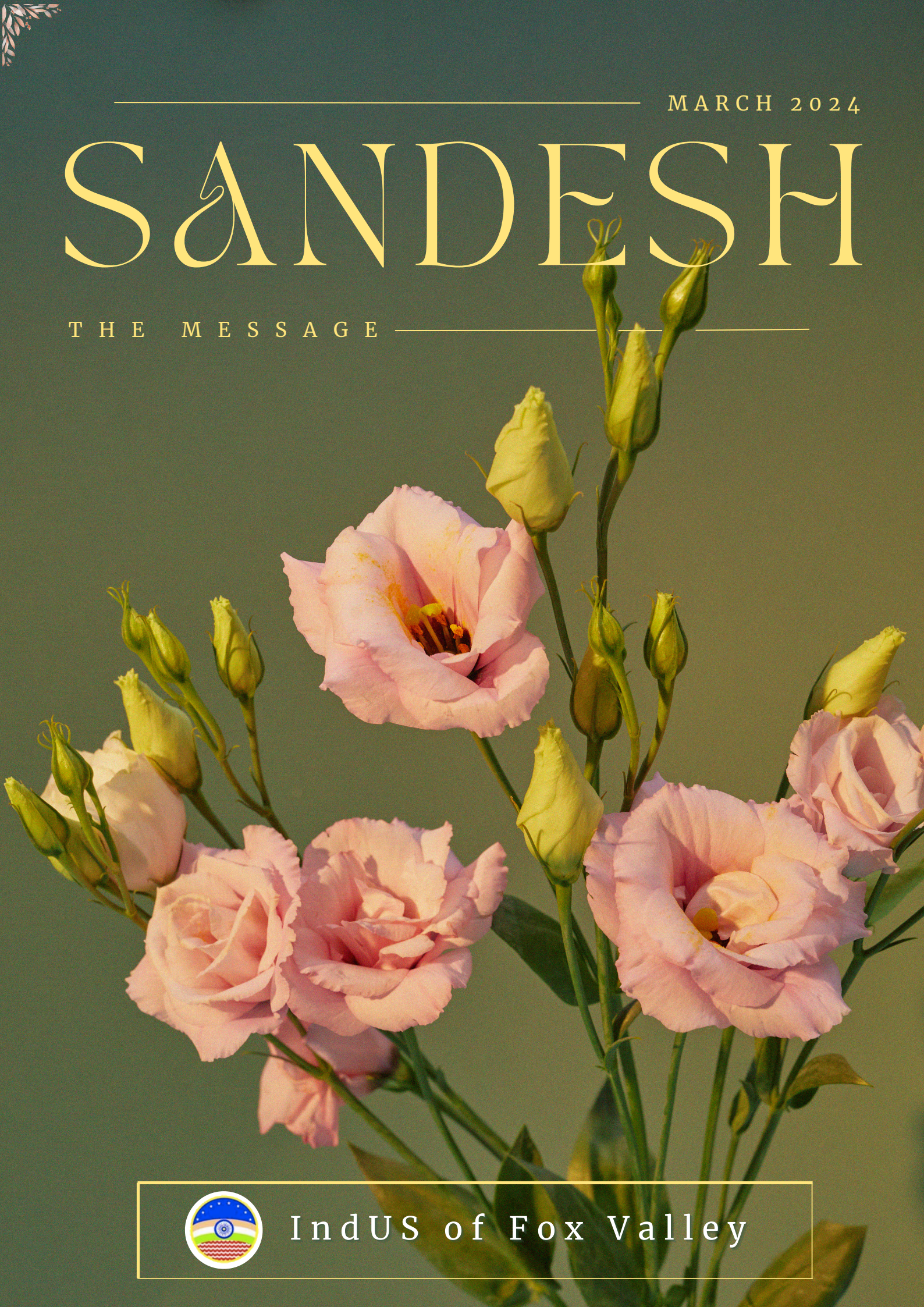
MARCH 2024

SANDESH

THE MESSAGE



IndUS of Fox Valley

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The views expressed in the articles are not necessarily those of the Sandesh Editorial team or IndUS of Fox Valley

From the Editor

Dear Readers,

As we eagerly embrace the transition from winter to spring, I am thrilled to present to you our Spring Edition of Sandesh. The Sandesh team has been working tirelessly to curate a collection of insightful articles and captivating stories that encapsulate the essence of various topics.

In this edition, we explore a myriad of subjects, including the spotlight, culture, community, health, fitness, travel, tech, and youth corners. Our contributors have poured their creativity and expertise into crafting content that we hope it will inspire and resonate with you.

We invite you to join us on this literary journey as we usher in the warmth and vitality of spring through the pages of our magazine. Your support and readership are the driving forces behind our passion for storytelling and knowledge sharing.

Thank you for being a cherished part of our community, and we look forward to presenting you with an enriching reading experience in this Edition.

Warm regards,

Nilesh Butala

Editor-in-Chief

Spotlight

Sutanu Sur

The recent Grammy awards, held on Sunday, February 5, 2024, highlighted the Indian classical tabla maestro Padma Vibushan 'Ustad' Zakir Hussain, who was awarded 3 Grammy awards for his collaborations with two different Indian and fusion instrumental groups. These awards are helping to highlight the principal Indian percussion instrument, the Tabla. The Fox Cities community is fortunate to have a distinguished tabla artist who has been performing in similar collaborative musical groups including the full Western Symphony Orchestra and Choir. Sutanu Sur, who has been part of the Fox Valley Community for the past 10 years, is a Software Engineer.

He was born in the suburbs of Kolkata, West Bengal, India. Sur's father encouraged him to learn and enjoy Indian Classical music through live concerts. He started to learn the tabla at the early age of 5. His formal training happened with Pandit Sukumar Maitra in the Guru-Shishya tradition. He continued advanced learning through the training of legendary Tabla Maestro Pandit Swapan Chaudhuri.

Playing the tabla requires extensive training and involves the use of the fingers and palm to create a wide variety of sounds and rhythms. Tabla compositions are mathematically framed within the structure of the Taal. Sur had the opportunity to collaborate with the Lawrence Orchestra and Choir when he performed Reena Esmail's composition, "This Love Between Us: Prayers for Unity" last spring. Sur's most recent performances include collaboration with Fox Valley Symphony Orchestra, Fox Valley Sinfonia, Make Music Day celebrations at Fox Cities Performing Arts Center, Green Lake Festival of Music, IndUS of Fox Valley, Consulate General of India, Chicago. The collaboration as a featured guest artist with the Fox Valley Symphony Orchestra has been awarded the prestigious **2023 American Prize for Orchestral Performance (Professional Division)**.

Spotlight

Sutanu Sur

Sur highlighted the challenge of playing the tabla in an orchestral setting, explaining that he was accustomed to playing without sheet music. The rest of the orchestra has written music and knows when the other symphony instruments are joining the music and stopping, while the tabla had no written sheet music as it is expected to be improvised along with fitting the right tempo and time signature that matches with the Taal. He had to learn how to interplay with the orchestra instruments, similarly, the other instruments had to learn how to play in harmony with him.

Sur is looking forward to his upcoming performances where he will be the featured guest Tabla Artist collaborating with the Atlanta Master Chorale. These performances are scheduled at the Schwartz Center for Performing Arts in Atlanta, Georgia on March 15th and 16th, 2024. He will also be featured with the Music Institute of Chicago concert at the Nichols Concert Hall, Evanston, IL on May 18th, 2024.

Besides Sur's featured Tabla performances, he plays a key role in bringing in diversity and inclusion. He joined the Justice Equity Diversity Inclusion committee within the board of Fox Valley Symphony Orchestra. This is the newest committee that focuses on bringing the community together in new and creative ways through the music and the stage that builds bridges and communicates together. He is also a member of the Diversity Alliance committee at the Percussive Arts Society. He has been invited to the judging panel of various international music competitions to share his expertise like the Charleston International Music Competition. He is focused on bringing Tabla learning accessible to this part of the country. He inspires students to take up the Tabla as an amazing instrument not only enhancing their musical skills but also analytical/logical skills.

Picture Credit - Fox Valley Symphony Ochestra

Ritu Tannan

Spotlight

Sridevi Buddi

Introducing the Illuminating Woman

Sridevi Buddi, a well-known non-profit leader, began her life journey in India. She was raised in a multi-generational family that prioritized education, spirituality, and exercise: competitive tennis and yoga. Her parents instilled empathy and a commitment to community service through their various projects in India, imbibing her with these values early on.

Sri's academic journey was promising as she pursued a Ph.D. in Efficient Market Hypothesis while teaching MBA students at Osmania University in Hyderabad, India.

Awarded with the prestigious Junior Research Fellowship (JRF) and Assistant Professorship through the National Eligibility Test conducted by the University Grants Commission (UGC), she became the youngest 'Reader/Assistant Professor' at Osmania University.

Sri's career underwent a major transformation when she moved to the US to support her husband's career aspirations. Transitioning from business academia to accounting and later to the nonprofit sector, she gracefully adapted to shifting continents and new family priorities. Her resilience wasn't just an adaptation to her new environment, but an acceptance of the United States as an integral part of her identity alongside her Indian roots.

Sridevi currently serves as the Vice Chair of the Steering Council for the Nonprofit Leadership Initiative (NPLI) by the Community Foundation for the Fox Valley. NPLI trains and provides necessary networking for the efficient functioning of nonprofits. She plays diverse roles in the community serving as the Governance Chair of IndUS of the Fox Valley, Secretary of Leonardo da Vinci School for Gifted Learners PTO, Interact Chair for Rotary District 6220, and Board Member of the Rotary Club of Appleton.

Recognizing the challenge of limited resources faced by nonprofits, Sri initiated successful collaborations with like-minded organizations to share resources and jointly achieve goals. An exemplary collaboration is 'Rhythms of the World,' involving IndUS of Fox Valley, Appleton Rotary, Building for Kids, Appleton Public Library, City of Appleton, and Downtown Inc. This initiative, conceived in 2017, expanded to include 13 sponsoring organizations by 2023, showcasing the rich cultural tapestry of the Fox Cities community through music and dance.

Spotlight

Sridevi Buddi

It comes as no surprise that Sri's impactful contributions garnered her recognition in Juliane Troicki and Laura Schneider's 'Illuminating Women Project', showcased at the Trout Museum from January 12 to May 12, 2024, sponsored by Kimberly Clark. The masterminds behind this two-year project chose remarkable women from diverse areas of the Fox Cities community. Featured along with Sridevi Buddi are other inspirational women like the Appleton Chief of Police, a Holocaust survivor, a lady pastor, a poet, an empowerment coach, a flight nurse, and so on.

In the words of Sri, *"The exhibit recognizes women and highlights accomplishments that might remain invisible. The vision and work of biographer Juliane Troicki and artistic photographer Laura Schneider are empowering as well as heartwarming. I am humbled to be included among the 30 'Illuminating Women'. I am but a representation of the many persevering women, who give genially to their families and community while overcoming various challenges."*

Sri has been inspired by Dr. Sandhya Sridhar and Mrs. Kamal Varma at IndUS, mentored by Dr. Sridhar Balakuntalam at Rotary, and trained by the nonprofit guru Ms. Nancy Heykes at NPLI. In her pursuit, she seeks to embody the generosity and positivity exemplified by her mother. She takes pride in her father's commitment to community service and his resilience in changing his career path from law to agriculture to honor his mother's sentiments after the sudden passing of his father.

She emphasized the need for self-care while we juggle our multiple roles in life, *"Wear your oxygen mask so that you can help others wear theirs!"*—a principle she hopes to better incorporate into her own life. To young aspiring girls, Sri offers timeless advice in positivity: *"Focus on your goals and work hard to achieve them. Do not resent others' success, because you will receive yours when it is due. When you finally realize your dreams, stay grounded!"*

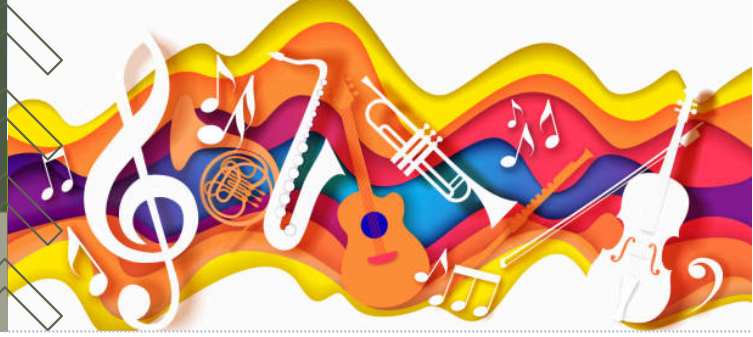
Sridevi Buddi leads by example that service is a truly rewarding experience. Sri's self-motivation shined through as she enthused, *"Sometimes, it's the work itself that gives me so much contentment that I want to do more, it has been a growing passion since 2008!"* Her modest demeanor despite her substantial contributions to the community, and her courage to seek out opportunities when faced with challenges are indeed inspirational.

https://troutmuseum.org/events/illuminating-women/

Riya Butala

Cultural Insights

Melodic Delight



Lawrence Memorial Chapel presents five-time Grammy Award-winner Ustad Zakir Hussain on April 6, 2024. The tabla virtuoso is accompanied by Sabir Khan on sarangi (a bowed, short-necked three-stringed instrument) and Debopriya Chatterjee on bansuri (a flute-like instrument composed of a single hollow shaft of bamboo with seven finger holes). Sarangi and bansuri have their roots in ancient Indian mythology and as folk instruments.

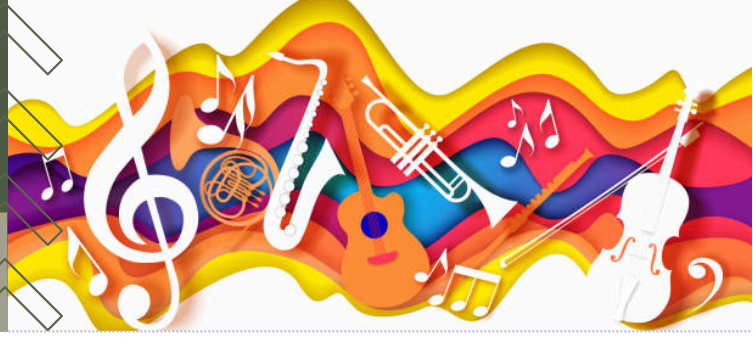
The excitement to have three Indian Classical maestros present in Northeast Wisconsin sharing their performances is going to be incredible. Below is a brief introduction to their contributions on the global stage. To learn more information about their upcoming performance, please visit https://www.lawrence.edu/music-arts/...arts.../performing-arts-series

'Ustad' Zakir Hussain (born 9 March 1951) not only is a world-celebrated Indian tabla player, but also a renowned composer, music producer, and actor. Mickey Hart, the percussionist of the Grateful Dead invited Hussain for a special album called Planet Drum, which featured drummers from different parts of the world. Planet Drum, released in 1991, received a Grammy for Best World Music Album in 1992. Another collaboration between Hart and Hussain resulted in the Global Drum Project. They teamed up with the Latin Jazz percussionist Giovanni Hidalgo and the Nigerian percussionist and recording artist, Sikiru Adepoju. The Global Drum Project convened some of the world's finest drum talent which was released by Shout! Factory in 2007. The Global Drum Project received a Grammy in 2009 for Best Contemporary World Music Album.

Transcending many music genres, Hussain has worked together with Shakti, Remember Shakti, Masters of Percussion, Diga, Tabla Beat Science, and Sangam. Hussain has recorded live with the Detroit Symphony in a dynamic three-movement composition for banjo (Bela Fleck), double bass (Edgar Meyer), and tabla (Zakir Hussain) called The Melody of Rhythms: Concerto. The concert combined Indian Classical rhythms with American melodies. There are many notable works of Hussain in Indian Classical music. He was an associate music director with Richard Robbin for the movie Heat and Dust in 1973. Hussain won the Global Music Performance, The Contemporary Instrumental Album, and Instrumental Composition Grammies in 2024.

Cultural Insights

Melodic Delight



Debopriya Chatterjee is a popular female flautist from India. She studied world music at the Rotterdam Conservatory in 1998. She was privileged to be trained under the tutelage of Pandit Bholanath Prasanna during her teenage years and later with guru Pandit Hariprasad Chaurasia. She has had the honor & privilege of accompanying her guru on stage for various prestigious concerts in India and abroad. She has been awarded with the "Rashtriya Kumar Gandharwa Puraskar" in the year 2020, She will be playing bansuri, an Indian flute.

Sabir Khan is a sought-after young musician who plays sarangi, a bowed instrument. This instrument is known for holding the sound closest to the human voice. He belongs to Sikar Gharana of Rajasthan, India. His great grandfather 'Ustad' Azim Khan was a court musician in Sikar and his father, Padam Bhushan (an Indian State Honor) 'Ustad' Sultan Khan is an acclaimed sarangi player. Sabir is known to have great mastery over his technique that combines both rhythm and notes. He has accompanied many accomplished musicians and artists like Zakir Hussain, Pandit Birju Maharaj, 'Ustad' Rashid Khan, Lata Mangeshkar, and Asha Bhosle.

Event Details:
Saturday, April 6, 2024 • 7:30 P.M
Lawrence Memorial Chapel, Appleton, WI
https://www.lawrence.edu/music-arts/box-office/tickets

Ritu Tannan

Cultural Insights

Festival of Colors, Holi

Spring reminds us of flowers, herbs, and sunshine. It is a time for new blossoms, festivities, and celebrations. Holi is a festival of colors that celebrates the end of winter and the arrival of spring in India. The festival is based on the Hindu lunar calendar so the exact date changes each year but it usually takes place in February or March. This year, it will take place on March 25.

Holi is predominantly celebrated in India but the display of colors has spread to many different places around the world without religious boundaries. Throwing colored powder and dancing to music is one of the biggest parts of the festival, inviting positive and joyful spirits. The colored powder used during Holi is called Gulal. Originally, this was made naturally out of pigments from plants or fruits. To create red and orange pigments, flowers are used from the Palash tree, native to South Asia. Yellow comes from the turmeric plant, also known as haldi. Dark blue or indigo colors come from Indian berries or grapes.

Flowers of Palash tree

Holi has gained popularity across the US, especially in big cities. In New York, there are many parades, fashion shows, and concerts that fuse original Holi traditions with newer American culture. One big event is The Color Run, which is a running race that involves throwing colors at runners as they complete the race. This tradition focuses on physical fitness as part of a fun community activity. It creates positive energy amongst everyone and ultimately brings people together.

Cultural Insights

Festival of Colors

Holika Dahan precedes Holi and will take place this year on March 24, one day before Holi. The Hindu mythological significance dates back to the 4th century. Hiranyakashyap, a demon king wanted everyone to worship him as a god.

His own son Prahlad, a devotee of Lord Vishnu refused to accept his father's tyrannical beliefs. Out of anger, Hiranyakashyap ordered his sister, Holika, to kill Prahlad. A boon had granted Holika immunity from fire. She tried to trick Prahlad into sitting with her in a pyre. She brought Prahlad into the fire expecting him to die, but instead, Holika was burned to ashes and Prahlad survived. Shortly afterward, Hiranyakashyap was also slayed by Lord Vishnu, representing a victory of good over evil.

To celebrate this victory, traditions include lighting bonfires to symbolize the burning of negative emotions and evil thoughts. The celebrations include dressing up in traditional clothing while singing songs and reciting prayers.

Both Holi and Holika Dahan spread positivity and unite people together. Differences aside, many people enjoy this event because it brings about love and energy through a festival of colors.

Avanti Bhosekar

Holi: Food Recipes

Thandai is a popular beverage in northern states of India, made during the Holi festival. It is made with cooling spices, seed nuts, rose petals, and milk.

Ingredients

- 3 tablespoons almonds
- 2 heaped tablespoons pistachios
- 2 tablespoons white poppy seeds
- ¼ cup melon seeds
- 2 tablespoons dried rose petals
- 1 tablespoon fennel seeds
- ½ teaspoons whole black peppercorns
- ½ cup sugar
- 3-4 green cardamom
- 15-18 strands of saffron
- 1 cup of milk

How to make Thandai

1. Begin by filling a bowl with warm water and adding almonds, pistachios, poppy seeds, melon seeds, rose petals, fennel seeds, and black peppercorns to the bowl.
2. Combine the ingredients in the water and allow them to soak for 1-2 hours.
3. Transfer the soaked ingredients along with sugar, cardamom, saffron, and black peppercorns into a blender.
4. Grind the ingredients into a fine paste, and if not using immediately, cover and refrigerate.
5. Take 4 scoops of the paste and place them in a glass, then add 1 glass of milk.
6. Mix the contents thoroughly, garnish with chopped almonds and rose petals, and savor the delightful concoction.

Health Benefits of Thandai

Thandai, a renowned beverage associated with Holi celebrations, is not only delightful but also provides a multitude of health benefits owing to its natural ingredients and distinctive cooling properties. Almonds in Thandai provide proteins, healthy fats, and essential vitamins like E and B2, enhancing skin health, heart function, and energy levels. The inclusion of milk contributes to calcium and vitamin D, promoting strong bones and teeth. Nuts in Thandai improve digestion, while fennel seeds' anti-inflammatory properties alleviate gastric issues. The combination of seeds and nuts boosts energy levels, supporting an active lifestyle. Saffron promotes hair growth and, potentially prevents hair loss.

Dwij Kachole

Holi: Food Recipes

Puran Poli is a flatbread stuffed with sweet lentil (Indian name: Chana Dal) stuffing. In the Marathi language, the sweet stuffing is known as Puran, and the flatbread is called Poli.

Ingredients - 4 Serving

- 1 cup chana dal
- 2 tablespoons ghee
- 1 cup all-purpose flour
- 1/2 teaspoon refined oil
- 1 cup powdered jaggery
- 1 teaspoon powdered green cardamom
- 1 teaspoon nutmeg powder
- 1/4 teaspoon turmeric
- 1/4 cup water, salt as required
- pinch of saffron (optional)

How to make Puran Poli

Step 1: Cook Chana dal

1. Rinse one cup of chana dal thoroughly and soak it in water for 30 minutes to one hour.
2. Cook the soaked dal in a pressure cooker with 3 cups of water, allowing it to whistle 4 to 5 times.
3. After cooking, let the pressure cooker release the pressure naturally.
4. Strain the cooked dal, ensuring it is drained thoroughly.
5. The resulting dal stock can be used for preparing soups or as a base for various curry dishes.

Step 2: Prepare the filling for Puran Poli

1. Place a saucepan over medium heat and add ghee to it. Allow the ghee to melt.
2. Once the ghee is melted, add the strained dal to the saucepan.
3. Roast the dal for 2-3 minutes, then add jaggery, cardamom powder, nutmeg powder, and a pinch of saffron.
4. Mix all the ingredients thoroughly and cook on low heat until the mixture becomes dry.
5. Turn off the flame and let the mixture cool.
6. Mash the dal using a masher, ensuring no chana dal is left unmashed in the stuffing. This step is crucial for rolling out thin Puran Polis.

Holi: Food Recipes

Step 3: Knead the dough

1. In a dough-kneading plate, combine all-purpose flour, turmeric, salt to taste, and refined oil.
2. Mix the ingredients well, and then gradually add a little water at a time while kneading to form a stiff dough.
3. Divide the dough into 4 parts and set it aside. Ensure that the dough is smooth and soft, and let it rest for 15 to 20 minutes.

Step 4: Make Puran Polis

1. Take one part of the dough and roll it into a 2 to 3-inch circle.
2. Place a portion of the Puran Poli mixture in the center of the rolled dough.
3. Close and shape it again into a ball.
4. Sprinkle flour and start rolling the dough.

Step 5: Cook the Puran Polis

Put a tawa on medium flame and place the roti on it. Add 1/2 teaspoon ghee and cook well from both sides. Serve hot or pair with milk or ghee.

Health Benefits of Puran Poli

1. Protein Powerhouse: Chana dal, a key ingredient, is a rich source of protein, crucial for tissue repair, muscle building, and overall growth and development.
2. Essential Nutrients: The diverse ingredients in Puran Poli contribute essential minerals and vitamins such as iron, calcium, and B vitamins, supporting overall health.
3. Balanced Energy: The combination of proteins and complex carbohydrates in Puran Poli offers sustained energy, preventing abrupt blood sugar spikes.
4. Antioxidant Spice Blend: Spices like cardamom and nutmeg in Puran Poli possess antioxidant properties, aiding the body's defense against oxidative stress.
5. Natural Sweetness with Jaggery: The use of jaggery as a natural sweetener in Puran Poli offers sweetness without the adverse effects of refined sugar, making it a healthier option for those managing their sugar levels.

Cultural Insights

Dhol Tasha

While visiting Maharashtra (a state in India), you may be entertained by Dhol-Tasha performances, especially during the festival season. You will surely experience the most uplifting, enthralling, and rhythmic sounds from Dhol-Tasha performances. These performances are played out in the cities in large groups for hours on end. They are always one of the highlights of the festivities, especially during the Ganesh Festival. The sound invokes strong emotions of awe and excitement both for the participants and the large crowds that gather to experience it.

A typical Dhol-Tasha performance features two types of instruments: the Dhol and the Tasha. They may be accompanied by Zanj, Taal, and Lezim. Saffron-colored Dhwaj (Flags) are often flown during these performances, as they are typically associated with religious events.

A Dhol is a large metal drum that produces a deep bass sound and is played with a short wooden stick called a tipri. The Tasha, on the other hand, is also a metal drum but produces a sharp-pitched sound and is played with two long flexible sticks. Zanj and Taal consist of two small metal discs that produce a metallic pitched sound. Lezim, a string of small metal discs strung together, is used while dancing to the Dhol-Tasha rhythm.

Cultural Insights

Dhol Tasha

The Dhol-Tasha tradition exemplifies inclusiveness. People from all ages, genders, and different walks of life join to create a rhythmic ensemble (or pathak) here in the Fox Cities community. The group known as the "Swarajya Dhol Tasha Pathak" is dedicated to practicing and showcasing this beautiful tradition. But the real purpose goes far beyond that. The Pathak was formed to create a sense of belonging, a channel for learning the art of rhythm, gain discipline, and invoke spiritual respect through these instruments.

स्वराज्य
ढोल ताशा पथक
(Fox Valley)

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Every week, the Pathak gather to practice various elements of this tradition for several hours. Even though practicing in the Pathak requires an immense amount of physical and mental energy, the belief that playing the instruments is a spiritual experience makes every participant endure it with a smile on their face. Playing it with a group makes it immensely powerful and satisfying. That is the magic of Dhol-Tasha, once the rhythm takes over, your mind, body, and soul are all aligned in perfect sync.

Pathak's journey includes practicing the tradition of Dhol-Tasha and building healthy experiences through performances at festivals and other public events.

Narayan Pavgi

Community Outreach

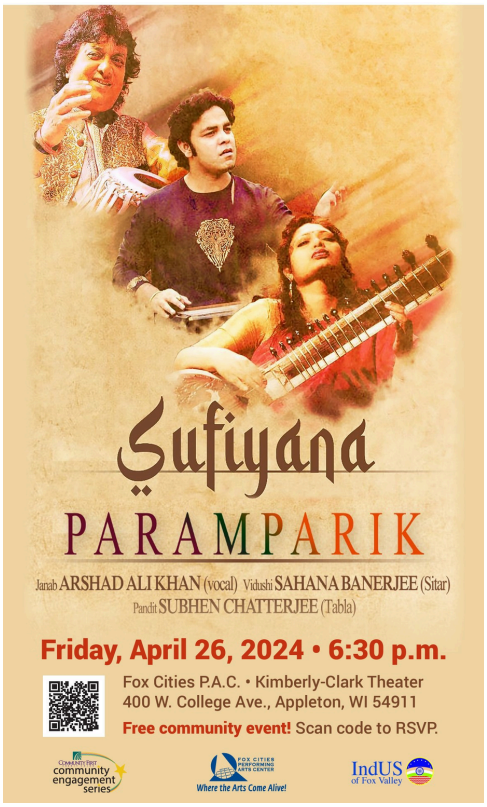
Kids EXPO 2024

In a celebration of youthful talent, IndUS is thrilled to be part of the Kids Expo on Saturday, April 20, 2024. Join us at Fox Cities Exhibition Center, 355 w. Lawrence St., Appleton to witness local kids' groups light up the stage with enchanting dance performances.

DON'T MISS OUT!

This non-ticketed event invites the community to come together and support these young artists. Your presence will mean the world to them as they showcase their creativity and passion. Let's make this Saturday a day to remember – a celebration of community, talent, and the joy of seeing our local kids shine.

Meghana Butala



IndUS Concert 2024

An outstanding artist trio (vocal, sitar, tabla), who are also the torch bearers of 3 important Gharanas (schools of training) will enthrall the audience in a unique concert.

***PARAMPARIK**: 6:30 pm-7:15 pm*
Artist renditions of traditional Hindustani (North Indian) Classical music featuring Ragas by Mian Tansen, Mian Bilawal etc
***Intermission**: 7:15 pm-7:30 pm*
***SUFIYANA**: 7:30 pm-8:15 pm*
Ragas and semi-classical compositions in Sufi, Ghazal, Folk, and Bhajan styles featuring compositions of the legendary poet Amir Khusroo and saints Swami Surdas, Swami Tulsidas, Sant Kabir, Swami Haridas, and Nizamuddin Walia.

Artist Introduction:

* **Janab Arshad Ali Khan** (representing the best-known **Kirana Gharana** of vocal music)

A sensational present-generation singer of India **Janab Arshad Ali Khan** is the direct descendant in the lineage of Ustad Abdul Wahid Khan and Ustad Abdul Karim Khan, the founders of **Kirana Gharana**. Introduced by Sangeet Research Academy (Kolkata) as a child prodigy, he was described as the biggest sensation of Sawai Gandharva Sammelan at the age of 9.

* **Vidushi Sahana Banerjee** (representing the famous **Rampur-Senia Gharana**)
Vidushi Sahana Banerjee is one of the best-known lady Sitar players of India and the true torch-bearer of **Rampur-Senia Gharana** or school of music which she has learnt from her illustrious father sitar/surbahar maestro Pt. Santosh Banerjee who was a direct disciple of Ustad Dabir Khan Sahaab who is of lineage of Mian Tansen.

***Pt Subhen Chatterjee** (www.subhenchatterjee.net) is an internationally acclaimed tabla exponent (seniormost disciple of tabla legend Pt. Swapan Chowdhury) representing **Lucknow Gharana**
https://foxcitiespac.com/event/sufiyana-concert/

Community Outreach

New Appleton Library

In September 2020, Mayor Jake Woodford of Appleton approved plans for a library building project. The old library wasn't big enough for the growing population, so the city decided to expand it. The construction contract was given to Skidmore, Owings & Merill, a highly acclaimed firm with over 2000 awards. The expansion will increase the building's size from 85,500 to 94,000 square feet. Specific spaces for children and teens will be added, like the Flexbox for hands-on learning and the Learning Stairs for trips and meetings. Community rooms, conference rooms, and co-working spaces will also be part of the renovations. The new building will be more eco-friendly with solar panels, a geothermal system, and more natural light. A special spot called The Bluff with a skylight will be a cozy space for children to read and families to enjoy the library.

After awarding the construction contract to Skidmore, Owings & Merill, there were continuous improvements in the architectural designs and features for the new expansion. This design development phase lasted for several months. In early 2022, preparations for the temporary setup of a new location began, and the move was completed on May 23, 2022.

The Boldt Company (Boldt) is overseeing the construction of the new library renovations, ensuring that any items to be discarded are handled sustainably and safely. Old wood and metal that can no longer be used are being recycled, while bricks and concrete are crushed and repurposed as road-based material. As of January 2024, more than 355,305 pounds of waste materials have been recycled. Construction is ongoing, with the project anticipated to be completed by early 2025. The improved building will undoubtedly become a wonderful space for people of all ages to enjoy learning and reading in a welcoming environment. It's something everyone is eagerly anticipating.

Courtesy - https://apl.org/building/

Tanay Chandra

Community Outreach

Greater Green Bay Chamber

Steve Jobs once said, “When we support local businesses, we are supporting our neighbors, our friends, and our families". This message is what the Green Bay Chamber of Commerce is trying to convey by supporting local businesses. They are deeply passionate about enhancing the development of the Green Bay area's economy and workforce infrastructure, resulting in improved quality of life in the community and region.

This noble mission has a noble vision of building many prosperous businesses and a thriving community. Through this process, the Green Bay Chamber has supported local businesses, creating thousands of jobs, all by helping them grow and strengthen local economies.

To achieve this endearing yet elusive goal, the Chamber of Commerce hosts biweekly coffee meetings at the Urban Hub 300 North Broadway, Green Bay, Wisconsin 54303. During these meetings, the Chamber emphasizes what the community can do for its businesses. This is another way the organization shows its empathy towards local businesses, as they know that the development of the community lies in the development of these businesses. The Chamber is equipped with many resources and connections to give businesses an advantage to be successful. Each business member gets access to many resources, discounts, and relationships that enable them to save money, market their products, and streamline their processes.

The Chamber of Commerce has had many impacts on the local economy, by providing its desirable benefits to small businesses. These small local businesses can compete with other larger businesses from other areas due to the benefits they receive as mentioned previously. Additionally, the Chamber provides each business with many networking opportunities; as many successful entrepreneurs would know, networking is a major aspect of success for a business as it allows them to garner sponsors and gain lucrative clientele. These vital advantages the local businesses gain from being a part of the Green Bay Chamber; allow them to stay in business and compete against powerful corporations.

Another unique benefit that the Chamber offers is the use of the Urban Hub. The Urban Hub is a state-of-the-art facility, located in the heart of Downtown Green Bay. The Urban Hub is a workplace for newly emerging businesses to get a great start. Members get to enjoy the convenience of booking spaces in real-time, easy invoice payments, and an array of amenities. Other features include well-lit workspaces, meeting rooms, and fast internet. Entrepreneurs also have the opportunity to collaborate with other entrepreneurs, get advice, and have meaningful conversations. The Urban Hub is the jewel of the Greater Green Bay Chamber of Commerce and the perfect setting for emerging entrepreneurs.

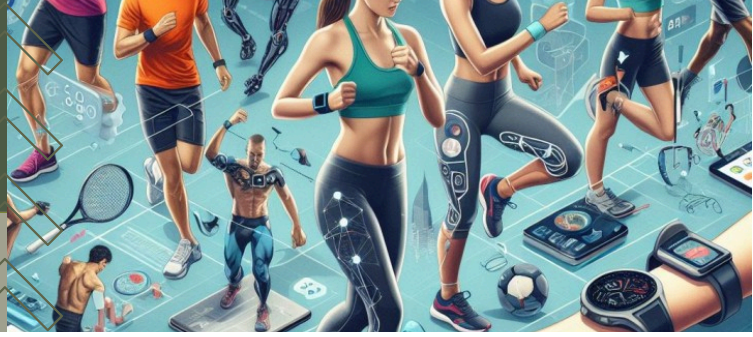
Insider's opinions (Courtesy - https://gopresstimes.com/2021/11/19/chamber)
The Start-Up Hub addressed the challenges faced by start-up entrepreneurs like Tom Guise and his company, Gain Control. Guise grew increasingly frustrated with the lack of space and resources directly affecting his start-up Industrial Services Company. Many entrepreneurs face this problem during the start-up phase, giving up. The Start-Up Hub provides a 50,000-square-foot facility, with desks, cubicles, chairs, utilities, maintenance, housekeeping, etc all personalized steering the start-ups to success. As Guise states, "...we chose [to rent] space with an external garage door and exit, since we have a lot of deliveries directly to our door. The Hub has dock access, a forklift to use, and many amenities that made it a great fit for us to start with minimal additional expenditures." This Hub supplies managerial consultants to guide entrepreneurs through the start-up phase. This concept greatly benefited Guise's company, building a stronger customer base while keeping expenses down. Thanks to The Hub's support, Gain Control is a flourishing company in Pulaski, more than doubling its size. Many others like Guise have achieved this level of success thanks to the Start-Up Hub.

Conclusion
Overall, the Green Bay Chamber of Commerce's initiative to help local businesses is noteworthy. From creating help programs to establishing a state-of-the-art workplace facility, the Chamber has helped local businesses gain many advantages against powerful corporations. More than 87,105 employees and 1,102 businesses rely on the Chamber's support. That is 87,105 lives and many more families that have risen to be successful under the graces of the Chamber, so it is every citizen's duty to support local businesses, volunteer, and above all spread awareness so that the Chamber's fight to support local businesses becomes more widespread.

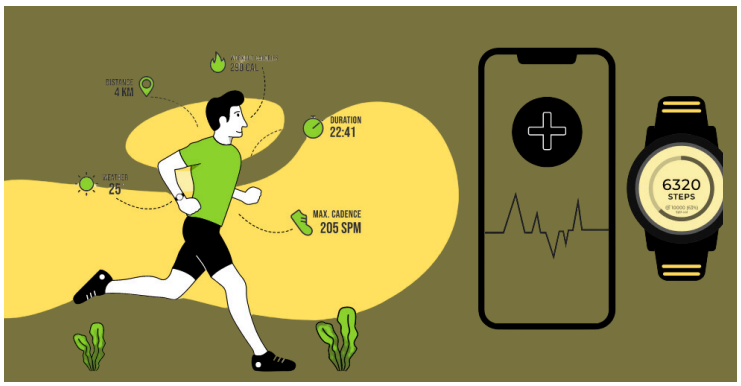
Akshath Yadawad

Health & Fitness

Role of Technology



The health and fitness industry is undergoing a revolutionary transformation, driven by emerging trends and cutting-edge technologies that are reshaping the way individuals approach wellness. In this digital era of heightened health consciousness, the industry is adapting rapidly, introducing innovative solutions to meet diverse needs. From wearable technology to virtual fitness experiences, the landscape of health and fitness is evolving at an unprecedented pace.

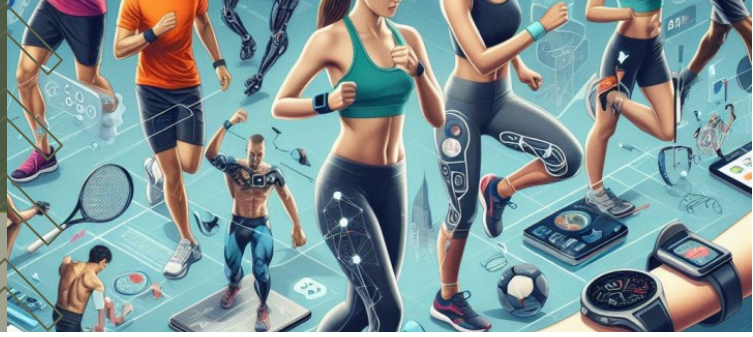


Wearable technology stands out as one of the most prominent trends, with devices like fitness trackers and smartwatches becoming indispensable tools for individuals seeking to monitor and enhance their well-being. These advanced devices employ sensors to track metrics such as heart rate, sleep patterns, and physical activity, offering users valuable insights into their overall health. The integration of artificial intelligence (AI) in wearables allows for personalized recommendations and real-time feedback, such as stress level analysis and guided breathing exercises as well as EKG readings and pulse oximetry. Industry leaders like Apple, Fitbit, and Garmin are driving this technological evolution, consistently enhancing user experiences with each new device release.

Responding to the global pandemic, virtual fitness experiences have surged in popularity, democratizing access to high-quality workouts and making fitness more convenient and enjoyable. These are like video games that help you exercise from home. Using cool technology like virtual reality (VR) and augmented reality (AR), you can feel like you're in a real exercise class, all from your living room. Apps like Peloton, Zwift, and Fitbit make exercising at home fun and let you join a big group of people doing the same thing.

Health & Fitness

Role of Technology



The advent of genomic fitness testing has brought a new dimension to understanding the genetic basis of one's health. These tests analyze an individual's DNA to provide insights into predispositions for certain health conditions, metabolism, and responses to different types of exercise. Armed with this information, individuals can tailor their fitness and nutrition plans to align with their genetic makeup, optimizing efforts for better results. Genomic fitness testing represents a shift towards a future where healthcare and fitness strategies are uniquely tailored to each person's genetic blueprint.

Eating right is a big part of being healthy. That's why there are apps and gadgets to help with that too. Apps on your phone can give you meal plans and recipes, while smart kitchen gadgets help you know what's in your food. They can weigh your food and tell you about the nutrients, helping you make smart choices.

The health and fitness industry's remarkable evolution, fueled by technological advancements and a focus on holistic well-being, encompasses wearable technology, virtual fitness experiences, telehealth services, genomic fitness testing, and nutrition apps. These transformative trends are making the industry more accessible, personalized, and data-driven. Individuals are empowered with tools and knowledge to take proactive measures towards a healthier lifestyle, fostering a sense of ownership and empowerment. Embracing these emerging trends ensures the industry remains at the forefront of promoting a healthier and more resilient global population. The integration of technology not only enhances the effectiveness of fitness routines but also marks a promising era for the health and fitness landscape.

Rheya Gala

Health & Fitness

Healthy Lifestyle

Balanced Diet & Healthy Eating Habits

A balanced diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love.

The fundamentals of healthy eating and a balanced diet are that we all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body.

Protein gives you the energy to get up and go—and keep going—while also supporting mood and cognitive function.

Not all fat is the same. While bad fats can wreck your diet and increase your risk of certain diseases, good fats protect your brain and heart.

Carbohydrates are one of your body's main sources of energy.

Eating foods high in dietary fiber (grains, fruit, vegetables, nuts, and beans) can help you stay regular and lower your risk for heart disease, stroke, and diabetes.

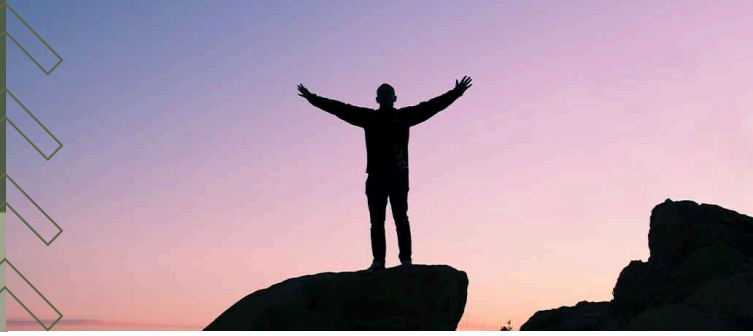
Portion control is a great method to lose weight and monitor your healthy eating. the idea is to understand what your body needs and just eat to that level.

The portion size is the actual amount of food you eat in one sitting. In basic terms, your body requires a certain amount of calories to function and survive each day and these calories are determined by your age, current weight, and daily activity level and vary from person to person. According to the 2020-2025 Dietary Guidelines, a woman requires approximately 2000 calories per day to maintain her weight and average adult men require from 2400 to 2800 calories where portion control comes in. If you're eating more calories than your body needs, your body will take those extra calories and store them as fat.

Shivani Dwivedi

Youth Corner

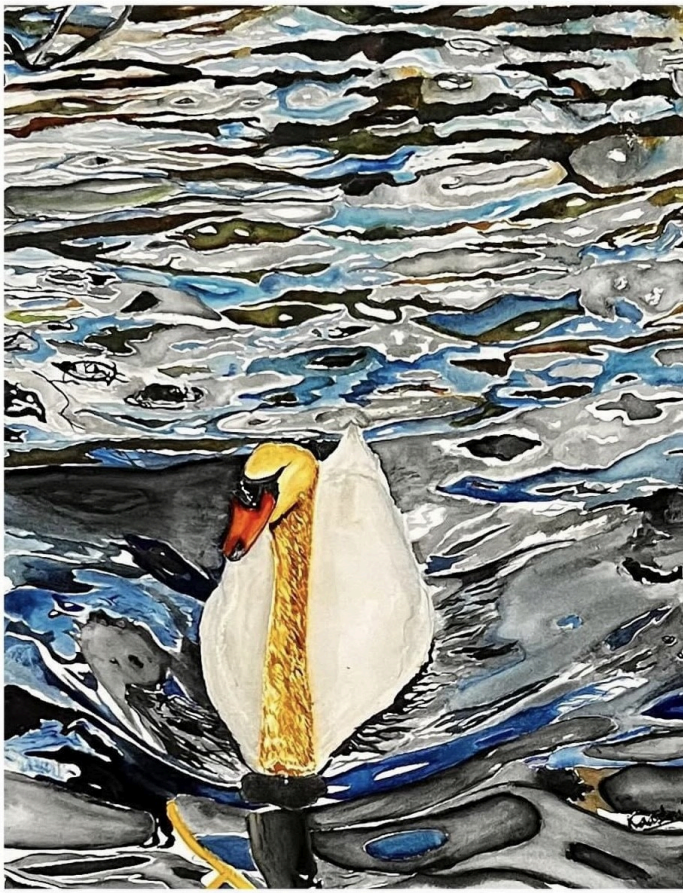
Art & Accomplishments



The Fox Valley High Schools have amazing opportunities for all of their students inside and outside of school. Some of these activities are Health Occupations Students of America (HOSA,) Distributive Education Clubs of America (DECA,) robotics club, math club, and more!

Aaryan Nanware is a sophomore at Kimberly High School who participates in the Fox Valley Math League. The Fox Valley Math League consists of Fox Valley High School participating in competitions. The Math Team employs a tag-team method where each student contributes to the group's achievement. Aaryan has won 4 bronze medals and 1 silver medal.

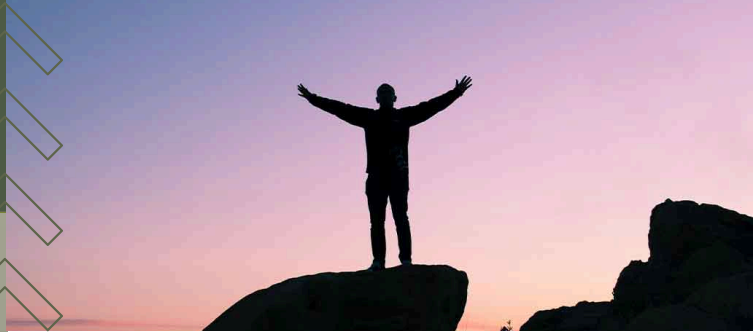
Kaashvi Kasera from Appleton WI, a seventh grader from JRG Middle School, survived 23 rounds and 42 contestants spelling at CESA 6 Regional Spelling Bee, held at JRG in Kimberly. She has advanced to the Badger State Spelling Bee, to be held on Saturday, March 16, in Madison.

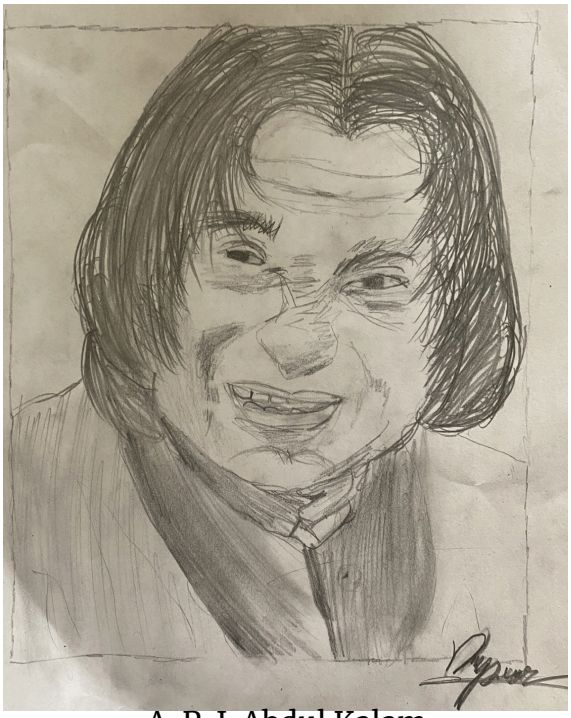


Watercolor painting by Kaashvi

Youth Corner

Art & Accomplishments





A. P. J. Abdul Kalam

A.P.J. Abdul Kalam was an aerospace scientist who joined India's defense department after graduating from the Madras Institute of Technology. He was a central figure in the development of the country's nuclear capabilities and was declared a national hero after a series of successful tests in 1998.

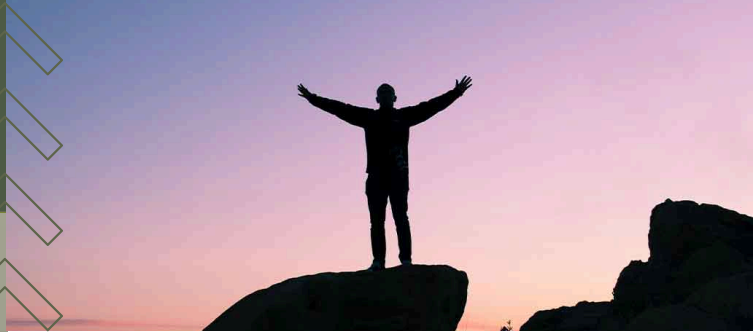
Thank you, **Nupur Dengale**, for this fantastic drawing of A.P.J. Abdul Kalam. Nupur is in 7th grade from De Pere, WI, attending West De Pere Middle School.

Classroom spelling bees were held in November 2023 to elect two students from each homeroom to compete in the grade-level bees on December 11, 2023. From the grade-level bees, **Saransh Gupta** from De Pere, WI secured a spot at the District Bee on January 12 2024 at the Middle School.

The Spelling Bee

Youth Corner

Art & Accomplishments



In 2023, **Akshath Yadawad** from De Pere, WI won first-place at the DECA Districts Tournament in the Marketing Management Program. DECA, or the Distributive Education Clubs of America, hosts this business marketing competition where participants are tested through exams and impromptu sales pitches.

AYEI

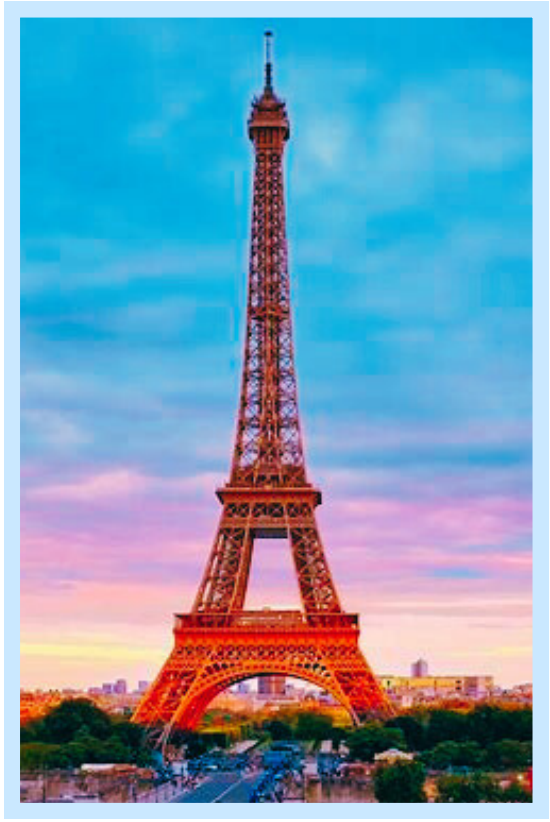
HackAppleton is an annual student-run hackathon held in Northeastern Wisconsin. It is organized by the Appleton Youth Education Initiative (AYEI), a student-driven nonprofit organization seeking to better prepare Wisconsin students for their transition into higher education and to face the challenges and opportunities of adult life. Through HackAppleton, students interested in computer science will have a fantastic opportunity to gain experience working in a team, technical practice, and a chance to engage with both local and international tech leaders. **Riya Butala**, the Vice President of AYEI, played a pivotal role in orchestrating the successful Hackathon on December 10, 2023.

If you would like to include your or your kid's achievements, please send the information to indusfoxvalley@yahoo.com for review.

Travel Around

Destination Spotlight

France is renowned for its culinary and architectural delights. Paris is known for its café culture, classic French bistros, and prestigious Michelin-star restaurants. Don't miss out on the city's bakeries for excellent baguettes, croissants, and pains au chocolat. You might also want to try classic French dishes such as steak-frites, onion soup, and croque monsieur. Visiting the Eiffel Tower is a must, locally nicknamed "La dame de fer" (French for "Iron Lady"), the Eiffel Tower was constructed as the centerpiece of the 1889 World's Fair, marking the 100th anniversary of the French Revolution. The Eiffel Tower served as the gateway entrance to the exposition. It has since become a symbol of the city and a popular attraction for visitors. Today, it's a technological masterpiece in building construction history.



Jamaica, often described as the "Fairest island that eyes have beheld," is a paradise of stunning natural beauty. The island is adorned with forests, mountains, valleys, rocky cliffs, and pristine beaches. Notable places include the Frenchman's Cove, a tropical oasis nestled between rocky, forested cliffs in Port Antonio, and the Blue Mountains, the highest mountain in Jamaica; offering some of the most beautiful mountain views in the Caribbean. When it comes to food, Jamaican cuisine is a flavorful blend of various cultures, offering a rich and diverse culinary experience. The national dish, Ackee and Saltfish, is a must-try, usually cooked with tomatoes, onions, and spices. Jerk Chicken, characterized by the famous jerk spice, is another traditional food that is a favorite among both locals and tourists. Curry Goat, a heritage of the Indian population in Jamaica, is also popular. These dishes, full of vibrant flavors and spices, truly encapsulate the essence of Jamaica. Enjoy your culinary journey through Jamaica!

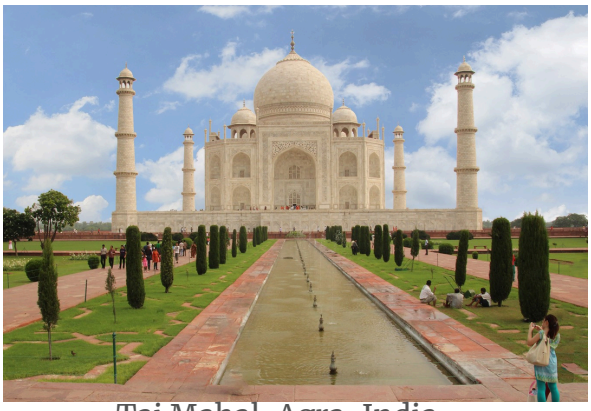
Rheya Gala

Travel Around

Destination Spotlight

Visiting India, a large, fascinating, and incredibly diverse country.

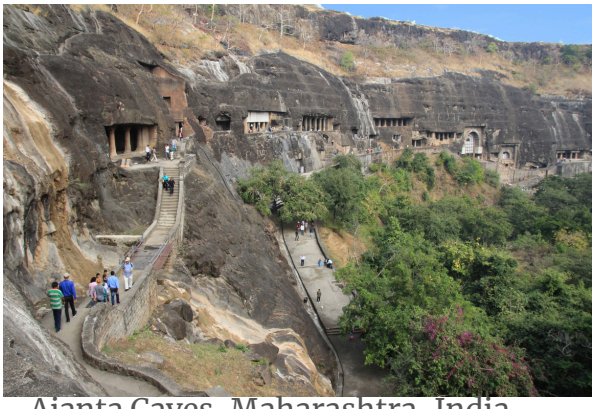
After visiting India, it is impossible to return home without a host of vivid and warm memories. The scenery in India is truly breathtaking, the diversity of people, religions, and cultures is fascinating whether one contemplates the Hindus, Muslims, Christians, Sikhs, Buddhists, or Jains. As for the stunning architecture, it is amazing, being rooted in its history, culture, and religion.



Taj Mahal, Agra, India

In fact, the architecture alone is worth a visit to India. The exquisite beauty of the Taj Mahal mausoleum in Agra, a UNESCO World Heritage Centre, is a world wonder and remains one of India's most spectacular architectural creations. So too, the Golden Temple of Amritsar, which has a glittering golden dome and is built on marble, combines Islamic and Hindu architecture. It is one of the holiest sites in Sikhism and is truly a gorgeous structure. One should also consider viewing the Buddhist cave monuments of Ajanta- cut into the face of a mountain in a semi-horseshoe shape - with ancient mural paintings and stone sculptures. These date back to India's golden ages, and writers have referred to them as "... the Louvre of Ancient India." As for sacred architecture, there is an amazing assortment of Buddhist Shrines with their unique features, Monasteries, and Temples, as well as ornate Sikh and famous Hindu Temples, not to mention beautiful Islamic Mosques and sacred sites. While the Paradesi Synagogue in Kochi still operates as a synagogue, there are many other synagogues that no longer function as such.

Golden temple, Punjab, India



Ajanta Caves, Maharashtra, India

Travel Around

Destination Spotlight

In general, the scenery in India is magnificent.I clearly remember the vast Ladakh mountain ranges and the multicolored rock formations we saw on our hike, as well as the spectacular gorges and dramatic terrain crowned by the soaring peaks of the Himalayas, clad with ice.

Leh, Ladakh, India

During our trek, we were accompanied by an experienced trekking guide, cook, and several experienced porters, as well as ponies to carry luggage, tents, and food supplies. Since our goal was to hike in the Himalayas, including the Ladakh region which borders Tibet in India's far north, we knew there was a big risk involved due to the high altitude.

Understandably, our guides required us to slowly acclimatize ourselves over three days by hiking each day at a lower level and ensuring we were adequately hydrated. We started in Srinagar, the capital of Kashmir, and slowly made our way to the higher mountains. I cannot recall the exact route we took in getting to Leh, the capital of Ladakh, but I can distinctly remember how unpredictable the weather could be, especially in terms of temperature extremes. From Leh, we went to Amritsar, before heading back to Delhi and then home.

There are, however, other risks involved when traveling around India. In our 2011 trip, for example, when we were riding our ponies as part of a multi-day journey in Kashmir, our Indian guides informed us of the potential danger of being where we were at the time. This was due to border skirmishes between India and Pakistan.

My scariest experience in India, however, occurred in 2011, when we found ourselves at 15,000 feet above sea level, in the Himalayas. Eunice, David, and I were riding ponies- accompanied by our Indian tour guides- through narrow mountain passes in a single-file line. We came to a narrow bend with a bottomless chasm to one side, when another party of tourists and their guides suddenly appeared at the other end of the bend, heading towards us. A misstep by any of the ponies, or a careless move by a rider having vertigo, could result in falling thousands of feet to one's death.

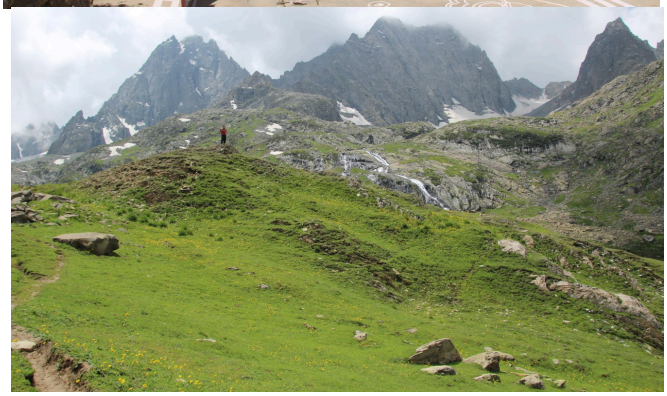
Destination Spotlight

Fortunately, the other party managed to slowly back up their ponies without any problems, thus permitting us to proceed.

For me, however, the most significant and enduring of all memories of my trips to India is a spiritual one. As an observant Jew, I am required by God to keep His commandments (mitzvot) of wearing a Tallis and putting on Tefillin every day except Saturday and certain Jewish Holidays. The Tallis is a Jewish prayer shawl and Tefillin refers to Jewish phylacteries. These consist of two small leather boxes attached to leather straps. Each box contains four sections of the Torah painstakingly inscribed on parchment. Observant Jews believe that when Tefillin is put on, both a spiritual and physical bond is formed with God; physical in the sense of literally binding the symbol of God's love to our bodies.
I recall how moved I was standing out in nature thousands of feet above sea level and praying to my creator, expressing my deep gratitude for all that He has given us.

In conclusion, India is a large, fascinating, and incredibly diverse country with over a billion people. It is hard to believe how much there is to see and do in this magnificent God-given country, claimed by many to be among the most beautiful in the world.

Hiking in Himalayas, J&K, India



Dr. Bernard Green

Travel Around

Destination Spotlight

Visiting New Zealand, a Paradise on Earth

It was a year ago that I found myself in New Zealand. The land, the mountains, the pastures, and the waterfalls are so beautiful that it is not easy to capture their beauty in words. A country made up of two main islands and over seven hundred small ones is the southernmost country in the Pacific Ocean. We decided to rent a car and drive ourselves to cover as much as we could. Our first stop was Auckland, the largest and by far the most cosmopolitan city in New Zealand. People of European descent, Asians, Pacific Islanders, and indigenous Māori create an interesting cultural tapestry. Like any other metropolitan city, Auckland offers many urban attractions such as day passes for bus and ferry rides, museums, culinary delights, and shopping places.

New Zealand Scenery

Māori Totem Pole

Travel Around

Destination Spotlight

Waitomo caves were the next point of interest. We got to sail in little boats in the dark canals while twinkling glowworms lit them up. I still remember their magical effect. We hit the road again and drove through green pastures dotted with hundreds of sheep, clear deep blue skies, and narrow roads winding through tall majestic, mountains. From the road, we could see wafting steam from various hot springs in the Rotorua area. They beckoned us for a soak in warm, steamy water surrounded by greenery all around. What a contrast to a geothermal reserve we visited next. It is called Hell's Gate, so named by George Bernard Shaw on his visit in the early 1900s. To me, it looked like a much smaller and colorless version of Yellowstone National Park. There was steam all right, but it stank of Sulphur. It is also known for its mud spa. We dipped our feet in the mud and let little fishies do pedicures the natural way. They attacked callouses on our feet and we emerged with smoother, shinier feet.

Steamy Hot Springs

New Zealand Roads

Back on the road through the paradise called New Zealand, we enjoyed the lush greenery, and waterfalls, even ate a lunch in the only McDonalds in the world that boasts of seating inside an airplane in Taupo. Wellington, the capital city, was our last stop on the Northern Island. A tram ride up a hill and back down was a lot of fun. The city also has dangerously narrow winding roads. We let go of the rental car and flew to South Island.

Travel Around

Destination Spotlight

On to Christ Church and then to Queenstown in another rental car, South Island seemed even more beautiful than the North Island, if that is at all possible. We stood in a long line to try the world-famous Fergburger. It was well worth the wait: big, juicy, and delicious! A gondola ride in the steepest cable car in the Southern Hemisphere gave us spectacular 360-degree views of Queenstown. The next highlight was a day trip to Milford Sounds. Rudyard Kipling called it the eighth wonder of the world. It is one of the fjords, formed by a process of glaciation over millions of years. It runs nine miles inland and is surrounded by sheer rock faces 3900 feet high on either side. I had to strain my neck to look up to see hundreds of waterfalls on either side of the bus coming roaring down. A boat ride took us close to some of the waterfalls, drenching but a joyful experience.

The only other experience that topped it all was a helicopter ride over Franz Josef glaciers in the western part of the island. Named after a German-born New Zealand explorer. It was thrilling to fly over a very bright, white, sunny landscape. I dared not take my sunglasses off. The helicopter landed and we even got to frolic in the snow for fifteen-twenty minutes. The snow was just an inch deep covering the surface of hard ice. I scratched the names of my dear ones and took the pictures as souvenirs.

McDonald Airplane Seating

Franz Josef Glacier

Now when I reminisce about our great adventures through the two islands of New Zealand, I am back there in an instant. I would love to visit this paradise on earth again, and perhaps explore some other hidden gems I might have missed.

Sandhya Sridhar

IndUS - Education and Outreach activities

Tamburitzans February 18th, 2023

- Tamburitzans promote international cultural heritage with a mission of preserving songs, music, dances, and costumes of Eastern European countries.

Appleton Night Market May 19th, 2023

- Appleton Downtown Inc. held a Night Market.
- IndUS tent had a theme of "Diwali: Festival of Lights".

Celebrate Diversity Fox Cities Annual Cookout June 17th, 2023

- World Buffet menu had Vegetable Biryani, Pakoras, Raita and chutneys.

Fox Cities Performing Arts Center Make Music Day June 21st, 2023

- Graceful Kathak dances by Anindita Neogy.
- Tabala and violin demo by Sutanu Sur and his students.
- A Bollywood dance medley by Mahima Grover.

IndUS Banquet 2023

IndUS is known by all in North East Wisconsin as a vibrant Nonprofit organization. It has actively been promoting Indian culture, traditions & heritage through various education & outreach events. The organization hosts a themed Annual Banquet which is a highlight, an immensely popular & well attended extravagant event.

The 23rd IndUS Banquet's theme held on October 14, 2023, at Hyatt Regency in Green Bay, celebrated "The Weddings of India". The Grand Ballroom splendidly decorated with wedding spangle and traditional adornments welcomed the guests. The exhibition showcased the wedding splendor, traditions & culture of different regions and religions in India.

The main event featured a sumptuous array of Indian delicacies that the chef recreated that are typically served during Indian weddings from the northern, southern, eastern & western regions of India. The silent auction was completely sold out featuring unique offerings and interesting ethnic packages.

The finale of the banquet was a beautifully choreographed production. It was a medley of fun & interesting customs & traditions performed during weddings. A dance troupe mesmerized the audience with their vibrant dances ranging from the traditional to the more popular tunes from different regions of India.

Rhythms of the World September 23rd, 2023

World Music and Dances: Artists from a wide range of cultural backgrounds including African American, African, Australian Aboriginal, Caribbean, Central and South American, Chinese, European, Indian, Indonesian, Polynesian, Hmong, Japanese, Native American, and Philippine performed.

Classical School's Decade Dance a Hit on 9th Feb. 2024!!

Classical School hosted its Decade Dance on February 9, 2024, in a lively gathering, bringing students, parents, and teachers together for a night of retro fun. IndUS was a part of this fun-filled event. The event featured a vibrant costume contest, a surprising hula hoop competition involving kids and parents, and a memorable photo booth capturing the essence of the night. With volunteers like Shivani Dwivedi, Shweta Sharma, Meghana Butala, and many enthusiastic parents, the event ensured a fantastic and unforgettable evening filled with community spirit and cherished memories.

Henna Station delights Students at James Madison Middle School's (JMMS) Dance Evening on 16th Feb 2024

JMMS's recent dance evening featured a surprise HIT.. a Henna station organized by IndUS. Initially met with skepticism, the henna station quickly became a highlight of the event. In the first 15 minutes, many students were unfamiliar with henna, but curiosity was piqued when the school principal himself was the first to request a henna design on hand.

As word spread, lines formed at the henna station, and student embraced the opportunity to adorn their hands with henna patterns. Gunjan Goyal including one of her students, a staff member from the school, and Meghana Butala volunteered at this event.

The success of the henna station extended beyond the cultural appreciation, as it also served as a fundraiser for the school. The event not only introduced students to the art of henna but also demonstrated the power of cultural engagement and community involvement at JMMS.

IndUS Upcoming events

- Kids' Expo at Fox Cities Exhibition Center: April 20, 2024, 1:20 PM-2:00 PM
- IndUS concert at Fox Cities PAC: April 26, 2024
- IndUS community picnic: June 9, 2024
- Make Music Day at Fox Cities PAC: June 21, 2024
- Rhythms of the World: Sept 21, 2024
- IndUS Annual Banquet themed Festivals of India: Nov 9, 2024

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ChatGPT

ChatGPT, an artificial intelligence chatbot created by OpenAI just over a year ago, has become very popular worldwide. It can answer questions, admit mistakes, challenge incorrect ideas, and reject inappropriate requests. But how does it answer questions so well? ChatGPT is a large language model (LLM) that has learned a lot about language through massive amounts of training data and machine learning.

Large language models are essential in applications like chatbots and translation. They are advancing AI by generating realistic and relevant text for various tasks. This is done through conditional text generation, where the model responds based on a given prompt. ChatGPT, for example, can talk about ancient civilizations or programming languages.

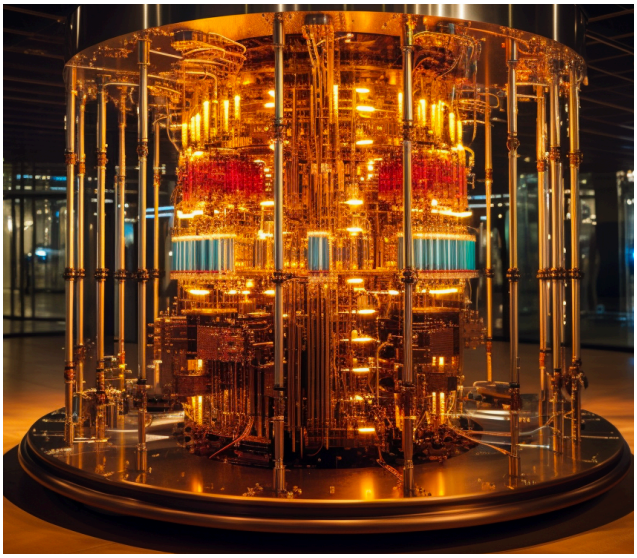
However, training models like ChatGPT require a lot of computing power and data. They use large text sources like books and news articles. There are concerns about bias and privacy, as biases from the training data can be present in the model's responses. Researchers are working to address these issues.

ChatGPT is built on a deep neural network called a Transformer, a common choice for language processing tasks. The Transformer architecture uses an encoder and decoder to understand and generate text. It also uses self-attention mechanisms to focus on different parts of the input. ChatGPT's variation of the Transformer is specifically designed for language generation.

During its training, ChatGPT went through pre-training, where it learned from large amounts of text data using unsupervised learning. After that, it was fine-tuned to be conversational in English.

Dhruv Bidari

Quantum Computing

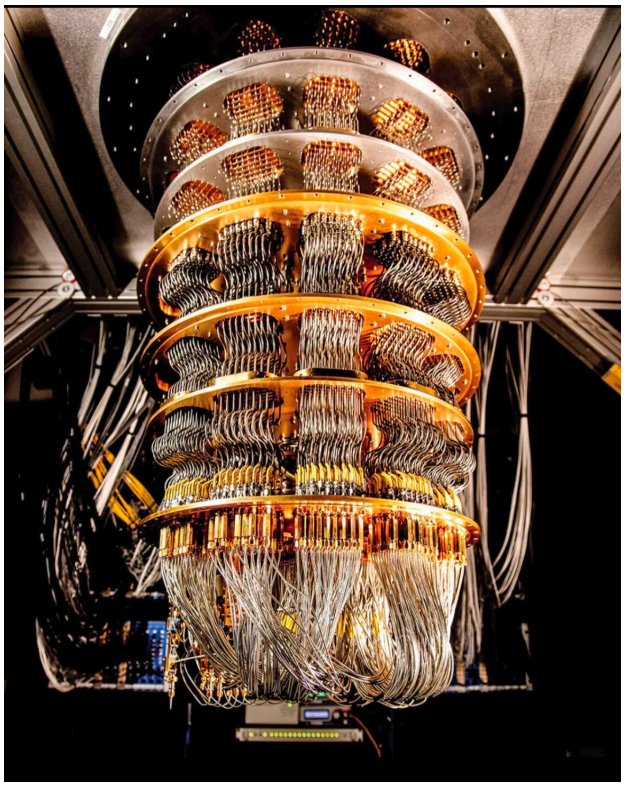


Introduction

Quantum physics is a vast field with many subsets like Quantum Mechanics, Quantum Computing, Quantum Electrodynamics, and Quantum Gravity. It studies how matter and energy behave, including phenomena like superposition and entanglement. We'll focus on understanding quantum computing, a part of quantum physics that helps solve complex problems faster.

What is Quantum Computing?

Quantum Computing incorporates ideas from computer science, math, and physics to solve complex problems quickly. Regular computers use bits for operations, while quantum computers use qubits. Qubits can be 0 or 1 and have a special state called "superposition," allowing them to be both 0 and 1 at the same time. Superposition is handy because it makes processing large amounts of data much faster. For example, while regular computers operate with ones and zeros one by one, quantum computers can check four scenarios at once with just 2 qubits. Superposition immensely decreases the processing time of a computer, making it extraordinarily efficient.



Quantum Computing

2022 Nobel Prize and Quantum Entanglement

In 2022, the Nobel Prize in physics went to three physicists Alain Aspect, John F. Clauser and Anton Zeilinger for their work on quantum technology, focusing on quantum entanglement. This phenomenon connects particles in the quantum state. This simply means that when two particles become entangled they remain connected even when they are separated by immense distances; by observing the behavior of one particle in the entangled state, you can accurately predict the behavior of the other particle non dependent of the distance that separates the particles. These physicists showed evidence of this "spooky action at a distance," as Einstein liked to call it. Quantum entanglement helps us understand particles' behavior, interconnection between them, and impacts they play on each other. The contributions of these physicists consist of groundbreaking experiments demonstrating entanglement, the breakthroughs in understanding its implications, and utilizing it for practical purposes in the future.

Companies in Quantum Computing

Big companies like IBM, Google, Microsoft, and Intel utilize quantum computing for research. IBM has created QisKit, a software for making quantum algorithms and running experiments. Amazon's "Braket" is another service for accessing quantum hardware and simulators. Companies explore quantum computing for research, application development, and education. They look into how it can help in finance, healthcare, drug discovery, and more. IBM and Amazon create educational resources, and universities offer courses on quantum physics too. With more applications such as these and a bigger understanding of quantum computing, we can better incorporate quantum computing into real world applications.

"If quantum mechanics hasn't profoundly shocked you, you haven't understood it yet."-Niels Bohr

Arya Kadam

Meet Our Team

I juggle multiple roles in my life, and at times, I find myself wishing for more than the limited 24 hours we have in a day.

Meghana Butala (Appleton WI)

I am a junior at De Pere High School and something I enjoy is having philosophical discussions about abstract topics.

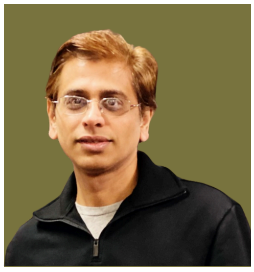
Avanti Bhosekar (De Pere WI)

As an 8th grader at Leonardo da Vinci, I enjoy many things including playing tennis, discovering new worlds through books, and spending time with family.

Rheya Gala (Hobart WI)

I have successfully completed four half Fox Cities Marathons.

Ritu Tannan (Oshkosh WI)



An engineer by profession, a stock analyst by interest, and a lifelong learner by nature.

Nilesh Butala (Appleton WI)

I believe in placing emphasis on giving back to society, as contributing to the community is a basic responsibility.

Swapnil Hampi (De Pere WI)

I am a sophomore in W. De Pere High school & participate in many activities such as soccer, chess & track and am always willing to do more.

Dwij Kachole (De Pere WI)

I am a freshman at West De Pere high school. I like to play soccer and tennis. I have also been a chess player for 8 years

Arya Kadam (De Pere WI)

A nature lover and a proud grandmother of a three-year old.

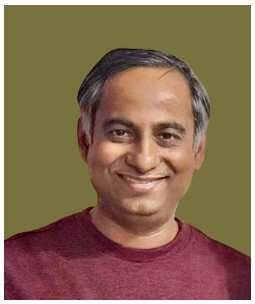
Sandhya Sridhar (Appleton WI)

Retired clinical psychologist

Main hobby: photography

Dr. Bernard Green (Appleton WI)

Meet Our Team



I am a Mother Nature-loving person. Passionate about mountains and valleys hence hiking and trekking is my hobby.

Prasad Dengale (De Pere WI)

Project manager by profession and Masters in dietetics .

Shivani Dwivedi (Appleton WI)

Besides being a die-hard Bollywood enthusiast and a junior at Appleton North High School, I'm deeply passionate about education and equal opportunities.

Riya Butala (Appleton WI)

I love tackling challenges, learning new things and making new experiences. My hobbies include guitar, sports, running and more.

Akshath Yadawad (De Pere WI)

I have lived in 5 different states and I love traveling.

Tanay Chandra (De Pere WI)

Nature lover, enjoys trekking and traveling

Dhruv Bidari (De Pere WI)

Software engineer by profession and with a blend of other eclectic interests :)

Narayan Pavgi (De Pere WI)

I love to run cross country and travel!

Aarna Vaishnav (De Pere WI)

Shaista Kakarla (Appleton WI) -Junior in high school, loves to learn and design

Visit us **Contact us** indusfoxvalley@yahoo.com

MARCH 2024

SANDESH

THE MESSAGE

Thank You!

IndUS of Fox Valley