

INDIAN AMERICAN FORUM

www.indianamericanforum.org

14th Outstanding Women's Achievements Gala

SUNDAY, MARCH 2nd | 6.00 P.M.

Women of Character Courage Commitment & Accomplishments

AKBAR - 2 South St, Garden City, New York, USA

Doshi Family Foundation

Congratulation for doing wonderful work

&

special appreciation for **Indu Jaswal**for being so persistent for so many years
for inviting me!



GALA CHAIR SHAMMI SINGH

On behalf of the Indian American Forum Board of Trustees, it is my great pleasure to welcome you to the 14th Annual Outstanding Women's Achievement Gala. We deeply appreciate your continued support of our mission.



This special evening is part of National Women's History Month, a time to celebrate the strength, resilience, and remarkable achievements of women. Tonight, we proudly honor the exceptional individuals who have made a lasting impact in our communities through their dedication and leadership.

At IAF, we remain committed to empowering women and fostering meaningful collaborations that preserve and promote Indian culture and heritage in America. Together, as ambassadors of unity and understanding, we can continue to create a positive and lasting influence in our evergrowing, diverse communities.

Enjoy the evening and thank you for being part of this celebration!

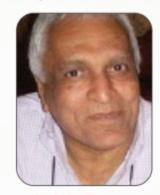
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Pinky Rangi



Roopam Maini



Sanju Sharma



Vandhana Govil



Vijay Goswami



To the Honorees on their remarkable accomplishments &

Indian American Forum for the 14th Women's Achievement Awards

> Dr. Azad Anand Dr. Nutan Anand

Board of Trustees Indian American Forum



Bobby K. Kalotee

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Friends for Good Health

260 W. Old Country Road Hicksville, NY 11801 www.friendsforgoodhealth.com bobby@friendsforgoodhealth.com 516.351.3131



Ladies and gentlemen,

Today, we gather to honor the extraordinary women who have demonstrated exceptional talent, resilience, and dedication in their respective fields. The 14th Women's Achievement Awards is a testament to the incredible impact that women have on our society and the world at large.

These awards celebrate not only the achievements of individual women but also the collective progress we have made towards gender equality and empowerment. Each of the honorees has made significant contributions, breaking barriers and paving the way for future generations of women to dream bigger and reach higher.

We applaud their remarkable entrepreneurial leadership, where their innovative ideas, leadership, and hard work have left an indelible mark. Their stories inspire us to strive for excellence, to embrace challenges, and to believe in the power of our dreams.

Beyond their professional success, these women have shown an unwavering commitment to their communities. Their efforts in charitable community service and volunteer work exemplify their dedication to making a positive difference in the lives of others. They are role models, not only for their achievements but also for their kindness, compassion, and integrity.

As we celebrate the 14th Women's Achievement Awards, let us remember that each award represents not just personal triumph but also a step forward in our collective journey toward equality and justice. These women remind us that with determination and perseverance, we can overcome any obstacle and achieve greatness.

I would like to congratulate all the honorees and extend my heartfelt best wishes. Your achievements have inspired us all, and we are grateful for the profound impact you have made in our world. Here's too many more years of success, innovation, and empowerment. Thank you Indu Jaiswal and your team have been working hard for so many years.

Sincerely

Dr. Bobby K. Kalotee

CONGRATULATIONS TO THE ESTEEMED HONOREES

Dr. Jagmohan Kalra, MD Dr. Leena Doshi Dr. Nita Mehta Sarina Jain Falu (Falguni Shah) Sanjana Iyer

BEST WISHES TO INDIAN AMERICAN FORUM FOR

WOMEN'S ACHIEVEMENT AWARDS GALA

Keep up the Celebration & Recognition of women Character, Courage, Commitment & Accomplishment.

ANIMESH & ANUPAM GOENKA

Board of Trustees



Office of the County Executive 1550 Franklin Avenue Mineola, New York 11501



March 2, 2025

Dear Friends,

Please accept my warmest greetings and congratulations as you gather this evening to honor The Indian American Forum Fourteenth Outstanding Women's Achievements Awards Gala and congratulate this year's outstanding honorees. This evening, we pay tribute to The Indian American Forum and these remarkable and deserving individuals.

Tonight, we celebrate them for their tremendous efforts on behalf of Asian Indians in America to promote the cultural, secular heritage and values of India as well as the furtherance of friendship and understanding with people of other cultural backgrounds. Throughout Long Island they have worked diligently to make a difference in the lives of others through their outstanding efforts and contributions.

The Indian American Forum Outstanding Women's Achievements Awards Gala is truly an evening to celebrate women of character, courage, commitment, and accomplishments. They are deserving and worthy of the esteem of Nassau County for their selfless service as they continue to make a permanent and positive impact on us all.

I would like to extend my congratulations, appreciation, and recognition in acknowledging tonight's honorees. They have contributed so much to the lives of others and play a significant role in Nassau County and throughout Long Island.

Sincerely,

Bruce A. Blakemar County Executive



"Leadership is hard to define and good leadership even harder. But if you can get people to follow you till the end of the Work, you are a great Leader".

Indira Nooyi, Former CEO PEPSICO



With Best Wishes From:

JAISWAL FAMILY



Sudhir and Indu Niten, Rashi, Aman and Rian Riten, Michele, Mia and Kieran



Fostering mutual understanding through its socio-cultural activities - secular heritage and Indian values

Founding Member Bobby Kumar Kalotee **Board of Trustees** Azad Anand, MD Urmilesh Arya MD Parveen Chopra, PhD (Past Chair) Mr. Animesh Goenka Dr Nirmal Kumar Dr D Nori Bhupendra R. Patel, MD Mr. Surinder Rametra Mr. Mohinder S Taneja Chairperson Indu Jaiswal, RDN Treasurer Vijay Goswamy

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Mrs. Chanbir Kaur Sethi Mrs. Shammi singh Mrs. Rohini Singh Dr Bhavani Srinivasan Mr Sunny Thakkar Today's women are playing several roles of being a professional, a housewife, a mother, a sister and of course a true friend. It is the potential for goodness and proving that it is not our success that defines or empower us, but it is the potential for goodness and self-less that exists in every human heart, helping and supporting others in this time of need. If we have a heart and mind centered on love and respect, we are empowered to make a difference in the lives of others.

The success of every woman should be the inspiration to another. We should raise each other up.

Today's women continue to hold highest position in all aspects of Business Environment that includes Healthcare, Media, and Politics, corporate, Cinema and Finance. In today's world, women have adorned high offices including that of President, Vice President, Prime Minister, and Speaker of Lok Sabha, Defense Minister, going up in the space, Pilots, sports and so on. It is important to take the time to learn about Women Leaders, but it is also important to acknowledge the women in our own lives who have helped support, empower and encourage us along the way.

March is women's History month, On Behalf of the board of Trustees and Members of Indian American Forum; I would like to welcome you to our Fourteenth Outstanding Women's Achievements Gala as part of Womens History Month celebration. We recognize the contributions made by distinguished members of the Indian American Community in the Tri state area. The dedication, fortitude, and compassion of our distinguished Honorees and guests have been an inspiration to our community. We are also presenting special recognition to our young achievers and leaders and the Lifetime Achievement Award to our Seniors.

Congratulations to all our Honorees and Guests of Honor. My sincere thanks and appreciation for all the hard work, dedication and commitments of the coordinators of Indian American forum and Board members, supporters and sponsors, not only for this event but also for all the hard work throughout the year. We are deeply honored that you have chosen IAF as an organization worthy of your support. Without you we could not continue to offer these vital services for our seniors and other programs. I also want to thank my husband Sudhir and my whole family for their continued support.

Indu Jaiswal RDN CDN

Chairperson



To all the Honorees for your enormous contribution to the society.



Shammi Singh & Judgee Singh



OFFICE OF THE NASSAU COUNTY COMPTROLLER 240 Old Country Road Mineola, New York 11501



March 2, 2025

Dear Friends,

Please accept my warmest greetings and congratulations as you gather to celebrate the Indian American Forum's (IAF) 14th Annual Outstanding Women's Achievements Awards Gala.

This year's event gives us the opportunity to support the IAF's mission and to recognize the incredible achievements, contributions and accomplishments of women throughout Nassau County.

Congratulations to Dr. Jagmohan Kalra, Dr. Leena Doshi, Dr. Nita Metha, Sarina Jain, Falu Shah and Sanjana Lyer and thank you for your dedicated service to our communities.

Sincerely,

 $Elaine\ R.\ Phillips$

Claime Phillips

Nassau County Comptroller

Congratulations

to the Honorees on their remarkable accomplishments



Indian American Forum for the Women's Achievements Gala

Surinder & Nirmala Rametra

Board of Trustees Indian American Forum JOSEPH SALADINO SUPERVISOR



OFFICE OF THE TOWN SUPERVISOR 54 AUDREY AVENUE OYSTER BAY, NEW YORK 11771 516-624-6350

March 2, 2025

Dear Friends,

My colleagues on the Oyster Bay Town Board and I are proud to join in celebrating the Indian American Forum (IAF) 14th Annual Outstanding Women's Achievements Awards Gala, an amazing event that coincides with National Women's History Month and reflects upon women of character, courage, commitment and accomplishments.

Tonight, we honor outstanding women for their distinguished community service, as well as their tireless support and advocacy on behalf of Long Island's Indian Americans. We are excited for those being deservedly recognized and we extend our appreciation to the entire organization for the amazing work you all do. Special commendations go out to the entire membership of IAF for orchestrating tonight's memorable program, which uplifts the community of Asian Indians in America and promotes the cultural, secular heritage and values of India. These efforts further friendship and understanding with people of all cultural backgrounds, which is extremely important in today's complex world. You are all pillars in our community and true role models for others who will one day follow in your footsteps.

We wish tonight's honorees and everyone at IAF a very happy and joyous Gala and we look forward to all your incredible achievements in the future. You should be proud to be a part of a special organization that advances the greater good and makes a true difference in the lives of others.

Yours truly,

Joseph Saladino Town Supervisor

CONGRATULATIONS TO ALL THE HONORARY

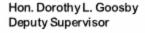
Dr. Jagmohan Kalra, MD
Dr. Leena Doshi
Dr. Nita Mehta
Sarina Jain
Falu (Falguni Shah)
Sanjana Iyer

&

BEST WISHES TO INDIAN AMERICAN FORUM

From
Dr. Bhupendra & Indira Patel







DEPUTY SUPERVISOR DOROTHY L. GOOSBY

TOWN OF HEMPSTEAD

ONE WASHINGTON STREET • HEMPSTEAD, NEW YORK 11550-4923

(516) 489-5000 • DGOOSBY@HEMPSTEADNY.GOV

March 2, 2025

Greetings!

It is with great pleasure that I extend my warmest greetings and best wishes to the Indian American Forum on your 14th annual Women's History month celebration. I commend your continued efforts to promote the cultural traditions of India and the furtherance of fostering friendships and understanding of people from all backgrounds.

Women's history month provides many opportunities to celebrate the collective strength and influence of women who have dedicated their lives to lifting and inspiring others. We are stronger when we work together and there is power in the collective voices of women.

Congratulations to this year's esteemed honorees, Dr. Jagmohan Kalra, Dr. Leena N. Doshi. Dr. Nita Mehta, Sarina Jain, Falguni Shah. I thank you for all that you have done and continue to do to make this world a better place. May you continue to be a source of inspiration to other women and girls.

There are two powers in the world; one is the sword and the other is the pen. There is a third power stronger than both, that of women."

Malala Yousafzai

Sincerely

Dorothy Goosby Deputy Supervisor



7 MONTH CD 4.25% APY*

4.11% INTEREST RATE
\$500 MINIMUM BALANCE TO OBTAIN APY*

FOR MORE INFORMATION PLEASE CALL BRANCH MANAGER ROOPAM MAINI, OR VISIT OUR BRANCH AT 70 BROADWAY, HICKSVILLE, NY 11801.

WWW.BCB.BANK | 516-822-8001

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*APP = ANNUAL PERCENTAGE YIELD REQUIREMENTS: 7 MONTH CO WITH AN APY OF A 25% AND AN INTEREST RATE OF A.11%, ANNUAL PERCENTAGE YIELD IS ACCURATE AS OF 27/2025. MUST DEPOSIT 5500, DO TO OPEN. MUST MAINTAIN DAILY BALANCE OF \$300.00 IN ACCOUNT EACH DAY TO OBTAIN DISCLOSED APY. INTEREST WILL BE COMPDUNDED DAILY AND CREDITED MONTHLY, APY ASSUMES INTEREST WILL BE CHARGED FOR FUNDS WITHDRAWN BEFORE MATURITY DATE. PENALTY WILL EQUAL 3 MONTHS OF INTEREST ON ACCOUNT WILL AUTOMATICALLY PENEW AT MATURITY TO 7 MONTH CO AT PREVAILING RATE GRACE PERIOD OF 7 CALENDAR DAYS AFTER THE MATURITY DATE TO WITHDRAW FUNDS WITHOUT BEING CHARGED A PENALTY WILL EQUAL 3 MONTH CO WITH AN OPENING AMOUNT OF \$300.00 AS ADVERTISED. OFFER MAY BE WITHDRAWN AT ANY TIME, WITHDRAWAL OF INTEREST MAY REDUCE EARNINGS. ACTIVITY OR MAINTENANCE FEES MAY REDUCE EARNINGS. NEW MONEY IS REQUIRED FOR THIS PRODUCT. ADDITIONAL DEPOSITS OF NEW MONEY ARE PERMITTED.



NASSAU COUNTY LEGISLATOR ROSE MARIE WALKER 17th Legislative District



Legislator Walker Proudly Congratulates The

INDIAN AMERICAN FORUM 14TH ANNUAL WOMEN'S ACHIEVEMENTS AWARDS GALA

Honorees

Dr. Jagmohan Kalra • Dr. Leena Doshi • Dr. Nita Mehta Sarina Jain • Falu (Falguni Shah) • Sanjana iyer



Celebrating Woman of Character, Courage, Commitment and Accomplishment



DIME IS A PROUD SUPPORTER OF THE

INDIAN **AMERICAN FORUM**

Women's Achievements Awards Gala

Chanbir Kaur

Vice President, Branch Manager 8191 Jericho Tpke, Woodbury, NY 11797 516-367-2189x8830 Chanbir.kaur@dime.com



dime.com 800-321-DIME (3463) in f ◎ 💆











New York State Assemblywoman Jenifer Rajkumar

Dear IAF Friends,

In 2020, I made history as the first Indian-American woman ever elected to a New York State office.

I then made history once again by establishing Diwali as a School Holiday in New York City. From now on and forever, Diwali is finally enshrined in law as a school holiday in our nation's largest school jurisdiction.



It is my esteemed pleasure to join you today for the 14th Annual Women's Achievement Awards Gala. The Indian American Forum is one of the foremost organizations promoting Indian-American women.

The award I received at this very gala from IAF is an honor I hold dear. This year, IAF has once again organized a fabulous event. You have brought together some of the most inspiring women leaders of our community to recognize their outstanding achievements.

Women's History Month is a time for us to celebrate the innumerable contributions of women throughout history. Tonight, I am proud to celebrate the diverse contributions of Dr. Jagmohan Kalra, Dr. Leena N. Doshi, Dr. Nita Mehta, Sarina Jain, and Falguni Shah. As someone from a family of doctors, I am proud to see so many South Asian women making their mark in the medical field, and I greatly appreciate our contributions to the arts.

One of the great women leaders in history, Shirley Chisolm, famously said, "If they don't give you a seat at the table, bring a folding chair." Each and every honoree tonight has worked hard to earn her seat at the table, and we will continue to make history and shape our nation and world.

I am wishing you a wonderful gala tonight celebrating the achievements and limitless potential of Indian-American women.

Very Truly Yours,

Jenifer Rajkumar

New York State Assemblywoman

38th District

ngratulations

Best Wishes and Success!



Indian American Forum Inc.

Leadership **Bobby K Kalotee** Indu Jaiswal

My family Shammi Singh Inesha Joneja

Recognizing Women's Achievement at 14th gala, March 2, 2025



J NAMI KAUR Global Ambassador Gopio International



Invite women leaders to join me in advancing advocacy roles within the Indian diaspora Contact me at namique@gmail.com



GOPIO International Convention 2025

Theme: The Diaspora's Role in shaping Future Technologies JOIN US FOR AN ENRICHING EXPERIENCE ALONG WITH GLOBAL INDIAN DIASPORA NETWORKING

March 28th to 30th, 2025 Location: Brisbane Marriott

GOPIO International is pleased to invite you to the GOPIO Convention in Brisbane, Australia from March 28th to 30th to be held at Brisbane, Australia DONALD X. CLAVIN, JR. SUPERVISOR



KATE MURRAY TOWN CLERK

OFFICE OF THE TOWN CLERK

ONE WASHINGTON STREET – HEMPSTEAD, NY 11550-4923 (516) 489-5000

March, 2025

Indian American Forum 5 Bayberry Avenue Garden City, NY 11530

Dear Friends:

I would like to congratulate The Indian American Forum (IAF) on the occasion of its Fourteenth Outstanding Women's Achievements Awards Gala. This program is highlighting National Women's History Month; celebrating Women of Character, Courage, Commitment and their accomplishments.

The Gala is always a spectacular event, celebrating outstanding women and highlighting all that the IAF does for our community. This prestigious organization is special because it represents people of Indian heritage in the community of all faiths and cultures.

I offer my congratulations and appreciation to today's honorees and my best wishes to the IAF for a safe, successful and healthy year.

Very truly yours,

Kate Murray Hempstead Town Clerk



Best wishes to Indian American Forum and all the Honorees

- Dr. Jagmohan Kalra, MD
- Dr. Nita Mehta
- Falu (Falguni Shah)
- Dr. Leena Doshi
- Sarina Jain
- Sanjana lyer

Best wishes from

Judge Elizabeth Dalal Pessala





Town Board
ROBERT TROIANO JR.
EDWARD SCOTT
DENNIS WALSH
CHRISTINE LIU
DAVID ADHAMI
MARIANN DALIMONTE

Town Clerk RAGINI SRIVASTAVA

Receiver of Taxes MARY JO COLLINS

TOWN OF NORTH HEMPSTEAD OFFICE OF THE SUPERVISOR

TOWN HALL 220 PLANDOME ROAD MANHASSET, NY 11030



Jennifer S. DeSena Town Supervisor

March 2nd, 2025

Dear Gala Attendees:

I am delighted to extend my warmest congratulations to The Indian American Forum as we celebrate your 14th Women's Achievements Awards Gala.

As the Supervisor of North Hempstead, I have the privilege of witnessing firsthand the positive impact this forum and its dedicated members have on our town. Tonight's event is meant to acknowledge and honor the committed, courageous, and inspiring individuals who help make the IAF such a great success. On behalf of the Town of North Hempstead, I'd like to personally thank all of tonight's esteemed honorees for their remarkable contributions and selfless service. Your pledge to the betterment of your community and culture has not gone unnoticed, and it's efforts like yours that better our town and allow it to grow.

I offer my gratitude to all members of The Indian American Forum for your dedication, not only to your cultural values but to the Town of North Hempstead. Your work continues to exemplify how cultural exchange and celebration can unite us for a greater purpose.

May you all enjoy a wonderful evening at tonight's gala, and once again, thank you for your tireless commitment to enriching the cultural and societal landscape of North Hempstead.

Sincerely,

Jennifer S. DeSena, Supervisor

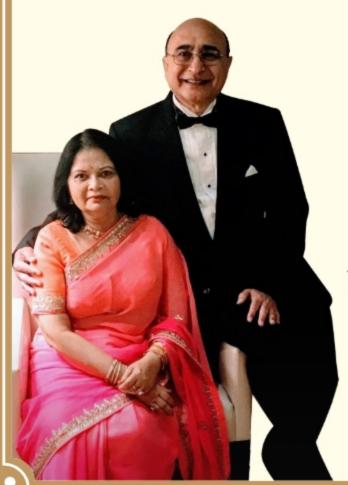
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2 Congratulations &

ALL THE HONOREES OF 2025

- Dr. Jagmohan Kalra, MD
- Dr. Nita Mehta
- Falu (Falguni Shah)
- Dr. Leena Doshi
- Sarina Jain
- Sanjana lyer

Congratulations to Indu Jaiswal And the IAF Team For Consistent Exemplary Community Ourtreach!!



From
Usha & Pradeep
Tandon

Supervisor JENNIFER S. DESENA

Town Board
ROBERT TROIANO
EDWARD SCOTT
DENNIS WALSH
CHRISTINE LIU
DAVID ADHAMI
MARIANN DALIMONTE

Receiver of Taxes
MARY JO COLLINS

TOWN OF NORTH HEMPSTEAD

OFFICE OF THE TOWN CLERK

200 Plandome Road Manhasset, NY 11030 Tel: (516) 869-7646 Fax: (516) 627-1714



Town Clerk RAGINI SRIVASTAVA

February 2025

Dear Friends and Readers,

It is with immense pleasure that I extend my warmest greetings as you gather to celebrate the 14th annual Women's Achievements Awards Gala organized by the Indian American Forum.

I would like to convey my heartfelt congratulations to tonight's honorees who epitomize courage, character, commitment. Their numerous accomplishments serve as exemplary role models for others. These women who begin their life journey as daughters, and evolve into a multitude of relations, are truly luminaries in their respective fields.

It is through their dedication efforts that our community flourishes. Your contributions and achievements in enhancing the community and promoting cultural heritage and social values is commendable.

A special mention goes to Indu Jaiswal and the diligent board members and volunteers of Indian American Forum for their vision and execution of tonight's gala. It is with your hard work in sharing and promoting the Indian culture that the community continues to thrive and gain recognition.

I wish you a splendid gala and may you keep continue to celebrate the boundless potential of women.

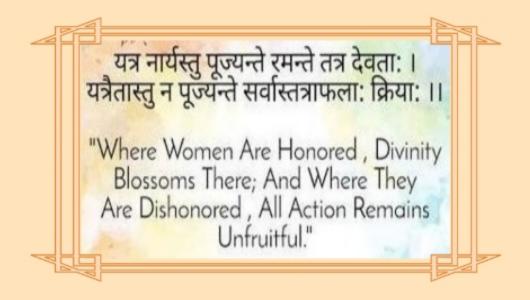
Sincerely,

Ragini Srivastava

Congratulations INDU JAISWAL

IAF Committee & Honorees

Unwavering resolve for outstanding community services. There is no limit to what we, as women can accomplish.



With Best Wishes:

Arya Family Foundation

Yashpal, Urmilesh, Mukul, Nidhi, Amit, Vishal Katyaani,Aryan & Anika



भारत का प्रधान कौंसल न्यू यार्क



CONSUL GENERAL OF INDIA NEW YORK

February 11, 2025

MESSAGE

I am glad to extend my warm wishes to the members of Indian American Forum for the Fourteenth Outstanding Women's Achievement Awards Gala to be held on March 2, 2025. Since its inception, IAF has made outstanding contribution towards women empowerment, and their initiatives are deeply appreciated.

Today, women are charting new trajectories of advancement in life, both in America and India. As business leaders, innovators, scientists and trendsetters, they are making meaningful contribution towards a harmonious and strong society.

As we celebrate women's history month and honor the contributions of women to the society, the month of March provides an excellent opportunity to inspire future generations of women, to believe that they can scale greater heights.

I wish the Gala all success.

(Binaya S. Pradhan)





With pride and joy, we celebrate Leena's achievements:

Leader

Elegant

Exemplary

Nurturing

Altruistic

Congratulations Leena!

You have set the bar for high achievement, while maintaining a personal touch.

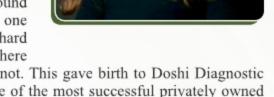
Best wishes, Indie and Harry Singh

HONOREE

Dr. LEENA DOSHI

Leena Doshi was born in Bombay, India. After receiving her medical degree from the Bombay University, she came to the US in 1973. In 1985 she worked at the Flushing Hospital as a radiologist. A life changing moment happened in 1985 when her radiology director retired and the new director fired all the staff radiologists without much notice.

Most of the radiologists either retired or found another job, but Dr. Doshi was struck by one thought she felt all the years of education and hard work should not put her in a situation where



someone else decided whether she works or not. This gave birth to Doshi Diagnostic Imaging centers which ultimately became one of the most successful privately owned radiology practices in the US at that time.

Dr. Leena Doshi has many interests and has the drive and strength to try out all her impulses!

15 days after giving birth to her first child, she went skiing for the first time so that she could teach her children how to ski.

She was also fascinated with the New York City Marathon, and for years went to see the runners at the finish line at Central Park. Then one day she decided to run the Marathon, and soon enough achieved that goal, not once, but twice!

She heard that a friend's son had climbed Kilimanjaro Mountain in Africa, with a peak of 18,600 feet, so at the age of 67 she climbed Kilimanjaro with a team of sherpas! By this time her husband of 50 years had learned not to get talked into her wild adventures so she went solo! At the age of 75 she still plays tennis three days a week and is also a golf addict.

In spite of her busy life, she still finds free time to paint and create beautiful sculptures. Both Drs. Leena & Nitin Doshi and their children, Neely & Nishat, believe in a concentric circle of giving, starting from family to employees, to communities, and believe strongly that each one of us has the ability to make a difference if we only have the desire to do so. Over a period of many years they have supported an array of causes, mostly supporting educational opportunities for young people through charities like Pratham, Share & Care, Veerayatan, India House etc

Most recently the Doshi family started Doshi Smiles, a non-profit, which provides much needed surgeries for children born with congenital craniofacial deformities which include cleft lip and palate. In their first year they plan to perform 1400 surgeries bringing smiles to the faces of the children and a sense of relief to the parents who were helplessly watching their often ostracized children with absolutely no resources available

It is my great honor today to present Dr. Leena Doshi with our Outstanding Women's Achievement Award.

MOM, congratulations on your incredible achievement!



Dadi Mom, you're a

REAL-LIFE SUPERHERO!

Your love, care, and strength inspire us all. We're so lucky to have you in our lives!

Your passion, talent, and dedication have truly paid off. We're beyond proud of you!

Keep shining and inspiring us with your excellence!

From Sumeet, Amit, Jameet kalra Arjun Ajit and Samar Ajit Jasmeet and Mili kalra



HONOREE



Practice Locations:

1055 Stewart Ave, Bethpage, NY 11714

718-732-4049



Jagmohan Kalra, MD

Board Certified Hematology & Oncology

Jagmohan Kalra, MD, is a board-certified hematologist-oncologist committed to providing the best care to her patients and spreading happiness to others.

After graduating with an MBBS degree from India, Dr. Kalra came to the USA and completed her residency and Hematology-Oncology Fellowship at Long Island Jewish Hospital.

Dr. Kalra was the physician in charge of oncology at Queens General Hospital, training fellows, and supervising all activities. She was also in charge of the cancer program and cancer committee.

She became the Director of the Inpatient Oncology Unit at Long Island Jewish Hospital for two years. Then she went into private practice and has cared for patients for the past 25 years.

Dr. Kalra speaks fluent English, Hindi, Punjabi, and Urdu. In her free time, she enjoys spending time with family and friends, being active in the community, and has a Facebook/Youtube group called "Health is Wealth", travelling, and karaoke.

CONQUERING CANCER TOGETHER



Congratulations TO ALL THE HONOREES

- Dr. Jagmohan Kalra, MD
- Dr. Nita Mehta
- Falu (Falguni Shah)
- Dr. Leena Doshi
- Sarina Jain
- Sanjana lyer

Best wishes from

Mukund and Padma Mehta and Family

HONOREE

DR. NITA MEHTA

Dr. Nita Mehta grew up in Forest Hills, NY and attended The Mary Louis Academy. Aftergraduating from St. John's University, she attended Cornell University Medical School.Dr. Mehta specializes in ophthalmology with a subspecialty in



glaucoma. She is an AssociateProfessor at Stony Brook University Hospital and mentors young eye doctors on ophthalmic eyediseases and has been teaching surgery for over 25 years. Dr. Mehta is also a member of theAdmissions Committee for Stony Brook Ophthalmology.Outside of work, she enjoys being involved in the community. She is a board member of theIndian Cultural Unit at Parker Jewish Institute, Service Director of the Rotary Club ofNorthshore, a member of the Indo-American Senior Citizen Center of New York, VaishnavTemple of New York, and India Home. Dr. Mehta leads her team of eye doctors every year at theGujarati Samaj Health Fair. She has been an invited speaker for several organizations. Dr Mehtais a volunteer teacher at Gayatri Gyan Kendra of Long Island school (GGKLI) for over 15 yearsand also runs a health series there to educate parents and students about health and wellness. She is committed to serving the community and those in need for years to come.















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HONOREE

SARINA JAIN

Revolutionizing Fitness Through Culture and Movement

Sarina Jain, a trailblazer in fitness and a dynamic cultural ambassador, has captivated audiences worldwide with her groundbreaking fusion of Indian dance and exercise. Her journey—born from personal tragedy and fueled by an unwavering passion for health and heritage—has led to the global phenomenon known as Masala Bhangra.

Raised in Southern California amidst her family's rich Indian traditions, Jain was deeply impacted by the sudden loss of her father to a heart attack at just 47 years old. Determined to honor his memory and inspire others to lead healthier lives, she embarked on a mission to merge the vibrancy of Indian dance with the discipline of fitness.

As the first to introduce Indian dance to the U.S. fitness industry on a global scale, Jain redefined the landscape of group exercise. Masala Bhangra—an electrifying blend of Bhangra and Bollywood-inspired fitness—has defied fleeting trends, standing the test of time for over 25 years. What began with workout videos and in-person classes has evolved into a worldwide movement, transcending cultures and generations.

For more than two decades, Jain has tirelessly championed Masala Bhangra, earning widespread recognition and accolades. Named one of the Top 5 Workouts in the United

States, her program has empowered thousands to embrace movement, culture, and community. Her influence spans major media platforms, including The New York Times, Oprah.com, and The Today Show, with live appearances on Live with Kelly and Mark, Dr. Oz, Apple TV+'s Dear Jane Fonda, and more.

A true pioneer, Jain has produced 15 fitness DVDs, launched an ON-DEMAND Gym, and continued to expand her reach through online classes and live workshops. Her impact extends far beyond fitness—she has been honored as one of Shape Up America's Top 10 Fitness Instructors, led NYC's Dance Parade as Grand Marshal, graced 2.6 million Nestlé Fitness cereal boxes, hosted Discovery's Fit TV for five seasons, and delivered an inspiring TEDx Talk.

Now, Jain is expanding her mission to the next generation by bringing cultural dance education to public schools. Through this initiative, she aims to foster cross-cultural understanding, inclusivity, and a deeper appreciation of global traditions.

"As a passionate advocate for fitness and culture, I am thrilled to embark on this new chapter," says Jain. "By integrating dance into education, we have the power to inspire the next generation while promoting health, happiness, and cultural pride."

Sarina Jain's extraordinary journey is a testament to the power of passion, perseverance, and purpose. She has shattered barriers, bringing the joy of Indian dance to audiences around the world and uniting people through movement. As she continues to innovate and inspire, her legacy promises to shape the future of fitness, culture, and education for years to come.

- ~ Sarina Jain and Masala Bhangra® Career Highlights
- ~ Celebrating over 30 years in the fitness industry [
- ~25 years of Masala Bhangra®
- ~Face of Nestlé Fitness Cereal Box featured on 2.6 million boxes
- ~5 seasons hosting Discovery's All-Star Workout on Fit TV -
- ~ 15 Masala Bhangra® workout videos□
- ~ 250 Masala Bhangra® Ambassadors around the world
- ~ July 2015 Cover Girl for American Fitness Magazine
- ~ Grand Marshal 2020 for Dance Parade NYC
- ~ Featured Speaker and Activist for Health, Fitness and Entrepreneurship
- ~ Cultural Energizer speaker since 1999
- ~TEDx Speaker December 2021
- ~ Brought an On Demand Gym platform to the masses
- ~ Mini Documentary feature on APPLE TV PLUS Season 2 of Dear Jane Fonda
- ~ Recognized as the Indian Jane Fonda
- Awarded a Proclamation by the NYC's







Jaspreet Singh Mayall

and his partners extend heartfelt congratulations to this year's

Women's Achievements Awards Honorees.

your dedication, innovation, and leadership are inspiration

to all.



Scan here to learn more about Certilman Balin



FALU

Short bio - Known for her astonishing melodic range, vibrant approach to song lyrics and uncanny ability to blend genres and styles, Falu is a GRAMMY Award® winner and fourtime GRAMMY® nominee. She has released seven albums to critical acclaim and her evocative vocals have been featured on dozens of other musical recordings. In 2022, she was featured at the GRAMMYs® pre-telecast ceremony and then became the first India-born singer/songwriter to win the award for Best Children's Album. Falu was nominated in 2023 in the Global Music Performance category for a song about world hunger that featured Indian Prime Minister Narendra Modi. Among her music partners are world-famous artists like Yo-Yo Ma, Wyclef Jean, Philip Glass, Ricky Martin, Blues Traveler and A. R. Rahman. In 2023, Falu appeared at the largest stadium in the world and sang to 132,000 attendees, while another 1.7 billion around the world watched on television. She has been invited to sing at festivities honoring India at the White House by both President Obama and President Biden. Since 2006 Falu has served as Carnegie Hall's Ambassador of Indian Music. She has performed to sold-out crowds at Carnegie Hall as well as headlining at other landmark venues including the Grand Ole Opry, Monterey Jazz Festival and Wolf Trap. In 2015, she was recognized by the Economic Times as one of the 20 most influential Indian women in

the world. She has served as a music educator and thought leader through her work with Carnegie Hall. Recently named as one the top 50 Global leaders from India in Business and Arts by the Business Standard alongside Indra Nooyi, Satyaji Ray and Pandit Ravi Shankar. The multilingual singer/song-writer has touched millions of hearts by communicating so completely the melodies, rhythms and words that spring from her soul.

Falu Music www.falumusic.com

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Dr Jagmohan Kalra - Oncologist Dr Leena Doshi - Radiologist Dr Nita Mehta - Ophthalmologist Sarina Jain - Founder, Masala Bhangra Falguni Shah - Grammy Award Winner Sanjana Iyer - Young Achiever

We are proud to recognize these Honorees

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YOUNG ACHIEVER

SANJANA IYER

Sanjana Iyer, a senior at Syosset High School, proudly and passionately embraces her rich Indian cultural heritage. For over a decade, she has dedicated herself to Bharatanatyam dance, learning the art form and also sharing it with her community through numerous performances and



competitions. Now, she's channeling her love for dance into a fundraiser for Parkinson's research. Inspired by her grandmothers, she has also explored Carnatic music from a young age, enriching her understanding and appreciation of Indian classical arts. Furthermore, she has showcased her musical talents by completing both piano and flute NYSSMA exams at the highest level. She has actively contributed to Games for Seva since fourth grade, showcasing her commitment to service and community engagement. Not only has she contributed through play-testing and creating promotional materials, but she has also collaborated with her team to develop the first junior game. She's extending her impact through heading an outreach program with ReWild Long Island, dedicated to preserving biodiversity. She works part time at ActiveKidz of Jericho as a party coordinator and at Stellina's Bakery and Cafe as a cashier. In her spare time, she enjoys volunteering for the New York Blood Center. To briefly mention the academic accolades, she's a two time DECA state qualifier and top ten both times, two time speech and debate LIFA state qualifier, won second place at the WAC Lighting Fair last year for an innovative research project, has submitted college level research to NYSSEF and STS competitions, and competed in HOSA's International Leadership Conference last June by placing third in the NY state. Moreover, her induction into the Science National Honor Society further underscores her academic excellence and future potential in the field of science.

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Congratulations to all the outstanding women being honored for their incredible achievements!

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Anuj Rihal

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ongratulations

TO ALL THE HONOREES

- Dr. Jagmohan Kalra, MD
 Dr. Leena Doshi
- Dr. Nita Mehta
- Falu (Falguni Shah)
- Sarina Jain
 - Sanjana lyer

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Best wishes from

Karan, Pinky & Raj Rangi

Organizers

Jyoti Gupta, Beena Kothari Dr. Bhavani Srinivasan, Indu Jaiswal

IAF Divine Meditation: A Journey of Spiritual Harmony

Since April 2023, the IAF Divine Meditation has been bringing together a community of seekers, creating a sacred space for peace, devotion, and self-discovery. What began at the Hicksville Community Center has now found a home at Levittown Hall, where it takes place once a month, offering participants a chance to reconnect with their spiritual roots through the power of meditation, music, and collective devotion.

This initiative thrives due to the dedication of Jyoti Gupta, Beena Kothari, and Dr. Bhavani Srinivasan, who have been instrumental in organizing and hosting these gatherings. A special acknowledgment goes to Indu Jaiswal Ji for providing the space that allows this event to flourish. Each session is graced by the spiritual guidance of Narinder Kapoor, who conducts mantra meditation, and Vandana Kumar, who leads the community in yoga, ensuring a holistic experience for the mind, body, and soul.

The event begins with the recitation of the Hanuman Chalisa, filling the hall with divine vibrations, followed by soulful bhajans that uplift the spirit and strengthen the sense of devotion. Beyond its spiritual essence, IAF Divine Meditation is also a celebration of togetherness. Every month, any festival that falls within that time is joyously observed, making this gathering not just a meditation session but a cultural and spiritual festivity that embraces all.

What makes this initiative even more special is its self-sufficient nature. Generous food sponsors ensure that every attendee is nourished, both spiritually and physically. The atmosphere is one of unity, where people from all walks of life come together, leaving behind the worries of the world and immersing themselves in the serenity of divine chants and meditation.

In a world that often moves too fast, IAF Divine Meditation offers a sanctuary—a place to pause, reflect, and recharge. With unwavering devotion and the support of the community, this event continues to inspire and uplift, month after month, creating ripples of peace and positivity that extend far beyond its gathering halls.

IAF DIVINE MEDITATION - GLIMPSE 2024









IAF DIVINE MEDITATION - GLIMPSE 2024









IAF DIVINE MEDITATION - GLIMPSE 2024









Congratulations

To All The Honorees

Dr. Jagmohan Kalra, MD
Dr. Leena Doshi
Dr. Nita Mehta
Sarina Jain
Falu (Falguni Shah)
Sanjana Iyer

for Well Deserved Recognition

From Ranju and Ravi Batra



Indu Jaiswal, Indian American Forum &

Honorees of

14th Women achievement Awards Gala

Dr. Jagmohan Kalra, MD

→

Dr. Leena Doshi

Dr. Nita Mehta

Sarina Jain

Falu (Falguni Shah)

Sanjana Iyer



from

K.L. Sardana & Family



Arya Samaj of Long Island Congratulates

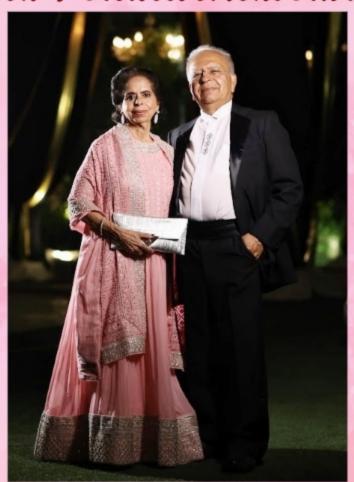
all the Honorees

Dr. Jagmohan Kalra, MD
Dr. Leena Doshi
Dr. Nita Mehta
Sarina Jain
Falu (Falguni Shah)
Sanjana Iyer

with Best Wishes from Board of Trustees & Executive Committee

Congratulations Indu Jaiswal

on Women's Acheivement Awards Gala



With Best Wishes
Rekha Chichara
Jitendra Chichara

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Congratulations to All the Outstanding Women being Honored for All of their Achievements!



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SENIOR PROGRAM

Indian American forum runs a senior program once a month atBethpage community center. This facility has been allocated to theforum for the fourth Tuesday of each month from 9.00 am to 2.30 pm. The facility is well equipped with all kinds of activities. There are pooltables, table tennis tables and card tables.

Most of our members come around 11.00 am. Most of them are interested in playing various card games. Bridge group enjoys bridge, poker people enjoy poker games and some of them play flash (three card poker). The highlight of the day is we invite speakers from a widevariety of expertise. We have physicians from different specialties, lawyers and estate planners. We have professional singers to entertain the members occasionally.

The program was started in 2014 with ten people. The program ismanaged by a team of volunteers including Mrs. Anu Gulati, Mrs. Nirmal Rametra and Sujata Seth. Over time the program has gainedimmense popularity and currently we have anywhere from 45-75members who attend each month. A contributory lunch is served. Occasionally, the speakers sponsor lunch. The readers of this article are invited to join us and enjoy the program. Hope to see you soon.

VIJAY GOSWAMY



SENIOR PROGRAME - GLIMPSE 2024



The Manjrekar Family congratulates this year's honorees

Dr. Jagmohan Kalra, MD
Dr. Leena Doshi
Dr. Nita Mehta
Sarina Jain
Falu (Falguni Shah)
Sanjana lyer

We are so proud of you!

Best Wishes,

Sunita Manjrekar, Nitin Manjrekar Rhea Manjrekar, Rohan Manjrekar



to All the Honorees

of Women's Achievement Awards for your selfless service to the Community



Best Wishes to Indian American Forum

Drs. Budhdev & Dolly Manwar



Congratulations

Indian American Forum & All the Honorees

For their selfless work for the Community

- 15 July 4

Dr. Jagmohan Kalra, MD Dr. Leena Doshi Dr. Nita Mehta Sarina Jain Falu (Falguni Shah) Sanjana Iyer

Best Wishes from Drs. Anoop & Urvashi Kapoor

- ASSICO -

Usha & I take this opportunity to congratulate all the honorees. Two of them have been our dear friends and family. Both Jagmohan and Leena have reached the pinnacle in their respective fields. Both have exemplified the strength and resiliency in achieving their goals and beyond. History has shown us the power, strength and clear thinking of women vs men, as their ego has not played a role!

Usha & Shashi Patel

A quote from Gandhiji sums up the strength of women!!!

"To call woman the weaker sex is a libel; it is man's injustice to woman. If by strength is meant brute strength, then, indeed, is woman less brute than man. If by strength is meant moral power, then woman is immeasurably man's superior. Has she not greater intuition, is she not more self-sacrificing, has she not greater powers of endurance, has she not greater courage?

Without her, man could not be. If nonviolence is the law of our being, the future is with woman.

Who can make a more effective appeal to the heart than woman?"

- Mahatma Gandhi

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- Sangeeta Sharma

2nd Gala 2013

- Bharti Desai
- Dr. Dina Pehlajani
- Debra Misir
- Sunila Tejpal
- Kate Murray

3rd Gala 2014

- Pandit A. Triputi Mukherjee
- Dr. Chhaya M. Patel
- Sunita S. Mukhi
- Swati Vaishnav
- Linda Mangano

4th Gala 2015

- Meena Malhotra
- Anita Kwatra
- Roopam Maini
- Dr. Sudha Mukhi
- Harvinder Bhatia

5th Gala 2016

- Judy Bosworth
- Dr. Manjeet Chadha
- Jyoti Gupta
- Sunita Sadhnani
- Dr. Runi Mukhraji Ratnam

6th Gala 2017

- Kalpana Patel
- Ranju Batra
- Dr. Binita R. Shah
- Madline Singas
- Meera Gandhi

7th Gala 2018

- Jasbir 'Nami' Kaur
- Dr. Isha Mehta
- Pinky Rangi
- Reema Rasool

8th Gala 2019

- Sonia Bain
- Manju Saluja
- Ushir Pandit
- Dr. Subhadra Nori
- Sylinthia Burges

9th Gala 2020

- Dr. Prachi Dua
- Dr. Saroj Shah
- Aashmeeta Yogiraj
- · Hon Judge Elizabeth Pessala
- Prof Francesca Cassio

10th Gala 2021

- Laura Curran
- Jennifer Rajkumar
- Roopal Patel
- Dr. Nirmal Khurana
- Dr. Angelish Kumar

11th Gala 2022

- Nisha Kumar Behringer
- Kalpana Bhandarkar
- Neeta Bhasin
- Dr Priti Mehta
- Beena Kothari
- Ragini Srivastava

12th Gala 2023

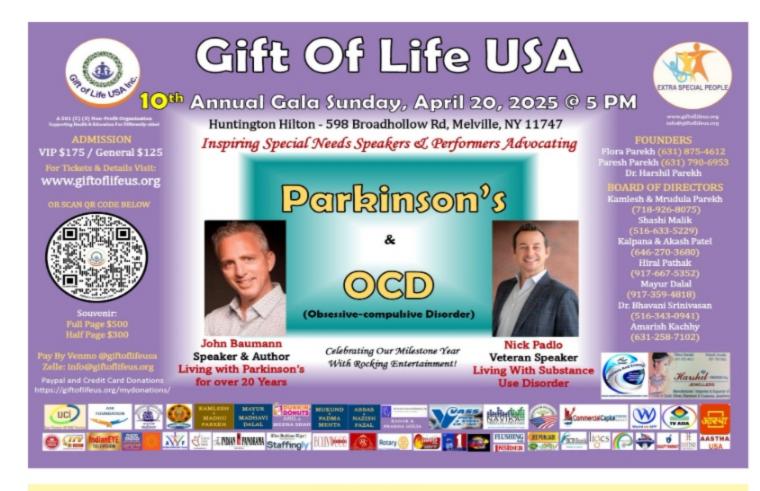
- Dr. Parul Dua Makkar
- Sandy Bhatia
- Nayana Brahmbhatt
- Vandana Jauhar
- Purvi Parikh

13th Gala 2024

- Dr. Mala Sachdeva
- Dr. Mamta Shaha
- Dr. Bhavani Srinivasan
- Samyukhtha Arun Kumar
- Neela Mukherjee Lockel
- Mrs. Sharan Premi

14th Gala 2025

- Dr Jagmohan Kalra
- Dr Leena Doshi
- Dr Nita Mehta
- Sarina Jain
- Falu (Falguni Shah)
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2024 Glimps







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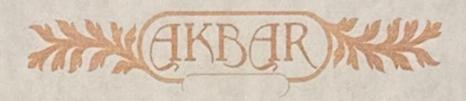
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Falu (Falguni Shah)
Sanjana Iyer



Best Wishes from Dr. Prem and Shashi Goel



Congratulations Leena Doshi

Your dedication, leadership, and commitment to excellence in everything you do is inspiring to all You are a stellar role model We are so proud to call you our friend and celebrate this well-deserved honor

> Best Wishes, Drs. Raj and Tina Narayan

Congratulations

ALL THE WOMEN HONOREES OF 2025

- Dr. Jagmohan Kalra, MD
- Dr. Nita Mehta
- Falu (Falguni Shah)
- Dr. Leena Doshi
- Sarina Jain
- Sanjana lyer

Indu Jaiswal And the IAF Team

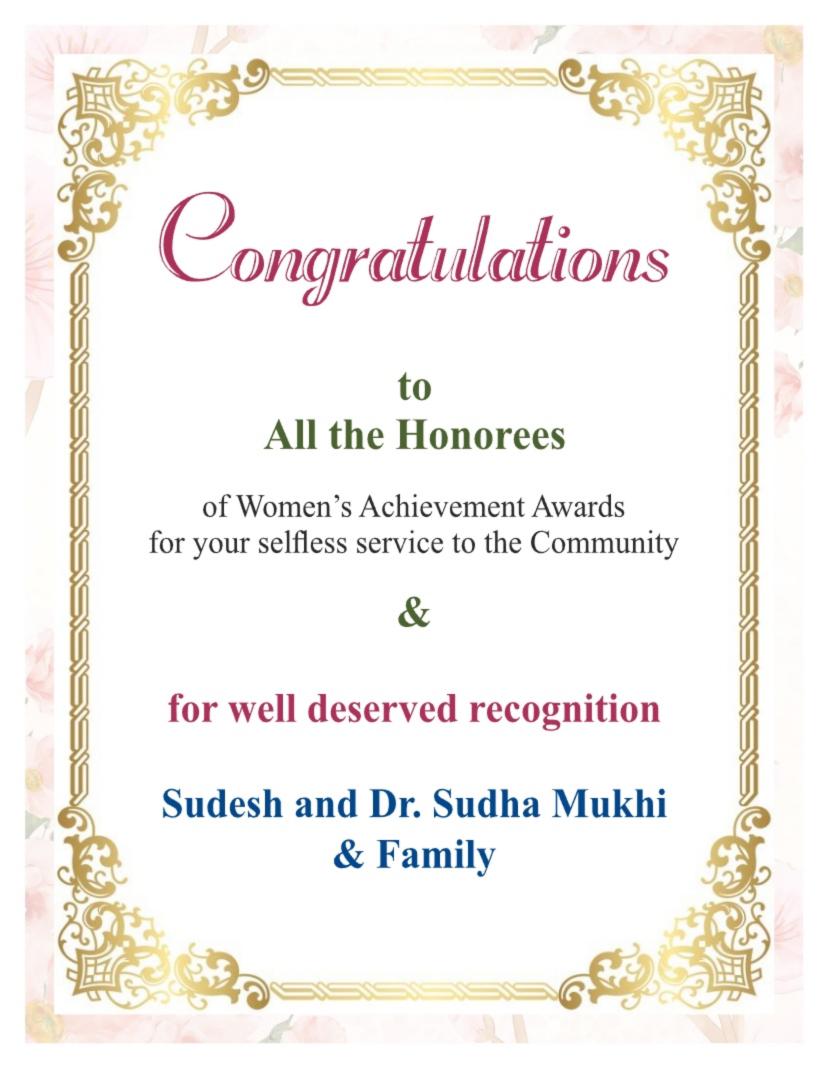
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From

Dr. Bhavani Srinivasan MD MPH

President GMC Alumni USA Inc.
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of

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Dr Bhavani Srinivasan

Jyoti Gupta

Sanju Sharma

Editor's Note

It is our privilege to present this commemorative journal, celebrating the 14th Annual Outstanding Achievement Award Gala. Tonight, we gather to honor an exceptional woman who has made outstanding contributions to our community, inspiring us all with her remarkable achievements.

Within these pages, you'll find highlights of the Indian American Forum's (IAF) activities, heartfelt greetings from distinguished dignitaries, and advertisements from our valued supporters. We extend our deepest gratitude to our sponsors, media partners, vendors, and everyone who contributed to the success of this event.

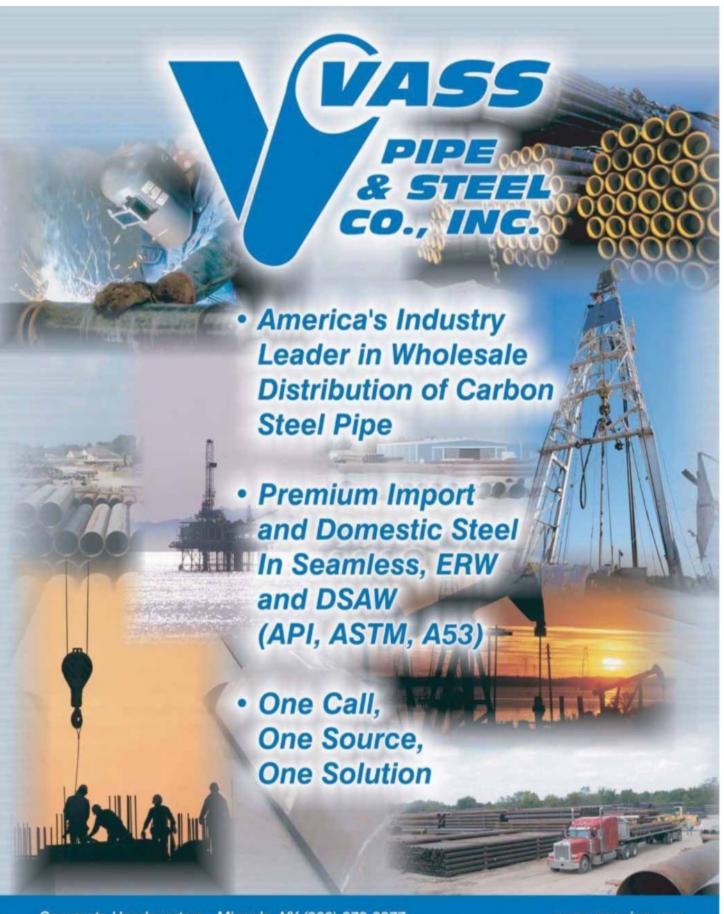
We're grateful for the tireless efforts of our executive committee, volunteers, and leadership team, whose dedication has made this celebration possible.

Special thanks to Shammi ji, Gala Chair; Indu Jaiswal ji, Chairwoman; and team members Jyoti ji, Sanju ji, and Dr. Bhavani ji for their invaluable guidance and support.

Please forgive any errors or omissions in this journal. We've made every effort to ensure its accurac.

Thank you.

Beena Kothari - Chair





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