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Monthly Newspaper

• Vol-VIII • Issue-7 • Phone : 480-250-2519 • sales@asiatodayaz.com • July 2015

8
Seniors Celebrate Father's Day in Style

10
Indo-American Yoga Center on the first International Yoga Day!

12
Report on Recent Sikh Awareness Activities

33
Kangana Ranaut to star in 'Rani Lakshmi Bai' biopic opposite Hugh Grant!

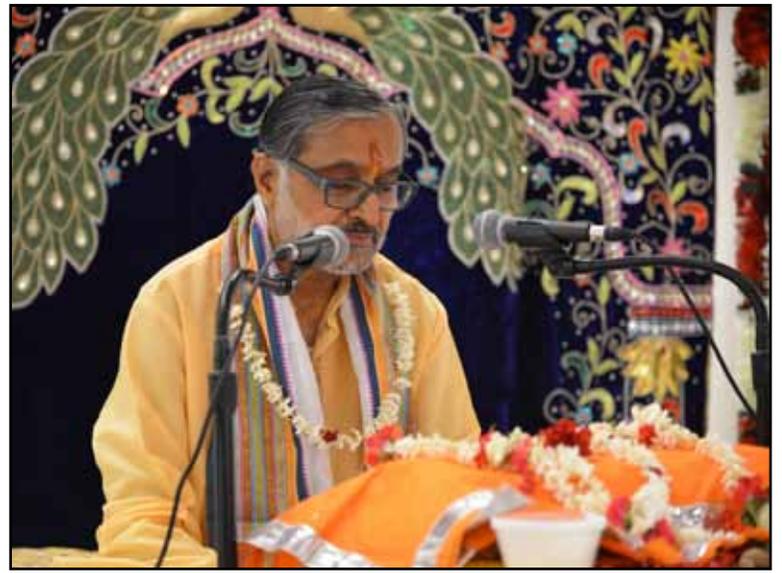
A Humbling Conversation with Bhai Tajvinder Singh Ji of Golden Temple, Amritsar



Asia Today had the pleasure of speaking with Bhai Tajvinder Singh Ji, the youngest Jatha in Darbar Sahib, and listen to his intriguing story from a child born and raised in the US to a permanent position with a jatha at Darbar Sahib (Golden Temple in Amritsar). Tajvinder Singh Ji accepted the invitation from S. Guneer Singh Khurana and Amit Kaur Khurana on the occasion of their daughter's graduation to do special Kirtan Darbar at Nishkam Seva. **• More on P22**

Shrimad Bhagavat Katha at Ekta Mandir

Bharatiya EKTA Mandir Priest, Shastri Haree-prasad Joshi, presented 8 days of Shrimad Bhagavat Katha at Ekta Mandir from Saturday June 20th to June 27th during the auspicious Holy Purushttam Mass. There were 134 Pothi sponsors. This was his 3rd Katha since he joined Bharatiya EKTA Mandir 6 years ago. He has delivered more than 400 Kathas internationally.



Sangeet Visharad Harshaben Joshi, an accomplished singer with her melodious voice, and an accomplished tabla player Harvinder Singh accompanied Shastriji singing bhajans and slokas throughout the katha.

The 8 days of Katha program was highly successful and was enjoyed by over 300 devotees on Saturdays and Sunday and over 125 devotees on weekdays. Mahaprasad consisted of multiple items and sweets. **• More on P16-17**

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Samsung's new technology may run your phone for a week on just one charge

If you too are done with your phone battery draining out quickly then this news might relief you as the leading electronic company Samsung will soon



Galaxy S6

Galaxy S6 edge

reportedly bring a new technology that will allow your phone to run for a week after a single charge.

According to Business Korea, Samsung's next generation batteries will be made of a substance called graphene-coated silicon, which will be able to hold more energy than the current graphite cathode power cells, the Mirror reported.

Unfortunately, this technology will take time to hit the market and smartphone users need to wait for 2 more years to get rid off their chargers.

Notably, Samsung's S6 & S6 edge already have market-leading battery life but still a phone whose battery last long for a week with charging need to be launched.

Can Facebook be the 'new media' school?

Scientists have claimed that social-networking sites such as Facebook can help students learn scientific literacy and other complex subjects which are often left behind in the time-strapped classrooms.

Scientists have claimed that social-networking sites such as Facebook can help students learn scientific literacy and other complex subjects which are often left behind in the time-strapped classrooms.

Michigan State University researchers conducted first-of-its-kind study, where they found that high school and college students who engage in vigorous, intelligent debate about scientific issues in a voluntary Facebook forum were able to learn better than normal kids.

Researcher Christine Greenhow said that one of the things they struggled with as educators was how to take students' spark of interest in



something and develop it in ways that can serve them.

He added that if students had these kinds of niche communities to be part of, in addition to their formal curriculum that could really provide a rich environment for them.

The findings make a case for popular online sites such as Facebook as possible learning tools. Facebook has more than a billion users, but critics say excessive use can distract kids from academics, spur loneliness and depression and facilitate cyber-bullying.

Researchers said that while any social network site can be misused there is also a significant and under explored opportunity to develop these spaces as forums for learning, healthy academic debate and career development.

The study is published in Journal Computers in Human Behaviour.

Scientists say 'cheaper, efficient' trip to Mars may soon be possible

A team of scientists has suggested that a step-wise approach can send humans to Mars in a much efficient and economical way. landing on Mars's moon Phobos in 2033 and followed by a short-stay mission in 2039 and a year-long landing in 2043.

A team of scientists has suggested that a step-wise approach can send humans to Mars in a much efficient and economical way. In the Editorial We Can Send Humans to Mars Safely and Affordably, Editor-in-Chief G. Scott Hubbard, Stanford University, describes the complex engineering, safety and health issues related to long-term space travel that have already been overcome. Hubbard added that with all of these previous technical and fiscal issues addressed, they can again believe that the dream of sending people to Mars is alive. The next step is to build a broad consensus around the goal and strategy for a long term, humans to Mars program.

The new, cost-constrained US strategy to send humans on Mars could be achieved within projected NASA budgets by minimizing new developments and relying mainly on already available or planned NASA assets.

Co-authors Hoppy Price, John Baker, and Firouz Naden, Jet Propulsion Laboratory, California Institute of Technology, Pasadena, CA, propose a long-term, stepwise series of missions to Mars that would begin with a crew

The study appears in New Space.





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Independence...

Half the year has flown by and we are already in the second half of the year about to celebrate Independence Day, a federal holiday celebrating the US declaring Independence from Great Britain in 1776. As we celebrate our independence with pool parties, barbecues, parades, and many such activities, we fail to take into account how dependent we have become in this century on so many things. Dependent on work – seems we can't seem to pull away from it. Dependent on technology – there is always at least one technical device within arms' reach. Dependent on approvals of others – we are always seeking acceptance for our decisions, our paths, our successes. And who knows what our handcuffs tie us down unable to live and enjoy life.

This Independence Day, I encourage all of you to put away your dependencies and truly celebrate life and the long weekend with family and loved ones letting go of all reservations not just for the weekend but the rest of the year and years to come. Life is a beautiful gift to be celebrated and we have turned it into a chore with things we have to do instead of concentrating on things we want to do. Surround yourself with those that make you happy – limit your time with those that constantly bring you down or judge you. Put away your technical gadgets to concentrate on the smiles and words of those around you.

This last month, I have taken a lot of unexpected time off mostly at the request of others. Trying to make those I care about happy, I scheduled days off in the middle of



Editor's NOTE

weeks and in back to back weeks – something that is so out of character for me that even at work people noticed I was “constantly out.” This definition of constant stems from the expectations I set – it is considered constant because for the last few years I had maxed out my vacation in due to not using it. Those around me now perceive a normal amount of vacation as constant or excessive. However, I have set that expectation of me due to my own behavior the last few years and then been struggling to keep up with it.

I thoroughly enjoyed my time off – whether it was hanging out with my family and the new addition to her family or days at Universal Studios and the beach in the middle of the week when I should be working. It felt a little uncomfortable asking for all that time since I was not used to it but after taking it I realized how much I needed it. I am grateful for those friends and family due to whom I stepped out of my regular routine and learned to live again. And I have realized I don't have to wait for a special occasion – friends in town, birth of a new baby, etc. to use my “Personal Time Off.” That time is meant to de-stress so you can get back to work happier and more productive. One of my mid-year resolution is to start regularly taking a day to myself here and there and I encourage all of our readers to do the same. Life is too short to be a slave to work, obligations, technology, and all the other things you “have to do” on your to-do list. Wishing everyone a safe Fourth of July weekend and thank you for your continued support.

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



Marketing Director NOTE

Its very hot now a days in phoenix, I remembered my childhood summer days in India it used to be very hot there too and no electricity, but still very happy and peaceful days.

I remembered my friends and family who

are always with you no matter in what situation you are. I am very happy that i have very good friends i met over here in Phoenix and i am so thankful to God that i have friends like them.

Manju Walia
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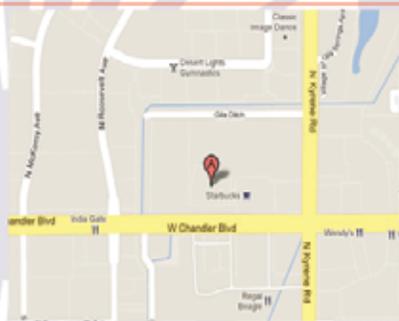
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CONCEPTION PART II

Today we will talk about relevant interventions but here I am not talking about any medical intervention. Points below must be used in addition to or besides of medical intervention. Be discreet in interpreting and applying this information.

HOW TO CONCEIVE MORE EASILY

1. Information shared in the previous month must come to use greatly. Get both partners' full body checked every year. Check for Fertility problems. Females by a gynec. and males by a urologist.

2. Clear your purpose: What is the reason for having the baby. Are both partners willingly having the baby? Is there any family or social pressure involved? Is it an escape mechanism of any sort?

3. Take a Body Cleaning Project: It takes up to 6 months to clean our body of all toxins that get accumulated daily from the intake of food, thoughts, and environmental particles. Focus on giving up processed and frozen foods like dips, chips, fast foods, breads, etc; sleep 7 hours most nights and preferred 10pm – 6am; give up on alcohol, smoking, pills;

4. Attend to signs like irregular periods, foul odor,

excess white discharge: these could signify infection, cysts, or any other condition. Immediately see your doctor and get all required tests done.

5. I will pick ayurvedic treatment as the first resort over any allopathic intervention. I see women quickly seek surgical interventions. Know that surgery is a kind of WOUND in your body. It is an un-natural procedure and involves use of several chemicals. Keep it as the last resort!

6. Being a part of an abusive or a dissatisfactory relationship can greatly influence conception. Conceiving is about feeling loved, being in love with oneself, feeling comfortable in one's body besides all the other things. If these feelings are essentially lacking in your life, you are probably blocking your baby psychologically. This is often the factor when doctors find no physical limitation in conceiving. Life-Coaching, Counseling, and Hypnotherapy are powerful



3 years but they conceived the very same day that they adopted a child! I learnt this trick from my life-coach who has seen this remedy work in the lives of others.

HOW DOES ADOPTING HELP?

Trying hard to conceive can be like filling air in a capped bottle – the pressure builds up such that slowly the room for patience, tolerance, and hope decreases. Over time, stress, self-doubt, or self-criticism blocks conception: feelings of Frustration, Internal Anger, or Guilt mixed with the

eagerness to nurture a little being take away the Space of Love and Optimism. Adoption helps bring back enormous feelings of Love and release many of the negative feelings. This release helps create the space in your Mind-Body-Soul to receive the baby!

CAN ASTROLOGY HELP?

Astrology is more of a diagnostic vs. a remedial science. It can help to pinpoint chances of having a baby, which is the best year of your life to have the baby, etc. but it cannot magically take away the negative areas. The question is: are you ready to hear the truth knowing that you may not be able to change it? Are you seeking astrological help to gain hope or a magical remedy?

Know that there are less than 3% accurate astrologers in the world simply because analyzing a chart requires highly complicated calculations. Gemstones and other rituals are not 'true' remedies. The chief remedy in astrology is to begin living a more spiritual life overall.



-Rima Desai

<https://mystirimz.wordpress.com/>
rima.desai28@gmail.com

Namaskar, and Sat Sri Akal to all my readers.

Today we will talk about doubt and duality. In all of the human race, Saints, Yogis, Spiritual teachers, Sat Gurus, Pundits, and Gyanis, many of the religious teachers on the planet are spending their lives in duality and doubt. This is because they are not doing as they say, and are talking without personal experience. I am saying this because:

They are saying god lives in the sky but when asked, they can't give his address.

They teach, after death we either go to hell or heaven. As per their explanation, both are places. Heaven is a paradise and hell is dark misery where people experience unspeakable suffering. But still there is no address.

Is this a joke? How these places can exist without any

Duality and Doubt

direction or address and still we have to go there. How will you reach there without an address or directions?

Human destruction is self-created in the darkness of doubt and duality. This is the real meaning of hell. As humans, if we would like to see heaven, we need to learn humanity. Humanity is the key to heaven. Heaven and Hell are both in the human consciousness.

In this unfortunate period of time, we are not learning spirituality. As humans we are learning religion. Without spirituality, religions are causing destruction in the human race. We are divided by religions in



many communities throughout the world. We consider each other as enemies on behalf of religions. We are even killing each other because of religions.

As long as we don't realize we are living in the pitch dark

of erroneous religious philosophy we will suffer in this man made hell. Heaven is peace of mind and without spiritual teaching peace of mind is not possible. Doubt and duality are enemies of peace of mind.

Wake up my dear! Wake up! Spiritual teaching will light the divine candle in your mind and you will be able to see that we humans are one. We share the same soul. Our soul is part of the su-

preme soul. The supreme soul is God, creator of the universe. Every creature belongs to the creator. The creator is the life of all creation.

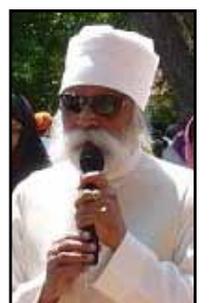
This is a spiritual path. The destination is the divine

temple. The divine temple is in our mind. This spiritual philosophy will remove the doubt and duality from our life. We will learn the reality of the truth. Reality of the truth is divine knowledge. Divine knowledge is a key to heaven and peace of mind.

Be careful, without prayer, meditation, and grace of god human life is worthless.

Doesn't matter to which religion you belong, devote 15 minutes every day for meditation.

Please pray every day for Love and Grace.

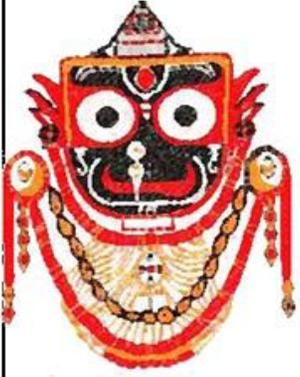


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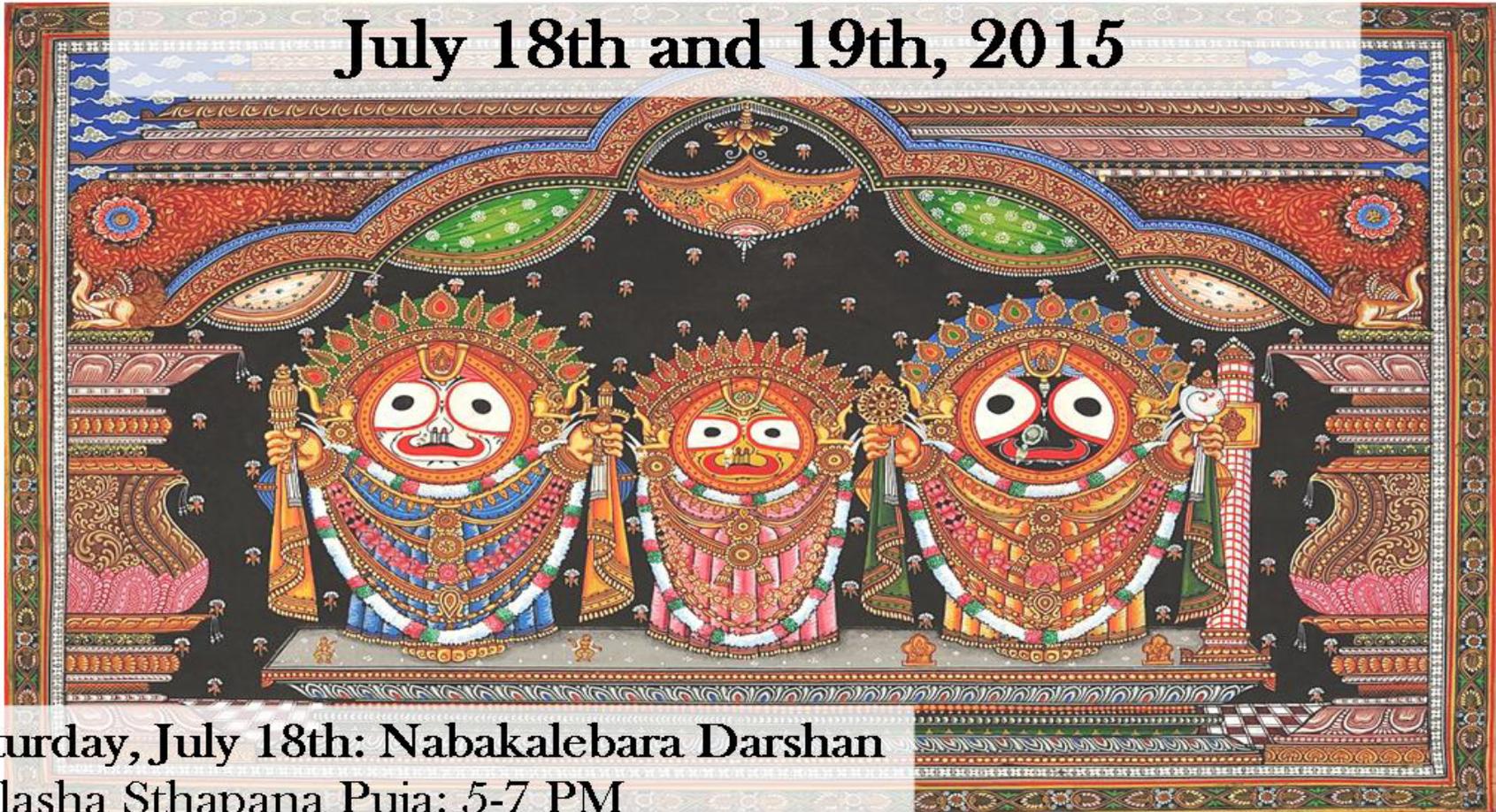
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Pahandi Bijaya - 8:00 AM

Chera Pahunra - 8:45 AM

Rath Yatra - 9:00 AM to 11:00 AM

Cultural Program - 11:30 AM

Puja and Maha Aarti - 12:00 PM

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Seniors Celebrate Father's Day in Style



By Bhagubhai Patel and Prakash Kotecha

Future Event: USA Independence Day (July 4th) will be celebrated on Thursday July 2nd at the Indo-American Community Center, for information please call Manubhai Patel Tel: 623-208-9570

Senior Group Activities in Brief: On the burning hot summer day typical of Arizona in the months of June and July, with 112 F temperatures, enthusiasm and celebration of senior friends continued with same energy and motivation.

They long so much to meet each other and find ways to make the Thursday Gatherings enjoyable - celebrate holidays, Member's life milestones, etc.

Picnic Celebration: To escape hot weather we changed the venue for May 28th picnic to Lynx Lake Park in Prescott where light breeze and pleasant temperature on the lake was delightful not to mention mouth watering

freshly fried Pakoras!

Double Celebration: June 18th was the day for the double celebration - we had planned celebration of Father's day as the nearest Thursday to Fathers' day and it also happened to be our beloved Dr. Rasikbhai's very special 75th birthday! Meenaben Bhavsar initiated the Father's Day program by inviting singers Deena Mali, Kiran Dulai, Jayshree Khatriya, Meena Bhavsar and Mike Mali to present appropriate song for Father's Day.

A skit written by Suresha Shah about Fathers' Day followed, performed by Meena Bhavsar, Suresha Shah, Lalitbhai Patel, Chandrika Patel, Kapila Patel and Deena Mali. Women appreciated men folks by presenting a Lolly Pop, Red Rose, and big hug and in some cases even a kiss as part of Fathers' day celebration. Lalitbhai shared couple of very funny jokes regarding fathers and made everyone laugh out loud. It was a delightfully unique way to recognize men members in the senior group.

Turning 75 is an important and successful milestone in anyone's life. We were thrilled with pleasure to celebrate Dr. Rasikbhai's 75th Birthday - Rasikbhais family from around the world joined - from North Carolina, Hawaii and Africa. Center of attraction was Kasha, Rasikbhais granddaughter who performed Hawaiian Hula dance. All seniors' eyes were glued to all her wonderful movements of this exciting dance. Everyone wished Dr. Rasikbhai on his special day many more to come with health and fun in life.

Life Event Celebrations: On June 11 a drama narrated, prepared, participated and presented by Suresha-ben as a part to celebrate 53rd marriage anniversary of Meena & Raman Bhavsar. Everyone joined to sing along Happy Marriage Anniversary song for them and also for Deepa & Mike Mali and Harsha & Jitesh Patel who also celebrated their marriage anniversary. So we had three couples celebration of marriage anniversary as a joint great event!

South America Tour: Lalitbhai Patel announced the trip to South America for 21 days from September 16th to October 7th. People joining the trip should give first installment of payment of \$ 3,000 to Lalitbhai or Bhagubhai. Estimated cost for the entire trip is \$ 7000 per person. For more detail contact Lalitbhai/Bhagubhai. They can accommodate few more people in the tour group.

Senior Contribution for Nepal Earthquake Relief fund: Senior Group collected \$6,200 for Nepal Earthquake Relief fund which is being given to Phoenix based Nepalese organization - NAFA.

The lunch sponsors for the month included Dr. Rasikbhai Patel, Meenaben and Raman Bhavsar, Vimalaben and Kantibhai Patel, Tara Patel & Kishor Vyas, and Shreekant Vaidya.

We will be missing Sevantibhai Shah for few weeks as he is scheduled for Total Knee Replacement surgery and rehab thereafter and wish him quick and complete recovery.

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TUE JULY 28	GURUPURNIMA SHIBIR	GURUPURNIMA SHIBIR
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UK: Venus
(Dish TV Channel UK: 805, USA: 719)
8:00 - 8:30 am (Hindi)

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Indo-American Community Center turns into Indo-American Yoga Center on the first International Yoga Day!



The first International Day of Yoga was celebrated enthusiastically on Sunday June 21, 2015 in Phoenix, Arizona at the Indo-American Community Center with Yoga sessions by Sangeeta Barwey, Danielle Godfrey, and Shobhana Bhatt. The program was presented by local Artist and Yoga Teacher Sangeeta Barwey in coordination with Local Yoga Studios and Yoga teachers working together with Indo-American Foundation of Arizona. Thanks to Patanjali Yogpeeth USA, Gilbert Yoga, Prana-Gyana wellness center, Hegal Yoga, India Association of Phoenix, Nicky Patel and many others for supporting the program.

Foundation thanks the Yoga teachers Sangeeta, Danielle and Shobana for putting this great program. Danielle did an amazing job with gongs and bowls and Shobhana did a great job teaching yoga to kids. Everyone in attendance enjoyed the program and felt very pleased to have participated in the first international yoga day declared by UN based on a proposal by Shri Narendra Modi, Honorable Prime Minister of India.

While

Rajpath became Yoga-Path in New Delhi, India, Phoenix attendees helped turn Indo-American Community Center into Indo-American Yoga Center celebrating first International Yoga Day on Sunday June 21, 2015.





ਫੀਨਿਕਸ ਦੇਸੀ ਸਪੋਰਟਸ ਐਂਡ ਕਲਚਰਲ ਕਲੱਬ

Phoenix Desi Sports and Cultural Club



ਆਪਣੇ ਵਤਨ, ਰੰਗਲੇ ਪੰਜਾਬ ਦੇ ਸੱਭਿਆਚਾਰ ਨੂੰ ਦਰਸਾਉਂਦੇ, ਖੁਸ਼ੀਆਂ ਖੇਤਿਆਂ ਭਰੇ ਤਿਉਹਾਰ



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ਤੁਹਾਡੇ ਸਵਾਗਤ ਅਤੇ ਉਡੀਕ ਵਿੱਚ,

ਫੀਨਿਕਸ ਦੇਸੀ ਸਪੋਰਟਸ ਐਂਡ ਕਲਚਰਲ ਕਲੱਬ।

RSVP: Phoenix Desi Sports and Cultural Club

Report on Recent Sikh Awareness Activities in May-June 2015



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

Phoenix, Arizona

The followings were the activities undertaken in month of May for the awareness of Sikh Identity in Phoenix Metro, Arizona.

1. Sikh Awareness Course in Phoenix College.

On May 5th, the author was contacted to present Sikh Awareness Program to a class of about 30-40 students at Phoenix College located at 11th. A detailed program providing about Sikh history, Sikh presence in U.S. Role of Sikhs in WWI and WWII, Sikh Philosophy, Sikh religious Place, Sikh Articles of Faith as well as incidents of hate crime against Sikhs and Sikh Identity were highlighted by the author. The program was followed by a 20 minutes documentary prepared by the Department of Justice. The students were very much satisfied. Several questions were fielded by the students highlighting their interest to know more.

2. Sikh Awareness Talk to a Batch of Non-Sikhs at Nishkam Seva Gurdwara

With the efforts of Mrs. Rangi and the author a group of about 30-35 people were hosted at Nishkam Seva Gurdwara Sahib on May 6th Monday. The Author again delivered his specially prepared power point preparation as was detailed in the above paragraph. The presentation lasted for about 45 minute was followed by a 20 minutes documentary. The group was welcomed by snacks and at the end a hot freshly prepared Langar was served to the guests. The group toured Gurdwara



Sahib and attended the services inside for about 15 minutes. Several comments of appreciation were expressed about the talk and the program in general.

3. Members of Sikh Advisory Board Meet with Phoenix Police Staff

In order to renew and continue that close relationship with the City Police, few Sikh community members once again took initiative to have a preliminary meeting with the hierarchy of the local Police including Chief and Assistant Chief. They were invited at Indian Delhi Palace at 52 street and McDowell to have a dinner meeting. From the Sikh Community Dr. Jaswant Singh Sachdev, Rana Sodhi, Balbir Kaur, Suminder Singh Sodhi and Mrs. Sachdev were in attendance. The Police were made aware about the need for continuation of relationship. It was planned that the next meeting will be in later part of August where an attempt will be made to have a larger group of Sikh Community members. Additionally, the topic of allowing bearded and turbaned Sikhs with their intact religious identity into sworn uniformed police force was also brought in. The police chief was very enthusiastic and promised to discuss this matter further with the city government.



Glendale Community Students Learn about Sikh Faith & Gurdwara

A. A group of 15-20 Students arrived on June 16 at Nishkaam Seva Gurdwara Sahib to learn about Sikh Faith along with their teacher. The function was arranged by Mrs. Rangji and Dr Sachdev. After introduction by Mrs Rangji, they were given a 45 minutes power point presentation by Dr. Sachdev. Details about Sikh faith including their Identity, Sikh Principles, and Sikh Presence in North American as well as Hate crimes were all discussed. This was followed by a tour of Gurdwara Sahib including specially arranged Sikh Services for them and the evening ended with Langar.



B. Harpreet Singh Harry from Glendale Community college one of the Coordinator at Glendale Community helped in facilitating a visit for the World Religion. Students were given a presentation about Sikh faith in the college campus and then were invited to Nishkam Seva Gurdwara Sahib where a tour with details about etiquettes of Sikh faith were discussed.



Legend of pictures 1st and 2nd Phoenix College 1709 and 1715; 3rd and 4th Class in Nishkam Seva 1750 and 1754. The last or the 5th one with the Phoenix City Police at the restaurant Fullsize Render. Langar 2nd Group, Around Baba Ji First group,, Class Room first Group Photo 2nd group.

Blame not a Country for the Misdeeds of its Rulers of the Day



Around the world, most people carry a sense of irrevocable attachment to their countries of birth and to their adopted homelands. The “love” for one’s homeland is the definition of “patriotism” which is inborn in all the human beings. Confusion arises when patriotism or love for one’s country is replaced with adoration for the Kings, Queens or the rulers and leaders of the day, regardless of their style of governance or leadership.

Writing in the July 7, 2008 volume of “Time” magazine, Richard Stengel quoted Eric Liu and Nick Hanauer from their book, “The True Patriot,” in which they defined the meaning of patriotism as it relates to the U.S. According to them patriotism implies, “Appreciating not only what is great about this country but also what it takes to create and sustain America’s greatness.” In fact a similar statement could be made about any given country and its people.

Throughout history of the world, there have been occasions when the rulers of different countries made conscious decisions that were injurious to the well-being of the minority groups. Instead they often chose to provide a subtle support to the philosophy of majority no matter how screwed-up and lopsided it might have been. And they did so for a myriad of reasons ranging from a need for personal political gains, expediency, self-interest, as well as the preservation of power. The rulers and leaders tried to gain the support of the majority population under the pretext that their actions were a necessary form of patriotism. But in reality, their intents and actions were anything but patriotic.

Through such actions, the bread and butter and the political survival of the rulers remained intact. Furthermore,



over a period of time, the intoxication of absolute power started to turn them into authoritative dictators making it easier for them to crush the lifestyle, culture, and faith of minority groups. These actions also played well into ongoing efforts of leaders and rulers who wanted to appease the members of majority to begin with, as their strength came through a mandate of the majority.

But notwithstanding the narrow perception of the rulers and leaders of the day, the rationale for their actions usually becomes obvious to the discerning eyes of some of the minority members. As time passes, it creates a sense of alienation among the members of the minority in question. A doubt starts to appear in their minds about having a true stake in the ownership of their own country. It then generates a feeling as if the country of their birth might not belong to them anymore. A subtle internal resentment built over period

of time may then explode in violent behavior leading to undesirable consequences for all, including the country, its majority people and their leaders.

At the same time, an inability of the majority leaders to perceive the needs and aspirations of the members of minority and the emotional upheaval in their minds starts to take control of the behavior of the latter. This upheaval may be due to genuine reasons or it could be a mere perception based upon their previous experiences. Yet, it blurs their vision and renders them incapable of discerning the fact that the harm done to them was not instigated by their country. Rather, in reality they had been hurt by the fly-by-night leaders and rulers, here one day and gone the next. If the minority could maintain a clear distinction between the actions of the rulers on the one hand and the country of their birth on the other, which in fact happens to be their country as

well, the cleavage would not have widened further. Now the question arises, will the situation ever improve with the passage of time? History makes us realize that such is often not the case.

Once a perception of persecution starts to take hold in the minds of minority members, it keeps on growing at a much faster pace, surpassing the original damage. On top of it, if the guilty are not brought to justice quickly, the pain among the minority persists and expands exponentially.

While many examples of such conflicts between rulers and minorities are found scattered all over the world, including India, the one that directly hits home in the mind of this author relates to the prominent minority of India, the Sikhs. Since the inception of the Sikh faith, both Hindus and Sikhs have lived together like brothers and sisters. But in the not-so-distant past, we witnessed an ugly bloody

confrontation between the then-rulers of the country and the vibrant Sikh minority. Several innocent Hindus and some Sikh were killed in Punjab at the hands of those seeking semi-autonomy for their state of Punjab where they happened to be in majority. They felt that the government of India was not acting fairly, both politically and socially, in relation to their faith and their state of Punjab.

In June of 1984, Indian Prime Minister, Mrs. Indira Gandhi ordered a military attack on the most revered Sikh Shrine in Amritsar to flush out Sikh militants running a prolonged bloody campaign. Thousands and thousands of innocent Sikh pilgrims including children, women and men were attacked at several historical Sikh Shrines not only in Amritsar but at many other places in Punjab. As a result, in the fall of 1984, the Sikh bodyguards assassinated Mrs. Indira Gandhi. This led to much bloodshed of several thousand innocent Sikhs in Delhi and other northern Indian cities by organized groups of her supporters under the supervision of shady leaders of the time. The rulers and their hand-picked sycophants not only stood by watching this genocide of Sikhs but also subtly encouraged it. Both communities turned into blood sucking enemies at least temporarily, and for a while.

Notwithstanding as to who was at fault and who wasn’t, this confrontation took a significant toll upon the relationship between the Sikh minority on one side and the Hindu majority, synonymous with the rulers of the day, on the other.

One unfortunate outgrowth of this conflict was the negative feelings that crept into the psyche of the Sikh minority about their own country, India. They started to think that the country has

become synonymous with the faith of the majority rulers. In so doing, they considered their own country - India - as their enemy, instead of putting the blame upon rulers of the day and their sycophants. The minority Sikh community somehow forgot that it had a lot at stake in the whole of India beyond the boundaries of Punjab. It shouldn't have been lost upon them, but it was, that the origin and history of their faith as well as the lives of their Gurus were very deeply intertwined with and strongly knitted into the entire landscape of India and not necessarily with the present truncated Punjab. Their most historically significant places related to the birth and final departure for heavenly abode of Guru Gobind Singh Ji, martyrdom and body cremation places of 9th Guru, terminal sickness place of Guru Harkishan Ji and many more, all are outside the boundary of Punjab.

To walk away from one's country would have been suicidal. Rather to stand up and be counted in everything Indian and to emphatically demand genuine shared ownership, indeed, would have been the right strategy. The generosity as well as the vastness of the Sikh faith and culture is well known to all including themselves.

Yet somehow during those dark days everyone, including the Sikhs themselves, failed to remember that while they were the Sikhs of the Khalsa, and as Punjabis, they also were part owners of the country-India, no less than any other Indian. The country as a whole belonged to them, like any other Indian community worth a name. Their partnership was equal both in their rights and responsibilities, no less and no more; though in those tragic days of history, the powerful rulers and others miscreants might have made them feel otherwise.

It is here that I would like to quote from Shashi Tharoor's book titled, "India, from Midnight to the Millennium" where he states, "It is worth stressing again that only an all-inclusive pluralism will guarantee the survival and success of the Indian nation. India's minorities will succeed, if they see themselves as Indians first and minorities second; and this will happen only if the India that grants them membership is an India in which they see themselves as equal in every respect to those of the real or imagined majority". In 1862, a British historian and politician, Lord Acton wrote something which Shashi Tharoor has restated in the above mentioned book, "A state which is incompetent to

satisfy different races condemns itself; a state which does not include them is destitute of the chief basis of self-government"

In the same breath, to the Sikh community, I would recapitulate one of the favorite statements that my father used to reiterate during my childhood. Whenever I would refuse to eat during a childhood tantrum brought about by some reasonable or unreasonable demand, my father would often say, "What wrong has this poor food done to you?" In the same way, why should one blame an entire country for the actions of a few mortal men and women in command, the rulers of yesteryears, who were responsible for the atrocities and loss of innocent lives? In allowing those mortals to have a feeling of being the sole owners of the country at that point in time and even later, and to let them simply walk away from it all wouldn't have been in the interest of either minority Sikh community or majority population of India.

Oftentimes it is the shortsightedness of leadership that ends up coloring the vision of all. The larger interests of the community are left behind on the back burner. Undesirable elements and opportunists move forward and seize upon the mentality and thought

processes of peace-loving people. But the basic fact remains that those who are fortunate enough to rule will also perish in time like all. The consequences of their actions and behaviors, desirable or not, will linger on, long after those responsible stand eclipsed.

What remains is the country, its mountains and valleys, its rivers and lakes, its lands and seas as well as its by-ways and highways. The ideology that a given leader or ruler attempts to suppress at a given point in time starts flowering eventually, and perhaps with much more vigor than before. The sooner this reality sets in and the curtain of ignorance is lifted off, the better it will be for the communities in question.

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



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(Theme for the Congregation is: "Our World Needs Bridges Not Walls")

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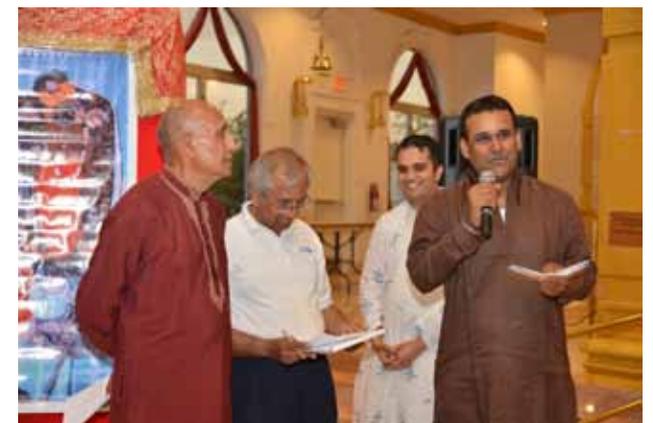
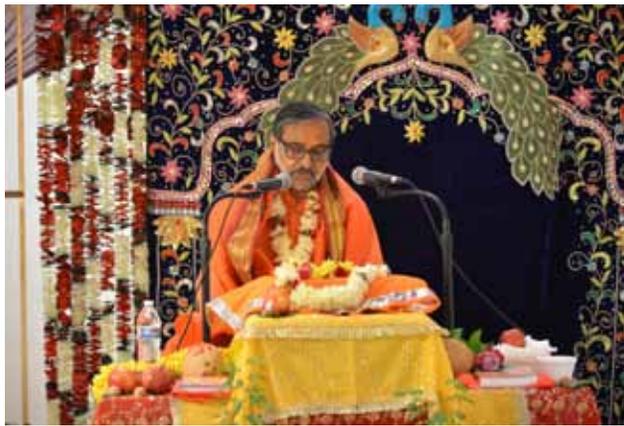
were served all 8 days of the program.

The credit goes to attendees who cooperated and provided help whenever needed, all volunteers who were always there before and after the program doing cleaning, setting up pooja samagri, and preparing Mahaprasad, and our Shastriji, organizing committee members Lalit Patel, Mahesh Shah, Manish Gupta, Sudhir Kalra, Lokesh Joshi, Harshad Bhatt, Shanti Patel, and Vrusti Bhatt for planning and executing the program.

Bharatiya EKTA Mandir appreciates and extends thanks to 3 Pramukh Yajman (Nate and Padmini Bhadriraju, Harshad and Vrusti Bhatt, and Vijay and snehlata Dave), 3 swagat Yajman (Shanti and Lalit Patel, Lokesh Joshi, and Minaxiben and Dhirendrabhai Patel), and 5 Vashsth Yajman (Brinda and Rohit Malhotra, Vinay and Manjit Madar, Ashwin and Meeta dave, Parul Gupta & Sujith Nair, and Chandrakant Parmar).

Thanks to all Pothi Sponsors, Volunteers, Shastriji and Sudarshanji, all committee members and participants who helped in planning and timely execution.

Thanks to all 8 days of Mahaprasad Sponsors and preparers who enthusiastically and tirelessly cooked and served alagrant menu everyday.





INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



On June 2nd, ISAA members kept busy with playing cards and group of ladies sang bhajans led by Deviben. Chhotubhai shared information about “innovation” MADE IN INDIA” revolutionary battery pack scooter made in Bangalore by a young IIT engineer. This is a non-pollution Lithium battery with integrated digital battery management system. Luncheon was provided by Shashikantbhai.

On June 09th, all the ISAA attendees enjoyed watching a movie called “Pikoo”. The luncheon was sponsored by Meena & Mahesh Patel

June 16, 2015 was a special day where ISAA celebrated Rasikbhai’s 75th Birthday with a program that included variety of interesting entertainment and educational items. This included a humorous video clip on ‘Singing Dog’ [https://](https://www.youtube-nocookie.com/embed/xU7FdD1SpHc?rel=0)

www.youtube-nocookie.com/embed/xU7FdD1SpHc?rel=0. This was followed by amazing video Rang De Basanti, which was full of songs by male and female singers with old and popular movie songs and supplemented the program with Ghazals by Jagjit Singh and Gulam Ali. The most recent video clip captured on cameras live on traffic accidents occurring daily in India, requiring much to be done on expeditious basis to protect people and property! ISAA congratulated Rasikbhai highlighting his professional contributions of significance and wished him good health and happiness. Rasikbhai’s Family sponsored the luncheon for over 90 attendees. ISAA’s donation for \$3,555.38 to the Nepal Relief Funds was acknowledged by Akshay Patra advising that 44,500 meals will be covered from the con-

tributions made, which was much appreciated.

On June 23, 2015, ISAA made a history with a wonderful Father’s Day and Shashikantbhai’s birthday celebrations today presented by ISAA ladies.

On the occasion of the combined celebrations, Pannaben opened the floor with wishing all the fathers Happy Fathers Day and to Shashikantbhai Happy Birthday. She told an extremely touching story about the Fathers – how loving and caring they are! She added, fathers are the ones who hold the broken bridge when we – as spouses lose trust on our strength. They are always there at a critical time when we truly are in need. This was followed by Meena Sharma reciting a poem on “peeta”, Vidyaben wished all the fathers with her story full of humor, Renukaben had some

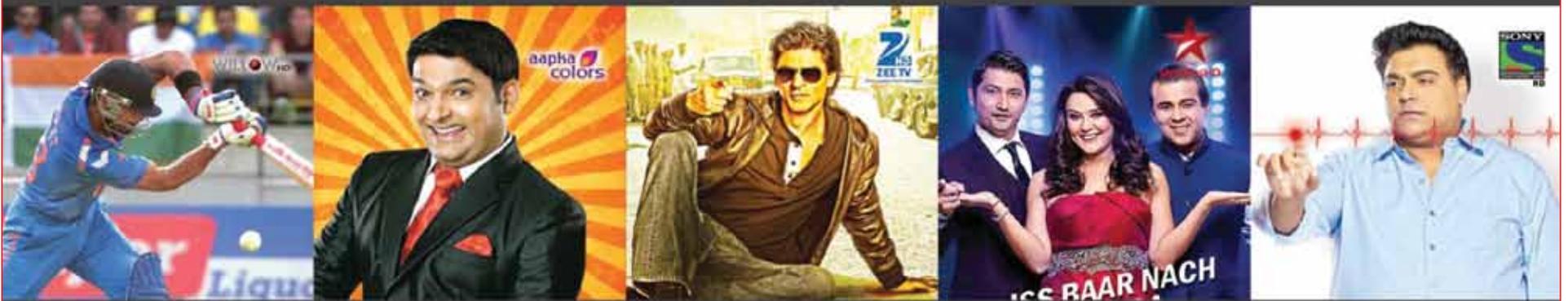
1. ISAA celebrated Shashikantbhai’s birthday who also was a sponsor
2. ISAA ladies made the fathers play – Roti-making competition
3. Fathers made to play Sari Folding Competition
4. ISAA celebrated Rasikbhai’s 75th Birthday

heart-touching praiseful quotes and Jayashreeben sang an appropriate song as well. Jitubhai extended great appreciation to all the ladies for their great initiatives of orchestrating such a wonderful program and honoring all the fathers by sharing their love with a day full of entertainment, entertainment and entertainment! In support of International Yoga Day on 21st June that was initiated by PM Narendra Modiji, ISAA showed their support expressing the importance and the need for practicing traditional yoga on a regular basis, and performed ‘deep breathing’.

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Median home Price Increase: 9.5% in 2013 and 6.8% in 2014*
Dow Jones Industrial Average Yearly Returns: 26.5% in 2013 and 7.52% in 2014**

Raw Land in Tonopah, Arizona, went up 97.4% in 2013 and 35.2% in 2014***

Still the Raw Land is less than 14% of the peak value in 2005***

Greatest upswing potential in Raw Land

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**Only 17% Land in Arizona is private
Rest is Government and Indian Reservation land**

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A Humbling Conversation with Bhai Tajvinder Singh Ji of Golden Temple, Amritsar

Gurudwara on June 13, 2015 which is where we had the pleasure of his company and the opportunity to listen to his unique story.

Born in Los Angeles, CA in 1985 where they stayed for 2 years before moving to a city near Fresno, CA, he was part of a very religious environment. In 1991 at the age of 6, he went to Darbar Sahib with his mom where they took a hotel room nearby. In his family, the children learned Tabla and Kirtan – his sisters learned Kirtan while his brother and him learned Tabla because their mom said Tabla was for the boys and Kirtan for the girls. He used to get upset because he wanted to learn Kirtan. Familiar with Kirtan, when at Darbar Sahib, he insisted on going early to listen to Aasaa di Vaar but his mom said it was too cold and they would go later in the afternoon. He got upset and decided to go anyway. The raagis asked him to sit down with them and I listened to Aasaa di Vaar and hummed along. When his mom woke up looking for him, she could not find him until she turned on the TV and saw him with the raagis. She came to Darbar Sahib and asked the Sevadaar to get the boy in the white patka. He did not want to get up because he could see she was upset. At that time, he told his mom that he wished he could do Kirtan here and started day dreaming about fulfilling that dream. His mom would tell him that he should not day dream such things, he barely knew Punjabi how could he do Kirtan at such a renowned place.

After that visit, his interest in Kirtan grew even more and he learned Kirtan and Tabla from many renowned teachers including Amrik Singh Phulji from Khalsa School in Canada and Professor Ram Singh. Tajvinder Singh Ji comes from a very educated family of professionals including doctors, engineers and no one in his family has done Kirtan as a profession even though the whole family was extremely religious and did Kirtan and Tabla. He was the first in the family to express interest in doing this professionally. When he was 18, one of his friends was going to Poland to do Medical School and his dad insisted he go with him and do the same. His dad, who wanted to become a doctor but could not, wanted his son to fulfill his dream. At that time, he told his parents again that he wants to do Kirtan to which they responded it is not a profession. When they went back to India after his high school, he insisted on wanting to stay there and his parents were surprised he was still stuck on wanting to pursue this so they made a deal with him – if he finishes



his Bachelors in anything so he has a backup, he can pursue what he desires. So he went back and finished his Bachelors in Ethnic Studies in 3 years taking all summer and winter sessions and graduated from Cal State Sacramento in 2013.

He then went back to his parents saying he has fulfilled his part of the deal to which they had no response and were surprised he still wanted to do this. So his dad took two weeks off work and dropped him off in India, not knowing where his future would lead him. They thought he would eventually return. However, he got a room at Mata Ganga Nivas and was allowed to do Kirtan at Darbar Sahib but not as a permanent. He would get duty at odd times such as 2-3 AM and would do Kirtan and tell his parents when he was performing so they could listen on the internet. This went on for 6 months until someone heard his Kirtan and told him the manager wants to see him. Initially he was scared that he had done something wrong or would be asked to stop. But the manager brought him in



and asked him if he is the boy from America? When he replied yes, he told him he heard his Kirtan and really liked it and he could do Kirtan at Darbar Sahib as a permanent if he filled out the application and passed the exam. Out of 72 Jathas, three were picked and he was one of them and got a permanent position at Darbar Sahib. He stayed there permanently from 2007-2011 not seeing his parents, family, or friends. When he returned, all his friends had moved on and were married.

In 2011, he came back and promised his mom he would come back every summer since she misses him when he is away. He now comes back every summer and continues to serve at the Darbar Sahib. When asked about regrets in his life, he initially said

he regretted doing his college so fast and not getting any of the experience or creating a circle during that time but does not regret it now. Instead of having one circle like everyone else, he gets to travel all over the world and meet different people due to the path he has chosen. He has no plans for the future because he believes that whatever God desires will happen. God fulfilled his dream of doing Kirtan at Darbar Sahib and will continue guiding him in the right path and fulfilling his dreams.

Asia Today is honored to meet a soul filled with so much drive and passion towards religion and Kirtan, despite being born and raised in the US and wishes him continued success in all his future endeavors.

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Drinking with mates can push young adults into drinking more, a study from Queensland University of Technology in Australia confirms.

"We found that when friends drink together their alcohol consumption can increase with four main factors being responsible," said Ryan McAndrew from AQUT's Business School.

"When friends drink socially, whether they know it or not, they drink more because they are mimicking their friends, they are conforming to their friends, they are winding down with their friends and they are enjoying the company of drinking with their friends," McAndrew said.

He said the strongest predictor of alcohol consumption was copying or mimicking behaviour, followed by the desire to wind down then enjoyment and conformity. The study, which involved more than 250 drinkers aged 18-30, also found that the gender of the participant influenced alcohol consumption with males on average drinking almost 25 standard drinks per week -double that of females who drank on average 11 standard drinks



per week."When examining the effect of group gender composition, all-girl groups drink for the same reasons as

the all-boy groups," he said. "This is likely to be because traditional views around female intoxication have re-

duced, allowing mostly female groups to adopt similar drinking practices as mostly male groups," McAndrew said.

5 most outrageous desi-fusion dishes

Nutella modaks, Chinese samosa or Idli chilli fry, no one experiments better than Indians. Here are few amazing food fusions you will never regret trying!

Nutella modaks

Modaks are extremely traditional and taste best when stuffed with coconut and jaggery and steamed till they become soft. Whoever introduced anything like chocolate or Nutella to spoil the taste of this classic sweet dish should rethink his decision.

Chinese samosa

Of course, we all love Chinese food but it is completely pointless to stuff one of the most popular Indian snacks with Chinese stuffing like noodles and served with chilli garlic sauce. After tasting, you might just want to say, "Please leave the samosa alone with the good ol' potato filling and lemme enjoy the original taste."

Idli chilli fry

The rarest of combination you

could ever imagine — the outrageous mix of south-Indian and Chinese cuisine. What is the point of making idli look like chicken, when it tastes best when steamed and eaten with coconut chutney, we wonder!

Paneer vindaloo

Due to a lack of options, most vegetarians substitute meat with paneer in every non-vegetarian recipe. In order to cater to a larger number of people, restaurants are trying to be more inclusive and necessarily creative by introducing fusion dishes like paneer in mustard



or oyster sauce. However, a version of vindaloo with paneer is totally unacceptable.

Indianized Pasta curries

Who on earth would have introduced pasta Chettinad curry or pasta palak paneer? As outrageous as it sounds, there are several such fusion pasta dishes that feature on Indian menus, enough to make the Italians wonder.

Recipe: Moong dal sandwich



Leading a healthy lifestyle is something that each of us strives for. Although, we try our best to indulge in enough physical activity as well as eat a balanced diet, our busy schedules and increasing stress levels do not allow us to do so.

However, the best way to make sure you stay healthy is to sneak in healthy stuff in your daily eating habits. Pulses are one of the best things to maintain a balance, as they contain a higher percentage of protein. Moong Dal being one of them, here's a healthy and tasty pulses sandwich that you can try.

Moong Dal Sandwich Ingredients: White / Brown Bread- 4 slices Moong dal (with skin)- 1 small bowl Roasted peanuts (without skin)- 50 grams

For the green chutney Coriander leaves- a bunch Mint leaves- few

leaves Raw mango- 1/2 Salt- as per taste Green chilli- 2-3 Onion- 1 small-sized

Method: Soak the dal overnight, this will help you grind it easily Drain the water; grind the dal into a fine paste and mix salt as per taste Grind all the ingredients of the green chutney and grind into a fine paste Take a slice of bread, spread the chutney and then the ground dal Break the peanuts into halves and crush them by pressing them between two sheets of paper Then sprinkle them over the spread Spread some butter in a pan and grill the sandwich for a while Your healthy Moong Dal Sandwich is ready

You can eat it for breakfast which a glass of fresh fruit juice or as a part of your evening snack this monsoons with a steamy cup of strong coffee.

Tips to take care of leather shoes in monsoon

Humidity can ruin your leather shoes but regular polishing and storing them properly can make them last longer, says an expert.

Jitender Upadhyay, expert at lifestyle brand Cobblerz, has shared tips on how to keep leather shoes new as ever:

Brush your shoes

During the monsoon, damp mud has a tendency to stick to the shoes. When it dries, the mud hardens and forms a clump on them. In such cases,



a brush is the only way to remove the mud.

Polish shoes regularly

Invest in good quality polish. It does not make sense to compromise on the quality of your shoe polish as it not only makes your shoe shine, but

also protects it from moisture.

Dry the insides of leather shoes

If your feet sweat a lot, you will have to increase the frequency of the drying sessions. Place a sheet of tissue paper or a paper napkin within the shoe and leave it for a few minutes.

Repeat the process to dry out the shoe completely. After this, sprinkle some talcum powder to absorb any lingering moisture. During the rains, drying sessions can be carried out two or three times a week.

Storage tips for leather shoes

Don't put your shoes away as soon as you take them off. Switch on the ceiling fan and keep the shoes under them for a few hours to air them out. Else your shoes will start smelling. Stuff shoes with newspaper to retain their shape and prevent them from bending or creasing. In addition, keep the shoes in a cloth shoe cover before putting them in the box.

Fungus treatment for leather shoes:

Take an old toothbrush and some soap solution and use the brush to scrub away the fungus. Ensure that you brush even the smallest crevices to remove all traces. After brushing, keep the shoes under the fan to dry. A better option to dry them completely would be to keep them outside in the sunlight.

Things to keep in mind when wearing a short dress

Women love short dresses. They are a hot favourite when heading out to a party because they are easy to wear and comfortable. Also, a short dress doesn't really need too much styling. Though, a little prepping at home does enhance the look. Read on for some tips...

- It is great if your legs are in good shape when you're wearing anything short, but if that is not the case, then you can opt for a stocking depending on whether it goes with the dress or not. Since it is winter now, you could opt for stockings to keep yourself warm during night outs.

- With winter in full swing, a pair of boots make a great option. Not only does it look chic, but it can keep one warm when attending a party late in the evening. One can also try and pair a shorter dress with flats. They are both comfortable and stylish.

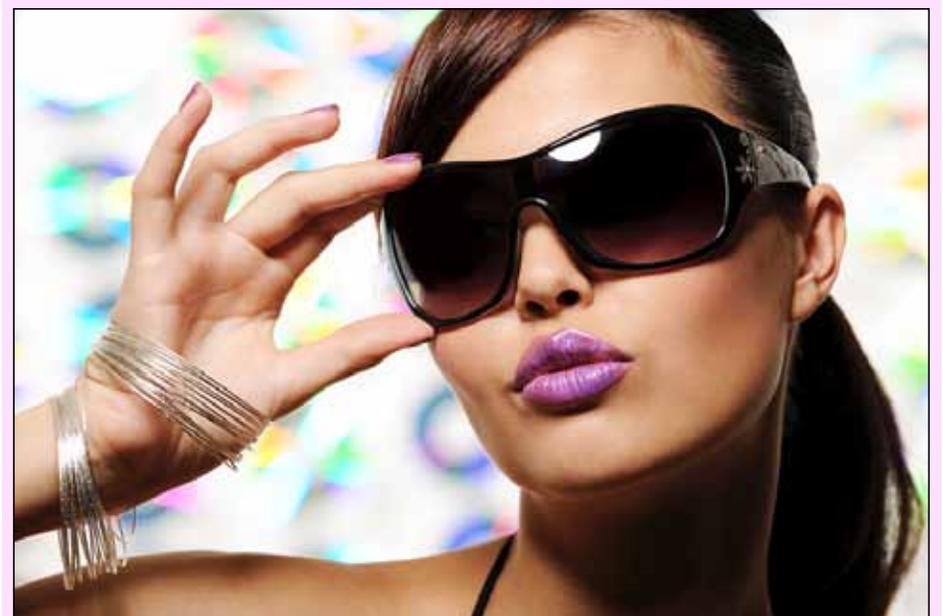
- If you are not too comfortable with the height of the dress, then make sure that you wear bike shorts, so that save yourself from a Marilyn Monroe moment.

- If you are not comfortable with showing too much skin, then opt for a short dress and pair it with a shrug. It can keep you snug during these cold evenings.

- Most importantly, always make sure that your knees are close to each other when sporting a short dress.



Tipstochoosetherightsunglasses



Get stylish with sunglasses this summer. While there are a plethora of options to choose from, it is important to keep a few things in mind before you pick your shades for summer. Here are a few pointers...

Check for UV protection: Make sure your sunglasses is of good quality and that means it must block at least 90% of UV rays. This is essential to protect your eyes from harsh rays.

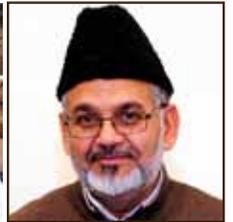
Get the right fit: A heavy rim and thin glasses are a no-no. Check if the weight of the sunglasses is equally distributed between your nose and ears. Also, make sure there is no discomfort around your temples and be certain that it fits you fine.

Pick a frame that suits your face: The size of the sunglasses should be in proportion to your face. So, make sure you choose one that suits the shape of your face. For instance, a person with a round face should ideally pick something that is broader and makes the face look thinner.

Check for lens material: Many of them fail to understand the logic behind checking for the lens material. There are a lot of options ranging from glass to acrylic depending on the purpose you are buying your glasses for.

JALSA SALANA GERMANY 2015 CONCLUDES WITH FAITH INSPIRING ADDRESS BY HEAD OF THE AHMADIYYA MUSLIM COMMUNITY

More than 36,000 people attend three-day convention in Karlsruhe



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

person to seek to
guide others to-

The World Head of the Ahmadiyya Muslim Community, the Fifth Khalifa, His Holiness, Hazrat Mirza Masroor Ahmad concluded the 40th Annual Convention (Jalsa Salana) of the Ahmadiyya Muslim Community in Germany on 7 June 2015 with an inspirational address regarding the importance of spreading the true peaceful message of Islam to all parts of the world.

Prior to the session, His Holiness also led more than 36,000 Ahmadi Muslims in a pledge of allegiance (Bai'at) ceremony.

During his address, His Holiness said the Ahmadiyya Muslim Community was now far better known across Germany, among both the general population and its leaders, as compared to just a few years ago. For example, the community was now officially recognised as an authority on Islam in Hesse State. His Holiness said this was a direct result of divine support and help.

Hazrat Mirza Masroor Ahmad said it was the duty of every single Ahmadi Muslim to spread the true and peaceful message of Islam. His Holiness said that Ahmadi Muslims would never use force but would always seek to persuade others with love and reason alone.

His Holiness said the Holy Prophet (peace be upon him) taught that a person should desire for others what they preferred for themselves and it was with this spirit that Ahmadi Muslims sought to propagate the message of true Islam.

Hazrat Mirza Masroor Ahmad said:

"The Ahmadiyya Muslim Community has no worldly or political ambitions. Our purpose is only to enlighten the world about the true and magnificent teachings of Islam. Nobody can be compelled to believe - rather it is only our task to convey the message and thereafter it is up to Allah to open people's hearts to the truth."

Hazrat Mirza Masroor Ahmad said that Holy Quran states that the propagation of Islam should be conducted with wisdom. Thus, all preachers should seek to persuade others with logic and courtesy and should inculcate patience and empathy into their character.

The Khalifa said that to spread the message of Islam it was essential that a person himself should set the highest moral standards and be an example for others to follow.



wards morality.

Hazrat Mirza Masroor Ahmad concluded by praying that all Ahmadi Muslims became true ambassadors of the true message of Islam so that the entire world came to acknowledge Islam's beauty and virtue.

Earlier in the day, over 36,000 Ahmadi Muslims attending the event in Karlsruhe took part in an emotional pledge of allegiance (Bai'at) at the hand of the Khalifa, while Ahmadi Muslims around the world also took part through viewing the proceedings live on MTA International. In the ceremony, a number of people took the pledge for the very first time.

His Holiness said that if an alcoholic were to preach sobriety or an adulterer was to preach chastity then no one would take their counsel seriously. In the same way it would be hypocritical for an immoral



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Shahid Kapoor to throw a wedding reception in Mumbai?



The latest little detail around actor Shahid Kapoor and Delhi girl Mira Rajput's shaadi is out — the actor will throw a lavish reception in Mumbai on July 12. "Shahid Kapoor is planning a wedding reception in Mumbai for his friends from the film fraternity on July 12 at a beach-facing luxury hotel. The who's who of Bollywood will be invited," a source told DNA. The wedding ceremonies reportedly begin in the first week of July in Delhi.

"It will be a close-knit affair, with just 40 people in attendance. Shahid Kapoor has invited them personally. There will be a post-wedding function at Mira's Chhatarpur farmhouse, with around 350 guests," a source told Hindustan Times earlier. Shahid Kapoor, who was earlier rumoured to have had affairs with several co-actors including Kareena Kapoor, Vidya Balan and Priyanka Chopra, met Mira Rajput in Delhi at his spiritual guru's ashram, Radha Soami Satsang.



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JULY 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 * Papanasam (Tamil Movie)	3 * Second Hand Husband (Hindi Movie) Papanasam (Tamil Movie)	4 * Second Hand Husband (Hindi Movie) Papanasam (Tamil Movie) Bhajan Sandhya BAPS
5 * Second Hand Husband (Hindi Movie)	6 * Summer Camp 8-13 year olds Second Hand Husband (Hindi Movie)	7	8	9	10	11
12	13	14	15 * Spiritual Enlightment Through God Realization	16	17	18 * Nabakalebara Festival & Rath Yatra
19 * Nabakalebara Festival & Rath Yatra Eid Mela/Bazaar AZ 2015	20	21	22	23 * Mega Happi- ness Event July Strike for Change CRY Bowling Night	24	25
26	27 * Guru Purnima - Self Realization Semin & Gnan- vidhi	28 * Guru Purnima - Self Realization Semin & Gnan- vidhi	29 * Guru Purnima - Self Realization Semin & Gnan- vidhi	30 * Guru Purnima - Self Realization Semin & Gnan- vidhi	31 * Guru Purnima - Self Realiza- tion Semin & Gnanvidhi	

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Caustic language may cause you to want to get out of the house. Be discreet about your personal life or whereabouts. Be mysterious. You will be entertained and intrigued by the logic foreigners possess. Help those incapable of taking care of their personal affairs. Your luckiest events this month will occur on a Thursday.

ARIES



Mar 21
to
Apr 20

Delays are evident. You can enjoy the company of others and come in contact with an ideal mate, if you get out and mingle. Take things slowly, especially for the sake of those you love. Take time to relax. Stress and pressure at home may have worn you ragged. Your luckiest events this month will occur on a Saturday.

TAURUS



April 21
to
May 20

Don't let other people meddle in your private affairs. Family outings should include visiting friends or relatives. You will be prone to carelessness that could result in accidents. Romance may be better than you ever thought possible. Your luckiest events this month will occur on a Thursday.

GEMINI



May 21
to
June 21

You may need the space, but you need the extra cash more. Express your interest if you want the relationship to progress. Don't be a pest or a troublemaker this month. You can discuss your findings behind closed doors with your boss. Your luckiest events this month will occur on a Friday.

CANCER



Jun 22
to
Jul 22

Try not to jump to conclusions. Opportunities for travel and communication are evident. Concentrate on your career and on making money. Overindulgent people will cause disruptions in your life. Your luckiest events this month will occur on a Tuesday.

LEO



Jul 23
to
Aug 23

You will do well in social settings, and new and interesting individuals may spark a romantic curiosity. Look into alternatives that would better suit both your needs. Your emotional life may be up in the air if your mate has been going through a change of heart. You will both have to bend if you want this union to work. Your luckiest events this month will occur on a Sunday.

VIRGO



Aug 24
to
Sep 23

You may have to take a short trip to visit someone who hasn't been well. Sudden changes regarding your domestic scene are probable. If you're single, get out there and you'll meet someone new. You will find that friends or relatives may not understand your needs. Your luckiest events this month will occur on a Wednesday.

LIBRA



Sep 24
to
Oct 23

A little overtime may help you reduce the workload. You may have problems with those you live with. Cultural activities open your eyes to new ways of doing things. An older member of your family may have left you with a pressing situation. Your luckiest events this month will occur on a Friday.

SCORPIO



Oct 24
to
Nov 22

You can make favorable changes in your home environment. Remain calm and you'll shine. Passion should be your goal. Opportunities for romance are present. You may feel that someone at work is holding you back. Your luckiest events this month will occur on a Sunday.

SAGITTARIUS



Nov 23
to
Dec 21

You can make moves, but they won't be settling. Don't overspend to impress someone who interests you. You must not let others talk you into doing things that will probably limit you financially at a later date. Your attitudes at work will open new avenues for you. Your luckiest events this month will occur on a Friday.

CAPRICORN



Dec 22
to
Jan 21

Take time to reevaluate your motives regarding friendships. Deception regarding joint finances or investments will cause upsets between family members. Don't prejudge. You may get drawn into a personal situation that will not be to your liking. You can ask for favors or run your ideas by those who will be able to support your objectives. Your luckiest events this month will occur on a Monday.

AQUARIUS



Jan 22
to
Feb 19

Risky ventures may turn in your favor. You could meet an interesting individual you'll want to get to know better. Stress coupled with diet will add to stomach problems. You may find your self in a romantic situation. Your luckiest events this month will occur on a Saturday.

PISCES



Feb 20
to
Mar 20

Street-side: A treasure trove for book lovers in Delhi

The capital is home to several lanes that are little-known treasures of books. It is also home to people who love to read, many of whom are high school and college students who save their pocket money to buy books written by their favourite authors.

What if we told you that you could get those books for half the price, or three books for the price of one? Here is a list of five places where, with a little bit of patience and a lot of bargaining, you can pick up your favourite reads.

Bargain Book Store at Janpath: While it's a popular shopping haven for those who love a good bargain for clothes, shoes, garments and what not, the street also boasts of a great bookstore called Bargain Book Store. The name is enough, right? The shop is very easy to miss to keep your eyes peeled. This bookstore specialises in second-hand books and depending on the time of the year, has different discount offers. And if you return a book you bought from them, they even knock off half the price.

"Rs 400 for a book is not affordable for school and college going students, hence the deal," says the owner, Subhash Kashyap. The collection they have includes popular authors like Jeffery Archer and Salman Rushdie, and modern-day classics like the Da Vinci Code. The possibility of finding lesserknown authors is low but the offers here make it worth your while.

Where: Shop number 1, New mini market, Janpath.

Gyan Deep Book Shop, Kamla Nagar: Situated near the North Campus of Delhi University, the Kamla Nagar market has everything from course study books to fiction to self-help books and religious texts. The Gyan Deep book depot, a small book shop here, sells books of all kinds for very reasonable rates. The titles include a vast variety of modern-day Indian authors, religious books like the Ramayana, etc. The shop also trades in second-



hand books, so it's not surprising to find a lot of students buying or selling them during the afternoons. On most days, there is a discount of more than 30% on the books and if you think that's great, you'll love the fact that you can borrow a book for a small amount.

Where: 165 D, Chota Golchakkar, Kamla Nagar.

Jackson Book Shop, Paharganj Market: Also known as the backpackers' ghetto, the bazaar of Paharganj consists of books left behind by foreign travellers to cut down luggage. Needless to say, the variety of books available here is large, especially if you're looking for multilingual books. One of the shops here, Jackson Book Shop, specialises in selling books in more than 30 languages, such as French, German, Italian, Spanish and even Hebrew.

"Most of our customers are foreigners, who are interested in reading about Indian mythology, philosophy and Indian culture. So we have a large collection of books like Amar Chitra Katha. But we also keep a few books for the local buyers," says the owner, Deepak.

Where: 5106, Main bazaar, Paharganj.

Ber Sarai Market: Located near IIT Delhi, the Ber Sarai market is a gold mine of academic books. From course books to previous years' pa-

pers and even assignments, students will find everything they need here. The prices are extremely low because in most cases, the books belong to ex-students or are duplicate copies that have a page or two missing. The shopkeepers also offer to 'help' you with your assignment, but they charge unreasonable amounts for it. Shyam Book Store is one such place. A modest looking shop, it has the perfect collection of second-hand books for the students of IIT and JNU.

Where: Behind F 44, Ber Sarai bus stand.

Big Book Bazaar at Daryaganj: If you want to purchase a book here, the price of the book does not matter. What matters is the weight. That's right. For Rs 200, you can get a kilo of stories. The books here are not arranged by genres or author names but by their cost per kilo. Novels for children can be purchased at Rs 150 per kg. A book that will cost you Rs 500 in a bookstore, can be bought at a paltry Rs 70.

"We are not profit-driven, the aim of this scheme is to make books available to everyone," says Mayank Jain, owner of Big Book Bazaar. What's more, unlike the other book stalls at Daryaganj, this place remains open seven days a week.

Where: Netaji Subhash Marg, Daryaganj.

POET OF MONTH Wendy Chin-Tanner

Wendy Chin-Tanner is the author of *Turn* (Sibling Rivalry Press, 2014) and co-author of *American Terrorist* (A Wave Blue World). Her poetry has been nominated for The Best of the Net Prize and the Pushcart Prize, and has been published at *The Rumpus*, *Vinyl Poetry*, *Denver Quarterly*, *The Huffington Post*, *RHINO Poetry*, *The Mays Anthology of Oxford and Cambridge*, and elsewhere. She is a founding editor at *Kin Poetry Journal*, poetry editor at *The Nervous Breakdown*, staff interviewer at *Lantern Review*, and co-founder at *A Wave Blue World*.



ON TRUTH IN A NONMORAL SENSE

In sociology, we say mapping,
we say cartography instead

of understanding. To profess
to understand, you see, is hubris.

I am a professional digger. I
should say excavation or archeology

instead of digging for the truth,
which is uncouth. Which is emotional.

And, again, hubris. We should never say
truth. What is the truth, anyway? Instead,

we should say subjectivity, as in: To what
are we subjected? Or: What is the subject

of the story of your life? To name it,
I say loss, I say yearn, I say tell me.

What else can I say? In fall, before
the surgery, we walked, the sky the color

of pigeons. I listened to you breathe, the soft
wheezing. I listened to the sound of your shoes

shuffling, crunching dead leaves into the ground.
I thought I would lose you. How could I betray

you by mapping these cities so far away:
Paris, Prague, Vienna, Kiev? How could

they hurt us? These faint cartographies
drawn in traces of my DNA, and names,

the names escaping me over time and sea
poetically in slant, half, off, and straight

rhymes. I could never escape you. Before
us, our name stands constant, and the City stands

constantly shifting, like truth. Like words and meaning,
making meaningless the crude facts of my making.

Previously published in Vinyl Poetry

Film Review

ABCD 2 Review: Watch it only if you want to enjoy some cool dance numbers!

ABCD (Any Body Can Dance) is our version of the American smash hit dance franchise Step Up! While the latter has managed to have a series of sequels to its credit, the former has just put out its second part directed by Remo D'souza starring Varun Dhawan and Shraddha Kapoor in the lead. The success of the first part was enough a reason

Film Review

Film: ABCD 2
Director: Remo D'Souza
Cast: Varun Dhawan, Shraddha Kapoor
Rating: **1/2

for the makers to go ahead with a sequel. The story of ABCD 2 has no remote connection with its predecessor. This time the plot revolves around deceit, patriotism, camaraderie and sportsmanship. Varun (Suru) and Vinnie (Shraddha) are part of a dance troupe that is blacklisted from all competitions after they are caught duplicating an entire act from a Filipino group. Out to get a second chance, they meet Vishnu (Prabhu Dheva), hoping he is their ticket to Vegas which is the venue for the World Hip Hop Championship. The focus is on putting together some mind boggling dance numbers while adding a touch of emotion and drama through alternate tracks.

What's Good: ABCD 2 sets to achieve a benchmark in showcasing the best footwork and dancing skills of the greatest performers in showbiz. And there it succeeds. Varun Dhawan can dance! He's a natural for this part and is confident dancer. He fits into the character so naturally that you'd think that the role was written only for him. Shraddha Kapoor gives her all to the dance acts but her co-star (who is a professional dancer) Lauren Gottlieb outshines her. Although, her attempt is applaud worthy. While Varun and Shraddha are the poster stars who give ABCD 2 its star value, the real showmen of the film are the supporting cast comprising of an eclectic mix of some familiar and not some familiar faces. The crowd favourites Punit Pathak and Dharmesh Yelande are back and in top form. While Varun and Shraddha might be in the centre of most dance formations, you can't help but take your eyes off those



in the second and back rows. Full credit to Remo for picking some of the best dancers in the country to be a part of ABCD 2! Humor comes in form of some cheeky banter between Prabhu Dheva and the troupe early on. Both Bezubaan Phir Se and Vande Mataram stand out as the best choreographed tracks in the film.

What's not: ABCD 2 is a dance film, but it could have been more than that. The plot and the storyline serve as fillers between these loosely put together dance acts. Varun's track with his mother is random, perhaps written merely to give the Chunar song a valid placement in the opening. Also Prabhu Dheva's

3D serves its purpose in the opening title credits and a few scenes, but isn't really an asset that works in favour of the film.

What to do: ABCD 2 might work for you if you just want to enjoy some cool dance numbers. There is little in the film apart for that to entertain you.

A Bengali film for Deepika Padukone?

After the success of Piku, Bengali filmmakers are approaching Deepika Padukone for their films..

Deepika Padukone has done different kind of roles, from a South Indian - Meenama in Chennai Express to a Gujarati - Leela in Ram Leela to a Goan - Angie in Finding Fanny. With every role she has brought something new onscreen. Deepika recently essayed the role of a Bengali in Piku. She beautifully got into her character and has been earning praises from across for her performance.

Deepika learnt a little Bengali and also worked on her diction for the film. Her character has struck a chord with audiences at large. Infact Deepika's team has been approached by a few Bengali filmmakers who are keen to shoot a film with her. Her team has received calls from leading Bengali filmmakers who were high on praise for her performance and also briefly discussed their future projects. They shared that they would be keen to work on a script if she is open to shoot for a Bengali film.

Source close to Deepika shares, "Deepika is always looking for challenging and exciting roles. If some interesting script comes up, she might consider it."

As of now Deepika has two interesting films in the pipeline namely; Sanjay Leela Bansali's Bajirao Mastani and Imtiaz Ali's Tamasha.



Ajay Devgn's intense, brooding eyes bagged him role in 'Drishyam'

In the Goa-set murder mystery, Devgn, 46, plays a family man and is pitted against Tabu, who will be seen essaying the role of a cop in search of her son, presumably killed by the former.

Still from 'Drishyam' Still from 'Drishyam'

Filmmaker Nishikant Kamat says actor Ajay Devgn's brooding and intense eyes made him the perfect choice to play the lead in his upcoming suspense thriller Drishyam.

The director said Devgn was the first actor whose name cropped up in his mind when he decided to make the film, which is a remake of a Malayalam movie of the same name.

"I needed a star who was in his mid '40s and half of them were out (of the race), including the younger stars. Secondly, I needed someone with very intense eyes and Ajay fit the bill completely. He was the obvious choice for



me. He readily agreed to do the film which was very important," Kamat told PTI.

In the Goa-set murder mystery, Devgn, 46, plays a family man and is

pitted against Tabu, who will be seen essaying the role of a cop in search of her son, presumably killed by the former.

"I cast Tabu as I wanted someone,

who is a mother at heart and a very strong cop. Someone, who is both vulnerable and strict. Tabu was my first and last choice," the director said.

Kamat, who has earlier directed Bollywood films like Mumbai Meri Jaan and Force, said he decided to remake a successful Malayalam film like Drishyam because he wanted a pan-India audience for such a "fantastic story".

"When I watched the original film, I felt it was a fantastic screenplay. But since it was made in Malayalam it was meant for only one state. I felt it should reach a wider audience."

The filmmaker said remaking a suspense thriller may sound tricky but he faced no such problem as he has tried to be true to the original movie and changed only 40% of the script.

"The original film is so good that I haven't tampered much with it. I did not face any challenge as such while making the film. I am aware that there are people, who already know the story and have already watched it, but there is a large section, which has not seen it. I would rather cater to them. And also there is a section who has watched the original and want to see how we have made it," Kamat said.

Drishyam, which also stars Shriya Saran, will release on July 31.

Here's what Salman Khan gifted his 'Bajrangi Bhaijaan' co-star Kareena Kapoor Khan!

It is very easy to love Salman and the actor proved it yet again..

Salman Khan is a man of many talents. We are well aware of his artistic side. The actor has given us reason to believe he's a great painter. Remember the Bajrangi Bhaijaan painting he shared on his Twitter account a few days ago? Well acting and painting aren't his only talents. The actor is also an expert at winning hearts. And no, I'm not talking about his huge fan base who worship him, I'm talking about his co-star Kareena Kapoor Khan.



As it happens, Salman gifted his Bajrangi Bhaijaan painting to Kareena. According to a leading daily, when Kareena complimented his painting saying that it was very beautiful, the actor wasted no time in saying, "It's yours." Yup, it's true.

When asked about it by the same daily, Salman replied in a very Salmanish way using his popular dialogue from Bodyguard, "Ek baar jo maine commitment kardi, uske baad toh main khud ki bhi nahi sunta." How sweet is that!

For those who need a reminder, here's the painting Salman painted himself...

Well, I'm thinking the actor could get rid of his "Being Human" Tees and start sporting "Big Human" Tees instead. What say?

Kangana Ranaut to star in 'Rani Lakshmi Bai' biopic opposite Hugh Grant!

Kangana Ranaut has longed to star in a biopic. While there have been numerous rumours of her starring in the Bachendri Pal biopic or the Meena Kumari biopic, it's now reported that Kangana will be playing Rani Lakshmi Bai in Ketan Mehta's next! And guess who she will be starring with? Hugh Grant! After delivering stupendously successful films, totally on her own accord, Kangana is playing the game perfectly. She's faced a lot of flak and criticism over the years but have battled against all odds to finally emerge triumphant. And now, she's all set to star in the Indo-British film on Jhansi ki Rani.



Ketan who has previously directed Aamir Khan's The Rising spoke to a leading daily and confirmed the development. He also revealed that he wanted to make The Rising as a trilogy and the film on Rani Laxmi Bai will be the second instalment in the trilogy. Talks are also on with Hugh Grant, who the makers are keen to cast as General Hugh Rose, the witness to the rebellion that our Jhansi Ki Rani headed back in the 19th century.

For her role, Kangana will be undergoing rigorous training in horse-riding and sword-fighting to perfect the nuances of her character. given the way Kangs has been hitting home runs with her films, this one's expected to be a firecracker of sorts!

Q. What inspired you to start this journey on a spiritual path?

A: In my mid-twenties, I moved to Paris. I was supposed to go to Cambridge University for Medical School. Something changed in me when some French students came to visit, and I decided to move to Paris. After I got there, I felt lonely and lost. Nothing was familiar to me. I would cry. I was not satisfied with life. I called my parents every day. I spoke to my father one day, who reminded me that I chose this path and told me to stop crying, to meditate, pray, and do yoga. He asked me to pray to Shirdi Sai Baba. I said I wanted my own guru.

Q. Your foremost guru was Sri Satya Sai Baba. Why did you choose to seek his spiritual guidance over so many others in India?

A. One day when I was giving a lecture in Paris when someone gave me a picture of Sri Satya Sai Baba. That was 34 years ago. I closed three successful practices in Paris and moved to Whitefield, outside Bangalore, India. During my first encounter, in the midst of the crowds before me, there appeared a clear pathway for me to walk directly up to Sri Satya Sai Baba. I doubted at first. What am I doing here? He looked African to me. Sai Baba showed himself as Krishna as well as a mixture of Krishna and Jesus. At that point, I did pranaam on the ground and surrendered... I have not waivered since. He radiated love. There is nothing better than pranaam for me, nothing.

Q. Do you have benefactors who help you or support you to spread the word of the Divine consciousness that you have achieved?



A. I have individual devotees who support and spread the wisdom of Babaji. He is with me everywhere I go. People come to me for spiritual guidance from all walks of life. It is the age of global awakening; I give them a message of light and love. This love transforms our lives. I am blessed to be the first woman Jagadguru in the 5000 year history of spiritual lineage in India.

Q. How has your mission been influenced by Abrahamic religions (Judaism, Islam and Christianity)? How has it been influenced by the Advaita Philosophies of Buddhism, Sikhism, Jainism and Hinduism?

A. I believe that there is only one God, which is what Advaitya Vedanta teaches us. It does not matter by what name you call the Divine. You have to reach the Divine within—recognize the authentic within. And, that

we are all part of the Universal pure consciousness that I love. Be passionate and love life. The Buddhists love their Buddha. My love attracts people of all faiths. One of my successors is a Muslim; he will be a Jagadguru someday.

Q. How can we create harmony across all faiths without interference from organized religion and mainstream media that only create communal discord?

A. We must spread love throughout the world. We are all interrelated and interconnected. We must not let hatred overpower us in any way. That is how we can live in harmony.

Q. Having attended one of your discourses before, I was surprised to see mostly Caucasians in attendance. And, you said during the meditation session, "Connect with Jesus." Do you think that

your Christian followers have realized that:

a. We humans are not born sinners but part of Divine Creation, and we don't need to be saved by rituals?

b. Jesus is not merely a son of God, but Divine Incarnate, i.e. an Avatar and that re-incarnation is real and this life is not our only chance. In other words, we journey on?

Yes. I do occasionally have Christians trying to say that we can only be saved of our sins by Jesus. I tell them believe in Jesus, but do not consider yourself a sinner. You are simply ignorant, not a sinner. As a misguided soul, ask Jesus to be your guide, and not as a savior from sin. And, yes, a lot of my devotees have realized that Divine incarnations take place on a regular basis to guide humanity on the right path. Jesus to them is that Divinity. The church is not Jesus.

Q. Do you have any

special message to Indian diaspora in Arizona?

A. I wish for Indian community to not to lose their faith. Practice your faith. Stay with your lineage. Being in the West, you tend to forget your spiritual roots. Don't focus only at the material world. Believe that we are all on the same spiritual journey and that we should remain mindful of Divine Consciousness that is all around us. I would love to come and conduct workshops or perform yagya for the Arizona Indian community so that they can experience their light, and take them into a deep meditation state.

Sri Sai Maa would love to share a monthly message with the Indian people through Asia Today. This will help awaken the dharma in everyone. I would also like to perform yagya at temples. I will bring 10-12 pandits to perform the yagya.

Transcribed by Mini Sarla



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

JULY 2015 Programs & Events

17 Harh – 16 Sawan, 547 Nanakshahi Era (NE)

July 3 - 5 (Fri.-Sun.) Akhand Path in honor of:

Sri Akal Takhat Sahib Foundation (1606) (Actual Day: July 2)

Parkash Sri Guru Hargobind Sahib Ji (1595) (Actual Day: July 5)

Barsi Baba Buddha Ji (1631)

Akhand Paath Arambh: Fri. 10:00am

Akhand Paath Bhog: Sun. 9:00am

July 10, 12 (Fri., Sun.) – Shaheedi Bhai Mani Singh Ji (1737)

(Actual Day: July 9)

July 16, Sawan 1 (Thur.) – Sangrand & Monthly Sehj Path

9:00 AM – 10:00 AM.

July 17, 19 (Fri., Sun.) – Shaheedi Bhai Taru Singh Ji (1745).

(Actual Day: July 16)

July 24 - 26 (Fri.-Sun.) –

Parkash Sri Guru Har Krishan Sahib Ji (1656) (Actual Days: July 23)

Miri-Piri Day – Guru Hargobind Sahib Ji (1606) (Actual Day: July 21)

July 31 (Fri.) – Shaheedi Bhai Udham Singh Ji (1940).

(Actual Day: July 31)

Regular Programs:

Main Kirtan Diwans on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM).

Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI-VAAR to 8:30 AM.

Evening Banis: 7:00 PM – 8:00 PM.

Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM

Please check Gurdwara notice board for latest details of all Programs and Events

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!



*Siri Akal Takhat Sahib Ji,
the seat of Miri*



*Siri Guru Hargobind Ji,
"Saccha Patshah"*



*Shaheed Bhai Taru Singh Ji,
Scalp but not the hair!!*



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Travel diaries: Five places you must visit before they disappear

As the surface temperature of our beloved planet increases gradually, some of the most beautiful locations are under the imminent threat of disappearance. We bring you a list of places you must visit before melting glaciers; rising sea or erratic weather get the better of them.

1) Alps



This enormous mountain range spread across eight European countries including Switzerland and Italy, was once considered the ultimate tourist destination for adventure seekers and honeymooners alike. The extensive winter sports in the mountains have suffered owing to the receding snow line. Ski resorts are desperately trying to adapt to climate changes with some trying to modify the services offered.

Some have tried to cover the glaciers with sheets of plastic fleece and wool to keep the snow from melting. Given the vastness of the region, that may not be the most sustainable option. Scientists studying climate change fear that most of the glaciers might be gone by the year 2030.

2) Great Barrier Reef

It is the only living thing on earth visible from space. Stretching over 2300km, the Great Barrier Reef is the largest reef system in the world. Apart from about 400 corals, the reef is home to coral



sponges, molluscs, rays, dolphins, over 1500 species of tropical fish, more than 200 types of birds, around 20 types of reptiles including sea turtles and giant clams over 120-years-old, according to great-barrierreef.org.

From ski diving to scuba diving to snorkelling, there are many ways through which you can live the experience. World's most beautiful marine ecosystem could be gone within the next four decades unless carbon emissions are reduced, said the direc-



tor of the Global Change Institute at the University of Queensland in a research published in 2011.

3) Maldives

Closer to home, Maldives is the most favourite vacation destination of Indians. Be it lazing around on a tranquil beach or diving into the sea for a snorkelling experience, you get it all in the neighbouring island nation. However, like many other similar destinations, Maldives is under the imminent threat of submergence due to rising sea levels. While locals are artificially raising some areas, in 2009 the country's government set up a fund to buy land for refuge.

4) Venice

The beautiful floating city has been on the travel list of all who love to travel. Steering through this city of love on a gondola with your special one has often been described as the most romantic experience. The Italian city has often flooded when the water levels rose but the occurrence has multiplied over the years.



According to travel website independenttraveler.com, while St. Mark's Square had flooded only seven times in 1900, it had happened 99 times in 1996. In 2014, the square had flooded about 60 times, said a local in an interview to the BBC. The Italian government has been working a project, known as the Moses project, to draw barriers around the city to save it from flooding. The project which was due to be completed by 2014 has now been delayed till 2017. Critics say that the project might be outdated already.

5) Majuli

Canvassed in green fields and bamboo groves, Majuli, one of world's largest river islands, is tucked in a corner in northeast India. Ferry your way from Assam's mainland to reach this island in Brahmaputra River.

While the people of Majuli depend on the river for sustenance, climate change has posed a threat to this beautiful island. As the water in Brahmaputra swells unpredictably, Majuli's land is gradually getting eroded. This land of a rich cultural heritage and a colourful tradition may soon be lost to erratic climate.

Global warming also threatens to wipe some species of flora and fauna from the face of the earth. Some of the flora and fauna listed below may even be gone forever within the next couple of decades:

*Polar bear: The loss of sea ice habitat is the biggest threat facing polar bears that thrive on the fast-melting arctic ice

*Sea turtle: Climate change has had an impact on the nesting sites of sea turtles, most species of which are already endangered



*Coral reef: High carbon dioxide emissions have changed the acidity of water. This change in ocean chemistry has put coral reefs at risk

*Orange-spotted filefish: This fish dwells in coral reef habitat and with the depletion of coral reefs, filefish, as many other fishes face the risk of extinction

*Adélie penguin: Found on the Antarctic continent, this specie of penguin feeds on tiny sea arthropods called krill. With rising temperature the krill population is receding.

Ever wondered why humans grind their teeth, pull their hair and clench their fists to express anger? There's a reason behind it all. "These natural and fairly common ways of blowing off steam help relieve tension from the body and face. In fact, they all exist in a form of yoga known as Face (or Sukshma) yoga. The subtle techniques of this form combat ageing, stress and tiredness and help you get that glow back," says Sejal Shah, a yoga teacher. Not only do these exercises take only 10 minutes to do every day, they can be practised anywhere. Here are a few simple techniques you can follow for a few minutes before a big work presentation to relax your face, or prior to meditation to help you focus deeper.

- Close your fists, but keep your thumbs upright. Close your eyes, and start making circles (gently) with your thumb on each eye. Do this exercise for 2-3 minutes.

How it works: This move helps eliminate dark circles, and releases tension from the muscles around your eyes.

- Open your eyes as much as you can — try to expose as much of the white in your eye as is possible. Then squeeze your eyes tightly shut. Repeat this for 3-4 minutes, till your eyes feel like they are going to start watering. Then close them and relax.

How it works: This move helps improve eyesight and may even help get rid of spectacles over a period of time.

- Using only your mouth, breathe

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stress you
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in, and puff your cheeks for a couple of seconds. Then, release through your mouth again. Repeat 8-10 times.

How it works: This pose strengthens the cheek muscles, preventing them from looking hollow.

- Pull your earlobes downwards for about 30 seconds. For the next 30 seconds, pull them outwards, and follow this by rotating them clockwise and

anti-clockwise for almost 30 seconds each.

How it works: This exercise brings awareness and also releases tension from the facial muscles.

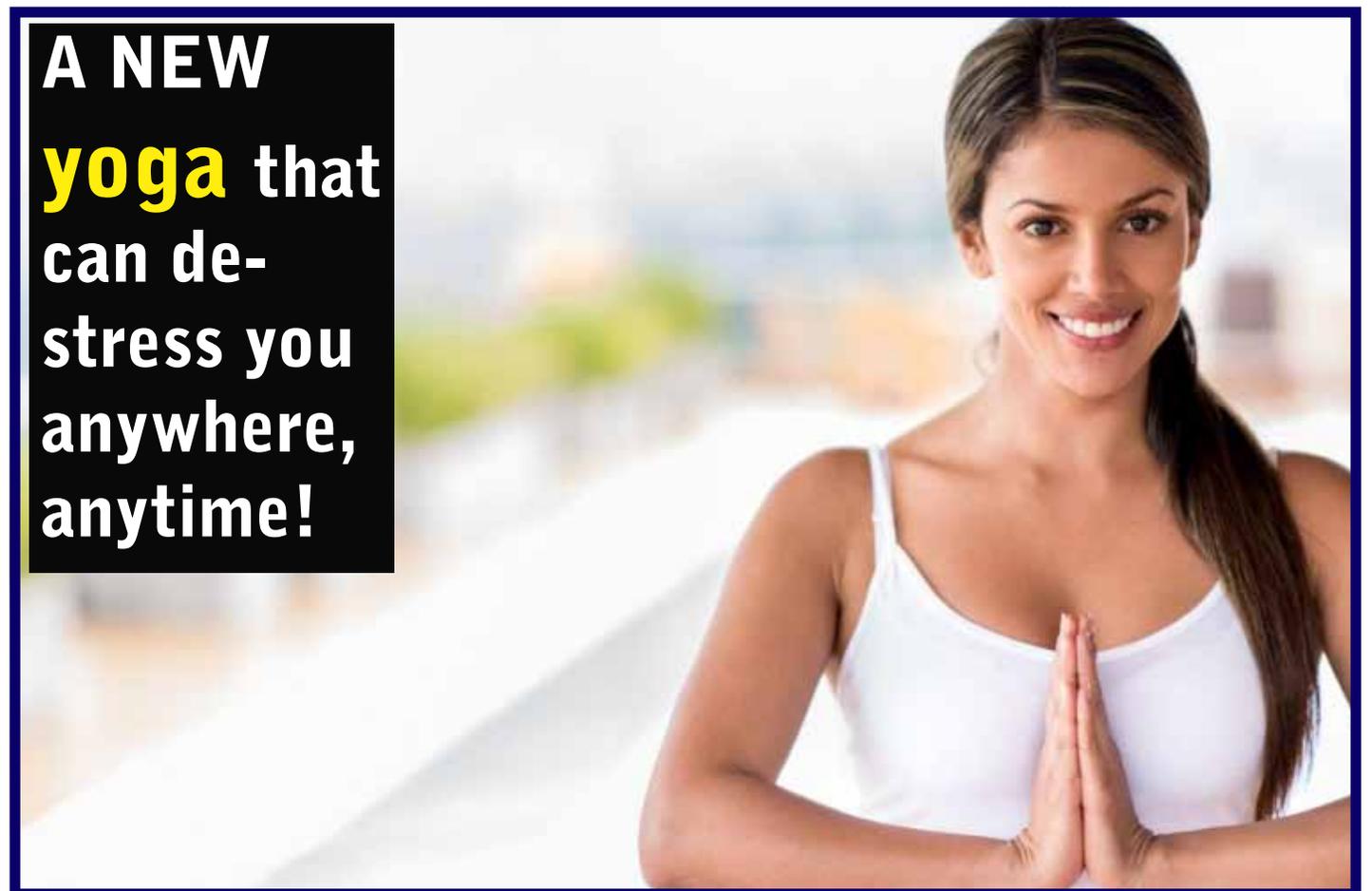
- Hold your eyebrows with your fingers such that you can pull the brows from centre towards the end of the eyebrows. Do this for 3-4 minutes.

How it works: This relaxing move

massages, and keeps stress from accumulating near the eyebrows.

- Smile as wide as you can. Then press your lips tightly together, almost as though you were kissing someone. Repeat this exercise for 20-25 times.

How it works: This exercise relaxes the muscles around the lips, and cheeks. It also helps brighten up the face.



8 soups that will make you feel healthy and happy

The city is witness to a myriad health trends and healthy food hotspots catering to the discerning health buff on eat streets, one of them being a healthy concoction of superfoods and herbs served piping hot between 6 am and 8 am in the morning everyday at some of the hotspots.

The outlets, most of which have been serving an array of freshly brought to boiled and freshly made anti-oxidant rich soups and juices since more than a decade provide much succour to the health conscious. Here's taking a look at how your morning sip of soup can add a dash of health to your entire day ahead.

The mixed veg soup

Known to be anti-oxidant rich and full of fibre, the mixed vegetable soup is one of the most sought after nourishing soup alternatives. The home

style mixed veg soup, which usually is made of beetroot, tomato, spinach, cabbage or broccoli is given a generous dash of ginger and fresh lemon juice extracted in front of you.

Spinach soup

This, one can say is the king of all soup variants that health freaks want to sip soon after finishing off their morning workout routine. Also available in most of the joints as a juice variant, spinach with all its nutritional benefits and fully loaded minerals, makes it another preferred soup/juice alternative for soupaholics.

Wheatgrass soup

Another green ingredient known to enrich healthy living, wheatgrass happens to be an-

other must to have ingredient in the morning fare of soups. While it may look like an acquired taste in the beginning, but with a sprinkle of taste enhancing natural herbs, fresh fruits like apple, avocado



make it a complete healthy way to start your day.

Juice it up right

In addition to freshly made soups, the healthy mix of juices available taking from the

wheatgrass juice to mint, ginger and honey with fresh lime, and freshly extracted beet and spinach juice also make the fare healthy.

Creamy green soup

Made using an assortment of greens like spinach, fennel seeds, freshly sourced chives, spring onions, spring garlic and freshly ground pepper, prepared in olive oil or butter according to your calorie preference can also make your mornings deliciously healthy and light.

Italian cold soup

One can also take a break from the piping hot fare by choosing cold soup alternatives. The Italian cold soups are a perfect mode to add variety to your soupy affair. The vegetarian soups like

the cold cucumber cream not only enhances the gourmet effect, but also lets you experience a different taste.

Tomato soup

The evergreen tomato soup is often associated with a tangy and scrumptious feeling. And when you add a mix of other ingredients like the mint, ginger and fresh lime juice that make the tomato soup the elixir of morning wellness. The menu is incomplete without it.

Lentil soup with coriander

One can prepare this deliciously healthy lentil soup using all the home based ingredients like onions, pepper, cream and coriander, fresh lime juice. An energy booster rich in proteins, the lentil soup known for its health benefits. So go ahead and indulge in this guilt free lentil soup.

Satnam Singh becomes first Indian to be drafted into NBA

Satnam Singh is this year's most interesting NBA prospect. He hails from Punjab, India. He did not play college ball. There's always the possibilities of playing overseas in Europe or Asia.

India now has its first citizen representing it in a league that already boasts 85 global players from 39 countries. Here is everything else to know about him.

Well, such as been the story of 19-year-old Satnam Singh Bhamara. "According to a profile by Tim Povtak from 2010, his father is 7'2" and his grandmother is-wait for it-6'9".

When he arrived at IMG, Singh's basketball skills were still 'raw and mechanical', while his hand-eye coordination was good. "He's humungous. He's really, really big. So he's definitely going to be on a team".

But when you consider just one man from Satnam Singh's homeland of India has ever played in the NBA – a career at the highest level was certainly never a given.

Singh will most likely have a larger impact on basketball in India than Bhullar since he was born in the country. So many kids and budding hooplers hope to make it all the way to the NBA one day.

Given his young age, towering presence and shooting ability (as this video from DraftExpress shows), Singh is a player the Mavs will undoubtedly be looking to develop over the next few years. He is the first Indian player in National Basketball Association (NBA).

Jahlil Okafor is a candidate to be taken No. 1 overall in the 2015 NBA draft.

Basketball was a natural fit considering the size that runs in his family.

Speaking of shooting touch with range, check out this video. "He will probably see time with the Texas Legends, the Mavericks" Developmental League team to start with.

"I feel he has what it takes now as a solid foundation for building him into becoming a productive NBA player within the next two to three years", Natt said.

"Not only on the court and in the classroom, but the enormous amount of time spent away from his family as well". "Singh's entry into regular-season NBA play probably won't occur anytime soon, though Cuban and Nelson said Singh will play for the Mavericks' summer league team in Las Vegas next month. And there had been talks in the town about the Punjab lad being a part of NBA this year and his dream has finally come true.



Absolute belief will help Satnam tide over early days: Narain

Like most Indians, I woke up to the news of Satnam Singh Bhamara breaking that fictitious glass ceiling.

By being the first Indian to be drafted by an NBA side (Dallas Mavericks), he has underscored his talent and determination. Now, he has to overcome the challenges ahead.

A pioneer in any field may get laurels, but the challenges they face, being the first to do things, are almost left unseen. This is uncharted territory, and the task ahead is enormous.

Drawing parallels from my personal experience, I went to Europe at the age of 16; I missed home, the food, familiar faces and everything that made me comfortable.

I think that would be the biggest challenge Satnam would face there, with being brought up in a close-knit family, home sickness could be daunting. Thankfully for him, the world has come a long way from 1993. Skype, WhatsApp and all those apps bring people closer.

Also, with Indians doing well in almost every place on Earth, finding a good restaurant for that familiar 'dal-chawal' isn't that tough anymore.

Of course, nothing can replace home food; but looking at the larger picture, these are just minor difficulties that

have to be overcome.

Once again recalling my early days on the European circuit; two things that got me as far as I did — determination to make it to the top echelon of the sport and the unwavering self-belief that I am as fast as any other driver out there.

Satnam, just by making it to where he is now, has shown he has the talent and will to achieve the unachieved.

That at the age of 19 he has surpassed the barriers one is supposedly limited by, coming from a humble background, shows the determination he has.

I am also confident that the team (Mavericks) will do its best to help him adapt. Sport, no matter which discipline, has become far more professional.

I am sure there would be people to look after him, help him through the early days. Hurdles like cultural differences... ethnicity are not as intimidating as it used to be.

If one has absolute belief in his/her capabilities and talent, everything else becomes a bit easier.

Satnam has age on his side and if he is able to keep himself motivated and work on upping his physical and mental fitness to elite levels, there are definitely good times ahead of him

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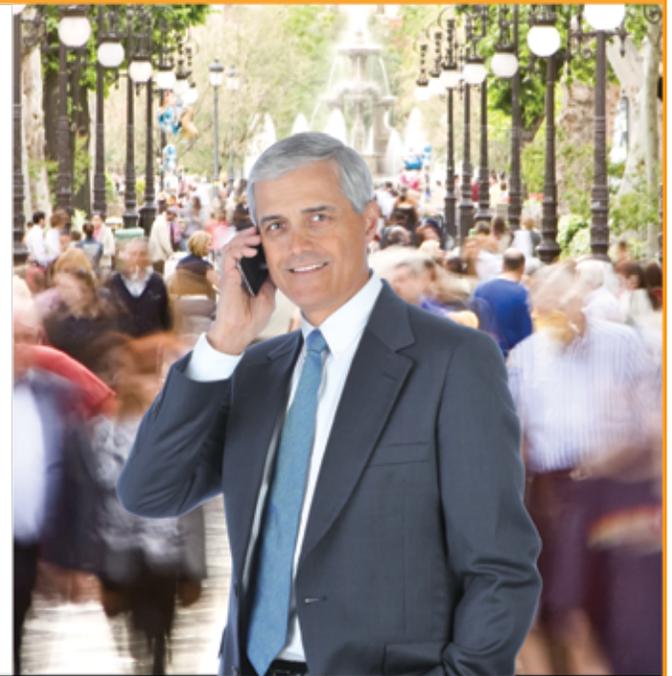
There's nothing more frustrating than trying to hear in a noisy crowd.

ZOUNDS®

Hearing Aids provide

up to **90%**

Background Noise Reduction



RIAZO® 4

4 Programmable Channels
Non-Rechargeable
Mild to moderate hearing loss

\$395 per aid*

MSRP: \$1299 per aid

Available at Zounds Hearing Centers



FREE
VISUAL EAR EXAM

We'll detect if ear wax may be causing hearing loss problems.



FREE
HEARING EXAM

Have your hearing checked at least once a year.



FREE
HEARING AID DEMONSTRATION

Receive a programmed hearing aid and experience the Zounds® Difference

Same Day Fitting - Hear Better In 2 Hours**

Special Value

Ask about special pricing on our line of rechargeable hearing aids!

Call today! Appointments are limited.

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170
Locations
Coast to Coast!

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