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ASIA TODAY

Uniting all South Asians in the Valley

Monthly Newspaper

• Vol-IX • Issue-4 • Phone : 480-250-2519 • sales@asiatodayaz.com • April 2016

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CELEBRATION OF SIKH IDENTITY AWARENESS DAY

Dr. Jaswant Singh Sachdev, M.D., F.A.A.N.
Phoenix, Arizona

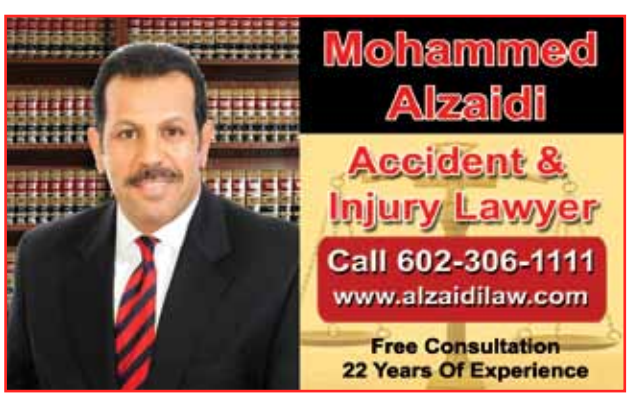
For the 4th year in row, annual celebration of Sikh Gathering on Vaisakhi has been arranged by Sikh Community of Arizona. This year the program was named as SIKH IDENTITY AWARENESS DAY and was celebrated on March 6th in Downtown Phoenix convention Center located at 475 E. Monroe Street. About 750-1000 people arrived to take part first in the Keertan Darbar followed by a very well organized Nagar Keer- • More on P16

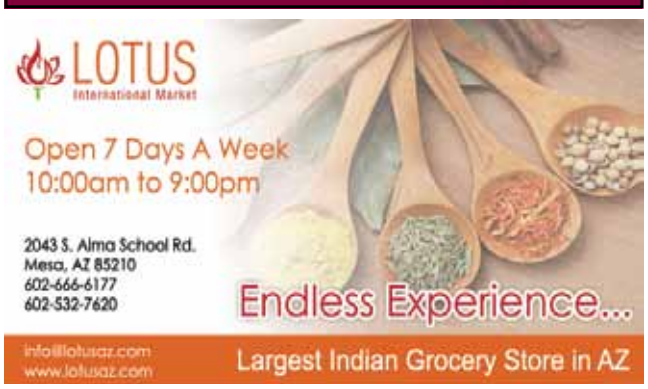
Maha Shivaratri held at Ekta Mandir

Maha Shivaratri held at Ekta Mandir on Monday, March 7, 2016 was a great success.

Story of Lord Shiva and Legend of Ganga Display with Kailash Manasarovar in the Portico of the Temple was a great attraction and education on the mythology!

Visitors had to wait for taking pictures in front of the display throughout the evening. • More on P22





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Holi – Festival of Colors and Cows by Goshala – Sat, Mar 19th

It was a historic celebration with over 1500 people attending the event at Kiwanis park. They had come to get a taste of Indian culture, through food, dance, vibrant music and colors. Featured the exotic musical troupe, The Mayapuris, a Kirtan Band from Florida; as well as the phenomenal Rain Dance, the first of its kind in Arizona. Kids had a blast at the water slide. This was family fun at it's finest and everyone is already looking forward to next year's event.

For those who hadn't visited the cows at AZ Goshala, it was a treat for them, since we brought the calves all the way from our cow sanctuary to Kiwanis park to add to the Holi spirit with Holy Cows. The attendees empathized with our cause of cow protection and are gladly extending their support.

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Everything at your Fingertips...A Blessing or a Curse?

Editor's NOTE

Why are there no more ice cream trucks roaming residential neighborhoods? It used to be nice to hear the bells of the truck and go out and get something. It wasn't really about the ice cream but the experience of waiting to hear the bells and the value of the ice cream was in the wait. Not just ice cream but fruits and vegetables had a season; there was mango season and mustard leaves season. Certain foods were only available/ cooked in the winter or summer months depending on seasons. But all that has changed today. Now, everything is conveniently available at the gas station, grocery store, or even delivered to your door any time of day or night. You don't even have to wait for shops to open – if you are willing to look you will find a 24 hour place somewhere catering to your every whim. And maybe that's why it's all lost its value; it was the anticipation in the wait that gave it value and now everything is at our fingertips. Just knowing I can get it anytime we want has lost the luster and appeal that came with the wait and anticipation.

And in this culture of everything available at our fingertips, we have applied the same philosophy with people. The ones that are conveniently always available never asking for anything back have no value in our lives and we put no effort into understanding or pleasing them because they will always be there and they are conveniently forgotten. It's the highly demanding, selfish, drama queens we value. We go out of our way to giving in to their whims and going out of our way to please them so we don't have to deal with them being upset. Because in this world of convenience, we want simple, convenient lives just like everything around us. We don't want to stand up to things or people because that is inconvenient and we let how convenient or easy something is guide how we live our lives.

Many of you will read this and question whether this is true. However, I encourage all of you to make a conscious effort to look at why you are or are not doing something this next month and see how many of those decisions are based on things that truly make you happy versus things you have to do to please others and avoid drama to accomplish this goal of a simple, easy, convenient life. Life is too short for it to be convenient – do the things that make you happy, stand up for what you believe in, LIVE YOUR LIFE. And if you can't decide what makes you happy or what you believe in, at a bare minimum look deep inside you and commit to never doing anything that doesn't feel good. Your heart will tell you what doesn't feel good and don't let anyone or anything force you when your heart is telling you this doesn't feel good. Now, don't get me wrong. It is okay to be uncomfortable – being uncomfortable will push you to your limits. But if there is something that deep down just feels wrong or hurtful, you are under no obligation to suck it up and just do it.

Wishing our readers a fabulous April. Hope you had an amazing first quarter in 2016. Thank you for your continued support!

-Deepa Kaur Walia
Editor, Asia Today, editor@asiatodayaz.com

Rangon se bhi rangeen zindagi hai hamari
Rangeeli rahe yeh bandagi hai hamari

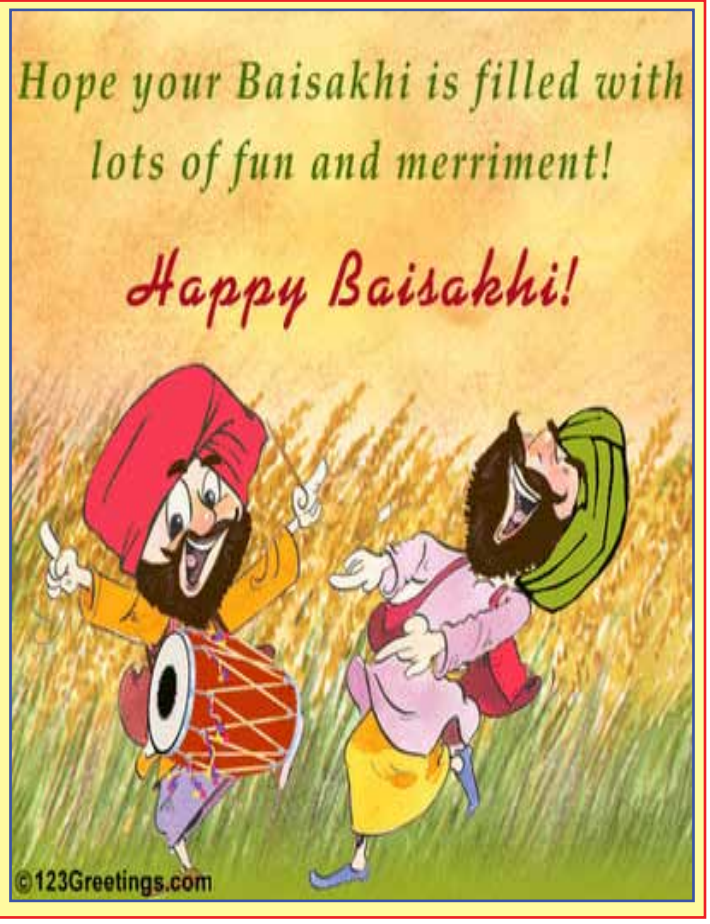
Let the colours of Holi spread the message of peace and happiness.

As this harvest season brings Baiskhakhi festival may the en-lighter of the world the divine Guru bless you with comfort & wisdom may he bestow upon you a life that is happy in each and every way.

Marketing Director NOTE

Lakh Lakh Vadhaiyan to all Asia Today readers

-Manju Walia (Marketing Director)
Asia Today: sales@asiatodayaz.com



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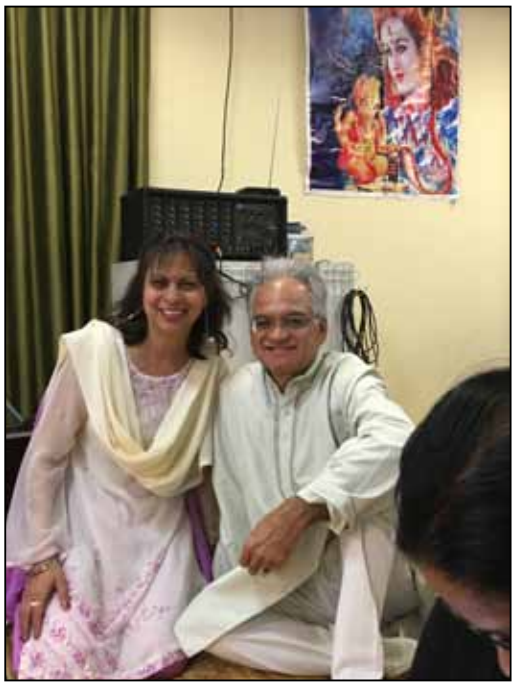
Hindu Temple of Arizona celebration of Maha Shivratri



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The Biography of a Dedicated Parent-MR. DINESH ARYA

Talent and Intelligence are nothing without the benchmark of Courage and-Hard work. Add a spice of Maturity and Modesty to it and boom you have a sparkling gem. Few people are able to wrap all of these six qualities in a perfect balance like Mr. Dinesh Arya. Today on 19 Feb, we are celebrating his 65thBirthday!

Sir, Wishing you many more years of success from 'Parenting Booth'

Coming from a very humble upbringing, Mr. Arya had learnt some important values early on in life. He was very young when his father moved from Pakistan to India. Going back to the history of India's freedom struggle, Pakistan's separation from India brought immense trauma on the masses and to Mr. Arya's family as well.The lack of vaccinations victimized him to three lethal diseases at a very small age – diphtheria, small pox, and meningitis. There on, another challenge was growing up in a Muslim-Christian dominated locality. Again, India has faced many mob riots based on religion from time to time and the situation was graver in the mid-1900s. The main challenges for the family were mere survival and providing good education to all the siblings. But, life's troubles didn't end there.

While at 11 years other classmates and friends enjoyed their childhood, Mr. Arya and his sister helped their father to deliver his business boxes. Imagine the agony of changing a school due to lack of funds and then having to study and work all day! Yet, Mr. Arya never ranked beyond 2nd in all his school years. With his diligence, he stood 42nd in India and won a scholarship to IIT, Mumbai – (A highly prestigious institution for higher studies).

From there, he topped in GRE and won scholarships to all the universities in USA. Back in those days, winning a scholarship to study abroad was like discovering an ocean in a desert – an opportunity only for phenomenal students. But, Mr. Arya's sense of responsibility towards his family was much higher than the need to capture this sparkling opportunity. He knew that being the eldest and the only son, his family needed him a lot more. He chose stay back and be a pillar to his family. Thereafter, many a challenges crossed his path but Mr. Arya's moral values, humble and patient nature stood the test of time.

Even after getting a job from IIT campus, he had considerable financial responsibility towards his family. He helped get his sisters married and supported a sister after the loss of her spouse. He had to give up his job twice to a fresh new start and even hit rock bottom times where his family lost everything.

As his family puts it – "His life has been like a Sensex with huge up strings and down strings. The beauty is that his values have remained the same in all situations. People around him, even in his career, gained so much from him that he became a catalyst to their extra-ordinary success and yet he humbly took pride in their victory.

The youngest to the oldest know him as – 'compassionate' and 'generous'. He has believed in the philosophy of giving without expecting and taught his children the same.

A message from Niti-Ranjan – Daughter

Special memories

Dad's work required him to travel a lot but whenever he would return, he made him for his absence. He would bring something special for my brother and me, talk about his travel, and spend time with us. He helped me a lot with Math and Science.

It was very tough on dad to realize that at the tender age of 11 years, I had become an Insulin dependent diabetic. He did everything he could to cure me but he finally felt helpless and I began taking shots. Until today, I live on shots but dad's positive outlook helped me live through it.

He has taught me to be a good human being, be affectionate to others, and love my own life too. Most of all, I have learnt from him to be generous, helpful and modest without expecting anything in return.

Special qualities of dad:

1. I can talk anything to him without him judging me
2. His zest for life is amazing
3. He gets along with any person. He is equally friendly with and respectful to people of any cast, creed, position, or background.
4. He is extremely compassionate, caring, and intelligent.

A message from Dushyant Arya – Son

Childhood memories with dad:

-Playing cricket

– Helping me in my studies

– Entertaining Foreigners over Dinner from his workplace

-Watching movies

-Taking walks together and discussing about life and many other things

What I learnt from dad:

It is impossible for me to pen down the infinite number of things I learnt from dad. Here are some:

1. -Compassion and concern for everyone
2. -Doing good for others without expectation
3. -Forgive others (this is difficult for me but dad does it so easily!)
4. -Love your family
5. -Interest in the growth and self-discovery of others around you
6. -Reading
7. Adapt to any situations like fish to water
8. Ability to stay positive in all times
9. To work with passion and do my best in all endeavors and success will surely follow

For you my dad:

"Dad you are my hero, mentor, guru, friend, philosopher and for me, the closest form of God on Earth. I deeply adore you and idolize you in all your roles – as a father, boss, coach, uncle (mama), etc. For me, no other man I know can equal you and I have never loved another man as much. As you celebrate your 65th year, I wish you good health. I wish to imbibe your good qualities. I want to spend as much time with you as possible. Do know dad that 'You are the Best' and we all Love You!

Mr. Dinesh Arya's Message

"We were living in a joint family when my first child, Niti was born. I was in a touring job, requiring 20 days travel. I landed home and realized that my wife was already in the hospital. Next day wading through rain and floods, I reached the hospital 'after' Niti was born. Years flew by in a whirlwind of tours due to my job. My wife played both: mom and pop to Niti in every way.

Now Niti lives far, I cannot make up for the lost time with her but my granddaughter fills my heart with joy. With my son Dushyant as well, I did not get to spend as much time as I wished. A turning point in my life was when I bought him a computer, and he became my teacher. Today, I am proudly the father of a fine entrepreneur. I would love to have the same kids in the next life so that I can watch them grow, pamper, and play with them. In this life, I will make do with my grandchildren J I am blessed to have children who admire, love, and forgive me despite lack of time and attention from me.

I am forever indebted to my wife – Rita for her contribution in raising the kids while I was absent from home to make two ends meet".

Mrs. Rita Arya's message

I am proud to have a husband who is a caring, loving, and giving person even though he has missed out the fun of life in his young days. He could not spend much time with our children due to his travels but whenever kids needed him, he has supported them emotionally, mentally and physically. He makes an adorable father who is always optimistic and sending positive vibrations to his children.

We all love him a lot!

——Copywrite Rima Desai, Feb. 2015——-

-Rima Desai

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Sri Rama Navami Celebrations

Thursday, April 14, 2016 @ Ekta Mandir

PROGRAM

Special Attraction: All day – ***Ram Janam Din Ayodhya Jhanki (Float) Display in the Ekta Mandir Portico***

9:00am	Temple Opens
9:00am - 11:00am	Ramayan Path
11:00am	Purush Sukt, Abhishek, Shodashopachar Puja
12:00 Noon	Ram Pragat Aarti Jhoola
1:00pm - 5:30pm	Archana and Abhishek
3:00pm-6:00pm	Bhajans by Jalaram Mandal
6:30pm	Ayodhya Vasi Ram Janm Mahotsav Yatra
7:00pm	Ram Janam Jahnki Darshan, Ram Janam Katha and Ram Janam Geet
7:30pm	Aarti and Mahaprasad at the Community Center. *Prasad sponsored by Manju & Tarlochan Walia.*

Ramayan Path from Thursday, April 7, 2016 to Thursday, April 14, 2016 from 9:00AM to 11:00AM.
Ramayan Pothis-Books will be available for Devotees to read.

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Upcoming Events

1.Ugadi
Thursday, April 7, 2016
2. Annual Class Day
Saturday, April 9, 2016
3. Hanuman Jayanti
Thursday, April 21, 2016
4. Mahavir Jayanti
Saturday, April 23, 2016

5.Hasya Hungama

A Comedy Night on Friday, May 6, 2016 at 7pm with distinguished Hindi Poets!

Aashkaran Atal of Mumbai is a distinguished and gifted poet, known for his unique style of humor and satire and his humorous poems contain a deep and enchanting satire on day to day problems of life.

Suryakumar Pandey of Lucknow, is a leading satirist of eminence in India and when he takes the podium the auditorium is filled with continuous laughter.

Ramesh Sharma of Chittorgarh whose rendition is so impressive that leaves the audience spellbound willing to listen to him more.

Please Contact:
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6.Balaji Kalyan

Sunday, May 15, 2016

Sri Srinivasa (Balaji) Kalyan
Sunday, May 15, 2016, Ekta Mandir, Phoenix
Sudarshan HOMA at 9am.
Srinivasa Kalyan @10:30am
followed by Aarti & Mahaprasad
ALL ARE WELCOME

Why Label Our Tardiness as "Indian Standard Time"?

Dr. Jaswant Singh Sachdev
M.D., F. A.A. N.
Phoenix, Arizona

Like many members of the diaspora, I also get opportunities here and there to attend Indian parties and celebrations. Such celebrations include weddings, anniversary receptions, children's birthdays, and many other important events worth celebrating with relatives and friends. Most of the time, there aren't many indigenous people, the so-called 'Americans' invited to attend such functions arranged by the diaspora simply because many of them happen to be private functions.

If the function is scheduled to start say at 7 p.m., in most cases the host, as well as the guests, take it for granted that the event won't start on time, and may possibly be delayed for an hour or more. No one, neither the host nor the guests, truly care about the delay because this happens all the time. Everyone seems resigned to the fact that it is going to be that way. All of us have psychologically prepared ourselves for such an eventuality and we tend to pass it off lightly "Oh! After all, this is just Indian Standard Time. So why worry" However, if a few non-diaspora guests are in attendance, they might get surprised at our behavior yet there wouldn't be whole lot they could do about it. Instead they end up presuming some genuine reason for the delay while most of the time, there isn't any. And thus while our aberrant behavior keeps on getting a boost, the name of our birth country gets further tarnished.

The same pattern of arriving late has now started to show its color in some of the professional meetings arranged by the diaspora. Such situations usually come to pass if the chief guest or speaker turns out to be one among the diaspora itself. Being one of us, he or she is often fully aware of this unfortunate habit and therefore isn't bothered. On the other hand, if the function is arranged for the diaspora group and the speaker or the chief guest is not one of us, the situation turns truly awkward.

I have attended several such meetings arranged by Indian professionals where the invited speakers have been of great professional repute. The talks are usually supposed to begin at the customary time, 6 or 7 p.m. The speakers often show up on time but the auditoriums or halls are empty. Even the organizers themselves, would be seen cat-walking slowly after the guest of honor or speaker has arrived. The poor speaker then ends up waiting at the podium for the audience to turn up so that he or she could begin the talk.

What triggered me to write about this issue was a meeting I attended with high-ranking, sophisticated and accomplished professionals. Each and every member was well established in his or her professional careers. The function was to start at 6 p.m. The organizer, a member of our ethnic professional group had taken care of everything by setting up the microphones, podium and whatever else that was needed. The speaker, who was from a non-diaspora background and was a specialist of high repute and expert in his field, arrived exactly on time. No one else did. It was truly painful to watch the poor speaker wait for close to forty minutes before even the first member of the audience finally showed up. Not only was it frustrating but also degrading and insulting to the esteemed speaker, as well as embarrassing to the organizers of the function. Consequently, the meeting turned out to be a complete disaster. As if it were not enough, the dinner was free and arranged by a company which had also paid the honorarium and airfare for the guest.

When I spoke with other members of the audience later, everyone felt that this tardiness wasn't right and should not have happened that way. But then the usual resigned comments began, "What do we expect?" After all we are all chips of the same block, believers in Indian Standard time? Said one, "And what can we do anyway?" Responded the other!

This habit of taking the things for granted and being late also seems to be at play during visits to religious places. We simply feel that God and, for that matter, God's house is not going to run away if we are late. Interestingly enough, if one visited a diaspora household on the morning of a service, one would often find the family starting to get ready and that too in their leisurely mode when the clock strikes the hour the hour they should have been at their destination. This behavior, in almost all the circumstances, turns out to be habitual, in some instances, intentional and usually taken as granted.

We often arrive to worship slowly and gradually, trickling in at our own pace long after services have begun. With this attitude, not only do we miss what is being said but we also create a nuisance for others who are trying to listen and understand. Our tardiness happens despite our repeated announcements at the top of our voices in religious congregations and while advising our children that we must arrive at our houses of worship regularly and on time. But then we end up treating such places as merely structures made of bricks and mortar and nothing more. We try to reconcile ourselves by thinking, "Who is there to tell us whether we're late or on time?" Do we ever find Western devotees arriving late in any of their religious houses, especially when the sermons and services have already begun?

On the other hand, if we are invited to a non-diaspora party, where the majority of the invited guests are not from our own community, we make sure that we are on time. In fact, we make a concerted effort to change our outer coating and behave like a westerner, at least for that event. After all, isn't it also true that we, the very same people always try to report at our jobs and other essential assignments on time? Why do we then change our attitudes and behavior for situations mentioned above? Why do we try to denigrate our culture with our tardiness and inappropriate behavior? Why do we let our tardiness be identified with Indian Standard Time? No other group of people would ever allow their country's name to be tarnished that way. Why don't we realize that to carry on with this kind of attitude not only brings a bad name to us as a community here in the West but it equally discredits our very Indian-ness. What happens to be the reason for such an outlook and what would it take to correct it?

I may not have answers to all such queries. But we all know that Indians are some of the brightest people on earth with relatively sharp minds. They are fairly successful in climbing the ladders of success to same height or even higher as compared to anyone else and in almost all the spheres of life. Yet when it comes to discipline and punctuality, they lag behind, in fact way down the list. This is a discrepancy in need of urgent correction.

While the reasoning behind such behavior may elude us, the consequences are crystal clear. The culture of the West doesn't spare anyone when it comes to picking up on the weaknesses of others. It is our inactions rather than actions that allow others to jump on the opportunity to develop and enhance their sense of superiority over us while creating a sense of guilt within us. And then as time passes, our repetitive weakness tends to become deeply grounded in the psyche of our hosts. Arriving late at a function after it has already begun leads to embarrassment and makes one look down upon oneself. We end up being recognized, if not already, as a group of people sans discipline. Because of exponential rise in our numbers over period of time, our reputation is only going to erode further.

Training ourselves in accordance with the need, time and location would certainly help us in setting a good example not only for those belonging to our generation but also for our children. To change with time and situation, especially for the right reasons, may not be difficult. All it requires is a change in our mindset in understanding the importance of being on time. Considering it as something very essential and important can definitely make us modify our behavior. Motivating ourselves to the need of situation will be a win-win situation for all of us. Leaving the house at set times, and arriving at the destination well before an event or service begins and making sure that our better-halves are in tune with us, will definitely bring about a change.

Furthermore, respecting the time line will enhance our morale, self-esteem, and help us in keeping our heads high while elevating our status. By such behavior, we will also be in a position to burnish the good name of our birth country rather than letting it become tarnished for no faults of its own. The time is ripe to practice timeliness so that "Indian Standard Time" starts getting recognized as implying punctuality and promptness rather than tardiness and belatedness.

**Author of a previously published book, "Square Pegs, Round Holes" www.SquarePegsRoundHolesBook.com and Sikhism: Points to Ponder. Perspective of a Sikh Living Abroad," and a recently released Masterpiece about issues pertaining to Indian Subcontinent diaspora, 3 "One Coin, Two Sides" Link http://inkwellproductions.com/one-coin-two-sides.htm*

*****

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from Friday April 15 through Sunday April 17, 2016

PROGRAM

Arambh Sri Akhandpath Sahib: Fri April 15 - 9:00am
Bhog: Sun April 17 - 9:00am
Nishan Sahib Ceremony: 9:30am - 10:30am
Shabad Kirtan - Ragi Jatha Bhai Gyan Singh Ji: 11:00am - 12:30pm
Ardaas and Sampapti: 12:30pm - 1:00pm
Nagar Kirtan: 1:00pm
Guru Ka Langar to follow

For further information, Please visit our web site
www.arizonasikhgurdwara.com
or
Call 602-716-0408

Grand India Festival 2016

Grand India Festival 2016 held on Saturday, March 5, 2016 presented by Indo-American Foundation and sister organizations was a Grand Success. Thanks to more than 4000 attendees who attended the Festival, visited the temple and participated and supported throughout the day enjoying the cultural programs and visiting business, food and non-profit booths on a great weather day!

Delicious food was prepared on site and served by volunteers from many sister organizations including Rajasthani Association, Kannada Sangha, AZ Goshala, Indo-American Foundation, AZ Tamil Sangam, Swaminarayan Gurukul, AZ Malayalees, and others. Delicious items included Masala Dosa, Idli, Chole Bhature, Pizza, Sweets, Mango lassi, Masala Chai, Madras Coffee etc from all regions of India!. Many non-profit organizations reported raising good funds for their annual activities. Thanks to sister organizations for their community spirit. Many Non Profits also participated and shared their mission with the attendees.

Many business vendors including vendors from New York, Texas and other states were selling clothing, Sarees & Blouses, Diamond jewelry, Fashion Jewelry, etc. Also present were real estate, insurance, Brokerage, mortgage companies marketing their services.

An energetic team made cultural programs very successful with more than 300 participants having an opportunity to show case their talent to the community. A variety cultural Indian program including continuous exhibition of culture, music, and dance in absolutely captivating colors was presented. Indian classical and the newest bollywood numbers kept the audience captivated. Kalashri Asha Gopal's Arathi School dancers, Archana Alagiri, Madurima, Radhamani and many others enthralled with the Indian classical dance performances and Shika Rathi, Roopa Narayan, Kriti Agarwal, Shilpa Acharya and many other dancers mesmerized with their Bollywood performances. Masala Group with Bina Desai, Prabhjot Gill & Pankaj Sinha of Bollywood Entertainment and several amazing singers added to the Non Stop Cultural Extravaganza!

Sincere thanks to Mr. Barry Wong, Executive Director of the Governor's Office of Equal Opportunity State of Arizona for gracing the occasion as Chief Guest. Thanks to Mr. Wong for visiting all the booths and encouraging the participants.

Thanks to event Chair Manish Gupta, event Co-Chair Kul Bhushan Chhibber and Cultural Programs leader Roopa Pandarinath for their leadership in making the India Festival a grand success.

Thanks to Vendors, Volunteers, Sister Organizations, Participants, IACRF staff, board of trustees and directors for their support and participation in making India Festival 2016 a Grand event for the community.

Press release from Indo-American Foundation of Arizona

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Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

APRIL 2016 Programs & Events

19 Chet – 18 Vaisakh, 548 Nanakshahi Era (NE)

April 3 (Sun.) – Pagri Competition at NSGS
Please see separate flyer for program.

April 8 & 10 (Fri. & Sun.) – Multiple Anniversaries:
Gurguddi Siri Guru Har Rai Ji (Actual: April 5)
Gurguddi Siri Guru Amardas Ji (Actual: April 8)
Jotijot Siri Guru Angad Dev Ji (Actual: April 10)
Jotijot Siri Guru Har Gobind Ji (Actual: April 11)

April 10 (Sun.) – Amrit Sanchar, 4:00 AM – 7:00 AM
Come Join GuruJi's Khalsa. Please talk to Ragis for details.

April 13, Vaisakh 1 (Wed.) –
Sangrand Monthly Program (10:00am – 11:00am)

April 15 - 17 (Fri. – Sun.) Vaisakhi Celebration
The Birthday of the Khalsa (Actual: April 13)
Akhand Paath starting Friday.
Please see separate flyer for Vaisakhi program

April 17 (Sun.) – Homeless Langar Seva.
Call 602 741 8021 for more info.

April 22 & 24 (Fri. & Sun.)
Gurguddi Siri Guru Teg Bhadar Sahib Ji (Actual: April 19)
Jotijot Siri Guru Har Krishan Ji (Actual: April 19)
Birthday Bhagat Dhanna Ji (Actual: April 20)

April 29 & May 1 (Fri. & Sun.)
Parkash Siri Guru Tegh Bahadar Ji (Actual: April 27)
Parkash Siri Guru Angad Dev Ji (Actual: April 29)

Thus, the Khalsa came to Life

Bhagat Dhanna Ji

Regular Programs:
Main Kirtan Diwans on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM).
Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI-VAAR to 8:30 AM.
Evening Banis: 7:00 PM – 8:00 PM.
Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM
Please check Gurdwara notice board for latest details of all Programs and Events

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

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Vaastu or Placement of Objects

by Pankaj Kohli
Ph. 905-910-1441

Below mentioned are some of the Vaastu beliefs. Astrologically these influences can play a very important role in person's life. However, degrees of influence may vary depending upon the planetary position of the zodiac stars of the native as well.

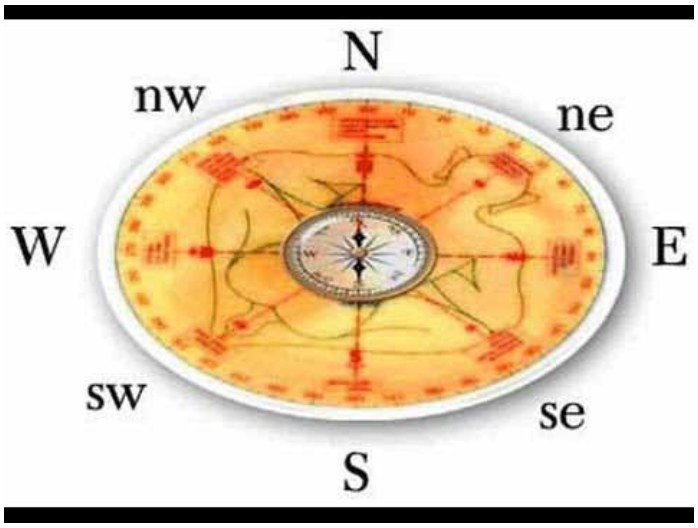
When Kitchen is in North East Direction: Domestic peace is destroyed, Infighting between spouses, parents, children, basically domestic is destroyed.

Children's education is poor, Negative influences prevail, financially the family is weak.

When Basement is in South West Direction: Weak reputation, cannot establish professionally, many ups and downs in life, career and establishing oneself, financially very weak conditions will eventually lead to lower status and financial losses! The person's own personality will remain weak and non influential.

When Bedroom of Married Couple is in North West Direction: Dispute and constant fights and unrest in the house, no peace and no happiness! Conditions of separation or divorce may prevail in such cases.

When Bedroom of Married Couple is in South East Direction: Will face problems in having children, abortion related problems may prevail; some may face problems in conceiving.



If uncovered Stored water or Swimming pool is in the open and in South East Direction: Then the family may not live in that house for a long time, such house will be bought and sold many times but people may not live in that house; such houses are normally empty.

If a house is on a T-junction: Such house hold owners become financially very strong, they will not face any major financial problems or losses. Will carry hereditary traits!

Mirror in South West: Instability in working or Profession or Business, Mirror must be avoided in this direction.

Mirror in South Centre: Small problems in regards to work.

Mirror in North West: Not good for Health of the occupants

Almirah in North West: Cannot retain money, cannot save money

Over ground water tank (on ground level): Considered to be negative for Finance and Mental stability

Toilet in North East: Not good for Health

Kitchen in South West: Wasteful expenditure, over expenditure on wasteful and non necessary things.

Gate on North West: Sudden losses, expenditure, domestic tension & conflicts, some problems keep coming for no reason

Gate on South East: Will be over confident and remain angry most of the time.

*The above indications cannot be taken as certain because other planetary movement may influence the astrological chart overall.

April 1 - 30, 2016 (by Pankaj)

April	Day	Muhurta
1	Fri	Do competitive, bold & winning deeds; don't loan money as it may result in bad debts
2	Sat	Face all difficult situations today, a day of rewards, profit and success
3	Sun	Favourable day for new ventures, business, contracts or dealing with legal matters
4	Mon	No aggressive work or arguments, Perform soft activities, patch-up, make friends, recreation etc. Auspicious day
5	Tue	High Expense, losses in first half, second half of the day bears excellent results in all your activity
6	Wed	Amavasya day, Inauspicious day to start important businesses; only routine activities to be done
7	Thu	Inauspicious day to start important businesses; only routine activities to be done
8	Fri	Perform activities aimed at long term fruitful results ex: real estate, marriage proposals
9	Sat	Nakshatra has a rough spirit, beware of cheating, no journey or lending money
10	Sun	Focus on improving health, mental detoxification thru recitation of mantras
11	Mon	Inauspicious day to start important businesses; only routine activities to be done
12	Tue	Nakshatra has a rough spirit, beware of cheating, no journey or lending money
13	Wed	Perform activities aimed at long term fruitful results ex: real estate, marriage proposals
14	Thu	Focus on improving health, mental detoxification thru recitation of mantras
15	Fri	Inauspicious day, avoid journey & hair cutting, perform religious rites and ceremonies
16	Sat	Good for new ventures & activities, travelling, fasting, fulfilling promises
17	Sun	4 days before Chaitra Purnima day, take a vow today to give up at least one vice on Purnima day forever.
18	Mon	Buy & install holy objects at home, perform trade, find new business ventures
19	Tue	Favourable day for new ventures, business, contracts or dealing with legal matters
20	Wed	Do competitive, bold & winning deeds; don't loan money as it may result in bad debts
21	Thu	Chaitra Purnima day, hold Prayers and give up that vice forever that you vowed 4 days back.
22	Fri	Stick to routine activities, watch out for any danger, don't let out money to others
23	Sat	Good for new ventures & activities, travelling, fasting, fulfilling promises
24	Sun	Inauspicious day to start important businesses; only routine activities to be done
25	Mon	Favourable day for new ventures, business, contracts or dealing with legal matters
26	Tue	Good for new ventures & activities, travelling, fasting, fulfilling promises
27	Wed	Focus on improving health, mental detoxification thru recitation of mantras
28	Thu	Light day for meeting new people, trade, shopping, physical exercises, diet, nuitrition etc
29	Fri	Minimize any important activity, perform Pooja, recite Mantras, fasting is a good idea
30	Sat	Perform activities aimed at long term fruitful results ex: real estate, jewellery, fixed deposit

Continued from page 1

CELEBRATION OF SIKH IDENTITY AWARENESS DAY

tan. Sangat members followed by three local Raagi Jethas of the three local Gurdwara performed the Keertan Seva.

All the three Gurdwaras took initiative to help out with the Program. The Raagi Jethas all the the Gurdwara performed a melodious Keertan inside the gracious hall. Sevadaars from PDSCC graciously took care of all the services for preparing and serving Langar both for breakfast and then hot freshly prepared vegetarian lunch not only to members of congregation but any street passerby as well as the members of a Christian Churches located across the street who came to attend their regular services.

Before Nagar Keertan, two young children Maanik Singh and Manmeet Kaur gave a very informative talk of about 7-8 minutes each, one in English and other in Punjabi. These talks discussed the need for Sikhs to take care of their own Identity and help spread the message among the citizen in a proper way. Every Sikh must consider him or herself as an ambassador for this cause. The speeches were very well received by all.

Another highlight of the program was the presence of Mr. Larry Fultz, newly appointed Executive Director of Arizona Inter Faith Movement who was specially invited and introduced by Dr. Sachdev and honored by Suminder Singh Sodhi, organizers of the event. Turban tying competition for Sikh Children arranged by Niranjan Singh Ji was very well appreciated by the Sangat. Bibi Sharanjit Kaur Saini awarded the prizes in cash to all the participants. The program continued from 10:30 AM through 4 PM.

Nagar Keertan included very informative banners having detailed history and important points about Sikh Faith. More than 50 such banner had been specially prepared by the writer for this event. They were first hung outside the venue for the public to know about Sikhs and then carried by the Sangat during Nagar Keertan. The entire program finished by 4:15 PM.

A TURBAN
IS TO A
SINGH
WHAT A
CROWN
IS TO A
KING

Five Articles of Sikh Faith
A Sikh is to maintain identity with five External Articles of Faith
Iron Bracelet (Kara)
GOOD DEEDS
Comb (Kanga)
CLEANLINESS
Uncut Hair (Kesh)
SPIRITUALITY
Sword (Kirpan)
LIBERTY
Long underpants (Kachhera)
SELF DISCIPLINE
Sikh's are given a Unique Identity symbolizing discipline and spirituality

Sikhs in WW-I & WW-II

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Prakash Deshmukh, President & CEO YASHA SHALI DEVELOPMENT, LLC

CEO of YASHA SHALI DEVELOPMENT, LLC, PHOENIX, announced on March 5, 2016, the development of a new residential complex "VRINDAVAN" for Senior Citizens of Indian Origin in Phoenix, AZ.

• The most attracting feature of Vrindavan will be the Unique Residential Community for Senior Citizens of Indian Origin.

• The VRINDAVAN RESIDENTIAL COMMUNITY will be created as a symbol of modern architecture to attract and provide a relaxing atmosphere to Senior Citizens of Indian Origin.

• VRINDAVAN will be A Home Away from Home.

• VRINDAVAN residential community will be designed by a well-known Indian Architect Sudheer B. Karnik in association with Award Winning Architectural Firm – PDA Associates, Pune, India to provide Indian Living Environment with 21st century construction quality at a reasonable cost.

• YASHA SHALI DEVELOPMENT COMPANY is a Phoenix based development company specialized in development of Residential Communities for Senior Citizens.

• The prominent Architect, Sudheer B. Karnik, Architects, a contemporary architectural firm from Sacramento, CA has been selected for the design and development of this unique residential community of the 21st century. Mr. Karnik is specialized in design of Health Care Facilities in North American Continent.

• PDA, one of the top 25 Architectural Firms in India has been selected to provide the Image of Indian Culture to this development. PDA will work as an Associate Architect with Chief Architect Sudheer Karnik to create the Indian Cultural Image.

• The project is expected to create 100 residential units for senior citizens of Indian Origin. The Residential Community will include a Club House with full service kitchen, exercise rooms, library, game rooms, and professional level auditorium with 400 people sitting capacity.

• The main attraction of VRINDAVAN residential community is the Medical Plaza residing on the campus as a part of the residential community. Two acres of land is reserved for Medical Plaza. Six independent Medical Clinics are planned in this space. These units could be combined into one/two groups as per medical community needs. All proposals will be considered for implementation.

• Residential units will have 1200-1800 built-up area with one/two/three bed rooms, living room, kitchen, dining space, adequate storage closets and two car garages.

• The development will have Paved Interior Roads with ADA recommended facilities including sidewalks and covered parking for auditorium program spectators.

• The development project was exhibited in IACRF annual celebration in Phoenix, Arizona on March 5, 2016. About 150 prospective buyers visited the booth. Twenty visitors appeared to be seriously interested in the development and have agreed to be part of the residential community.

• Ten seniors have already signed up for residential units in VRINDAVAN residential community.

Prakash Deshmukh,PE, MPM is a dedicated engineering professional. He has developed Assisted Living and Nursing Home facilities in Arizona, Pennsylvania and New York. Prakash has been recognized as the Best Engineer of the Year by NSPE and has been awarded many awards for Best Engineering Design at Economical Costs. Prakash has passion for development of unique facilities in private as well as government sectors. He has chosen the best team of professionals with enthusiastic and ambitious approach.

Juice up! More vitamin C in your diet means lower risk of cataract

Including vitamin C rich fruits and vegetables in your diet can prevent your eyes from developing cataract, a new study in twins has found.

Cataract is a common condition in which the lens of the eye becomes cloudy as a result of oxidation over time.

Whilst this is a natural part of ageing for many, for others it is more severe and causes blurred vision, glare and dazzle that cannot be corrected by glasses or contact lenses.

Researchers from King's College London looked at the progression of cataracts in the eyes of 324 pairs of female twins from the Twins UK registry over 10 years by examining photographs of the participant's lenses that allowed them to analyse the level of opacity of the lens in detail.

Participant intake of vitamin C was also measured using a food questionnaire.

They found that those participants who had a higher intake of vitamin C were associated with a 33% reduced risk of cataract progression and had 'clearer' lenses after the 10 years than those who had consumed less vitamin C as part of their diet.

The study also found that environmental factors (including diet) influenced cataract more than genetic factors, which only explained a third of the change in lens opacity.

The fluid in the eye that bathes the lens is high in vitamin C, which helps to stop the lens from oxidising and protects it from becoming cloudy, researchers said.

It is thought that increased intake of vitamin C has a protective effect on cataract progression by increasing the vitamin C available in the eye fluid, they said.

"The findings of this study could have significant impact, particularly for the ageing population globally by suggesting that simple dietary changes such as increased intake of fruit and vegetables as part of a healthier diet could help protect them from cataracts," said Chris Hammond from King's College.

"While we cannot avoid getting older, diabetes and smoking are also risk factors for this type of cataract, and so a healthy balanced diet and lifestyle generally should reduce the risk of needing a cataract operation," said Hammond.

"The human body cannot manufacture vitamin C, so we depend on vitamins in the food we eat. We did not find a significantly reduced risk in people who took vitamin tablets, so it seems that a healthy diet is better than supplements," added Kate Yonova-Doing from King's College.

The findings were published in the journal Ophthalmology.

AZ INTERNATIONAL MARKETPLACE
新世界超级市場
GRAND OPENING
WEDNESDAY
APRIL 20TH 2016
9:00 AM RIBBON CUTTING CEREMONY
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Continued from page 1

Maha Shivaratri held at Ekta Mandir

Many thanks to Kamlesh Patel & Kshitij Chitania for creating the beautiful display.

More than 2500 visitors got blessed by the Holy Manasarovar water sprinkling that was brought from Kailash Manasarovar. It is considered equivalent to taking a dip in the Holy Lake. Pilgrims who take a dip in Manasarovar believe they are absolved of their sins.

Thanks to Kamlesh and Deepa Patel for leading and sponsoring mahaprasad to more than 1500 people who attended the wedding of Lord Shiva and Parvati.

Thanks to many volunteers for cultural programs including Shiv Parvati “Varghodo” wedding scene of Lord Shiva and Parvati, Bhajans by Jalaram Mandal.

Thanks to Venkatesh Gurumurthy for managing all the religious aspects of the very UNIQUE “Panch Grahi Maha Shivratri this year” with temple priests and volunteers. Next such Shivratri will be in the year 2024! Devotees stood in long lines and waited to perform Abhishek to Main Shivling in the Shiva shrine which is a once in a year opportunity. Good number of devotees participated in the Sri Shiv Shodshopachar puja and Maha Mrutyunjaya Homa/Havan. Devotees observed Rudrabhishek by Priests with great devotion and several devotees waited and attended the Mid Night - SPECIAL Arathi to LORD SHIVA.

Thanks to devotees,sponsors, IACRF staff, board of trustees and directors for making it a divine event for the Ekta Mandir and Community.

محبت سب کے لئے نفرت کسی سے نہیں
LOVE FOR ALL HATRED FOR NONE

حفاظت قرآن سے متعلق اسلامی تعلیم اور اپنے علم و عمل سے قرآن کی خوبیوں کو پیش کرنے کی تلقین

قرآن کریم دنیا میں امن و سلامتی کی ضمانت ہے اور شدت پسندی کے خاتمے کی تعلیم دیتا ہے

دنیا کو آگ کے گڑھے سے بچانے کے لئے ہمیں اللہ تعالیٰ سے خاص تعلق پیدا کرنا، اس کے آگے جھکنا اور اس کا تقویٰ اختیار کرنا ہو گا

امام جماعت احمدیہ حضرت مرزا مسرور احمد صاحب نے مورخہ 11 دسمبر 2015ء کو بیت الفتوح، لندن میں خطبہ جمعہ ارشاد فرمایا جو کہ ایم ٹی اے انٹرنیشنل پر براہ راست مختلف زبانوں میں ترجمہ کے ساتھ نشر کیا گیا

انہوں نے غیر اقوام کی طرف سے اسلام پر کئے جانے والے اس اعتراض کا جواب دیا کہ اسلام کی تعلیم میں جو جہاد اور بعض دوسرے سختی کرنے کے احکامات ہیں ان کی وجہ سے اس کے ماننے والے شدت پسند بنتے ہیں یا شدت پسندی کی طرف رجحان ہے۔ ان کا کہنا ہے کہ جس طرح دوسرے مذاہب والوں نے اپنی تعلیم میں زمانے کی ضرورت اور حالات کے مطابق تبدیلیاں کر لی ہیں اس طرح اب قرآن کریم کو بھی اس زمانے کے مطابق احکامات کو ڈھالنے کی ضرورت ہے۔ انہوں نے کہا کہ بہر حال اس سے یہ بات تو ثابت ہو گئی کہ ان کی تعلیم اب خدا کی بھیجی ہوئی نہیں رہی بلکہ انسانوں کی بنائی ہوئی تعلیم رہ گئی ہے۔ کیونکہ ان تعلیموں کی حفاظت کا خدا تعالیٰ کا وعدہ نہیں تھا لیکن قرآن کریم میں جب اللہ تعالیٰ نے یہ اعلان فرمایا کہ اس ذکر یعنی قرآن کریم کو ہم نے اتارا ہے اور ہم ہی اس کی حفاظت کریں گے تو پھر اس کی حفاظت کے سامان بھی فرمائے گا۔ یہ آیت صاف بتلا رہی ہے کہ ایک قوم پیدا ہو گی جو کہ اس ذکر قرآن کریم کو دنیا سے مٹانا چاہے گی، اس وقت خدا تعالیٰ آسمان سے اپنے کسی فرستادے کے ذریعے سے اس کی حفاظت کرے گا۔

امام جماعت احمدیہ حضرت مرزا مسرور احمد

انہوں نے کہا کہ اسلام کی تعلیم تو امن اور سلامتی کی تعلیم ہے۔ قرآن کریم کی روشنی میں ہی ہم نے یہ تعلیم دنیا کو دکھانی ہے۔ ان کو یہ بتانا ہے کہ تم جو بغیر علم کے کہہ دیتے ہو کہ اسلام کی تعلیم میں شدت پسندی ہے اسی لئے اس کے ماننے والے شدت پسند بنتے ہیں، یہ تمہاری کم علمی اور جہالت ہے۔ انہوں نے کہا کہ اس وقت دنیا کو اسلام کی حقیقی تصویر دکھانا بہت ضروری ہے۔ ہر احمدی کا کام ہے کہ ہر طبقے اور ہر مزاج تک اس پیغام کو پہنچائیں۔ انہوں نے حضرت مسیح موعود کے فرمودات سے قرآن کریم کی بعض مثالیں بیان فرمائیں جو اسلام کی امن کی تعلیم کی خوبصورتی ظاہر کرتی ہیں۔ حضرت مسیح موعود فرماتے ہیں کہ قرآن میں صاف حکم ہے کہ اسلام کے پھیلانے کے لئے تلوار مت اٹھاؤ اور اسلام کی ذاتی خوبیوں کو پیش کرو اور نیک نمونوں سے اپنی طرف کھینچو اور یہ مت خیال کرو کہ ابتداً میں اسلام میں تلوار کا حکم ہوا کیونکہ وہ تلوار اسلام کو پھیلانے کے لئے نہیں کھینچی گئی تھی بلکہ دشمن کے حملوں سے اپنے آپ کو بچانے کے لئے یا امن قائم کرنے کے لئے کھینچی گئی تھی مگر اسلام کے لئے جبر کرنا کبھی مقصد نہ تھا۔

انہوں نے کہا کہ یہ ہر احمدی کی بہت بڑی ذمہ داری ہے کہ اسلام کی ذاتی خوبیوں کو پیش کرنے کے لئے قرآن کریم کا علم حاصل کرے اور پھر اپنے نیک نمونے قائم کر کے دنیا کو اپنی طرف کھینچے اور یہی علم اور عمل ہے جس سے اس زمانے میں ہم حضرت مسیح موعود کی غلامی میں آتے ہوئے قرآن کریم اور اسلام کی حفاظت کے کام میں حصہ دار بن سکتے ہیں اور دنیا کو بتا سکتے ہیں کہ اگر دنیا میں حقیقی امن قائم کرنا ہے تو قرآن کریم کے ذریعہ ہی قائم ہو سکتا ہے۔ انہوں نے امن اور سلامتی سے متعلق قرآنی تعلیم بیان فرمائی اور کہا کہ صرف اسلام ہی ہے جو دنیا میں امن و سلامتی کی ضمانت بن سکتا ہے اور یہ صرف قرآن کریم ہی ہے جو امن و سلامتی پھیلانے اور شدت پسندی کے خاتمے کی تعلیم دیتا ہے۔ پس اس تعلیم کا ادراک حاصل کرنے اور اس تعلیم کو اپنے اوپر لاگو کرنے کی ضرورت ہے۔ انہوں نے کہا کہ قرآن کریم کی صحیح تفسیر اور تشریح ہی اس کی معنوی حفاظت بھی ہے۔ اللہ تعالیٰ نے اس زمانے میں حضرت مسیح موعود کو بھیجا ہے اور ہمیں آپ کو ماننے کی توفیق دے کر اس کام کے لئے ہمیں بھی چن لیا ہے۔ پس یہ خوبصورت تعلیم دنیا میں پھیلانے کا کام سر انجام دینا ہر احمدی کی ذمہ داری ہے۔ دنیا اس وقت آگ کے گڑھے کے جس دہانے پر کھڑی ہے ایسے وقت میں دنیا کو اس آگ کے گڑھے میں گرنے سے بچانے کی کوشش کرنا اور امن و سلامتی دینے کا کام کرنا ہر ایک احمدی کی ذمہ داری ہے اور اس مقصد کو حاصل کرنے کے لئے سب سے بڑی چیز اللہ تعالیٰ سے خاص تعلق پیدا کرنا اور اس کے آگے جھکنا ہے، اس کا تقویٰ اختیار کرنا ہے، تبھی ہم اپنے آپ کو اور اپنی نسلوں کو بھی اور دنیا کو بھی امن و سلامتی دے سکتے ہیں۔

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Restaurant packs chicken chunks into veg biryani

A dinner outing on Sunday turned sour for businessman Hemant Khinwasara, 32, and his family when the "pure vegetarian" restaurant they walked into allegedly served them chicken biryani. Hemant, a Chickpet resident, and his family are regular customers of Rangoli Veg Pure Multi-Cuisine Restaurant in Gandhinagar. But their Sunday night experience left the family fuming.They demanded strict action against the restaurant staff. "We were more than a dozen people who went to dine at this pure vegetarian restaurant at 9.30pm. We were occupying two tables, with one consisting of women and children. We ordered jeera rice and veg biryani. The women and the kids noticed some big pieces in the biryani but assumed they were mushroom or paneer. Later, the elders realized it was chicken biryani," said Hemant.

The family members confronted the waiters and demanded the chef be summoned. But the chef and the other kitchen employees fled via the back door instead of talking to the customers. "We then called the control room and police arrived.It was only then that the waiters told us they had accidentally served us a wrong order, meant to be for another customer staying in the hotel. None of the hotel staff apologized to us and that enraged us even more," said businessman Ashwin Semlani, who was with Hemant.

Only the waiters and security guards were at the restaurant when police arrived. "When we spoke to some people outside the restaurant, we were told it regularly prepares non-vegetarian fare for hotel customers. We found chicken pieces even in the kitchen," Hemant said. "We have submitted a written complaint at Upparpet police station. Cops said he'll issue a warning to the restaurant. We are consulting other vegetarian communities before moving the consumer court," said Semlani, member, Jain Foundation. "The act amounts to hurting the principles and religious values of all vegetarians and misguiding them. It is also against the rules which restaurants and hotels are mandated to follow," said Sajjan Raj Mehta, chairman, Jain Coordination Committee.Calls made to Rangoli restaurant went in vain. Staffers said those authorized to comment on the incident were not available.

Police looking at legal aspect

DCP (west) Labhu Ram said, "A complaint was filed at Upparpet police station...it was alleged that employees of a vegetarian restaurant had served the family non-vegetarian food, despite a prominent board outside saying it is a vegetarian restaurant. We are looking at the legal course of action." Police have taken up a non-cognizable report (NCR). After investigation, court permission is needed to proceed with arrests in NCR cases.

Recipe: Soyabean Biriyani

We all love eating and there are times we love to indulge in some really good food. What if you are fasting or just don't have access to anything non-veg and you still feel like gorging on some yummy biriyani? Here's a solution — try and make some really tasty soyabean biriyani at home, it is not just easy and simple to make, but also healthy and resembles any other non-vegetarian biriyani in taste. Here's how...

Ingredients

Soya chunks- 1 packet
Water- 3 cups
Clove- 3-4
Cinnamon- 3-4 sticks
Black Cardamom- 1 (crushed)
Peppercorns- 5-6
Bay leaves- 2
Shah jeera- 1 tsp
Basmati rice- 2 cups
Onion- 4 big-sized ones
Tomato- 2 medium-sized ones
Biriyani masala- 1 1/2 tbsp
Red Chili powder- 1/2 tbsp
Coriander powder- 1/2 tbsp
Ginger-garlic paste- 1 tbsp
Green chilis- 4-5
Oil/ghree- 2 tbsp

Method

- Soak the soya chunks in water and then boil it till they become soft.

- Then drain the water and keep them aside. make a fine paste of fried onions, green chilis and garam masala, also add tomatoes to this paste.

- Boil the rice; make small potlis of all the mentioned spices and dip them in the rice to enhance the flavour.

- Also, add salt and ghee while you boil the rice.

- Keep the rice aside after boiling.

- Take a deep vessel, add oil/ ghee and put in all the spices and wait till they start crackling.

- Finely chop onions and then fry it in the oil. Then add finely chopped tomatoes, sliced green chili and the paste that you made earlier.

- Add chili, coriander and biriyani masala powders.

- Then add the boiled soyabean chunks and let it cook for about 10 minutes.

- Finally add the boiled rice and mix it properly. let it cook for five minutes.

-Serve it with boondi raita.

Traditional Easter food from around the world

Easter is symbolic of new beginnings and marks the end of Lent, a six-week period of abstinence. So it isn't surprising that, across the world, a variety of sweet treats are served during Easter. We take a look at some of them.

Dish: Pashka From: Russia

This is a pyramid-shaped dessert made out of cheese. The dish is often decorated with religious symbols, such as the letters XB, from "Christos Voskres", which means "Christ is Risen".

Dish: Hot Cross Buns From: The Us

This is the most well-known Easter dish across the world and comes in the form of a sweet spiced bun filled with currants or raisins, and marked with a cross. Hot cross buns can go on sale in Australia and New Zealand as early as New Year's Day or even after Christmas.

Dish: Tsoureki From: Greece

This is a brioche-like bread that is flavoured with an essence drawn from the seeds of wild cherries. It is often decorated with hard-boiled eggs that are dyed red, to symbolize the blood of Christ.

Dish: Rosquillas From: Spain

Rosquillas are baked or fried doughnuts made from fermented flour, and vary depending on which region of Spain you're in. Some are dusted with sugar, others flavoured with rosemary, and some even soaked in anise liqueur.

Fashion king Giorgio Armani goes fur free

Say goodbye to Mink coats: Italian fashion king Giorgio Armani said Tuesday he would no longer use any real animal fur in his collections, saying there was no excuse to indulge in such "cruel practices".

The designer and dresser of stars such as singer Beyonce and actress Cate Blanchett said fur would be out from his autumn- winter 2016/2017 collection onwards, with artificial pelts taking its place. "I am pleased to announce that the Armani Group has made a firm commitment to abolish the use of animal fur in its collections," the 81-year old, credited with pioneering red-carpet fashion, said in a statement.

"Technological progress made over the years allows us to have valid alternatives at our disposition that render the use of cruel practices unnecessary," he added.

According to the Free Fur Alliance, a coalition of 40 organisations for the protection of animals, most fur sold globally is from farmed animals, such as minks, foxes, rabbits and chinchillas -- killed with methods ranging from gassing to neck-breaking and anal electrocution, in order to preserve the fur in a good condition.

"With this decision, the luxury brand is responding to growing consumer demand for ethical and sustainable fashion", the alliance said. It added that worldwide more than 80 million mink and foxes were killed in 2014, only for fashion.

Humane Society International said Armani going fur free was "probably the most powerful message yet that killing animals for fur is never fashionable".

Fashion inspiration: When it's Holi, white's always right!

Not only is Holi a great time to have fun and forget all your worries, it's also a great opportunity to make a fashion statement. And we're with you on that.So, here's some inspiration straight from Bollywood to turn heads in pristine whites. **Sonam Kapoor:** Dressing up for Holi in whites doesn't mean you end up looking frumpy and dud! Rock a dhoti style sari like actor Sonam Kapoor. Since chiffon wet chiffon dries easily, you won't even feel uneasy despite getting drenched.

Mira Rajput: If you are the one who writes her own fashion rules, get inspired by Shahid's wife Mira who recently wore this breezy cutwork dress at a do. Once colours get splashed on it, the look will exude more oomph.

Alia Bhatt: Want to club style with comfort ? A white lace dress like Alia's, teamed with white sneakers makes or a foolproof Holi pick.

Gauri Khan: The white on white look is very much in trend. Get inspired by Gauri Khan's look and pair distressed white denims with a white shirt to play Holi in style.

Kylie Jenner uses an eyeliner on her lips to get that perfect pout

Talk about setting impossible beauty standards, Kylie Jenner will take the cake for the most amazing lips ever. The Keeping Up With The Kardashians star revealed that she created her Lip Kit By Kylie range after she had trouble finding the perfect shade for her pout.

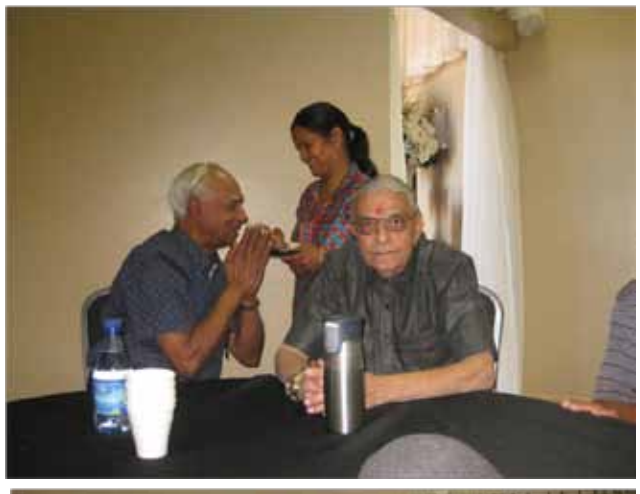
The Keeping Up With The Kardashian's star had to turn to using a brown eyeliner she already owned in order to get the desired shade for her famous lips, reported OK! magazine.

"I actually used a brown eyeliner as a lipliner. At the time, I couldn't find a decent brown lipstick anywhere. So I decided to take matters into my own hands and create my own. That way, I can never run out of my favourite colour."

The 18-year-old reality star also revealed her lip shades are heavily inspired by 90's fashion.

"Lipstick is such a passion of mine - I'm really into 90's shades, so I wear loads of mauve, nude, and brown tones."

INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)- LA PRINCESA



1. Shah & Desai Families were the Sponsors of 03-22-2016 2.ISAA celebrated Holi in a tradittional holy spirit.. 3.Kanubhai treated the ISAA Family with 'pende' sharing happiness for India's victory in T20 Match 4.Naik Familysponsored the lunceon on 03-15-2016. 5.BINGO Team with the Winners of five games 6.ISAA Ladies planned, organised and executed a wonderful program in full command. 7. ISAA was delighted to welcome Manjuji on a 'Ladies Day at ISAA' 8. Sponsors of March 02, 2016

On Mar 02, 2016, chai with cookies and various other goodies was a special treat by the sponsor ladies- Meena Sharma, Kokilaben&Pushpaben. This was all in advance of a great entertainment program "Jokes on Men" by Pannaben and Renukaben. They were assisted by Meena Sharma, Minaxiben, Kanwal and Jayshreeben. Thanks to all that everyone had fabulous laughs. Some of the video clips shown included- Hats off to Hiraba, Cricket by Kanubhai- India v/s US and Father on Daughter.The sponsors today were Meena Sharma, Kokilaben and PushpabenUnarker. Eighty five members and some guests had a great time. Jitubhai welcomed back Ushaben&Indravadanbhai. They renewed their commitment to ISAA with a donation of $100 and membership for 2016. ISAA was delighted a visit by ManjujiWaliafrom Asia Today of Arizona.

On Mar 08, 2016, we celebrated our INDOOR picnic at the hall as we had cancelled the picnic at the Park with Lord Shiva prayers and honored ladies on this International Women's Day. It was a lot of fun. Everyone was so relaxed and enjoyed every moment of that. There was a plenty of food for snacks, along with, hot tea. Jitubhai had a variety of amazing educational and entertaining presentations for attendees. Luncheon was equally fantastic. Over eighty members and guests enjoyed it. Today marked a start for Men-folks to serve lunch every time.

On Mar 15, 2016, the major highlight of the fun on this day was "Bingo" games. Thanks to Umeshbhai&Ashvinbhai who conducted the games. There were five winners (Kailashben won twice, Chandrikaben, Vinodbhai, Ninaben) who won the prizes. Naik family and Niruben donated the prizes.Mannubhai shared lessons learnt from his recent auto accident-wear safety belt, maintain safe distance from the car ahead, as we age the reaction time slows down. A driver is doing a favor to fellow passengers and hence he/she should not be held liable. Ramanbhai shared a true story about a family where the lenders harassed the wife on husband's passing away. Be aware of the consequences. Today's home-cooked food was sponsored by Vidyaben and Kiritbhai. Over eighty five members and guests enjoyed it very much. Jitubhai made a brief overview on handling of Food – sponsoring, serving and sharing.

On Mar 22, 2016, in celebration of Holi Narayanbhai read a short poem. Kumkum and chandan were offered as a symbolic treat, which was assisted by Monicaji. Prasadji and Monicaji from Sewa International made a short presentation on 'Yoga for Diabetes' inviting participation by seniors. Contact at 602-427-8863 or phoenix@sewausa.org. Everyone at ISAA expressed sadness on today's bombing in Brussels. Kanubhai and Minaben shared their joy by distributing "pendas" to celebrate India's victory in T20 cricket match.Some of the video clips shown were- Hi-tech music and dancing, humor, drama by kids on seniors' plight , salute to 104 year old lady's big heart for building a public toilet with big sacrifice that was honored by NAMO. A warm welcome to Kokilaben Thakkar-Miniben's neighbor, also, welcome to Hasmukhbhai-(Maheshbhai'ssamdin). Meena Sharma extended an invitation ISAA members to 'langar' sponsored by her family, at NishkamGurudwara on April 01, 2016 between 6:00 & 9:00 PM. Kokilaben&Vinodbhai along with Mrudulaben&Maheshbhai sponsored the luncheon which was enjoyed by over eighty attendees.

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Udaipur to Santiniketan: 6 destinations to enjoy a 'traditional' Holi

The unusually warm winter is melting into summer. And if you're just as bored as us (We're at work, what's your excuse?) and are looking for ideas to have the Holi of your dreams, here's our way of telling you, we feel you. You, guys, Holi, a heady festival of colour and laughter, is on Thursday! And here's your chance to make the most of it.

If you love the sights, sound and colours of Holi, then travel to some of the most spectacular places in India where it is still celebrated in deeply traditional manner.

Here's a list of six such places, where Holi celebrations are still full of verve and vigour.

Lath Mar Holi, Barsana, Uttar Pradesh: It's one place on earth where people from all corners want to be in during the festival. No wonder -- Govardhan, Barsana and Nandgaon -- are the most visited places. The festival is popular here because of the way it is celebrated.

The women of Barsana village near Mathura in Uttar Pradesh beat up men from neighboring Nandgaon village with sticks, in what's known as Lathmar (stick-beating) celebrations.

Lathmar Holi takes place around a week before the main day of Holi. It's worth going to Barsana a couple of days in advance so that you can also experience the Laddoo Holi festivities there. Sweets are thrown around and spiritual songs related to Radha and Krishna are sung.

Basant Utsav, Purulia, West Bengal: This is a three-day folk festival where you'll get to sing and play Holi with the locals, as well as enjoy a wide variety of folk art. This includes the remarkable chau dance, darbari jhumur, natua dance, and songs of West Bengal's wandering Baul musicians. What makes the festival special is that it's organised by villagers as a way of helping sustain themselves. The location is around five to six hours by train from Kolkata.

Hola Mohalla, Anandpur Sahib, Punjab: The best way to experience Holi the Sikh way is at Anandpur Sahib. During the festival of Hola Mohalla, it is enthralling to see Nihangs (Sikh warriors) in action on the banks of the Charan Ganga.

Takht Sri Keshgarh Sahib is one of the five temporal seats of the Sikh religion where lakhs of devotees visit during the three-day festival to seek the blessings of the Almighty. It is an extremely colourful festival where Nihangs dressed in their blue/saffron clothes engage in mock battles with their weapons before an extremely receptive crowds. This is a boon for photographers and for those who loves to experience an Indian religious cultural mela.

Traditional Holi at Mathura and Vrindavan: One must experience the festival in Mathura and Vrindavan and also pay a visit to the famous Banke-Bihari Temple. The crowd's enthusiasm for their beloved Lord Krishna needs to be seen to be believed. In Vrindavan, the festival is celebrated for a week.

Basantotsava, Santiniketan: This is one place that should be visited during the Spring Festival that falls during the Holi festivities. Students dress up in spring colours and stage a huge cultural program for visitors, including dancing to Rabindranath Tagore's songs. This is followed by the usual exchange of colours. Basantotsava has become a cherished part of Bengali history and culture and attracts numerous tourists.

Royal Holi, Udaipur: The experience in this majestic place is of course royal. A day before Holi, which is celebrated as Holika Dahan, hundreds of pyres are lit all over the city. But the one at the Jagdish Temple is the biggest. The Holi experience here is grand.

So this Holi (March 24), which also happens to be a long weekend, celebrate with more vigour and, of course, safe colours.

APRIL 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	**2** Visakhi Mela Meditation Workshops For Spiritual Awareness free meditation workshop
3 An evening with Zia Mohyeddin IACRF General Body Meeting & Call for Nominations!	**4**	**5**	**6**	**7**	**8**	**9** Telugu & Kannada New Year/ Ugadi Celebrations - Maha Ganapati Temple IACRF Annual Class Day!
10 Rajesh Vaidya - A musical celebration of the Maestros	**11** Suns - Sikh Community Night	**12**	**13**	**14** Sri Rama Navami Celebrations@ Ekta Mandir	**15** * Bharatanatyam Dance * 5th Annual PPGA Vaisakhi Open 2016 Benefiting * RamaNavami Hare Krishna Temple * AHAM SITA - Bharatanatyam - Blending Dance, Music & the Spoken Word	**16** Modern Web Development Workshops with MEAN Meditation Workshops For Spiritual Awareness Vishu and Tamil New Year Celebrations - Maha Ganapati Temple
17 * Ugadi Celebrations | Telugu Association * Rama Navami Celebrations - Maha Ganapati Temple	**18**	**19**	**20**	**21**	**22** a	**23** * Carnatic Vocal - Sanjay Subrahmanyan * Meditation Workshops For Spiritual Awareness * Yoga for Diabetes * Bolly Bhangra Night
24	**25**	**26**	**27**	**28**	**29** Carnatic Violin Concert by Lalgudi Vijayalakshmi Thaman LIVE in Concert	**30**

"Courtesy of www.azindia.com"

ARIES

Mar 21 to Apr 20

Your intuition will be right on. Follow your feelings in matters pertaining to financial investments. Time to deal with institutional environments, government agencies, and matters of a private nature this month. You need to take a break with the ones you love. You can come up with solutions to the problems responsible for inefficiencies at work. Your luckiest events this month will occur on a Friday.

TAURUS

April 21 to May 20

Plan a day of enjoyment with them. You will be a bit of a spendthrift this month. Money problems will get worse if your partner hasn't been playing by the rules. Involvement in groups of interest will bring you in touch with important individuals. Your luckiest events this month will occur on a Thursday.

GEMINI

May 21 to June 21

Think about starting your own small business, Travel could bring you the adventure and excitement you require. You can make drastic changes in your professional direction this month. You will be drawn to individuals who can provide you with both intellectual conversation and physical passion. Your luckiest events this month will occur on a Friday.

CANCER

Jun 22 to Jul 22

You should put your efforts into creative projects. Social events will be plentiful. You will be ready to jump on anyone who gets in the way of your progress this month. Try to be precise in your communications. Your luckiest events this month will occur on a Tuesday.

LEO

Jul 23 to Aug 23

Take a second look; another person's philosophy may be extremely different from yours. Don't let friends convince you that you should contribute to something you don't believe in. Efforts made to improve yourself will turn out to your satisfaction. Visitors may relieve the tension. Your luckiest events this month will occur on a Sunday.

VIRGO

Aug 24 to Sep 23

You should put in some extra hours developing that creative idea you have. All your energy should be directed into moneymaking opportunities. Plan some family outings. Be firm when dealing with matters pertaining to your environment. Your luckiest events this month will occur on a Thursday.

LIBRA

Sep 24 to Oct 23

Set a limit, or you'll wind up on a tight budget. Take time to look at any outdated papers or possible investments. Trips will be enjoyable, and communication with your lover will clear up any misconceptions. Help children with important projects. Your luckiest events this month will occur on a Friday.

SCORPIO

Oct 24 to Nov 22

Unfortunately, your personal life may suffer from a lack spare time. Look into real estate. You should be promoting your ideas. Your creative talent will prove to be lucrative if put to proper use. Your luckiest events this month will occur on a Sunday.

SAGITTARIUS

Nov 23 to Dec 21

Try to do things with children that will enable you to bond closer to them. Avoid lending money or belongings to friends. Try to convince a good friend to take a holiday with you. Don't be taken advantage of by any fast talking salesperson trying to part you from your cash.Your luckiest events this month will occur on a Tuesday.

CAPRICOM

Dec 22 to Jan 21

Take care of chores that have been hanging over your head. Digestive disorders will be a result of family squabbles. Take time to catch up on gossip and make plans to do a little adventure travel. Be careful of disclosing personal information. Your luckiest events this month will occur on a Sunday.

AQUARIES

Jan 22 to Feb 19

Try not to judge too quickly. You need to sit back and enjoy. Go out shopping this month. You can make career moves that will bring you a much higher income. Your luckiest events this month will occur on a Thursday.

PISCES

Feb 20 to Mar 20

Don't get involved in secret affairs or underhanded involvement's. Be firm when dealing with matters pertaining to your environment. You can expect to have problems with your mate if you've been spending too much time away from home. You will feel the limitations if you have been overdoing it. Your luckiest events this month will occur on a Sunday.

Book review: A handy map that makes navigating through life easy

Vinita Dawra Nangia is a columnist, author, editor and a motivational speaker.

Title: Love is Always Right and Other Musings

Author: Vinita Dawra Nangia

Publisher: The Times Group Books

Pages: 248

Price: Rs. 299

Urban life comes with its own hiccups and road blocks. While some may have their own roadmap to deal with them, several find the ordeal daunting. Even the better equipped may sometimes need to seek directions, or course corrections.

There is no shortage of advice. For it is not only philosophers, psychologists, and spiritual leaders, but management experts, soldiers, economists, sportspersons, actors and others who have also chipped in to probe various facets of the human condition and to present a range of solutions. These, however, may not always be applicable, feasible or effective.

Sometimes it is the more simple, the uncommon 'common' sense and sometimes counter-intuitive advice, presented almost informally, that proves to be the best. And this is what author, journalist, and columnist Vinita Dawra Nangia offers in her latest book.

In this second anthology drawn out of her long-running 'O-zone' column in Times Life, the Times of India's Sunday supplement, she offers a refreshingly uncomplicated take on issues of life, love and livelihood, and personal and professional growth.

In one of the sections of the book, Nangia asks how often we find ourselves looking at things through a camera. She writes, "So happy are you with the present moment that you believe it isn't enough to just lose yourself in the happiness. You need to do more. You need to freeze capture the moment for posterity."

Pointing at the problem, she says, "In an attempt to capture present moments for the future, you forget the right-now time".

Although seemingly obvious, we never feel it at the moment, and then inexplicably feel sad over the too-transient nature of our pleasures.

It is not just lessons that are imparted in the book. It is about a lot more — but all of it needs to be perused first hand and be deliberated upon. For this is not an infallible guide but more of a manual to identify your everyday-life issues and deal with them — on your own. This is what makes it a valuable read.

POET OF MONTH

Alicia Ostriker

I'm a New York City girl, who has been living in Princeton, NJ since 1965, and am about to become a full-time New Yorker again, settling into an apartment on the Upper West Side with my husband. For almost forty years i taught English and American Lit and Creative Writing at Rutgers University, raised two beautiful daughters and a beautiful son, all of whom are now beautiful grownups, and stayed married to the same guy.
I wrote what is now a stack of books and essays--on William Blake to start, then on women's poetry, then on the Bible, then on some more women's poetry plus Whitman and Ginsberg. And stacks and stacks of poetry. Thirteen volumes at this point, I think. When I am not teaching and writing, I can't recognize myself. For pleasure: movies, theater, travel, biking, singing in a chorus. Trying to love, as Adam Zagajewsky says, the mutilated world.

THE FIRST SNOWFALL

The first snowfall begins to turn grey.
A homeless guy lies across the freezing
sidewalk, hands shaking while the young cop gently asks

if he's sick. He says he is, and the cop asks
does he want to go to the hospital.
The guy's whole body has the shakes, cold night

is falling, they are waiting for an ambulance
and the men working at a parking garage down the block
lean on a Toyota, curious, watching, respectful.

Poor naked wretches, cries Shakespeare's Lear
In the voice of a man insane with grief
and indignation. Having grown up in the city,

I always thought it was poor homeless wretches.
Imagine rags as well as homelessness
on Shakespeare's streets as the snow pelted down

and began to turn grey, like here,
but with the filth of horses, no streetlights,
probably the watchman kicking you in the balls.

Nobody believes in the kindness of New Yorkers,
but I saw the drunk stretched boldly across the width
of sidewalk, the policeman being gentle to him,

the ER squad hoisting him into the ambulance
being gentle, the men down the street
not laughing. Snow turning grey. Nobody laughing.

The only thing that matters is the script: Salman Khan

Salman Khan discusses the idea of starting up his production house and how he wants to take SKF forward…

Salman Khan launched his own production venture last year. Bajrangi Bhaijaan, their first film went on to become not just his biggest blockbuster till date but also the most watched film of recent times. Their second venture, Hero couldn't live up to the expectations but the team is already gearing up for their third pet project — Jugalbandi.

Here, we have Salman Khan discussing the idea behind starting his own production house and how he plans to take his own brand forward in the coming years…

Idea kya tha?

Ask him about how this idea germinated and he tells us, "People have loved me crazily and made me who I am. It's just to give it back. That's what I want to do. Also, when you have your own home productions, you can take your own decisions. Now that Bajrangi Bhaijaan has done so well, we will be on a roll!"

Not the first one!

Salman's banner is not the only one in the khan-daan. "As it is, I have a home production. There's Arbaaz's, there's Sohail's and there's Baby's (Atul and Alvira's)! Then we started with Being Human and now we have started Salman Khan Films (SKF). We thought Bajrangi Bhaijaan was the right film to kick-start the production house. I have been launched by Sooraj Barjatya, I launched Sooraj Pancholi. So it's a full circle," Salman smiles.

There's so much more!

His production house started its journey with a bang. Bajrangi Bhaijaan broke all records last year and was the most loved film of the decade. Now, there's no stopping team SKF. "I have a fabulous team led by Amar who's a dear friend. We won't waste time and we will fatafat make more films. Definitely some more great films," Salman promises.

Newcomers, welcome!

Salman launched Sooraj Pancholi aand Athiya Shetty with Hero. His production house has been set up with the intention of giving a chance to newbies. He says, "Today, we are in a position where you can launch people who you think will make your head turn around. Whether it's someone from the industry or outside the industry." But Athiya and Sooraj are both star-kids. Any plans to launch someone with no filmy connections? Pat comes the reply, "After this, I am launching someone who's got nothing to do with the industry at all."

Accha script chahiye!

While setting up his own banner, Salman was very clear. The only thing that matters is the 'script'. That's the 'only pre-requisite', he reveals. "If you feel the script is like (makes a face), you don't do it. If you think it's sweet, don't do it! But if it's like (surprised expression) great, then you do it! It may turn out right, it may turn out wrong."

Don't do it for wrong reasons: Salman makes sure of one thing — the reasons to do a film should be proper. "The only reason for you to produce a movie or be a part of a movie can't be to have fun on the sets or because the maker is a friend of mine or 'Oh, I have dates, yaar'. If you calculate your per day to do the film — these are all wrong reasons to do a film. You should do it because you should believe that it's the best film ever."

Can't preempt success

Bajrangi Bhaijaan clicked with the masses, whereas Hero didn't. But that has never bothered Salman. "Success isn't the only reason why I am making these films. You can never preempt success. It's only till the Friday comes and the film releases that you think of the results," he explains his point clearly with a few examples. "Like for Sholay, when they were making the film, they knew that their film was one of the biggest films ever. It would be a blockbuster ,they thought. But it was a disaster for two weeks! Andaz Apna Apna and Hello Brother, we thought would break boundaries. Both of them didn't do well. Andaz Apna Apna was out of theatres in three days and look at it now. It's a cult film. Today, Hello Brother is a film which people watch on TV and keep saying what a funny film! You can't tell what will work, what won't," he signs off.

Shraddha Kapoor and Aditya Roy Kapur to get intimate!

When it comes to doing intimate scenes with her co-stars, Shraddha Kapoor is an absolute sport. She has kissed Aditya Roy Kapur, Sidharth Malhotra, Shahid Kapoor and now Tiger Shroff. With Ok Jaanu, she will go several steps ahead. Since the film will study a live-in relationship, there will naturally be some amount of intimacy involved in their on-screen interaction.

However, there is one sequence where the couple would be shown making love for the first time. "It is the moment of reckoning, so to speak," reveals a source close to the project. "Aditya and Shraddha would have to get very comfortable with one another for this particular love-making scene."

The couple, we hear, are up to the challenge.

No Holi for Deepika Padukone

Still the actress made her presence felt, here's how!

Holi just went by and everyone had a fun-filled time. Among them is Deepika Padukone, who could not celebrate the festival of colours in the city as she is away in US filming for her Hollywood film. Although she returned for a few days for her friend's wedding, she is back to LA for xXx shoots.

Even though Deepika is not in town, there are hoardings of the actress immersed in colours plastered all across the city. The large hoardings are a part of a haircare product that Deepika endorses.

The omnipresence of Deepika across the city sure does make up for her physical absence during the festive season.

Deepika says, "It's Holi, one of my favourite Indian festivals. I love it because it is all about having unadulterated fun with friends, family and even strangers. I remember celebrating the festival when I was a kid. I used to play Holi with friends from my building every year.

I loved playing with colour and gobbling up the delicacies our mothers made. And of course, no Holi celebration was complete without music. It was all about getting together, laughing and enjoying with the people you love."

Who better than the Balam Pichkari girl to tell us how to enjoy Holi to the fullest!

Deepika's hoardings across town sure to bring out the festive season at its best with the actress encouraging on and all to let go and enjoy the festival of colours!

Sunny Leone's 'One Night Stand' is too hot for mainstream Bollywood

After enthralling audiences with Mastizaade, Sunny Leone's back in her hottest avatar ever a new film titled One Night Stand which has been written by Bhavani Iyer and, and directed by Jasmine D'Souza. The first teaser looks intriuging and shows a guy played by Tanuj Virwani. It seems like a sort of psycho-thriller in which the man isn't able to understand the answer 'No'. The actress looks smoking hot, as per use. She was last seen Milap Zaveri's Mastizaade which was trounced by critics and earned only Rs 36 crore at the box office. One Night Stand is an upcoming 2016 Bollywood romantic drama film written by Bhavani Iyer and directed by Jasmine Moses D'Souza starring Sunny Leone, Tanuj Virwani and Nyra Banerjee. The film is produced by Furquan Khan and Pradeep Sharma.

Why is Amitabh Bachchan buying fish in Kolkata?

Spotting Amitabh Bachchan purchasing fish from a local market is not a usual site. Snaps of the 73-year-old actor roaming around Kolkata's very popular fish market have taken over the social media.

Big B was in market to shoot an important scene from his from his upcoming flick 'TE3N.'The film is being directed by Ribhu Dasgupta and it also stars Nawazuddin Siddiqui and Vidya Balan in lead roles.

The curiosity roused by these snaps will come to an end on May 20.

Chai with.... Lashkar of Chennai Express

Asia Today had the opportunity to meet with an amazing man who is humble, down-to-earth, and, even with all his tremendous success in the culinary field, considers himself to be a part the staff whether it be dishwashing or cooking. Mr. Lashkar has 20 years of culinary expertise as an amazing Chef in Italian, Mexican, American, and Indian Cuisine.

Originally from Phagwara, Punjab from a village called Bhudali, he got married in 1975 and did not complete his formal education to take an opportunity to head to Germany in 1976. After 2 years in Germany, he went to Canada and eventually back to India. Destiny landed him in America, the land of dreams, in 1979 where he worked as a farmer and then moved to San Francisco in 1984. This move is where he started his experience in the food industry as a dishwasher because his peers at the time were doing the same. His talent as a chef was noticeable and that is where a Chef noticed and said "You don't belong here. If you want to be successful, you have to learn and empower yourself with the art of cooking." He had the pleasure of learning from a unique teacher, a 70 year old Indonesian Chef, who taught him for six months with the condition that he will not teach him anything. He was of the firm belief that cooking must be learned by observation so he set the expectation that he would not tell Lashkar anything but he wouldn't hide anything from him either but he would have to learn what he wanted on his own.

After six months of observational learning, he was placed in a new restaurant where he worked for 5 years and made his way up to Head Chef. He then moved to San Diego where he worked as a Chef at an Italian restaurant for 3 years and was then transferred to Phoenix. He worked in Phoenix for 5 months and while working he opened a convenience store for his children. His children were unable to handle the store and unfortunately he had to let go of his passion for cooking, quit his job, and take over the store. Lashkar did this for 5 years and with concerns related to burglaries, finally sold the store. He wanted to go back to San Diego and his passion of cooking since he had many friends that had restaurants there but his children were upset and wanted to stay in Phoenix. Again, he gave up his desires to put his children first.

The stars were in favor of having him go back to his passion for cooking as his son in law, Paramjeet Singh, worked in Delhi Palace as a server and it was a great running business. It was up for sale in 2008 and he bought it and started the business in January 2009. Paramjeet and Lashkar have been running this restaurant successfully ever since. Now, he has expanded that business to Chennai Express as well and as the saying goes "honesty and hard work always pay off." His life learnings are to give your undivided attention and commitment to any business for 24 hours.

Asia Today is grateful to have spent some cherished moments with an amazing chef, business man, and family man and wishes him and his businesses success in all their upcoming endeavors. If you haven't already please make sure to pay a visit to Chennai Express located at 933 E University Drive, Tempe AZ 85281 or call them at 480/966-3012.

IACRF Seniors Group Enjoying Spring Season

Report by
Bhagubhai Patel and
Prakash Kotecha

Coming Events:

IACRF Seniors Group meets every Thursday, 10:00AM to 3:00PM at the Indo-American Community Center, 2809 W. Maryland Ave., Phoenix, AZ 85017. List of special activities:

April 21:: Picnic, Rio vista Park, Leaders: Kishor Vyas & Meenaben Bhavasar

April 28:: Living Will presentation

May 5:: Mother's Day celebration

May 19:: Antakswari , Leader Shriant Vidya

Picnic at Piestewa Park: February 25, 2016: Picnic to Piestewa Peak Picnic day was favored by weather and with a perfect weather, members started coming in to the Piestewa Park and were happily surprised to see so many other members enjoying the mountain and hiking. Babulal and Nayanaben were already getting ready assisted by Minaben Bhavsar and Kishorbhai and other volunteers to make tea and Bhajiya (methi/marcha) and chips ready while other members found their way to the Ramada, thanks to perfect direction provided by Lalitbhai.

Group members enjoyed Bhajiya (Pakoda) and Tea and started drifting to their respective favorite activities; some started chitchatting others started playing cards and energetic group of members moved out for hiking in to the mountains. By 12-00 everyone got together from various activities back to the central ramada and hiking group also returned after 45 minutes of moderately difficult hiking. Meenaben Bhavsar then steered the Antakshari between Men and Women groups and all the members enthusiastically participated and enjoyed and both teams remained unbeaten after an hour of the fun time singing Hindi, Gujarati songs from movies and folk songs.

APCA Executive Visit: Mr. Lloyd Y Asato, Exectutive Director, Asia Pacific Community in Actions and Gitika Pawar visited us for the joint activities planning meeting. A round table meeting was held and around 15 members joined voluntarily for group inputs Lloyd. Asato gave details regarding his APCA organization including the work that has been done in order to help growing Asian communities in Arizona. He briefed about the prevalence of undiagnosed Hepatitis B. According to CDC 1 in 12 Asian Americans have Hepatitis B, one of the leading cause to liver cancer. Dr. Kotecha suggested that one of the activity in which senior members would need help and actively participate includes Living Will, Mr. Lloyed agreed to bring a presenter who would explain about living will and offer related services. Other preferences that were addressed during the meeting, Hepatitis B and C, teach Pottery classes preferably over the weekend, Participation of members in clinical trials of Diabetes.

Senior Group Management meeting: IACRF Senior Group management meeting was held on March 10 with about 20 members participating. We decided to change Video lead Exercise period to start at 10:30AM which will be ending at 11:15AM so that more members can participate. Each Thursday 10:00AM to 10:30AM will be Meet & Greet period. Task assignment was reviewed and importance of our cooperative way of operation was reinforced. Many members requested to add another day of Senior Group meeting every week. We decided to seek IACRF BOD permission for our use of Indo-American Community Center on each Monday of the week. We will charge $5 fee to non-members attending Picnics, children under 10 are free. Group activity schedule for months of April 2016 to June 2016 was decided. Prakash Kotecha and Mahendra Devgania has updated Senior Group Membership and Yahoo Group Email list, members were requested to verify the accuracy of their details.

Member News: Senior group members Rasikbhai, Kishorbhai, Meenaben Bhavsar, Taraben, Mr. Vaidya, Mahendra Devgania, Dinanath Trivedi, Bhagubhai Patel and Jayaben volunteered for IACRF India Festival Food & Beverage booth. Festival organizers conveyed IACRF thanks for active participation by these senior volunteers.

Our beloved members Sevantibhai Shah, Seva Singh Dulai and Vijya Kshatriya are recuperating after surgery and we wish them speedy recovery. Kapilaben Patel started coming regularly after long recuperation. Welcomed to new members Kanwal Meena and Saroj and Ashok

We played antakshari on March 24 coordinated by Shrikant Vaidya and almost all the members joined in antakshari, women vs. men members As usual members could easily come up with Bollywood songs, Gujarati Songs, poems, with both the teams picking up the song on completion of the other party instantly.

Lunch Sponsors during last few weeks were Hansaben &Maganbhai Kawa; Rajendra & Charan Chhabra; Nayana & Babulal Mehta, Jayaben & Bhagubhai Patel, Rameshbhai & Nina Patel and Ratibhai & Kumud Javia. Photos for this article by Mahendra Devgania.

Guest Visitors: Manju Walia and Sabah Khatri from Asia Today visited us on March 10. They have been kindly reporting IACRF Senior Group every month for last 10 years or more in the widely circulated Asia Today Newspaper. We thank both of them for their cooperation and whole hearted support and look forward to their support in all our future activities. Manjuji addressed the seniors in very encouraging way and wished them all the good luck and health and ended in an excellent Shayari wishing us happiness always.

Real Estate News of Arizona - April 2016

Hello Friends,

Just like May flowers, every spring the housing market blossoms as buyers come out ready to purchase their dream house.

As the economy improves more and more Americans are regaining faith that their own personal finances are headed in a positive direction. With this new confidence, they want to take advantage of the opportunity to own a house. Throughout the valley, we see in several cities the prices have risen, so has the equity in many homes across American. Homeowners, having been shackled to their house because of low or negative equity for the last several years, are again free to make a move without worrying about bringing cash to a closing table in order to sell. This newfound freedom will release a pent up demand of sellers who want to moveup to the home they've always dreamed of or want to downsize their primary residence and also purchase a second home they can use for vacation, retirement or both.

The current increase in home values can be easily explained by the theory of supply and demand. Right now, the number of families looking to purchase a home is greater than the supply of homes on the market.

Yes Home Prices Are Rising, and No its not a Housing Bubble. A decade ago, the demand for housing was artificially boosted by lending standards that were far too lenient. Today, the strength of the demand for housing is legitimate, as lending standards are no-where near what they were a decade ago.Today's price increasesare the result of qualified buyer demand exceeding the current inventory of homes available for sale. Once the supply increases, prices will level out.

Let's take a look at the February sales of Residential Properties in Maricopa County-

- Total Sales for Single Family, Town-home, Condos, for February are 5,075 whereas January was 4,520 and December were 5,957
- The Active listings for Single Family, Town-home, Condos for February are 22,259 whereas January was 21,005 and December were 18,647
- Pending sales for Single Family, Town-home, Condos, February are 6,590 whereas, January was 4,733 and December were 4,083

The sales by financing were-
Cash Sales -1,412
Conventional - 2,191
FHA -1,081
VA- 341

Many people have asked me to provide Pinal county stats,so here are the February sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-home, Condos, for February are 467, whereas, January were 454, whereas December was 524 and November were 435
- The Active listings for Single Family, Town-home, Condos, February are 2728, whereas January was 2,570 and December were 2,544
- Pending Sales for Single Family,Town-home, Condos, for February are 752, whereas January was 514 and December were 393

Now let's take a look on commercial side-

Mesa has a new project coming up, the twobuilding Riverview Point office park in Mesa was sold for $34.34 million. Riverview Point was built in 2008 and consists of twostory office buildings totaling 164,861 square feet. It is 98 percent leased to multiple tenants including Ashton Woods, Mitel Corporation, and Nextcare. The renovations to include new paint, interior and new monument signage. They have planned to built a fourbuilding campus called Waypoint, combining the two recentlyacquired assets with its newlydelivered Waypoint One and soontobreakground Waypoint Two office buildings. It will span 34.5 acres along Loop 202, across from Mesa Riverview and six miles to Skyharbor, totaling 425,000 square feet of class A office space.

Riviera Village Apartments in Tempe was sold for $10 millionor about $61,000 per unit. The 111,625squarefoot apartment complex was built in 1980 on 10.4 acres in Maricopa County. The property consists of a mix of oneand twobedroom units.

Baseline Interstate industrial building in Phoenix sold for $14 million or approximately $109 per square foot.Newly renovated in 2016, this fully-leased industrial building sits on 7.6 acres and offers close proximity to the I-10. It totals 128,305 square feet.

The Gainey Center II building in Scottsdale for $35.25 million or approximately $240 per square foot. The threestory146,770square-foot, office building was constructed in 2000 on 4.7 acres in Central Scottsdale.

The Prologis Sky Harbor Distribution Center in Phoenix sold for $14.5 million.The 23.5acre site is improved with four buildings constructed between 1998 and 2002 and totaling 336,369 square feet.

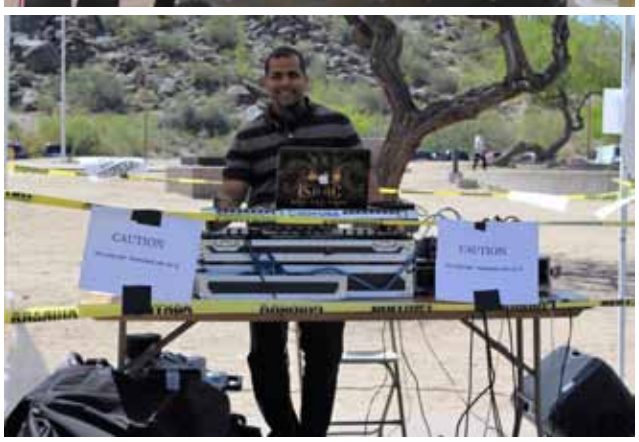
The Legacy Suites in Phoenix sold for $10.55 millionor about $40,000 per room. Built in 2004 the 260room motel totals 204,696 square feet on 9.1 acres.

Hope this article gives you a peek in what's happening in our valley. As always, I love your questions, comments & feedback. Please keep them coming at arti@artiiyer.com or call me at 480-242-8573.

Disclaimer: This article makes no representation or warranties of any kind as to the ac-curacy of the data. The source of data has been taken from several sources such as Armls, cromford report, Better Homes and Garden, Costar, Globest, BizJournal, News-geni, Realty times, azcentral, wall street journal.

Sai Temple of Arizona celebration of Maha Shivratri

Glimpse of Holi by India Association



8th Pran Pratishtha Anniversary

Ekta Mandir Pran Pratishtha 8th Anniversary was held on Saturday, March 5, 2016 from 9:00 AM – 8:00 PM at Ekta Mandir. This is the Anniversary of Idol installation ceremony instilling the divine presence. Anniversary celebrations included Sarvadevata Yagna, Abhishek, Archanas, special prayers to Deities and Dwajarohan.

Thanks to everyone for participating and sponsoring the programs to get divine blessings. Thanks to K.N. Jagannath and Lalit Patel for leading and thanks to devotees, IACRF staff, board of trustees and directors for their support and participation in making it a divine event for the Ekta Mandir and Community.

Press release from Indo-American Foundation of Arizona

World Health Day 2016: Beat diabetes

7 April 2016 - World Health Day

By
Dr. Prakash V Kotecha
MD, DPH, MSc (London)
Independent Health & Nutrition Consultant

Facts that should make us Conscious and Cautious about Diabetes

Every six second there is one person dies due to diabetes that is 10 deaths every minute and 600 deaths every hour!! More deaths occur due to diabetes than HIV, TB and Malaria put together. It is important to understand the figures to take precautionary measures rather than feeling scare.

Total number of diabetes cases in the world is around 415 million, which is more than USA population. The world spends 673 billion dollars on managing these cases which is 12% of total budget on health.

In USA alone there are over 29 million cases of diabetes, which is world's number third highest case load after China having around 110 million and India around 70 million cases. What is worry some is the fact that 46% of these cases are not even diagnosed, that means that they are not taking any precaution of medicines since they even do not know that they are suffering from Diabetes.

One in 11 person in USA is diabetic and one in 4 person is diabetic after the age of 65 years. Almost double this number is in prediabetic stage which means they are at a higher risk to develop at diabetes and needs to take precautionary measures like diet control and regular moderate physical exercise for 30 minutes a day.

Background: In 2012, the disease was the direct cause of some 1.5 million deaths, with more than 80% of those occurring in low- and middle-income countries. WHO projects that diabetes will be the 7th leading cause of death by 2030.

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin, a hormone that regulates blood sugar, gives us the energy that we need to live. If it cannot get into the cells to be burned as energy, sugar builds up to harmful levels in the blood.

There are 2 main forms of the diabetes. People with type 1 diabetes typically make none of their own insulin and therefore require insulin injections to survive. People with type 2 diabetes, the form that comprises some 90% of cases, usually produce their own insulin, but not enough or they are unable to use it properly. People with type 2 diabetes are typically overweight and sedentary, 2 conditions that raise a person's insulin needs.

Over time, high blood sugar can seriously compromise every major organ system in the body, causing heart attacks, strokes, nerve damage, kidney failure, blindness, impotence and infections that can lead to amputations.

World Health Day 2016: Key messages

WHO is focusing the next World Health Day, on 7 April 2016, on diabetes because:

1. The diabetes epidemic is rapidly increasing in many countries, with the documented increase most dramatic in low- and middle-income countries.

2. A large proportion of diabetes cases are preventable. Simple lifestyle measures have been shown to be effective in preventing or delaying the onset of type 2 diabetes. Maintaining normal body weight, engaging in regular physical activity, and eating a healthy diet can reduce the risk of diabetes.

3. Diabetes is treatable. Diabetes can be controlled and managed to prevent complications. Increasing access to diagnosis, self-management education and affordable treatment are vital components of the response.

4. Efforts to prevent and treat diabetes will be important to achieve the global Sustainable Development Goal 3 target of reducing premature mortality from non-communicable diseases by one-third by 2030. Many sectors of society have a role to play, including governments, employers, educators, manufacturers, civil society, private sector, the media and individuals themselves.

Goal of World Health Day 2016: Scale up prevention, strengthen care, and enhance surveillance

The main goals of the World Health Day 2016 campaign will be to:

1. Increase awareness about the rise in diabetes, and its staggering burden and consequences, in particular in low-and middle-income countries;

2. Trigger a set of specific, effective and affordable actions to tackle diabetes. These will include steps to prevent diabetes and diagnose, treat and care for people with diabetes; and

3. Launch the first Global report on diabetes, which will describe the burden and consequences of diabetes and advocate for stronger health systems to ensure improved surveillance, enhanced prevention, and more effective management of diabetes.

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