

Generation OM, a nonprofit organization, received some excellent applications for the CY 2012 Generation OM Scholarships Awards. The Board of Directors and External Board Advisors reviewed the applications in detail and ranked them. Those applicants with the highest rankings were requested to appear for detailed interviews. After careful consideration and deliberation, the Board of Directors of Generation OM selected four successful applicants to receive the Generation OM Scholarship.

The Generation OM Scholarships are to be awarded on August 12th 2012

Generation OM is a Florida based 501 (c) 3 nonprofit organization that rewards academic excellence to college bound high school students while providing resources to help students develop a better understanding of their Hindu culture and family values. This organization is supported by community donations and by a dynamic Board of Directors and External Board Advisors who all believe in the Mission Statement.

The successful applicants are:



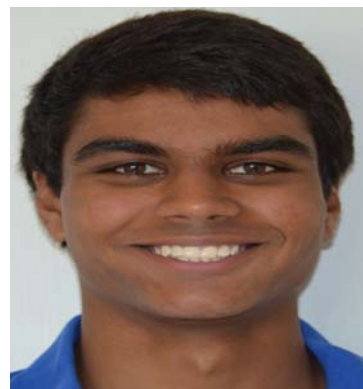
Ashwin Babuji

Graduating senior at Oviedo High School, Oviedo
College:
University of Florida



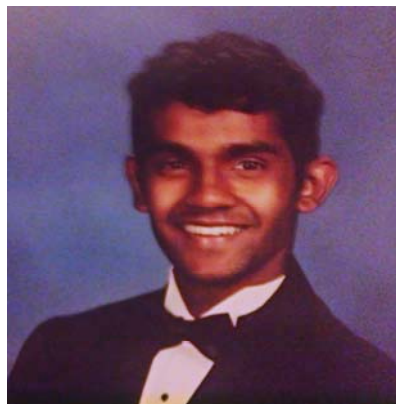
Abhi Gandhi

Graduating senior at Cypruss Creek High School, Ocoee
College:
University of Florida



Neel Patel

Graduating senior at Oviedo High School, Oviedo
College:
Harvard University



Keron Prashad

Graduating senior West Orange High School, Orlando
College:
University of Central Florida



Need Help for College Costs? Good News!

If you are a graduating Hindu American student residing in Central Florida and Collage bound. We are offering Scholarships up to

\$6,000.00

**You must apply by
May 31st 2013**

<http://www.generationom.com/>

Please Save This Date

Either Sunday August 11th

or Sunday August 18th 2013

Generation OM Annual
Scholarship Awards Night

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Namaste

We welcome you to the Generation OM Annual Scholarship Award Banquet. Generation OM's stated aim is to provide scholarships to Hindu American undergraduate students while providing them with tools and activities that support their education and understanding of Hinduism and its values. College scholarships are currently being awarded to students based in Central Florida.

As per last year, Generation OM's Board of Directors have selected **four** outstanding Hindu American students to receive the Generation OM Scholarships. Two of them will begin their quest for an undergraduate degree at The University of Florida, one at The University of Central Florida and one at Harvard University. The successful applicants had achieved very strong GPAs and had been involved in numerous community volunteer projects. Reading their Generation OM scholarship applications and responses to being a Hindu in America along with their answers to the summary points of view was indeed a pleasure.

With this award there are now **eleven** Hindu American students receiving the Generation OM Scholarships. We know that we are on the right track of attracting the best Hindu American Hindu students residing in Central Florida.



You will soon meet the successful American Hindu students who have been awarded the Generation OM's Scholarships.

Friends, we do need your help. With your help, we can build a better tomorrow, a better life and a better society. Your donations will continue to help us provide scholarships to Hindu American students who are undertaking undergraduate degrees and help them gain a better understanding of Hinduism and it's far reaching effects on all aspects of life.

Hindu American students who receive Scholarship are expected to adhere to the Generation OM Mission statement and become Youth Ambassadors for the organization and take an active part in our events. They will exemplify a life of peace and harmony with all communities in America and become role models for the Hindu community; they will show how to function in "America's Society," and retain their ethnic Hindu identity and culture.

Donate generously and help us support and educate our Hindu American students, preparing them for the changes and challenges of the 21st century and the quest to

make our world a better and peaceful place.

What type of Scholarship Is Generation OM awarding?

Generation OM Scholarships are academic scholarships awarded to Hindu American undergraduate students (currently those based in Central Florida). Scholarships are **"Merit"** based and not **"Needs"** based. Our scholarships range from \$4,000 to \$6,000 and are paid annually (over 4 years). Recipients have to continue to qualify annually and be in compliance with the Generation OM eligibility requirements in order to continue to receive the scholarship.

Who decides which students receive the Scholarship?

Upon receipt of eligible, complete and on time applications, they are scanned and all evidence of the applicant's personal detail is deleted prior to it being sent by e-mail to the Generation OM Board of Directors, External Advisors and selected Community Hindu professionals for their review and ranking amongst all valid submissions. Depending upon these findings, applicants are selected for personal interview with the Generation OM Board members. If they are successful in their quest for the Generation OM Scholarship, the Generation OM Board has a chance during the interview to determine whether the base scholarship needs to be increased depending upon the **individual student's needs**, even though that is not the starting criteria.

Issue # 4 August 6rd 2012

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Pradip Jamnadas, MD, MBBS, FACC, FSCAI, FCCP, FACP, Clinical Assistant Professor of Medicine, The Florida State University College of Medicine, is the founder of Cardiovascular Interventions, P.A. medical group in Orlando, Florida, USA. Dr. Jamnadas was a featured guest on the Fox35 Orlando Morning Program on February 23, 2010

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Ambassadors Reflect on Experiences

Sohani Kasireddy

My first year at UF was a wonderful experience that came with numerous surprises. The many responsibilities and freedom that came with an independent lifestyle was overwhelming in the beginning but as I neared my spring semester, I learned to balance these various responsibilities. Managing simple tasks such as packing my lunch, doing the laundry, cleaning the apartment etc while keeping up with school was difficult but with some time, I began to settle into a healthy routine. The most difficult aspect was living away from my parents and brother. Although I would come home often, it took me time to adjust living by myself. However, once I made new friends it became much easier to do so. As a Microbiology major, I took core chemistry and biology

courses and during the summer, I completed the physics sequence. During my first semester, I became a member of the Freshman Leadership Experience which gave me the opportunity to make new friends and meet other students with similar interests and goals. It has also allowed me to find and develop a relationship with a mentor to guide me in my academic pursuits while at UF. In the spring, I became a volunteer with After School Gators and worked with at-risk elementary school children around Alachua county area. ASG then inspired me to work with terminally ill patients in the pediatrics department at Shands Hospital. Presently, over the summer, I have been a volunteer research assistant in the Cellular Therapy Lab at the Florida Hospital Cancer Institute.



Sohani volunteering at Project Makeover by repainting an elementary school.

SOHANI SAYS...

Find a mentor who can guide you in your academic endeavors.

Establish a good relationship with professors and attend office hours if you need extra help.

Ruchi Jahagirdar

College may seem like a daunting place, away from family and familiar friends, filled with academic rigors, a new living situation, and all in an entirely new environment. When I made the decision to go to California Institute of Technology, I didn't realize the magnitude of the distance: over 2,000 miles away from home! I was worried about new friends, roommate, my housing situation, and most importantly, the food.

Being a vegetarian has its drawbacks and I was worried my diet would get the best of me, and I would be unable to function with no rotis in sight. Fortunately, I found Caltech has a solid base of vegetarians and even serves Indian food! Communicating with the family was

not as hard as I thought it would be. With technology, distance is almost negligible, and I'm able to Skype with my parents and talk to them on a daily basis, especially when academic pressures are becoming too much to handle.

The 3 hour time difference makes it a little hard, but with a little scheduling and time management, anything is possible. Caltech may seem daunting as it's so far away from Florida and my home, but the housing system and the family they create here for the undergraduates makes it bearable. The friendships I've gained in my short time here are as strong as my friendships from high school and I'm looking forward to another 3 years!

Veena Selvamani

We all take the initial steps towards the career of our dreams in college and for me; college has been amazing experience so far. UCF has given opportunities to exceed in multiple areas and the chance to stay at home while studying in college has been a wonderful experience as I have gotten the best of both worlds. As a freshman, I took the core science classes necessary for the Micro and Molecular biology major. During my sophomore year, I took Organic 1, Immunology, Physiology and Genetics.

Classes have definitely gotten tougher as I progress through the years and

the number of science classes increases. In addition, being a part of more clubs contributes to an even busier schedule.

Apart from classes, I am a member of the Pre-professional Medical Society (PPMS) and Multicultural association of pre-professional society (MAPS) at UC. I also tutor students needing help in genetics and chemistry classes. I volunteer with the Tamil student association at Chinmaya Mission and continue to practice Bharatanatyam. In addition, I plan on volunteering at Camp Boggy Creek over vacation and currently I'm shadowing at Florida Cardiology.



Veena and other Bharatanatyam dancers perform at the Hindu Society of Central Florida.

VEENA SAYS...

Make sure to stay on top of school work, it's easy to fall behind!

Keep in touch with old friends and family, maintain positive relationships.

Try to establish long term and short term goals.

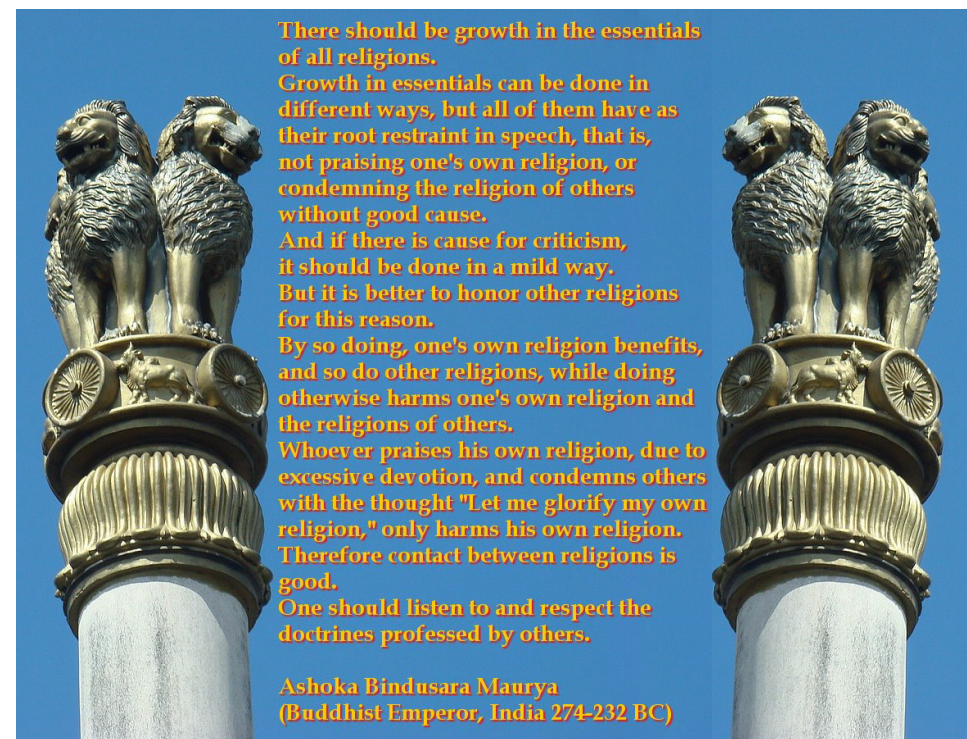


Ruchi collecting trash for a volunteering project.

RUCHI SAYS...

Join an extracurricular activity, it's a great way to relieve academic stress!

Concentrate on core the classes that you will be taking as a freshman as they help to build a strong foundation.



There should be growth in the essentials of all religions.

Growth in essentials can be done in different ways, but all of them have as their root restraint in speech, that is, not praising one's own religion, or condemning the religion of others without good cause.

And if there is cause for criticism, it should be done in a mild way. But it is better to honor other religions for this reason.

By so doing, one's own religion benefits, and so do other religions, while doing otherwise harms one's own religion and the religions of others.

Whoever praises his own religion, due to excessive devotion, and condemns others with the thought "Let me glorify my own religion," only harms his own religion. Therefore contact between religions is good.

One should listen to and respect the doctrines professed by others.

Ashoka Bindusara Maurya
(Buddhist Emperor, India 274-232 BC)

Ambassadors Reflect on Experiences

Ashish Yamdagni

Adapting to college life wasn't easy. The first week was a stream of new faces, new people, and also new experiences - both good and bad. Learning the other 40 names of the kids on my floor wasn't even the challenging part. It was hard to change into an environment where I was completely independent. There were no friends that I knew, no familiar landmarks or faces, and worst of my parents weren't there. The free hours were just spent in idleness - something I both resented and was unaccustomed to.

But once I started building relationships and figuring out whose mindset matched best with mine everything became infinitely better.

Then the next hurdle came: classes and exams. I was taking on a load of Biology 1, Chemistry 1, Intro to Acting, and English - all honors courses. I tend to procrastinate my work, and in high school I never had to study. I soon found this would not fly.

I also took on the positions of freshmen representative for Hindu Student Council and the Indian Student Association - both of these posts came with their own responsibilities. So when the first test came around for biology I found myself cramming and eventually I realized that I would have to make a schedule and manage my time much, much better. Once I got into that rhythm all I had to do was rinse and repeat.



Cleaving up an area of a botanical center during Gandhi Day of Service.

ASHISH SAYS...

Get involved in organizations and in college activities, it's important to try new things!

Make friends that fit your lifestyle and choices - don't try to fit theirs.

Find out what you like, do it - but make sure to keep up with your studies and don't get behind!

Kaushik Visvanathan

Initially, before leaving home for college I was a little worried about how I would adjust to being completely independent. However, my first few months at UF have been absolutely superb. Living away from home meant that I had a lot more freedom but at the same time it put more responsibility on my shoulders as I had to figure out how to efficiently manage my free time.

In my first semester I took 15 credits and was involved with a couple of student organizations. The fact that I was taking classes that really interested me, such as microeconomics and Cities of the World made it easier for me to concentrate on my classes and do well in them.

At first I was a little overwhelmed by the number of opportunities and organizations to get involved with around campus. Luckily, I joined the Business Undergraduate Mentorship Program and my mentor gave me some great advice that I would definitely pass along to any incoming freshman.

It's important find one or two clubs that you are genuinely interested in and pursue leadership positions in those clubs rather than trying to become a member of as many organizations as possible. Leadership experience will be invaluable and go out into the world in search of your dream job.

Nikita Patel

As a freshman, time management was a little difficult for me; I did not know how long studying for exams it would take for me and I always started a little too late, so all-nighters were a common occurrence. In addition, it was hard being away from parents but on the bright side I feel the most independent I have ever felt in Gainesville. Living in a dorm was another inconvenient change at first, but with few adjustments I lived in a dorm happily. It made going to early classes so much easier than living off campus.

Academically, my schedule for freshman year was perfect. I took the basic classes needed for my Biology major, such as chemistry I and II and Biology I and II along with other

required classes. Time management at first was difficult, but I realized really soon how and when I needed to study, which made every class bearable. Over summer I took Organic Chemistry I and II, and that is my best academic decision I have ever made. Currently, I am finishing off with Physics II and Biochemistry.

For extracurricular activities I joined an Interest Group for a Sorority and Heal the World and through both I volunteer in various settings and raise funds mainly for the Indian Student Association at UF. I also am one of the founding members for Alleviating International Diseases, which is a club that goes to India on medical mission trips. In addition, I am part of Students with a Greater Smile and I perform Behavioral Neuroscience research.



Nikita and other volunteers create decorative cranes to sell and raise money for the homeless.

NIKITA SAYS...

Choose classes wisely and do not overestimate your abilities

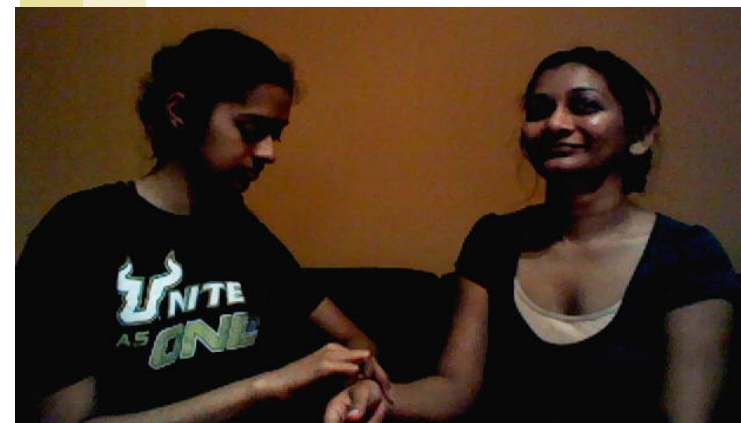
Be social but also be smart about it

Start doing research (if pre-med)

Nisha Patel

My first semester of college I was nervous about the all of the changes, as any freshman would be. Living with new people I had never met before, and not having my family there was a major part of the reason I was anxious. As a Biomedical Science major, I took basic classes my first semester: Chemistry for Today (Intro to Chemistry), College Algebra, World Regional Geography, and Biomedical Ethics, which totaled 14 credit hours. Living on campus was a great experience and contributed a lot to my first semester. I would recommend any upcoming freshman to be involved with different organizations to meet new people. I joined Rotaract,

Bulls for Moffitt, and Medical Ethics Society all of these clubs had something to do with my interests. For example, Rotaract had many volunteer opportunities in various fields which also allowed for networking. Bulls for Moffitt's main goal was to raise cancer awareness and also had a wide range of ways to spread the awareness and raise money or other drives to make the patients at Moffitt Cancer Center feel more comfortable. I am also in the processes of receiving EMR certification which will allow me to volunteer on an ambulance as basic life support. Meeting new people and having different experiences is what made my first year of college so great.



Nisha practices taking base line vitals.

NISHA SAYS...

Choose classes and friends with discretion.

Take advantage of all the opportunities available to you on campus but don't spread yourself thin by becoming involved in too many activities!



Cleaving up the community for class volunteering project.

KAUSHIK SAYS...

Get organized and make efficient use of time.

Pursue leadership positions in one or two clubs/activities. Leadership experience will be invaluable when it's time to put together a resume and go out into the world in search of your dream job.