



**AMERICAN PUNJABI SOCIETY**

**PUNJABI HERITAGE  
& GLOBAL PRIDE**



**ANNUAL GALA 2025**

Wednesday, December 10th, 2025

**PEARL BANQUET HALL**

276 W Old Country Road, Hicksville, NY 11801

# Mission Statement

## American Punjabi Society

American Punjabi Society ("APS") is a Tax Exempt Not for Profit 501 (c) (3) organization that will promote our Punjabi arts and culture along with providing valuable social and community services free of cost to our community.

### **APS' OBJECTIVES ARE TO HELP THE COMMUNITY IN THE FOLLOWING AREAS:**

#### **1. MEDICAL:**

Wellbeing is fundamental to our health and overall happiness. Our Medical team consists of specialists in various medical fields who can provide guidance and resources in all health related matters. To further APS' objectives, our Physicians will provide free services to the needy.

#### **2. LEGAL:**

Legal guidance is central in providing access to justice by ensuring equality before the law. Our Legal team will consist of attorneys who specialize in different practice area, who can guide our community members and provide free of cost services to members who cannot afford the attorney fees.

#### **3. FINAL RITES:**

Last rites are an integral part of our funeral traditions. When there is a death in the family, relatives face not only emotional grief but also many issues coordinating Final Rites services for their lost loved one. Our team will help the grieving family in all possible ways to ensure traditions are adhered to and members can grieve their family member.

#### **4. MATRIMONIAL:**

The goal of marriage is to create a blissful union between a couple and foster love for the entire family, which keeps the family happily united. Our team will organize Meet and Greet events for our youth on a regular basis to create an environment for our singles to interact with like minded and similar background individuals.

#### **5. YOUTH WING:**

Sports are a crucial part of a youth's growth and development. We will encourage our youth to participate in Sports like Kabaddi and Cricket. APS will organize tournaments to encourage interplay between our youth.

#### **6. CREATE AWARENESS ABOUT PUNJABI CULTURE AND PEOPLE:**

While Punjabis are known for our strong values, our culture presents a multi-hued heritage of ancient civilizations. We will arrange seminars, lectures, public meetings to educate the mainstream Americans about Punjabi Arts, Culture, and the most crucial aspect of being a Punjabi, our faith and religion which emphasizes (1) Service to the community; (2) Equality and Respect amongst all humans; (3) Peaceful Living; and (4) Seva - defined as "selfless service" without any personal gain.

#### **7. FUTURE PLANS:**

By offering social, educational, and wellness programs, Community Centers contribute to enhancing the quality of life for community residents. Our future plan is to build a Community Center with a main hall and several smaller halls where community functions can take place. The Halls can be used for weddings, social events like Diwali and Vaisakhi. Smaller Halls can be used by our members, elders to do get-togethers. We will have a Library as well.



# Message from Patron **Harry Singh**

Dear President Gary Sikka,

*It gives me immense joy and pride to once again extend my warmest congratulations and heartfelt wishes to you and the entire American Punjabi Society (APS) family on the occasion of this year's Gala. As a patron of APS, I feel deeply honored to witness the remarkable progress this organization has made over the past two years in serving our community and promoting Punjabi culture with dedication and passion.*

*APS's impact in 2024 and 2025 has been nothing short of extraordinary. Through the Cancer Awareness Walks at Eisenhower Park, blood donation camps, and vital medical outreach programs, APS has directly touched and improved countless lives. The blood donation camps, with 37 donations in 2024 and 50 in 2025, stand as shining examples of how APS consistently exceeds expectations in service to humanity.*



*Beyond healthcare, APS has elevated our cultural presence with vibrant celebrations—from Diwali and Vaisakhi programs to music, dance, and literary events—that not only preserve our traditions but also share them proudly with the broader American society. The Vaisakhi Programs of 2024 and 2025 highlighted APS's unique role as a bridge between heritage and modern community life.*

*Equally significant was APS's role in spiritual and social enrichment. The Gurudham Yatra to Nankana Sahib in Pakistan in 2024, which united 135 participants in a journey of faith and heritage, will long be remembered as a milestone in strengthening community bonds. In 2025, APS organized a memorable cruise to Bermuda, blending fellowship, relaxation, and cultural camaraderie in a truly unique way.*

*On a personal note, I was humbled and honored to receive the inaugural Punjabi Ratan Award in 2025, which reflects APS's commitment to recognizing leadership and service within our community. This meaningful tradition will surely inspire others to contribute selflessly.*

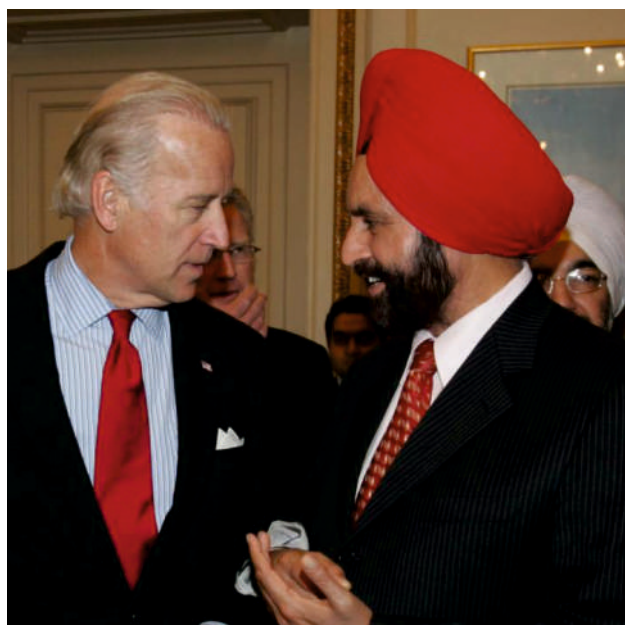
*Moreover, APS's expanding collaborations with sister associations and its leadership in organizing joint community programs are praiseworthy and set the stage for a stronger, more united future for Indian-Americans.*

*As a patron, I remain grateful for your unwavering commitment and for the tireless efforts of your entire team. The spirit of "Seva" that drives APS is truly invaluable. I am confident that with continued dedication, APS will keep achieving greater milestones and will leave a lasting impact for generations to come.*

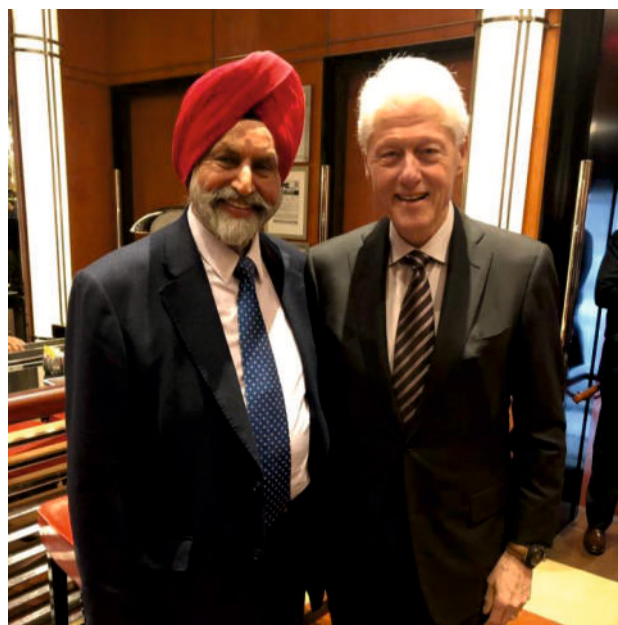
*Please accept my warmest congratulations once again. I wish you and all APS members a joyous Gala evening and continued success in your noble mission.*

With admiration and gratitude,  
**Harry Singh Bolla**  
Patron, American Punjabi Society

Best Wishes  
to  
**AMERICAN PUNJABI SOCIETY**  
from  
**Sant Singh Chatwal and Family**



With President Joe Biden



With President Bill Clinton



Vikram Chatwal with Elon Musk



With NY GOP Chairman  
Edward Cox

*Message from*  
**Sant Singh Chatwal**



**Sant Singh Chatwal with President Trump**

Dear President Gary Sikka,

It is my honor to extend my heartfelt congratulations to the American Punjabi Society (APS) for its remarkable achievements and inspiring leadership throughout 2024–2025.

APS has emerged as one of the most vibrant community organizations, dedicated to showcasing the rich heritage, culture, and values of the Punjabi community. Under your guidance, APS has expanded its programs, deepened its outreach, and strengthened its commitment to social service and cultural preservation.

This past year, APS has organized several impactful initiatives—including community health awareness programs, the Cancer Awareness Walk, blood donation drives, celebrations of Vaisakhi and Diwali, youth engagement activities, and cultural events that brought together families, professionals, and leaders from diverse backgrounds.

I am particularly impressed by APS's dedication to humanitarian values—supporting individuals in need, promoting unity, and fostering pride in our shared identity.

Please feel free to reach out to me at any time for support or guidance. Together, we will continue to preserve our heritage, strengthen our bonds, and contribute meaningfully to future generations.

Wishing you continued success in all your endeavors and a memorable Gala 2025.

*Warm regards,*  
**SANT SINGH CHATWAL**  
*Padma Bhushan Awardee*  
*Government of India*



## Message from President' **Gary S. Sikka**



Dear Members and Esteemed Guests,

It is with immense pride and heartfelt joy that I welcome you to the **American Punjabi Society Annual Gala 2025**. As President, I am deeply honored to lead an organization committed to preserving Punjabi heritage and uplifting our community through compassion, unity, and service.

Over the years, APS has greatly expanded its outreach. From free medical and legal guidance, youth mentorship, and support with final rites, to major cultural, spiritual, and humanitarian initiatives, our society continues to be a powerful platform for advocacy, togetherness, and seva.



This year, we proudly celebrated several milestone accomplishments:



- **Gurdham Yatra 2024** — A historic spiritual journey of 135 pilgrims to sacred Gurdwaras in Pakistan, strengthening our connection to faith and roots.
- **Blood Donation Camps** — Successful drives that saved lives and encouraged a spirit of service.
- **Cancer Awareness Walks & Wellness Events** — Seminars and screenings focused on community well-being.
- **Family Picnic** — A joyous gathering hosted by the APS Women's Council, bringing families together in fellowship and culture.
- **Vaisakhi Celebrations in Nassau County** — A vibrant showcase of Punjabi pride attended by families across Long Island and New York.

These achievements reflect the soul of APS — **service, heritage, unity, and responsibility**.

I extend heartfelt gratitude to our Patron, **Mr. Harry Singh Bolla**, for his invaluable guidance and mentorship. I also acknowledge **Navneet Sikka Sondhi, Chair of the APS Women's Council**, whose leadership — along with her dedicated team — has been instrumental in organizing impactful health initiatives, Blood Donation Drives, and the Family Picnic. Their enthusiasm, readiness, and spirit of seva beautifully reflect the APS mission.

My appreciation further goes to **Janessa Sondhi, Director of Youth Development**, for her outstanding role in youth engagement and social media initiatives that strengthened our visibility and youth participation.





A special acknowledgement is due to **Sr. Vice President Mohinder Singh Taneja**, whose political insight and civic understanding have strengthened APS's advocacy, partnerships, and institutional relationships.

I gratefully recognize the unwavering support of our Vice Presidents — **Paul Bindra, Ajay Vir S. Sondhi, Ravinderpal S. Narang, and Jaspal S. Arora** — whose dedication and teamwork have contributed meaningfully to every APS success.

I further acknowledge **my friend, Pradeep Tandon, Director of Media & Public Relations**, for his tireless commitment to communications, publications, and coordination. **Words truly fail me when I reflect on all that Pradeep has done — his readiness to serve, leadership, and support speak louder than anything I can say.**

This year, APS proudly confers the **Punjabi Ratan Award upon Harry Singh Bolla** in recognition of his outstanding legacy of service and vision. He was **unanimously selected** by the Punjabi Ratan Award Selection Committee, reflecting the deep admiration he has earned across APS. As inscribed on the medal, this honor celebrates him **“For His Exemplary Leadership and Benevolence.”** We are privileged to bestow APS's highest recognition upon him — a tribute truly earned by his lifelong commitment to humanity.



My sincere appreciation extends to the **APS Board of Directors, Advisory Board, volunteers, donors, and sponsors** for their unwavering support. **There are far too many names to list, but please know that your efforts are deeply valued and appreciated.**

A very special expression of gratitude is owed to my brother, **Mr. Verinder Pal Singh Sikka**, whose wisdom, strength, and steady counsel have guided APS since its inception. His quiet leadership, deep understanding of community dynamics, and unwavering loyalty have been a pillar of support for me and for this organization.

I am equally grateful to my son, **Rubal Sikka**, whose constant encouragement, faith in our mission, and readiness to assist have been a source of energy and inspiration. His modern outlook, insight, and steady support behind the scenes continue to strengthen my resolve and help carry forward the vision of APS into the next generation.

To all our honored guests, thank you for joining us — this evening is a celebration of culture, unity, and shared values. May Waheguru Ji bless each of you with happiness, prosperity, and continued pride in being Punjabi.

Lastly, I offer my deepest and most personal appreciation to my wife, **Babli**, whose patience, sacrifices, and unconditional support have sustained me every step of this journey. **Without her strength and belief in me, nothing APS has achieved would have been possible.** She has been my anchor, silent partner in service, and the heart behind my ability to serve.



*With warm regards,  
**Gary S Sikka**  
President and CEO,  
American Punjabi Society*



## Punjabi Ratan Award

### Honoring Excellence, Service & Legacy



The Punjabi Ratan Award, presented annually by the American Punjabi Society (APS), is one of the most esteemed honors bestowed upon individuals whose work embodies the values, resilience, and rich cultural pride of the Punjabi community. Established to recognize extraordinary leadership and lifelong service, the award celebrates those who have made a profound impact through philanthropy, cultural preservation, social responsibility, and community empowerment.

Award recipients exemplify the highest ideals of Punjabi heritage—strength, integrity, humility, generosity, and a deep commitment to uplifting humanity. Each honoree is carefully selected through a thoughtful and meticulous evaluation process conducted by the APS Punjabi Ratan Award Selection Committee, ensuring that this distinction is reserved for individuals whose contributions extend far beyond personal success and create meaningful, lasting change.

Presented at the APS Annual Gala, the Punjabi Ratan Award shines a spotlight on visionary leaders whose work strengthens community bonds, inspires future generations, and elevates the reputation of the Punjabi-American diaspora across the United States and worldwide. The recognition serves not only as an honor but also as a reminder of the values that bind the community together—seva, unity, cultural pride, and unwavering dedication to the greater good.

The Punjabi Ratan Award stands as a symbol of gratitude, honor, and inspiration, reaffirming the belief that true greatness is measured not by one's achievements alone, but by one's service to others and commitment to enriching humanity.



# PUNJABI RATAN AWARD 2025

## Honoring: Mr. Harry Singh Bolla

The American Punjabi Society proudly confers the Punjabi Ratan Award upon Mr. Harry Singh Bolla for his exceptional leadership, philanthropy, and remarkable dedication to uplifting the community. A respected entrepreneur and humanitarian, Mr. Bolla has demonstrated unwavering commitment to supporting charitable causes, cultural initiatives, and community development across New York and beyond.



His leadership extends far beyond business—he has consistently invested his time, energy, and resources to empower underserved communities, promote education, strengthen cultural ties, and inspire countless lives and continue to uplift and inspire future generations. Admired for his humility, generosity, and lifelong devotion to helping others, Mr. Bolla's contributions have positively impacted.

Mr. Bolla exemplifies the highest ideals of the Punjabi community: seva, humility, hard work, and a deep commitment to service. His philanthropic initiatives have strengthened cultural, educational, and humanitarian efforts while creating opportunities for families throughout the region. His grounded nature, integrity, and compassion reflect a true desire to give back and preserve the values of Punjabi heritage.

For APS, selecting Mr. Harry Singh Bolla as the Punjabi Ratan Award recipient was natural and unanimous. His achievements, service, and visionary leadership embody the very essence of this prestigious honor. Through his work, he sets an enduring example—showing that true greatness lies in service, compassion, and uplifting humanity.

APS is deeply proud to recognize Mr. Bolla for his exceptional contributions and lasting legacy.



Best Wishes to  
*American Punjabi Society*  
from  
**GARY S. SIKKA AND FAMILY**





# AMERICAN PUNJABI SOCIETY

## *Founding Directors*



***Gary S Sikka***  
*President & CEO*



***Mohinder S Taneja***  
*Sr. Vice President*



***VPS Sikka***  
*General Secretary*



***Paul Bindra***  
*Vice President*



***Ajay Vir Sondhi***  
*Vice President*



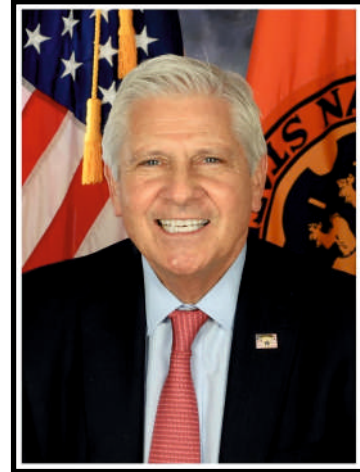
***Ravinderpal S Narang***  
*Vice President*



***Jaspal S Arora***  
*Vice President*



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



*December 10, 2025*

*Dear Friends and Assembled Guests,*

*It is with a tremendous sense of pride and honor that I send my warmest congratulatory wishes as you gather to celebrate together with the American Punjabi Society for your Annual Meet and Greet Ball. Cultural organizations, such as yours, bring a sense of belonging and unity to Nassau County and provide its residents with a rich and meaningful life.*

*The American Punjabi Society has established itself as a model organization. It has continuously provided the community with diverse programs and events, which serve to enhance the cultural enrichment and enjoyment of Nassau County's residents.*

*I wish to extend congratulations and thank the members for their hard work and commitment, they and the organization is worthy of the esteem of Nassau County for its selfless dedication to the greater community, which has made a positive impact on us all.*

*Best wishes for continued success in all your endeavors.*

*Sincerely,*

A blue ink signature of Bruce A. Blakeman, written in a cursive style.

*Bruce A. Blakeman  
County Executive*

**Binaya S. Pradhan**



**Consul General of India  
New York**

November 19, 2025

**MESSAGE**

I extend my warm greetings and heartfelt congratulations to the American Punjabi Society on the occasion of its Annual Gala 2025. This celebration is a testament to the vibrant spirit, cultural richness, and enduring contributions of the Punjabi community within the broader Indian diaspora in the United States.

Over the years, the American Punjabi Society has played a commendable role in fostering unity, preserving heritage and promoting community service. Your initiatives have strengthened cultural ties, supported social causes and created meaningful platforms for engagement across generations. I am particularly pleased to note that this year's Gala will honor distinguished individuals with the Punjabi Ratan Award, recognizing exemplary leadership, service, and dedication. Celebrating such individuals not only uplifts the community but also inspires future generations to carry forward the legacy of excellence and compassion.

On behalf of the Consulate General of India in New York, I convey my best wishes for the success of this event. May the Annual Gala continue to bring the community together, deepen cultural bonds and highlight the invaluable contributions of Punjabi Americans to our shared society.

*Binaya S. Pradhan*  
**(Binaya S. Pradhan)**

**Mr. Gary S. Sikka  
President  
American Punjabi Society (APS)  
New York**

**Consulate General of India**

3 East 64th Street, New York, N.Y. 10065 (USA)

Tel: CG Office (212) 774-0622/0621

E-mail: [cg.newyork@mea.gov.in](mailto:cg.newyork@mea.gov.in); [cgooffice.newyork@mea.gov.in](mailto:cgooffice.newyork@mea.gov.in)

Website: [www.india.newyork.gov.in](http://www.india.newyork.gov.in)

**THOMAS R. SUOZZI**

MEMBER OF CONGRESS  
3RD DISTRICT, NEW YORK

COMMITTEE ON  
WAYS AND MEANS

SUBCOMMITTEE ON TAX  
SUBCOMMITTEE ON OVERSIGHT



**House of Representatives**

Washington, DC 20515

WASHINGTON, DC OFFICE  
203 CANNON HOUSE OFFICE BUILDING  
WASHINGTON, DC 20515  
202-225-3335

GLEN COVE OFFICE  
51 GLEN STREET, SECOND FLOOR  
GLEN COVE, NY 11542  
516-861-1070

DOUGLASTON OFFICE  
242-09 NORTHERN BOULEVARD  
DOUGLASTON, NY 11363  
718-631-0400

December 10, 2025

To: Mr. Gary Sikka  
President, APS

Dear Friends,

*Sat Sri Akal.*



Please accept my heartfelt greetings on this special occasion of the American Punjabi Society's Annual Gala. I am grateful to the American Punjabi Society for all the selfless work they do to uplift our district and for their valuable contributions to our nation.

The mission of the American Punjabi Society—to improve lives through education, healthcare, and social welfare—is commendable. Even more notable is their commitment to building a strong and inclusive community that values diversity and promotes social justice. These are values that I strive to carry with me each day as a lawmaker.

What makes the American Punjabi Society exceptional is that these values are not just ideals—they are reflected through actions. One of the things that impresses me most about the Punjabi community is their belief in the concept of “seva,” or devotion to service. I see this brought to life through blood drives, cancer awareness walks, educational campaigns, youth sports programs, and humanitarian projects that support those in need.

I have been fortunate to enjoy a deep friendship with the Punjabi community in my district—a bond spanning over 30 years. On this special day, I am honored to recognize the American Punjabi Society as a true asset to our district.

Sincerely,

Thomas R. Suozzi  
Member of Congress

CC: Mr. Mohinder Taneja, Senior Vice President, APS





# Gala EVENT

“Congratulations on celebrating Punjabi heritage, history, and culture while preserving, promoting, and improving the lives of our community members.”

## GREGORY W. MEEKS

Congressman - Fifth District of New York  
@GregMeeksNYC



Paid for by Friends for Gregory Meeks



[www.nygop.org](http://www.nygop.org)

10<sup>th</sup> December 2025

Dear American Punjabi Society,

It is my distinct honor to extend heartfelt congratulations to President Gary Sikka and the entire leadership of the American Punjabi Society for the outstanding work showcased at this year's Annual Gala.

The Punjabi community, whose members have contributed to the fabric of American life for generations, exemplifies the highest ideals of our nation.

A steadfast work ethic, unwavering devotion to family, and a deep commitment to community service are values that resonate profoundly with the principles upon which the United States was built. These shared values have enabled Punjabi Americans to flourish across our country and to enrich the communities in which they live.

Renowned for their generosity and hospitality, Punjabi Americans have consistently given back to society with exceptional dedication. Through initiatives such as cancer-awareness walks, blood-donation drives, and numerous other acts of service, the American Punjabi Society has strengthened our communities and made our state and nation better places for all.

Moreover, the Society's contributions extend beyond measurable accomplishments. They have carried out this work with grace, goodwill, and a spirit of joy that reflects the very best of civic engagement.

As the leader of the Republican Party in New York State, I remain firmly committed to ensuring that every American has access to the opportunities our nation promises. I look forward to continued collaboration with the American Punjabi Society as we work together to support the aspirations and achievements of Punjabi Americans throughout New York.

With sincere respect and admiration, I commend your remarkable accomplishments and extend my best wishes for continued success in the years ahead.

Sincerely,  
Edward Cox,  
Chairman of the New York Republican State Committee



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



Hon. Elaine Phillips

*December 10, 2025*

*Dear Friends,*

Please accept my heartfelt congratulations to the American Punjabi Society on your Annual Gala, honoring the rich heritage, history, and culture of the Punjabi community.

The traditions, values, and contributions of the Punjabi community have greatly enriched Nassau County, strengthening the fabric of our diverse and vibrant community. Your dedication to preserving and sharing this remarkable heritage continues to inspire us all.

This evening is a joyful celebration of the Punjabi community's enduring spirit, vibrant traditions, and lasting contributions. Best wishes for your continued success.

*Sincerely,*

A handwritten signature of Elaine Phillips in black ink, enclosed in a rectangular box.

*Elaine R. Phillips  
Nassau County Comptroller*



JOSEPH SALADINO  
SUPERVISOR



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



Dear Friends,

December 10, 2025

On behalf of my colleagues on the Oyster Bay Town Board, I extend special greetings to everyone attending tonight's American Punjabi Society Annual Gala 2025. Since its founding, the American Punjabi Society, now under the direction of President Gary S. Sikka, Senior Vice President Mohinder S. Taneja and General Secretary Virender PS Sikka, has worked diligently to preserve and promote Punjabi culture while also improving the lives of all community members regardless of their background or socio-economic status. These community contributions and exemplary actions are both exceptional and noteworthy.

As members, your good deeds are the foundation of a healthy community and serve as an important role model for others who will one day follow suit. I truly respect your efforts to promote rich Punjabi culture, folk language and literature. This work also fosters social, economic and cultural links among Punjabis spread over the globe, keeping the tradition of rich heritage of Punjabin. I thank you for your commitment to educating our residents about Punjabi culture and sharing your rich heritage and many beautiful traditions.

Events like tonight's American Punjabi Society Annual Gala 2025 connect all of us with a greater understanding and appreciation for our diverse cultures and the things we greatly value. In today's turbulent world, this mission is more important than ever. Enjoy tonight's Gala knowing that you have all truly helped build a better world.

Yours truly,

Joseph Saladino  
Town Supervisor



*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  
TEL: (516) 869-6311  
FAX: (516) 627-4204**



**Jennifer S. DeSena**  
*Town Supervisor*

December 10, 2025

American Punjabi Society  
276 W. Old Country Road  
Hicksville, NY 11801

Dear Friends at the American Punjabi Society,

I am honored to take this opportunity to congratulate you all on hosting the American Punjabi Society's Annual Gala and to thank you for all the extraordinary work you do throughout North Hempstead and across Nassau County. Your organization has proven to be an invaluable member of our collective community, providing vital educational and cultural programs that enrich the lives of our residents. This is due, in part, to Gary Sikka and his incredible work as President of the American Punjabi Society. His tireless dedication to the organization serves as a shining example for others to follow. Thank you, Mr. Sikka, for being such a dependable steward of the American Punjabi Society.

We are so fortunate that the American Punjabi Society has emphasized promoting social, cultural, and humanitarian initiatives right here in Nassau County. Your impassioned civic engagement is inspiring, and I am immensely grateful for the selfless volunteerism that each of your members provides to the residents and communities throughout Nassau County. I wish the American Punjabi Society nothing but the best in the months and years ahead.

Sincerely,

A handwritten signature in black ink that reads "Jennifer S. DeSena".

Jennifer S. DeSena  
Supervisor

*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

December 10th, 2025

Dear Members and Friends of American Punjab Society,

It is my distinct honor to extend my warmest greetings – Namaste and Sat Sri Akal - to the Board, dedicated members, and cherished friends of the American Punjabi Society on the occasion of your Annual Gala.

The APS has long been a pillar of strength and vibrancy within our diverse community, working tirelessly to preserve our rich cultural heritage while fostering unity and service. Events like this Gala are not just celebrations; they are a testament to the enduring spirit, hard work, and deep generosity of the Punjabi community in New York.

As the Town Clerk of North Hempstead, I offer my sincere commendation to the APS for its continued dedication to social causes and community empowerment. May this evening be filled with joy, camaraderie, and continued success. I look forward to supporting your future endeavors as you continue to add grace and value to our shared home in the United States.

Congratulations and best wishes for a memorable evening!

Sincerely,

Ragini Srivastava  
Town Clerk  
Town of North Hempstead

[srivastavar@northhempsteadny.gov](mailto:srivastavar@northhempsteadny.gov)



December 10, 2025

Mr. Gary Sikka  
President  
American Punjabi Society

Dear Mr. Sikka,

As we look towards the New Year 2026, I am reminded how grateful we are to cross paths for mutual enlightenment of our diverse cultures sharing a common theme of American business innovation and ingenuity. So, it is with great honor that on the occasion of the American Punjabi Society's Gala on December 10, 2025, we have accepted an invitation from our esteemed MBRT National Advisory Board Member – Mohinder Singh Taneja, Chairman, Sterling Universal Group, Inc. to join you in the celebration of the Punjabi heritage, history, and culture.

As you may know, our Minority Business RoundTable's National Advisory Board of Directors is comprised of CEOs of top tier large and small multinational businesses representing every business sector in America. Many are role models in their respective communities creating jobs both domestic and international. Our focus is to empower business owners to engage them in public policies that impact their businesses.

We also invite you and your colleagues to attend and participate in any of our events in 2026 with business leaders, government officials, trade associations, industry experts, chambers of commerce, and influential Congressional members and President Trump administration officials to discuss private and government sector resources, policy priorities, how to win prime and subcontracts, effective marketing strategies, and the state of small and minority business.

Together, our two organizations can work together to build a strong and vibrant community that values diversity and promotes social and economic justice.

We look forward to participating in your Gala celebration.

Warm regards,

Roger A. Campos

Chairman and Founder

CC: Mohinder Singh Taneja,  
National Advisory Board Member  
Senior Vice President, American Punjabi Society



*Best Wishes to*

# **AMERICAN PUNJABI SOCIETY**

*From*

**Mohinder Singh & Dimpy Taneja**





## Message from Senior Vice President **Mohinder Singh Taneja**



*Dear Friends,*

*It gives me immense pleasure to welcome you all to the American Punjabi Society Annual Gala 2025. Over the past years, APS has grown into a dynamic and respected organization dedicated to preserving and promoting Punjabi Heritage , Culture & History, across the United States. Through the vision and leadership of our President Gary S. Sikka Ji, along with the commitment of Entire Leadership , APS continues to make a meaningful impact on our community.*

*Our mission remains to enrich the cultural landscape of America by fostering a deeper appreciation of Punjabi heritage, bridging communities, and celebrating the values that define who we are—unity, compassion, and pride. APS has successfully organized numerous cultural festivals, community programs, and youth initiatives that highlight the vibrant traditions of Punjab, including our music, dance, art, cuisine, and spiritual values.*

*This year is particularly special, as APS proudly presents the Punjabi Ratan Award 2025, honoring an individual whose outstanding contributions and leadership embody the spirit and excellence of the Punjabi community. This prestigious award reflects our ongoing commitment to recognize and celebrate those who uplift our society.*

*Our cultural events such as Vaisakhi, Bandi Chhorh Diwas, Diwali, Lohri and various educational and community initiatives continue to bring together people from all walks of life, creating opportunities for cultural exchange and strengthening bonds across generations. APS also remains dedicated to charitable outreach and helping families with medical, educational, and social needs—promoting the values of seva and community solidarity.*

*I am confident that the future of the American Punjabi Society is bright. With your support, we will continue to build a more inclusive, diverse, and harmonious community that honors the rich traditions of Punjab while contributing positively to the American society we proudly call home.*

Warm regards,

**Mohinder Singh Taneja**

Senior Vice President  
American Punjabi Society

Compliments from

VPS SIKKA AND FAMILY

*American Punjabi Society*



*Message from General Secretary*

**VPS Sikka**

*Waheguru Ji Ka Khalsa  
Waheguru Ji Ki Fateh*



It was always my dream to create a platform in Long Island where Punjabis and our younger generation could come together to celebrate our rich culture, heritage, and values. Today, I feel proud and blessed to see the American Punjabi Society growing stronger and more united every year.

Under the leadership of our President Gary S. Sikka, the American Punjabi Society has grown tremendously and has become a symbol of community pride and cultural celebration. Since our inception, it has been our commitment to celebrate major cultural festivals such as Vaisakhi and Diwali, and to promote community bonding through social, cultural, and humanitarian initiatives.

It gives me immense happiness to welcome everyone to our Gala this year, and to see our community participating with such enthusiasm and dedication. This year's event is even more special, as we are honored to have Punjabi superstar Neeru Bajwa as our Chief Guest, and Ms. Pooja as our Guest of Honor. Their presence is a matter of great pride for the entire Punjabi community, and we warmly welcome them to New York.

I congratulate and thank our President, the APS team, volunteers, supporters, and well-wishers who continue to work tirelessly for the growth of our society. Together, we have built a foundation that will inspire future generations.

My heartfelt greetings to every Punjabi living in New York and beyond. May Waheguru ji bless our community with prosperity, unity, and happiness.

Warm regards

**VPS Sikka**

General Secretary  
American Punjabi Society



Best Compliments  
TO  
**AMERICAN PUNJABI SOCIETY**  
*from*  
**PAUL BINDRA**





*Message from Vice President*  
**PAUL BINDRA**

SSAKAL

As we gather for the APS Annual Gala 2025, it fills my heart with pride to witness how far the American Punjabi Society has come under the visionary leadership of President Gary S. Sikka. What began as a dedicated effort to promote community service, education, and Punjabi culture has now evolved into a powerful platform uniting Punjabis across Long Island and beyond.



Over the past years, APS has hosted cultural celebrations, outreach programs, health initiatives, and youth-focused activities that have strengthened our community and preserved our rich heritage.

I pray to Waheguru Ji for the continued success of APS so that, together, we may keep serving humanity, promoting unity, and inspiring future generations.

Best Wishes  
**Paul Bindra**  
Vice President  
American Punjabi Society

*Best Compliments*  
*to*  
**AMERICAN PUNJABI SOCIETY**  
*from*  
***Ajay Vir S. Sondhi & Family***





*Message from Vice President*

## **AJAY VIR S. SONDHI**

We, the dedicated team of the American Punjabi Society (APS), feel immensely proud to see how far our organization has come since its formation. What began as a dream—nurtured by our President Gary S. Sikka Ji, our founding members, and our honorary directors—has now grown into a powerful platform representing Punjabi culture, unity, and global pride.



Over the past years, APS has worked tirelessly to preserve and celebrate our rich Punjabi heritage while creating opportunities for our community across Long Island and beyond. Through cultural programs, educational initiatives, charitable activities, and community engagement, APS has become a trusted pillar of support, inspiration, and togetherness.

As immigrants, many of us have faced challenges navigating a new country, new systems, and new responsibilities. APS continues its mission to support our community in every way possible—whether through medical guidance, educational support, legal awareness, senior care, cultural preservation, or other important needs. We pledge to stand by our community and strengthen it with compassion and unity.

Let us continue working together with dedication and pride. May APS reach even greater heights as we move forward with purpose and passion.

God Bless America  
God Bless APS

With warm regards and best compliments to the APS Team

**Ajay Vir S. Sondhi**  
Vice President  
American Punjabi Society



*Best Compliments from*

***Ravinderpal S. Narang  
& Mrs. Sonia Narang***

*to*

**AMERICAN PUNJABI SOCIETY**



*Message from Vice President*  
**RAVINDERPAL S. NARANG**

*Waheguru Ji Ka Khalsa  
Waheguru Ji Ki Fateh*

It has always been my dream to see a strong and united Punjabi community platform here in Long Island, NY—one where our families, youth, and seniors can come together with pride and belonging.

Today, I feel blessed and proud to see that vision flourishing through the American Punjabi Society (APS). Under the dynamic leadership of our President Gary S. Sikka Ji, APS has grown into a powerful force for cultural preservation, community service, and global Punjabi pride. Our initiatives throughout 2024–2025 reflect our shared commitment to empowerment, unity, and progress.

I congratulate all members, volunteers, and supporters of APS. Your dedication has shaped APS into a platform that inspires, connects, and strengthens our community every single day. I am truly proud to be a Punjabi and to serve alongside such passionate teammates.

Please join us at the Annual Gala 2025 as we celebrate our achievements, honor our Punjabi Ratan recipient, and continue building a brighter future for generations to come. I look forward to welcoming you all on December 10th, 2025.



With warm regards  
**Ravinderpal S. Narang**  
Vice President  
American Punjabi Society

*Best Compliments to*  
**Gary S Sikka**  
**&**  
*American Punjabi Society*  
*from*  
**Jaspal Singh Arora**  
**and family**





*Message from Vice President*

**JASPAL SINGH**



I extend my warm greetings to all as we celebrate the American Punjabi Society Annual Gala 2025. Over the past two years, APS has grown remarkably, strengthening its mission of cultural preservation, community service, and unity within the Punjabi diaspora across the United States.

Under the dynamic leadership of President Gary S. Sikka Ji, APS has initiated programs that support education, youth engagement, community wellness, and meaningful cultural celebrations. His dedication and commitment continue to inspire all of us.

As we move forward, let us continue working together to advance educational opportunities, expand community support, and preserve the rich heritage of Punjab for future generations. With unity and shared purpose, we can ensure a stronger and brighter future for our community.

Best Wishes,

**Jaspal Singh**

Vice President  
American Punjabi Society

*Best Wishes to*  
***Gary S. Sikka***

*Your dedication to preserving Punjabi heritage and uplifting the community is truly commendable. Congratulations on a successful Annual Gala.*



***Sunny Sondhi, Navneet Sikka Sondhi***  
***Janessa and Alissa Sondhi***

*Message from Women's Council Chair*

**NAVNEET SIKKA SONDHI**

**AMERICAN PUNJABI SOCIETY**



It is with immense pride, gratitude, and deep respect that I extend my heartfelt greetings to all our distinguished guests, supporters, and community members gathered for the American Punjabi Society's Annual Gala.

Tonight, we celebrate far more than an event—we celebrate a movement. A movement rooted in service, unity, and the preservation of our Punjabi heritage. A movement strengthened each day by the unwavering dedication of our APS President, Mr. Gary S. Sikka.

Under Mr. Sikka's visionary leadership, the American Punjabi Society has reached unprecedented heights. His tireless commitment to community empowerment has paved the way for transformative initiatives that continue to touch countless lives. From our highly

successful cancer awareness walks and educational seminars, to blood drives, food campaigns, student programs, and women's empowerment events—every achievement is a testament to his leadership, guidance, and relentless passion for serving others.

As Chair of the Women's Council, I have had the privilege of witnessing firsthand the power of collaboration, compassion, and purpose-driven service. I am deeply grateful for the support and trust President Sikka has extended to the Women's Council, enabling us to champion important causes and uplift the voices of women in our community. His support has been instrumental in helping us expand our reach, strengthen our initiatives, and make meaningful, lasting impact.

My own journey—as a senior leader in the financial industry, an advocate for empowerment, and a dedicated member of this community—is fueled by the belief that true change happens when leadership inspires action. President Sikka embodies that belief. His leadership encourages all of us to show up with integrity, to work with intention, and to serve with heart.

As we come together to celebrate this special evening, let us honor the extraordinary effort behind every APS initiative and recommit ourselves to building a stronger, more united, and more compassionate community.

With warm regards and profound appreciation,

**Navneet Sikka Sondhi**

Chair, Women's Council

American Punjabi Society



CONGRATULATIONS AND BEST WISHES  
TO

**PRESIDENT GARY S. SIKKA**

ANNUAL GALA  
WEDNESDAY, DECEMBER 10TH 2025  
FROM:

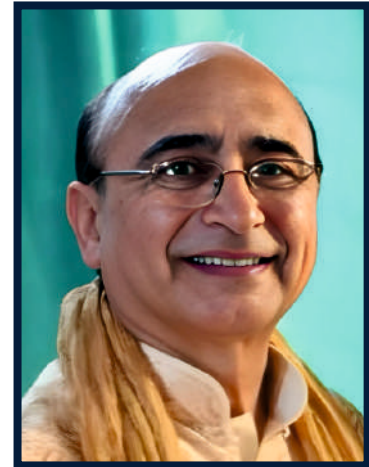
**USHA AND PRADEEP TANDON**



**MESSAGE FROM THE  
DIRECTOR, MEDIA & PUBLIC RELATIONS  
Pradeep Tandon**

It is with immense pride and heartfelt gratitude that I extend my warm greetings to everyone attending the American Punjabi Society's Annual Gala.

I would like to begin by expressing my sincere thanks to our dynamic President, Gary S. Sikka, for appointing me as the Director of Media & Public Relations and for giving me the distinct honor of becoming the first non-Punjabi member of the APS Advisory Board. This gesture reflects the true spirit of APS—an organization that embraces diversity, promotes inclusivity, and brings together communities with shared values of service, culture, and unity.



Serving in this role has been a privilege. It has allowed me to contribute to APS's mission of preserving heritage, celebrating culture, and strengthening our community. I am deeply inspired by the dedication, teamwork, and vision that Gary ji and the entire leadership bring to this organization.

I would also like to extend my heartfelt appreciation to all the Media and Press team members for their tireless efforts, creativity, and unwavering support. Your commitment ensures that APS's message reaches far and wide, connecting our community in powerful and meaningful ways.

A special note of gratitude to Shri Sunil Hali ji for his exceptional guidance, professionalism, and continued support. His expertise has greatly enriched our outreach and strengthened the public presence of APS.

As we celebrate tonight, let us continue to build bridges, empower one another, and take pride in the extraordinary impact APS is making across New York and beyond.

With warm regards,  
**Pradeep Tandon**  
Director, Media & Public Relations  
American Punjabi Society

# AMERICAN PUNJABI SOCIETY

## *Advisory Board 2025-2026*



**Naveen Shah**  
*Chair Advisory Board*



**Paramjeet S. Bedi**



**Pradeep Tandon**



**Surjeet Singh**



**Gurdev Singh DP**



**Dr. Raj Bhayani**



**Harbans S. Vohra**



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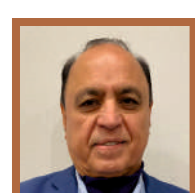
**Herman Singh**



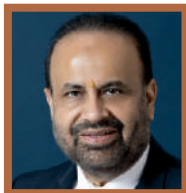
**Eric Kumar**



**Rajinder S. Taneja**



**Gobind Bathija**



**Jasbir Jay Singh**



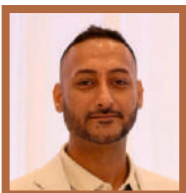
**Raj Sharma**



**Chandeeep S. Sondhi**



**Paramjit S. Sondhi**



**Rubal Sikka**



**Ravi Singh Multani**



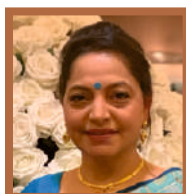
**Mohinder S. Miglani**



**Mohinder S. Chandok**



**Sukhdev S. Chadha**



**Vimaljeet Kaur Sikka**



**Ravinder Kaur  
Bably Sikka**



**Avtar Singh Sachdev**



# APS WOMEN'S COUNCIL



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*Director Youth Development*

# AMERICAN PUNJABI SOCIETY

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**Binny Koshy MD**

*Nephrologist*

**Gary Sikka**

**Coordinator: (917) 208-4027**

**Ajay Vir Sondhi**

**Co-coordinator: (917) 295-5718**

Please contact one of the coordinators in case you need guidance or help from any of our above doctors on the panel.

# AMERICAN PUNJABI SOCIETY

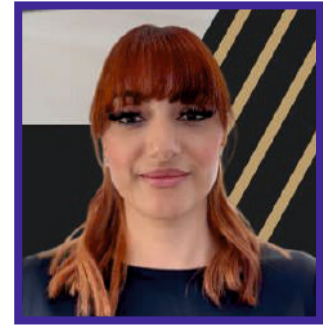
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***Jessica Kaur Kalra Esq.***  
***(516) 384-1338***



***Jaspreet S. Mayall***  
***(516) 296.7061***



***Preet Kaur Chhabra, Esq.***  
***(516) 342-4848***  
***Immigration Attorney***



***Nehal (NEAL) Trivedi, Esq.***  
***(516) 470-1379***



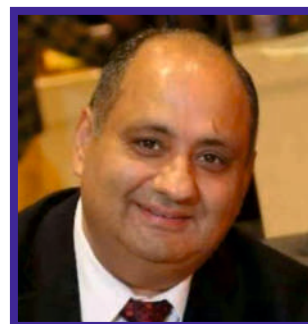
***Gurvinder S Sahni, Esq.***  
***(718) 846-3400***



## ***Final Rites Council***



***Chandeeep S. Sondhi***  
***Coordinator: (646) 673-3176***



***Raj Sharma***  
***Co-coordinator: (646) 267-6071***



# Guest of Honor: Neeru Bajwa

## Global Icon of Punjabi Cinema



### Neeru Bajwa – A Trailblazing Icon of Punjabi Cinema

Neeru Bajwa is one of the most celebrated and influential actresses in Punjabi cinema, with an accomplished career that spans over two decades across film, television, directing, and production. Born and raised in Vancouver, Canada, she began her journey in entertainment in 1998 with Dev Anand's Hindi film *Main Solah Baras Ki* before moving into Hindi television and ultimately rising to stardom in Punjabi films. Today, she stands among the highest-paid and most respected artists in the industry, with a remarkable lineup of blockbuster films including *Jatt & Juliet*, *Jatt & Juliet 2*, *Sardaar Ji*, *Laung Laachi*, *Shadaa*, *Kali Jotta*, and the recent *Jatt & Juliet 3*. With over 50 films to her credit, Neeru Bajwa has expanded her creative presence as a director and producer, shaping the evolution of Punjabi cinema both commercially and artistically. A three-time PTC Punjabi Film Award winner and a beloved figure in the global Punjabi community, she continues to inspire audiences with her talent, versatility, and trailblazing leadership in the entertainment world.

# Guest of Honor: Miss Pooja Renowned Punjabi Folk Singer.



## Miss Pooja – The Queen of Modern Punjabi Music

Gurinder Kaur Kainth, popularly known as **Miss Pooja**, is one of the most successful and influential voices in contemporary Punjabi music. Renowned for her powerful vocals and vibrant performance style, she has carved a unique place for herself in the Bhangra, Pop, and Punjabi Folk genres. With a career spanning hundreds of hit songs and collaborations, Miss Pooja is credited with revolutionizing the Punjabi duet format and becoming one of the most recorded female Punjabi singers of all time. Her music continues to captivate audiences worldwide, earning her a loyal global fan base and numerous accolades across the Punjabi entertainment industry. As both a celebrated singer and actress, Miss Pooja remains a dynamic force, contributing significantly to the growth, popularity, and international reach of Punjabi music.

# GURU TEGH BAHADUR JI

## *A Legacy of Courage, Faith, and Sacrifice*



Guru Tegh Bahadur Ji: A Legacy of  
Courage, Faith, and Sacrifice

Presented By: Janessa Sondhi

Guru Tegh Bahadur Ji, the ninth Guru of the Sikhs, stands as a towering figure in Sikh history, remembered not only for his spiritual wisdom but also for his courage, compassion, and unwavering commitment to justice. Born as Tyag Mal on April 1, 1621, in Amritsar, he was the youngest son of Guru Hargobind Sahib Ji, the sixth Sikh Guru. From his early years, he showed a deep spiritual inclination, as he embraced meditation, devotion, and service to humanity. His life was guided by Sikh principles of righteousness, humility, and selfless service, which later defined his role as a Guru and moral leader.

Guru Tegh Bahadur Ji's teachings emphasized the importance of inner spiritual growth, moral integrity, and devotion to God. He encouraged his followers to live honest and ethical lives, to treat all human beings with respect, and to defend righteousness. Unlike many religious leaders

of his time, Guru Tegh Bahadur Ji believed that spiritual strength should be paired with action in the face of injustice. He traveled extensively across India, spreading the message of Sikhism, engaging in dialogue with people of different faiths, and establishing centers of learning and worship, which strengthened the Sikh community.

However, the most defining chapter of Guru Tegh Bahadur Ji's life came during a period of intense religious persecution under the Mughal emperor Aurangzeb. The Mughal regime sought to forcibly convert Hindus and suppress other religious communities. Witnessing the suffering of the people and the threat to freedom of faith, Guru Tegh Bahadur Ji took a stand. He believed that defending the right to worship freely was a sacred duty, even if it meant sacrificing his own life.

In 1675, Guru Tegh Bahadur Ji sacrificed himself for humanity. Even though he was tortured and pressured to give up his beliefs, he stayed true to his principles. His commitment to justice and religious freedom led to his execution. His martyrdom is remembered as an act of incredible selflessness, showing that standing up for what's right and protecting others' rights are extremely important. His actions inspired his followers, strengthened the Sikh community, and left a lasting example of courage and determination. The impact of Guru Tegh Bahadur Ji's martyrdom extends far beyond the Sikh faith. He is celebrated as a defender of human rights and religious liberty, a symbol of resistance against oppression, and a moral exemplar for all communities. His life teaches that spiritual devotion is inseparable



from the duty to fight injustice and protect the vulnerable. The 350th anniversary of his martyrdom serves as a reminder of these values.



Every year, Sikhs and admirers of Guru Tegh Bahadur Ji commemorate his life and sacrifice through prayers, kirtan (devotional singing), and community service. Gurdwaras (Sikh temples) organize special programs to honor his teachings, highlighting his message of courage, compassion, and spiritual strength. Through these observances, his legacy continues to inspire individuals to live with integrity, uphold justice, and act selflessly for the welfare of humanity.

Guru Tegh Bahadur Ji's life and sacrifice remind us that freedom, justice, and faith are values worth defending, no matter the cost. He embodied the highest ideals of courage and moral conviction, and his martyrdom serves as a pillar of hope for all those who face oppression. As we commemorate his 350th martyrdom, we honor not only a spiritual leader but also a hero whose life continues to guide humanity toward truth, righteousness, and compassion.

His teachings remain deeply relevant in a world where freedom of belief and

human rights are still under threat. By reflecting on his life, we are reminded that one person's courage can inspire generations, challenge injustice, and create lasting change. The 350th anniversary of his martyrdom is not only a moment of reverence but also a call to action: to live with integrity, defend what is right, and ensure that the values for which he gave his life continue to flourish in our communities and the world at large.

Today, the legacy of Guru Tegh Bahadur Ji stretches far beyond India, reaching Sikh communities around the world. In New York City, a street in Richmond Hill, Queens, has been officially co-named "Guru Tegh Bahadur Ji Marg Way" near a local Gurdwara, marking the first time a NYC street honors a Sikh Guru. This recognition celebrates his sacrifice for religious freedom, and it also acknowledges the contributions of the Sikh community in New York. It is a modern tribute that keeps his teachings alive, reminding everyone of the enduring power of courage, faith, and standing up for what is right.

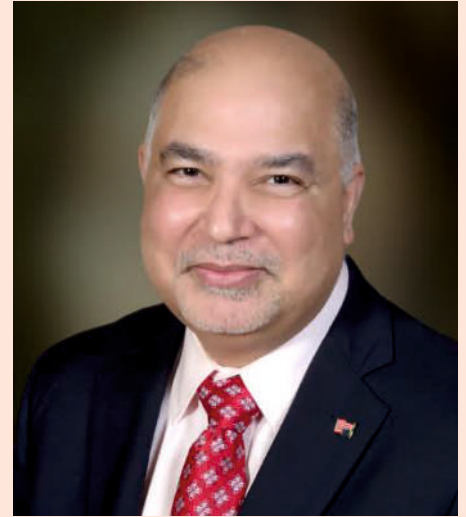


**Compiled by**  
**JANESSA SONDHI**  
**11th Grader Half Hollow High School East,**  
**Director Youth Development**  
**American Punjabi Society**

# IRON DEFICIENCY ANEMIA (IDA)

## Simply Complex

This is one of the most common problems in physicians' offices. Almost everyone in the audience today has heard about iron deficiency in their family members or amongst their friend circles. In some studies, the prevalence of iron deficiency has been anywhere from 38% to 77% depending on how they defined iron deficiency, more common in women than men. However, how to manage these simple blood problems is not as simple as we think. There are several myths and a lot of misinformation that makes these simple issues somewhat complex. Both patients and physicians can have their own biases based on hearsay and somewhat murkier literature on Dr. Google (no one knows which medical school Dr. Google went to, and no one questions about the credentials). There are some differences in how blood specialists such as me approach it than other physicians. That also creates confusion amongst patients. I see this entity of deficiency anemia in my office a lot – both in cancer patients as well as those without any cancer. I thought of sharing some pearls with you all so that there can be some clarity.



**IDA in Women: Needs special mention because it is very common and affects functioning on a daily basis.** Much more common than men. Iron deficiency is very common in young girls and women because a different physiological needs as they lose blood monthly. It is much more common in women than men because of above reasons. Some of them are unfortunate enough to have heavy periods for prolonged periods of time and need/require repeated iron infusions.

### SYMPTOMS OF IDA:

**Some of these are:**

- Fatigue/tiredness
- Lack of concentration
- Lightheadedness/dizziness
- Shortness of breath
- Heart Palpitations
- Increased sleepiness
- Hair loss
- Craving for some foods such as sand, paper, cardboard, ice, soap, hair, thread, chalk
- Family members notice pallor or light yellowness of the skin
- Restless legs



### DIAGNOSIS:

Made with simple blood tests – ranges in the results may be slightly different in different labs.:

**LOW HEMOGLOBIN**

Low Ferritin – is diagnostic – levels may be differently interpreted by blood specialists as compared with other physicians especially in conditions with chronic inflammation, kidney disease.

In some cases, special tests such as iron binding capacity, reticulocyte hemoglobin, soluble transferrin receptor status are helpful especially when ferritin cannot be relied upon and is falsely normal (can be so in inflammatory conditions)

**Iron levels alone are not usually helpful as this level changes with the intake that day**

**While bone marrow aspiration and biopsy are the ultimate diagnostic tests but it is not recommended/needed in vast majority of cases**

**Iron rich foods are recommended in a lot more quantity in iron deficient patients than non-anemic patients**

## Animal Sources:

- Lean red meat (beef, lamb, pork) - usually discouraged because of other issues
- Poultry (chicken, turkey)
- Seafood (oysters, clams, mussels)
- Eggs

## Plant Sources:

### **absorption helped by Vit C containing foods**

- Legumes (beans, lentils, peas)
- Dark leafy green vegetables (spinach, kale, collard greens, beets)
- Fortified cereals and breads
- Nuts and seeds (cashews, almonds, pumpkin seeds)
- Dried fruits (raisins, prunes, apricots)

## Iron replacement – Oral iron vs intravenous iron:

IV is preferred for a quick response and to decrease blood transfusion and provides high levels of storage iron which can continue to be used for weeks to months after just one set of infusions (usually range from 2-5 doses) - **not recommended/no data during first trimester of pregnancy.**

**There is a big difference in these recommendations between blood specialists and other physicians.**

**IV iron preparations available currently are extremely safe, and the side effects are quite uncommon to rare.**

Oral iron can be given 3 times a week or daily. Once a day iron is the most recommended these days. Taking iron 3 times, a day may be counter-productive and less efficacious. More than once a day does not help as per the studies – **must be continued for at least several months for the same effects as with 1 set of IV dose**

## Extremely Important: To find the cause of IDA.

In all adults (all men and those women who do not have menstrual blood loss) - full diagnostic Gastro-intestinal (GI) work-up is recommended.

It includes upper endoscopy as well as a colonoscopy regardless of age, ideally.

If both unable to determine the cause, a capsule study is recommended.

At an old age above 85, ideally it should be done but practically, we can take it on a case-by-case basis after looking at the risks of the invasive.

procedure vs the benefits. I have sent a 96-year-old patient for a diagnostic colonoscopy.

**It is not a screening test at a time of IDA but diagnostic, and there is supposed to be no age limit.**

## Iron deficiency but normal hgb:

There are some patients who have low ferritin and symptoms of anemia but normal hgb. Dehydration should be considered and ruled out in these cases and adequate fluid + electrolyte intake is recommended. However, replacement of iron is recommended to bring up ferritin ~ 100 especially in those where the symptom is restless legs. Oral iron is preferred in this situation. However, most of the patients have difficulty taking or absorbing iron and, in these cases, fewer doses of IV iron are recommended than in frankly iron deficient patients.

## TARUN WASIL, MBBS, FACP

Practicing Medical Oncologist and Hematologist with NYCBS

Clinical Assistant Professor of Medicine at Hofstra

Author – Mind Body Cross-Talk



*With Deepest Appreciation to*

**GARRY S. SIKKA**

for his outstanding leadership and  
tireless community service.



**SURJEET SINGH AND SONS HOLDINGS**

**REAL ESTATE INVESTERS, DEVELOPERS AND HOLDINGS**



# THE ULTIMATE SACRIFICE OF THE FOUR SAHIBZAADE



DECEMBER HOLDS A SACRED PLACE IN SIKH HISTORY, A MONTH THAT ECHOES WITH COURAGE, FAITH, AND THE UNSHAKABLE SPIRIT OF MARTYRDOM. IT IS DURING THIS TIME THAT WE PAUSE TO REMEMBER THE SUPREME SACRIFICES OF THE FOUR SAHIBZAADE: BABA AJIT SINGH JI, BABA JUJHAR SINGH JI, BABA ZORAWAR SINGH JI, AND BABA FATEH SINGH JI AND THE UNWAVERING RESILIENCE OF MATA GUJRI JI. THEIR LEGACY IS NOT JUST A CHAPTER OF HISTORY, BUT A LIVING REMINDER OF THE PRICE OUR GURUS AND THEIR FAMILIES PAID TO PROTECT RIGHTEOUSNESS AND HUMANITY.

AS WE REFLECT THIS DECEMBER, LET US HONOR THEIR MEMORY NOT ONLY THROUGH OUR WORDS, BUT THROUGH OUR ACTIONS, BY LIVING WITH INTEGRITY, COURAGE, AND COMPASSION. THE SAHIBZAADE DID NOT JUST GAVE THEIR LIVES; THEY GIFTED THE WORLD AN UNMATCHED STANDARD OF MORAL AND SPIRITUAL HEROISM.

ARTICLE WRITTEN  
BY: SAHEB SINGH DHIMAN





# AMERICAN PUNJABI SOCIETY

## EVENTS CALENDAR 2026

### **LOHRI CELEBRATION**

Jan 13th, 2026

### **HEALTH AWARENESS ON DRUG USE**

March 8th, 2026

### **VAISAKHI CELEBRATION**

April 10th, 2026

### **FAMILY PICNIC**

July 7th, 2026

### **CRUISE TO EUROPE**

Aug 23rd, 2026

### **BLOOD DONATIONS CAMP**

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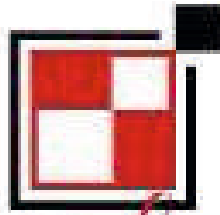
### **ANNUAL GALA 2026**

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### **GURUDHAM YATRA**

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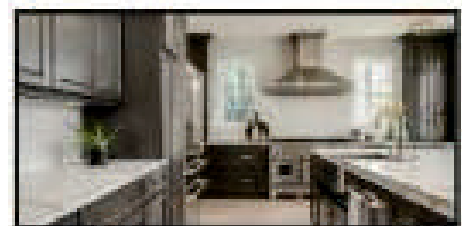
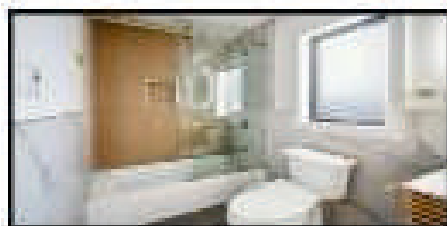
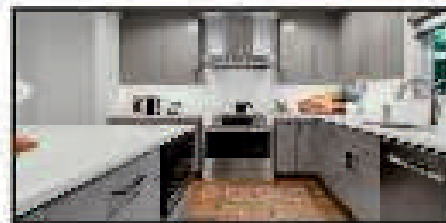
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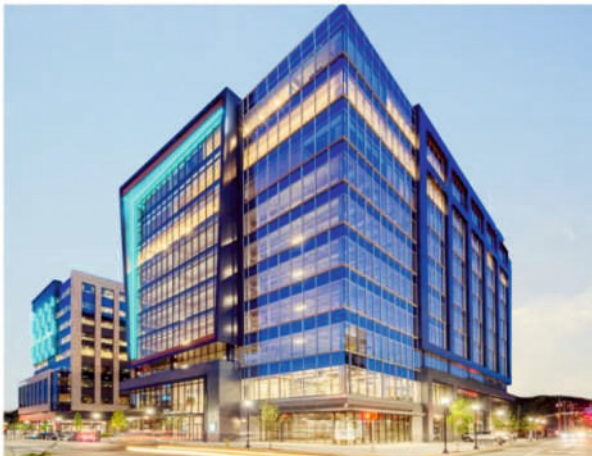
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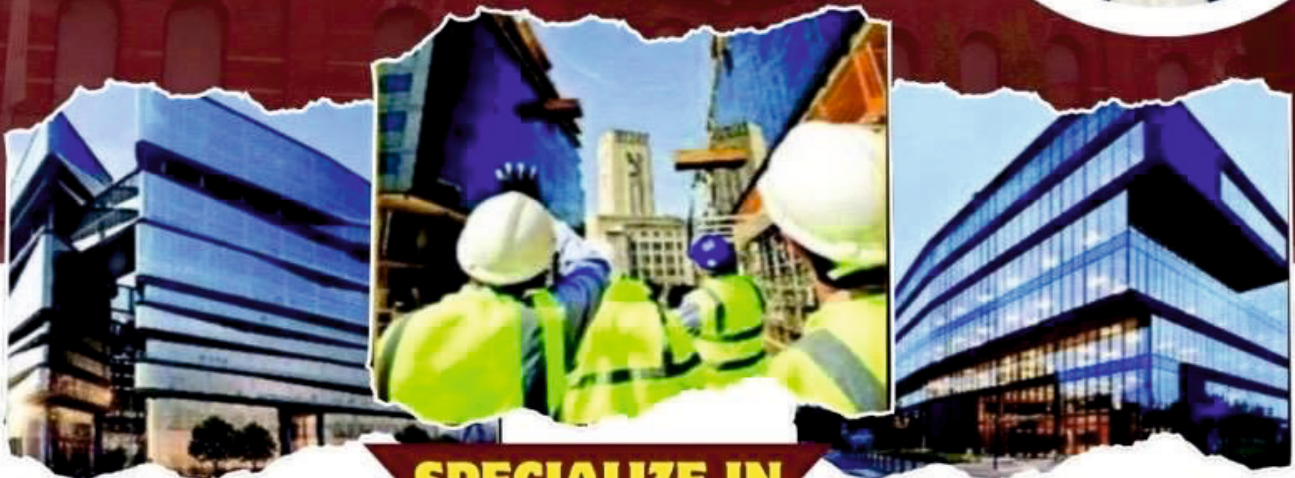
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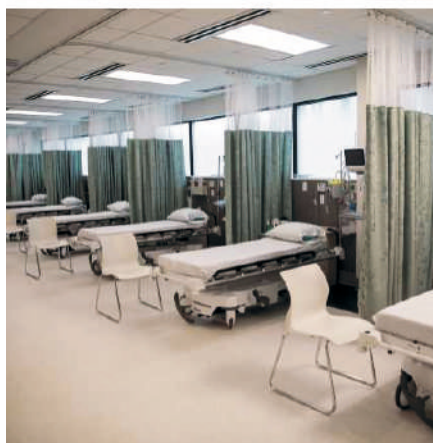
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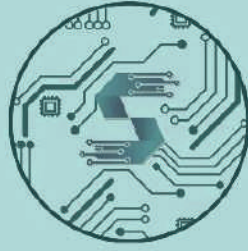
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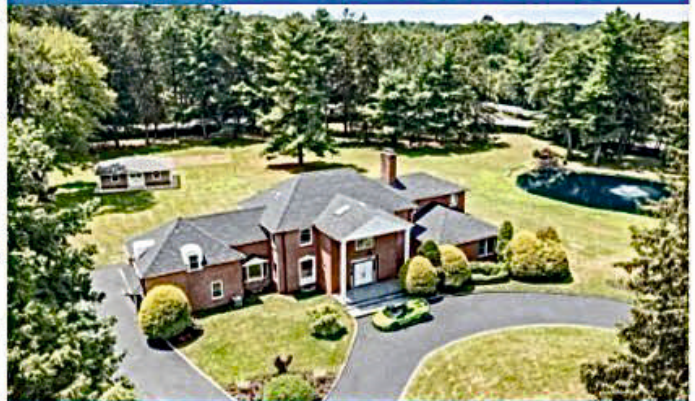
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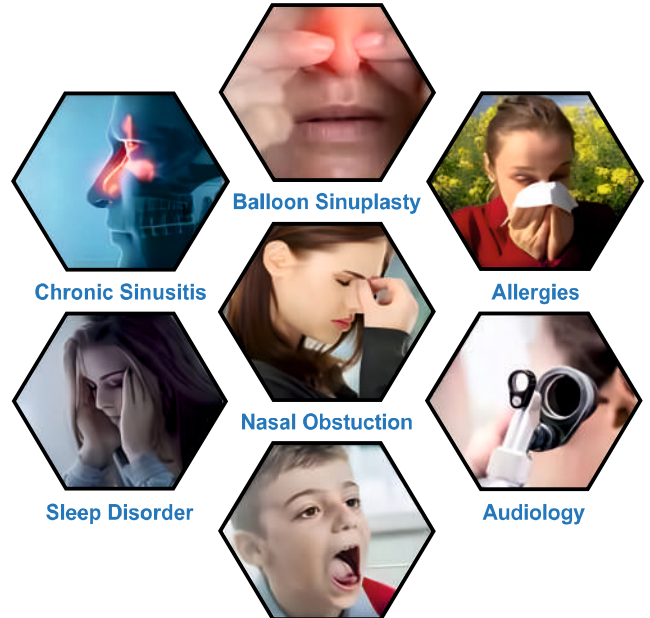
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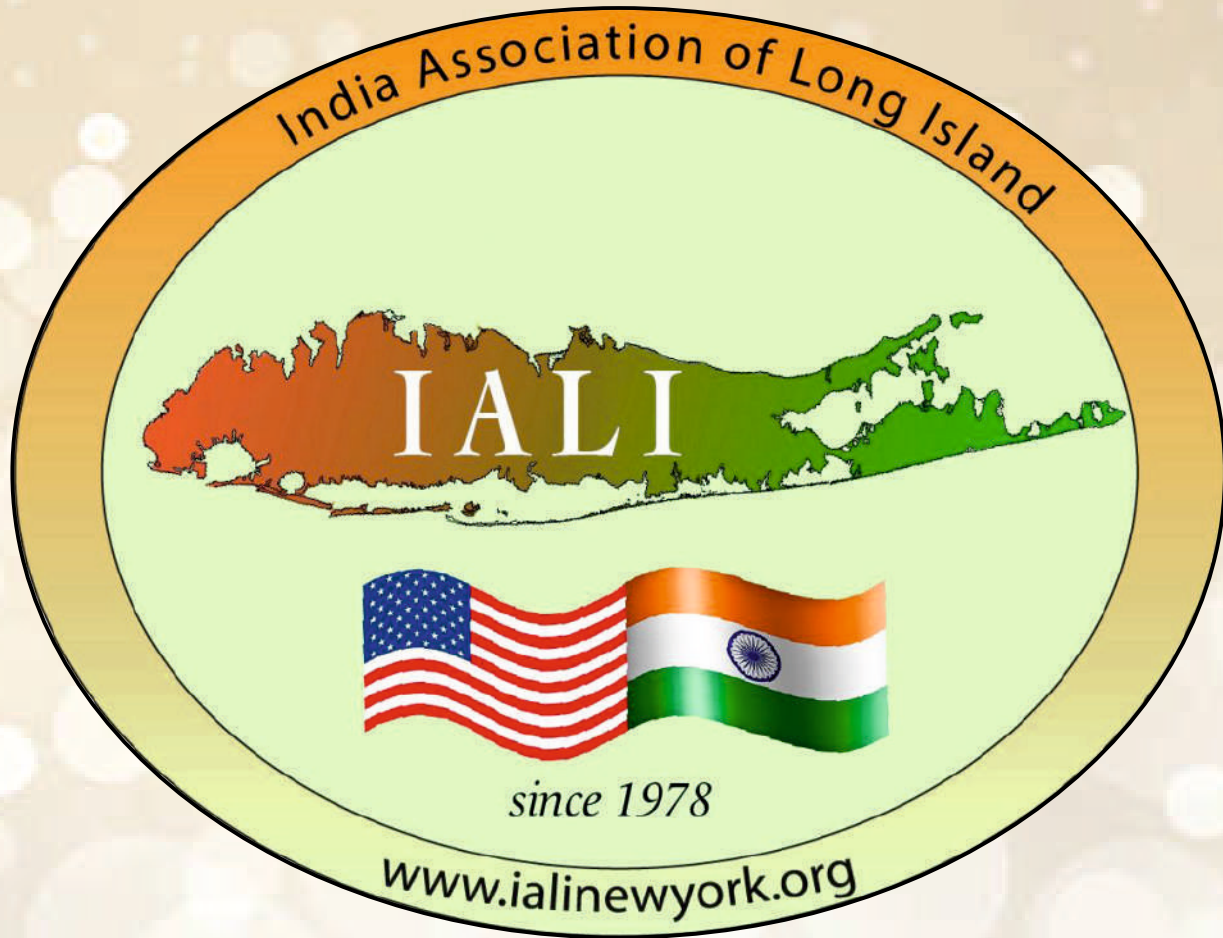
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Best wishes to APS President Garry S. Sikka and the entire American Punjabi Society team for keeping our culture and traditions alive, and for being a strong pillar of the Indian community. Your dedication, unity, and unwavering commitment continue to inspire us all.



Congratulations to all the honorees. Your leadership, commitment, and contributions have made a meaningful impact on our community. We are proud to celebrate your achievements and look forward to seeing you reach even greater heights.



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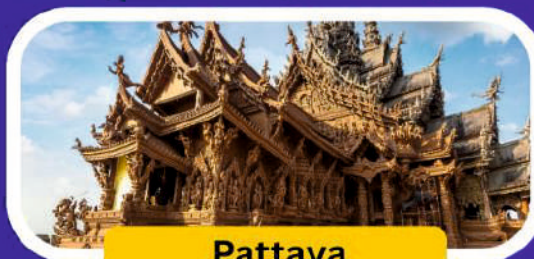
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WISHING

**PRESIDENT GARY S. SIKKA**

**and APS Team**

**Best Wishes on Annual Gala 2025**



**Dr. Avtar Singh Tinna**

*Chairman*

**Vaisakhi 5K Run**



**Mr. Satnam Singh Parhar**

*President*

**Vaisakhi 5K Run**



# *Heartiest Congratulations*

**Gary ji on your commendable accomplishments**



ਮਿੱਠੀ ਬੋਲੀ, ਦਿਲ ਦਾ ਨਿੱਗਾ,  
ਸਭ ਦਾ ਕਰੇ ਆਦਰ, ਸਨਮਾਨ ।  
ਪਾਕ ਕਲਾ ਦਾ ਮਾਹਿਰ ਹੈ ਜੋ,  
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ਬੱਬਲੀ ਜੀ ਦੇ ਸਿਰ ਦਾ ਸਾਈਂ,  
ਏ ਪੀ ਐਸ ਦਾ ਹੁਕਮ ਦਾ ਇੱਕਾ,  
ਇੱਕ ਅਤੇ ਸਿਰਫ ਇੱਕ, ਗੈਰੀ ਸਿੱਕਾ ।

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ਅੰਜੁ ਸ਼ਰਮਾ



*Warmest Congratulations*

**AND BEST WISHES TO THE**

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# Glimpses of Inaugural Gala

## 10th November 2023



The American Punjabi Society's Inaugural Gala, held on November 10, 2023, at the elegant Earl Banquet Hall, marked a historic milestone for the organization and the community it proudly represents. The evening brought together distinguished leaders, families, and supporters to celebrate APS's vision of cultural pride, unity, and service. Filled with warmth, vibrant performances, inspiring recognitions, and heartfelt speeches, the Gala reflected the spirit and mission of APS—uplifting the community through collaboration, philanthropy, and shared heritage. The event laid a strong foundation for future initiatives, symbolizing the beginning of a journey rooted in togetherness, leadership, and meaningful impact.



# Glimpses of Inaugural Gala 10th November 2023





# Glimpses of Inaugural Gala 10th November 2023





# Glimpses of Inaugural Gala

## 10th November 2023





# Glimpses of Vaisakhi Celebration

## 3rd April 2024





# **Proud Moments: APS Members Honored Externally**

## **APS President Gary S. Sikka received the prestigious Melvin Jones Award**



American Punjabi Society President Gary S. Sikka was proudly honored with the prestigious Melvin Jones Award by 2023–2025 LCIF Trustee and International Lions Club Past President Douglas X. Alexander, with Honorable Judge Anthony Paradiso presenting the ceremonial pin, at the Long Island Indo American Lions Club Gala on Sunday, June 30, 2024. APS members joined in the celebration, including Honoree Dr. Inderpal S. Chhabra, Past Club President Dr. Sunil Mehra, EVP Mohinder S. Taneja, and Advisory Committee Members Jasbir ‘Jay’ Singh and Rajinder Singh. APS extends heartfelt thanks to Founder President Indu Gajwani, President Shyam Gajwani, and Incoming President Anju Sharma for organizing a wonderful and memorable event.



# Glimpses Blood Donation Camp 25th August 2024

The APS Women's Forum, led by Chairperson Navneet Sondhi in partnership with New York Cancer and Blood Specialists and the New York Blood Center, organized a highly successful Blood Donation Camp on August 25, 2024, at Pearl Banquet Hall in Hicksville. Exceeding all expectations, the camp collected 47 donations—nearly double the anticipated number—thanks to overwhelming community participation and the tireless leadership of Dr. Tarun Wasil. The event received strong support from APS President Gary S. Sikka, AAPI-QLI, IALI, RANA, NYTTA, the Indo American Chamber of Commerce, and the Long Island Indo American Lions Club, demonstrating the power of collaboration and community spirit in advancing public health and humanitarian service.





# Glimpses-Cancer Awareness Walk 13th October 2024





# **Gurdham Yatra 2024**

## **A Spiritual Journey of Faith & Unity**

From 20th November 2024 to 2nd December 2024, the American Punjabi Society (APS) led a remarkable spiritual pilgrimage to Pakistan, bringing 135 devotees from across the United States together for the Gurdham Yatra. Over nine meaningful days, the sangat visited some of the most sacred sites of Sikh history — Shri Nankana Sahib, Shri Panja Sahib, Shri Kartarpur Sahib, Shri Sacha Sauda, and several other revered Gurdwaras.

The Yatra traced the footsteps of Shri Guru Nanak Dev Ji, connecting pilgrims to centuries of heritage, devotion, and spiritual wisdom. From heartfelt kirtan and Guru-ka-Langar to moments of deep reflection, this journey strengthened community bonds and renewed our collective commitment to Naam, Seva, and Sarbat da Bhala.

APS proudly regards the Gurdham Yatra 2024 as a shining milestone — a journey of faith, unity, and cultural preservation that will forever remain in the hearts of all who participated.

## **Nine-Day Itinerary Overview**

**Day 1 – Gurdwara Bebe Nanki Sahib & Mian Mir Dargah**

**Day 2 – Gurdwara Shri Shaheed Ganj, Chuna Mandi, Gurdwara  
Janam Asthan Shri Guru Ram Dass Ji**

**Day 3 and 4 – Sightseeing Lahore**

**Day 5 – Fort Maharaja Ranjit Singh**

**Day 6 – Gurdwara Janam Asthan Shri Gurdwara Nanak Sahib,  
Gurdwara Shri Tambu Sahib, Gurdwara Shri Kaira Saheb,  
Gurdwara Shri Mal Ji Saheb**

**Day 7 – Gurdwara Shri Panja Sahib (Hasan Abdal)**

**Day 8 – Gurdwara Shri Kartarpur Sahib**

**Day 9 – Gurdwara Shri Sacha Sauda, Gurdwara Shri Dera Saheb**

**Day 10 – Lahore Chamber of Commerce**

**Narrated by Gary S. Sikka, Compiled and designed by Pradeep Tandon**



# Day 1 - Gurdwara Bebe Nanki Saheb



## Gurdwara Bebe Nanaki Sahib – Dera Chahal, Lahore, Pakistan

Gurdwara Bebe Nanaki Sahib, located in **Dera Chahal near Lahore, Pakistan**, is a sacred shrine dedicated to **Bebe Nanaki Ji**, the beloved elder sister and first disciple of *Sri Guru Nanak Dev Ji*. Regarded as the first to recognize Guru Nanak's divine light, Bebe Nanaki Ji holds a unique and honored place in Sikh history.

The gurdwara, situated about **35 km from Lahore**, stands in a peaceful rural setting and commemorates the period when Bebe Nanaki Ji lived in this region. Though modest in structure, the shrine carries deep spiritual significance, reflecting her unwavering faith, compassion, and the pivotal role she played in nurturing Guru Nanak's early life and mission. Today, visiting jathas often perform **kirtan**, **ardaas**, and **langar** here, bringing life and devotion to this historic site. Gurdwara Bebe Nanaki Sahib remains a symbol of pure love, spiritual insight, and the profound contribution of Bebe Nanaki Ji—the first Sikh and the first to understand Guru Nanak's divine purpose.



## Day 2 –Gurdwara Shri Shahid Ganj Singh Singania



**Gurdwara Shahid Ganj Singh Singania**, also known as **Gurdwara Shaheedganj Singh Singania**, is a historic Sikh shrine located in the Naulakha Bazaar area of Lahore, Pakistan. This sacred site marks the place where, during the 18th century, tens of thousands of Sikh men and women were martyred for their unwavering faith and resistance against persecution. The gurdwara stands as a solemn tribute to their courage, sacrifice, and steadfast commitment to Sikh principles. Directly opposite the shrine is Gurdwara Bhai Taru Singh Ji, further anchoring this neighborhood as one of the most significant centers of Sikh martyrdom and remembrance in the region's history.



## Day 2 – Visit to Gurdwara Janam Asthan Shri Guru Ram Dass Ji



**Gurdwara Janam Asthan Shri Guru Ram Dass Ji – Lahore, Pakistan**  
Gurdwara Janam Asthan Shri Guru Ram Dass Ji, located in **Chuna Mandi within the historic walled city of Lahore**, marks the sacred birthplace of **Shri Guru Ram Dass Ji**, the fourth Sikh Guru and the visionary founder of Shri Amritsar. This modest yet deeply revered shrine stands as a tribute to the Guru Ji's early life, his humility, devotion, and the message of seva that shaped Sikh tradition. Visitors experience a profound sense of connection to Sikh heritage, as the site continues to symbolize the spiritual foundations upon which Shri Amritsar and the Golden Temple were built.



## Day 3 and 4 – Lahore Sightseeing



Along with visiting the historic gurdwaras, the APS team enjoyed wonderful sightseeing, delicious local cuisine, and memorable musical evenings that made the journey even more special.



## Day 5 – Lahore Sightseeing Fort Maharaja Ranjit Singh



**Maharaja Ranjit Singh Fort**, commonly known as **Lahore Fort**, is a historic landmark located in the city of Sheikhupura in Punjab, Pakistan. Originally built during the Mughal era and later renovated and expanded under Maharaja Ranjit Singh—who ruled the Sikh Empire from **1801 to 1839**—the fort served as an important military stronghold and royal residence during his reign. Its towering walls, grand gateways, and intricately designed chambers reflect both the architectural strength and refined aesthetics of the period. The fort played a key strategic role in securing the region and stands today as a powerful reminder of Maharaja Ranjit Singh’s leadership, vision, and the rich heritage of the Sikh Empire.



## Day 6 - Gurdwara Janam Asthan Shri Guru Nanak Dev Ji Nankana Sahib, Pakistan



Gurdwara Janam Asthan, located in **Nankana Sahib, Punjab, Pakistan**, marks the sacred birthplace of **Shri Guru Nanak Dev Ji**, the founder of Sikhism. One of the most revered Sikh pilgrimage sites, the gurdwara stands on the spot where Shri Guru Nanak Dev ji was born in 1469 and beautifully represents his message of oneness, compassion, and truthful living.

The majestic white-marble complex, expansive courtyards, and serene Sarovar create an atmosphere of deep spiritual peace. Formerly known as Rai Bhoi Di Talwandi, the town was renamed Nankana Sahib in honor of Shri Guru Nanak Dev ji, and the shrine remains a central destination for Sikh pilgrims from around the world.



## Day 6 - Gurdwara Shri Tambu Saheb



ਸਤਿਗੁਰੂ ਨਾਨਕ ਪ੍ਰਗਟਿਆ ਮਿਟੀ ਧੁੰਧੁ ਜਗਿ ਚਾਨਣੁ ਹੋਆ।

*With the emergence of the true Guru Nanak, the mist cleared and the light scattered all around.*

ਇਸ ਅਸਥਾਨ ਨੂੰ ਸ੍ਰੀ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਪਵਿੱਤਰ ਚਰਨ-ਛੋਹ ਪ੍ਰਾਪਤ ਹੈ। ਜਦੋਂ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਸੱਚਾ ਸੌਦਾ ਕਰਕੇ ਵਾਪਸ ਆਏ ਤਾਂ ਕੁਝ ਸਮੇਂ ਲਈ ਇਸ ਵਣ ਦੇ ਦਰੱਖਤ ਹੇਠ ਠਹਿਰੇ ਸਨ। ਇਹ ਵਣ ਦਾ ਦਰੱਖਤ ਜੋ ਅੱਜ ਵੀ ਮੌਜੂਦ ਹੈ, ਸੰਗਤਾਂ ਇਸਦੇ ਦਰਸ਼ਨ ਕਰਕੇ ਆਪਣੇ ਧੰਨ-ਭਾਗ ਸਮਝਦੀਆਂ ਹਨ। ਇਸੇ ਹੀ ਅਸਥਾਨ ਤੋਂ ਭਾਈ ਬਾਲਾ ਜੀ ਘਰ- ਪਰਿਵਾਰ ਨੂੰ ਮਿਲਣ ਗਏ ਅਤੇ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੇ ਪਿਤਾ ਮਹਿਤਾ ਕਾਲੂ ਜੀ ਵੀ ਇੱਥੇ ਹੀ ਆ ਕੇ ਉਹਨਾਂ ਨੂੰ ਮਿਲੇ ਸਨ। ਇਸ ਵਣ ਦੇ ਦਰੱਖਤ ਦਾ ਸਰੂਪ ਤੰਬੂ ਵਰਗਾ ਹੋਣ ਕਾਰਨ ਇਸ ਅਸਥਾਨ ਦਾ ਨਾਮ ਗੁਰਦੁਆਰਾ ਤੰਬੂ ਸਾਹਿਬ ਪ੍ਰਸਿੱਧ ਹੋਇਆ।

**GURDWARA TAMBU SAHIB**  
NANKANA SAHIB PAKISTAN

Gurdwara Shri Tambu Saheb is a site associated with the short stories of Shri Guru Nanak Dev Ji, particularly his childhood. One key story recounts him hiding under a tree canopy (tambu) to escape his father's anger after a "true bargain" (Sacha Sauda) and another describes how the tree's shade remained stationary over him while others shifted, demonstrating a miraculous presence.



# Day 6 - Gurdwara Shri Mal Ji Sahib

## The Divine Miracle of the Serpent's Shade



Gurdwara Shri Mal Ji Sahib marks the sacred site where a divine miracle from Shri Guru Nanak Dev Ji's childhood took place. While young Shri Guru Nanak Dev ji rested in the fields on a hot day, a large cobra rose beside him and spread its hood to shield him from the harsh sun. As the sun moved, the serpent adjusted its position, keeping Shri Guru Nanak Dev ji completely shaded.

Amazed by this sight, Rai Bular—the local overseer—recognized the divine radiance of the young Guru and declared that he was no ordinary child. This blessed moment is preserved today at Gurdwara Shri Mal Ji Sahib in Nankana Sahib, honoring the early signs of Shri Guru Nanak Dev Ji's spiritual greatness.



# Day 6 - Gurdwara Shri Kiara Sahib

## Nankana Sahib, Pakistan



**Gurdwara Shri Kiara Sahib**, located in Nankana Sahib, Pakistan, commemorates a beautiful early miracle from the childhood of Sri Guru Nanak Dev Ji. The word *Kiara* means “field,” and it is here that young Guru Nanak was grazing his family’s cattle when they wandered into a farmer’s cultivated crops. The distressed farmer complained that his entire field had been ruined. However, when the farmer and Mehta Kalu Ji rushed to inspect the damage, they were astonished to find the crops standing perfectly untouched—fresh, upright, and unharmed, as though no cattle had ever passed through. This gentle miracle revealed the divine protection surrounding Guru Nanak even as a child and showed that no harm could arise from his presence. Today, Gurdwara Kiara Sahib stands as a peaceful reminder of the Guru’s spiritual radiance, innocence, and the grace that shielded all around him. Pilgrims visit this sacred site to reflect on the profound message that truth, purity, and divine will safeguard those who walk the path of righteousness.



## Day 7 - Gurdwara Shri Panja Saheb



Gurdwara Panja Sahib, located in Hasan Abdal, Pakistan, is one of the most sacred places in Sikh history. It is associated with a profound miracle performed by Sri Guru Nanak Dev Ji, demonstrating his divine grace, humility, and power to uplift humanity.

During his travels, Guru Nanak and Bhai Mardana arrived in Hasan Abdal, where a spiritually arrogant saint named **Wali Qandhari** lived on a hill. Wali controlled the only water source in the area, forcing the local people to depend entirely on him. When Guru Nanak's devotees requested water from Wali, he refused, showing anger and pride.

Seeing the thirst of the people, Guru Nanak lifted a small stone nearby, and to everyone's amazement, **a fresh, flowing spring of sweet water emerged**. When Wali Qandhari saw this, he became furious. In rage, he pushed a massive boulder down the hill to harm the Guru.

As the enormous rock rolled toward him, Guru Nanak Dev Ji simply raised his hand. The boulder halted instantly, leaving **the imprint of the Guru's hand—the Panja**—deeply marked in the stone. Witnessing this miracle, Wali's pride disappeared, and he fell at the Guru's feet, realizing the true divine power of humility and compassion.

Today, the sacred handprint still rests inside Gurdwara Panja Sahib, a symbol of Guru Nanak's unshakeable compassion and the victory of humility over ego. Pilgrims from across the world visit this holy shrine to experience its peace and spiritual strength.



## Day 8 – Gurdwara Shri Kartarpur Saheb



**Gurdwara Shri Kartarpur Sahib**, located in the Narowal District of Pakistan, is one of the holiest and most historically significant sites in Sikhism. It stands at the sacred place where Sri Guru Nanak Dev Ji founded the first Sikh community and spent the final 18 years of his life, preaching equality, compassion, and devotion to the Divine. The site is revered as the place of his earthly departure, making it a deeply emotional and spiritual destination for devotees. Originally established in 1522, the gurdwara has been beautifully reconstructed, featuring stunning Sikh and Islamic architectural influences and is often regarded as one of the largest gurdwaras in the world. Today, Kartarpur Sahib continues to embody the timeless message of Guru Nanak Dev Ji —of peace, humility, and universal brotherhood—drawing pilgrims from around the world to experience its serene and sacred atmosphere.



## Day 9 - Gurdwara Shri Sacha Sauda



**Gurdwara Shri Sacha Sauda** marks the sacred site where Sri Guru Nanak Dev Ji performed one of the earliest and most meaningful acts of his spiritual mission. As a young man, Guru Nanak Dev Ji was given twenty rupees by his father, Mehta Kalu Ji, to conduct a profitable business transaction. Instead of purchasing goods for resale, Guru Nanak Dev Ji used the money to buy food and clothes for starving saints he encountered on the way. When questioned later, Guru Nanak Dev Ji explained that helping the needy was the truest and most valuable bargain — the “Sacha Sauda”. This simple yet profound act revealed the essence of his teachings: compassion over material gain, service over self-interest, and the belief that true wealth lies in helping others. The gurdwara now stands at the very place where this divine deed took place, symbolizing Guru Nanak Dev Ji’s lifelong message of seva, charity, and righteousness. Pilgrims visit Gurdwara Shri Sacha Sauda to reflect on the purity of the Guru Nanak Dev Ji’s actions and the lesson that the most meaningful profit in life comes from doing good.



# Day 9 - Gurdwara Shri Dera Saheb

## Lahore, Pakistan



Gurdwara Shri Dera Sahib, located beside the historic Lahore Fort is one of the most important Sikh shrines in Pakistan. It marks the sacred site of the **martyrdom of Sri Guru Arjan Dev Ji**, the fifth Guru of the Sikhs. In 1606, Guru Arjan Dev Ji was subjected to severe torture on the orders of the Mughal authorities for refusing to alter the teachings of Sikhism. He endured unbearable heat, thirst, and suffering with complete serenity and acceptance of God's will.

It was along the banks of the Ravi River at this very location that Guru Arjan Dev Ji took his final bath and merged with the Divine—an event that forever shaped Sikh history. The gurdwara stands today as a powerful symbol of **sacrifice, resilience, and steadfast faith**. Architecturally graceful and spiritually profound, Gurdwara Shri Dera Sahib attracts pilgrims from around the world who come to honor the Guru's supreme sacrifice and reflect upon his message of peace, equality, and unwavering devotion to truth. The shrine serves as a timeless reminder of the strength of the human spirit and the ultimate victory of righteousness over oppression.



## Day 10 – Lahore Chamber of Commerce



The APS delegation was warmly welcomed by the Lahore Chamber of Commerce, where both sides engaged in meaningful discussions to strengthen mutual understanding, collaboration, and future partnerships.



# Proud Moments: APS Members Honored Externally

## APS President Gary S. Sikka receives a Citation from Nassau County Comptroller Hon. Elaine Phillips on January 16th, 2025



American Punjabi Society President Gary S. Sikka was honored with a distinguished Citation from Nassau County Comptroller Hon. Elaine Phillips on January 16, 2025, recognizing his exemplary community leadership. The honor was presented by Indo American Lions Club President Anju Sharma and celebrated alongside APS Patron Harry Bolla, Sr. Vice President Mohinder Singh Taneja, and respected community leaders Kanak Golia, Dr. Jagmohan Kalra, Sanju Sharma, Indu Gajwani, and Madhu Pareek. The occasion highlighted Mr. Sikka's continued contributions to civic engagement, humanitarian service, and community empowerment—bringing pride to APS and reinforcing its mission of leadership through seva.



# Glimpses of Vaisakhi – Nassau County Office

## 17th April 2025



The American Punjabi Society (APS), in partnership with the Nassau County Office of Asian American Affairs, celebrated Vaisakhi on April 17, 2025, at the historic Theodore Roosevelt Executive & Legislative Building with an unforgettable evening of culture, community, and unity. Led by APS Global President Gary S. Sikka and Founder Patron Harry Singh Bolla, the event brought together elected officials, distinguished dignitaries, community leaders, and representatives from major Indian-American organizations for a vibrant program featuring cultural performances, inspiring speeches, and meaningful recognition of outstanding community service. With strong participation from the APS Women's Council, Youth Council, Advisory Board, and local Gurdwaras, the celebration highlighted the spirit of Vaisakhi—honoring heritage, promoting seva, and strengthening bonds across Long Island's diverse communities.



# Proud Moments: APS Members Honored Externally



On June 1st, 2025, Navneet K. Sondhi, Chair of the APS Women's Council, was honored as a Youth Ambassador by the Association of Indians in America (AIA) for her inspirational leadership and outstanding community service. Surrounded by distinguished leaders and dignitaries, the recognition was presented at the AIA Gala held at Pearl Banquet Hall.



# Proud Moments: APS Members Honored Externally

Gary S. Sikka Honored as “Healthcare Achiever of New York”  
by NYC Mayor Eric Adams – June 9th, 2025



The American Punjabi Society proudly celebrates the remarkable achievement of its Global President, Gary S. Sikka, who was honored with the prestigious “Healthcare Achiever of New York” award by Mayor Eric Adams on June 9, 2025. This distinguished recognition highlights his unwavering commitment to public wellness, community outreach, and his visionary leadership in expanding healthcare access for underserved populations. Gary Sikka’s dedication, compassion, and spirit of seva continue to inspire countless individuals across New York and beyond, bringing pride to the Punjabi-American community and strengthening the mission of APS through service and humanity.



# **Proud Moments: APS Members Honored Externally**

**Honoring Paul Bindra Ji for his outstanding leadership and dedicated community service at Indian American Night, Nassau County – June 22, 2025.**



The American Punjabi Society proudly celebrates our beloved and respected Vice President, Pritpal Singh “Paul” Bindra Ji, who was honored at Indian American Night by Nassau County at Eisenhower Park. County Executive Bruce Blakeman personally congratulated and thanked him for his outstanding leadership, remarkable achievements, and enduring commitment to community service. Paul Bindra Ji continues to make us all proud with his dedication and humility. APS President Gary S. Sikka and the entire APS team extend their warmest congratulations on this well-deserved recognition.

# Glimpses-Blood Donation Camp

## 10th August 2025

On August 10, 2025, the APS Women's Forum, led by Chairperson Navneet Sondhi and her dedicated team, organized a highly successful Blood Donation Camp at AsaMai Temple in Hicksville, collecting nearly 50 donations—far exceeding the original goal. The event was strengthened by partnerships with AsaMai Temple, New York Cancer and Blood Specialists, the New York Blood Center, and AAPI-QLI, with strong support from APS leadership including Founder & Global President Gary S. Sikka, Senior Vice President Mohinder S. Taneja, General Secretary Varinder S. Sikka, and the APS Executive Board. Youth volunteers and community members worked seamlessly to manage the large turnout, with Gary S. Sikka and APS Vice President Ajayvir Sondhi setting an inspiring example as the first donors. The camp showcased the power of collaboration, compassion, and seva, reaffirming APS's commitment to community health and unity.





# Glimpses of APS Picnic

## 17th August 2025

The American Punjabi Society (APS) hosted its First Annual Community Picnic on August 17, 2025, at Wantagh Park, bringing together families, volunteers, dignitaries, and community leaders for a joyful day of Punjabi food, music, games, recognitions, and shared cultural pride under the leadership of President Gary S. Sikka and APS Women's Council Chair Ms. Navneet Sondhi.





# Glimpses of APS Picnic

## 17th August 2025





# Glimpses - Bermuda Cruise

## August 24th –31st 2025

A Week of Joy, Unity & Unforgettable Memories\*\*The American Punjabi Society (APS) proudly embarked on a spectacular 7-day Bermuda Cruise from August 24–31, 2025, bringing together members, families, and friends for an unforgettable journey of relaxation, togetherness, and cultural bonding. Sailing across the beautiful Atlantic, the APS family enjoyed breathtaking ocean views, vibrant entertainment, delightful dining, and joyful moments that strengthened friendships and created lifelong memories. This special cruise—filled with laughter, community spirit, and the warmth of APS camaraderie—reflected the organization’s commitment to fostering unity, celebrating culture, and providing meaningful experiences for its members.





# Glimpses - Bermuda Cruise

## August 24th –31st 2025





# Glimpses - Bermuda Cruise

## August 24th –31st 2025





# Proud Moments: APS Members Honored Externally



On September 20th, Janessa Sondhi was honored as one of ten recipients of the UPANY Scholarship Award, recognized for her distinguished academic excellence, outstanding leadership in the Red Cross and the American Punjabi Society, and her achievements in debate, Science Olympiad, and mathematics—qualities that truly embody the values of UPANY



On September 20th, Sean Sikka was honored as one of ten recipients of the UPANY Scholarship Award, recognized for his strong academic record, active involvement in extracurricular and community service activities, and the promise, commitment, and leadership he consistently demonstrates—qualities that truly reflect the values of UPANY.



# Cancer Awareness Walk

## 28th September 2025

The American Punjabi Society's Cancer Awareness Walk, held on September 28, 2025, at Eisenhower Park, brought together more than 300 participants in a powerful display of unity, compassion, and commitment to community health. Led with inspiring dedication by APS Founder Patron Harry Singh Bolla and Women's Council Chair Navneet Sikka, the event transformed awareness into action as families, survivors, and supporters walked together to promote early detection and honor those touched by cancer. Navneet Sikka and her dynamic team—Dilsheet Kaur, Shweta Malhotra, Priyanka Khanna, Binny Kaur, Swati Anand, and a spirited group of youth volunteers—worked tirelessly to organize the walk, creating a meaningful morning of hope, strength, and collective resolve to support those affected and to continue the fight against cancer.



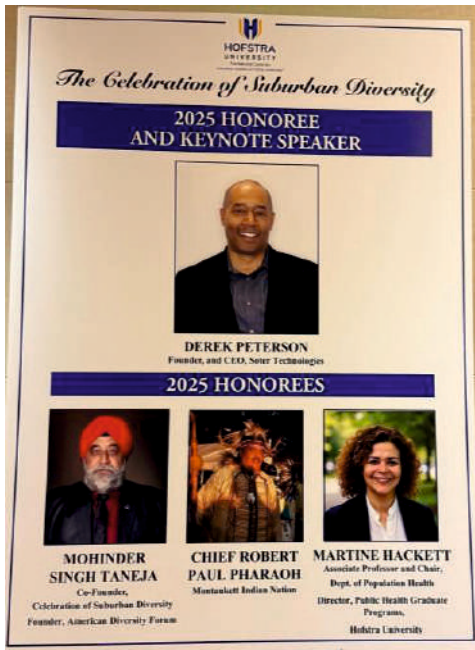






# Proud Moments: APS Members Honored Externally

**Honoring Excellence: Mohinder Singh Taneja recognized for his enduring service, leadership, and commitment to community unity**



The American Punjabi Society proudly congratulates Mohinder Singh Taneja — Senior Vice President of APS, Co-Founder of the Celebration of Suburban Diversity, and Founder of the American Diversity Forum — on being honored by the Center for Suburban Studies at Hofstra University on November 18, 2025. This well-deserved recognition reflects his unwavering dedication, selfless service, and exceptional contributions to the community. His tireless efforts continue to inspire and uplift those around him, and APS extends its heartfelt appreciation and warmest wishes on this proud achievement.

# APS Leadership in Impactful Outreach



The American Punjabi Society proudly recognizes its meaningful role in the historic ICC T20 World Cup hosted in Nassau County in June 2024. We extend sincere thanks to County Executive **Bruce A. Blakeman** for appointing **APS Patron Harry Singh Bolla** as Chairman and **APS President Gary S. Sikka** as Director, enabling strong community engagement, cultural representation, and international hospitality. APS leadership, volunteers, and members enthusiastically supported the tournament, showcasing unity, pride, and partnership while elevating the visibility of the Punjabi-American community on a global stage.



# APS Leadership in Impactful Outreach



Nassau County Executive Hon. Bruce A. Blakeman discussing World Cup Tournament with the American Punjabi Society President and the Director of T20 Organizing Committee



Nassau County Executive Bruce A. Blakeman watching Cricket Match with APS Patron and Chairman T20 Organizing Committee along with Mrs. and Mr. Gary S. Sikka



Mrs. and Mr. Gary Sikka with Deputy Consul Dr. Varun Jeph and Consul General Pradhan

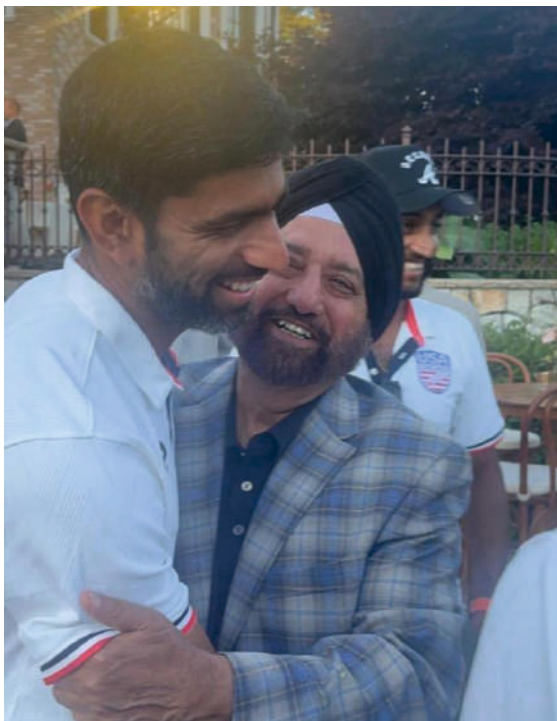
# APS Leadership in Impactful Outreach



Chris Gayle with Gary Sikka



Babar Azam Captain Pakistan cricket team with APS President Gary Sikka



USA Cricket Team Bowler  
Sourabh Netravalka



USA Cricket Team with Mrs. and  
Mr. Gary Sikka at the Bolla  
residence



# APS Leadership in Impactful Outreach



Edison Mayor Hon. Sam Joshi watching India USA cricket World Cup match with APS President Gary Sikka



Senator Raj Mukherji of New Jersey watching World Cup Cricket Match

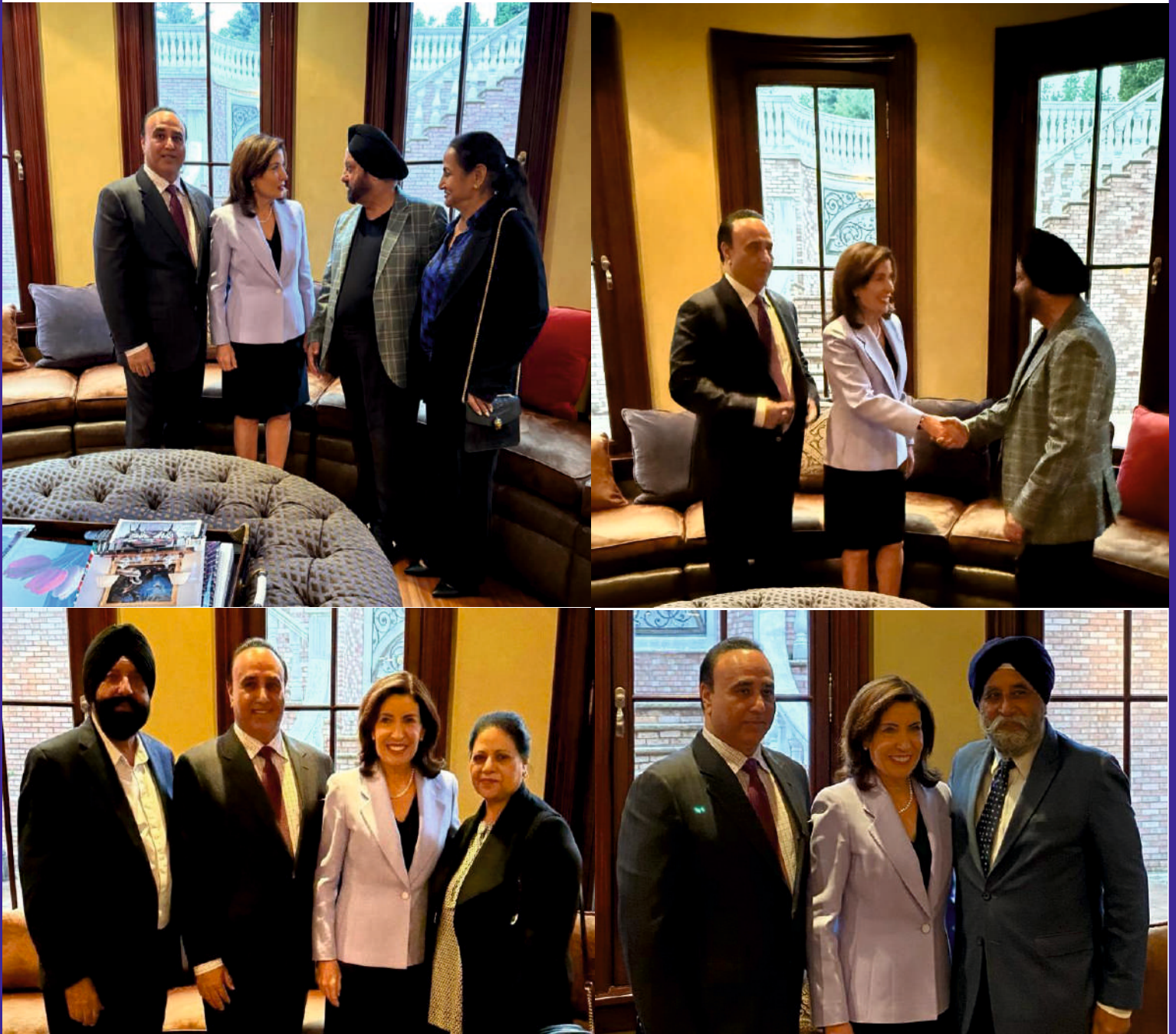


NY Governor Hochul at the Bolla residence after India won the World Cup.



APS President Welcoming IPL Chairman & Member of Parliament Rajeev Shukla at Mint after India Cricket Team Win Over USA cricket Team

# APS Leadership in Impactful Outreach



APS leadership President Gary Sikka, Senior Vice President Mohinder Singh Taneja and General Secretary VPS Sikka had the distinguished honor of meeting New York Governor Kathy Hochul at the residence of APS Patron Harry Singh Bolla, where meaningful discussions on community partnership, service, and civic priorities took place.



# APS Leadership in Impactful Outreach



APS President Gary Sikka with  
Minority Leader Congressman  
Hakeem Jeffries



APS President Gary  
Congressman Gregory Meeks



APS President Gary Sikka, Mrs. Babli Sikka and  
APS Vice President Paul Bindra with Nancy Pelosi

# APS Leadership in Impactful Outreach



American Punjabi Society President Gary Sikka, Bably Sikka, Sr. Vice President Mohinder Singh Taneja, Dimpy Taneja, Gen. Sec. Gurdwara Mata Sahib Kaur-Glen Cove, Harcharan Singh Sachdev, Baby Sachdev and former Chairman Gurdwara Sikh Cultural Society Harpreet Singh Toor along with Hon. Jon Kaiman at the swearing in of Congressman Hon. Tom Suozzi in the Gallery Of US Capitol in Washington DC.



APS President Gary Sikka with Congressman Tom Suozzi



APS President Gary Sikka with Former Speaker Nancy Pelosi



# APS Leadership in Impactful Outreach



APS President had the privilege of meeting Mrs. Amruta Fadnavis, wife of the Chief Minister of Maharashtra, at a special event recognizing her achievements, where they engaged in a meaningful discussion on areas of mutual interest.



APS President and Senior Vice President had the honor of meeting renowned business magnate and philanthropist Sant Singh Chatwal, along with New York Republican Party Chairman Edward F. Cox, to discuss community priorities, cooperation, and leadership initiatives

# APS Leadership in Impactful Outreach



APS Leadership President Gary Sikka, Sr. VP Mohinder Singh Taneja and  
VP RPS Narang with Huntington Town Supervisor Hon. Ed Smyth



American Punjabi Society President Gary Sikka and Senior Vice President Mohinder Singh Taneja with Sikh Bike Riders is very proud to participate in Memorial Day Parade



# APS Leadership in Impactful Outreach



American Punjabi Society Senior Vice President and Plainview Memorial Day Parade Planning Committee Member, Mohinder Singh Taneja, seen with Nassau County Executive Hon. Bruce Blakeman at the Memorial Day Ceremony



Dr. Raj Bhayani & Mohinder S. Taneja with Hofstra University President Dr. Susan Poser for planning of a community event.

Picture on Right: As part of American Punjabi Society Law Enforcement Outreach Initiatives, President Gary Sikka & EVP Mohinder Singh Taneja planning a Police Chiefs event with Garden City Police Commissioner Kenneth Jackson.



# APS Leadership in Impactful Outreach



Meet & Greet at Nassau Police Headquarters with Police Commissioner Hon. Patrick Ryder joined by American Punjabi Society President Gary Sikka, Sr. VP Mohinder Singh Taneja, Gen. Secretary Virender PS Sikka and other Community Leaders



APS Leadership with Police Commissioner Pat Ryder to discuss law enforcement issues



APS President with Police Commissioner Pat Ryder



American Punjabi Society Honoring Suffolk County Police Commissioner Hon. Kevin Catalina joined by Balbeer S. Pahwa Dyal S. Vohra Santokh S. Bajaj Giani Bhupinder Singh Ji Harcharan S. Sachdev Baljeet S. Sachdev Inderpal S. Dhall & Dr. John Power.





# APS WOMEN COUNCIL'S WINTER WEAR DRIVE

YOUR GENEROSITY CAN BRING  
WARMTH AND HOPE FOR CHILDREN  
IN NEED THIS WINTER

## Collection Items

**HATS, GLOVES, JACKETS**

(NEW/UNUSED)

Please drop off all donations at

Krafty Hands

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Any Questions, email: [apswomenscouncil@gmail.com](mailto:apswomenscouncil@gmail.com)

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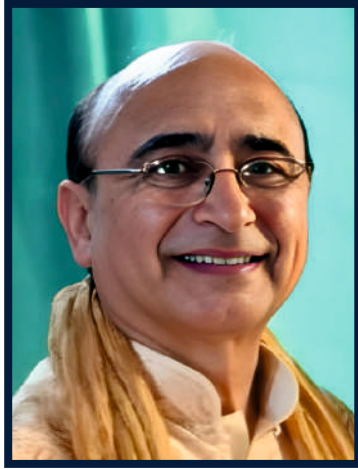
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with the caption "WINTER DRIVE"

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DECEMBER 27TH, 2025**

## EDITOR'S NOTE



**Pradeep Tandon**

*Editor and Member, Advisory Board  
American Punjabi Society*



**Gary S. Sikka**

*President & Co-Editor  
American Punjabi Society*

It is our great honor and privilege to serve as Editors for this year's **American Punjabi Society Annual Gala Journal**. This publication reflects the collective spirit, hard work, and commitment of our APS family, and we are delighted to present it to you with pride.

We extend our heartfelt thanks to **Senior Vice President Mohinder Singh Taneja**, **General Secretary VPS Sikka**, the **Board Members**, and the **Advisory Board** of the American Punjabi Society for their unwavering support throughout the preparation of this Journal.

Our sincere gratitude goes out to our **sponsors, media partners, and advertisers**—your encouragement and continued support make this publication, and the Gala itself, truly possible.

A special note of appreciation is due to our printing partner **Mr. Naveen Grover** and our Graphic Designer for their creativity, dedication, and tireless efforts. As with all major events, much of the work comes together in the final moments, and their commitment ensured everything was completed beautifully and on time.

While we have taken utmost care in preparing this Journal, we request your understanding should there be any minor errors or oversights.

With warm regards

**Pradeep Tandon**  
Editor & Member, Advisory Board

**Gary S. Sikka**  
President & Co-Editor





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# Congratulations And Best Of Luck To The American Punjabi Society



*Harry Singh  
President & C.E.O.  
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