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Monthly Newspaper

ASIA

• Vol-VII • Issue-1 • Phone : 480-250-2519 • sales@asiatodayaz.com • January 2014



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Nepali singer live in India Garden

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Christmas Celebration by Phoenix sangat, USA



Aman Sareen

Keeping with the spirit of Christmas, the Phoenix branch of Sant Nirankari Mission celebrated Christmas with great excitement and reverence. Like past years, special focus was given to encourage youth (and very young children) participation. The youths and kids were given the topic of "What is the meaning of Selfless Service". They were each asked to make a video for about 1 minute • **More on P06**

The Message of Christmas

By Pastor Kevin Jacob
The whole world celebrates Christmas as the birth of Jesus Christ who was born in Bethlehem 2000 years ago. His birth was a supernatural event as his mother Mary conceived Jesus by the power of the Holy Spirit and Jesus' birth was foretold by the prophets hundreds of years before his birth. Many people think that Jesus was born on the Christmas day, and his life begins when Mary was with child, but contrary to this Jesus was omnipresent with God from the beginning, even when God created the whole Universe. However, at the time of Mary's Immaculate Conception Jesus simply incarnated as a human and that is why He is also called the Son of God.



The Bible tells us in John's Gospel Chapter 1 In the beginning the Word already existed. The Word was with God, and the Word was God. He existed in the beginning with God.

God created everything through him, and nothing was created except through him. The Word gave life to everything that was created, and his life brought light to every-
• **More on P2**

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The Message of Christmas

one. The light shines in the darkness, and the darkness can never extinguish it. So the Word became human and made his home among us. He was full of unfailing love and faithfulness. And we have seen his glory, the glory of the Father's one and only Son.

Prophet Isaiah who lived 700 years before Jesus prophesied about his birth, Isaiah 7:14

14 All right then, the Lord himself will give you the sign. Look! The virgin will conceive a child! She will give birth to a son and will call him Immanuel (which means 'God is with us').

The Bible tells us that Jesus' birth was anticipated by the people of other nations too.

Mathew 2: 6-12 "After Jesus was born in Bethlehem in Judea, during the time of King Herod, the wise men came] from the east came to Jerusalem² and asked, "Where is the one who has been born king of the Jews? We saw his star when it rose and have come to worship him."

3 When King Herod heard this he was disturbed, and all Jerusalem with him.⁴ When he had called together all the people's chief priests and teachers of the law, he asked them where the Messiah was to be born.⁵ "In Bethlehem in Judea," they replied, "for this is what the prophet has written:

6 "But you, Bethlehem, in the land of Judah, are by no means least among the rulers of Judah; for out of you will come a ruler who will shepherd my people Israel." 7 Then Herod called the wise men secretly and found out from them the exact time the star had appeared.⁸ He sent them to Bethlehem and said, "Go and search carefully for the child. As soon as you find him, report to me, so that I too may go and worship him." 9 After they had heard the king, they went on their way, and the star they had seen when it rose went ahead of them until it stopped over the place where the child was. 10 When they saw the star, they were overjoyed.¹¹ On coming to the house, they saw the child with his mother Mary, and they bowed down and worshiped him. Then they opened their treasures and presented him with gifts of gold, frankincense and myrrh.¹² And having been warned in a dream not to go back to Herod, they returned to their country by another route." Dear brother and sisters, Jesus did not come into the World just for the Jews and the Christians he came for everyone, and today the same message echoes in the world through his Holy Word, The Bible "For God loved the world so much that he gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. As people give gifts to each other on Christmas day but the best gift God has given to the world is HIS only Son Jesus. As the Wise men presented gold, myrrh and frankincense to Jesus, similarly the best gift we can give to Jesus is the sinful past because Jesus forgives our past and no matter what we have done. We can also trust Him with our future no matter how much anxious we are but we can give our future to him. The Word of God says, "I have the plans to prosper you and not to harm you, plans to give you hope and a future." The third gift you can give to Jesus is your today, it means to get right with God today. Don't put it off till tomorrow but today is the day, if you hear his voice then follow him. And you can invite Jesus in your life, by saying this simple prayer, "Lord Jesus, I seek forgiveness for my sins, I give my life to you, please come into my heart and be my Lord and Savior. Amen."

United Indo-Pak Christian Church wishes you a Merry Christmas & a Happy New Year. United Indo-Pak Christian Church, Phoenix is consisted of the Christian Families from India and Pakistan come together in this land to worship our Lord and Savior Jesus Christ.

For more info: visit www.uipcc.org





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Speechless...as I Enter 2014

Speechless... a state of being associated with having nothing to say. Most people will take this to mean something shocked or surprised them. I never understood that content and happiness can also render someone speechless. 2013 was a good year – it started on an awesome note with close family and friends around me and ended on that same note, surrounded by folks that render me speechless. I can't say I did anything terribly exciting in 2013. For someone that is constantly used to travelling, learning something new, or somehow experiencing something new, in 2013, I can't say I did any of that. But it was the year that brought me the most content, happiness, and love I have experienced in my entire life. Some of it came from strengthening existing bonds, while some of it came from forming new ones.

There was a time in my life when having a good time meant doing something extreme and usually came with an extreme price tag, but I realize the reason for those desires at that time was due to the hollowness of the relationships around me. To make up for what was missing in the people around me and to be able to have fun with those people, it was important to do whatever it took to keep myself distracted and that was where the desire for extravagance emerged – it was



Editor's NOTE

the desire to distract myself from those I had surrounded myself with.

This last year, I may not have had the most extravagant experiences but I had the most fulfilling and it is all thanks to those that were a part of my life this year – they were friends and family with genuine love, care, and hearts of gold that no matter what we were doing, everything seemed special. 2013 and those that were a part of it have taught me the true definition of

happiness and being speechless is a part of it. I have had the greatest of times with loved ones by my side where we had nothing to say to each other because words were too weak to express our emotions for each other or there was so much understanding that words were un-necessary. And that is the best lesson life could have taught me. I may have been living my life wrong all these years – I am glad for the experiences I have had living it that way but am so grateful that I have realized true happiness, laughter, and love with many years ahead of me. And that it won't break my bank account to experience it year after year.

I wish all our supporters, friends, readers, advertisers a Happy New Year. May your 2014 be filled with love, laughter, and joy.

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

Happy New Year! I hope everyone had a safe holiday week. This time of the year is pretty rough, especially if you travel for the holidays. My wife and I do a lot of traveling for the holidays and this year it was even more than normal due to a lot of family events. Holiday traveling is crazy, I can't stand it and you always have a feeling that you might have forgotten something.

This year we went away for a week at a time for Thanksgiving and Christmas, and it was intense. For Christmas we were rushing to the airport, dealing with luggage, making sure all the presents are packed. We had to get a separate suitcase just for presents, and we still forgot 1 present! Ha! All that double checking and planning and we still miss something, we had to have someone ship it to us to make sure everyone got their Christmas presents. It's craziness! But it's a good craziness! Within all the craziness however the time you get to spend with family is priceless. We got to relax, drink and just talk about old times. Also there was defiantly non-stop cooking, my wife and my eldest sister were always making something for the entire family. The food was always amazing and you can tell because I gained some good ol holiday weight...We also got to explore downtown San Jose and went to Christmas in the park which was way too crowded to enjoy. Christmas morning when we gave my nephew the present we got him, that time was the best moment for me. He was so eager when he saw those cars that he went crazy! My sister couldn't open the present fast enough for him. He was trying to open it, yank it, rip it apart!

A lot of people think that the more expensive



Publisher's NOTE

something is, the better it is. Majority of the time that is true, when you buy some knives or chairs, the more expensive ones are usually better. However for gifts I personally believe there is a balance, it has to have meaning as well as price. Something can be super expensive but if someone doesn't like it, it doesn't mean it's a good gift. You have to focus on the person, who the person is and what they like, what's there style? And then you can find something that's meaningful, not just expensive. Maybe I'm just crazy I guess.

2013 was an interesting beast of a year. There are still residues of bad blood that's lingering in the air, hopefully with 2014 that fades. 2013 was a huge learning experience for me, what I had always thought in my life and what I believed was turned 100% upside down. Which is a good thing, it's not good for you to live a life believing something that what people call "idealistic" or such as "you live in an idealistic world". I always assumed I was always realistic but being the youngest in my family I believe I am still a oblivious on how the world changed around me. That's something I've come to learn very quickly and it's been a very harsh learning lesson. But hey! At least I learned something, and that's always a good thing.

I can only hope that 2014 brings a new wind of fresh air, and helps clears the past. Happy New year, and may 2014 bring you a new focus, a new drive, and you prosperity!

-Raja Walia
Publiser, Asia Today
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and explain what they understand by selfless service.

The youths also prepared a documentary video showcasing the different social service activities that the Sant Nirankari Mission undertakes throughout the year in India and all over the world.

We also had the pleasure of the visit of Vice Mayor of Mesa, Mr. Alex Finter who appreciated the program and the efforts of the Mission in social services and encouraged youths to get involved in community service. Mr. Finter was accompanied by a few members from his local church, The Church of Jesus Christ of Latter Day Saints. One of these member, Mr. Wilford Taylor, shared his views on the teachings of Jesus Christ and how they are similar to those of His Holiness Baba Hardev Singh Ji Maharaj.

In addition, the youths also played musical instruments and sang devotional and heart touching songs. They played their tunes on the violin, the recorder/flute and the keyboard. The two songs that were sung one was in Hindi and the other in English. The English song was named "Its a Wonderful Life".

Like past years, the Phoenix congregation partnered with the local food bank and held a food drive on this occasion to collect food items and donate to the local food bank.

In the true spirit of giving, this year the kids and youths also wanted to not receive any gifts during sangat/congregation. Instead they wanted to give gifts to the less fortunate. They contacted a local orphanage and got a "wish list" from it and collected items to donate to the kids living at the orphanage.

Christmas Celebration by Phoenix sangat, USA





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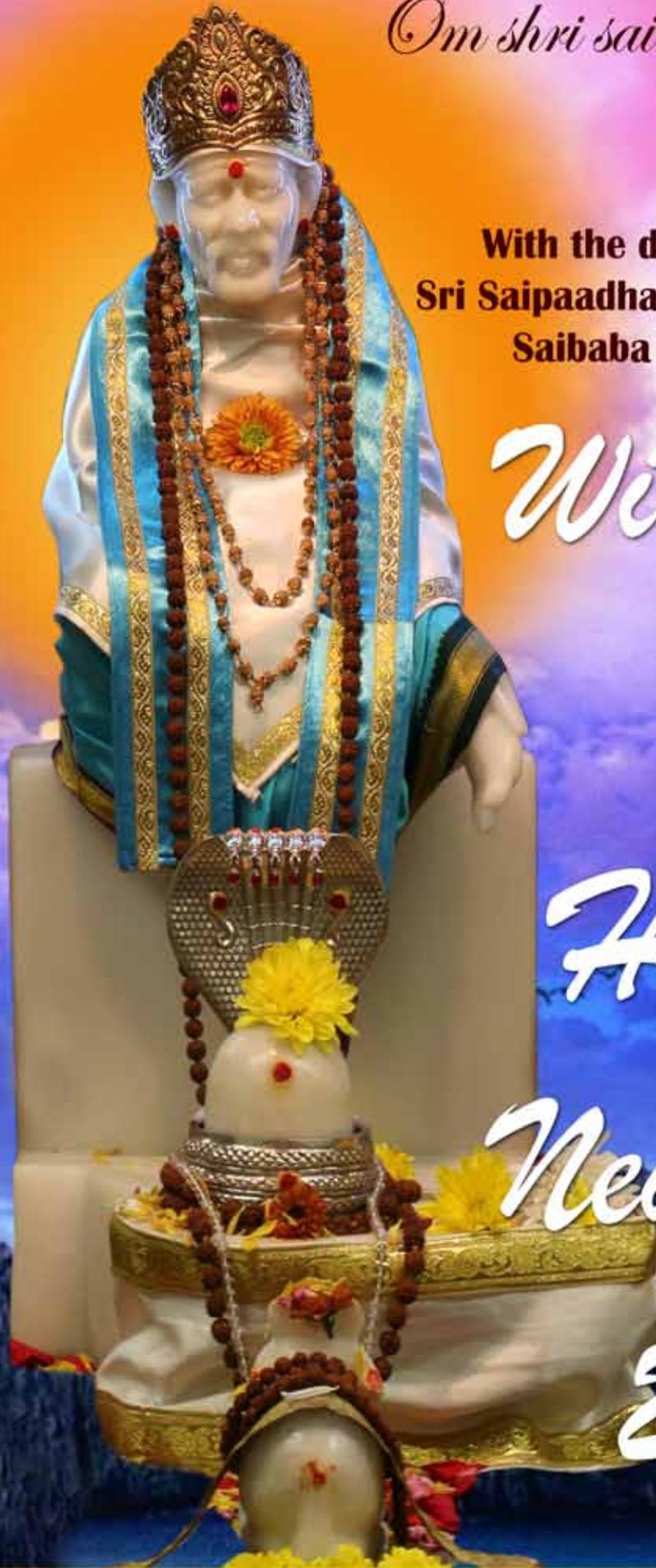
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Senior Group Wishes Happy New Year

Submitted by: Bhagubhai Patel,
Photos by: Sevanti Shah

Senior Group's Best wishes to Indo-American Community members for a Joyful New Year.

Looking Ahead:

We will meet on January 2nd to celebrate and enjoy New Year's party. We planned to screen a movie – it's a movie day. And of course, we will be celebrating India's Republic Day on Thursday January 23rd.

Taking Stock – Year Gone and one ahead

As we reflect back we had a year full of activities – 50 weekly meetings, three overnight tours - Rocky Point, Las Vegas and Flagstaff, picnics, "Healthy living Workshop" and Obamacare presentation, movies, Carom and Card playing, seven Holidays Celebration and A "Baby Shower" too !! With regrets we said final good by to couple of our members. We did change our Lunch management procedures – heart full thanks to all volunteers who helped in Kitchen and Buffet line. We supported IACRF events by volunteering different tasks. It was indeed a year full of Fun. As we look forward to year 2014, we need to explore additional activities to enhance our member's enjoyment and benefits. There are many items to



choose from – Exercise time, exploring and enjoying what is available in metro Phoenix, etc. Please submit your ideas to Lalitbhai Patel for us to evaluate.

Christmas 2013 Celebrations

Seniors celebrated Christmas and Happy holidays on December 19th. All Seniors were welcomed with hot masala tea and Christmas cookies in the morning. Apart from normal ongoing playing cards and socializing, Ramaben round up some seniors and conducted exercise class. Jayantbhai

Alagia round up Sangit lovers to listen to classical and Hindi movie songs in a corner, not to disturb Judgement card players. Meanwhile the lunch preparation was under way by Manjuben, Taraben, Babulal and Naynaben, Kapilaben and Shantiben.

Seniors were glad to welcome back Mr. and Mrs. Arun Sharma, Jagdish Amin, Hemlataben's 95 years young mother Pushpaben, Mrs. Ramani Reddy. Seniors also welcomed new visitors Kely and Mani, Bina and Manju-

laben Mistry. Thanks to Manjuben for sponsoring and leading preparation of delicious lunch. Thanks to Ramaben for conducting exercise class. Thanks to all volunteers for helping Manjuben in the kitchen.

Picnic in December!!

Seniors' planned picnic on December 5th at Piestewa Peak Park in city of Phoenix was cancelled due to wintry weather. But seniors enthusiastically welcomed change of weather from fall to winter in just one week and continue to enjoy picnic at the Indo-American Foundation Hall. By 10:00 am, Masala tea was ready and preparation to make Bhajias was underway. Thanks to a few key volunteers for making tea and Bhajias and general help in the kitchen. Once the seniors were satisfied with dishful of bhajias and hot tea, they grouped together to play Antaxary, men verses women. It was tough to conclude who won the race but all Seniors enjoyed and had a wonderful time. Seniors kept the kitchen closed for all to enjoy the picnic day. Delicious sandwiches were ordered and served with two types of chips and a bottle of water. It was topped with a chocolate candy bar. Thanks to Isha Vashist for sponsoring Delicious picnic lunch.



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On behalf of Sri Sri Sugunendra Theertha Swamiji of Udupi Sri Puthige Math, the staff at Sri Venkata Krishna Kshetra and family, we wish you ALL a very happy, prosperous and healthy New Year 2014. May Lord Sri Venkateshwara, Lord Udupi Sri Krishna and Sri Raghavendra Swamiji shower Blessings on all of you. Please be assured that YOU all are in our daily prayers.

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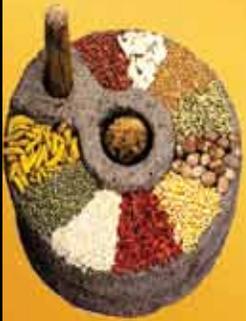
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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



1. Seniors and Dipika with the Santa Claus, 2. Gitaben presented the red roses as token of appreciation to Dipika on behalf of ISAA seniors, 3. ISAA Volunteers posing with Santa Claus, 4. Luncheon sponsors (Mr & Mrs Chhabra and Mr & Mrs Sood) on the December 17th., 5. Isha Vashisht – the sponsor of the December 10th Luncheon, 6. Bhakti Gosalia and Pattie Ryan – the presenters of the Seniors Retirement Homes at the ISAA. 7. Hansaben celebrated Bharatbhai's birthday with ISAA seniors with Harashaben's concert and a sponsored lunch, 8. Luncheon sponsors – Ashwinbhai & Ritaben Patel, 9. The effect of Terek Khan's concert on the ISAA Seniors, 10. ISAA Seniors admiring and adoring Terek Khan's concert!



On Nov 26, 2013, after recitation of peaceful "Shradhanjali" stanzas by Narayanbhai in the memory of Rasikabeb, Terekbhai was a solo singer. Folks enjoyed the morning as they danced and sang with Terek. As the session neared the climax a throng of enthusiastic fans took over the floor until it was time to bid a farewell to the morning. Terekbhai you really kept us spellbound with your musical magic. The luncheon today was sponsored by Ritaben and Ashvinbhai which was enjoyed by over seventy five members and guests. Terek Khan is an Avionic Engineer working for US Navy. Most attendees know him well as a great musical artist. What a singer! Great concert! At one stage and also at the grand finale, over forty seniors were on the dancing floor screaming like kids! Great way to celebrate Thanksgiving! Thank you Terek

Tribute to Rasikaben S. Vaidya: ISAA paid tribute to Rasikaben paying last respects with prayers led by Mu Narayanbhai for her soul to rest in peace. Rasikaben was born in Gujarat and went to school in Karamsad and completed her college education in Vidyanagar obtaining teaching degree. She was married to Shrikant in 1963. She worked as a teacher for several years being a housewife and mother to my five beautiful children. She was instrumental in ensuring all her children did great academically. She moved with family to USA in 198. She was a great help and support to Srikantbhai in managing the motel which eventu-

ally was owned by them and shared the business responsibility. Her biggest loss of life was her daughter Rupal who was the victim of the plane crash near Ahmedabad. She was hard working, dedicated to children's education and well being and a humble lady! She would be missed by all her family and friends!

On Dec 03, 2013, Harshaben gave an outstanding musical concert where all present enjoyed it thoroughly. She continued with her melodious voice for almost over an hour. Many from the audience danced while she rendered some garba songs. It was just beautiful. Thanks Harshaben. Thanks to Hansaben and Bharatbhai for inviting her to their celebration. Today's luncheon was sponsored by Hansaben and Bharatbhai. Over eighty members and guests enjoyed the delicious food.

Jitubhai briefed all in reference to the BioBook. The design work is progressing quite well. If anyone would like to place an ad, the rate would be \$500 for a full page and \$250 for half page. This would be a great opportunity to advertize to the community.

On Dec 10, 2013, Patty Ryan and her associate Bhakti Gosalia made an excellent presentation on Senior Life Care Retirement Communities by Sun Health in Phoenix AZ. This included-Grandview Terrace in Sun City. People listened very attentively. This followed a brief period of questions and answers. Isha Vashist had sponsored the event. It was enjoyed by over seventy members and guests. The luncheon

was delicious. Jitubhai thanked the T&TC for a memorable trip last week end to Verde Canyon Rail Road. The committee had done an outstanding job in every aspect. Our hats are off to all- bus driver, RR lady, all those supplied home cooked meals, all singers and story tellers, Mr. & Mrs. Santa. The T&TC is planning to refund \$15 per person due to excellent support from the participants. The fun times are captured in the pictures as attached(Verde Canyon). Thanks also to, Amrutbhai & Sitaben, for their assistance in securing the luncheon spot at Best Western Inn in Cottonwood during the trip. All fifty six seniors had a hell of a great time.

Narayanbhai made an exciting presentation, with pictures by Jitubhai, on the new home of ISAA starting Tuesday, January 07, 2014. This will be at Holiday Inn North, 12027 N 28th Drive, Phoenix which is located off Cactus exit on I-17 (the south east corner of north 28th drive and Cactus). It is a beautiful, centrally located facility. An excellent Indian restaurant- Tandoori Bistro 3 makes it home there too.

Dec 17, 2013

Le Soiree Hall

Highlights: The "Thank You Dipika Day" was celebrated with pomp & color. Several speakers including- Meena Sharma, Renukaben, Bharatbhai, Pannaben and Chhotubhai paid her heart warming tributes.

A slide show of ISAA accomplishments was presented by Jitubhai.

Sheena & Trina Ganatra entertained with Christmas carols. Thank

you Sheena & Trina. Many thanks to Joe Soloman Santa.

The luncheon was sponsored by Neeru & Subash Sood and Charanjeet & Raj Chhabra. Over eighty members and guests enjoyed the delicious food.

Announcements: Jitubhai announced that as the old working committee was dissolved he was appointed as President. He has invited volunteers to serve in various positions starting next January.

We'll miss Bharatbhai who has resigned from ISAA at the end of 2013.

Bio-book is ready for printing. The authors will be charged \$12.00 for their copies per family. Others can buy at the same price. A full page ad is priced at \$500 and half page at \$250 if anyone is interested. Please call him or send an e-mail for reserving your copy.

The T&TC committee refunded \$15 to all those were present today.

Many thanks to the following for their kind donations-

Sanat Patel-\$501, Harshad & Lataben Desai-\$250, Binaben Suthar-\$51, Shrikant Vaidya-\$50

No ISAA meetings-Dec 24, and Dec 31.

Next meeting at Holiday Inn North on Jan 07, 2014.

The address is Holiday Inn North: 12027 N 28th Drive, Phoenix AZ 85028 Take Cactus exit (#209) off I-17 and go west to north 28th drive (first light) . Go south on 28th drive and turn into Holiday Inn Drive on the left.

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3, 2, and 1... India 's countdowns for New Beginnings on Earth and Beyond!

AVery Happy New Year to Everybody! Obvious as it seems that we have resolutions and lots of blessings to look forward to in 2014, equally closer on the heels of this joy and excitement is the Indian Space Program, celebrating the New Year with unprecedented expectations from the Mars Orbiter Mission (MOM), also called 'Mangalyaan' (derived from 'Sanskrit' for Mars-Craft).

Last month, I read the blog of Emily Lakdawalla, Senior Editor and Writer for the Planetary Society, and it said: "Congratulations due to India: Mars Orbiter Mission is on the way to Mars!", which tells a successful story of the mission, long before the 'mission accomplished' pride is relished, for the fact that India has already succeeded in achieving the interplanetary transit of the spacecraft; something that only a handful of nations on earth have been able to achieve. The Indian Space Program undoubtedly deserves accolades for success in the initial phases of this mission and goodwill for the future mission. If everything goes as planned with respect to entering the Mars orbit in September 2014, India will be well set on the trajectory of deep space explorations to join the ranks of Russian Space Agency, NASA and the European Space Agency.

A Homegrown Pride - There are a couple of things to be noted here in addition to reaching this milestone itself, one of them being about the mission's cost-effectiveness, with a price tag of just \$73 million, which is slightly more than over a tenth of what NASA spent on its latest Mars mission MAVEN which is about \$671 million. Secondly, more than two thirds of the parts for the rocket and the probe were manufactured by India 's biggest home grown Conglomerates—Larsen & Toubro, HAL, Godrej & Boyce, and Walchandnagar industries Limited.

To give a short summary of the Mars Orbiter Mission ,Mangalyaan was launched on November 5th 2013 from Indian Space Research Organization's (ISRO) Satish Dhawan space center in Sriharikota. As per the website's resource, "The Spacecraft configuration is a balanced mix of design from flight proven IRS/INSAT/Chandrayaan-1 bus ". The probe had a lift-off mass of 1337kg. It has a structure of aluminum and composite fiber reinforced plastic (CFRP) sandwich construction, carrying five payloads consisting of a photometer, a camera, two spectrometers and a radiometer. The total weight of

these payloads is about 15 kg. The probe also has an array of solar panels (it requires three solar panels) to generate a power of 840W in Martian Orbit and stores electricity in a Lithium-ion battery.

The Mars Orbiter Mission probe lifted-off from the First Launch Pad by using a Polar Satellite Launch Vehicle PSLV-XL C25, an expendable launch system; unlike the previously used Geosynchronous Launch Vehicle(GSLV) because of glitches associated with the GSLV like the cryogenic engine issues, which had led to failures in the past space missions. Also, it was not feasible for ISRO to wait for a new batch of rockets, which would delay the Mission for at least three years. There was a difficult decision to be made and by the end, it was decided to use the less powerful PSLV, even though it meant having to forsake the direct-to-Mars trajectory maneuver that the GSLV could offer .But instead, the probe would first be launched into the Earth's orbit and slowly boosted into the interplanetary trajectory using gravity assisted maneuvers.

Stage 1, Geocentric Phase: According to ISRO's press release, "The Mars Orbiter Spacecraft, India's first interplanetary spacecraft, was launched into an elliptical earth orbit with a perigee (nearest point to earth) of 248.4km and an apogee (farthest point to earth) of 23,550km inclined at an angle of 19.27 degrees to the equator by India's Polar Satellite Launch Vehicle in its twenty fifth flight (PSLV-C25)." Subsequently, the spacecraft's propulsion system along with the Earth flybys for gravity assist were used to conduct several orbit raising maneuvers into a hyperbolic trajectory, even as all these was being controlled from the Spacecraft Control Center (SCC),ISRO Telemetry and Tracking and Command Network (ISTRAC). The fifth and final orbit raising maneuver was conducted on Nov 16th 2013 with a slightly higher altitude than originally intended because of an unscheduled fourth supplementary orbit raising maneuver that was performed after the fourth orbit burn came up short. The observed change in Apogee was from 118642km to 192874km.

Stage 2, Heliocentric Phase: The Trans Mars Injection (TMI) was successfully completed on December 1st 2013, which came about after a 23 minute engine firing initiated the probe to move away in a direction tangential to the Earth's orbit and inserted it into

a heliocentric trajectory in the direction of Mars. The probe escaped beyond the Earth's Sphere of Influence (SOI), its perturbing force being mainly due to the Sun. Furthermore, four trajectory correction maneuvers have been planned, the first of which was performed successfully on December 11, 2013 and the rest are correspondingly slated for April, August and September 2014.

Stage 3, Martian Phase: According to ISRO's mission plan for the Martian Phase, "The spacecraft will arrive at the Mars Sphere of Influence (around 573473 km from the surface of Mars) in a hyperbolic trajectory. At the time the spacecraft reaches the closest approach to Mars (Periapsis), it is captured into planned orbit around Mars by imparting what is called the Mars Orbit Insertion (MOI) maneuver." Currently, the probe is traveling on scheduled mission duration of 300 days at a distance of 484 million miles in an attempt to reach Mars.

The purpose of India 's first Mars Mission is both technological and scientific. According to ISRO's website,"

One of its main objectives is to develop the technologies required for design, planning, management and operations of an interplanetary mission". This might also mean capturing the \$304 billion global space market, which can include launching of satellites for other nations. The entire mission, is said to be application-specific, unlike researching, and is termed as a 'small and modest' attempt by India in understanding science .If both the MOM and NASA's MAVEN orbiter missions are successful, they also plan to complement each other's findings to help understand Mars better, is what ISRO chairman stated after achieving the first milestone.

Till then, let's raise a toast in wishing India a Happy Journey to the Red Planet!!

-Deepa Badrinath

(Sources :

ISRO website; isro.gov.in/mars/updates.aspx; Wikipedia; various news sources.)





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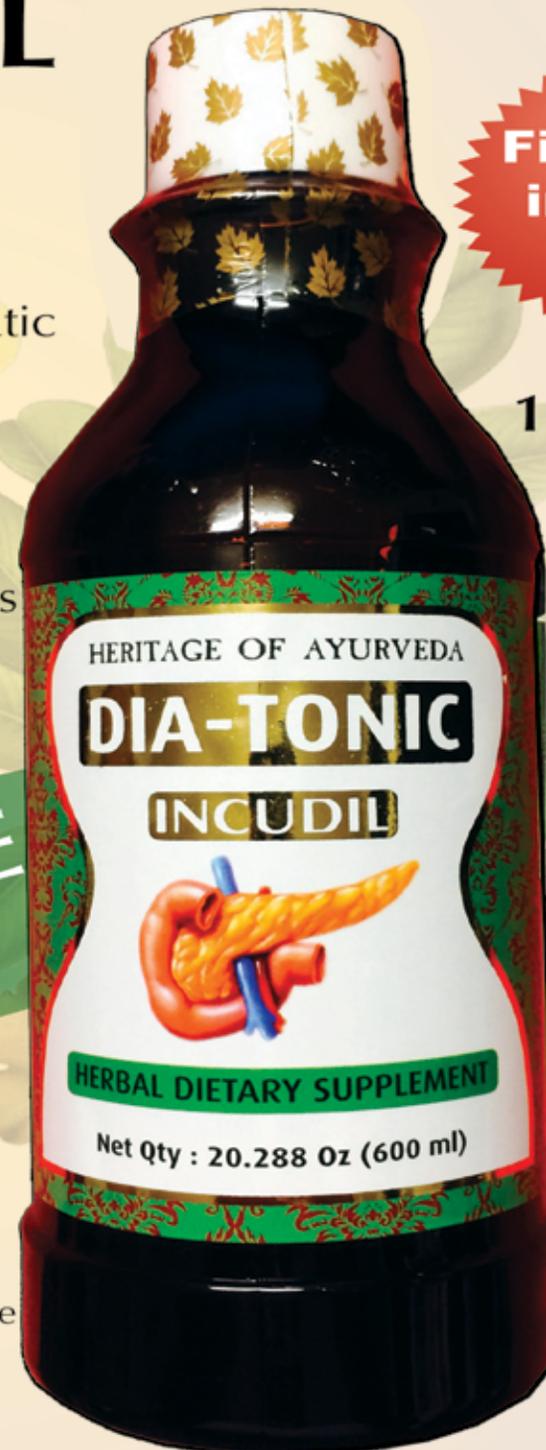
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Happy New Year!!

Some of you may or may not have heard that it is being debated as to whether the penny should be pinched out of circulation. This situation definitely has its pros and cons, but I am going to share with you my view on why it should stay in the U.S. currency...

Benjamin Franklin was very correct and wise when he once said, "A penny saved is a penny earned." Even though not many things can be purchased with a penny in today's economy, it still contributes to what can be bought today. The penny is historically and economically important to our country's currency, therefore, it should stay in circulation.

If the penny gets pinched out of circulation, so will a very significant piece of American history. The penny is not a useless coin; it is a symbolic piece of history that honors President Lincoln and all his valiant efforts and accomplishments. Along with that, it is the first coin in American currency to represent an important historical figure and all that he stood for such as unity, freedom, and liberty, all for the benefit of this country. Also, this coin has been with Americans through every moment of history; it was once introduced in

1909 along with being one of the first coins to ever be minted. Not only that, but per evidence, in 2009, the penny was celebrated because of the 200th anniversary of Lincoln's birth and "After 2009, the 'tails' side of the coin will feature 'an image emblematic of the President Lincoln's preservation of the United States of America as a single and united country.'" (Press Release) Due to the anniversary of his birth, the penny should be celebrated instead of being looked down upon. Furthermore, getting rid of the penny would tarnish Lincoln's representation of modesty and the ability of average Americans to be able to relate to him. Truly, the penny is really the last object used everyday that connects us back to Lincoln and all of his efforts to strive for a better America.

Additionally, the penny is very important to our pricing system and popular among the people with a low annual income. For example, a single mom who works a job that pays minimum wage, has to pay rent, health-

care, taxes, and provide food for her family and has a weekly pay of around \$320 which, with taxes, cuts it down to approximately \$240 a week towards her family. In this case, the penny is extremely valuable to her because she would be grateful for however much she can get. According to the evidence, 62% of people with annual incomes of less than \$25,000 are in favor of keeping the penny. (Harris Poll) Despite its low denomination, the penny is still money and to these people, every little cent adds up at the end of the day, and will continue to help pay for their rent and feed their families if the penny stays in circulation.

Some people rule the penny as a waste of time. They believe that it will cause a great deal of convenience to eliminate the penny altogether, since everybody has switched to digital transactions and credit cards to pay for everything now anyway. To them, the penny is practically useless and has no real value in today's society. However, not only does the penny add up to a high value after a long period of time, it can also have value today, if used in the proper manner. Believe it or not, the penny is very important and helpful to charities and organizations all over the country. In fact, penny fundraisers and drives held at events and

schools have the ability to raise great amounts of money for their charity or organization, such as Verrado High School holding a penny drive to raise money for Cystic Fibrosis. Better yet, it

takes absolutely no effort at all to donate pennies. Since many people think of the penny as not holding much value, they tend to donate them to a cause, rather than just getting heavier in their pockets or getting lost on the streets. As well as having charities and donation jars to easily drop the pesky coins into, lots of everyday places such as grocery stores and coffee shops have tip jars right next to the cash register for people to conveniently get rid of their extra pennies. So, by simply donating these pennies when they are not of other use, they can become of great value to the grocery store down the block or a charity desperate for donations.

Furthermore, while many people think that pennies get lost so easily and drop out of circulation, "two-thirds of pennies do not 'immediately drop out

of circulation." A 2002 study based on Federal Reserve data indicated that the annual rate pennies disappear out of circulation is surprisingly similar to all other forms of our coinage-around 5.6 percent." (Weller) For this reason, if all other coins drop out of circulation just as much as the penny, why should the rest of the coins not be eliminated right alongside it? Thus, it can be concluded that the penny is just the same as all other forms of coinage and should not be treated differently. Also, the fact that the U.S is the last nation to abolish the penny is incorrect. Evidence also states that "And in the major industrialized nations, including Great Britain, Canada, Japan, and the U.S., the penny or penny-equivalent remains in production and shares similar percentages of total coins produced in those countries." (Weller) Because of this evidence, it is understandable that the U.S. is not the only major country to have not abolished the penny and on top of that, these industrialized countries have the penny in as much demand for production and have the same amount of pennies in circulation as the other coins.

Over time, the penny can add up to a lot of money and be very beneficial to the average person, no matter how much money they have. Pennies are found everywhere, under couches, under car seats, and even on the streets. So if these found pennies are collected and put in jar and

saved up for a significant period of time, it can be surprising how after a while they can be accounted for a lot more money than it may seem while collecting. Moreover, it does not even take any effort besides a little digging, to collect pennies and it could brighten someone's day and bring them luck! Surely, a penny should never be underestimated just because it is the lowest denomination coin.

Nevertheless, despite its low denomination, the penny should not be eliminated because it is more helpful than most people think and will negatively affect America's history and economy. To this day, the penny is a very important component to the U.S' pricing system and needs to stay that way. Without pennies, our pockets would be empty! So let's face it, the penny serves as an essential part in the lives of Americans' all throughout the nation.

Anyway, I am going to leave you guys on that note, Happy New Year!!

-Sammy Mallik





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Christmas and Non-Christian Diaspora



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

In any country of the world, during celebrations of important religious days of the majority population, the members of a minority faith often find themselves in a unique dilemma. They fully understand the significance of such events and thus comprehend the excitement of the majority community as well as the emphasis it places upon such days. Yet, the long-established practices of their own minority faith preclude at least some of them, if not all, from becoming deeply immersed in the religious celebrations of the majority faith or their other such ancillary events.

In a hope to achieve a middle ground with the majority, many among the minority group end up celebrating an event of indigenous significance to the majority albeit half-heartedly and that too in a superficial way, once after they have introduced some uniquely designed modifications, additions or subtractions. On top of it, sometimes they even try to pick up a relevant event in the history of their own faith and then corroborate it with the celebrations of a main event of majority.

Take, for instance, the celebrations of Diwali or Dipawali, the most celebrated festival in India. Although this is primarily a Hindu festival, it is celebrated, adored, and eagerly awaited by almost all Indians regardless of their religious affiliations and irrespective of where and in which country they happen to be residing. In fact, several other minority Indian religions have devised many creative means and ways to celebrate Diwali in their own styles.

In a way, it allows and makes it convenient for non-Hindus to be part of Diwali celebrations and enjoy the

happiness that this queen festival usually brings among the people of South Asia, while promoting inter-religious cooperation and tolerance.

In this context, the example of Sikh people in celebration of Diwali is fairly obvious and needs no repetition. Most of them celebrate Diwali with the same gusto and excitement as the majority population of India does, but they celebrate it for their own reasons under the name of "Bandi Chhor Divas" (Day of liberation). Historical belief among most of the people happens to be that it was during the days of Diwali that the Sixth Guru of the Sikhs, Guru Hargobind Ji was released from the Gwalior Fort where he had been wrongly detained by the Mogul emperor. Guru Ji did not want to leave confinement until the other 52 Hindu Rajas incarcerated falsely for wrong reasons, were also liberated.

By celebrating "Bandhi Chhor Divas" on Diwali day, the Sikhs have been able to overcome their inhibitions about celebrating this queen festival in a similar style and a way that is almost akin to the rest of the majority. In doing so, they have adopted this celebration as their own. This allows them to become part of a bigger picture in the context of the larger community. However, a careful perusal of Sikh history leaves some probing questions regarding the accuracy of the actual day of the event. But because Diwali day has been accepted as "Bandhi Chhor Divas" in the majority of the Sikh psyche for so long, it has become part of their culture and this is what matters in practical terms.

This article is primarily devoted to bring forward the mental dilemma

that non-Christian diaspora members usually encounter during Christmas days once they have settled in predominant Christian countries. As Christmas happens to be the birthday of Jesus Christ, the founder of largest faith on this Earth, the magnanimity of the celebrations of Christmas surpasses many other events, religious or otherwise. In the weeks leading up to Christmas, many people attend holiday parties with over-indulgence in food and drinks. Over a period of time, the religious aspects of Christmas have been usurped by an ever-increasing emphasis on consumerism and materialism. Exchange of gifts is religiously symbolic for Christians and as such is completely understandable, yet this tradition has become much more than a mere token. Some families may spend thousands and thousands of dollars on gifts and amass debts in the process.

The celebrations of Christmas in the form of consumerism, may not sit well with the mental frame work of non-Christian immigrants of Indian subcontinent who mostly belong to Eastern faiths, and celebrate their Prophets' birthdays with visits to Temples and Gurudwaras. They seem to get the impression as if the emphasis in the West seems to be upon personal enjoyment, partying and gift giving rather than to the religiosity or the remembrance of Christ, the Prophet whose birthday it actually represents. When an immigrant attempts to compare the style of celebrations related to this day as opposed to the way the religious events were celebrated back home, it puts the poor soul in a kind of mental quandary. Surrounded by these kinds of celebrations and joyful atmosphere all around, people of other faiths and cultures may not have any choice. As a result, they end up doing what the majority does.

Having said this, there is a need to remind ourselves that the people of Indian subcontinent also do not stay behind in commercializing their own major religious festivals such as Diwali. Show of glittering jewelry and intake of excessive unhealthy sweets along with booze and partying in India gets equally emphasized to an extent that indulgence in such activities during Diwali season surpasses the remainder of the year.

Coming back to celebration of Christmas in relation to Indian subcontinent diaspora, some of us get concerned that such celebrations might indirectly introduce their children to Christianity, since the clean slate of a child's mind is easy to imprint upon. It is not that uncommon, to find children of non-Christian families with strong belief in their own faiths demanding a Christmas tree for their homes under which the gifts could be placed. These families may see nothing wrong with the practice as long as it is being done for the general entertainment of the children rather than a shift in religious orientation. However, those who perceive this practice to be a sign of different religious orientation, they often try to avoid this as a chosen path.

One could consider this a "dilemma," or a frame of mind mired in duality. The fact remains that once one decides to settle in a culture with a different dominant faith than what was practiced by the immigrant back home; one has to be ready for adjustments, albeit to a degree. Getting wet is to be expected as the natural outcome of submerging into the water. A realization has to come through, perhaps sooner than later, that avoiding wetness under such circumstances would be next to impossible.

The best strategy one could adopt is to arrange for wearing a water proof wetsuit and then dry it off with towels as soon as possible and as much as possible. Simply put, it's best to keep one's eyes and ears wide open so as to let seep in what is worth seeping, while discarding what is felt to be extraneous and redundant to one's own belief system. Live and grow like a lotus flower, spreading beauty and fragrance yet staying untouched by the surroundings.

*Author of 1. "Square Pegs, Round Holes" www.SquarePegsRoundHolesBook.com and 2. "Sikhism: Points to Ponder; Perspectives of a Sikh Living Abroad," as well as a recently published masterpiece about the cross-cultural dilemma of Indian subcontinent diaspora, 3. "One Coin, Two Sides," For details of the this new book, please go to the LINK <http://inkwellproductions.com/one-coin-two-sides.htm>

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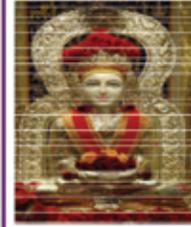


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Having a bad hair day? Wear a head scarf. You can also use a neck scarf to cover your head in style, reports huffingtonpost.com.

- Twisted head scarf: Fold a satin scarf into half and place behind your head then wrap it around the front of your head and tie into a knot. Finally, tuck in the ends of the scarf and adjust so that it fits right at your hairline.

- Top knot head scarf: Fold a scarf around the back of your head and tie into a knot at the front. The second step is to twist both ends of the scarf around until it forms into one large string. Follow it up by looping the fabric around the centre into a large top knot and tuck in the ends.



Burberry features fresh British cast in new collection

Burberry announces its Spring/Summer 2014 global media campaign, on 17 December, featuring an exciting new British cast and celebrating its collection.

"There's a distinctly English mood to this season – a gentle, effortless, romantic quality, brought to life by a cast of bright young British talent", says Christopher Bailey, Burberry Chief Creative Officer, London.

Cast

The young British cast continues Burberry's support of emerging talent and features British actor Jamie Campbell Bower, British musician Leo Dobson and British models Malaika Firth, Matilda Lowther, Neelam Johal, Callum Ball and newcomer Jean Campbell.

Jamie Campbell Bower: London-based British actor and musician Leo Dobson: British musician - lead singer of British Indie Rock band Childhood.

Malaika Firth: British model, raised in London - walked the Burberry Prorsum womenswear Spring/Summer 2014 show in London

Matilda Lowther: British model - opened the Burberry Prorsum womenswear Spring/Summer 2014 show in London

Neelam Johal: British model from Coventry - walked the Burberry Prorsum womenswear Spring/Summer 2014 show in London



mer 2014 show in London

Callum Ball: British model - walked the Burberry Prorsum menswear and womenswear Spring/Summer 2014 shows in London

Jean Campbell: New British model

The campaign

Under the creative direction of Christopher Bailey, the campaign,

shot by Mario Testino, reflects the gentle and romantic feel of the Burberry Spring/Summer 2014 collection. Featuring relaxed silhouettes in soft pastels and light fabrics, the campaign will launch globally in January 2014.

Collection

Featuring Spring/Summer Burberry Prorsum, London and Brit collections, the campaign highlights men's and women's outerwear and accessories - available in stores globally [and at www.burberry.com] from 3 January 2014.

Styles: Unstructured trench coats, wrap coats, silk cabans, soft chesterfields, relaxed knits

Colours: Pastel blues, pinks, yellow, greens, greys, brights

Fabrics: Sheer English lace, Scottish-woven cashmere

Accessories: Introducing the Petal bag for women and Duffle Bag for men as well as the petal-shaped and Wave sunglasses seen on the Spring/Summer 2014 runway

Cross platform experience

The campaign will be unlocked across global platforms including outdoor and print advertising, Burberry.com, Facebook, YouTube, Twitter, Google+, Instagram, Pinterest, Sina Weibo, Douban, Kaixin001 and Youku.

Maheka Mirpuri to introduce festive range

Maheka Mirpuri has unveiled her festive collection that includes affordable bridal wear. The designer, who recently set up the MCAN Foundation in association with Tata Memorial Hospital, will donate a percentage of the sales from the collection to the foundation. She has already generated over Rs 30 lakh for the cause.

For parties, try her black and gold western wear;

the long dresses are especially a favourite this season. Mirpuri's bridal range has structured silhouettes with knee-length kurtas, saris, lehengas and pearl lace bottoms. The colour palette comprises mainly red, black and white. Jewelled necklines, low backs, rose and tulip motifs in velvet have been used. "This collection is extremely glam and stylish and has a lot to offer to the discerning," says Mirpuri.



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HARE KRISHNA TEMPLE

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Wednesday January 1st 2014

Usher in the New Year with Mangala Arati @ 4:30am

New Year's fire sacrifice ceremony will begin at 10:00am followed by Arati @ 12:00 noon and Mahaprasadam at 1:00pm

We would like to chant 1 Million names of the Lord on New Year's day please join us at the temple any time during the day 4:30am - 9:00pm.

Saturday, January 11th & Sunday, January 12th HG Harivilas Prabhu will give SB class @ 7:35am & Sunday Feast discourse @ 5:35pm.



Special Guest Speaker
HG Maha Visnu Prabhu
January 24th -27th, 2014

Maha Visnu Prabhu grew up for a time in the temple community in Evanston, Illinois, then went on to be educated in the many US Gurukulas at the time including Murari Sevaka, New Dvaraka, New Vrindavan and Lake Huntington. At the age of 11 he was sent to the Vrindavan Gurukula in India where he studied for a year. He was later transferred to the Mayapura Gurukula, then under the direction of "Gurukula Maharaja", and remained there for the following 15 years. In addition to secular studies he learned to read and write Sanskrit, became fluent in Bengali and completed in-depth studies and courses in Krsna consciousness from Bhakti Sastri to deity worship and music to cooking.

He spent some time in Norway where he continued teaching Krsna consciousness as he served the Norwegian and Swedish ISKCON yatra's. In 2000 he led the team of devotees, Janeswara Prabhu, Sripada and Astasiddhi Matajis and conceived, developed and Co-directed the Annual Almvik Summer Festival. To this day the festival attracts ISKCON devotees from all over the Scandinavian and Baltic region. He served briefly on ISKCON's Scandinavian Regional Council until his return to the United States.

Upon his return to the US, Maha Visnu, over the years, served the ISKCON Boston Temple in various capacities from Head Pujari, to Vice President and President.

Maha Visnu now lives with his wife in Massachusetts and devotes and divides his time between teaching and sharing Krsna consciousness with devotees.

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Ekadashi
Saturday January 11th 2014 & Monday January 27th 2014



Sunday, January 19th 2014
Sunday feast discourse by HG Jivananda Dasa Vanacari @ 5:35pm & he will also give Srimad Bhagavatam class @ 7:35am.

Don't miss it! For more information please visit www.radhakrishnaphoenix.org

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Sunday Feast 4:30pm - 8:45pm
Sandhya Arati 5:00pm
Sayana Aarti 8:30pm

Bhagavad Gita Study Tuesdays 7:15pm to 8:15pm

B. G. Reading Everyday 7:00pm to 7:30pm



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Real-estate sector in Arizona

Hello Friends,
Wishing you all a very Happy New Year! This year is more promising as we had some big news in the last quarter of 2013. Apple manufacturing division is coming to Mesa, its one of the most innovative company! On the other hand State Farm is building a new office development spanning more than 2 million square feet adjacent to Tempe town lake. This is good for our state as it will create more construction jobs and more housing demand.

November was a relatively calm month. The holiday slowdown was fully evidenced in November with only 18 business days clearly contributing to the lower numbers. The decline in sales activity was expected with sales volume down 23.6% year-over-year and 13.8% month-over-month. New listing activity also saw a decline, down 22.4% month-over-month and 2.8% lower than last year as our market remains in a balanced state. Total inventory numbers are up 15.6% year-over-year and increased 2.6% month-over-month. Average and median sales prices are up 17% and 18.2%. Flips that were purchased in the last 180 days and are now listed for sale. They are about 6.4% of all properties. The vast majority of flippers report Arizona mailing addresses, 5% from California, and 1% from other

states and 1% Canada. The median list price for a flip is \$204,900. If we define investor listings as non-owner-occupied plus flips, 32% of all active listings can be attributed to investors. There are about 4.5% of the listing inventory of new home constructions.

Let's look at the November sales of Residential Homes in Maricopa County –

- Total sales for single family, Town homes, Condos for November was 4,553 whereas October was 5,291 and September was 5,522

- The Active listings for November was 21,645 whereas October was 21,253 and September was 18,714

- Pending sales for November was 5,289 whereas October was 5,391 and September was 5,781

- Cash closing were 1503 whereas conventional closings were 1831 and FHA closings were 902.

Now let's take a look at the Commercial side-

Santan Gateway South shopping center at 1305-1445 S. Arizona Ave. in Chandler for \$9.7 million, or about \$170 per square foot. The sale included four buildings totaling 57,038 square feet on 6.8 acres at the northeast corner of Wilis Rd, in the Gilbert Retail submarket of Maricopa County. The property was built in 2005 and was 96 percent occupied at

the time of sale.

An LA based property investment firm, acquired three retail buildings in Tempe for \$3.52 million, or about \$376 per square foot. The three retail buildings are located at the southeast corner of Rural Rd. and Lemon St. in Tempe. The fully-leased assets total 9,361 square feet on one acre adjacent to the ASU Campus.

McDowell Enterprises LLC acquired the retail property at 8999 E. Via Linda in Scottsdale, AZ from Scottsdale Auto Wash, Inc. for \$1.72 million, or about \$367 per square foot. It was built in 1984 and sits on approximately one acre in the Central Scottsdale submarket.

Thermo King West acquired the industrial building at 8800 W. Buckeye Rd. in Tolleson from Hanson Roof Tile, Inc. for \$2 million, or about \$71 per square foot. The 28,000-square-foot manufacturing building was built in 1994 on 13.3 acres in Maricopa County.

An LLC company acquired the industrial building at 7200 W. Buckeye Rd in Phoenix for \$26.25 million, or about \$66 per square foot. The 400,000-square-foot distribution center was built in 2009 on 25 acres.

Altier Credit Union bought the office building at 1650 S. Priest Dr. in Tempe for approximately \$1.99 million, or \$90 per square foot. The two-story,

22,086-square-foot office building was built in 2009 in the Airport Area submarket. The building was in shell condition at the time of sale, and will be occupied by the credit union.

Westwood Financial Corp purchased 38,200 square feet of retail space on 8987 and 9069 W. Olive Ave. in Peoria for \$6.2 million, or approximately \$162 per square foot. The 105,900-square-foot Plaza was built in 1998 at the southeast corner of N. 91st Ave. in the Glendale Retail submarket of Maricopa County.

Hope this article gives you a peek in what's happening in our valley.

As always, I love all the 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 accuracy of the data. The source of data has been taken from several sources such as wall street journal, Armls, Cromford Report, Costar, Globest and BizJournal, Newsgeni.

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 Gitika Pawar
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Please make an appointment

TRUE PICTURE OF INDIAN DEMOCRACY

The Punjab Government is mulling the premature release of 145 convicts undergoing life term in jails across the state. The case files are being cleared at a fast pace and the release orders are expected by December 31. The cases are being dealt at various levels - district magistrate, district police chief and jail department - in the state government, said sources.

Activist Gurbaksh Singh Khalsa has brought the issue of life term convicts, who have completed their sentence, to the fore. He was on indefinite hunger strike since November 14, 2013 seeking the release of six Sikh detainees.

In all, cases of 208 convicts were taken up for premature release, said sources. However, only 145 conformed to the state government's new policy that was notified in April this year. As many as 58 cases were rejected. There are five prisoners convicted under TADA, but only three of them have completed 14 years of jail term.

They would be eligible for release only after completing 18 years of sentence as there is no provision of remission in jail term for those convicted under TADA. Other two, one of them a woman from Jammu, have completed 10-11 years of their sentence.

Sources said Chief Minister Parkash Singh Badal had recently sought a detailed report of such convicts from the authorities concerned.

Superseding all its previous policies, the state government had notified a tough new policy on April 4, 2013, for the premature release of those sentenced to life imprisonment. The changes were made after the December 16 Delhi gang-rape case that had triggered a huge outrage in the country. Under the new policy, there is a provision not to order premature release of those convicted in rape cases and the NDPS Act. The policy gives the state government power to deny premature release to any convict.

Under the policy, the Governor under Article 161 of the Constitution has a power to order premature release even of those convicts, whose sentence is commuted to life sentence from death sentence. In such cases, the convicts, who have completed 14 years in jail, after deducting 6 years of remission, can



apply for premature release through the government and the Governor can allow it.

In murder cases, those who have completed actual jail term of 10 years, after remission of 4 years in the sentence, can seek premature release and the Governor can allow it.

The policy also empowers the Chief Minister to order premature release under Section 432 and 433 of the CRPC. However, he can recommend the premature release to the Governor only in cases where convicts have undergone actual imprisonment for 14 years in murder case and in non-murder cases, where there is a provision of life imprisonment, for 10 years.

For those undergoing life imprisonments under TADA, official sources said, the Central Government appears to be the appropriate authority to order the premature release. Official sources said there was a word appropriate authority in the CRPC and in such cases the appropriate authority is the Centre like other acts such as Customs, Foreign Exchange. "As there is an element of doubt in this regard, the matter was being discussed with legal experts", said the official.

The fact that other Indians sentenced to life have been released earlier, but not the Sikhs, has some accusing the justice system of discrimination against the group.

Those who support Khalsa's hunger strike say it is long overdue that the cases of those Sikhs be reviewed.

An armed Sikh rebellion operated in Punjab, the heartland of the faith, from the 1980s to the early 1990s, when it was crushed.

Many political leaders were assassinated during the insurgency.

India's then-Prime Minister Indira Gandhi was killed by her Sikh bodyguards in October 1984, the same year

she had ordered a military raid on the Golden Temple, the holiest of the Sikh shrines, to flush out militants holed up inside.

Three of the six convicts whose freedom Khalsa is fighting for were arrested in 1995 for their alleged role in the assassination of Punjab's then-Chief Minister, Beant Singh, in a car bombing. They were sentenced to life in prison.

The others were convicted under a draconian anti-terror law that has since been repealed, civil rights lawyer H.S. Phoolka said.

"It is not unusual to set lifers free after they have served 14 years in prison," Phoolka said. "These prisoners should also be freed, as normalcy returned to Punjab long ago and they should be joining the mainstream now."

International rights groups have accused both the Sikh separatists and Indian forces of serious violations during the insurgency.

The six Sikh inmates are lodged in the jails of the federally-administered territory of Chandigarh and in Punjab, Karnataka and Uttar Pradesh states.

Khalsa's protest, which has drawn support from across the Sikh political and religious spectrum, has gained a viral online attention, although the story is not prominent on India's national media.

"A number of Sikhs were falsely arrested, charged and convicted. Many of them are still in jails despite their old age. It's my personal opinion all such prisoners — whichever community they may belong to — should be set free now," said Sukhdev Singh Bhaur, general secretary of the Shiromani Gurdwara Parbandhak Committee (SGPC), the top Sikh religious administration in Punjab.

"It's up to the discretion of those governments, administrations to reconsider their cases. We are trying our best," Punjab government spokesman Harcharan Bains said.

In India, state authorities can review a lifer's case after a prisoner serving that sentence has spent 14 years, Bains and lawyer Phoolka said.

"But, otherwise, a life sentence means sentence until the last breath of the prisoner," Bains said.

Rights attorneys, however, say authorities are selectively rejecting re-

SIKH DETAINEES OUT ON PAROLE, KHALSA ENDS FAST

Sikh activist Gurbaksh Singh Khalsa (pic) on Friday ended his 44-day fast as the Punjab Government released two detainees — Lakhwinder Singh and Shamsher Singh — from the Burail jail in Chandigarh. Akal Takht Jathedar Giani Gurbachan Singh offered juice to Gurbaksh Singh Khalsa at the Golden Temple complex.

views of Sikh inmates incarcerated during the Punjab militancy.

"There are numerous examples where life convicts have been prematurely released after undergoing imprisonment of 12 to 14 years or even less," Phoolka said. "It is a great discrimination against... because of their religious beliefs."

Meantime, Human Rights Watch, in a statement to CNN, called upon Indian authorities not to let prisoners remain behind the bars beyond their sentences.

"There were serious human rights abuses during the Punjab insurgency," the human rights group said.

Both militants, with their attacks, and the security forces, abusing the now repealed terror law, committed human rights violations, the group said.

Sikhs and rights bodies have also accused successive Indian governments of going soft on high-profile politicians suspected of perpetrating a massacre of Sikhs in and round New Delhi in the wake of Gandhi's assassination.

Official figures put the number of those killed in the 1984 anti-Sikh attacks at 2,733 in the Indian capital alone. Human rights activists say the death toll was much higher.

"Despite the findings of independent commissions, government forces or officials responsible for excesses, including during the 1984 riots, are yet to be properly prosecuted," Human Rights Watch said in its statement.

Himself a Sikh and the country's first non-Hindu head of government, Indian prime minister Manmohan Singh issued a public apology for the deadly events -- 21 years after their occurrence. "I have no hesitation in apologizing not only to the Sikh community but the whole Indian nation because what took place in 1984 is the negation of the concept of nationhood and what enshrined in our Constitution. So, I am not standing on any false prestige. On behalf of our government, on behalf of the entire people of this country, I bow my head in shame that such thing took place," Singh told India's Parliament in an impassioned address in 2005.

Unity is a very unique explanation of the universe. Although people in leadership misuse it, it doesn't matter if they are political or religious leaders of the community or country. They think if the people are united it's not possible to use the people's power for the leaders own good.

When the people start to appreciate the leaders agenda, the leader feels very good to misuse the people's power for their own personal good, on behalf of the formula of divide and manipulation. They compromise the image of the country to promote the power Elite.

As well educated and civilized humans we need to learn the phenomenon of Unity because the creator creates this universe through the unity of Soul, Mind, and the five elements: both internal and external.

The internal elements being the five passions: Lust, Anger, Greed, Pride and Attachment. The external five elements being: Earth, Air, Fire, Water, and Ether. The unity of these elements composes the Nature. Without the unity of these five elements life is not possible. So we need to understand the importance of the

Unity

unity of the soul and mind.

As a human, if we think other animals and creatures do not have a soul, how ignorant are we? Because life is not possible without a soul. And the soul cannot exist without the mind and life cannot work without the physical body.

Unity of the body, mind and soul is a demonstration of the existence of the creator and that is the unity of the universe, and therefore the complete unity of the universe is God. God: The Supreme Soul, Creator of

the Universe, One, Supreme, Absolute, and the Only One.

How beautiful is the union of the male and female, creative manifestation of the nature. How magnificent is the nature's combination of the sight and smell in the creation of the flower. Wonderful cycles of Day and Night. Sun and Moon; Spring, Summer, Fall, and Winter. They all are part of life.

We are spending our lives mostly separate from these beautiful natural experiences unaware of their interconnection to the one unity of nature because we are so indulgent of

our own ego.

Unity is a power of the community. If we have Unity as a community, County, International Community, all human race, we can live together peacefully on the planet as one family of Mother Nature.

Thank you for reading the thoughts.

Wishing you and your dear family a very Happy and Prosperous New Year 2014 !!



- Harbhajan Singh Sandhu

The Patient Protection and Affordable Care Act (Obamacare), Passed Congress March 2010). The Affordable Care Act (ACA) has allowed organizations like ours, Asian Pacific Community in Action (APCA), to provide technical assistance and information to the public about applying for health insurance in the public Marketplace Exchanges operating in Arizona and around the country. APCA has been privileged to work directly with individuals and families in Pan-ethnic and SouthAsian communities. Specifically, we are able to provide language assistance in diverse Asian languages. Our volunteer program and social enterprise consist

Does your family need health insurance?

of a local workforce of individuals, staff and volunteers with expertise in over 40 languages like Hindi, Gujarati, Bangla, Nepali, Chinese, Vietnamese etc. At least ten of our partners are also co-staff at APCA and have assisted over 200 individuals and families with language competent information and about securing health insurance for yourself or your family. Our staff is trained to provide information to ensure that all people benefit from the Affordable Care Act's promise to cover every person. The open enrollment period for ACA is October 1st 2013 until

March 31st 2014. Currently, APCA is part of AIM for Equity, a nation-wide network of advocates working across the nation in communities like Phoenix and Tucson Arizona to ensure that all people regardless of any language, culture, immigration status, legal status, age, or family make-up receive the full benefit of the Affordable Care Act as it was designed to provide. Join us by contacting our staff to make an appointment at your convenience, hear from community members, and assist everyone to find high quality affordable health care in Arizona and also AHCCCS

(Arizona Medicaid).

We are also hiring bilingual (Gujarati, Farsi, Arabic, Somalian etc) dedicated volunteers to help the community. The training will be provided via a webinar; hours are flexible and a stipend is included. Thank you for your support.

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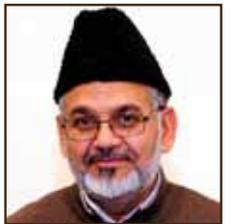


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The Clock is Ticking



by Imam Shamshad
A. Nasir
(Baitul Hameed Mosque
- Chino)

The year 2013 is here no more. By the grace of God, we have made it to 2014. We pray that every new day that dawns is a blessed one, and every night that passes does so in peace. The cycle of day and night is by the command of God, and in it there is a valuable lesson for us to contemplate. We learn in the Holy Quran, ch.28, v.74:

“And of His mercy He has made for you the night and the day, that you may rest therein, and that you may seek of His bounty, and that you may be grateful.” {Quran 28:74}

God tells that in every 24 hours we are given time to rest and rejuvenate so we may rise with the new dawn to earn an honest day’s living, and be grateful to Him for both the work and the rest and all that lies between.

The New Year is a time to reflect on our past and focus on our future. We congratulate all on this New Year and pray that it brings joy in your life and success in your noble pursuits. We pray that it is free from pain and suffering, but when it is not, know that our hearts and prayers are with you.

May our trials and losses help us all to value our blessings and never take them for granted, and understand the importance of loving God and loving His creation – especially mankind. The Holiday Season is the one time of year where

being reminded of the goodness of people is a good thing, and where adding more goodness to the lives of others is a good thing.

We pray for peace in the world, for tolerance, forgiveness, respect, and for an increase in brotherhood in families, communities and between nations.

People celebrate the New Year with fanfare, fireworks, singing, drinking and dancing, often crossing the boundaries of decency and good behavior and morals.

Shouldn’t the New Year be celebrated with dignity, with prayers and charity, and in praise of God?

At the start of something new and unknown, shouldn’t there be hope and just a touch of fear to keep us humble and focused on what is important? Other than the New Year, fun-filled parties are common at birthdays, weddings and other social events. Once a year, can’t we be humble?

The glitter of this material world has blinded people. We must realize that every day that passes shortens our lives. This should tell us that, instead of partying, we should



be preparing ourselves for the life in the Hereafter.

Once a man realizes that the day could be today -- or tomorrow -- when he will be called to account before God for his actions, all the worldly enticements and preoccupations of life are seen as the illusions that will all come to an end.

Unfortunately, many people consider the Day of Judgment just a fairy tale and even the existence of God just a delusion of the mind.

Let us reflect on the words of Mirza Ghulam Ahmad, the Founder of the Ahmadiyya Muslim Community and the Promised Messiah when he said:

“No one can tell when we will part from this world. Therefore, we must do our best to prepare ourselves for the journey to the next world . . . There are cures for all diseases, but there is no cure for death.”

Mirza Ghulam Ahmad fur-

ther said:

“A man cannot attain to godliness unless he believes that he will one day die. A person should know that this world and all its attractions are transient. He will leave this world empty-handed.

“One’s eternal happiness depends on love with God and liberation from sin. A person who becomes accustomed to temporary pleasures feels pain when he parts with them. A heart is blackened with the love of the material world and a man loses touch with goodness” (Malfoozat vol. 6, pgs. 150-151)

We must, therefore, realize our responsibilities. We must thank our Lord in this the New Year for this New Year. The best way to be grateful to God is by offering prayers and helping the poor and the needy and easing the pain of those who are suffering. And pain can often be found right in front of us.

Some Prayers from Holy Quran:

“Our Lord, grant us good in this world and the next world, and protect us from the torment of the Fire.” (2:202)

“Our Lord, we have wronged ourselves; and if You forgive us not, nor have mercy on us, we shall surely be of the lost. (7:24)

“O God! You are our Protector; forgive us then and have mercy on us, for You are the Best of those who forgive.” (7:156)

May Allah accept our prayers!

In closing, I want to thank all who have worked with me during the year 2013, and all those who have rendered service to people. I would like to thank our neighbors, government officials, religious and political leaders, and local Police and Firefighters. Thanks to all the newspapers and their reporters who gave coverage to our programs and events – especially AhmadiyyaTimes.com, the Arab newspapers Al Akhbar and Al Enteshar Al Arabi, Al-Fazl, Ahmadiyya Gazette USA & Canada, New York Awam, TheMuslimTimes.org, Pakistan Daily News, Pakistan Express, TV news channels, KCAA 1050-AM radio, Asia Today, The Inland Valley Daily Bulletin, The Sun, The Chino Champion, and The Chino Hills Champion.

God Bless and Happy New Year!

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January 2014						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Indian Church Service New Year Celebrations @ Shirdi Saibaba Temple Arizona New Year Celebrations @ Maha Ganapati Temple of Arizona Dhoom 3 @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:00 PM)	2 Endrendrum Punnagai @ Pollack Tempe Cinemas **LAST SHOW** - Tamil Movie (Starts @ 7:00 PM)	3 Dhoom 3 @ Pollack Tempe Cinemas **LAST SHOWS** - Hindi Movie (Starts @ 9:30 PM)	4 Dhoom 3 @ Pollack Tempe Cinemas **LAST SHOWS** - Hindi Movie (Starts @ 9:30 PM)
5	6	7	8	9	10	11 Vaikunda Ekadasi Celebrations @ Maha Ganapati Temple of Arizona *Mellisai Maalai - 2014 @ Arcadia High School
12 KITE FLYING - Uttarayan @ Estrella Mountain Regional Park * Makara Jyothi & Pongal Celebrations @ Maha Ganapati Temple of Arizona *Pongal-Sankranti-Lohri Celebrations With Nature	13	14	15	16	17 10th Annual Winter Wilderness Experience (aka FYB)	18 An Exclusive Evening with Bollywood Celebrity Abhijat Joshi
19 Sri Goda Ranganatha Kalyanam - JET Arizona Thai Pusam Celebrations @ Maha Ganapati Temple of Arizona	20	21	22	23	24	25 India Nite 2014 @ Arcadia High School
26	27	28	29	30	31	

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You will have excellent ideas for changing or renovating your home. Be careful when using machinery or electrical equipment. You must be extremely careful not to let relatives or friends interfere in your personal life. Make residential changes that will lift your spirits. Your luckiest events this month will occur on a Saturday.

ARIES



Mar 21 to Apr 20

Opportunities will come through long term investments. Visit friends who have not been well. Take care of matters involving institutions or government agencies. Your ability to put a deal together will surprise others. Your luckiest events this month will occur on a Friday.

TAURUS



April 21 to May 20

Don't be too eager to buy things for those who really don't deserve it. Business or pleasure trips will be knowledgeable as well as highly successful. Inharmonious situations at home may be extremely upsetting for you this month. You can evade the issue as usual by being affectionate, fun loving, and far too active for your lover to catch on. Your luckiest events this month will occur on a Wednesday.

GEMINI



May 21 to June 21

Look into attending seminars that can expand your perception. Put your thoughts into action. You can make money if you put your savings into conservative investments. Be cautious handling tools, machinery, or dangerous objects. Your luckiest events this month will occur on a Monday.

CANCER



Jun 22 to Jul 22

You will have to be careful not to fall into traps set by jealous colleagues. Turn your present relationship around or start a new one. Don't confront the situation if you don't feel you can keep your cool. Get involved in the activities of children. They will teach you far more than you expect. Your luckiest events this month will occur on a Thursday.

LEO



Jul 23 to Aug 23

Your ability to come up with original ideas will bring recognition from superiors. Invite friends in for a visit. Get together with people who stimulate you mentally. Put your thoughts into some trendy new ideas. Your luckiest events this month will occur on a Friday.

VIRGO



Aug 24 to Sep 23

Your fun loving approach will be admired and appreciated by others. Be sure to question any detail that you feel could leave you in a precarious position at a later date. Gambling will be a waste of time and money. If they don't want to get involved, work by yourself. Your luckiest events this month will occur on a Wednesday.

LIBRA



Sep 24 to Oct 23

Sudden romantic encounters are quite likely, but discretion will be a must. Mingle with individuals who are established and can give you some serious insight into business and future trends. You will have problems with coworkers if you are too extreme about doing things perfectly. You can get the attention of important individuals but it might not be the time to get them to help or to back your ideas. Your luckiest events this month will occur on a Friday.

SCORPIO



Oct 24 to Nov 22

You can travel for business or pleasure. Family outings will make you feel secure and happy. Travel is evident, but be cautious while in transit. You will gain valuable insight and knowledge through the experiences you have along the way. Your luckiest events this month will occur on a Saturday.

SAGITTARIUS



Nov 23 to Dec 21

Travel and family gatherings should be in order. Someone you work with could have a personal interest in you. Offers of joint ventures are likely. Call someone you haven't seen in a long time. Your luckiest events this month will occur on a Wednesday.

CAPRICORN



Dec 22 to Jan 21

Business trips will be more productive than trying to fight the red tape facing you. You can enjoy doing things that include children. Be sure to take advantage of the opportunities that exist. Your financial situation may be draining and it's time to make some serious changes. Your luckiest events this month will occur on a Wednesday.

AQUARIUS



Jan 22 to Feb 19

Don't use the interstate as a racetrack. You will have to put those you live with in their place if they try to interfere with your work. Opportunities will develop through those you encounter while attending organizational events. You will enjoy events that lean toward theater, art, or music this month. Your luckiest events this month will occur on a Friday.

PISCES



Feb 20 to Mar 20

Obama's brother writes about abuse

US President Barack Obama's half-brother is publishing an autobiography that details the domestic abuse that served as the theme for his earlier semiautobiographical novel, which featured an abusive parent patterned on their late father.

Mark Obama Ndesandjo also recounts his sporadic but intense encounters with his brother over the years in "Cultures: My Odyssey of Self-Discovery." The self-published book, to be released in February, also tries to set the record straight on some points in the president's bestselling 1995 memoir, "Dreams From My Father." In that book, Obama seeks to learn more about their father, a mostly absent figure, after learning of his death in a car crash in 1982 at age 46.

Ndesandjo's book comes four years after his novel, "Nairobi to Shenzhen: A Novel of Love in the East." As in his first book, Ndesandjo wanted to raise awareness of domestic abuse by using his family's story, although he said in an interview with The Associated Press on Tuesday that the president's relatives have not universally welcomed his airing of private matters in public. Ndesandjo spoke ahead of a news conference to launch the book in Guangzhou on Thursday.

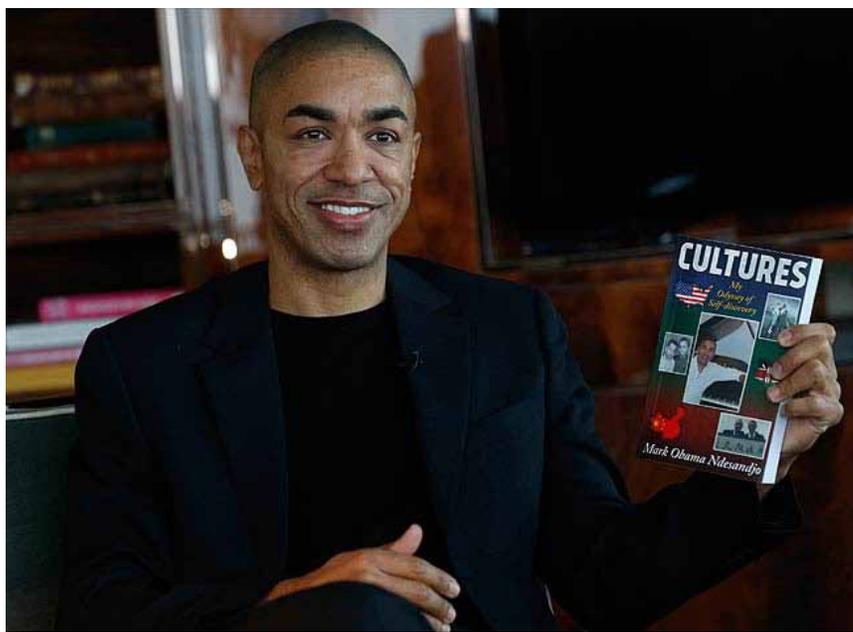
When asked how he would describe his relationship with his brother, he said, "Right now it's cold and I think part of the reason is because of my writing. My writing has alienated some people in my family."

Even though he felt their relationship was distant, "I hope that my brother and I can really hug each other after he's president and we can be a family again," said Ndesandjo, who resembles Obama. Like the president, Ndesandjo also has a white American mother, Ruth Ndesandjo, a Jewish woman who was Barack Obama Sr.'s third wife.

Ndesandjo, 48, has lived for 12 years in the southern Chinese boomtown of Shenzhen, next door to Hong Kong. He moved there to teach English after losing his job when the U.S. economy cratered following the Sept. 11, 2001, attacks and now works as a consultant. Ndesandjo, who is married to a Chinese woman, learned to speak Chinese and immersed himself in the study of Chinese culture, including poetry and brush calligraphy. Trained as a classical pianist, he gives lessons as a volunteer at an orphanage.

Some of the book's profits will go to charities for children, including Ndesandjo's own foundation, which uses art to help disadvantaged kids.

In his new book, Ndesandjo recalls alcohol-



Mark Obama Ndesandjo, US President Barack Obama's half-brother holds his self-published book "Cultures: My Odyssey of Self-Discovery" during an interview in Hong Kong.

fueled beatings meted out by his father to his mother. He recounts one incident in which his father held a knife to his mother's throat because she took out a restraining order against him.

His parents met when Obama Sr. was a graduate student at Harvard University and moved in 1964 to Kenya, where Mark and his brother David were born. David later died in a motorcycle accident. Obama Sr. had earlier divorced President Obama's mother, Stanley Ann Dunham, after Obama was born in Hawaii in 1961.

Mark Ndesandjo's mother later divorced the senior Obama and married another man, whose surname both mother and son also took.

Ndesandjo and Obama did not grow up together. Ndesandjo was brought up in Kenya but moved to the U.S. for college, earning a bachelor's degree in physics at Brown University, a master's in the same subject from Stanford University and an MBA at Emory University. The book recounts Ndesandjo's first encounter with Obama, who was visiting Kenya in 1988. They did not hit it off.

"Barack thought I was too white and I thought he was too black," Ndesandjo said. "He was an American searching for his African roots, I was a Kenyan, I'm an American but I was living in Kenya, searching for my white roots."

The 500-page book includes an appendix listing a number of alleged factual errors in Obama's 1995 memoir, "Dreams from my Father," such as quotes incorrectly attributed to Ndesandjo's mother. "It's a correction. A lot of the stuff that Barack wrote is wrong in that book and I can understand that because to me for him the book was a tool for fashioning an identity and he was using composites," Ndesandjo said.

"I wanted to bring it up because first of all I wanted the record to be straight. I wanted to tell my own story, not let people tell it for me," he said.

POET OF MONTH Traci Brimhall

Traci Brimhall is the author of *Our Lady of the Ruins* (W.W. Norton), selected by Carolyn Forché for the 2011 Barnard Women Poets Prize, and *Rookery* (Southern Illinois University Press), winner of the 2009 Crab Orchard Series in Poetry First Book Award. Her poems have appeared in *The New Yorker*, *Kenyon Review*, *Slate*, *The Believer*, *Ploughshares*, *New England Review*, and *Best American Poetry 2013*. She's received fellowships from the Wisconsin Institute for Creative Writing, the King/Chávez/Parks Foundation, and the National Endowment for the Arts.



Peace Be With Us

— Brazil, 1964

That was the year the chickens drowned in the flood,
the year I dreamt of empty coffins and went mute,
when the bodies washing up on the riverbank
with burnt soles and welted backs were called suicides,
and no one told the children any different.
They wanted to throw the ruined hens off the dock
to see if piranhas would eat them.
Everyone thinks that's the day I stopped speaking,
but I understood that children grow excited
when they're hungry and new to cruelty.
We washed the lice from their hair with kerosene
and killed the dogs that bit my daughter. I don't know why
she was asked to suffer or why I was asked to watch.
She lost her hand and walked with a limp,
but I dreamt she was shot down by soldiers.
In dreams, I heard her pounding inside a coffin,
but when I lifted the lid, I found another smaller coffin,
and another, and another, until it was so small
I couldn't pry it open, but I heard my daughter weeping,
and I couldn't stop the knocking, so I swallowed it.
When the children buried the dogs, they blamed us
for their wildness, so I let them toss the chickens
into the river, thinking the dead don't mind
what becomes of them. I could absolve them later.
I watched what they did—saw their faces brighten
when the water came alive. Some days God requires
too much of us. It wasn't until the next day after pulling
another body with blackened feet out of the river
that I was struck dumb. I couldn't help myself.
I found a hole in the corpse's throat and thought
There. The coffin is there, and this time I can open it.
The body didn't turn toward me when I pushed
my finger in and pulled out a wet curl of down.
I opened its mouth and saw white feathers.
Dozens of them. This was the world
I was commanded to love.

Film Review

'Dhoom 3' redefines the word 'entertainment' in the grandest way possible

India's answer to The Fast & The Furious is here. Welcome to the world of jaw-dropping action and stunts never seen before on Hindi screen. Dhoom 3 redefines the word 'entertainment' in the grandest way possible. This time, the setting is Chicago and we're sure producer

Film Review
Film: Dhoom 3
Rating: ****
Director: Vijay Krishna Acharya
Starring: Aamir Khan, Abhishek Bachchan, Uday Chopra, Katrina Kaif and Jackie Shroff

Aditya Chopra shut down the city while shooting all the action sequences.

Sahir (Aamir Khan) is the bank robber with a motive and mission. He also owns a circus. Katrina Kaif (Alia) is part of his troupe. When Chicago police fail to capture him, ACP Jai Dixit (Abhishek Bachchan) and partner Ali (Uday Chopra) are called in from India to decipher the signature messages (in Hindi) that Sahir leaves behind every time.

Sahir wants to destroy the Chicago bank because it killed his father (Jackie Shroff) and he won't stop till he achieves his goal. To reveal more in detail would mean risking revealing the twist. But suffice to say, it is not like the Hollywood film Now You See Me at all.

The only similarity is the circus or magic show and



scenes of currency notes falling from the sky. There is a bit of The Prestige too but apart from that, it is all original work.

What's good: When you go to see a Dhoom, you know what to expect – great chases, fast bikes, pulse-pounding action and glamorous girls. Dhoom 3 has all of it in abundance.

Director Vijay Krishna Acharya (Tashan) delivers scale and setting that's on par with any Hollywood action thriller.

Producer Aditya Chopra sets a new benchmark as far

as action goes. Every stunt sequence has plenty of highs and it is the minute detailing that makes it so believable. While the first half amazes you with the high-octane action, the drama in the second half is the highlight.

The film is slick, cutting-edge and superbly executed. Among the performances, Aamir Khan leads the show with a stellar performance. Abhishek Bachchan shows tremendous restraint and manages to match Aamir in every scene. In some scenes, when the two are together, there are times when you can't

take your eyes off AB Junior.

Uday Chopra is funny in parts despite being stuck with a role that has nothing new to offer.

Katrina Kaif makes her first entry in 2013 with a bang! Her character is not completely explored but the magic she brings on screen is unparalleled.

Watch her in her introduction scene – just like Aamir, you won't be able to take your eyes off her. Dhoom 3 is Kat's message to those willing to marry and send her off that she is not going anywhere.

What's not: There are glitches in the screenplay that could have been avoided. For a heist film, what is strange is that there's not a single heist shown. You never know how it was executed. The heist gets over and all you will see is Sahir running out of the bank. Every single time.

Also, he is the owner of the circus but it seems more like a song and dance show. Even when run by his father, it is more a magic show than a circus. The chase scenes could have been crisper too. They just go on and on.

In the previous films (Dhoom and Dhoom 2), there was enough for every character. This one focuses too much on Sahir. It's like he is in every frame. The introduction scene of Jai and Ali -- in a auto rickshaw -- is the biggest sore point in the film. It belongs in a south remake, not a Dhoom film. You are left wondering why they weren't given an intro scene on par with Aamir and Katrina.

Aamir and tap dancing don't go together. Your eyes keeping going behind him to the accomplished backup dancers. Wish the choreographer had seen that, instead of giving him steps that are more suited to Hrithik Roshan, And the music is poor.

What to do: Watch it for Adi Chopra's vision and scale. India has truly arrived where action is concerned. Dhoom 3 sizzles and how!

Amitabh Bachchan, Raj Thackeray to share stage after five years

For the first time in almost five years, the Maharashtra Navnirman Sena (MNS) appears to have softened its stand towards mega-star Amitabh Bachchan.

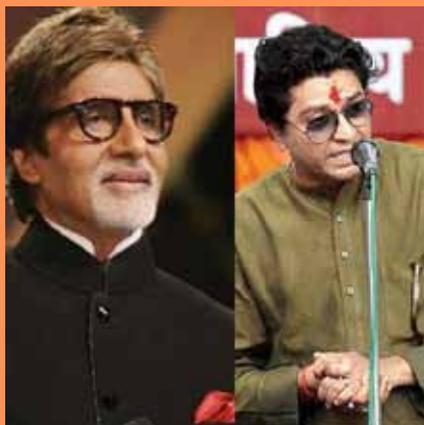
The MNS invited Bachchan at a party function here Monday evening in which Raj Thackeray will also be present on the dais, a top official said.

"Bachchan has kindly consented to grace the seventh anniversary function of the MNS Chitrapat Sena along with our party president Raj Thacker-

ay," said MNS vice president Vageesh Saraswat.

Relations between Bachchan and Thackeray went for a toss after Bachchan agreed to become brand ambassador for Uttar Pradesh over five years ago.

Later, there was



bitter stand-off when once Bachchan said that "we are UP-walas and we don't speak Marathi", which infuriated Raj Thackeray.

"We may have differences of opinion on various political issues, but there is no personal animosity with any

individual," Saraswat explained, adding the party will be happy to welcome Bachchan.

Bachchan will distribute insurance policies to junior artistes and stunt people as part of the centenary of the Indian film industry.

Barring the occasional fracas, the Bachchans have always enjoyed a close relationship with all members of the Thackeray clan from the days of the late Shiv Sena supremo Bal Thackeray.

Actress Kareena Kapoor Khan, whose last film 'Gori Tere Pyaar Mein' did not do well at the box office, says she isn't dejected by the failure of the movie.

Imran Khan and Kareena made the audience fall in love with them with their first outing 'Ek Main Aur Ek Tu'. The two teamed up again for Karan Johar's home production but the romantic comedy which released last month failed to create magic at the box office.

"I think because 'Ek Main Aur Ek Tu' was a lovely film so there were expectations from this film 'Gori Tere Pyaar Mein'. I think the script let us down in a very bad way. That (script) is the most important factor of a film. In 'Ek Main Aur Ek Tu' it was lovely script, fantastic story. It was new... you have never seen an actress saying she doesn't want to live with the guy," Kareena told PTI in an interview.

After achieving so much success in Bollywood the failure of a film at this point of her career doesn't bother Kareena.

"The failure of a film doesn't bother me much today. It is like you become immune to success and failure. It is like a balance. I have seen too much of that in the industry. But that is how it works, it happens with everyone. You get success, failure equally in same line... so it's okay," the 33-year-old star said.

Meanwhile, Kareena is happy to associate with an initiative by Star network to highlight the issue of women safety. She will champion the use of Channel V's 'VithU' app for this.

"When my PR team was talking to me about this app that time Star network was thinking about it... I felt this is the app I want to support. It has to come from within... it is something you should feel. Actors have a voice that does reach a lot of people and we can use it for a cause it is great.

I think women safety in India is important today... I have a young niece at home, have a sister," Kareena said.

"By March 2014, they are going to start another app where you can click a picture and send to the four guardians you have put on your app, on phone. They will be able to trace your location. So that is another feature, which will help benefit further," she added.

Kareena reveals the eventual plan is to get the government involved and work towards women safety. But she does feel there is a long way to go.

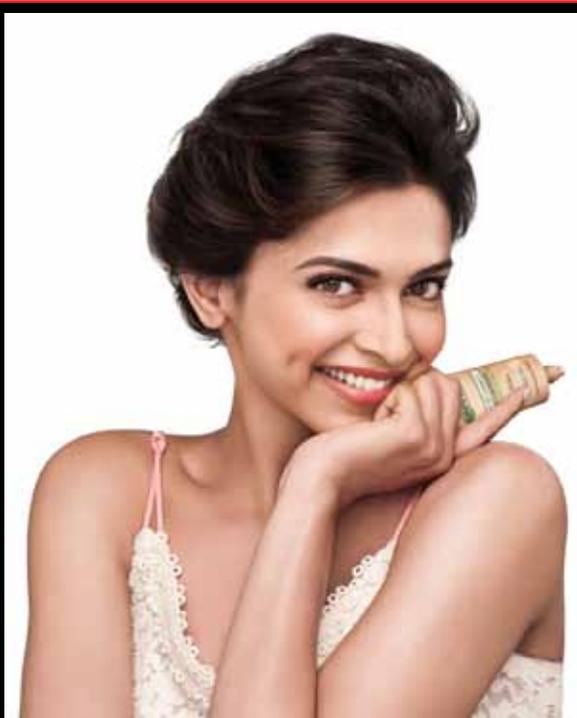
"The way men and women are standing up for their rights together... I think we are moving towards a more democratic space. I feel it can get better. The laws are being re-assessed which is a good thing," she added.

On the Tarun Tejpal case, Kareena said, it is disappointing when somebody of his stature... such a high post and educated man does this. I think it is something to do with the mind. I am quite sure justice will be done. Cases are being taken up, at least the wheel is moving. It can't be immediate and fast but somewhere the law is taking its course.

Nobody can run away from that.



I am immune to success and failure: Kareena Kapoor



It's not 'Window Seat': Deepika Padukone on title of Imtiaz Ali's next film

Deepika Padukone says that her next with Imtiaz Ali is not titled "Window Seat".

The yet-to-be-titled film, which will bring back hit on screen pair Ranbir Kapoor and Deepika together after the successful "Yeh Jawaani Hai Deewani", will go on the floors next year. "In May or June (next year), we will start shooting for Imtiaz's film. The title of the film is not 'Window Seat', it will be something different," Deepika told reporters here at her success party. "I don't know when it will be released," added the actress who had earlier teamed up with Ali for "Love Aaj Kal" and "Cocktail".

Deepika is happy with the re-

cent success of her films "Yeh Jawaani Hai Deewani", "Chennai Express" and "Goliyon Ki Raasleela Ram-leela" and gives credit to her chemistry with her co-actors.

"Of course! With Shah Rukh Khan, I had done my debut movie ('Om Shanti Om') and when you have debuted with someone that co-star will always be very, very special in a very different way," the 27-year-old said. "But within this year (2013) if I had to choose, then both Ranbir and Ranveer (Singh) have been amazing co-stars. Whether it has been my pairing with Ranbir or Ranveer, I think my chemistry in both the films was highly appreciated and

the films did really well," she said. If Deepika and Ranbir wowed in "Yeh Jawaani Hai Deewani", the actress scorched the screen as Ranveer's love interest in "Goliyon Ki Raasleela Ram-leela". Both the films did a whopping business of over Rs100 crore each. "Our performances were appreciated. Critics liked the film. It feels like a wholesome sort of victory," said the actress. Deepika will soon be seen in "Happy New Year" and "Finding Fanny Fernandes". In Farah Khan directed "Happy New Year", she will be paired with Shah Rukh while in "Finding Fanny Fernandes" the actress will be joined by Arjun Kapoor as the male lead.

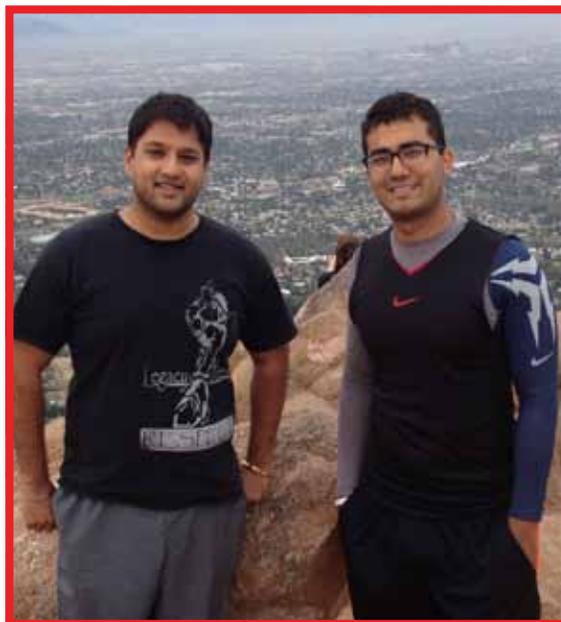
Chai with.... DJ Adi of In the Mix Entertainment

Interview By Raja Walia,
Article By Deepa Walia
November 29, 2012

After an amazing performance at Mauj Entertainment's Diwali Mela which had the crowd on their feet dancing and partying, Asia Today had the opportunity to meet with DJ Adi of In The Mix Entertainment to gain some insight into his passion and work – DJ'ing.

On the top of Camelback Mountain in the early hours of the morning, Adi told us all about what got him started. As a child, you are always dragged along to parties with your parents where there's always a DJ and in those parties, Adi thought that DJs were the coolest people on earth. He didn't know he'd become one but there were family friends who saw the ambition and desire in him. A friend's parents bought them DJ equipment and he had his first gig at the age of 16 in November, 2006. A 3 hour gig that paid \$150 made Adifeel like the King of the World and he thought he'd made more money than the President of the USA. With that passion egging him on, he learned everything he could about the business, watching other DJs and following the best of the best online. He believes his stronger differentiator from other DJs is his undying passion and love for what he does.

Even though he is passionate and excited about what he



does, he always keeps it business professional when working. As a DJ, you always have friends that want to tag along at gigs or friends at parties that want you to dance or drink with them. When he is working, he never takes any friends with him only second or third hands that are either DJs or dhol players themselves that will assist in the work.

He also refuses any drinks offered to him except water and orange juice and has been known to turn down the champagne toast at events to keep it professional. He believes he is who he is today because of his profession, one that makes him good money and is also a passion so he takes it very seriously. There may be friends that want to tag along because Adi and In

the Mix Entertainment put on a great show but for Adi when he is working, it is all business. When asked why hire DJ Adi, he honestly responded with the fact that he is not the DJ that is out looking for every gif. He wants people to hire him for who he is and not what he charges.

If he is giving up his weekend or personal or family events to DJ at an event, he wants to make sure he is working for a client that will appreciate his work and like his working style. His working and mixing style is very different and he works well with people that appreciate and recognize that. He is not the sales guy that goes out talking about why hire him. He is a DJ that delivers what he promises and those promises include

great equipment including top of the line speakers that will not blow out, all digital equipment (no CDs etc. to avoid skipping/scratching), and an experienced DJ that has done at least 200-300 events and knows how to handle an unexpected situation.

Last but not least, even though he plays what he likes, he likes to read the crowd and make sure the crowd is reacting positively to the choices he is playing and always has a backup ready just in case the reaction isn't what he is expecting.

Adi was born in Nepal and came to the USA with his parents and younger brother at the age of 11. His mom is a medical clerk and his father owns a restaurant in the Valley, which Adi also helps with.

In addition to DJ'ing, going to school, and helping his parents, he also works full time in a dental office. All in all, he has a very busy lifestyle but his time management skills help him make sure everything he has committed to gets done and gets done with quality. A good friend once told him that if you work harder, you must play even harder. And Adi has taken that advice to heart. His top three passions in order are Rose, or his "old lady" as he calls her, DJ'ing, and food. When not DJ'ing, Adi is painting the town red at various restaurants around the valley with Rose and blogging and critiquing them on <http://www.djeatsalot.com/>.

He also enjoys the outdoors and sports and keeps himself busy with rock climbing, hiking racquetball, and tennis to keep himself in shape and keep up with his passion for food. He is very proud of the fact that he can climb camelback mountain in under 30 minutes, which not many can accomplish.

Asia Today is grateful to DJ Adi for spending his Saturday morning on top of Camelback Mountain with us and wishes him the best in all his future endeavors. For more information, please visit In the Mix Entertainment at <http://inthemixent.net/> or contact them via email at info@inthemixent.net or by phone at

602-318-1660.



Nalina chitrakar .Nepali singer live in India Garden



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

JANUARY 2014 Programs & Events

18 Poh – 18 Magh, 545 Nanakshahi Era (NE)

<p>Dec. 31, 2013 (Tues) – New Year's eve Kirtan Darbar 9:00 PM – Midnight HAPPY NEW YEAR!!! Followed by Jallabia and milk.</p> <p>Jan. 1, 2014 (Wed) – NEW YEAR program Asa Di Vaar 8:30am to 10am Morning Sukhmani Sahib 10:30am to 12:00pm Evening Kirtan Diwan 7pm to 8pm</p> <p>Jan. 5 (Sun) – Shaheedi Bhai Satwant Singh Ji and Bhai Kehar Singh Ji (Actual: Jan 6, 1989) Punjabi School Spring session begins. Please register ASAP.</p> <p>Jan. 10 - 12 (Fri-Sun) – Prakash Guru Gobind Singh Ji (Actual: Jan 7, 1666) Akhand Path Arambh: Fri. 10:00am, Bhog: Sun. 9:00am Laying the foundation stone of Sri Harmandir Sahib Sri Guru Arjan Dev Ji, Hazrat Mian Mir ji (Actual: Jan 13, 1588).</p> <p>Jan. 14, Magh 1 (Tues) – Sangrand and Monthly Sehj Path (10:30am - 12pm) Mela Sri Muktsar Sahib (Mela Maghi) – remembering Mai Bhago and 40 liberated ones (1705). Happy Lohri !! – 6:30pm – 8:00pm</p> <p>Jan. 19 (Sun) – "Chabian da morcha" – a campaign for the recovery of the keys of the Golden Temple treasury. (Actual: Jan 19, 1921) http://www.allaboutsikh.com/historical-events/sikh-history-morcha-chabian-1921 Homeless Dinner Seva – Call 602 741 8021 for more info.</p> <p>Jan. 26 (Sun) – B'Day Baba Deep Singh Ji Shadeed (1682-1757)</p> <p>Jan. 31 - Feb. 2 (Fri-Sun) – Parkash Sri Guru Har Rai Ji (Actual: Jan 31, 1630) Akhand Path Arambh: Fri. 10:00am, Bhog: Sun. 9:00am</p> <p>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 <i>Waheguru ji ka Khalsa! Waheguru ji ki Fateh!</i></p>	 <p>Sri Harmandir Sahib</p>  <p>Guru Gohind Singh Ji</p>  <p>Lohri Festival</p>
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NISHKAM SEVA GURDWARA SAHIB
& DR. JASBIR SINGH SAINI MEMORIAL HALL
 4950 W Tonopah Drive, Glendale, AZ 85308. (NE corner of 51st Ave and Hwy 101)
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Trip tips: Melbourne, Australia's vibrant cultural capital

Vibrant and multicultural, Melbourne brims with galleries, cafes, restaurants and a lifestyle that give Australia's second-largest city a distinctly European feel.

Here are tips about getting the most out of a trip to Melbourne from Reuters, whose 2,600 journalists in all parts of the world offer visitors the best local insights.

Rated as the world's most liveable city for three years in a row by the Economist Intelligence Unit, Melbourne is the birthplace of Australian film, a designated UNESCO City of Literature and home to a flourishing art scene.

On a large bay on Australia's southeast coast and near scenic wine estates, the city of more than 4 million people spreads out from the Central Business District (CBD) to lively inner neighbourhoods such as Fitzroy, Carlton and St Kilda. (Map: goo.gl/maps/uxiFH)

Many attractions in the CBD are within walking distance of each other and getting around is easy by taxi or a network of trains, buses and trams.

Listings of shows, concerts and events can be found at www.timeout.com/melbourne, melbourne.wheremagazines.com.au, www.thatsmelbourne.com.au and www.onlymelbourne.com.au.

Arts & culture

For some of Melbourne's major cultural attractions, make your way to Federation Square opposite Flinders Street Station in the CBD. The Australian Centre for the Moving Image, The Ian Potter Centre and the No Vacancy Project Space, which features emerging artists, are especially worth a visit.

On Saturdays from 11 a.m., bibliophiles gather at the Federation Square book market in the Atrium.

Immerse yourself in Melbourne's underground culture with a walking tour of laneways splashed with colourful murals and edgy pieces. Street art is scattered throughout the CBD

but highlights include Blenders Lane, Croft Alley, Union Lane, Centre Place, Rutledge Lane and especially Hosier Lane.

The Wheeler Centre for Books, Writing and Ideas at 176 Little Lonsdale Street is the centrepiece of Melbourne's UNESCO City of Literature initiative. It runs literary events most weekdays, many of them free. (www.wheelercentre.com)

Beneath the Wheeler Centre is Moat, a bar and cafe with an urbane attitude. Borrow a novel from the bookshelf and unwind with a drink.

The State Library of Victoria at 328 Swanston Street houses more than 2 million books but goes beyond the printed page with historical objects like the armour of famous outlaw Ned Kelly. There are also free art exhibitions in the library's galleries.

On Saturdays and Sundays, the Rose Street Artists' Market is where locals go to stroll among the eclectic mix of stalls and people. From Collins Street in the CBD, take the 112 tram north to Fitzroy and get off at 60 Rose Street.

See a play at The Malthouse Theatre at 113 Sturt Street in South Melbourne. Built in 1892 as a brewery and malting works, it offers a year-round programme of contemporary Australian theatre. Book ahead. (www.malthousetheatre.com.au)

Breakfast, lunch & dinner

Central Melbourne teems with coffee shops and breakfast options but you can't go wrong at The Hardware Societe at 120 Hardware Street, a cosy spot with contemporary French fare.

Or start the day with latte art at Manchester Press on Rankins Lane. This welcoming cafe is known for quirky, arty lattes that make ordinary coffee look tiresome. The all-day breakfast menu is excellent too.

A perfect hideaway for lunch is MoVida, a Spanish tapas bar amid the street art on Hosier Lane. It is bustling

every day and bookings, often months in advance, are essential. If you're the spontaneous type, the walk-in tapas bar MoVida Next Door is just around the corner on Flinders Street.

At the State Library, have lunch at Mr Tulk, a cafe named after its first librarian. The polished timber and communal table give it a sophisticated but laid-back vibe. Linger over your meal with a good book is not frowned upon here.

For dinner, try Chin Chin on 125 Flinders Lane, which serves up a modern and playful take on Asian street food. Be sure to peer out the windows - every night Chin Chin runs a contemporary video art space in adjacent Higson Lane.

Cumulus Inc at 45 Flinders Lane is a hit with its modern European menu. It also has tempting gluten-free options.

For a taste of Melbourne's ethnic diversity, try Lebanese pizza or cheese pie at the A1 Bakery at 643-645 Sydney Road in Brunswick. In Chinatown, dig into traditional dishes at Sichuan House at 22-26 Corrs Lane. South American flavours are on the menu at the Newmarket Hotel at 34 Inkerman Street in St Kilda.

Meat lovers will be in their element at Station Hotel at 59 Napier Street in Footscray, La Luna Bistro at 320 Rathdowne Street in Carlton North or Pei Modern at 45 Collins Street.

Seafood is the speciality at Richmond Oysters at 437-441 Church Street in Richmond and Rubiras at Swallows at 192 Station Street in Port Melbourne.

Vegetarians and vegans will feel at home. The Vegie Bar at 380 Brunswick Street in Fitzroy is a funky, busy spot for lunch or dinner. For more sophisticated vegetarian dining, try award-winning Attica at 74 Glen Eira Road in Ripponlea.

Nightlife

For an open-air drink, climb the winding stairwell to Rooftop Bar in

Curtin House at 252 Swanston Street. The bar, seven floors up, doubles as a cinema in warmer months and offers impressive nighttime city views year round.

No visit to Melbourne would be complete without dropping by a laneway bar. Top spots include Loop at 23 Meyers Place, Bar Americano at 20 Presgrave Place and Cabinet Bar & Balcony at 11 Rainbow Alley.

For more discerning drinkers, The Melbourne Supper Club at Level 1, 161 Spring Street has an encyclopaedic list of wine, spirits and beer, attentive staff and an elegant ambiance. Upstairs is the rooftop bar Siglo to take in the views overlooking Parliament House and light up a cigar.

For live music, Bennetts Lane Jazz Club at 25 Bennetts Lane is open every night with a line-up of world-class international and national jazz musicians.

The Corner Hotel at 57 Swan Street in Richmond is an icon of Melbourne's music scene with big names - including Ben Harper, David Gilmour, Crowded House and Mick Jagger - having played there over the years. (www.cornerhotel.com)

Other options

For wine lovers, Melbourne is just an hour or so from the vineyards and wineries of the Yarra Valley, Sunbury, Macedon Ranges, Mornington Peninsula and Geelong regions. Several companies run roundtrip day tours so there's no need to worry about drinking and driving.

If you've never seen the fast and furious contact sport that is Australian Rules Football, Melbourne has nine professional "footy" teams that play from March to September and it hosts the annual Grand Final to determine the national champions. Cricket and rugby are also hugely popular.

If you're visiting in January, don't miss the Australian Open, the first grand slam tennis tournament of the year.

Researchers have found that combining centuries-old practice of yoga with nutrition education can help young cancer patients manage their disease today and lay the foundation for a healthy future.

Departments of Clinical Nutrition and Rehabilitation Services have created a program at St. Jude Children's Research Hospital that focuses on all of the benefits of yoga, which include balance, coordination, a decrease in pain and improving quality of life.

Jessica Sparrow, an occupational therapist trained in providing yoga for children, at the rehabilitation services said that having this special combination of yoga and nutrition as a service provided for patients is a true complement to treatment.

"Our ultimate goal is that they take this practice into their everyday lives—like breathing exercises to help with

Yoga boosts cancer therapy



anxiety and pain," Sparrow said. "We intend to monitor the outcomes and track the progress as evidence-based research to not only improve upon existing knowledge at St. Jude, but also to share with others."

Sparrow worked with Danielle Doria, also of Rehabilitation Services, and Karen Smith of Clinical Nutrition to create the program's outline. After each yoga session, patients get a lesson on healthy eating, which often includes a hands-on demonstration from a St. Jude chef.

The combination program has been successful, with many of the patients using basic poses at home or even in the hospital's hallways.

Burn **body fat** with cardio, weight training

Fat burning is the key to losing weight, toning up and getting the figure you desire. A few basic exercises involving cardio and weight training work best for long term benefits.

According to trainer David Caldwell, the first step towards getting in shape is to start exercising, moving and, most importantly, burning fat, reports femalefirst.co.uk.

Here are a few basic tips to get started:

- **Cardio:** If you want to burn fat and see results quickly, cardio is vital. It speeds up your metabolism and is the best way to burn fat. There are the



obvious activities like running, swimming and cycling, but if you don't fancy them there are lots of other things you can do like horse riding, dancing or squash.

- **Weight training:** Weight training is essential to burn fat. The more lean muscle mass you have, the more energy your body will need to consume to function effectively and the more efficiently your body will burn fat.

- **Combination exercise:** Combination exercises combine weight training and cardio. They're fantastic for burning fat and target multiple muscles so they really help you to get the most from your workout.

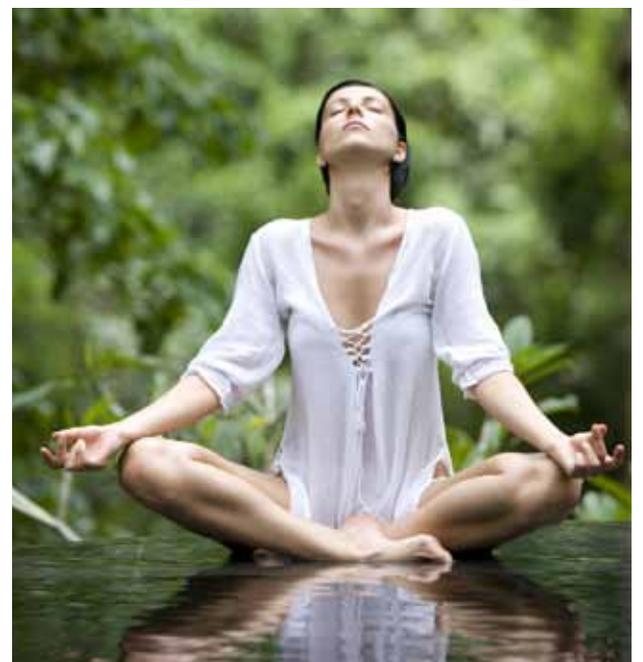
Is **Modo Yoga** the next big thing?

The hot and sweaty yogic world of Modo Yoga, devised by two former Bikram yoga studio owners in Canada, is growing. Previously known as Moksha Yoga, the brand recently changed the name of its studios to Modo Yoga, with studios popping up in 75 locations in the US and Canada.

Toronto-based founders Jessica Robertson and Ted Grand got the idea to create their own form of yoga after opting to change the carpet in their Bikram studios to sustainably harvested cork, which counters traditional Bikram branding requirements, the New York Times reports. A constant of Bikram is that notorious sweat smell, often due to the carpet that every studio is required to have due to the fact it's thought to be more forgiving to joints and less slippery than hardwood floors. Launched in 2004, Modo Yoga, while hot yoga, is certainly no Bikram, but rather based on a sequence of gentle, fluid postures that can be modified. Classes run 60, 75, or 90 minutes, and temperatures

are set at below 100 degrees, so the practice is considerably cooler than Bikram's self-described "torture chamber," the New York Times writes. Also, very importantly, studios are required to be green, from top to bottom -- from the cork floors and VOC-free paints to the natural mat disinfectants and filtered water.

Modo Yoga has particularly taken off in cities like New York, where Katie Holmes and Russell Simmons have been spotted at the West Village studio in Manhattan, which has now grown so popular that the company is looking to expand to the Upper West Side and into areas of Brooklyn. The company decided to change its name from Moksha to Modo back in October, to avoid confusion with other brands such as a yoga festival by the same name and a Las Vegas band, blog Well+Good NYC reports. While all new international studios will be called Modo Yoga, Canadian studios, where Moksha has been established much longer, can opt to keep their original name.



New Year Celebrations at the Hare Krishna Temple



New year at the Hare Krishna Temple started by having the blissful darshan of Sri Sri Radha Madhava Hari, Sri Nathji Gopal and Gaura Nitai. After 4.30 am Mangala arati the devotees chanted the Hare Krsna Maha Mantra until darshan arati.

Thereafter we had guru puja followed by Sri-

mad Bhagavatam Class. We are happy to announce that we also set up new altars for Lord Jagannath, Baladev and Subhadra as well as Sita, Ram, Laxman and Hanuman. An auspicious fire sacrifice was performed to begin the New Year.

After the yagya ceremony, we did more group

chanting to meet our annual tradition of chanting one Million names of the Lord on New Year's day. After Raj bhog arati maha Prasadam was served. Chanting continued all day.

We wish you all a very happy, healthy, Krishna conscious new year.

Udupi Puttige Swamiji urges to release two bishops in Syria



Vienna/Udupi: "Hostile captivity of religious leaders is nothing but the captivity of the world peace. It is very sad that two bishops of Syria, Gregorius Yohanna Ibrahim and Boulos Yazigi have been captured on April 22, which is a sad and serious matter," said Sri Sugunendra Teertha Swamiji of Udupi Puttige Math.

Swamiji was speaking during the world assembly, after getting elected as the international president for the third time, at Vienna and urged to release them immediately.

"The day of assembly of the world religious leaders in Vienna, Austria is the happiest day for the God in the name of

Krishna, Buddha, Allah, Jesus Christ, or any other name. Because, the children of God get together historically in the soil of Vienna, Austria for welcoming each other and establishment of world peace," said Swamiji.

His Holiness also com-

mended the historical moment of unification of religious leaders of North Korea and South Korea in the same platform



during the world assembly.

Religious leaders from over 100 countries had three days of sessions discussing

topics ranging from welcoming others to sustainable development and protection of the mother earth. With the support of KAICIID (King Abdullah International Center for Inter-religious and Inter-cultural Dialogue) and United Nations,

the host organization, Regions for Peace succeeded to work out a global action plan for peace.

Key leaders among about 700 religious leaders who addressed the world assembly include Faisal bin Abdul Rahman bin Muammar, secretary general of KAICIID, Dr. Wendley, Secretary-General of Religions for Peace, Chief Rabbi David Rosen of the USA, Rev. Nichiko Niwano of Japan, Sheikh Bayyah of Saudi Arabia, Grand Mufti Mustafa Ceric of Bosnia, Dr. Mohammad Sohaib al-Chami of Syria, Dr. Volker Turk, Director of United Nations High Commission for refugees, USA, Fr. Joseph Maung Win of Myanmar, Arch Bishop John Cardinal Onaiyekan of Abuja, Nigeria, and Asmaa Kiftaro of Syria.



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