

# ASIA

Asia Today, LLC, 1050 E Ray Road, Suite 5 #318, Chandler, AZ 85225



PRSR STD  
US POSTAGE  
PAID  
Phoenix, AZ  
PERMIT NO.1714

Uniting all South Asians in the Valley

# Today

Monthly Newspaper

• Vol-VIII • Issue-1 • Phone : 480-250-2519 • sales@asiatodayaz.com • January 2015

A glimpse of new year celebration at ISKCON Temple, Chandler



6

Mr & Mrs Kamlesh Patel celebrate their daughter's 16th birthday in a grand scale



7



22

Sikh Awareness Volunteers Host FBI at Nishkaam Seva

Sonam Kapoor to play Neerja Bhanot on-screen



33

## Annual Grand Gala event "Discover India"



India Association of Phoenix, hosted its annual grand gala event "Discover India" on the 13th of December 2014 at the Scottsdale Civic Center Park.

The rain Gods smiled upon the organizers and the event went without any dampening of spirits. The fun filled full day family event started at 11 a.m and went on until 6 p.m in the evening and appreciated the

• More on P03

## Christmas Celebration at United Indo-Pak Christian Church



United Indo-Pak Christian Church celebrated Christmas with great enthusiasm and fervor. In the beginning of December, we ushered in the festive season by caroling. Many Christian families opened their houses and welcomed the car-

olers to proclaim the Birth of Jesus Christ. Jesus Christ is the greatest gift God has given to this world. He came to this world in a humble quietway but changed the course of history in a way that no one could have imagined. God chose

a small city Bethlehem in the land of Palestine to be the birth place of the Savior. Many people think that Christianity is a Western Religion but contrary to this Jesus did not start a religion but came to show the world the Way • More on P10

**CAPSTONE EDUCATION**  
INTERNATIONAL LEARNING CENTER

Ahacus/Mental Math Classes  
Contact us today to reserve a place for your child!

Your child will:

- Improve their Concentration
- Develop an amazing calculation ability
- Master the two-handed method which works both sides of the brain
- Increase their confidence

Capstone Education International Learning Center  
4750 North Central Avenue  
Suite 120  
Info@CapstoneEducationCenter.com  
Phn: 480.239.7447

**HOMESMART**

**Sarb Kaur**  
REALTOR®

Direct: 602.369.0657  
Office: 623.889.7100  
Fax: 623.889.7101  
sjandaur@hsmove.com

17215 N 72nd Dr, Bldg B Ste 115 • Glendale, AZ 85308

**THE LAW OFFICES OF MOHAMMED ALZAIDI**

ACCIDENTS | CIVIL RIGHTS

20-Years of Experience

Trusted by the Asian Community since 1993

**(602)306-1111**

**Delhi Palace**  
www.DelhiPalaceAZ.com

**Cuisine Of India**  
Lunch Buffet: 11am - 2:30pm | Dinner: 5pm - 10pm

**Best Catering in Town!**  
(480) 921-2200 Open 7 days a week  
933 E. University, #103 Tempe, AZ

**LOTUS**  
International Market

Open 7 Days A Week  
10:00am to 9:00pm

2043 S. Alma School Rd.  
Mesa, AZ 85210  
602-666-6177  
602-532-7620

info@lotusaz.com  
www.lotusaz.com

Endless Experience...  
Largest Indian Grocery Store in AZ

**WOODLANDS**  
Pure Vegetarian South Indian Cuisine

We Cater for All Occasions!  
1-877-VEG-DOSA

Phone: 480-820-2249  
Fax: 480-820-2585  
www.woodlandsaz.com

4980 W. Ray rd Chandler AZ 85226

Mon/Wed/Thu: 11:00am - 3:00pm & 5pm - 9:30pm  
Fri: 11:am - 3:pm & 5:pm to 10:pm  
Sat & Sun: 11:am to 10pm

**Complete Shop for All your Real Estate Needs**

Combined Experience of 20+years  
We Specialize in Residential, New Homes, Commercial, Industrial, Rentals, Property Management and Loans!



**Venkata Naria MBA**  
Property Management & Loan Officer  
480.570.3987  
naria005@gmail.com



**Arti Iyer ABR, PIC, CFS, CSSN**  
Real Estate Agent  
480.242.8573  
arti@artiIyer.com

Lotus Real Estate LLC  
595 N Dobson Rd, B-27  
Chandler, AZ 85224



# DeLozier Law

Attorneys and Counselors at Law  
since 1978

(602) 464-9666



Your Proactive not  
Reactive Law Firm

- \* Estate Planning – Wills and Trust.
- \* Immigration
- \* Criminal Law & DUI
- \* Business Organization – Starting a business now and doing it right will help your organization grow and remain profitable.
- \* Been Injured? – We can help you maximize your recovery.
- \* Family Matters? Custody, Divorce, Support: call us to help

Live the Golden Rule

[www.DeLozierlaw.com](http://www.DeLozierlaw.com)  
[admin@delozierlaw.com](mailto:admin@delozierlaw.com)

## SAI GROCERY

INDO PAK SRI LANKA SPICES, DAL & MORE

PH: 480 855 0405

Fresh Vegetables arrive every Thursday



**Buy \$50  
Worth Of Groceries  
& Recieve a  
1gm Bottle  
Saffron FREE!**

We NOW ACCEPT EBT CARDS  
TUESDAY-SUNDAY 11 AM-8PM MONDAY 3-8PM  
950 E. PECOS RD. CHANDLER, AZ 85224  
LOCATED BEHIND CVS

## KRIYA YOGA



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

Exercise + Pranayam + Meditation

Begin your spiritual journey with  
Peace, Love & Happiness

Saturday 9:00 ~ 10:00am

Thursday 7:00 ~ 8:00pm

FREE Weekly Kriya Yoga Classes in Chandler and Phoenix

Contact: Pranav Sanghadia

Email: [info@kyob.org](mailto:info@kyob.org) Phone: 480 331 8383

**Chandler:** 3582 S Iowa St Chandler AZ 85248

# Annual Grand Gala event “Discover India”

The event was attended by more than 5000 people in spite of the cold weather. The Deputy Consul General of the Indian Consulate at San Francisco Dr Srinivasa attended the event and appreciated the Indian Community, the hosts, the volunteers and the performers.

The event showcased various aspects of Indian culture including dance forms, modern bollywood, traditional and classical dances and also sufi performance. A total of 55 performances with a participation of 300 participants were a treat for the eyes.

The performers ages ranged from 4 and upto the early 50's.

A number of valleys reputed restaurants had set up stalls and the visitors got to enjoy some very delicious food. Jewelry, apparel, henna, non profits were present at the venue and people were seen enjoying their visits.

This year Musical Instrument Museum, India Tourism, Qatar Airways added value to the event by their gracious presence.

The organizers expressed deep appreciation for the efforts and contribution made by the media partners, the volunteers, the vendors, the performer and above all the community for their whole hearted support.





**Asia Today Team**

**Marketing Director: Manju**  
(Manjeet K Walia)

**Editor: Deepa Walia (MS CIS)**  
(Sandeep Kaur)

**Publisher & Designer:**  
**Raja (BA)**  
(Gagandeep Singh Walia)

**Patron: Mini from California**  
(Damanjot Kaur Walia)

**Jyoti from New Jersey**  
(Navjot Kaur Singh)

**Surinder Singh Pall**  
(Reporter from New Jersey)

**Press Photographer**  
**Sameer Soorma**  
www.sameersoorma.com

**Amit Mitter**  
(Reporter from Punjab, India)

**Disclaimer**

Asia Today, LLC is not responsible for any claims made by advertisers nor does it endorse any product or services advertised in the paper. For concerns or questions related to these advertisements, please contact the business directly.

Asia Today, LLC also does not endorse any views presented by volunteer writers. Those views are solely of the author and bear no indication to the views of Asia Today.

Please contact us at

**Asia Today, LLC**  
PO Box 749  
Chandler, AZ 85244  
**480/ 250-2519**

**For sale inquiries:**  
sales@asiatodayaz.com

**For additional inquires/comments:**  
editor@asiatodayaz.com

**Relationships...**

2014 was an enlightening year – an year in which I lost some superficial relationships making more time for genuine friends and family. As I spent some time with individuals listening to their joys, sorrows, pains, fears, I realized the difference between what relationships are and what they are supposed to be.

More and more, I see people that are struggling to be themselves afraid of what others may think or what judgment may be passed on them by friends and family. Relationships are supposed to give you strength when you are weak, love when you are feeling low, and the ability to surpass your own potential. But more and more, you see that due to their own insecurities and weaknesses, those that are supposed to love you and push you further in life start holding you back.

Thousands in life will judge you the choices you make, how you dress, how you talk, how you live, what car you drive, what house you live in and many such irrelevant things but only a limited few will take the time to truly understand you, your passions, and your identity. If we start defining our happiness based on what others think of us, we will never be happy. No relationship is responsible for making you feel good or bad about yourself – not even your nearest and dearest



**Editor's NOTE**

ones. It is your own duty to make yourself feel good, confident and as long as you are comfortable in your own skin, you will never worry about what others think. In addition, you will also gain the ability to not take things personally allowing you to not take out your insecurities, reducing the arguments and stress in your life.

My wish to all of you in this coming year is that you get the confidence and strength

to wholeheartedly live your life the way you want. Practicing this mantra has given me the opportunity to spend quality time with a few folks from whom I learned and grew as a person and its outcome is evident in the many successes I saw in 2014 both professionally and personally. Had I known this secret earlier, I can only imagine how much further I would have been in my life. As work gets more hectic and years pass by making us realize that our time on this earth is limited, it gets more important to surround yourself with those limited few that bring out the best in you and help you achieve the most out of life.

Thank you for all your support in the last few years. Here's wishing everyone a prosperous and fulfilling 2015! Happy New Year!

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



**Marketing Director NOTE**

**Another year passes by. It was a pleasure to meet people from different religions and communities. I wish everyone a very happy and prosperous new year.**

**-Manju Walia**  
sales@asiatodayaz.com



*New is the year;  
New are the hopes;  
New is the resolution;  
New are the spirits;  
And new are my warm wishes just for you.  
Have a promising and fulfilling New Year!  
Happy New Year*

QuotesHDWallpapers.com



# Under New Management Open Sesame



Halal Meat & Middle Eastern / Indo-Pak Groceries

## Free Meat Cutting / Preperation



### Fresh Goat Meat

Every Wed/Fri



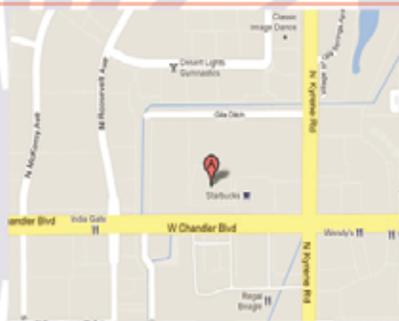
3502 W. Greenway Rd., Phoenix, AZ 85053 | 602-866-2555

## ASHOKA INDIAN GROCERIES

A unique store with unique prices

480-940-4250  
6170 W. Chandler Blvd.  
Chandler, AZ 85226

Open:  
Mon - Sat: 10am to 9pm  
Sundays: 10am - 8pm



Complete Range of Indian Groceries,  
Wide variety of fresh vegetables  
Frozen foods & Frozen vegetables.

Ready to eat snacks  
DVD's & CD's \ \ Phone Cards  
Fresh Rajbhog sweets & Haldiram's Sweets

## GURU PALACE

Authentic Indian Cuisine  
Thank You for your Business

January 1 to January 31

**20% Off  
Dinner Bill**

'exclude beverage & gratuity'

Only dine in

**\$2 off**

'a max. value of \$4'

www.gurupalaceaz.com  
480.558.9300 • 2048 E. Baseline Rd. • Mesa  
(NE Corner Gilbert & Baseline • Behind Wells Fargo)

January 1 to January 31

# A glimpse of new year celebration at ISKCON Temple, Chandler



**Mr & Mrs Kamlesh Patel celebrate their daughter's 16th birthday in a grand scale. The team of Asia today wishes her all the best for the coming years.**



**Mata Jagran**  
 Friday January 16<sup>th</sup>, 2015  
 7:00pm-9:00pm  
 Contact: Shashi (480) 614-1322

**Satyanarayanji Puja**  
 Sunday January 4<sup>th</sup>, 20145  
 11:00am-1.00 pm  
 Contact: Nirmal (480) 926-8835

**Hanumanji Puja**  
 Every Tuesday  
 7pm-9pm  
 Contact: Sushma (480) 970-4439

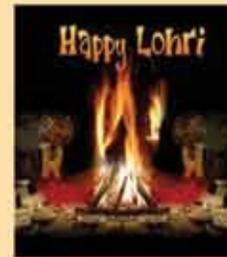
**Venkateswara Swami Puja**  
 Every Saturday  
 11.00 am- 12.30 pm  
 Contact: Sriniji (602) 535-6989

**Sunday Puja**  
 11am-1pm  
 1<sup>st</sup> Sunday - Ram Parivar  
 2<sup>nd</sup> Sunday - Shri Jagannathji  
 3<sup>rd</sup> Sunday - Balaji & Krishnaji  
 4<sup>th</sup> Sunday - Shivji Puja  
 Special puja: Rudra  
 Panchamrit Abhishekam  
 5<sup>th</sup> Sunday - Ganeshji Puja

Contact Temple Priest at  
 (480) 874-3200 for any Information  
 related to Temple Puja events or if  
 you need to schedule any Special  
 Puja at the Temple site or at Home.

I bow to the **HINDU TEMPLE OF ARIZONA**  
**Hindu Temple of Arizona**  
**Hindu Temple of Arizona**

**HTA EVENTS January 2015**  
 Sarv Devta Havan, Satyanarayan ji Puja, Lohri, Makkar  
 Sankranthi, Mata Jagaran, & Saraswati puja



Annual Sarv Devta Havan : January 4<sup>th</sup> (Sunday 9:30 – 10:30 AM, Sponsorship \$101)  
 Satyanarayan ji Puja : January 4<sup>th</sup> ( Sunday 11:00 AM – 1:00 PM, Sponsorship \$101)  
 Lohri : January 13<sup>th</sup> ( Tuesday 9:00 PM)  
 Makkar Sankranthi / Pongal : January 14<sup>th</sup>  
 Maata Jagaran : January 16<sup>th</sup> ( Friday 7:00 – 9:00 PM, Sponsorship \$101 )  
 Saraswathi Puja & Vasant Panchami : January 24<sup>th</sup> ( Saturday 11:00 AM – 12:00: PM )

**Please call for additional details:**

For Temple Scheduled Puja Pandit ji @ (480) 874 3200  
 For scheduling puja at home: Rohit Aggarwal @ (248) 613 4615

Please donate generously for ongoing improvements of temple

**Hindu Temple of Arizona**  
 3033 N Hayden Road,  
 Scottsdale, AZ 85251



# Lotus Wellness Center

## Chiropractic, Acupuncture, N.A.E.T

Lotus Wellness Center is an alternative medical practice specializing in healing, improving and maintaining your health. We provide care through multiple health solutions. We make it a priority to establish long lasting relationships with our patients. Our goal is to help our patients achieve optimal health by providing exceptional continuous care.

We will be happy to answer any questions and provide additional information about our practice.

Lotus Wellness Center strives to provide outstanding care on every visit.

### Location:

900 E. Lincoln Avenue  
Orange, CA 92865

### Contact Us:

Phone: (714) 637-6370

Fax: (714) 637-2744

E-mail: [info@mylotuswellness.com](mailto:info@mylotuswellness.com)



**N**amaskar, and Sat Sri Akal to all my readers.

On this planet there are many religions, but only humanity is the common religion of the human race.

Generally speaking, religion is a path to walk towards the divine. In my view, all the religions are beads of the rosary. Have you ever thought what keeps all the beads together? Upon reflection, you will notice without the common string they will fall apart and go in different directions. Who knows which bead will go where?

As humans we are facing the same problem as the poor beads, going in different directions without the knowledge of destination. Remember, we can never reach the destination without the right knowledge and guidance.

Right direction is humanity. Rituals are worthless without understanding the meaning of humanity. An important aspect of the religion is to unite the community on the behalf of humanity. Today religion is the base of ritualistic, dogmatic doctrine, selfish, and ruthless man made philosophy to ac-



## Humanity

quire power, fame, and wealth.

Remember, we're born as humans. Our family and the community give us the form of religion that we follow. That religion is the adapted philosophy of the community and is the beginning of the division in the human community, because this individual philosophy separates us from other

human beings.

As long as we live in this duality we will suffer because our religious philosophy divides us into many sects.

This is a lack of the knowledge of humanity. In this article the word humanity is used numerous times because we are missing the main point in the human life.

For example, humanity is a little candle, but as long as we don't light the candle, we will sit in the dark. When the candle is lit, it will banish the darkness of the room and everything will be seen clearly, regardless of how many humans are in the room.

Like wise, all problems of human life can be solved, when the human community of

the planet unites, understands, and lives the concept of humanity regardless of religion, color, caste, gender or political persuasion.

These are some general rules of humanity:

Faith in one god

Respect all the places of worship on the planet as the home of the divine

Be kind with others – compassionate

Be graceful

Be sympathetic

Serve the human community without discrimination

Believe in the unity of the human race

Prayer is a must in the human life

It doesn't matter which prayer or language you use, but at the end of

the prayer repeat these words: "divine knowledge is increased through meditation, everybody be blessed by thy grace"



Happy New Year 2015

**Gyani Ji Harbhajan Singh Sandhu**

GHSSandhu@gmail.com

## New India Bazaar

Come Visit Our Chaat Corner For Mouth Watering Chaats !! We Cater!!



602-712-0009

Email: myIndianstore@hotmail.com

Address: 2544 N. 7th St.

Phoenix, AZ 85006

**Kitchen**

10lb Basmati Rice  
Sher Atta  
Maggi Noodles  
Parle G Cookies

**Grocery**

Fresh Sugar Cane Juice  
Veg. Combo  
Non Veg Combo  
Fish/Chicken/Veg Pakora



# AASHIAN TRAVEL

WE NEVER FORGET OUR CUSTOMERS

ਸਸਤੀਆਂ ਹਵਾਈ ਟਿਕਟਾਂ ਲਈ ਕਾਲ ਕਰੋ।

We Deal with all Airlines  
Cheap Airline Tickets



We deal with VISAS  
China, Thailand,  
Brazil, Canada  
Pakistan, UK, EU  
and South America

Wholesale Airline  
Tickets to the  
World !  
Last Minute  
domestic tickets  
available WE

Special fares to:  
● India  
● Asia  
● Africa  
● Europe  
● Middle East  
● Australia  
● Pakistan

We Specialize in:  
● airline Tickets  
● Vacation  
Packages  
● Hotel  
Bookings  
● Cruises  
● Visas

Indian Passport Renewal - Visa Application & more  
Please contact SURINDER SINGH for additional information  
Call: 602-814-3168 - Office: 602-283-3557  
Address: 1221 E. Edgemont Ave. Phoenix, AZ 85006  
Email: surinderaashiantravel@gmail.com

to the everlasting life. In India, Christianity roots backs to 2000 years ago, when one of Jesus' disciples Thomas came to Southern coast of India and shared the Good News about the Lord Jesus Christ. To this day the message of Jesus Christ echoes in this world. "Love one another as I have loved you."

Similarly, the United Indo-Pak Christian Church Children demonstrated love for the under privileged children across the world. They made gift boxes and sent them to The Samaritan Purse an organization that delivers these gifts to the under privileged children during the festive season.

Just as the three Wise men from the East, brought gifts for Jesus to exalt Him, this Christmas, the best gift we can give Him is by implementing His teachings in our daily lives, thus exalting Him as our LORD and Savior.

On this Christmas, I would like to wish each and every one a Very Merry Christmas & a Blessed 2015. Let the peace of Our Savior rests in your hearts and homes. God Bless you.

For Church info:

Pastor Kevin Jacob  
United Indo-Pak Christian Church  
Phoenix. Phone : 602-380-8996  
Kvnjcb2@outlook.com

# Christmas Celebration at United Indo-Pak Christian Church



By Holly Parsons

Asian Pacific Community in Action (APCA) –hosted its 2014 Volunteer Appreciation & Holiday Party at its 7th street headquarters, on November 9th. The room was alive and full of amazing individuals from all over the world, whose culture of origin was not limited to Asia. Executive Director, Lloyd Y. Asato and his staff welcomed the Community, Friends of APCA, Board and Staff to their headquarters for a buffet dinner honoring dedicated Volunteers.

Mixing and mingling combined with music and food – clearly connections were made and strengthened. Special Guest Volunteers, Bach Ta, Camhuong Pham, Cheng Oh, Paul Merrill, Nga Bui received certificates

# APCA - 2014 Wrap up Party



of appreciation and certified, "Limited Edition" t-shirts and hats. And then there was dancing...a sure sign you're at a successful event!

The importance of this organization to the successful adjustment of

Asian and Pacific Islanders to their new life in Arizona can't be overstated. APCA provides transitional and translation services including, health screenings, health education and services, preventative treatment and

counseling programs. "We are so fortunate to have APCA in Arizona" said Manju Walia publisher of Asia Today AZ. "I look forward to strengthening ties and promoting this important work."



# Senior Group Wishes Happy Holidays And Prosperous New Year



**Submitted by: Lalit Patel,  
Photos by: Sevanti Shah  
and Ameeta Vora**

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

Christmas 2014 Celebrations – Thursday, December 18th.

Some 60 Seniors celebrated Christmas and Happy holidays on December 18th. All Seniors were welcomed with hot masala tea, crackers, and Christmas candies in the morning. Apart from normal ongoing playing cards and so-

cializing, some seniors were in party mood and hence they enjoyed dancing with live music played by Kiran, Kishorbhai, Harshadbhai and Maniji. Meanwhile Christmas feast preparation was under way mainly by Kishorbhai, Taraben, Babulal and Naynaben, Shantiben, Taraben, Krishna, Chandrika and so many more.

**Thursday, December 4th:** It was very unusual day in Phoenix as the weatherman's forecast was for a 65% rain but heavy rain started early Wednesday night and continued in the morning of Thursday the 4th. This "major"

inconvenience did not deter our senior folks from attending the meeting. Chandrika Patel started working to get the "Masala Chai" ready to reward seniors for their courage and Jaswant Patel ran to the new BAPS Mandir and bought Namkin snakes to complement with Chai. Needless to say that made the day for some 40 Seniors who joyfully enjoyed their reward.

Manubhai was no nonsense announcer for the Day. He introduced visitors Abbas and Kaniza Bangalwala (snow birds from Princeton, NJ) and Mr. & Mrs. Tumala

(Jagan and Uma Lingamnani's brother-in-law) who now have migrated to "Valley of the Sun".

**Thursday December 11th:** About 56 seniors were got together on Dec 11th to have fun and enjoy the warm day. Some people joined the video for physical exercise and some card players enjoyed bridge and judgment to train the brain to increase the memory power. Some really socialized with talking and making jokes.

Seniors were happy to see Bahl Bisham & Suman after a long time. Seniors wel-

comed new visitors Patel Anant & Harshaben who enjoyed the company of the seniors group.

The lunches for this period were generously sponsored by Pushpa and Prakash Desmukh, Sood Subhash & Neeruji and Chawada Raj & Charanji, and Kishorbhai and Taraben.

Thanks to all lunch sponsors and all volunteers for their help in the Kitchen and setting up and serving the lunch.

Thanks to Mahendraji, Manubhai, Sevantibhai for taking photos and writing weekly reports.

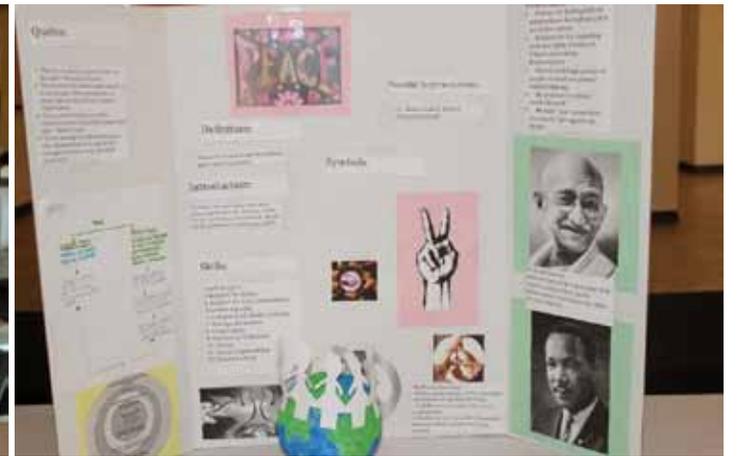


# Christmas Celebration by Phoenix sangat, USA

Written by  
Aman Sareen

Christmas teaches us to help others and be loving to others. This year, members of the Phoenix branch of Sant Nirankari Mission celebrated Christmas with the intent to expand its reach to the community and have a bigger impact than ever. They started preparing for the event a few months in advance, reaching out to other religious and spiritual organizations in the valley.

This year the Sant Nirankari Mission Phoenix branch organized a "Festival of Harmony" Open House. It comprised of many events like poster and 3D models by kids and youths where they expressed their views on Peace, Kindness, Humility, Unity & Harmony. One member of the group had a push button sticker on him and when pressed he would share his views on the topic he was assigned. The other kids also explained their 3D models and posters when visitors came to their stall.



# A glimpse of New year celebration in Hindu Temple of Arizona , Scottsdale



**Elizabeth Chatham**  **Davis Miles  
McGuire Gardner**

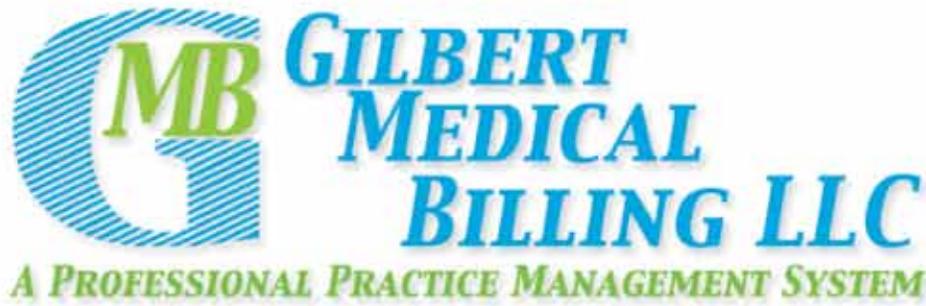
**Proven Immigration Expertise,  
Personal Client Service**

We provide high quality, personalized and cost effective immigration services for individual, corporate, and nonprofit client.

Elizabeth Chatham  
echatham@davismiles.com  
T: 480-733-6800 | F: 480-733-3748  
80 E. Rio Salado Parkway, Suite 401  
Tempe, AZ 85281

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





## Gilbert Medical Billing LLC

3135 E. Franklin Avenue Gilbert, AZ 85295-9094

Phone: 480.307.8222 Fax: 602.773.6720

Cell: 602.814.9400 (S) 480.434.5958 (M)

Email: [info@gilbertmedicalbilling.com](mailto:info@gilbertmedicalbilling.com)

### Suren Sheth

President

[srs@gilbertmedicalbilling.com](mailto:srs@gilbertmedicalbilling.com)

### Manju Walia

Marketing Director

[manjuwalia@gilbertmedicalbilling.com](mailto:manjuwalia@gilbertmedicalbilling.com)

It Works...

Join our team.

Medical collections is only our middle name. Here's a great opportunity to partner up with a medical billing team with services that go beyond the ordinary to save you time, money and frustration in managing your business practice.

**GILBERT MEDICAL BILLING LLC** offers several cost saving services to your healthcare business to benefit from:



For More Information visit: <https://www.gilbertmedicalbilling.com>

*You manage your patients...  
We'll help manage your practice!*



# Modernization or Westernization?

Given the opportunity, most people in the world, especially those from less advanced countries, would wish to settle in the so-called advanced nations of the West. In fact, oftentimes during discussions with friends and relatives, I have been jokingly stating that young people from economically weaker countries wouldn't hesitate to have one of their limbs chopped off if they were promised permanent residence in the U.S., Canada, or U.K.

The easily accessible material comforts in Western countries seem to shadow everything else in the lives of many young people and truly attract them like flowers do to the bees. Many people from the East consider themselves to be the sole owners of spirituality. Yet even the so-called spiritual specialists of the East won't take time to show their true colors at the slightest wind of an opportunity and jump quickly to become part of what they often label as "Western materialism."

The rapidly expanding field of Internet technology has made information so easily available that people living in remote corners of the world have also become westernized both in their lifestyles and their attendant material needs. Their thought process has also become metamorphosed. Instead of learning and understanding about what made the people of the West, especially Americans, lead the world in material affluence, these so-called "have-nots" end up following what appears to them to be apparent on the surface. The Western shine shows upfront easily and it shows well, but those who are not part of it seem to ignore the intense amount of hard labor and tons of sweat that has gone into the appearance of its ultimate sheen.

After adopting Western or the so-called modern culture, a mere sheep-like imitation of certain unhealthy Western practices and easy availability of material goods do not bring the anticipated sense of fulfillment and pleasure. As a result, unhappiness along with a negative view of Western culture begins to intervene. In this equation, the true underlying factors that led to the material progress in the Western world are totally lost sight of. This writing basically attempts to explore such issues.

The culture of the West has become so deeply ingrained in the minds and bodies of modern day people of the East that it often becomes difficult to discern where our original Eastern culture ended and the Western began. Several examples abound all around us. Being a Punjabi, let me first tackle what goes on in our segment of Indian people, for I have always believed that

charity must begin at home. Think for a moment and try to recall any celebration that you might have attended where the emphasis was not on the noisy music by a DJ bringing out those sleazy notes of music for the fully drunk and half naked human bodies to gyrate along with. All this is done under the garb of Bhangra music but this may be nothing more than an excuse for drinking and drooling. I refuse to believe for a moment that this is what Bhangra dance was in its original form.

Can we honestly say that what happens at these modern day celebrations is remotely Indian or homegrown? It certainly is not. Rather the present kind of dance appears to be twisted-form of Western celebration presented in a shiny Eastern wrapper. And yet we all take part in it for this happens to be "cool modern" thing to do. One may respond that same thing happens in India of modern days; a rather westernized form of Eastern culture and not necessarily true home-grown style. Here I must clarify that I do not intend to imply that such kinds of parties or music that is played out, is not right and shouldn't be played. In fact, if nothing else, at least the amount of exercise as a by-product of such sensual gyrations that are indulged into, might indeed, turn out to be worth every minute of it. In all honesty, this fact cannot be denied.

Yet the fundamental fact remains, that Indians, especially Punjabis, if not all, at least a good number of them become so deeply engulfed in dancing while intoxicated with gallons of liquor, that it must do more harm to their health than good. In addition, these weekend celebrations often last late into the night, which interrupts sleep and affects one's efficiency the next day. Ironically such parties by Indians are all too frequent, too loud and too elaborate. In this habit, we have definitely left behind the people of the West whose imitation we started to begin with. Such behavior again happens to be a twisted version of the westernization that we erroneously call modernization so as to make it more palatable to ourselves. Holding a drink in hand while conversing with one another, whether it is a man or woman somehow makes one feel more modern, yet, it may only be a perception in our minds; the act itself appears to be an imitation at its best.

Waking up late in the morning is somewhat contrary to Eastern beliefs. We may believe that waking up late in the morning is modern and hip and mimicking the majority around us we have truly turned Western. Yet in reality many of our indigenous working neighbors may not be practicing this kind of behavior at all. In fact, one often finds

Western men, women, and children walking their dogs and cats early in the morning in each neighborhood when many among us are still asleep in our cozy beds. Keeping awake late at night on weekends and even on regular days has become common among us, whereas relatively speaking most of the people of the West, save some young individuals, are in their deep slumber by ten o' clock. Such behavior on our part shouldn't be labeled as modern because this is not the usual custom of our role-models, the Westerners, regardless of what we may feel or think about them.

We so often claim that we are imitating people of West for "modernization," which is actually just a twisted perception in our minds. What could make us truly modern seems to have been totally lost in our attempt to appear Western on the surface as a result of superficial imitation but not in its content. To be on time to various activities, functions, and appointments like most of the Westerners practice, rather than arriving an hour or so late, is in fact truly modern. Practicing quiet and discipline at religious gatherings in our Gurudwaras and temples, like Westerners do in their churches and synagogues, should be imitated if we truly want to become modern, but that does not seem to be in our blood. Changing that habit would have brought not only a tinge of westernization and thus modernization. We could have unlearned the habit of haggling while buying instead of feeling proud on our pseudo-victories.

Instead of fighting for leadership positions and pulling our guns and swords in our religious places, solving our problems peacefully with one another would have created an example of true style of Western aka modern management. But Alas! That is not the case with many of us. So too is involving ourselves in different civic affairs, like school parent-teacher organizations and other related activities. Instead we sit home and discuss their actions. We could have actively become part of our neighborhood associations and watch groups. Taking our children out to scout camps and showing them the ways of volunteering for civic needs, like the Westerners do, would have truly brought our children a real sense of modernization. Helping our children in their evening soccer games and swimming lessons definitely would have created more bonding between our children and us, the Indian parents. Such involvements and activities could have truly fulfilled our desire to become Western and thus automatically modern.

To become modern actually should



mean practicing what is good in the West and taking it to the next level by bringing it to the attention of people back home that might still not have had such awareness. This also means a personal practice of the remnants of many worthy cultural artifacts from back home. In this way, we can easily instill such behavior in the people with whom we've settled. For instance, by taking care of our elderly grandparents just like our parents, their parents, and their grandparents did in the past, we could set an example of true modernization for the Westerners to follow. Modernization should imply creating a happy life for all those who come into contact with us here in our adopted homelands and those who depend upon us for their needs in the countries of our births. Modernization need not translate into selfishness. "Me first" is not modernization but becoming a helpful and useful member of the community, the country, and the world we live in, is what real modernization should be all about.

Modernization and Westernization are interchangeable in certain situations but not always. One could simply become modern without mimicking those components of the culture of our adopted Western homeland that don't bring any improvement in our daily lifestyle over and above how we had lived long before our migration to the West. Yet the elements of Western culture that are truly helpful in creating a disciplined lifestyle, harmonious with other people and the world around must be chosen honestly and sincerely in order for people to become truly modern. Simply following westernization blindly and ignoring certain time-tested concepts of the culture back home will not make one modern. Picking and choosing what is best in our adopted homelands and becoming assertive with the goodness that we already possess can ultimately lead us to the true concept of modernization, Western or non-Western.

\*Author of 1. "Square Pegs, Round Holes" [www.SquarePegsRoundHolesBook.com](http://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>

# INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)

## ISAA WISHES THE COMMUNITY A MERRY CHRISTMAS & HAPPY NEW YEAR!



1. X-Mas Celebrations with Harshaben & Vrinda 2. Blasting bollywood singing with non-stop rock-dancing by the seniors at ISAA 3. Sponsors Nirali, Kokilaben & Family with Harshaben & Brinda whilst a few words by Chhotubhai 4. Great Job Harshaben & Vrinda – You are no less! The Concert was a HUGE blasting hit! 5. Luncheon Sponsors Rasesh, Brinda & Jyotsnaben presenting a winning prize to Ashvinbhai 6. Pass-the-Parcel musical game with four finalists from over thirty participants 7. Look at these Six-years of age seniors playing the musical Pass-the-Parcel with so much fun 8. Bingo winners on the day sponsored by Pradeepbhai & Renukaben 9. Daulat Family celebrated Manish's birthday with ISAA friends 10. With great spirit, Gokulji visited his friends at ISAA and performed with his passionate singing art!

On Nov 25, 2014, after socialization, and "meet & greet" Jitubhai showed video clips. A young classical singer in the first clip captured the hearts of viewers with a beautiful gazal. A young three year old Chinese boy danced into the hearts of each viewer in the second clip. A third clip showed a classical dancer performing "kathak" at the 100th film industry celebrations. The audience appreciated and enjoyed the presentations. A big surprise waited us all when Gokulji was brought into the hall by his nephew. He sure received a very warm welcome. He thanked everyone for their love. He rendered two beau-

tiful bhajans with spirit and passion. The audience gave standing ovation. He left with his heart full of sweet memories of the day. "Mogra na fool" by Mukeshbhai wrapped up the session. The Daulat family celebrated "Manisha's" birthday with a song and cake and sponsored today's luncheon too. Sixty guests and members enjoyed the luncheon.

On December 02, 2014, it was a slow going day but people were busy greeting each other while card playing was going on the other hand. The highlight today was the bingo games hosted by Pradipbhai and Renukaben. Winners were awarded prizes. They

sponsored the luncheon also. Over sixty-five members and guests enjoyed the delicious Mexican menu. On December 09, 2014, Fun, fun and more fun- play games. That's what people did today. That was the plan Jitubhai orchestrated fulfilling the wishes of Jyotsnaben and her family. For nearly forty minutes there was a plenty of laughter. We all became young for the time being. Joytsnaben donated the prizes for the winners and also sponsored today's luncheon too to over sixty members and guests. On Dec 16, 2014, Nirali and her friends decorated the room, center pieces on every table and a lighted Santa at

the entrance. Nobody could mistake it for anything but Christmas celebration. Harshaben and Brinda provided Bollywood songs and music for everyone to sing and dance. The hall was packed with people from everywhere. Ladies were decked in their beautiful sarees with the surroundings in red, green and white. The day was full of fun and festivities. Nirali and the family sponsored the celebration - Dr. Shailesh's birthday, Kokilaben & Late Manojbhai's anniversary. Over hundred and ten guests and members enjoyed the day. The photos and videos caught the fun but is not enough to justify the

Blasting event! . Harshaben and Brinda were recognized for their outstanding performance with standing ovation.

### Announcements:

1. Thanks to Allstate and AXA corporations for their generous donations for \$400 each to ISAA.

2. ISAA also extend sincere appreciation to Pradeepbhai & Renukaben for \$200 and to Jyotsnaben Gandhi for \$251 as their generous contributions.

3. ISAA observed One-Minute silence as our tributes to victims of untimely and unwarranted deaths in Sydney Cafe and of over hundred forty children in Pakistan.

# Draw good energy for your home

In Feng Shui, the exterior surroundings are the most important aspects affecting the chi flowing into your home. Hence, looking at the exterior, environment and the interior of a home will help in ascertaining the flaws and the positive trends the building inherits.

Creating balance and harmony through proper arrangement of the interior layout and inviting exterior will ensure that the Feng Shui of the space is beneficial to the occupants in turn giving rise to prosperity and happiness.

It's a fact that home is where we spend most of our time with the family and all those who are dear and close in our lives. Hence, focusing on the quality of energy, keeping the flow clean and smooth is essential.

In the science of Feng Shui, it is said that chi is influenced by everything concrete in our lives. Our possessions and where they are located can all affect chi energy. Even the layout of our homes and offices affects Chi energy. By adding and taking away objects, changing the positioning of furniture, plants, wall art and more, we can increase our good luck.



Feng Shui has two parts, the visible and the invisible. The visible factors are walls, doors, streets. The invisible factor is chi. This life force energy and predecessor influences are energies of people who previously lived in your house, ghosts, energies in the land. Every person, place and thing is alive with the universal energy called 'Chi'. Everything is connected by this vital

energy that is always changing. When we integrate the Feng Shui principles into our lives, we see and interact with the world in a new powerful way.

Understanding the science of Feng Shui and adapting it in the design of homes calls for precision combined with tasteful aesthetics. When we look at a building the first impression we derive determines the kind of energy ex-

isting within it and you get a feel about the lifestyle of the occupants too. Comfort and convenience are key factors when planning a home or even a room placement, storage, furniture arrangements and layout.

If you live in a house with bad history, or you've had many negative experiences in the house, you need to cleanse the space with saline water, incense sticks and lights. If you have two or more doors in direct alignment, especially if it is the front door and back door, suspend wind chime or crystal or a moving object to slow down the chi flow.

An attractive, well-kept door will attract good chi, whereas a run-down door will cause bad chi to enter your home.

Clear pathways and keep hallways, driveways, open and clear free for energy to flow.

De clutter attics, lofts, garage and basement and keep them clean.

Pay particular attention to clogged drains and leaky pipes. As conduits for energy, they should be kept clear at all times.

## Weekly guide to a clean home

You may not believe this but it's true. Everyday you just need to spare 15 minutes for a clean home. We tell you how to clean your home in 15 minutes in spite of a busy schedule

The next time your friend is coming over, you need not panic. Your house will be spic and span and you won't have to go through those last minute hassles. Depending on your schedule of the day, just spare 15 minutes everyday and utilise them for cleaning your home. We tell you how:

### Monday: Bathrooms

Yes, we know you hate cleaning bathrooms so let's finish that task first. With 15 minutes, you can clear off counter tops, clean the mirror, polish the sink and scrub the toilet. If you manage your time well, that's possible. Do not stress if you cannot complete the task within 15 minutes, you can surely spare a few minutes more.

### Tuesday: Kitchen

While you may be washing the dishes and other utensils on a daily basis, on Tuesdays you can clear the kitchen in other ways. Sweep the floor, scrub the



counter top, scrub the sink and over top and clean the outside of the refrigerator. If you have a few minutes extra, you can take the bottles off the shelf, wipe them and place them back in place.

### Wednesday: Living room

Your living room may be the messiest place in

your house. So the key is to be organised. Anything that you don't require or you don't use on a regular basis should be kept in another box. Next, dust the television, coffee table, photo frames and showpieces and other knickknacks. Finally you can vacuum the room and dust the sofa, cushion and other pieces of furniture if any.

### Thursday: Master bedroom

There's nothing like crawling into a freshly made bed after a tiring day. So start by removing the old bed sheets and pillow covers and putting them in the washing machine. Next, clean the shelves and photo frames. Spread the new bedsheet and pillow covers and you're ready to go!

### Friday: Kids' rooms

Kid's rooms are the messiest so we keep them for the end. Get your kids to help you with the cleaning. To create some excitement, set the timer and ask to clean a particular space in that much time and treat them with your favourite movie or an ice-cream that night when they finish their work in their stipulated time.

\*\*\*

# Ahmadiyya Muslim Community, Glen Ellyn Chapter USA Condemns Terrorist Attack on Pakistan Schoolchildren Ahmadi Muslims mourn 150 children in Peshawar murdered by Taliban

Ahmadiyya Muslim Community Glen Ellyn Chapter, USA condemns in the strongest terms today's terrorist attack on Peshawar Government schools. Reports indicate at least 150 children have been killed and scores more injured. We request Government of Pakistan to take practical and effective measures to protect its people from barbarous activities of terrorists.

The Community mourns with the families and friends of those afflicted by this horrible atrocity. We pray that may God give them strength, patience, and fortitude to bear through this painful and shameful day, amen.

'People who persecute in the name of religion are totally ignorant of the essence of religion. Religion is a metamorphosis of hearts. Religion

is not politics and its adherent do not make political parties- it is the transformation of hearts- transformation for the good of the soul. The home of the religion is in the depth of hearts. It is beyond the sway of the sword. Mountains are not moved by the swords, nor are hearts changed by force. While persecution in the name of religion is the repetitive theme in the history of human aggression, freedom of conscience is the Quran's repetitive theme,' Hadrat Mirza Tahir Ahmad, IV successor of Ahmadiyya Muslim Community.

Ahmadiyya Muslim Community Glen Ellyn Chapter will offer special prayers for the victim and their families on Thursday, Dec. 18th at 6 pm and Friday, Dec. 19th at 1 pm in Masjid Baitul Jamaay.

Contact:

**Imam Shamshad A. Nasir**

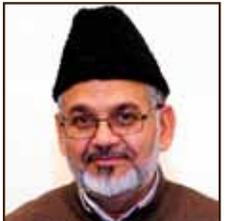
Cell: 909-636-8332

**About Ahmadiyya Muslim Community:**

Ahmadiyya Muslim Community is a dynamic, reformist and fast-growing international movement within Islam. Founded in 1889, the Community spans more than 206 countries with membership exceeding 160 million. Ahmadiyya Muslim Community USA, established in 1920, is among the oldest American-Muslim organizations.

Ahmadiyya Muslim Community is the only Islamic organization to believe that the long-awaited messiah has come in the person of Mirza Ghulam Ahmad (1835-1908) of Qadian, India. Ahmad claimed to be the metaphori-

cal second coming of Jesus of Nazareth and the divine guide, whose advent was foretold by the Prophet of Islam, Muhammad. The Community believes that God sent Ahmad, like Jesus, to end religious wars, condemn bloodshed and reinstitute morality, justice and peace. Ahmad's advent has brought about an unprecedented era of Islamic revival and moderation. He divested Muslims of fanatical beliefs and practices by vigorously championing Islam's true and essential teachings.



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

## Pastor Jeremiah of St. Thomas Methodist Church visits Masjid Bait-ul-Jamaay on Nov. 9, 2014



The newly appointed Pastor Jeremiah of St. Thomas Methodist church of Glen Ellyn, visited Masjid Bait-ul-Jamaay on Nov. 9th, 2014. The visit was specially arranged by Imam Shamshad A. Nasir. He was accompanied by 24 members from his congregation. They were welcomed by Imam Shamshad A. Nasir of Masjid Bait-ul-Jamaay and its members. After lunch was served the meeting formally began with the recitation of the Holy Quran in which God commanded to pay

respect to all Prophets and not to make distinction among any of them. Followed by the well come address by the imam on behalf of the members of Baitul Jamey Masjid in Glen Ellyn Chicago, after the welcome, the Pastor Jeremiah addressed, He briefed the audience about his faith and believes then explained his vision.

He further added that his desire is to have a friendly relationship with Ahmadiyya Muslim community and to work together as a team for the

welfare of humanity. There were questions and answer session in the end. Pastor Jeremiah and Imam Shamshad A. Nasir answered the Questions, Imam gifted a book "Life of Muhammad" (Peace be upon him) to Pastor Jeremiah along with a copy of Ahmadiyya Gazette USA and to all the guests. Pastor and guests then thanked the members of the Ahmadiyya Muslim community for the gift and delicious dinner. The program ended with combined prayer.

## Verma Highlands at Sonoran Ridge Estates



60 custom homes already Built!

- Private Gated Community
- Custom one acre finished lots at the foot of the White Tank Mountains
- Phase 1, 2, and 3 are already sold out!
- 1 mile from the 303 freeway.

**Vermaland is looking to purchase 80+ Acre parcels. Owners/Agents, please contact us! 602-274-0700**

**Largest holdings of 50-1,200 Acre Parcels in Metro Phoenix**



## IACRF Silver Jubilee Souvenir Magazine

Indo-American Foundation of Arizona will publish and release a Silver Jubilee Souvenir Magazine to commemorate IACRF's 25th Anniversary during April 2015.

The souvenir magazine will include 25 years of rich history of the Foundation, including the Indo-American Community Center, Bharatiya Ekta Mandir and all of the Outreach programs the Foundation has been leading. The magazine will serve as a WHO IS WHO in Arizona, who have made IACRF a Symbol of Community Unity. We expect that the 150 page book will reach more than 50000 Indo-American Community members in Arizona and many more Worldwide. We request you to sponsor and place an ad in the magazine.

**Happy Holidays!**  
**WIN iPad, Mini iPad**  
& Other Prizes!



**GREAT OPPORTUNITY**  
**For Businesses & Supporters**  
**Ad Rates**

Front Inside - \$5000, Back Inside - \$5000  
Business Full - \$1000, Business Half Page - \$600  
Personal Full Page - \$500, Personal Half - \$350

### MEMBERSHIP DIRECTORY

**MEMBERS:** IACRF is updating the members contact information.

Please update your information on a simple form by typing

<http://goo.gl/forms/UeKfDMtCYK>

Or visiting [AZINDIA.COM](http://AZINDIA.COM) or [IACRFAZ.Org](http://IACRFAZ.Org) to

**WIN iPad & Other Prizes!**

Please send an email to [IACRFSJMAGAZINE@GMAIL.COM](mailto:IACRFSJMAGAZINE@GMAIL.COM) if you have any questions.

**NOT A MEMBER?: PLEASE BECOME A MEMBER TODAY & GET YOUR NAME PUBLISHED IN THE SOUVENIR MAGAZINE &**

**WIN iPad & Other Prizes!**

Limited time Opportunity! Due Date will be announced soon on [AZINDIA.COM](http://AZINDIA.COM) &/or [IACRFAZ.Org](http://IACRFAZ.Org)

**Become Gold Sponsor \$2000 or Silver Sponsor \$1000**

1. Full color page with your Family Photo and personal message in the Magazine.
2. Recognition as Gold/Silver Sponsors in the Magazine/during the Magazine Release Event and Complimentary/Discounted Tickets to a Banquet or Concert.
3. Tax benefits of 501c3

Please Contact: Jagdish Sagar - Chair, 480 235 5001, Dayaram Ahir - Co-Chair, 602 989 7100  
Jay Bansal 480 777 2737, Dr. Gautam Shah 602 750 5122, Nate Bhadriraju 623 694 3640  
Minaxi & Dr. Dharendra Patel 928 713 5757, Ashok Patel 480 551 5261, Subhash Thathi 480 797 0625  
Manish Gupta 602 688 7011, Vasu Atluri 480 227 8411  
Mahesh Shah 480 544 9438, Kulbhushan Chhibber 480 250 0779



**Indo-American Foundation & Gujarati Cultural Association**  
invites you to Annual



**Uttarayan - Kite Flying Festival**

**Sunday, January 18, 2015**

**Estrella Mountain Regional Park, Goodyear**

**From 10:00 AM to 4:00 PM**

**Direction: I-10 West to Estrella Pkwy South Exit, 3 miles south to Estrella Park**

For more Information Please Call:

**Minaxibahen Patel 928-925-5062, Amit Shukla 602-448-5338**  
**Kamlesh Patel 602-465-5728, Rajesh Patel 480-277-5777,**  
**Mahesh Shah 480-544-9438, Gautam Shah 602-750-5122,**  
**Mahendra Devganina 602-708-0733**

**Delicious Uttarayan Food**

**Chiki, Fafda, Jalebi, Gota, Puri, Undhiyu, Dosa & variety Picnic Food, Chhas, Masala Chai, Water etc.**



**Indo-American Foundation of Arizona**  
**Working together with sister organizations**  
**cordially invites you to**

**17<sup>th</sup> Annual Grand India Festival**

**Saturday, March 14, 2015 10:00 AM to 7:00 PM**

**@ Indo-American Community Center**

**Be a Sponsor for the Grand Event**



**Free Admission – Bring your Family & Friends**  
**Food booths from Sister Organizations**  
**Shop for clothing, jewelry and other items**  
**Children's activities & cultural program**

**Contact: Kul Bhushan Chhibber 480-250-0779, Kalpana Batni 480-998-9325, Manish Gupta 602-688-7011 & Nate Bhadriraju 623-694-3640**

**2809 W. Maryland Ave., Phoenix, Arizona, 85017 [www.iacrfaq.org](http://www.iacrfaq.org)**

# Sikh Awareness Volunteers Host FBI at Nishkaam Seva Gurdwara Sahib!

Dr. Jaswant Singh Sachdev, M.D.  
F.A.A.

Phoenix Arizona

A few local Sikh volunteers concerned with hate crimes in US have been regularly hosting Sikh Awareness Program for groups of Non-Sikhs local community members.

Mrs Bhagwant Kaur Ranghi usually finds groups of Non-Sikhs from various Churches, Community Colleges, Adult Homes and others willing to attend an informative session about the Sikhs at Gurdwara Sahib, Nishkaam Seva Sahib.

The author Dr. Jaswant Singh Sachdev presents a personally prepared power point presentation for this purpose detailing Sikh history, Sikh Philosophy, Sikh demographics, Sikh presence in U.S. in Arizona, Sikh participation in World War I and II, Ongoing Homeless Dinner Seva by local Sikhs and Hate crime against Sikhs. This presentation by him lasts for about 40 minutes and is then followed by a documentary or about 20 minutes prepared by SALDEF with the help of Justice Department.

Following this the visitors are taken through the sanctuary and their questions and curiosities are answered. Finally they are served freshly prepared Langar, free community vegetarian lunch where they get an opportunity to intermingle with the sevadaars.

On December 11th, a contingent of



about 25 members of valley FBI members was invited by Mrs Balbir Kaur and Mrs Ranghi to attend the talk offered by Dr. Sachdev.

After being served with breakfast around 10 am they were taken to the

class room to attend the above stated session. Following this, they visited the sanctuary and then a hot delicious freshly prepared vegetarian lunch was served.

We are of the opinion that these

regularly arranged programs at least 4-5 times every year after 9/11 have tremendously helped the local Sikh community in spreading the word out to the public at large about unique Sikh Identity with uncut hair and turbans.



# Replicating the **art** of puppetry on canvas

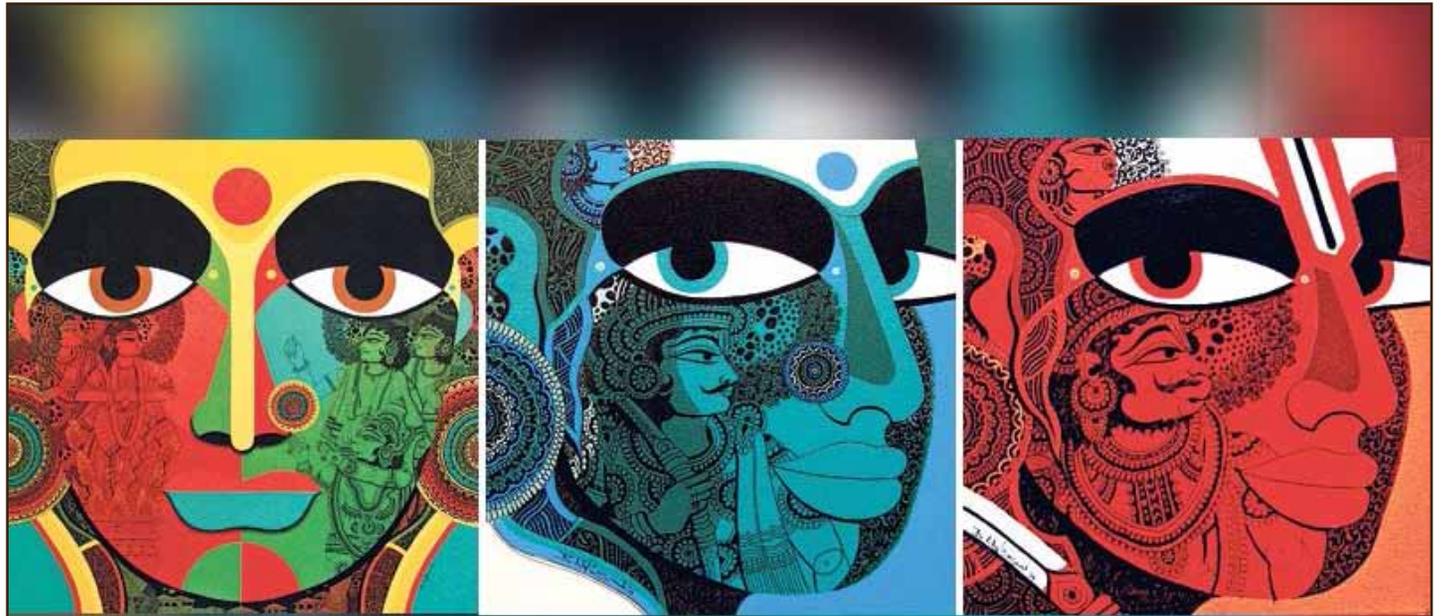
Nishtha Juneja

Like many other traditional art forms, Tholu Bommalata, a regional art form of Andhra Pradesh that depicts stories from Indian epics through larger-than-life puppets, is almost on the verge of dying. When Nagesh Goud learnt about the plight of the artisans who have been making these leather puppets for years, the artist decided to bring forth the essence of the art through what he does best - painting.

"It has become difficult for the artisans to make a living out of their art because people are not interested in such shows anymore. Thus, the artisans have no other option, but to look for new means of survival. I was so touched by their condition that I decided to do something about it," says Goud.

Inspired by leather puppetry, the artist's latest exhibition, titled Katha, is inspired by Tholu Bommalata, and incorporates stories from epics - Mahabharata and Ramayana - on canvas. "I started by painting the portrait of the nayak (central figure) in the centre, and then adorned the surroundings with excerpts picked from the epics," he adds.

The predominant feature in Goud's



The predominant feature in Goud's works is the presence of almond-shaped eyes



Artist Nagesh Goud

works is the presence of almond-shaped eyes.

When asked about the relevance of the same, the artist explains, "The features of the characters are sharp and well defined. The eyes are soulful and powerful and form the most prominent feature of the face. Apart from that I have used intricate patterns, floral clusters, motifs and suggestive jewelry."

## Love butterflies? Here's how you can engage yourself

You can now create your own personal collection of butterflies without killing the beautiful insects.

Fusing the traditional art of origami (folding of paper) with the study of butterflies, a new activity book equips butterfly enthusiasts of all ages especially children and young adults to create their own collection.

Compiled and designed by eminent lepidopterist Peter Smetacek, 'Indian Butterflies Origami' has rich illustrations on 12 popular species of butterflies.

It also comes with origami sheets from which one can create the paper butterflies by following simple instructions.

Taking nature lovers into the fascinating world of but-

terflies, the real patterns and colours of the wonderful insects have come out vividly on paper.

Smetacek, who runs a butterfly research centre in Uttarakhand's Bhimtal, said collecting real butterflies is not easy and also involves killing of the insect to preserve it for future.

Paper butterflies, on the other hand, are fun to make, easy to maintain and can look as attractive as a collection of real butterflies.

"You can display it in collection boxes. It can be



and created a paper butterfly you will recognise the species whenever you see it," he said.

Smetacek has described a dozen species new to science and has also written the book "Butterflies on the roof of the world".

All the 12 species chosen in his new book are widespread, common and visually appealing. Some of them include blue pansy, plain tiger, common rose, spot swordtail and lime butterfly.

He said the book was

meant for children and young adults, but even older people would enjoy the activity of origami. Smetacek is also engaging schools and research institutions where he goes with a powerpoint presentation on butterflies followed by a few hours folding the origami butterflies.

The idea of the book came from French publisher Philippe Rault who walked into the butterfly research center one day and asked him to do this.

Smetacek drew and painted the butterfly designs and created the origami sheets with the help of a computer graphics expert.

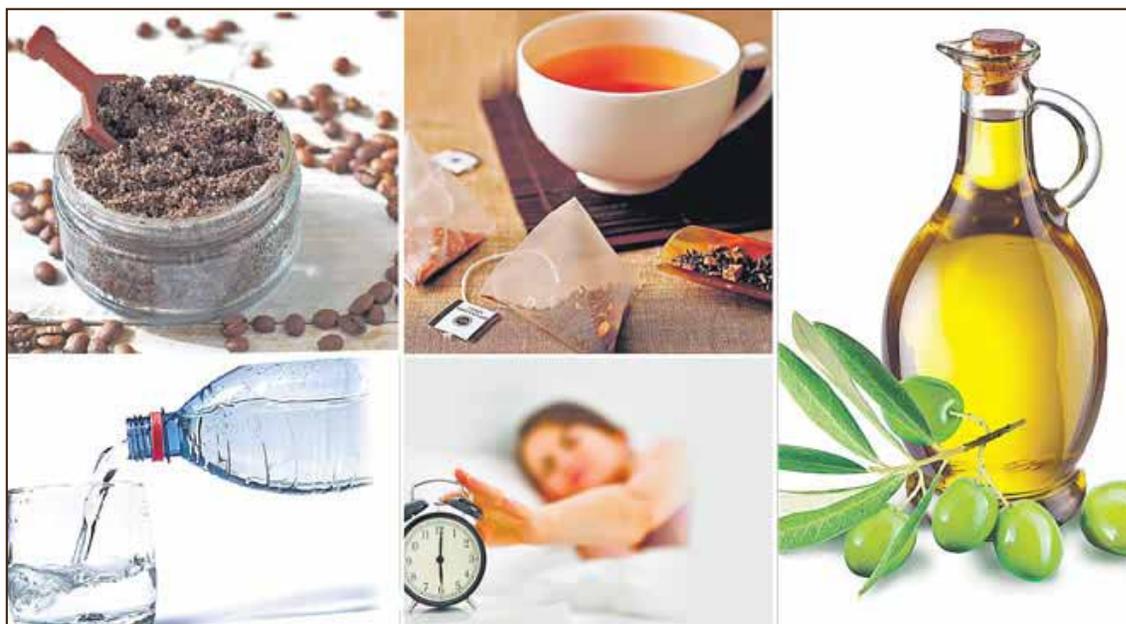
They are now planning a series of such books to engage nature lovers.

# 5 beauty tips to prep up your skin

From how to deep moisturise your skin to getting enough sleep, and ways to get a natural glow, here are tips to prevent dry skin, sudden pesky zits, puffy eyes and a host of other beauty woes brought on by the cold weather and the festivities. So, get set to let your hair down.

## 1 Exfoliate naturally

Give the regular loofah bath a miss and switch to a delicious smelling coffee scrub to exfoliate naturally. Just heat a cup of medium ground coffee with an oil of your choice. Do not let it boil. Then, add sugar granules and a few drops of essential oil to the mixture. Mix well. Apply this scrub on damp skin before you hit the shower



and exfoliate well.

## 2 Get the beauty sleep

Try to stick to a regular sleeping schedule before the party to avoid being sleep deprived. Lack of sleep makes you sluggish as well as makes your skin look dull. So, go ahead and snooze on time.

## 3 Hydrate well

Remember to stick to your daily 8-10 glasses of water to hydrate yourself. This will also help flush out the toxins and

help combat dry skin. Drinking adequate amount of water boosts the metabolism and regulate your appetite. This will prevent your junk food binges!

## 4 Amp up the moisturiser

Before you slip into your party dress, make sure to moisturise your body. You can whip up a mixture of olive or coconut oil and your favourite essential oil for fragrance. Ap-

ply this mixture immediately after your hot shower when your pores are open to let the oil seep in.

## 5 The bag therapy

Cold weather is when you have tea bags to spare after sipping on endless cups of tea. Make your teabags do double duty for the party season. Had a long day at work? Just place damp teabags on your eyes to reduce the puffiness and wake up refreshed!

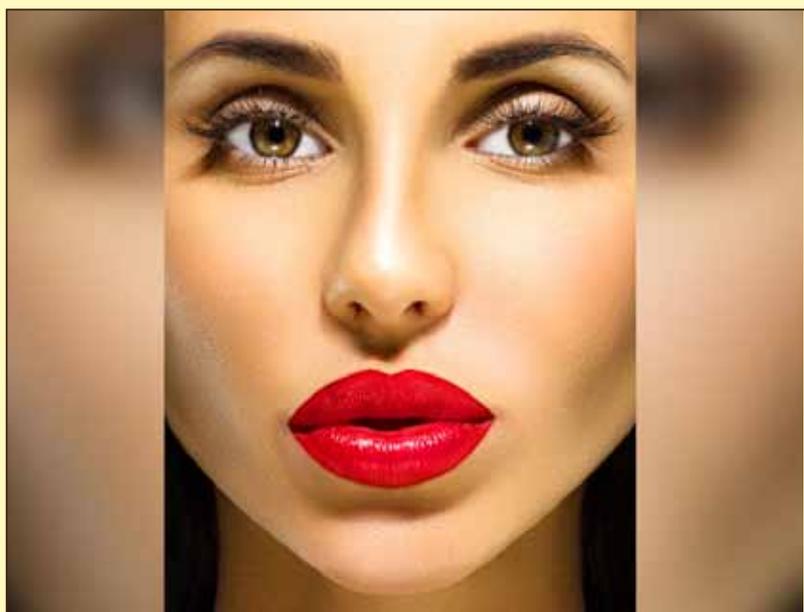


## Quick tips to pep up your look with false eyelashes

False lashes are the best thing to create for an eye-catching look for the party season, but they can be tricky to put on. However, your fears can be put to rest with simple tips. Celebrities like Jennifer Lawrence and super chic Rosie Huntington-Whiteley wear lashes effortlessly, reports mirror.co.uk. **Here's how to use them easily:**

\* Remove gently from the packet with tweezers as false lashes are very delicate. Measure the strip against the eye as one size does not fit all. And if they are too long, snip with nail scissors. Twirl the lashes around a pencil or something similar to gently break the spine so they will fit the shape of your lid.

\* Cover the length of the spine of the lashes with the glue provided and wait a couple of seconds for it to go tacky. Don't worry if the glue looks messy when applying as it will dry clear.



Then, looking down your nose into a mirror, place one lash on the outer edge of your eye.

\* Next, press down over the top edge of your lash right along to your nose. Using a cotton bud you can push the lash right down

into the base of your natural lash line so it holds better.

\* Apply the next one then add lots of mascara to your natural lashes to bond them to the false ones.

Voila, you're ready to go!

## Update your winter hair care regimen with these tips

With the season of sun and sand long gone, it's time to amp up your hair regimen to face the chilly winds. From wrapping up your lovely locks in cool beanies to indulging in oh-so-comfortable hot oil head massages, here are our tips to help you flaunt healthy hair this winter.

### Hair repair 101

Suffering from dry, itchy scalp or dandruff? Indulge in relaxing hot oil massages during winters to help revitalise your dry tresses. You can also apply a mixture of honey and olive oil for an extra dose of moisturising.

### Turn down the heat

You may be aware that heat styling hair during winters can be damaging, but did you know that indoor room heaters and blowers can also dry out your hair? Invest in a room humidifier that can help add moisture to the air. If you must, apply a protective hair serum or a leave-in conditioner before using hair straighteners or curling tongs.

### Cover up well

Cold weather can cause static electricity to play havoc with your hair. Avoid this by wearing a cool beanie. You can avoid the dreaded 'hat head' shape by wrapping a silk scarf before putting on your cosy, wool beanie. Also, make sure your headgear isn't too tight.



*Waheguru ji ka Khalsa! Waheguru ji ki Fateh!*

# GURDWARA MONTHLY

*A Monthly digest of Gurdwara Programs and Events*

## JANUARY 2015 Programs & Events

17 Poh – 18 Magh, 546 Nanakshahi Era (NE)

Dec 31, 2014 (Wed) – New Year's eve **Kirtan Darbar** 9:00 PM – Midnight  
Followed by Jallabia and milk. **HAPPY NEW YEAR EVERYONE!!!**

Jan 1, 2015 (Thur) – **NEW YEAR** program  
Asa-Di-Vaar 9:00 am to 11:00 am  
Evening Kirtan Diwan 7:00 pm to 8:00 pm

Jan 2 - 4 (Fri-Sun) – **Parkash Sri Guru Gobind Singh Ji (1966)**  
Akhand Path Arambh: Fri. 10:00am, Bhog Sun. 9:00am  
Shaheedi Bhai Kehar Singh Ji, Bhai Satwant Singh Ji (Act: Jan 6, 1989)  
Punjabi School Spring session begins. Please register ASAP.

Jan 11 (Sun) – **Laying the foundation stone of Sri Harmandir Sahib**  
Sri Guru Arjan Dev Ji, Hazrat Mian Mir ji (Actual: Jan 13, 1588).

Jan 13 (Tues) – **Happy Lohri !!** – 6:30pm – 8:00pm

Jan 14, Magh 1 (Wed) – **Sangrand and Monthly Sehj Path (10:30am - 12pm)**  
**Mela Sri Muktsar Sahib (Mela Maghi)** – remembering Mai Bhago  
and Chali Mukhtay (40 liberated ones) (1705).  
<http://www.info-sikh.com/PageMukht.html>  
<http://www.sikh-history.com/sikhhist/warriors/bhago.html>

Jan 18 (Sun) – **"Chabia da morcha"** – a campaign for the recovery of the  
keys of the Golden Temple treasury. (Actual: Jan 19, 1921)  
[http://www.sikhwiki.org/index.php/Morcha\\_Chabian](http://www.sikhwiki.org/index.php/Morcha_Chabian)  
**Homeless Dinner Seva** – Call 602 741 8021 for more info.

Jan 25 (Sun) – **B'Day Baba Deep Singh Ji Shadeed (1682-1757)** (Act: Jan 26)

Jan 30 - Feb. 1 (Fri-Sun) – **Parkash Sri Guru Har Rai Ji** (Act: Jan 31, 1630)  
Akhand Path Arambh: Fri. 10:00am, Bhog: Sun. 9:00am

### 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  
Sukhmam Sahib every Wednesday: 10:30AM - 11:30AM  
Please check Gurdwara notice board for latest details of all Programs and Events

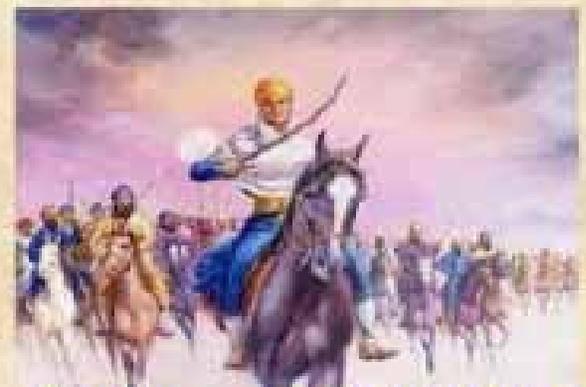
*Waheguru ji ka Khalsa! Waheguru ji ki Fateh!*



Sri Harmandir Sahib



Guru Gobind Singh Ji



Mai Bhago and Chali Mukhtay



**NISHKAM SEVA GURDWARA SAHIB**  
& **DR. JASBIR SINGH SAINI MEMORIAL HALL**

4950 W Tonopah Drive, Glendale, AZ 85308. (NE corner of 51<sup>st</sup> Ave and Hwy 101)  
Phone: 623-516-1413. [WWW.NishkamSeva.org](http://WWW.NishkamSeva.org) [NishkamSeva@Yahoo.com](mailto:NishkamSeva@Yahoo.com)



# Mixed vegetable paratha recipe

Vegetable parathas are a delicious and nutritious traditional Indian bread made with fresh vegetables and whole wheat flour.

If you don't like eating vegetables, then this recipe is perfect for you as it has a healthy mix of veggies and grains.

## Ingredients:

- 1 cup + 1/2 cup wheat flour
- 1/4 cup shredded carrot
- 1/2 cup shredded cabbage
- 1/4 cup finely chopped capsicum
- 2 tbsp finely chopped spring onion
- 2 tbsp finely chopped fenugreek leaves
- 1 tsp crushed ginger-garlic
- 1/2 tsp turmeric powder
- 1/4 cup boiled and mashed green peas
- 1 tbsp finely chopped, coriander leaves
- 1 chopped green chilli
- 1/4 tsp garam masala powder
- 1 tsp coriander powder
- 1/2 tsp red chilli mirchi powder
- Oil to sprinkle on paratha
- Salt to taste



## Method:

1. Heat 1-teaspoon oil in a non-stick pan. Add carrot, cabbage, capsicum, spring onion, fenugreek leaves and crushed ginger-garlic.
2. Sprinkle salt and turmeric powder over it and saute over medium flame for 3-4 minutes or until vegetables are tender. Add mashed green peas.
3. Mix well and turn off flame. Let cooked mixed vegetables cool for

5-minutes.

4. Take 1-cup wheat flour, 1-tsp oil and salt in a bowl. Add vegetables mixture, chopped coriander leaves, chopped green chilli, red chilli powder, garam masala powder and coriander powder. Mix them properly.
5. Knead until smooth by adding small amounts of water. Grease its surface with little oil, cover and let it rest for 10 minutes.
6. After 10 minutes, divide the

dough into 8 equal parts and mold them into a small ball. Take 1/2 cup of dry wheat flour in a plate for dusting. Take one dough ball, flatten it like patty and dust dry wheat flour over it. Roll out the paratha.

7. Place it on a hot tava/griddle and cook over medium flame. When tiny bubbles start to rise on the surface, flip it and reduce the flame to low.

8. Spread 1/4 tsp oil around edges and spread over the paratha. Flip it again and spread 1/4 tsp oil around over it. Press it with spatula and let it cook over medium flame. Cook until golden brown on both sides.

9. Follow the same process for the remaining dough balls and you have a delicious and nutritious meal.

## Notes:

-It is very important to mash the peas. This will help the parathas to roll easily without breaking.

-Any other vegetable can also be added, like -grated beetroot, pumpkin, spinach and potatoes.

-These are perfect for breakfast, brunch and work well as an evening snack.

## Kerala Chicken curry

It is refreshingly different

**Ingredients:** Chicken, two medium sized onions sliced into pieces, tomato (sliced), potato (cut into medium sized pieces), two tbsp chicken masala powder, one tsp coriander powder, one tsp Kashmiri chilli powder, one tsp ginger-garlic paste, one cup thin coconut milk, curry leaves, three tbsp coconut oil, mustard seeds, water, salt to taste, half tsp black pepper powder, two tbsp yogurt.

**Method:** Clean and cut the chicken into medium sized pieces and marinate it with the above ingredients. Refrigerate it for an hour. Heat a kadai or non stick pan and add coconut oil. Splutter mustard seeds and saute the sliced onions and curry leaves till

the onions become translucent. Reduce heat, add chilli powder, coriander powder, chicken masala powder, ginger paste, garlic paste and saute for two minutes. Add the chopped tomato pieces along with little salt and saute well till the tomatoes are pulpy and mashed. Add the potato and chicken pieces to the kadai and add a cup of water.

Reduce heat and simmer, covering the pan until the chicken is tender and cooked. This may take around 25-30 minutes depending on the chicken pieces used. Stir the chicken curry occasionally while it gets cooked. Finally reduce heat, add coconut milk and stir gently. Cover and cook for another couple of minutes.



## Mocha Coffee



It's a universal favorite, especially with youngsters

**Ingredients:** 500 ml strong coffee, 500 ml strong drinking chocolate, four tbsp whipped cream, two tsp nutmeg, two tsp sugar.

**Method:** Mix the coffee and chocolate in a pan and heat it. Flavour it with nutmeg and sugar, then pour into cups and top with whipped cream.

# Young Sikh Boy, Chiraag Singh Prays at Martin Luther King's Remembrance

**Dr. Jaswant Singh Sachdev  
M.D., F.A.A.N**

Reverend Martin Luther King Jr. happened to be the backbone of Civil liberties movement. His achievements and sacrifice for the cause dear to him ultimately led to his assassination. Every year in December a breakfast meeting is arranged to remember this unique leader who fought all his life for the poor the downtrodden and helpless. This year also the local people of Arizona arrived at the event on Dec 5th, 2014 in his memory at George Washington Carver Museum & Cultural Center at 415 E. Grant Street, Phoenix



to attend a breakfast in his honor and to remember his work for civil liberties.

The three young children from different faiths were asked to offer invocation prayers. Besides a Hindu girl and a Christian child, another young boy Chiraag Singh was invited from the Sikh faith. All the children were very impressive and were very highly appreciated for their efforts to arrive at early hours of the morning to serve the communities. We, the members of the Sikh community are greatly proud of these children, especially Chiraag Singh for representing Sikh community wherever he is needed.



**Thanks to the entire team of AZ India for inviting the team of Asia today for the premier of PK**



# Real Estate News of Arizona - January 2015

Hello Friends,

Wish you all a very happy new year. Time flies really fast. I can hardly remember what happened in 2014 and we are already into 2015. I am sure a lot of you probably feel the same. New year, new hopes and new opportunities in the horizon. Lets look at the valley real estate on where it stands as of last year -

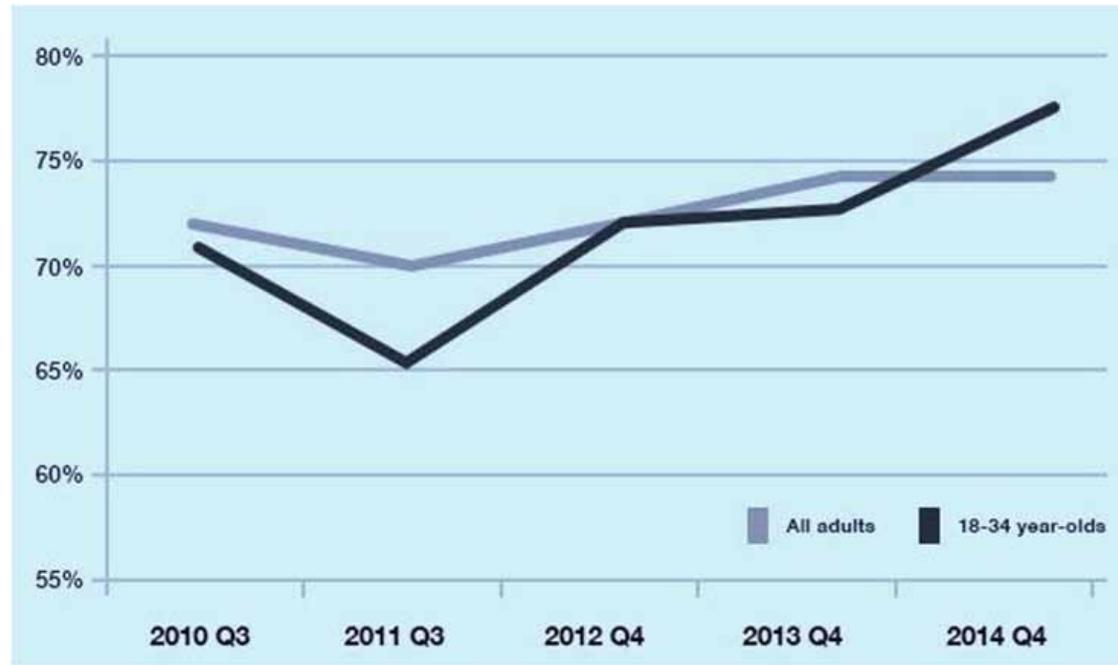
Valley is booming with new construction, many new projects for single-family homes to increase 20% from 2014 to 2015, in addition to total home sales growing by about 5% over that period. There is a common theory that long-term appreciation rates have to be close to the general rate of our current inventory levels paired with our current

demand and taking into consideration inflation hovering between 2.0% and 2.5%, the economist's expectations seem quite reasonable. Existing home sales in 2015 will exceed 2014, as it was not a great year when it came to home sales in Maricopa County. In 2015 we will see marked improvement in first time home buying led by millennial buyers.

As per Trulia research, consumers are as optimistic about the housing market as at any point since the recovery started. Nearly three quarters 74% of respondents agreed that home ownership was part of achieving their personal American Dream. For young adults, the dream has revived 78% of 18-34 year olds answered yes to our American Dream question, up from 73% in 2013 Q4 and a low of 65% in 2011 Q3.

Now let's look at the November sales of Residential Homes in Maricopa county-

- Total sales for Single Family, Townhomes, Condos for November was 4,388 whereas October were 5,427 and September was 5,514
- The Active listings for November was 22,271 whereas October were 28,010 and September was 21,500
- Pending sales for November was 4,510 whereas October were 4,683 and Sep-



tember was 4,972

Home foreclosure activity spiked when the housing market crashed, and it remained high in the years following. But starting a couple of years ago, foreclosure filings began to decline. This is another welcome sign of normalization within the real estate market, and for the broader economy as well. Earlier this year, CoreLogic reported that foreclosure inventory had declined for 31 months in a row. Distressed properties are commonly priced below their true market values, which erodes home prices across the board (even for non-distressed properties). So a reduction of distressed inventory helps to lift and sustain real estate

values. RealtyTrac, a company that monitors foreclosed home statistics, also reports improvements on this front. Many other analysts agree with this housing prediction for 2015. Fewer homes will be foreclosed on next year, which in turn should help the market continue its post-crisis healing process.

Interest rates will likely be on the rise next year. In recent weeks, the 30-year fixed-rate mortgage has dipped below 4 percent. But by next year, Freddie projects mortgage rates to average 4.6 percent and inch up to 5 percent by the end of the year. Mortgage originations for the multi-family sector have surged about 60 percent between 2011 and

2014. Increases are expected to continue in 2015, projected to rise about 14 percent.

Now let's take a look on commercial side-

LA based BH Properties has acquired The Plaza at Squaw Peak office park directly off Route 51 at N 16th St. and E Morten Ave in Phoenix for \$25 million, about \$58 per square foot, from Starwood Capital Operations LLC. Centrally located in the Piestewa Peak, part of the revitalized Camelback Corridor in North Central Phoenix, the complex consists of three two-story office buildings on a 24.2-acre parcel, which could offer potential redevelopment opportunities for BH in the future. Totaling 427,432 square

feet of office space the asset is currently leased to mix users.

TriGate Capital LLC has acquired a national portfolio of retail properties spread across five states for an aggregate purchase price of \$53 million, or an average \$86 per square foot, from Project Development Services Inc. The total 619,161 square foot portfolio was 84.7% leased at the time of sale to 76 tenants. Almost 20% of the portfolio is occupied by grocery stores, with other anchor tenants including Rite Aid, Tractor Supply, and Stein Mart.

Chamberlain Development acquired a 10.5-acre parcel of vacant land at 11325 E Willis Rd in Chandler from local owners for \$3.2 million, or about \$305,000 per acre. The buyer plans to develop two multi-tenant industrial buildings on the site, totaling 75,217 square feet and 64,518 square feet. A first quarter 2015 ground-break is planned, with completion in late summer 2015.

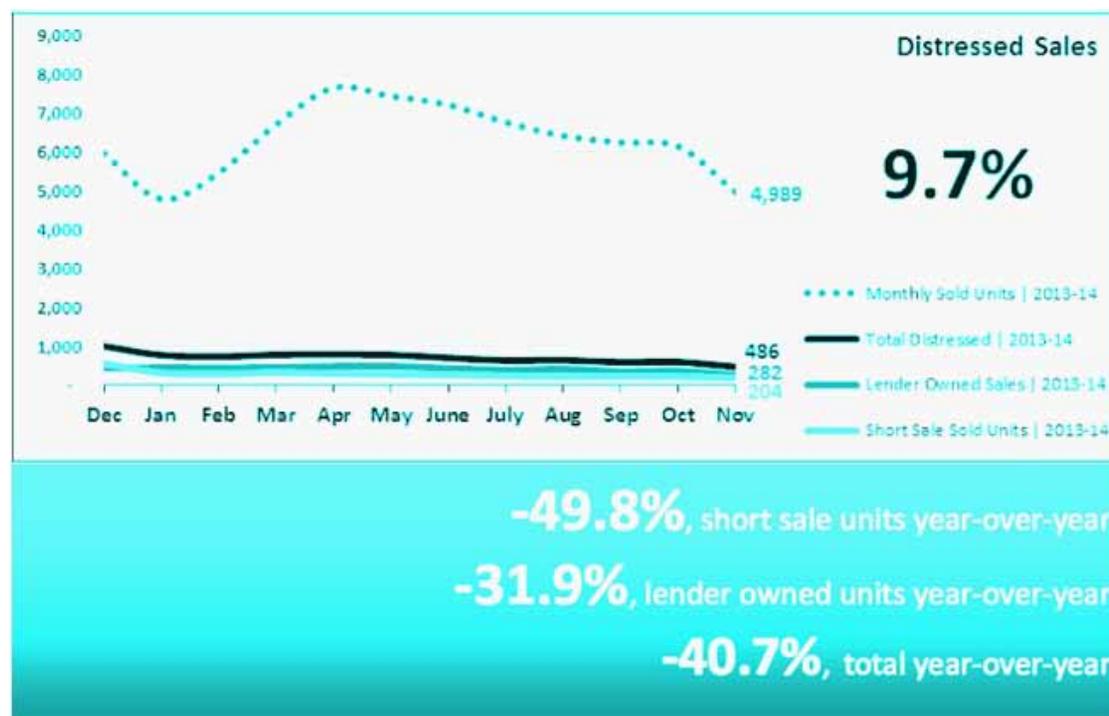
Clear Sky Capital, Inc. acquired the retail property at 301 N Scottsdale Rd in Scottsdale from Quick N Clean XIX LLC for \$3.8 million, or about \$1,200 per square foot. Originally built in 2011, the single story, 3,075 square foot car wash facility sits on less than an acre in the Scottsdale South submarket.



**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@artiier.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 Armls, cromford report, Costar, Globest, BizJournal, Newsgeni, Realty times, azcentral, wall street journal.*

\*\*\*



JANUARY 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 * PK ( Hindi Movie ) * New Year & Vaikunda Ekadasi Celebrations	2	3
4 * Ardra Darshana- Special Event at SVK Temple	5	6	7	8	9	10
11	12	13	14	15	16	17 * Makara Sankranthi Lord Ayyappa Puja / Irumidi Walk Celebrations
18	19	20	21	22	23	24 * Performance of The Elephant Wrestler *Pongal / Sankranthi / Lodhi
25	26	27	28	29	30	31 * India Nite

**AZ** **india**

- CLASSIFIEDS
- MOVIES
- ARTICLES
- azindia.com  
a-z of desi community
- ANNOUNCEMENTS
- EVENTS
- YELLOWPAGES

**FOR** Details  
Advertisements  
Enquiries  
Email:  
info@azindia.com

**AZ** **india**

"Courtesy of www.azindia.com"

Real estate ventures will be to your advantage. Rethink your motives and make the necessary changes to yourself. You can make changes to your living quarters, but not everyone will be pleased with your efforts. Too many opportunities and too many changes going on. Your luckiest events this month will occur on a Saturday.

**ARIES**



Mar 21 to Apr 20

You will be in the mood to socialize. Don't confront the situation if you don't feel you can keep your cool. You must take care of health problems that have been lingering. Moneymaking opportunities will surface. Your luckiest events this month will occur on a Thursday.

**TAURUS**



April 21 to May 20

Investments may be misrepresented this month. You like to stay busy and now is your chance to do just that. Arguments will flare up if you get backed into an emotional corner. You can make life easier for an older member of your family. Your luckiest events this month will occur on a Sunday.

**GEMINI**



May 21 to June 21

Opportunities for love will develop while traveling or while attending religious functions. Be inquisitive about unfamiliar circumstances. Exercise is always a good way to relieve stress. Your irritability will lead to family squabbles. Your luckiest events this month will occur on a Monday.

**CANCER**



Jun 22 to Jul 22

Luck is with you, regardless of the financial venture. This will be a good day for research and for sitting down with some good, informative reading material. Travel should open doors that lead to exciting new adventures. Get friends to help you with the preparations. Your luckiest events this month will occur on a Tuesday.

**LEO**



Jul 23 to Aug 23

Don't overindulge in anyway. Look into real estate. Your communication skills are at an all-time high. You will be relentless when it comes to getting yourself back into shape. Your luckiest events this month will occur on a Tuesday.

**VIRGO**



Aug 24 to Sep 23

You are in a high cycle where travel, education, and creative endeavors are concerned. Don't be too critical. Opportunities will develop through those you encounter while attending organizational events. You could do extremely well in competitive sports events. Your luckiest events this month will occur on a Tuesday.

**LIBRA**



Sep 24 to Oct 23

You can accomplish the most if you travel for business purposes. Your ability to deal with others will help you in getting the support you need. Be prepared to lose friends or alienate loved ones due to your stubborn nature lately. You may end up being blamed if anything goes wrong. Your luckiest events this month will occur on a Tuesday.

**SCORPIO**



Oct 24 to Nov 22

Spend some quality time with the one you love. Your talents will shine at work. Promote your ideas now. Although up setting, changes in your domestic situation will be favorable. Your dramatic nature may be too much to handle. Your luckiest events this month will occur on a Monday.

**SAGITTARIUS**



Nov 23 to Dec 21

Family get-togethers will be interesting. Don't let emotional upset force you into the poorhouse. Make the necessary changes that will enable you to advance financially. Financial gains can be made through wise investments. Your luckiest events this month will occur on a Thursday.

**CAPRICORN**



Dec 22 to Jan 21

Advancement can be yours if you put your efforts into work related matters. Look at your options before making commitments that could jeopardize your financial position. You will have difficulties spreading yourself between your work and your home. Look into ways to make your home more comfortable. Your luckiest events this month will occur on a Wednesday.

**AQUARIUS**



Jan 22 to Feb 19

You have to let go of your past if you wish to get out of any sentimental mood that might be hanging over your head. You will reap the rewards for your kind actions. Sudden changes regarding friendships are likely to occur if you have tried to change others. You can work in conjunction with those in the know in order to get to the bottom of any pending issue. Your luckiest events this month will occur on a Wednesday.

**PISCES**



Feb 20 to Mar 20

# The best books of 2014

## Manjula Narayan

This has been a good year for Indian writing in English, with excellent books appearing in a range of categories. From superbly produced field guides like Pradip Krishen's *Jungle Trees of Central India* to volumes that examine the contribution to the Hindi film industry of personalities as diverse as SD Burman (*SD Burman: The World of His Music* by Khagesh Dev Burman) and Sahir Ludhianvi (*Sahir Ludhianvi, The People's Poet* by Akshay Manwani), to the memoirs of a working journalist (*Off the Record: Untold Stories from a Reporter's Diary* by Ajith Pillai), readers were treated to a variety of books that engaged with the preoccupations of urban Indians.

One of those preoccupations, our affection for linguistic code-mixing, has led to the growth of a whole body of writing in English on Hindi cinema. Perhaps this was the year Indian English publishing properly jettisoned that still-lingering colonial hangup about popular Hindi cinema being unworthy of study. Serious writing on the Hindi film industry including book length interviews (Nasreen Muni Kabeer's *Conversations with Waheeda Rehman*) and examinations of a film star's place in cinematic history and through him of a whole era - Gautam Chintamani's *Dark Star: The Loneliness of Being Rajesh Khanna* comes to mind - especially, seems to have come of age. And then there were the much-discussed autobiographies of Dilip Kumar (*Dilip Kumar: The Substance and the Shadow*) and Naseeruddin Shah (*And Then One Day*).

It was a good year for Indian English poetry too with Arundhati Subramaniam (*When God is a Traveller*), Keki Daruwalla (*Fire Alter: Poems on the Persians and the Greeks*) and Manohar Shetty (*Living Room*) all bringing out memorable works. The publication of Kamala Das' *Selected Poems* and Arvind Krishna Mehrotra's *Collected Poems* has underlined why we continue to turn to these poets: in times of confusion and uncertainty, truth shines in poetry. Rarely does it shine so bright.

This year's non-fiction list has included excellent cookbooks like Pamela Timms' *Korma, Kheer and Kismet* and Aparajita Jain's *The Sood Family Cookbook*, and incisive books on the neighbours. Both Samanth Subramaniam (*This Divided Island*) and Rohini Mohan (*The Seasons of Trouble*) tackled Sri Lanka; Reshma Patil recorded Chinese perceptions of India in *Strangers Across the Border*, and Prashant Jha's *Battles of the New Republic: A Contemporary History of Nepal* traced the country's transition from a Hindu monarchy to secularism.

The year, however, belonged to non-fiction that focussed on the contemporary Indian political scene. All conversation in an election year - especially one as polarising and keenly contested as this one - naturally veers towards politics and so it was with books too. Some like Sanjaya Baru's *The Accidental Prime Minister* made more news than others. Every work of political non-fiction hasn't been flying off the shelves but many - apart from

the laughable hagiography of Narendra Modi by Andi Marino - have been interesting. If SY Quraishi (*An Undocumented Wonder; The Making of the Great Indian Election*) wrote about how the Election Commission conducts elections in this diverse land, Kingshuk Nag's *The Saffron Tide: The Rise of the BJP* explained how the party reached where it has 67 years after a disgruntled Congressman, Syama Prasad Mookerjee, founded its precursor, the Bharatiya Jana Sangh.

With so many good books, it is almost foolhardy to hold up what you believe are the best ones. But more dangerous endeavours have been attempted in the history of mankind and so here's an entirely subjective list of the best books of 2014:

### THE BOOK OF GOLD LEAVES by Mirza Wahid

Poetic and political with a warm sensuousness entombed in fearful sheet ice, Mirza Wahid's *The Book of Gold Leaves*, that's as moving as an evocative Urdu couplet, is the year's best book. As beautifully written as

the paintings on papier mache that one of its central characters executes, this fine examination of the Kashmiri condition through a Sunni-Shia love story leaves the reader both wretched and transformed, and brings her to a greater understanding of the fragility of love in a harsh climate.

### ONE LIFE IS NOT ENOUGH by Natwar Singh

Former external affairs minister K Natwar Singh's autobiography deals with his life as a diplomat and a politician and touches on a range of issues, including US interference in Indian government. Most readers though were interested in its revelations about Rahul and Sonia, whom the author, a former Gandhi loyalist, labels a prima donna, not to mention Machiavellian and arrogant.

### THE FIRST NAXAL; AN AUTHORISED BIOGRAPHY OF KANU SANYAL by Bappaditya Paul

Paul's biography of Kanu Sanyal, a key leader of the Naxalbari movement that began as a peasant uprising in West Bengal in 1967, presents the evolution of a Communist rebel and highlights the stages of the Naxalite movement in India. Based on more than 120 interviews with Sanyal, the book, which looks at the impact of his ideological differences with Charu Mazumdar, and at his journey to China where he met Mao Zedong, presents a rounded picture of an important but neglected figure.

### THE ACCIDENTAL PRIME MINISTER; THE MAKING AND UNMAKING OF MANMOHAN SINGH by Sanjaya Baru

If Manmohan Singh had made himself heard more often, his former media adviser Sanjaya Baru's book might not have been as successful. *The Accidental Prime Minister* offered readers a glimpse of the silent former PM's mind and insights into his relationship with Sonia Gandhi and was immediately propelled to the top of the non-fiction bestseller lists.



## POET OF MONTH Sandra Beasley

Sandra Beasley is the author of three poetry collections: *Count the Waves*, forthcoming from W. W. Norton in 2015; *I Was the Jukebox*, winner of the 2009 Barnard Women Poets Prize judged by Joy Harjo; and *Theories of Falling*, winner



of the 2007 New Issues Poetry Prize judged by Marie Howe. Her latest book is *Don't Kill the Birthday Girl: Tales from an Allergic Life* (2011), a memoir and cultural history of food allergy. Honors include the Center for Book Arts Chapbook Prize, distinguished writer residencies at Cornell College, Lenoir-Rhyne University, the University of Mississippi, two DC Commission on the Arts and Humanities Fellowships, and the Maureen Egen Exchange Award from Poets & Writers. Her prose has appeared in such venues as the *New York Times*, *Washington Post Magazine*, and *The Oxford American*. She lives in Washington, D.C., and teaches as part of the University of Tampa's low-residency MFA program.

### American Caution

Twenty years in and we keep slowing  
for the Blind Child at Play  
who now—a Blind Wife, a Blind Mother—  
makes spaghetti on the other side of town.  
Still, we heed. We fasten. We brake.  
Though the barn has slumped to ash,  
a promise of cows roam the mountain fog.  
Flick your brights. A gang of elk  
will cross the road, any minute now.  
Wait for it.

Consider, when  
they offer to name a day in a man's honor,  
the ten thousand days to follow.  
These will be, by definition, not his days.  
If you purchase a Celestial Registration Kit  
your sweetheart's star will outlive her  
in that distant galaxy, flexing light in hope  
of a constellation's embrace.  
We record with echo chambers—  
the Oil-Can delay, the Pythian Temple,  
the microphone in the toilet—  
because, without the familiar distortions,  
no one believes the sound they hear.  
To a fairground goldfish, the good toss  
doesn't feel like victory.  
He sees only an apocalypse,  
the flagrant moon hurtling down for a kiss.

Originally published by *The Pink Line Project*,  
and appears in *Count the Waves* (W.W. Norton, 2015)

Film Review

# Best Bollywood films of 2014: 'Queen', 'Haider', 'PK', 'Highway' and 'Dedh Ishqiya'

2014 has been the year of the unexpected in Bollywood. This year we have seen big star vehicles like Salman Khan's *Jai Ho* fail at box office, while the gen next actors of B-town like Alia Bhatt, Sidharth Malhotra, Varun Dhawan and Shraddha Kapoor stood tall, rubbing shoulders with established superstars of the Bollywood.

But one thing that remained common as last year, was the emergence of few class films from plethora of crass. This year, over 120 films hit the big screens and many big budget star flicks made insane money at box office. But I am not here to talk about the highest grossers of the year. I am here to carefully pick 5 films that could be called as this year's best, based on the mixture of content and entertainment value. Without wasting more time, I present 5 of the finest films of 2014:

**Queen:** This year there were quite a few women centric films like Priyanka Chopra's *Mary Kom*, Rani Mukherjee's *Mardaani* or Vidya Balan's *Bobby Jasoos*. But these films lacked the genuine simplicity which a sweet little film called *Queen* had.

Vikas Bahl's *Queen* is a gem of film, telling the tale of Rani, who discovers her true independent self when she goes on her honeymoon to Paris and Amsterdam all alone. The title character played magnificently by super talented Kangana Ranaut, bowls you over with her innocence, naivety and her iron will. *Queen* is a film, which no one expected to become a huge hit, but went on to become the sleeper hit of the year, showcasing Kangana Ranaut in a whole new light. It is a film to which every girl could connect to. It is a film



which could make a guy like me scream something as girly as, 'Way to go, gurl!', rooting for our Rani from start to finish.

**PK:** One of the year's best film was saved for the last. After hogging on a sumptuous platter of films all year long, *PK* was like the best dessert any one could ever have at the end of the meal. Aamir Khan-Rajkumar Hirani magic worked wonders as *PK* not only managed to keep me hooked with its entertainment value, but also sweetly conveyed an important message without hurting people's sentiments.

Aamir Khan, hypnotised with his wide eyed antics, making sure that you revel in his act of alien asking basic yet thought provoking questions to us earthlings.

Hats off to Aamir, Hirani and the entire *PK* team for making such a brave film. *PK* is one of those very few films which hits the sweet spot, combining box office success and audience satisfaction.

**Haider:** Shahid Kapoor joined hands with Vishal Bharwaj to give one of the most intense film of the year, in the form of Shakespeare's *Hamlet*

adaptation, *Haider*. With a star cast of such high calibre at his disposal, Bhardwaj brilliantly adapted the story of *Hamlet* to Kashmir's militancy situation. In a film with stellar performances from Kay Kay Menon, Irrfan Khan and Tabu, Shahid Kapoor managed to carve a niche for himself, sending shivers down my spine with his blood thirsty act, seeking revenge for his father's death. Even after being a dark film, *Haider* never had a dull moment, always keeping me glued to the screen with its high voltage

drama. As I walked out of the theatres, still shaken by *Haider*'s impact, somewhere I was glad that *Haider* showed that there is still hope for serious thought provoking cinema in Bollywood.

**Highway:** Imtiaz Ali's *Highway* gave Alia Bhatt, perhaps her most iconic role of her career, which she latched on to with both hands. The film which told the tale of a young woman finding liberation on the road, when she was abducted away from her home, was loved by movie goers across all platforms. Randeep Hooda, as the brooding, harsh abductor made solid impact with limited dialogues, but the film was mounted on Alia's slender shoulders, which she carried with such panache, bowling you over with her simple girly charm. The movie also bravely speaks against child abuse. The scene where, Randeep Hooda sees his mother in Alia Bhatt, can make even stone hearts melt like ice.

**Dedh Ishqiya:** Abhishek Chaubey's sequel to extremely quirky entertainer *Ishqiya*, tells the story of thieving cons Khalu and Babban, played with such perfection and fineness by Naseerudin Shah and Arshad Warsi respectively. Inspired from Ismat Chughtai's story, the film also marked terrific comeback of Madhuri Dixit. With Arshad Warsi's raw quirkiness, Naseerudin's fine Urdu poetry, Vijay Raaz's extremely effective villainous act and two hilarious Mexican stand offs, *Dedh Ishqiya* turned out to be an entertaining black comedy. Overall, *Dedh Ishqiya* proved that you don't need Khan's to make a good movie. You only need a good story.

## 'Piku' teaser to be attached to Amitabh Bachchan's 'Shamitabh'?

Deepika Padukone and Amitabh Bachchan has been busy wrapping up Shoojit Sircar's *Piku*. From Kolkata to Delhi, the team travelled all the way and have wrapped up most of the shooting. The team was planning to release a short sneak peek into

their film, in the form of a teaser but the team could not block a particular date for the same.

Now we hear that the teaser promo of *Piku* will be attached to the prints of *Shamitabh* which releases in February 6.

Since *Shamitabh* too features Amitji, we understand the coincidence. But when asked about the same, the producers rubbished all such talks and claimed that they have just started post-productions so it is too early to confirm anything.



## Censor Board not to remove any scenes from 'PK': Chairperson Leela Samson

Amid demands by Hindu outfits to ban alleged objectionable scenes from Aamir Khan 'PK', the Censor Board has refused to take any such action.

Leela Samson, chairperson of Censor Board of Film Certification (CBFC), said the board will not remove any scenes from the film as it has already been released.

The film, which hit theatres on December 19, stirred controversy after the religious outfits staged protests, demanding a ban on the movie and removing the scenes to ensure communal harmony.

"Every film may hurt religious sentiments of somebody or the other. We can't remove scenes unnecessarily because there is something called creative endeavour where people present things in their own way. We have already given certificate to 'PK' and we can't remove anything now because it's already out for public viewing," she told PTI.

'PK', directed by Rajkumar Hirani, is a satire on India's proliferating godmen and Aamir plays the lead role in it. The film also stars Anushka Sharma,



Sanjay Dutt and Sushant Singh Rajput besides Aamir.

## Sonam Kapoor to play Neerja Bhanot on-screen, is she the right choice?

Farhan Akhtar did it. So did Priyanka Chopra. And now it's Sonam Kapoor, who is all set to join the biopic bandwagon.

Yes, word has it that a biopic is being planned on the life of Neerja Bhanot, the 23-year-old flight attendant who saved many lives during the 1986 hijacking of an American airliner in Karachi. And reportedly Sonam has been roped in to essay the role of Neerja.

The film will be directed by Ram Madhwani and written by Saiwyn Quadras of Mary Kom fame. However, there is no official confirmation from Sonam on this.

And now here's what you need to know about Neerja. Neerja had joined the airlines after her marriage ended in less than a year following dowry pressure. She was the chief flight purser on the ill-fated Pan Am flight 73 airline that was hijacked by four terrorists on September 5, 1986, when it landed in Karachi. While the three-member American cockpit crew fled, Neerja took control of the situation. She hid the passengers' passports so that the hijackers could not differentiate between American and non-American citizens, but was killed while shielding three



children from bullets fired by the terrorists. Twenty passengers were killed and 100 others injured. Neerja was awarded the Ashoka Chakra posthumously, the

youngest civilian in the country to be bestowed with the honour.

Do you think Sonam is the right choice to play Neerja on the silver screen?

## 'Alone' more than just horror film :Bipasha Basu



Actress Bipasha Basu says her upcoming movie *Alone* is more than just a horror film as it deals with relationship and turmoils of a married couple. The film has been directed by Bhushan Patel and also stars TV actor Karan Singh Grover, who plays the male lead opposite the 35-year-old actress.

"Alone is not a horror film for me. It is a passionate love story for me. Through our characters we have tried to show a realistic love story. Everyone who is married or who have been in a relationship will identify with this. Many aspects of relationships has been shown. So the film is not only sexy. There is a lot of depth," Bipasha said in an interview.

In the film, which is a remake of a 2007 Thai film of the same name, Bipasha will be seen in a double role as she plays a conjoined twin. The actress said she had a very hard time during the shooting of the film. "They are twins but are different from each other as one is alive and one is dead and they are both in love with Kabir (played by Karan). The shooting was difficult as I had to be joined with my body double. Shooting was a different experience as a lot of time we had to take care of the distance and other technicalities while filming the conjoined part," she said.

Bipasha was all praise for her co-star Karan, who is making his Bollywood debut with the film, and said that the actor has a lot of potential. "He has a lot of potential and is very talented. He can be an A-list actor in our business- he looks great, he can dance and his emotional scenes are his strength. He is an easy fit for the films we make."

When asked if she had any apprehensions working with a newcomer, Bipasha said, "There were no qualms on doing a film with a TV actor and he is not even a newcomer. He has been in the industry for the last 10 years. He is a popular actor and has a strong fan following."

Bipasha, who has starred in a string of horror movies like *Raaz*, *Raaz 3D*, *Aatma* and the latest *Creature 3D*, in her 13-year-long career, said she has no idea why the maximum number of films of this genre are offered to her. "May be it is a coincidence and now a hard business mentality. Out of 60 synopsis maybe my team came to me with 10 and I do two films out of it. It's a process," she said.

*Alone* will hit theatres on January 16 next year.

# Chai with... Dr. Reshmaal Gomes, Cardiologist, of Phoenix Heart

Interview by Manju Walia, Article by Deepa Walia

**B**orn in Sri Lanka, Dr. Reshmaal Kumar-Gomes moved to England at the age of 11. Gomes is her maiden name while Kumar is her married name. She completed her medical school in England at the University of Liverpool and also did her post-graduate in medicine there. She came to the US and did her residency and fellowship in Cardiology on the East Coast in Connecticut. She came to Phoenix looking for warmer temperatures and has been with the Phoenix Heart group for 7 years. Her and her family love it here and definitely do not miss the East Coast winters.

Born to parents that were both doctors, they were good role models and she enjoyed watching them work. They never forced her into medicine, even though she knew her father's preference would be that she follow in his footsteps. She started doing engineering but after watching her father in his office and with his patients, she realized that medicine was her calling and she wanted the job satisfaction they had. Cardiology or a heart specialist is where she felt you could make the most difference short and long term. Short term a cardiologist can help with rhythm is-



sues etc. while long term you can assist by catching something early on changing someone's life.

Most people when asked if they could do start over and anything else with their life take a few moments to think and are still never certain of the answer, but Dr. Gomes not only knows the answer but has lived it and had to make that choice. When she moved to the USA from England, she knew life was an open book again and if she wanted to continue medicine, she would have to pass all the exams and boards and do her residency etc. over. Because medicine was her passion and she wanted to continue, when given the second chance, she picked the same profession again. So, she is very confident that if life gave her third or fourth chances, she would still be doing the same thing. It is rare and remarkable to see someone that truly loves what they do.

An impressive medical profession, Dr. Gomes does an inspiring job balancing her medical profession and her personal life with her husband (an education professional that works at ASU and has a background in educational technology) and children – a 5 year old son and 10 year old daughter. Her future



goals include watching them grow up and continuing to achieve the balance between being a mom and doing what she loves doing and helping it grow. She also hopes to educate women on their risks of heart disease and change the perception that heart disease is more common in men than women so more women will start taking their symptoms seriously. Her most significant accomplishments include evolving to be the managing partner of Phoenix Heart and working with great people, while still being able to go home and be the most important person to her children. That balance, which we all strive for, is her most significant accomplishment and source of joy.

She learned the ability to do this from her most memorable mentor, a cardiologist she met when doing her fellowship. An impressive woman and mother to a beautiful daughter, she taught Dr. Gomes that a woman can do and achieve as much as anyone else in their career as anyone else, especially in field where there are less women. She also taught her that you can achieve and excel and still keep a family and you don't have to let go of one to have the other. The balance that Dr. Gomes is most proud of was given to her by this amazing woman and mentor.

There are many memorable stories and people that have impacted her but she is most impacted by young woman that come through her door that have gone through hardship or have gone through supporting young spouses that have gone through a lot of medical hardship. Those patients to her are the hardest, because you now have young people whose life will completely change – both medically and from a family standpoint. Suddenly, at a young age, they are not on a lot of medicines and their life completely changes and some of them may even have to go on heart transplant lists but there is also a lot of positive in those stories – if they get the right care at the right time with aggressive physicians, they get better and lead rich, fulfilling lives.

Dr. Gomes' final message to her readers is to start thinking about and calculating their risk factor for cardiac disease. If you have

diabetes, high blood pressure, high cholesterol, or a family history of cardiac disease go for regular check-ups and keep your doctor informed. Even if you don't have such history, notice changes in your body. Even though movies tell you heart dis-

ease is related to chest pain, many symptoms can be due to arteries getting narrow– are you starting to get short of breath easily when taking a walk at the mall? sweating heavily? do you have pain in your neck? Jaw? Arm? Women are more prone

to have different symptoms that are still heart related such as dizziness, light-headedness, etc. Many times people confuse heart related symptoms with indigestion and do not go see a doctor. Basically, anything that is out of the ordinary for your should be taken seriously. If you feel you have something that is sudden and different that is extreme like chest pain, arm pain, etc. go to the ER. If you have fatigue, sweating, swelling etc. that is coming and going, either go to your primary care and get a referral to a cardiologist or make a direct appointment with a cardiologist. If it turns out everything is okay, then that is fine but it is better to be safe than sorry because catching things early and preventative care is known to save lives. If you have symptoms, don't put it off because all people are good at doing that.

Asia Today appreciates the time Dr. Gomes spent with them and the invaluable advice she gave for our readers. We wish her much success as a Doctor, wife, and mother and are very proud of such a successful woman who has learned to balance her role in both her professional and personal duties. For more information about Phoenix Heart or to schedule an appointment with Dr. Gomes, please visit [www.phoenixheart.com](http://www.phoenixheart.com) or call the office at 602/298-7777.



# Travellers' paradise: Top 20 destinations Indians loved in 2014

As per data gathered from state and Union territories (Source: tourism.gov.in), number of domestic tourist visits to states/UTs in 2013 stood at 1145.28 million. While data for 2014 wasn't available, the India report (Travel & Tourism Economic Impact 2014 India) of World Travel and Tourism Council put the domestic travel spendings' expected growth at 8.2% for 2014.

Both the data specs indicate then that the inbound and domestic travel for 2014 saw a steady increase, as against exponential growth.

In the outbound travel segment too, consistency was the norm.

**As per the economic contribution of Travel and Tourism:** Real 2013 prices segment of the above mentioned report of World Travel and Tourism Council, expenditure on outbound travel in 2013 stood at Rs. 750.2 billion while in 2014 the figure had improved to Rs. 835.3 billion (estimate).

As per random reports, in the domestic circuit, northeast and Gujarat were new destinations explored while eternal favourites like Rajasthan and Ladakh maintained their preferred positions with travellers.

In the international sector, Australia which has been high on Indian travellers' radar in the last couple of years, maintained its positive growth in 2014. Of course, the old haunts like Bali, Hong Kong and Dubai remained most preferred getaways.

## Top 10 destinations in India

**Goa:** This one's an eternal favourite for both in-bound travellers as well as domestic holiday-makers, with its gorgeous beaches, rich culture, happening party scene and nightlife.

**Northeast (Sikkim, Darjeeling, Kalimpong):** Making a surprise entry was the north-east - Kalimpong town in north Bengal with its spectacular Himalayan vistas, orchids, Buddhist monasteries, quaint hill town character and salubrious climate found favour with travellers. Darjeeling and Sikkim too offer similar retreats with more heritage was pretty high on the radar of Indian travellers.

**Gujarat (Rann of Kutch):** Call it the Modi effect or a result of the Amitabh Bachchan starring Gujarat Tourism campaign, 2014 did see a spike in people travelling to Rann of Kutch in Gujarat. Its white salt desert, exquisite art and craft, flamingos and migratory birds, the place has lots to offer. Gujarat, despite tremendous potential, has always been ignored by travelers in favour of the neighbouring Rajast-



han. **Shimla-Manali:** The old favourites remain - the Shimla and Manali circuit was a safe bet through the year, getting both the summer tourists and the Christmas visitors, though the intense cold wave in the dying days of December have dampened the spirits a bit.

**Rajasthan (Jaipur, Udaipur, Jaisalmer, Mt Abu, Sawai Madhopur, Bikaner):** Another classic destination, Rajasthan remained a hot favourite with its palaces, heritage, desert tunes, cuisine, touch of royalty, temples and lakes...

**Ladakh (Leh, Nubra valley, Pangong, Alchi):** A hot favourite with both inbound and outbound travellers, this stark landscape has been a trekker's paradise for a while now. This year too it retained its 'best destination' tag. It's spectacularly barren landscape, gentle people, a rich culture and swiftly flowing rivers (Indus and Zaskar) remained 'tourist-y' best bet.

**Kerala (Kochi, Munnar, Alappuzha, Kumarakom, Varkala):** A regular with the tourists from here and abroad, Kerala was on the travellers' itinerary this year too. This ancient harbour city of Kochi which was at the cross roads of the spice route with its amalgamation of cultures from synagogues, churches and temples was a safe bet. Kochi is also the gateway to the wondrous coffee plantations of Munnar, Alappuzha with its canals, backwaters, beaches and lagoons, Kumarakom with its backwater tourism and Varkala with its lure of virgin beaches.

**Maharashtra (Panchgani, Lonavala, Ganapatipule):** A popular destination in the domestic circuit, the

verdant hills of the western ghats have always got visitors flocking. Off late Ganapatipule has come up in the tourist map for its beaches.

**Golden triangle (New Delhi, Jaipur, Agra):**

Among the most visited circuit in the country, the many cities of Delhi and her many monuments are always a hit. Neighbouring Jaipur with its palaces and Agra with the Taj Mahal never fail to score a point with visitors.

**J&K (Srinagar, Gulmarg, Pahalgam):**

After years of unrest and instability, Jammu & Kashmir saw its once insurgency-hit floundering tourism industry sprint up again in the last five odd years. However, this year's devastating floods in the state seem to have dampened the spirits. But despite the slowdown, Srinagar with its gardens, ski hub Gulmarg and Pahalgam with its valley did attract visitors.

## Top 10 international destinations

**Australia-New Zealand:** A new entrant into the international travel segment was Australia and New Zealand. Apart from its cities and cafes, the Australian outback too has been a lure to Indian travellers eager to taste something new and certainly more adventurous. Coming as a package was picture-perfect New Zealand, not to forget that some of most spectacular Hollywood fantasy flicks have been shot here.

**Hong Kong-Macau:** The bustling city with its chief attraction, Disneyland, was a huge attraction for family travellers. Not to forget Macau with its

gondolas, cityscapes and shopping which ensured that it was a preferred holiday destination for many.

**Europe:** The romance of Europe can never end. Her history with its churches, museums, town halls, street arcades, cafes, canals of the 50-odd countries that constitute Europe and the convenience of travelling within 24 countries without visa is an absolute delight.

**Bali:** Oh that favourite honeymoon destination for so many Indians! The 'Eat, Pray, Love' country with its beaches, culture, nightlife and marine life is a perfect haunt for honeymooners. Always high on list of Indians and this year too was no different.

**Singapore:** Like always, this year too saw a steady rush of people travelling to the city state in our neighbourhood. The convenience of travel given the short distance, first-world experience, shopping, family oriented entertainment industry - all ensured that this year too Singapore saw a major Indian footfall.

**Malaysia:** Malaysia and her proximity to India, multiculturalism, beaches, Hindu legacy and oil wealth have meant that Indians have always been interested in the country. Though the second half of 2014 wasn't as good as it ought to have been, thanks to MH 370 tragedy, the Malay nation still saw a steady flow of visitors from India.

**Dubai:** The razzmatazz of the desert oasis never fails to dazzle the Indian traveller. Shopping delights, attraction of gold, desert safari, buzzing city life and convenience of travel (takes about 3-4 hours from India) and the ease with which one gets Indian food have meant that Indians love to flock the city.

**Thailand:** That haven for adult fun has always been a hot pick for Indians, especially young men and honeymooners. But the place is also famous of its gorgeous beaches, resorts and its thriving yoga industry.

**Mauritius:** The Indian Ocean nation is the latest entrant into the Indian travellers' calendar in 2014. With its sun-sand-beaches as its calling card, stunning vistas, rich marine life, world-class resorts and gentle people have all made it a very attractive destination for Indians.

**Bhutan:** This quaint little Himalayan kingdom with its stupas, unique flora and fauna, natural beauty, mountains and rivers is all too fresh for Indians. Though it has been talked about for a couple of years now, it is only recently that Indians started to explore the country.

## Behaviour of loved ones can affect your weight!

Women whose loved ones are critical of their weight tend to put on even more pounds, a new study has found.

"When we feel bad about our bodies, we often turn to loved ones - families, friends and romantic partners - for support and advice. How they respond can have a bigger effect than we might think," said Professor Christine Logel from Renison University College at the University of Waterloo in Canada who led the study.

The study found that women who received a higher number of what the researchers called acceptance messages about their weight saw better weight maintenance and even weight loss than their counterparts who did not receive this positive messaging from their loved ones.

The researchers studied universi-



ty-age women, a demographic often dissatisfied with personal weight.

The team of social psychologists asked the women their height and weight, and how they felt about what they see on the scale.

About five months later, they asked them if they had talked to their loved ones about their concerns, and if so, how they had responded.

About three months after that, they

tracked whether their weight and their concerns about it changed in that time.

"On average, the women in the study were at the high end of Health Canada's BMI recommendations, so the healthiest thing is for them to maintain the weight they have and not be so hard on themselves," said Logel.

"But many of the women were still very concerned about how much they weigh, and most talked to their loved

ones about it," Logel said.

Overall, the women in the sample gained some weight over time, which is not uncommon for young adults. But if the women got the message from their loved ones that they look fine, then they maintained or even lost a bit of weight.

Women who received comparatively few weight acceptance messages from their loved ones gained almost 4.5 pounds on average, whereas women who received comparatively more weight acceptance messages lost a pound. The results showed that when women concerned about their weight heard that their loved ones accepted them as they are, they felt better about their bodies, and subsequently they did not gain like other women did.

Pressure from loved ones about weight loss was not helpful for women already concerned about it. And it actually led women who were not originally concerned about their weight to gain some weight. The research suggests that feeling better about themselves caused the women to be more active or eat more sensibly.

Receiving unconditional acceptance might have lowered their stress, a known cause of weight gain, researchers said. The study appears in the journal *Personal Relationships*.

## Go for weight training to control belly fat

Men who do twenty minutes of daily weight training have less risk of increase in age-related abdominal fat compared with those who spend same time doing aerobic activities, a new study has found.

"Because ageing is associated with sarcopenia, the loss of skeletal muscle mass, relying on body weight alone is insufficient for the study of healthy ageing," said lead author Rania Mekary, a researcher in Harvard School of Public Health (HSPH)'s Department of Nutrition.

"Measuring waist circumference is a better indicator of healthy body composition among older adults. Engaging in resistance training or, ideally, combining it with aerobic exercise could help older adults lessen abdominal fat while increasing or preserving muscle mass," said Mekary.

Prior studies had been focused on a specific population (eg overweight or with type 2 diabetes) and were of short duration and had mixed results. The new study was long-term with a large sample of healthy men with a wide range of BMI (body mass index). Mekary and colleagues studied the physical activity, waist circum-

ference (in centimetres), and body weight of 10,500 healthy US men aged 40 and over participating in the Health Professionals Follow-up Study between 1996 and 2008.

Their analysis included a comparison of changes in participants' activity levels over the 12-year period to see which activities had the most effect on the men's waistlines.

Those who increased the amount of time spent in weight training by 20 minutes a day had less gain in their waistline compared with men who similarly increased the amount of time they spent on moderate-to-vigorous aerobic exercise, and yard work or stair climbing. Those who increased their sedentary behaviours, such as TV watching, had a larger gain in their waistline.

"This study underscores the importance of weight training in reducing abdominal obesity, especially among the elderly," said Frank Hu, professor of nutrition and epidemiology at HSPH and senior author of the study. "To maintain a healthy weight and waistline, it is critical to incorporate weight training with aerobic exercise," said Frank.

## Here's why music is good for your kid...

A new study has revealed that musical training might help kids focus their attention, control their emotions and diminish their anxiety.

A University of Vermont College of Medicine child psychiatry team has found evidence they expected - that music playing altered the motor areas of the brain, because the activity requires control and coordination of movement and changes were observed in the behavior-regulating areas of the brain.

For example, music practice influenced thickness in the part of the cortex that relates to "executive functioning, including working memory, attentional control, as well as organization and planning for the future".

James Hudziak, M.D., professor of psychiatry and director of the Vermont Center for Children, Youth and



Families, and colleagues including Matthew Albaugh, Ph.D., and graduate student research assistant Eileen Crehan, call their study "the largest investigation of the association between

playing a musical instrument and brain development."

Hudziak and his team discovered that cortical thickening or thinning in specific areas of the brain reflected the occurrence of anxiety and depression, attention problems, aggression and behavior control issues even in healthy kids - those without a diagnosis of a disorder or mental illness.

The findings bolster Hudziak's hypothesis that a violin might help a child battle psychological disorders even better than a bottle of pills.

The study was published in the *Journal of the American Academy of Child & Adolescent Psychiatry*.

# Dhoni feels Hussey right for India coach's job



**M**S Dhoni may have retired from Test cricket, but he is still thinking about the dressing room. It is only a matter of time before Dhoni ceases to be an integral part of the dressing room, with some even predicting that the 2015 World Cup could be his last assignment. If his close friends are to be believed, the World Cup could be his last appearance as an international cricketer.

But what is concerning him is the culture of the dressing room, which he has carefully created with Gary Kirsten. It is almost a foregone conclusion that Duncan Fletcher's time in the dressing room is ticking.

Fletcher's contract with the BCCI expires after the World Cup. Having lost the series in Australia, Fletcher's only brief remaining is to do well in the World Cup. And, that means winning the Cup.

In the meantime, Dhoni has floated the name of Michael Hussey for the position Fletcher has assumed. In a carefully calibrated way, Dhoni's intent and communication about Hussey has reached the top BCCI boss, and

nobody else is privy to this.

The reason for backing Hussey is believed to be Dhoni's proximity to the Australian cricketer who also represented the Chennai Super Kings in the IPL. Dhoni sees a brilliant thinker and man manager in Hussey who can bring calmness and camaraderie to the dressing room like Kirsten.

Besides being a non-confrontational character, Hussey has been the brain behind Murali Vijay's success in Australia --- Vijay apparently overcame the challenges of playing in Australia with Hussey's help. The best part

about Hussey is that he is a contemporary cricketer and his thinking is modern. Besides, his work ethic is something that Kirsten had once cited while lashing out at India players in the West Indies after the team had crashed out of the World T20 Championship.

It is a known fact that the team has not been able to get over the fact that Kirsten is not around, with India players still talking about the time spent under the South African.

But, given that the BCCI is going through a tumultuous phase, Dhoni's suggestion will have to wait. Also, the

board usually consults former cricketers, especially Sunil Gavaskar and Ravi Shastri, when it comes to assessing candidates for the coach's job.

The only thing that might go against Hussey is his nationality. The BCCI and the Indian team's bad experience with Greg Chappell could come in the way of Hussey being roped in.

Nevertheless, the power balance and the decision making in the BCCI rests with one individual who, for every reason, might subscribe to the suggestion on Hussey, which might not be a bad idea after all.

# Schumacher faces 'long fight' to recovery, says manager

**M**ichael Schumacher faces a "long fight" for recovery as the first anniversary of his skiing accident approaches, the former Formula One driver's manager said on Sunday.

Her comments cast doubts over a newspaper report that said he was making cognitive progress.

"We need a long time. It's going to be a long time and a hard fight," Sabine Kehm told Reuters by telephone. "He is making progress appropriate to the severity of the situation," she added, reiterating a statement she made a month ago.

Schumacher suffered severe head injuries in a ski accident in Meribel in the French Alps on Dec. 29 2013. He emerged from an induced coma in June, and left hospital in September.

In an interview with Le Parisien on Sunday, Philippe Streiff, another former F1 driver, said Schumacher "had yet to recover the power of



speech" but was "nevertheless starting to recognise those close to him".

Streiff, described by the newspaper as a long-

time friend, said he had gleaned the information from contact with the German-born driver's wife, Corinne, and with his surgeon, Gerard Saillant, whom he knows as a result of his own racing accident in 1989.

He said Schumacher, who will be 46 on Jan. 3, had "very limited" movement but was working on sitting upright, and that "long term... he could hope one day to walk with crutches." Kehm said Streiff was not a close friend of Schumacher and that his claims to have had contact with the two people named were "factually wrong". "I cannot confirm that (report)," she said. "I can only confirm that I do not know where Mr. Streiff has his information from because he has no contact with us and he never has." Schumacher, who won a record 91 F1 races, left the sport last year after a disappointing three-year comeback with Mercedes following an earlier retirement from Ferrari at the end of 2006.



# India Oven

Authentic Indian Cuisine  
*The Best Indian Cuisine In The Valley*

We have two beautiful banquet halls available that can seat up 90 to 325 people. The halls were redesigned from the ground up.

## Open 7 days a week

**We can cater to any events!**

SE Corner of Gilbert & Southern  
1315 S. Gilbert RD. #102  
MESA, AZ 85204, 480-892-3333  
www.azindiaoven.com

Lunch Buffet  
Special Price

**\$8.95**

WITH THIS COUPON  
Expires 01-31-2015

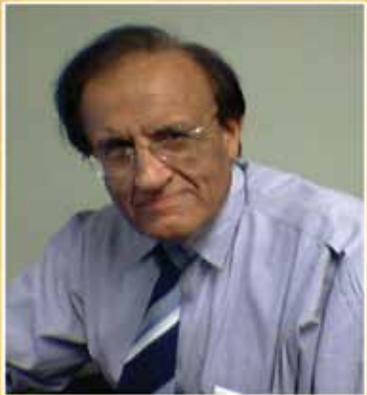
Dinner Buffet  
Special Price

**\$9.95**

WITH THIS COUPON  
Expires 01-31-2015



**Shahnawaz Currim**  
Multi-Millin Dollar Producer



Let my 23 Years "Arizona"  
Real Estate Experience Work  
for you

**Call Shah Currim Today!**  
"And Experience the Difference"

- Assisting buyers & sellers with all thier real estate needs
- Relocation
- New & Resale Homes
- Apartment Complexes
- Shopping Centers
- Mini Markets/Convenient Stores/Gas Stations
- Lands & Lots




Bank  
Owned  
Property

# #1

In The Valley

Cell: 602 - 245 - 1625  
Phone: 480 - 839 - 2600  
Fax: 480 - 491 - 0718

## India Garden

### Fine Indian Cuisine

Under new ownership of:  
Anil Dhakal  
Dine-In • Carryout • Private Events  
Catering Statewide

623-536-2320  
AzIndiaGarden.com  
1809 N Dysart Road #C106  
Avondale, AZ 85392

Open Everyday  
11:00AM-2:30PM  
Lunch Buffet  
5:00PM-10:00PM  
Dinner






From the desk of Asia Today!  
Wishing you a very happy and  
prosperous New Year!



**KB TRAVEL WORLD**



**Special Air Ticket Deals  
Visitor's Travel Insurance  
Cruises & Package Tours Deals**

**(602) 476-2527**  
**[www.kbtravelworld.com](http://www.kbtravelworld.com)**

**Xs XecuteSmart**  
*just xecute IT*

**"IT LIVE CLASSROOM & ONLINE TRAINING SESSIONS"  
"REGULAR+FAST TRACK: 08-24-48 WEEKS|WEEKENDS"**

**"WISHESH.com" 2015' VICTORIOUS HAPPY NEW YEAR"  
"AZWISHESH.COM #1 SOURCE FOR ARIZONA HAPPENINGS"**

**LOCATIONS: ARIZONA-PHOENIX, PEORIA, GLENDALE,  
SCOTTSDALE, TEMPE, MESA, CHANDLER, CA-ARTESIA**

**IT JOBS / SKILLSETS: BA/BSA+QA, ORACLE (OCA, OCP Certifications, SQL, PLSQL, APPS), MSBI SSMS,SQL,TSQL SSIS+AS+RS, UNIX+PERL, BIGData, NOSQLDB, ETL DWH & BI, SAP ALL Modules & TESTING, JAVA & .NET ADV**

**@GMAIL.COM - XECUTESMART.RAJ@ / EverGreenIT1995@ / SAP-PRACTICES@ - MR. RAJ - HANDY: 1.602.384.5761 / 1.602.761.7697  
#WE ACCEPT CHECKS/DEBIT/CREDIT CARDS  
#JOB ASSISTANCE PROVIDED AT ALL OVER USA#**