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Uniting all South Asians in the Valley

Today

Monthly Newspaper

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Hidden Gems...Phoenix Scorpions **18**

Mahavatar Babaji saved Arjun Sinha from death, named him **Gyan Swami** and sent him to this world to become a House Holder Monk **22**

Asia Today would like to congratulate the Singh Family **37**

Satyamev Jayate hits the right chords **32**

IACRF Grand Picnic



By Deepa walia
May 6, 2012
Indo-American Cultural and Religious Foundation of Arizona celebrated a Grand picnic to show appreciation for all their members at Kiwanis Park in Tempe, Arizona on May 6, 2012. The
• Continued on P03

Valley Sikhs Celebrate Sarb-Saanjhaa Vaisakhi Kirtan Darbar in a Regal Setting!

Dr. Jaswant Singh Sachdev
M.D. Phoenix, Arizona
The local Sikh community of the valley made history on Sunday, May the 6, 2012 by arranging in a regal setting, a combined religious congregation, "Sarb-Saanjhaa Vaisakhi Kirtan Darbar" in the newly renovated huge Phoenix downtown Convention Center. The message about preservation of Sikh identity and Sikh turban in modern times was the undertone of this event. This was appropriately highlighted with a poster in front of Podium, stating "A Turban is to a Singh What a Crown is to a King," thanks to the awareness and concern of dedicated



volunteers undertaking this members of the community, including children participated in this one of kind of program. While the religious program of attendees estimates of the somewhere close to 750
• Continued on P10

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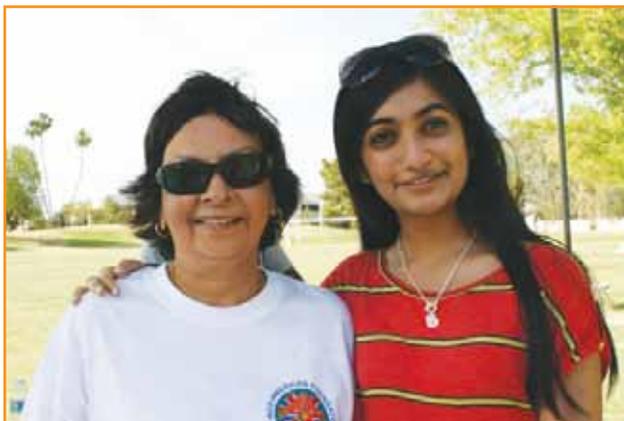
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IACRF Grand Picnic

picnic consisted of various activities including games, dancing, dance classes, a show by the world's most famous Yo-Yo man, a special appearance by celebrities including local politicians and former Cricket Players Joel Harner and Alvin Kallicharran, as well as grand raffle give-aways. All in all, the picnic was a grand success and enjoyed by the large South Asian community.





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Ambitious Double Standards

Ambition – a must have for males of South Asian descent but a frowned upon personality trait in females. Now, that is what I call double standards! A man lacking ambitions to provide the very best for his family financially and lacking desires to move ahead in his professional life is not considered an acceptable choice for husband/son-in-law in traditional South Asian families. Just take a look at the matrimonial sites filled with Doctors, Lawyers, Engineers, and C-level executives – probably one of the first filter criteria parents look for as they seek a suitable match for their single daughters. However, a woman with ambitions to achieve something significant and climb up the corporate and educational ladders is incorrectly labeled as lacking the traits required to be a good wife or daughter-in-law.

I recently overheard a conversation where someone was asking to find a girl for their single son and mentioned that they do not want someone too independent or educated – they don't adjust well with the family and probably won't understand or accommodate with their darling son. Some key words struck at me as I listened to this ridiculous list of requirements.

Too independent and too educated? The only reason one should fear independent (both emotionally and financially) and educated women is because he/she is afraid of losing them or having them walk out. There is no reason any woman, no matter how educated or independent, will walk out without cause. If you have a solid relationship and treat each other right, the level of education, income, independence becomes irrelevant. You are with each other because you want to be, by choice. Even if you find a dependent spouse for that special single male in your life (whether it be your son, cousin, nephew, or brother) to reduce the risk of the woman walking out on him, do you really want him to be with someone that is with him because she has no other choice or would you rather have him spend his life with someone that truly cares to be there.

Not adjusting with the family? You get what you put into a relationship. If the family treats the new member of the family,



Editor's NOTE

whether that be your daughter's husband or your son's wife, with love and respect, they will get back love and respect. Our culture has traditionally bent over backwards to please the son-in-laws of the family and ensure they are happy and, whether intentionally or unintentionally, neglected or abused the daughter-in-laws. Hence, the difference between the perceived relationship between a son-in-law and his in-laws versus a daughter-in-law and her in-laws.

Our culture has come a long way. We have moved on from the time where we provided higher education for our sons and failed to do

the same with our daughters, thinking that they will be married off into another family so why invest there. Today, we give equal opportunities to the sons and daughters in our families – sending both to higher education institutions and giving them opportunities to grow and succeed in life. However, when it comes to son-in-laws and daughter-in-laws, why is there still a double standard? Why do a large number of South Asian men, whether on their own or through family pressure, go back to their native homelands to find "accommodating" i.e. not so educated and independent wives? In doing so, you are only hurting both your sons and daughters. With the son, you risk his marriage not working out or being unhappy, as the two are from different worlds and may have difficulty connecting or understanding each other. With the daughters, they will struggle to find a suitable match within their own community; they will not connect with the patriarchal males from their native lands, and with the men that grew up in the same environment as them leaving the country to find their ideal mates, they will deviate from looking within our own community. For double standards to end, they must be eliminated from all relationships, regardless of whether that relationship does or does not end with a "in-law." Only then will we empower our children and culture to grow and succeed and build strong, cohesive families that grow and become solid support structures to handle anything that life may throw our way.

- Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayaz.com

Balance, the meaning of life! And now you know! Anything we do in life has to be done with a balance. Over work yourself, you don't want to work anymore, spend too much time with someone, might get sick of them. It happens. Balance is an essential component of happiness, when all aspect of your life are in harmony, it puts your mind, body and spirit on an equal level. It's up to all of us to find a balance that works best for us and our lives. Finding balance can be and is difficult, you will have to look at your life style, what you eat, when you eat, what you do, how often you do it, and even if you do find a balance, remember it's always changing and you have to adapt to YOUR life. Funny isn't it? A few things we have to do regardless of our changing lives...

- Eat healthy
- Exercise regularly

These are pretty constant. Outside of these two bullets, we stretch ourselves beyond our personal/professional boundaries. Living a balanced life is the ability to take what comes your way, and organize it in such a way that we don't over exert ourselves burn out. The term "man I'm burned out" usually happens when we ourselves take on too much, we say "yes, yes, yes, yes" to every item to a friend or family, and then wind

up burning ourselves out, or crashing on a soft comfy sofa for 8 hours. When you wake up though, you feel great right! Right, just until we do it again. Finding a balance is taking what we have in our mind, and getting it out of our head. Let me explain. If everything that needs to be done is in your head, you will stress out, forget, and over exert your brain. Your brain can handle only so much before it gives out on you, and when it says "forget this" you forget it...SO ideally we want to relieve as much stress from our brains as we can, that means taking what you HAVE to get done, and writing it down on a virtual devices! We all have one, and even basic phones have a memo pad. The idea is to not have your brain working overtime so you can properly plan out and balance what needs to be done on a daily basis. Try it! Very easily do we count things as out before they even have a chance to begin, the world is changing around us and more and more the "having it now" or "instant gratification" is what runs our society today. How can we be truly sure of an outcome? If someone tells you a faster way to get home, is it really faster? Have you tried it? or are they trustworthy



Publisher's NOTE

enough to believe? We are the generation of information overload, we will map it, we will question it, we will research it, but we will not give it time. In any part of life, relationship, work, sports etc... you can never start of being the best. Everything takes time, if you see potential in it. If you don't like baseball you're not going to spend time to be better at it, that's just plain fact. For things you like you have to spend more time, if it's getting better at an activity, friendship, relationships... Whatever it is don't be afraid of what won't happen, but think of what can happen. It's very easy to give up and say something won't work rather than put in an effort to make it work.

It's nice to see the community getting together, this month the last vaisakhi event held was a collaboration of all the gurdwaras in Arizona. It was nice to see everyone get together and celebrate the festival of Vaisakhi. All the supporters of Asia Today AZ, thank you for all your support and helping us grow. Have a safe summer and try to stay cool!

-Raja Walia

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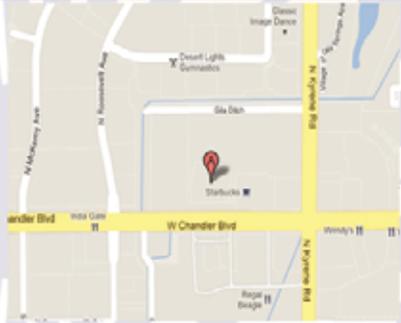
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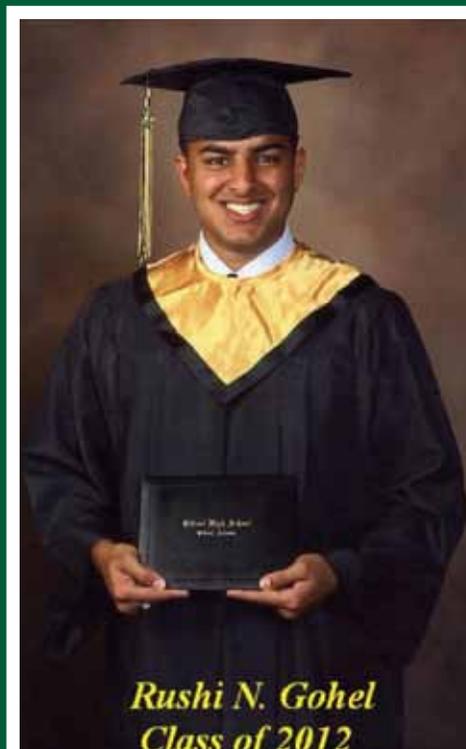
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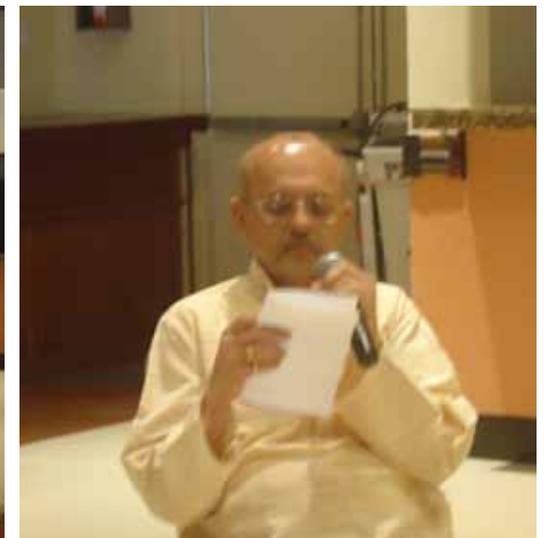
Senior Group Celebrates Mother's Day

By: Bhagubhai Patel

The IACRF Senior group celebrated Mother's Day during their regular Thursday Gathering on May 10th. We started the Mother's day by Meenaben setting up welcome refreshments – drink and cookies. Sureshaben Shah sent a touching Mother's Day message.

A special program called "Apna Sur" was a proper fit to the Mother's Day celebration. Some of our daring members had committed to sing songs in praise of Mothers. They were practicing for few weeks so as to put the best performance. The "artists" to sing the glories of Mothers were Deviben Gohel, Manjulaben Patel, Meenaben Bhavsar, Harshad Desai, Mahendra Dave, Shrikant Vaidya and Goberdhan Gokul. The songs were sweet and melodious and the audience participated by singing along. The accompanying musicians were Jayant Alagia on tabla, Gokulji on Harmonium and Shrikant Vaidy with Manjira. It felt as a family celebrating an occasion gathered in their house court yard. Mahendra Dave excellently put together this program coordinating the selection of songs and emceeding the event. Thanks to all for volunteering their talents for this successful event. Rajani and Munnu Bajpai brought Rose flowers. We appreciated all the mothers in the gathering by our senior most senior Shri Jagdish Amin offering rose flower to each woman present and by blessing them with good luck.

The lunch was sponsored by Champaben and Rameshbhai Patel consisting of Burfi, Poori, Undhiu, Rice, Dal, Athanu and Papad papdi. All items were delicious and were lovingly prepared by Champaben. Sitaben and Amratbhai added joy to the event as they had brought Gulab Jambu for all 37 attendees to satisfy the sweet tooth.





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Further details and timings will be published later.

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Maata Jaagran

Friday June 8, 2012
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Pravachan

Guruji Gyan Swami
Thurs June 14, 2012 7-8pm

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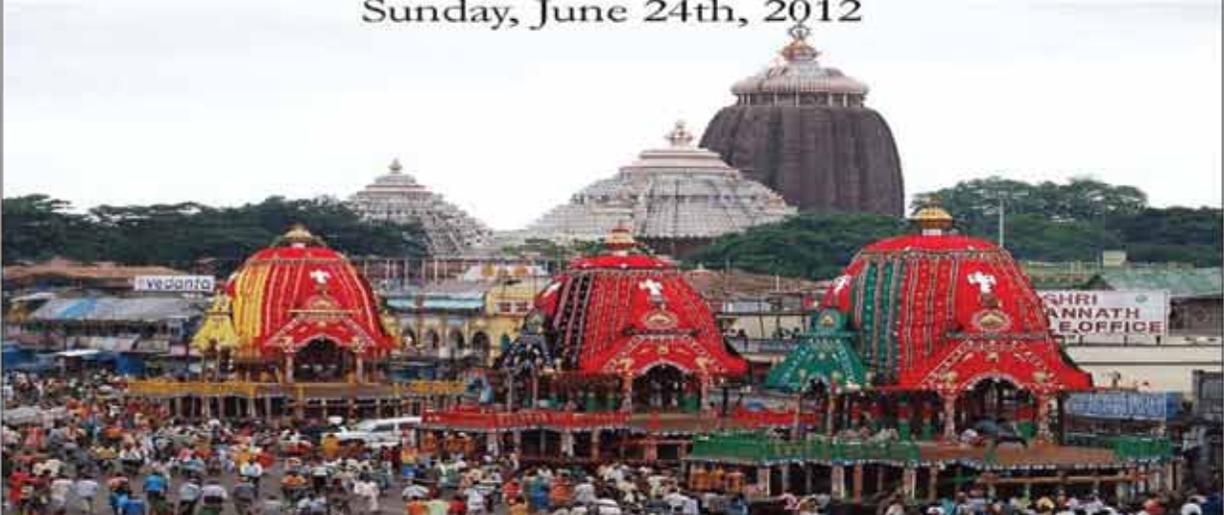


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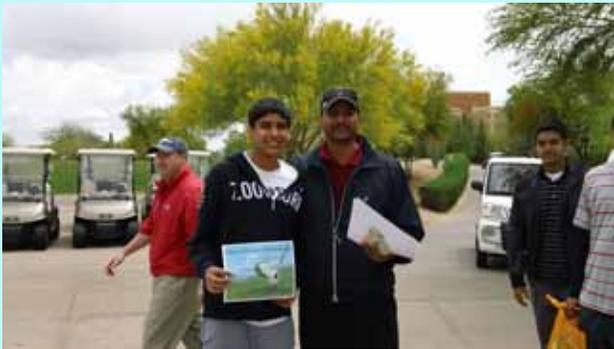
<p>Haavan - 6:00 AM Jagannath Puja - 7:00 AM Pahandi Bijaya - 8:00 AM Chera Pahunra - 8:45 AM Rath Yatra - 9:00 AM to 11:00 AM Cultural Progam - 11:30 AM Puja and Maha Aarti - 12:00 PM Maha Prasad - 1:00 PM</p>	 <p>The Hindu Temple of Arizona 3033 N. Hayden Road Scottsdale, AZ 85251 (480) 874- 3200</p> <p>For more information, please contact: Dr. Jogeshwar Rath- (480) 656-6247 Vivek Gupta- (480) 460- 7013 Rina Narang- (602) 595- 0662 Panditji (480) 874 3200</p>
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PPGA April Golf Outing

April 14, 2012

By Deepa walia

The Phoenix Punjabi Golf Association, a group of Punjabis passionate about golfing, held its Vaisakhi Open to benefit Food for the Homeless and Phoenix Rescue Mission at the Wildlife Golf Course in the J.W. Marriott. A group of individuals got together to have a fun day, as well as contributed to a noble cause through its efforts. Sharing some memorable moments of the golfers from the event.





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Valley Sikhs Celebrate Sarb-Saanjhaa Vaisakhi Kirtan Darbar in a Regal Setting!

Kirtan Darbar was carried on in a very disciplined and royal pattern inside the convention center, the Langar (free community breakfast and lunch) was continuously served in a park across the street. Ongoing free breakfast included mouthwatering hot Aaloo Tikki Chhole, doughnuts, jalebis and tea followed by full hot lunch of several tasty vegetables, dal, raita as well as other accompaniments. The food was in abundance for all and everyone and the setting was like a community picnic under the shades of huge trees where the concept of Seva by several young Sikh volunteers was at its zenith.

To begin with, a group of 50 children ranging in age from 6 years to 25 years who had earlier participated in Sri Hemkunt Speech Competition in three gurudwara sahibs, were all invited turn by turn on the stage to accept their trophies. The prize distribution was respectfully undertaken by the sevadars who had been helping with the arrangement of the program. The first place zonal winners, one from each group, Chiraag Singh for the youngest Group I, Nisha Kaur from Group II, Harpal Singh from Group III, Tejpal Singh from Group IV and Manmeet Kaur from Group V, were honored with additional special trophies. The children who had given speeches in Punjabi were specially honored with cash prizes over and above their regular trophies.

This was followed by Kirtan seva performed by the Raagi Jethas of three local Gurudwara Sahib all sitting on the stage at the same time. One group of Raagi Jetha would take a lead in singing, while the remaining followed. A divine environment was created for almost one and half hour, such was the mesmerizing affect of that combined religious



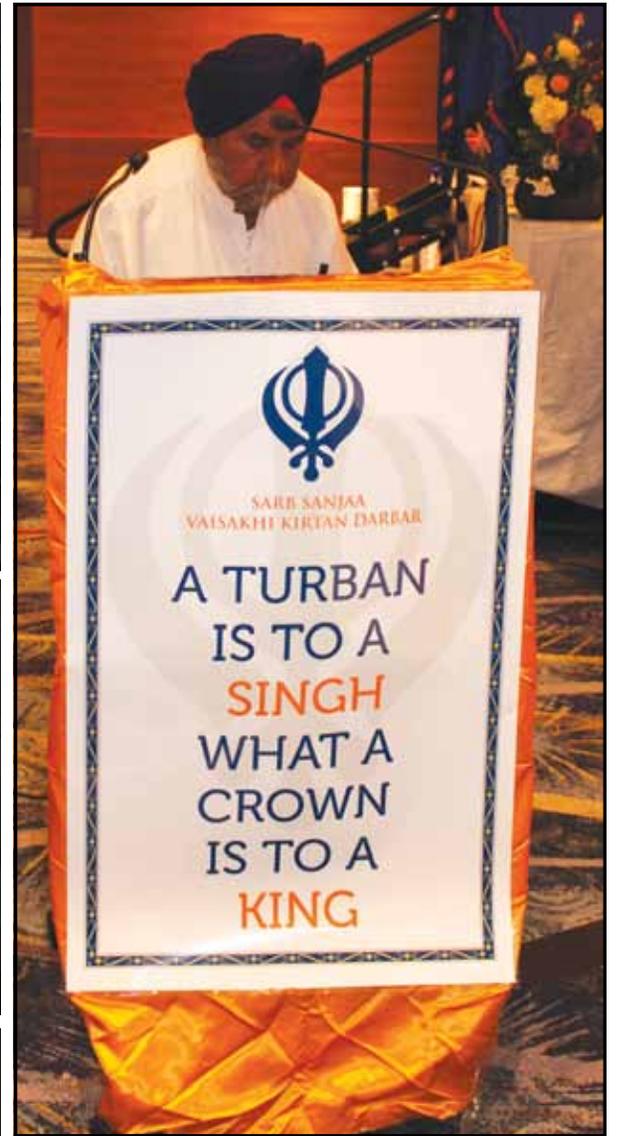
singing. Kirtan was followed by a shot talk by young boy Maanik Singh about the significance of Vaisakhi. After Ardaas a pious man from India who incidentally happened to be visiting Phoenix area spoke about Vaisakhi.

Once the function inside the convention center ended, Sangat was directed to the sumptuous hot

Langar that was being served outside.

The congregation was informed that Akaal Purukh willing, the next year's program will be planned again in downtown Phoenix where besides Kirtan Darbar, a Nagar Kirtan (Sikh Parade) will also be arranged so that Sikh identity and Sikh awareness could be aggressively highlighted.





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Educator and poet J.A. Carney wrote in 1845 her now famous verses: "Little drops of water, Little grains of sand, Make the mighty ocean, And the beautiful land." These sentiments can be aptly applied to the subject of doing good, as even tiny but continual good actions accumulate into mountains, reaping the blessings and love of God.

The Holy Qur'an attests to this when it promises, "Verily, Allah is with those who are righteous and those who do good." (16:129) and again in 2:196 where it says: "...surely, Allah loves those who do good." The souls of the doer of good (righteous) deeds will be enriched with great rewards, even for the smallest deeds, as it further states in the Qur'an in 99:8 that "...whoso does an atom's weight of good will see it."

Believers strive to become an embodiment of good and to treat its dissemination as one's single aim in life like the angels. Muslims follow the example of the Holy Prophet of Islam, Muhammad, peace be upon him, whose life was a journey of good deeds. He was deeply concerned about the poor and destitute, the orphans, women

by Imam Shamshad A. Nasir
(Baitul Hameed Mosque - Chino, CA - www.alislam.org - 909-627-2252)

and children, the feeble and handicapped, the oppressed and the powerless. He was kind to all classes of people, to creatures and he even protected the plants and trees. Many volumes are written about his good deeds.

The Prophet (pbuh), encouraged charity in all forms. He said, "Charity is prescribed for each descendant of Adam every day the sun rises." He was then asked: "From what do we give charity every day?" to which he answered: "The doors of goodness are many... enjoining good, forbidding evil, removing harm from the road, listening to the deaf, leading the blind, guiding one to the object of his need, hurrying with the strength of one's legs to one in sorrow who is asking for help, and supporting the feeble with the strength of one's arms - all of these are charity prescribed for you." He also said: "Your smile for your brother is charity."

He encouraged kindness and goodness to one's neighbors. Today, with busy life styles and the attitude of 'minding one's own business,'

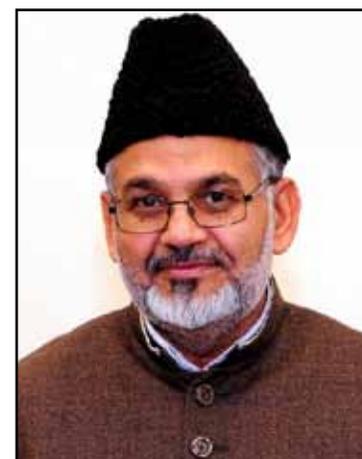
people neglect to befriend their neighbors. Sometimes one hears stories of a person's death and the neighbors saying something like this, "He was a quiet man who minded his own business. We lived here for twenty years but he never spoke to us." Islam does not encourage alienation from one's neighbors. Taking a small gift to introduce one to his neighbors is a very practical way to "break the ice." Doing good works should, if possible, be extended to the entire community in which one lives.

Thousands of good acts and events were recorded in the Traditions of the Prophet of Islam (pbuh). He once reported that: While on a journey, a man became extremely thirsty. He found a well so climbed down into it and drank his fill. On his way out, he saw a dog which was panting from thirst. His tongue was lolling and he was eating moist earth from extreme thirst. The man thought: 'This dog is extremely thirsty as I was.' So he descended into the well, filled up his leather sock with

water, and holding it in his teeth, climbed up and gave it to the dog until his thirst was sated. God appreciated his action and forgave his sins." The Companions, hearing this story, asked the Holy Prophet (pbuh): "Shall we be rewarded for showing kindness to the animals also?" He replied, "A reward is given in connection with every living creature".

Furthermore, as Islam is a religion of peace, love and compassion, one is enjoined to avoid lies, suspicion, back biting, slander and gossip which are totally alien to the faith. In fact, they are considered among the most destructive of major sins. This is because these sins sow enmity and discord among not only the Muslims, but in the world at large, pushing it towards destruction. These sins cause hostilities between people of the same household, and between neighbors, friends and relatives.

Islam requires that our relationship with our fellow human beings should be one of sincerity and responsibility, one where we have respect



for the honor, reputation and privacy of others. Islam teaches us that we are not only held accountable for our own attitudes and actions, but also for anything else over which we have control or influence in our society or in the world around us.

We can improve such relationships by practicing good deeds. Goodness is like an electric current which flows only when the connections are enabled. Let us all make such a connection by adopting this one great moral. In conclusion, this famous quote says it in a nutshell: "A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love."

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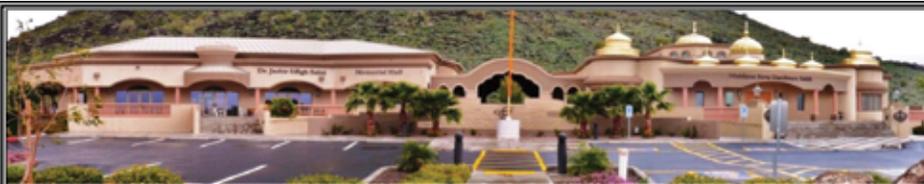
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GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

JUNE 2012 Programs & Events
18 Jeth, 543 – Harh 16, 544 Nanakshahi Era (NE)

June 3 (Sun.) – 1984 Chhughara
Dastaar Bandi Day

June 4 (Mon.) – Pooranmashi Kirtan Diwan, 7 PM to 8 PM

June 10 (Sun.) – Gurghadhi Siri Guru Hargobind Ji. (1606)
(Actual Day: June 11)

June 15, Harh 1 (Fri.) – Sangrand & Monthly Sehj Path
Sehj Path Bhoj 9:00 AM.
Sehj Path Arambh for the new month at 9:30 AM.

June 17 (Sun.) – Homeless Dinner Seva
Phoenix Rescure Mission, 1801 S. 35th Ave, at 3:30 PM.
Call 602 741 8021 for more info.

June 29 (Fri.) – Barsi Maharaja Ranjit Singh Ji (1839)
(Actual Day: June 29)



Siri Guru Hargobind Ji,
Thus began Miri & Piri

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-DE-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

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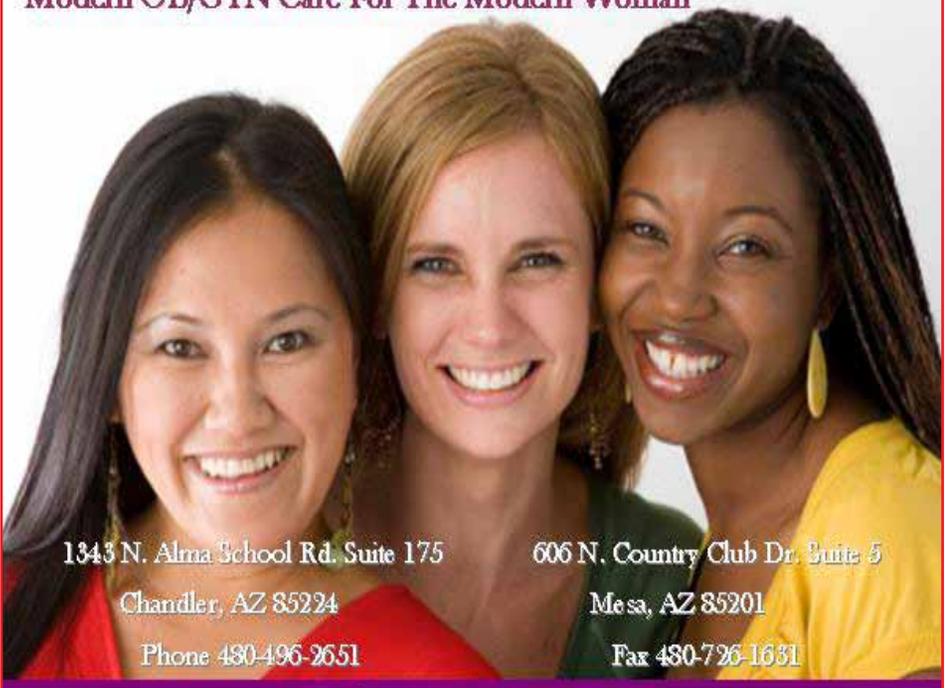
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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)

Living Will: On May 01, 2012, Maria Rebozo of Hospice of Valley made an outstanding presentation on Living Will. The information is most beneficial to all attendees, their families and friends! At the end of her presentation, she distributed the printed Health Care Decisions information on Advance Directives which include the Living Will and AZ Registry forms. She also brought complimentary green shopping bags for all the attendees. The group extended their sincere appreciation for her time and generosity! The luncheon was sponsored by Surjit Kaur celebrating Iqbalbhaiya Padda's birthday!

Protecting People, Property & Environment: On May 08, 2012, the attendees paid full attention to Jitubhai's "Zalak Dikhla" presentation, on his mission of addressing global issues. He highlighted the importance of "being human" explaining his involvement within the USA and globally. He illustrated examples of guiding, mentoring and helping people, businesses, industries, regulatory authorities and universities with his pleasant personality and effective technical ability and excellent leadership quality! He shared some heart-touching, and, beyond imagination real-life including wartime - "Desert Storm" stories which were not just interesting but were also found highly inspirational, innovative, motivational and beneficial by all! Attendees stated that they now know Jitubhai also as a scientist, technologist, toxicologist, and, above all, the world's leading SH&E specialist. It became clear where he goes, what he does & why! Attendees were able to experience his efforts and accomplished awards & honors including the most prestigious and the highest honor in the world as a Fellow of the ASSE and his most recent contributions to "Mother-India" with a full-fledge ceremony in Chennai hosted by L&T. Practically everyone present made moving comments as feedback with much love and pride, which he took it as blessings! On this day, the delicious Bhel, samosa, fafada and jalebi luncheon by Deviben celebrated Babubhai's birthday!

Jitubhai's 70th

On May 15th, Nisha and Nilam (daughters of Jitubhai and Pannaben) sponsored a luncheon to celebrate their dad's 70th birthday. Anilbhai and Arunaben performed a spectacular concert for over an hour with favorite songs delighting the audience. As the concert proceeded, homemade Nilam's kulfi was passed around followed by Sharadbhai's chocolates to remind everyone of how sweet they are and how much their friendship and family togetherness means. The concert was a great success and culminated with some dancing. An entourage of young, pretty friends of Nilam and like daughters to Jitubhai graced the occasion with their presence. Dr. Biren, Nilam and Deepika said a few words reminding Jitubhai of how much he has accomplished on this milestone occasion professionally, personally and for the community. Additionally, in a post Mother's Day spirit, each of the sixty-two ladies present were honored and reminded of how special they are throughout the year. They were presented with a rose and small token gift by Nilam & Deepika before lining up on the stage for a group picture. They all looked so beautiful in their festive costumes! The afternoon ended with a delicious hot luncheon - mathia, rice, makhani-daal, mixed-vegetables shaak, raiyata, salad, bhajiya, sweet & green chutneys, and achar accompanied by a favorite homemade lapsi. Nearly 115 friends wished him Happy Birthday. The atmosphere in the hall was all charged with laughter and lots of fun.

Kapilaben & Thakorbbhai made a generous contribution with a check for \$100 which was warmly appreciated by the group!



Fun-filled words by Biren (L), Nilam (standing) & Deepika (next to Jitubhai) are evident from the happy faces that graced the celebrations!



Volunteer pretty young ladies who graced the celebrations!



What a concert by Anilbhai & Arunaben!



ISAA seniors appreciated Maria Rebozo's presentation on "Living Will".



Babubhai's birthday celebration with an outstanding presentation by Jitubhai on his contributions globally including India!



Nilam & Deepika honored all the gorgeous ladies with a rose and a token gift!

Narender Modi Satellite Interview

By Deepa Walia

May 19, 2012

On Gujarat Day, the day that marks the anniversary of The State of Gujarat, the Chief Minister of Gujarat Narender Modi addressed 12 cities in the USA and Canada via satellite. Due to the efforts of IACRF, who hosted an event to allow those interested to see the live speech at Ekta Mandir in Phoenix, Arizona, Phoenix was one of those lucky cities. The mandir was set up to include a projector and satellite connection, where many attendees gathered to hear Mr. Modi speak. He spoke to great lengths about the continuing progress in Gujarat, including the range of development initiatives and his future plans.



Hidden Gems...Phoenix Scorpions

By Deepa Walia

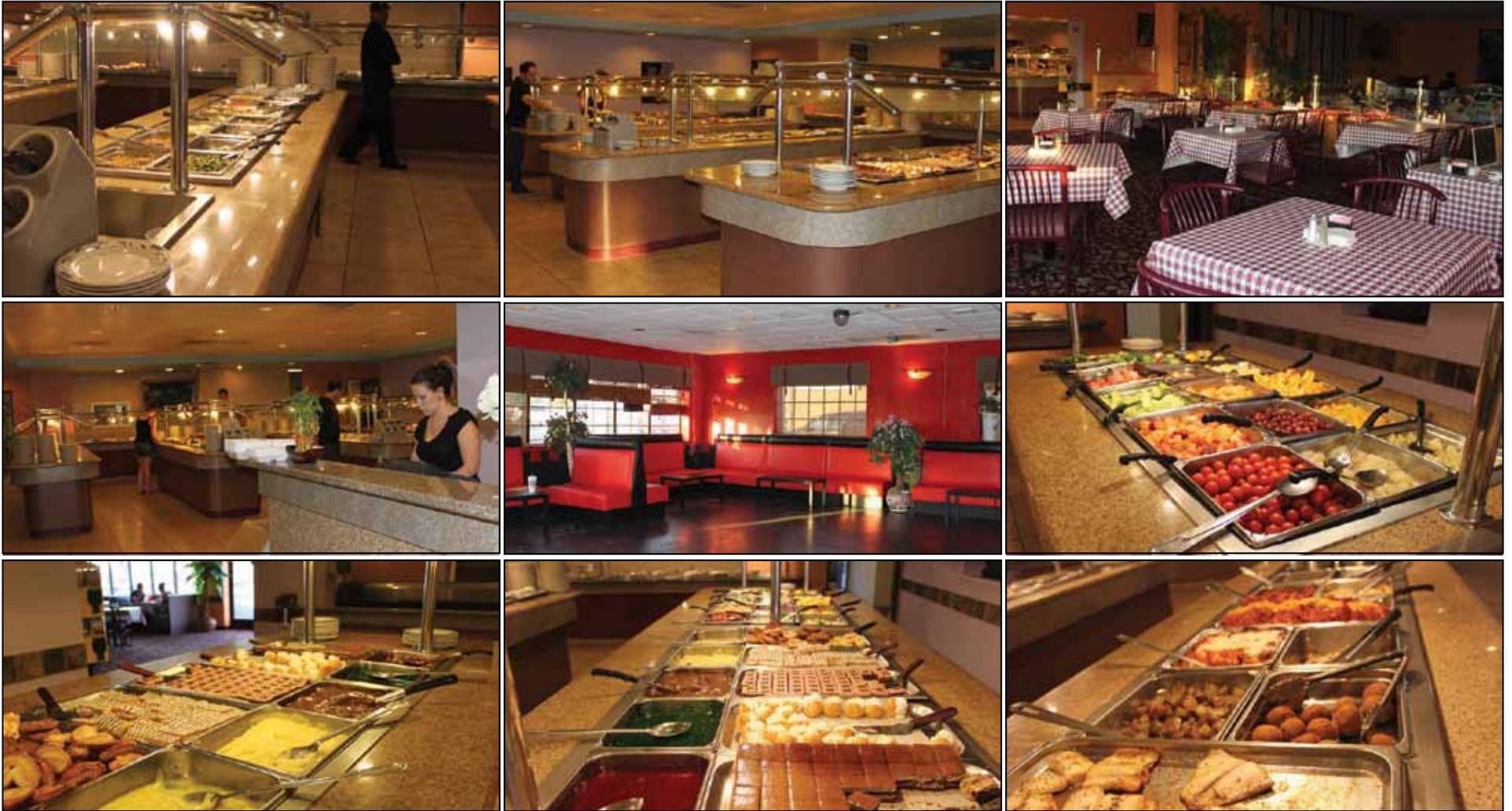
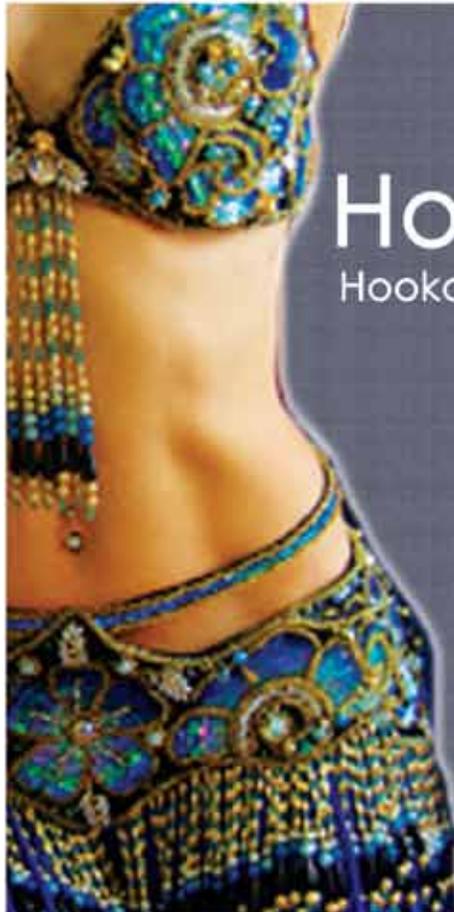
This month, we would like to use our Hidden Gems column to highlight a significant accomplishment by our very own, local Field Hockey team – The Phoenix Scorpions. A team dedicated to the sport of Field Hockey, a popular Sport in South Asia, The Phoenix Scorpions have truly kept the momentum and passion for this game alive here in the United States. An international tournament, in which teams from many countries participate, the Phoenix team brought home the undefeated title through hard work and dedication. On behalf of the entire team of Asia Today and the Phoenix community, we wish them the heartiest congratulations and are proud of their success.

Details on their victory and its significance, in their own words:

“The Phoenix Scorpions remained undefeated throughout the Cal Cup tournament which is the biggest Field Hockey tournament in the United States of America. It was held in Simi Valley, California from Saturday May 26th to Monday May 28th. It is an international tournament and teams from all around the world come to participate in this tournament. There were teams from Canada, Mexico, Argentina, Taiwan, etc. The Phoenix Scorpions white-washed Taiwan 2-0 in the finals and they managed to take the first place championship in the Mens Competitive Level. The Phoenix Scorpions were lead by their captain, Baltej Grewal and they were supported by a few Olympians, Deepak Thakur, Inderjit Chadda, and Harpal Singh. The three Olympians, Deepak Thakur, Inderjit Chadda, and Harpal Singh came from India to play with the Phoenix Scorpions, in the Cal Cup tournament. Currently, the Phoenix Scorpions club has a coach to train and prepare the youths of the club, once a week. The club aims at growing the youth program and at holding more practice sessions in the area of Mesa, Arizona.”



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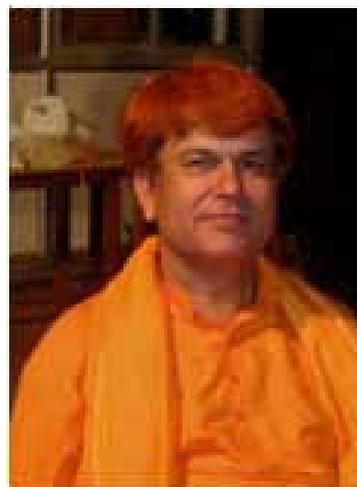
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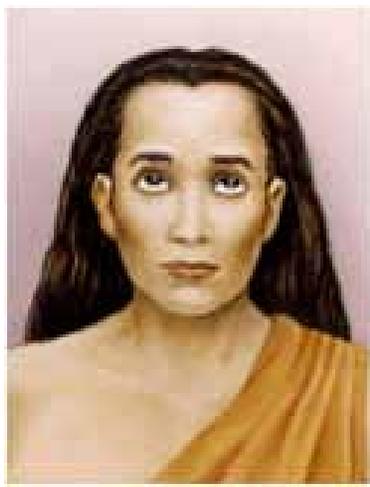
Mahavatar Babaji saved Arjun Sinha from death, named him Gyan Swami and sent him to this world to become a House Holder Monk

Dear Reader, This is one of the most interesting stories everyone likes to hear from my Guru, Gyan Swami.

When Gyan Swami was in first year of electrical engineering in Patna, Bihar he suffered from heart disease. Three valves of his heart went bad. The doctor – C P Thakur later became health minister examined him and declared that the boy will not live more than three months. Instead of dieing in front of his parents he thought of leaving home, so his parents would think their son will comeback someday. From his home town near Indo Nepal border he went towards Tibet. After walking bare foot for many hours, he was tired and almost fainted under a tree. It was evening time, the sun was setting, and he lied down under the tree. Due to



Gyan Swami



Mahavatar Babaji

fatigue and heart disease he had no hope to stand up again and walk. He started thinking that some wild animal will come in the night time and eat him or he will die of hunger. He closed his eyes and waited for his life to end. When the dark-

ness was about to descend he heard crunching noise from dry leaves, before he could guess about who was coming he show a villager who looked like a monk approaching him. The monk spoke to him in hindi "you are not going to die, you

will give lectures and teach yoga to thousands of people". Gyan Swami was surprised to see a hindi speaking person in deep forest in Tibet and that of talking to him as if he knew him.

Gyan Swami was stammering from birth, so he explained to the monk in broken language about him. The monk took him to a nearby cave and asked him to rest. Then the monk took an earthen pot and filled it with water from nearby waterfall and started stirring it with a stick. The water turned into think white liquid. Monk gave the liquid to Gyan Swami. As soon as he drank that liquid, fatigue was gone and he started feeling better. The Monk gave him special breathing techniques. In few days Gyan Swami became healthy, his heart problem was gone,

and stammering was also gone. The monk asked Gyan Swami to go back to his home and continue study. We will continue story in next month.

In one of the satsagas in Pune, India in 2003 he told us that that we will go to different part of this world to spread teachings of his Guru – Mahavatar Babaji. As part of the divine plan me and my family are serving truth-seeking-souls in valley area since 2006 for free. Gyan Swami is visiting valley area in June. He will be giving discourses on Kriya Yoga in Venkatesh Temple, Chandler Downtown Library, Hindu Temple and at his Ashram in Chandler. He does not charge any fee or donation for teaching Kriya yoga. Please visit www.kyob.org for details.

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Downtown Library, 22 S Delaware St, Chandler AZ 85225

Chandler: June 13th Wednesday, 6:30pm to 7:30pm

3582 S Iowa St Chandler AZ 85248, RSVP Pranav @ 480-452 4056

Scottsdale: June 14th Thursday: 7:00pm to 8:00pm

Hindu Temple, 3019 N Hayden Rd, Scottsdale, AZ 85251

Chandler: June 15th Friday: 6:30pm to 7:30pm

1143 E Bartlett Way Chandler AZ, 85249, RSVP Athena @ 480-802 0866

Atharva's Corner

Yesterday, Today, Tomorrow, Forever...



"Yesterday is the past, tomorrow is the future, and today is a gift. That's why it's called the present." We're all familiar with this proverb; the idea is that you should live in the moment or else you'll watch your life go by without you. Life is credited to be more than just a spectator sport, you MUST participate or you'll watch your life go by without you. This got me thinking about the recent graduating class of 2012. What must be going through their minds? "Do I celebrate my introduction to college by having fun?" Or "Do I focus on studying alone and worry about the future?" The future is a hazy image of what we make of it now, but we are told to live in the now and experience life like it's our last day. It's a confusing discussion.

However, it's no wonder why there's so much confusion. Mahatma Gandhi stated that "the future depends on what you do today," while Mother Teresa, known equally as well for her humanitarian works, stated that "yesterday is gone, tomorrow has not come yet. We only have today. Let us begin." Which do we follow? Do we choose to live in the now and deal with

the repercussions and consequences in the future? Or perhaps the opposite. I personally feel as though the importance lies in preparing for the future, because the future becomes the "now" soon after. Albert Einstein concurs by stating that "[he] never think[s] about the future - it comes soon enough." I see the answer to this question in two parts.

The first examines the issue with living in the present and venturing to a polar view in which an extreme form of lethargic attitude manifests itself. It is a place where one holds little remorse for actions, which could affect others and most likely themselves in the future, and does what he or she feels will satisfy their immediate desire portion of our subconscious. Now, I won't entertain that extreme side because anything in extremity is considered negative simply through connotation of the term extremist or bigot. However, if we look towards that side, we notice how living in the now provides the individual or group with the benefit of experiencing life on a daily venue. One is able to come to terms with the joys of life with-

out the constant worry about the mysteries or responsibilities of tomorrow.

However, the consequence of this is that the future, regardless of how long one attempts to hide it, will always catch up to him or her. It's an interesting topic, how time seems to evade us as we enjoy ourselves the most, yet we are dumbfounded when we realize how much has really surpassed us in our state of euphoric content. The person is forced to repent for their behaviors, rash or otherwise, and this undermines their ability to "live in the now" if they must display remorse for their unprecedented behavior the previous day. Now let's examine the alternative: focus efforts on the future.

The future, in my opinion, is one of the greatest mysteries the universe might never unravel. Nothing can ever be foretold about the future with absolute certainty, even if that certainty is 100%. Ironic, or paradoxical, as it may sound, even a 100% certainty is only a projection. One statistic suggests that NASA has a 98% success rate, but even with a near perfect success rate,

NASA could not predict the space shuttle disaster that happened many years back. Thus, some argue that all resources and energy should be concentrated on preparing for the unknown, the tomorrow or next week or next year and so forth.

These people provide the contention that preparing for the future allows you to enjoy the fruits of a hard day's work and labor, while bettering yourself so as to become more efficient. We must worry about tomorrow because if we look for the now, it will have passed immediately. The "now" is time that we experience for that moment alone, and then it is gone forever. However, the future is time that has not yet come, and it is time which is subject to our manipulations. Through this view, one can see how the "future" becomes a valuable asset. It becomes our lesson to learn from mistakes of the now and the past. It becomes one of the few things which, even with a deficit in any other resource, anyone can alter and influence. It, essentially, becomes our legacy.

However, again, there are the negatives. Opponents of

the view state that, if taken farther, worrying about the future takes over one's life. That person becomes so invested in planning for the future that they watch time go by without them. Life is no spectator sport, they say. It is one that you must experience daily, because daily is all you will ever experience. Theoretically, you cannot experience tomorrow until it happens... today, now. On that note, I'll leave you with both sides of the argument. Which do you find more important for the next generations? Seniors are graduating from high school and college, which side would be most beneficial for them to follow?

-Atharva Dhole

For more of my interesting, satirical stories, please visit: <http://reallywarped.blogspot.com/>.

Citizenship, trustworthiness, and responsibility

Hey guys! Whoa, it's already June! Happy summer everyone! Aren't you guys excited? Pumped? I definitely am! Okay, so this month, let's talk about what citizenship, trustworthiness, and responsibility mean to you. These three traits of character play such a significant part of our everyday lives. Without them, who knows how our personalities, or even our lives, would change. They bring so much meaning, honesty, and friendship through the world, it would be such a pain to see it all go. Citizenship, trustworthiness, and responsibility shape what is support, love, trust, and respect to all of our surroundings and us.

Citizenship. "The state of being vested with the rights, privileges, and duties of a citizen." I looked the legitimate meaning of this word up in the dictionary, does this sound right to you guys? I think it does. Although, in other words, citizenship means having rights, treating others with respect, and not abandoning or taking advantages of a person's privileges. Without citizenship, this country, or even this world, would be in ruins. Citizenship shapes the per-

sonality and unity of this world. Citizenship is support, from ourselves, from the family and friends we love and respect, and from our communities.

Trustworthiness is trust. Am I right? To trust means to believe in someone, and believe that they can believe in you too. This trait is what we look for in our best friends, our parents, and our role models. Without trust, each person in this world would probably be stuck in their own little boxes or shells, never wanting to come out in the open or step out of the box. In my opinion, trust is love, and love is trust. Trust builds a relationship; it is like the blooming of the flower. However, when it is built with a person, no matter how high, it can never be built to that exact level. That is just how trust works. We all know that.

Responsibility. Oh, responsibility. This simple word plays the biggest out of the three roles that we use everyday. Responsibility comes with common sense, well, most of it at least. Responsibility is emptying the dishwasher when we know it needs to be emptied with being told by our parents, or finishing our homework and turning it in on time, or never

losing any of our belongings and always having our rooms clean. Even if we do not realize it, we show responsibility in one way or another, everyday. To say the least, our world needs to show more responsibility. We are constantly procrastinating, letting things slip out of our hands, and just not doing anything about anything! That is what I call not being responsible, huh?

Again, citizenship, trustworthiness, and responsibility shape our lives and who we are as people. They bring out the best -or worst- in us and everyone around us. You could say if you dig deep down enough, these three traits bring out our true colors, whether good or bad. Although, remember guys, citizenship, trustworthiness, and responsibility are key aspects to relationships, jobs, school, and just life. Never forget about them and always be a good person, no matter what. Have an amazing start to the summer, be safe, and I'll talk to you guys next month!

- Sanam Mallik





By Sudesh Abrol

It is a known and proven fact that Yoga practice keeps our body fit, young, vibrant and in shape – beautiful figure and eventually leads us to spirituality. Pranayam, breathing practice takes care of our cardiovascular, digestive, endocrine, excretory, immune, Nervous and integumentary systems, produces and restores energy in our body. Pranayam practice also helps give new life to the dead cells of the body. Meditation helps us realize the relationship between the Prana (Vital airs) and mind is inseparable and awakens awareness of being a beautiful and peaceful Soul and not the mere body. Meditation helps to connect one with The Source through the soul and also helps to see oneself as only an instrument for Cosmic Consciousness. Meditation is the only way to feel 'Oneness' with The Supreme Power. Always remember that meditation is the highest level of prayer. When we pray in the church, temple, mosque or home, we talk and Lord listens, but in meditation The Big Lord talks and we listen.

As I mentioned before, while performing meditation the Prana (breath) touches each Chakra (power point) travelling upward and downward in the spine, awakens our potential and awareness and controls our mind and body. This not only disciplines our mind and body, but also transforms our nagging negative habits into positive attitude. The hollowness inside us disappears and we start feeling complete and contented. Also, we start getting detached from worldly desires, which cause us pain. We obtain spiritual knowledge and get moving forward, towards a bright future and The Love of Almighty Supreme Power.

After the mind is under control, we recognize the truth and the true knowledge and awareness of being immortal Soul and not a mere perishable body. Our many dormant powers in the body awaken with the help of spiritual power. You may experience various effects such as feeling happy and cheerful, mentally and physically strong, being more patient, elevated and a feeling of contentment and bliss. But this does not happen soon. It takes time to develop the mind and also it depends upon the individual personality and dealings, behavior and spiritual state of mind. The natural transformation which comes to an individual may be experienced by the aspirant's folks around him/her. Mental state becomes calm may be due to the eradication of greed, jealousy, fear, worry, revenge and anger. We all know that there is no gain if we worry or show anger to oth-



ers, but on the contrary much energy is depleted by these two kinds of lower emotions.

If a person makes a good SANKALPA (determination) the results are always pleasant and encouraging. But if a person makes a bad or negative SANKALPA (determination) then the consequences won't be favorable and may be life damaging. We were given an example of a farmer, by yoga instructor, who ploughs the land, cleans the old dirt, mixes new dirt with compost and waters the land. When he feels the land is ready, he sows the seeds and watches each day when the sprouts come out. Can you imagine the happiness and encouragement he experiences? Then they turn into baby plants and eventually grow as complete trees. One day they are loaded with beautiful and delicious fruits. Same way, we have to concentrate on positive thoughts, eliminating negative and heinous thoughts and at the same time be vigilant so that new bad thoughts do not sneak in our mind and brain and corrupt our positive thinking.

Reciting internally, the NAME you trust and believe in, consistently, is the ONLY simple way to "positive thinking". As an ancient religious poet saint Kabir Das ji depicted in his poem in Hindi "Jab men tha thab guru nahi, ab guru hen main nahi, prem gali ati sankri, ta main do no samahin". Which mean "When I (ego) lived in (my body) then Lord was not there, now Lord resides in and I am not there, the lane of love is too narrow and only one can live in". There is tremendous power in reciting the name of Isht Devata (Lord of Lords) and when the mind is busy with the SOURCE – there is no room for negative thoughts.

When we visit a beautiful garden we appreciate and adore the beautiful and gorgeous flowers. Have you ever noticed the gardener what he does whole day? He keeps on picking the weeds, unwanted shrubs, dead leaves and gives only that quantity of water the plants need. If he becomes careless and does not perform all these little jobs then weeds will eat up all the food and all the beautiful flowers and fruits will die. Our mind, body, brain and life also work in the same manner. Exactly like a competent and experienced gardener, if we sow the seeds of beautiful, healthy and pure thoughts and determinations, believe me, nothing can go wrong and we will definitely lead a happy and peaceful life-journey on this planet. We depend upon others for getting happiness and peace. Is that correct? Why we do that?

As I have, already, explained that we should not be dependent upon others for joy, peace and happiness, because these emotions are already naturally established in each individual by birth. This is everyone's birth right to be happy and peaceful. The difference is that some people do not know this truth. You have to awaken your faculties, awareness and potential by performing yoga, pranayam and meditation then you will never have to look for someone to shower his/her mercy on you and give you happiness. First you have to make SANKALP (determination) and speak to yourself "this is my life and this is my body and I want to live my life in harmony, happiness, love and peace". Heart becomes pure. Purity is the name of positive thinking and positive thinking has the power to change the destiny. Do not be a slave

to your worldly desires, become master of your mind and body and experience love, peace, harmony and serenity each moment.

Now the question arises that what is body? As we all know that body is made of five elements i.e. air, water, fire, ether and space. Soul selects human body to reside in. This job is done by the Supreme Divine Power, Who determines "which soul for which body?" In Holy Bible it is written that Lord says "Before one starts human life in the womb of his/her mother, first one takes birth in my heart. Then I shape the human body on the palm of my hand and send it to mother's womb". People have no respect for the race, which is the creation of The Big Lord. Many times they say in a rude tone 'he is black, she is brown, he is white and she is pale'. This makes me sad. Why we do not look at the whole universe as a colorful rainbow? But, when we realize, i.e. recognize with our 'real eyes' or inner eyes or we get awareness with the help of yoga, pranayam and meditation, then we get spiritual knowledge and become 'human beings' (knowing That Being or Soul living within us). When one knows, understands and believes that he/she is human being (living with The Being, which is Soul), one believes that this body is giving service to The Soul. This is the true concept we all have to adopt and if we perform and dedicate each and every thing for the Soul, then our mind and body get trained. One preserves a perfect psychological calm in any situation and environment; thus enjoying life happy and peaceful forever. This is called 'Spiritual Living'. But if we get drifted away from the soul and live as

a body, then we are living our life off the track and our life is full of sufferings and miseries, mental and physical. This means we are living a physical life.

Once you realize that you are a soul then your attitude changes and you start looking at all the human beings as souls. Purity enters into your mind. You feel no one is enemy to you on this earth and all are friends or they all are people like you and they are good people. Then there is NO ROOM for ego, anger, jealousy, fear, greed, grief and revenge. This is called purity of heart and you become like Gangajal (Holy water of Ganges which is considered most pure). Your state of mind becomes stable, relaxed and peaceful and you become humble. You never speak ill words to anybody and you never ever hurt to anyone. You start believing in non-violence. Then, you open your heart and give your love to everyone who comes into your life. This LOVE is not ordinary love – This is called true love. I have heard people saying “I love your hair, I love your dress, I love your shoes or I love pizza”. They don’t know the meaning of love. I am talking about HEAVENLY LOVE without expecting any reward or return. True love, without any selfish motif or unconditional love, should be the aim of life. This becomes your nature. When you give love to others without discrimination and without any selfish-motive then, believe me, Lord dwells into your heart.

When The Lord lives in your heart or within your body, then it is very essential to input the required food in the body only. At the same time body has to be healthy and strong. When we eat food, it has to be chewed slowly and properly. We should try our best to consume fresh cooked food. If you go back forty or fifty years, there were not refrigerators in each house (I am talking when I was young in India). Small portions of food were cooked at each meal time. Most of the women were ‘stay home’ mothers and they had a keen love, passion and energy to cook for their family three meals a day. Simple food was cooked, not in much variety, and was served to the whole family. Everybody would love the food. There were less mental and physical problems and disorders. There was love, affection and compassion in the family. This is a truth that today’s women are educated moms and most of them are working also, but no one wants and likes to cook at home. Pre-packaged foods or eating out has become a style of living. I do not mean that every one today eats out. There are still many families, who cook at home and enjoy meals eating together. When everyone is on the dining table and eating home cooked food together, this flourishes

love in the family. I hardly eat out and I always cook myself. But when our kids come to meet us then my husband helps in the kitchen and prepares delicious dishes for them. When we cook food ourselves, we know what we are putting in our body, as I said before, food is not feeding the body alone, but it is also being offered to the soul. Food cooked with love and affection, nourishes body and helps body to stay healthy and strong. But food cooked in the restaurants has very little value as it is roasted too much, curries are prepared while cooking for hours, fried foods are saturated in oils and desserts are full of sugar, butter and cream and zero thought of love rather the only concern of the restaurant owner is money. You don’t know how fresh the food is?

This is also important to be aware of what kind of food we are supposed to consume. Everyday consumption of food has to be simple, which is compatible to our physical digestive system and when we adopt simple habits, home-made simple food tastes so delicious, it is like heavenly food. I, always, emphasize on fresh fruits and vegetables and also green leafy vegetables. Mother Nature has provided us with so much abundance of natural foods to satisfy our appetite and physical needs. The more greens we put in our body, our body gets cleansed automatically and the toxins are pushed out with the waste. All uncooked foods like sprouts, fruits, vegetables and their fresh juices carry vital energy. We need only eight ounces of fresh fruits juice and only five to six ounces of vegetables and green leaves juice. This fresh juice is full of vital energy. It assimilates in the blood stream immediately and gives us longevity and great health. There is no restriction on fruits and vegetables. We are supposed to consume this kind of foods as much as possible to live longer, stay healthy and enjoy a disease-free body. You will be surprised to know that in this computer age, serious patients of cancer, aids, diabetes, obesity and indigestion are being treated with fresh juices of fresh fruits, fresh green leaves and vegetables, wheat and barley grass and aloe vera in Nature Cure organizations in India.

If you get little sick from change of weather or getting infection or any other reason, then, first thing should come in your mind to change your regular food to light diet and believe that this is a temporary phase which will go away soon. Awaken the physician inside you, take precautions, use herbs and water as medicine and give rest to your body completely. You will get better faster. Always remember that mind power is much stronger than body strength.

Dairy products are excellent foods

to consume. We are advised in Nature Cure to consume dairy products on daily basis as these are alkaline foods and support the health of our mind and body. Consuming three servings a day, is an ideal portion for one day. Non-fat-dairy-products are suggested for all the adults and kids may consume 2% and full milk and its products. Beans and lentils are an excellent source of fiber and protein. Each person is suggested to eat half a cup of beans or lentils every day. Please remember that the more food, full of fibers, we consume on daily basis, the less wrinkles we show on the face. It keeps our body skin tight too. Soybean is the name, on the top of my list, as it is full of fiber and protein. There is a large variety of grains in the market. What more we want?

Yes, we have to be aware that we should consume more alkaline foods than acidic food approximately in the ratio of 80:20. Alkaline foods give us nutrients, vitamins, minerals and enzymes, which are full of vital energy, whereas acidic foods give us acidity and acidity is the generator of all diseases. Alkaline foods are known as ‘best internal cleansers’ and in Nature Cure alkaline foods are considered ‘the most natural remedy’.

Incorporate these few special core postures, which are believed as ‘self healing postures’ along with ‘keep body fit’ yoga practice every day.

1. BHRAMARI: Sit straight in Padmasan or Siddhasan place index fingers on the forehead, three fingers on the eyes and close to the nose. Inhale deeply as much as you can, close your ears with the thumbs and go into Tribandh (three Bandhas – put three blocks in the body). Please read the instructions carefully and perform the posture correctly for best results. The first one is called Muladhara, which means you will pull up or suck-in both the bottoms, drawing and contracting upward and this process is called Mulabandh. The second is Uddiyanbandh. You will pull up and suck-in your upper abdomen area. The third is Jalandharbandh. You will bend your neck in front and put your chin against the vocal cord, right on the cavity. Please bend your neck only and keep body straight. Now you are into Triband posture and you are holding your breath. It is up to you how long you want to stay in this posture as per your capacity or strength. You may start with ten counts and increase the duration slowly up to 20 or 30 counts, which is fairly good as this will be 20 or 30 seconds. Then start releasing the blocks in your body slowly and exhale. Take a regular breath and exhale. Again repeat the above procedure two more times, but you must take a regular breath and exhale slowly for rest in between performing each breathing

exercise. (Practice three times only).

2. GOMUKHASAN: While sitting on the floor bring right foot close to left hip and left foot close to right hip. It has to be knee on knee like Gomukhasan. Now your left knee is up, so place right palm on the knee and put left palm on the right palm. This will be palm on the palm. Inhale deeply and straighten your body pressing hands down and go into Tribandh. You are holding your breath also. Count 10, 20 or 30 as per your mental and physical strength. Now start releasing Tribandh and exhale slowly. One regular inhalation and exhalation, as mentioned above, is must in between Tribandh and repeat two times. (Total one set of three breathings at a time). If you are interested to do more of this Kriya then you may practice in the evening.

3. BHADRASAN: Sitting on the floor, bring both the feet in the center of your body widening your knees on the floor. The soles touching each other and the heels close to your body. Grasp the toes with both the hands and bring the heels closer to perineum. Knees are supposed to be flat on the floor, inhale and sit straight. If it is difficult than keep on changing position of the knees, one on the floor and other little raised one by one. After practice of 5/6 days you may be able to put both knees flat on the floor. Now exhale deeply and go into Tribandh. Your navel and abdomen area may look sucked in without air. Stay in this position for 10, 20 or 30 counts as per your capacity. This is called BAHYA KUMBHAKA, which means ‘holding breath out’. Now you release the Bandhas slowly and inhale. Repeat twice but take regular inhalation and exhalation each time in between Bahya Kumbhaka and repeat above posture twice. Go into Shavasana for five minutes or more if time permits, loosen up your body, go inside and be with your “SELF”. Start meditation repeating in your heart “I am a peaceful soul”. Now comes the last point which is the most important natural support for self-healing. It is a great quality to help others generously and happily while leading an ideal family life. When one connects oneself with the universe, then wonderful superior qualities come in and join you, which increase tolerance and affection for all the mankind. One becomes like a mother. We are supposed to appreciate and be happy on others success and advancement. Rather we should help others in their advancement if possible. We should treat others as we want to be treated. Let’s promise ourselves today to have pure thoughts, calm mind, active body and love for others and witness one miracle every day.

“TRUST YOUR GUTS AND NEVER GIVE UP”

A Note to Hillary Clinton:

Foreign Investment won't work in India



By Arman Sidhu

Following her recent visit to South Asia, United States Secretary of State Hillary Clinton made her visit to India a more strategic-based one. Her persistency for India to reduce Iranian oil imports has strained the relationship between the U.S and India, and only spurs more controversy between the two very different nations. Among other diplomatic duties, perhaps the most surprising, (as well as alarming) notion taken by Clinton, was her open forum on why India, one of the world's top economies, should plight itself to American and European investors. The fact of the matter is, as attractive as having more Fortune 500 Companies inside of India sounds, it simply cannot work, and it certainly won't improve the standard of living as Clinton argues. India may be the world's largest democracy, but its constant battle with corruption, and its increasing wealth gap would only increase if increased foreign retail were to occur. By opening to more retail investment, it'd be only a matter of time before we would see more American and Global retailers like Walmart and Tesco sell directly to Indian consumers. The problem therein lies for India's small shopkeepers and rural farmers, who would be then forced to compete with global-brand retailers.



The amount of strain these shopkeepers and small business owners in India would face would not "rise the standard of living and opportunity", but would rather put them out of work quickly and devastate India's heavy agrarian economy. This practice of allowing these major-brand retailers is known as Foreign Direct Investment

(FDI), the Indian Government halted a 51% FDI opening just in time last year, as due to the political rhetoric of West Bengal's Chief Minister Mamata Banerjee. Clinton, who made her first stop in Kolkata, spoke with Banerjee, who has since gone back on her position, and has received a promise from Clinton to make West Bengal, and East India, for

that matter more accessible to foreign investment. What CM Banerjee has forgotten, is that India's fast economic progress wasn't a result of increased FDI, but was a result of disbanding Socialist economics that plagued the country during the Gandhi Family's regime. The liberalization of India's domestic economy helped increase the

GDP from 5.6% to 77.8% in a matter of six years, but slowed down, not because of tighter FDI restrictions, but because of droughts that affected farmers. India's true "Industrial Revolution" has yet to happen and Clinton's push doesn't stem from her good-will to India, but from the potential benefits that America's infamous Capitalist investors could reap from selling to India's population directly, instead of facing the hurdles currently in their way. The correlation between increasing FDI and reducing poverty isn't concurrent with the original plans to tackle the issues of the impoverished. If India wishes to become a developing country and reduce its poverty, it has to do what America did when it was once in India's position, which wasn't increase FDI, but was a combination of entrepreneurship in the technology, privatize its top financial institutions, and new enterprise on a small-medium level, which contradicts the FDI proposal.

What India needs isn't capitalistic binge, it's social reforms that work to benefit the people directly, as well as a clean sweep of black money gained by India's infamous corrupt politicians. It'll be a matter of time to see India's progress and its lift to becoming a first-world country.

However, if one thing is certain, India won't go anywhere with its lackluster advice from America.

** Arman Sidhu is a freelance writer on the political, social, and economic reform in India.*

This question is very common in the human mind. Every human needs peace of mind, but it isn't easy to find the source for peace of mind. Many people think only money is the source of peace and they become eager to earn more and more. When we think to earn more we become more greedy and selfish with a ruthless attitude towards life. Without cleverness and dishonesty we cannot earn unlimited amounts of money. Those who start their life with the idea; money is the source of peace, upon becoming billionaires; they realize they had more peace when they had a simple way of life. But they cannot go back. In this situation they spend their whole life in frustration, nervousness and fear in order

Peace of Mind

to protect what they have acquired. After all human physical efforts have failed to achieve peace, the question remains: where do I find peace? My dear readers please stay with me a little more. I will try to explain how this can be done.

The place to look for peace is in our self. It cannot be found in the material world. The question remains, how do we find it inside?

First we need to balance our five passions: Lust, Anger, Greed, Ego and Attachment. Then we need to accept the fact; our life is not the physical body. Our physical body is a building of the Divine Temple. But it

is not a Temple as long as it doesn't have an Altar and a Deity for that Altar. Our mind is the Altar and our Soul is the Deity.

Peace of mind is not achieved through human effort. It is Divine Grace. Grace is the Grace. Nothing is possible without Grace. The question remains: where is the peace of mind?

When you wish for the peace of mind, surrender yourself to the Creator because your body, mind and soul are gifts of the Creator. You didn't earn them. Grace is possible the same way.

Here is my humble suggestion.

Devout ten minutes from your daily life to Divine prayer. Consider yourself as a worshiper on the altar of your mind. Offer three flowers. They are Reverence, Devotion and Confidence. Repeat again and again:

Oh, My Divine Creator, I am Thine. Accept me. I am a slave of Thine slave.

Bless me with Divine wisdom that I can see this Universe belongs to You and I am a part of it.

My friends, that Realization is Peace of Mind.

Thank you
- Harbhajan Singh Sandhu



Visiting Parents of the Diaspora

Circumstances and situations permitting, most of the immigrants from India and other Asian countries would love to invite their parents or older members of their extended families for a visit here in the West. This is a natural desire among our people, in contrast to Western culture where most of the emphasis in life happens to be self-centered.

There are several reasons for this kind of behavior among the immigrants. First of all, having come from extended families, we often miss our near and dear ones. We carry a burning desire to make them aware of the economic progress and the other material successes that we have achieved after migrating to the West. We want them to physically see and appreciate the fruits of our hard labor in the far-away lands that we have adopted as our permanent abodes. Most of us also want them to experience and appreciate the culture of the Western world firsthand. At the same time, we would like them to get a taste of the lifestyle that we, the pioneers from the East, have created for ourselves.

We also realize that when the elders finally return back home, after having personally confirmed the well-being of their children in homes away from homes, it will help them find long-lasting peace and comfort in knowing firsthand that the decisions that their children made to say good-bye to their homelands were not in total vain, after all.

The experiences and the impressions that they ultimately take home from the West cannot be usually generalized and are subject to several variables. These variables include, but are not limited to, the social circumstances of their host-children in their adopted homes including their economic status. This financial consideration matters immensely because the comforts and opportunities provided to the visitors will be directly proportional to such factors. Equally important will be the general awareness, the educational level as well as the ages of the visiting parents and other relatives in question. Their mental outlook and previous socio-economical set up back home also plays a major role in determining the outcome of their visit here.

If the invited parents are advanced in age, retired, not active and have to depend on the children for their daily needs, their impression about this country would not be that positive. A single older parent who doesn't drive

and thus is mostly stuck at home will certainly not have an enjoyable time and thus will not carry good impression of this country. It only works if a spouse or other person is able to provide full-time company and can attend to the guest's physical needs while host family is at work. Financially-sound children may be able to buy a certain degree of physical comforts for their loved ones but it is often not fulfilling.

It is important to emphasize here that the elderly parents did not come here just to look at the four walls of the house, no matter how nicely decorated they might be. Any amount of physical comfort in the best of the environments will not bring true happiness if the elderly guests feel lonely. Loneliness turns a beautiful home into glorified "house-arrest," much akin to that dignified imprisonment reserved for punishing high-level politicians of the opposition parties of the India of yesteryears.

Leaving elderly guests at home alone and asking them to take care of their Western-born grandchildren for the entire day while the host couple is at work, as may happen in many cases, truly becomes painful for some elderly parents. They may not talk about it but they do feel it. No doubt they want to prove useful to their families and wish to help their children by getting involved. But, unfortunately, the loneliness of spending the entire day taking care of the grandchildren and that too in an alien environment where they cannot even communicate with them gets to them sooner or later. They would love to go out but they cannot. They would like to complain but they cannot for they simply do not wish to rock the boat.

On the other hand, if parents are relatively young and fully active in all facets of their lives and have adequate communication skills in English, it is not difficult for them to have a good time. In such instances, they can get involved with their children in various social activities and business ventures. If they happen to be too old for any activity, physical or social, and are primarily homebound, their requirements will usually be limited at best and a restful stay under watchful eyes is all they will need. Most of the issues concerning elderly visitors and parents, however, pertain to the age group that falls between an old-old age group, the infirm, on one hand and relative healthy young-olds, the active seniors, on the other. This group is not fully independent to live alone yet not

that old enough to fall into oblivion, not knowing what goes around. Such an age group indeed puts the visiting parents and host children into a rather precarious situation.

Members of the immigrant community, irrespective of their backgrounds or places of birth, quickly become aware of the availability of supplemental financial assistance (lovingly called pension by many of them) for their elderly relatives. At times, this turns out to be the principal motivation for immigrants from poor countries to invite their older parents to come and live in the West. The amount of assistance is barely enough for an older person who was born and has spent his or her entire life here in the West. But it certainly proves helpful for the elderly of immigrants from Eastern countries living in extended joint-family system. These elderly individuals are always ready to chip in their resources or whatever else they have to the family income pool, for they feel obligated and in turn their families are only happy to oblige them in accepting whatever is contributed.

The members of the diaspora whose parents come to visit and then decide to live with them for an extended period of time find such an arrangement an avenue for informing their grandchildren about good aspects of the culture in which their parents were born and raised. At the same time, it affords an opportunity for the grandchildren to bask in the sunshine of the priceless love that only grandparents can shower upon them. Certainly there is nothing wrong about it.

Such an arrangement at times may also end up showing the ugly side of an apathetic condition of some visiting parents, initially invited here for a short-term visit but then made to stay longer. The parents in such situations might have been either a reluctant party to the arrangement to begin with or they stayed more of their own free will, not realizing the consequences. This kind of arrangement may not be a true representative of outpouring of love but a manifestation of self-interest on the part of the children. The elderly parents may be working far beyond their physical capabilities, yet these poor souls keep on suffering quietly. Holding older parents hostages on an emotional level for one's own benefit is totally uncalled for and ethically corrupt. Such practices should not be and cannot be condoned.

The elderly parents do not wish to



Dr. Jaswant Singh
Sachdev, MD*
Phoenix, Arizona

offend their host children by seeking permission to return back to their homes as their love and concern for their grandchildren often clouds their abilities to make judicious choices. At the same time, these elderly parents are intrinsically and painfully aware that they do not have anyone left back home to take care of them. The children and others close-ones all happen to be here. They know that unfortunately they will now have to live alone during the waning days of their lives. Thus they find themselves in a state of indecision, helplessly caught between a rock and a hard place. This is certainly not good for either party.

If older parents decide for themselves, of their own sweet will, to stay put and if their children are willing to take care of their parents' emotional and physical needs, everyone will benefit. What is important to recognize is the fine line that exists between the parents' longing to return home, which results in losing the company of their grand children on one hand, or to keep on staying on the other, but in an emotionally non-conductive and somewhat of a culturally alien environment of their western-settled children. Only an honest and caring concern that keeps the full comfort of the visiting parents in mind, above and beyond anything else, will prevent such conflicts. On such occasion, decisions should be made with the full involvement of the elderly visiting parents. It will keep them happy and at the same time fulfill the needs of the host children and grandchildren, who can then cherish the visit of their elderly parents in a most satisfying and fulfilling way.

**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>*

Plenty of Cheer for the Teacher of the Year Jodi Jaeggi of Montebello School, Phoenix, Arizona

When her name was announced as Teacher of the Year she, Jodi Jaeggi, was absolutely elated because her commitment for educating students was thoroughly productive as well as rewarding. She had stood the test at Montebello school with many of her students from diverse backgrounds. However, her amazing dedication and insightful perseverance played a major role in receiving the honor and prestigious acknowledgement. She was accompanied by approximately thirty four (34) other teachers who had been selected as the teacher of the week. Yet it was Jodi who put forth the kind of effort that caused her and her students to meet the standards and goals she had set.

Once introduced as the Keynote Speaker, Motivational Empowerment Consultant, Habibullah Saleem, didn't hesitate to thank everyone for such an awesome opportunity. He began by listing a number of strategies that were necessary for effective teachers to be on point. Saleem stated that compassion and creativity for students is of the utmost

importance. Matter of fact, he described effective teachers as those who know what button to push to turn students 'on' rather than turning them 'off'. No shouting, screaming or yelling. In other words, it's about the elevator of love that takes them to the highest level of their academic and social maturity. Each student has a button and the Teacher of the Year is able to discover and benefit from each button.

In essence the message was thoroughly delivered and all those in attendance expressed their gratification with a standing ovation. They were able to relate to the importance of music and motivational poetry that placed emphasis on making learning fun and relevant. Saleem let it be known that effective teachers make it a priority to manage and maintain a classroom of high morale. They know how to get students to believe and trust their talent to pass the test with courage and perfection. They guide them to assist and



uplift the spirit of others. Again, Jodi Jaeggi made sure her students mastered the fundamentals of teaching and learning, so much so it became obvious that they had learned to remove the letter "e" from the word fear in order to go far in life as productive, mature fifth (5th) and sixth (6th) graders.

In defining the success of this Twelfth (12th) Annual occasion, we must recognize the awesome team effort put together by Fulton Homes, Knoodle Advertising, and KNIX along with Monti's Restaurant in Tempe Arizona where the food was absolutely satisfying.

The lead participant of this event every year is the amazing Ira Fulton who made available a check for One Thousand Dollars (\$1,000.00) to Jodi for her time and dedication. As a very strong advocate for educational excellence, Mr. Fulton and his wife are thoroughly aware of what's necessary for our school systems around the country to continue to improve and move forward. As part of his brief remarks he stated that there will always be people who attempt to belittle you or discourage you from achieving your mission. However, don't let it stop you, just keep pursuing with vision and determination.

Hosting the event as "MC" was Carolyn Coffey of KNIX 102.5 FM morning radio personality. She made sure every teacher and school was introduced knowing that every teacher present was valuable and needed. The selection process was a team effort whereby the final decision was honored. Therefore we thank TV channel 15 and



For comments or concerns, contact: Habibullah Saleem at hscrtal@aol.com www.futureimpact.weebly.com

By Habibullah Saleem

others along with Asia Today Newspaper of Chandler, Arizona for their professional coverage of the event. At the end, brief remarks came from restaurant owner Monti as he congratulated the Teacher of the Year and thanked everyone for their participation. It was a mission completed with teachers strengthening their conviction to continue to do what's required to remain highly motivated and committed educators for students to race to the top. Speaking of motivation, Jodi was all smiles when receiving the poem The Teacher of the Year for students to Cheer from Habibullah Saleem.



Food science - Food science is the study of the physical, biological, and chemical makeup of food; and the concepts underlying food processing.

Food Technology - Food technology is a branch of food science which deals with the actual production processes to make foods.

Bio Technology - Biotechnology (sometimes abbreviated as "biotech") is a field of applied biology that involves the use of living organisms and bioprocesses in engineering, technology, medicine and other fields requiring bio products.

Food science integrates the application to food of several contributory sciences.

- Chemical composition of the food material; their physical, biological and biochemical behaviour
- Human nutritional requirements and the nutritional factors in the food materials
- Nature and behaviour of enzymes
- Microbiology of the foods
- Pharmacology and toxicology of the food materials
- Additives and contaminants
- Effects of various manufacturing operations, processes and storage conditions.

Food technology draws on, and integrates the application to food of other technologies such as those of Steel, tinplate,

Food Science and Technology

glass, aluminium, plastic, engineering, instrumentation, electronic, agriculture and biotechnology.

We are what we eat

Our health and longevity are influenced by the impact of the environment on our genes. Many of the environmental factors are components of our diet. The human genome, combined with epidemiology and modern methods of genetic analysis, provides a rational route for identifying these dietary factors.

Modern food industry uses many preservatives, artificial colorants, additives, and chemicals in order to enhance the appearance flavour, and shelf life of food we eat. However, these compounds ultimately end up accumulating in our body only to show their deleterious effects in the form of diseases, cancers, and genetic malformations in the newborns etc.

It is, therefore, important to understand the nutritional requirements of our body. All of us are curious to find out what is a well balanced diet in order to stay healthy and to enjoy productive life. Certain level of knowledge about the food science is necessary regarding food items' nutrition value, their anti-oxidant strength, storage quality, processing methods and

consumption. Every effort should be made to consume foods that have all the nutrients in right proportions and are hygienic and free from harmful germs and chemicals.

A healthy diet needs to have a balance of macronutrients (fats, proteins, and carbohydrates), calories to support energy needs, and micronutrients to meet the needs for human nutrition without inducing toxicity. Food should be free from infections and good for overall development of the body.

How to prevent Food borne diseases from food related stuff??

Public health experts believe unsanitary food preparation practices are major contributions of the out breaks.

1. Do not buy cans or glass jars with dents, cracks or bulging lids
2. Never eat raw meat, poultry, seafood or eggs
3. Cook raw meat, poultry, seafood or eggs thoroughly to at least 165 degree Fahrenheit to kill any bacteria.
4. Thoroughly reheat leftovers.
5. Promptly refrigerate cooked meat and poultry in small shallow containers. Remove stuffing from chicken and turkey and refrigerate separately.

6. Refrigerate perishable food as soon as you get home from the market.

7. Store canned goods in a cool, dry place for use within a year. Never put them above the stove or in a damp area.

8. Do not thaw food on a counter; bacteria grow quickly at room temperature. Thaw food in the refrigerator or in the microwave just before cooking.

9. Keep work area clean. Wash hands, utensils and cutting boards in hot soapy water before preparing food and after handling raw meat or poultry.

10. Use plastic or other non-porous cutting boards. Wash cutting boards in the dishwasher or in hot soapy water after use.

11. Keep pets away from food, cooking and eating surface, and equipment.

12. Do not take chances - if you suspect there is a problem, throw the food out.

To know more, feel free to contact:

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Health and Wellness
consultant
Organic Choices
Bhatiapriyanka2002@gmail.com



Hello Fellow Readers,

Sunny days are here again!! Summer break for the kids and happy days for your real-estate are around the corner!!

The Phoenix metropolitan area is showing signs of a remarkable recovery in its real-estate market and a growing number of national real-estate analysts say metro Phoenix is leading the U.S.' housing market's recovery.

Home prices are surging in metro Phoenix, climbing 8 percent in March alone and 20 percent in the past 12 months. The median price of a house in the region climbed to \$134,900, according to a new report from the W. P. Carey School of Business at Arizona State University. The trend is projected to continue throughout the year, although at a slower pace.

Mike Orr, director of the Center for Real Estate Theory at ASU, doesn't expect home prices to continue to climb as fast as they did in March over the next few months. But he projects metro Phoenix's housing appreciation for 2012 to reach 25 percent by September. Orr credits the turnaround to steep drops in foreclosures and in the number of homes for sale, coupled with an increase in sales. Fewer foreclosures means fewer inexpensive homes for buyers. The number of homes taken back by lenders in metro Phoenix is down 60 percent from March 2011.

Housing inventory has dropped steadily during the past year because of a record number of investors snapping up properties out of foreclosure. Home sales are up 35 percent from a year ago as more regular buyers have joined investors in the mix. "Prices have begun to rise

Valley Real Estate Market

at a fast pace, and bargains are no longer plentiful," Orr said. "Most homes that are priced well are attracting multiple offers within a couple of days, and many are exceeding the asking price." March's price increase was the sixth in a row for Phoenix's housing market. Most real-estate analysts say the streak of rising home prices, along with slower foreclosures, is proof a housing recovery is under way.

Metro Phoenix's median home price is still at least \$130,000 lower than it was during the boom but almost \$30,000 higher than it was in August 2011. Foreclosures are down, and so are the sales of lender-owned homes. Since March 2012, the number of foreclosures resold by lenders has plummeted 61 percent. At the same time, regular sales, new-home sales, investor purchases and short sales have climbed. All those types of transactions have higher median prices.

- The number of houses on the market across the Phoenix area is down 64 percent from March 2011.

- Active Notices of trustee sale for residential properties as of the end of April '12 were 17,768 units. Up from last month of 16,947. Down from the all time high of December '09 of 47,606.

- Residential Foreclosures were at there all time high in March 2010 at 5,451. Residential foreclosures were 1,647 last month. This was down by 316 units from March.

- The residential REO properties are sitting at 6,711 vs. last month of 7,408. Down 697 units from last month! April of

2011 there were 19,322 REO properties, down 65%! Listed REO properties are approximately 1,345 units and pending are 2,120. That tells us that there is approximately 3,246 properties that are foreclosed but not yet on the market.

- Normal Sales is at the highest point in the last 5 years. They represent 56% of total sales!

Below are some residential statistics as of April 2012 –

Lets look at Commercial Side

- The National DCP LLC (NDCP), the Dunkin Donuts franchisee-owned distribution and purchasing cooperative, leased 34,448 square feet of warehouse and cold storage space at 4239 S. 43rd Pl. in Phoenix, AZ. The tenant signed a 38-month deal and plans to occupy the entire property in October.

- Stapley Marketplace, located at Stapley Dr, sold for \$1 million, or about \$147 per square foot, to J & L Development. The 6,797-square-foot, multi-tenant retail building was built in 2006.

- CyrusOne, a wholly owned subsidiary of Cincinnati Bell, bought a 57-acre parcel in Chandler, AZ, which will house a 1-million-square-foot modular data center.

- Presson Corporation bought Clocktower Corporate at Pointe Pkwy W. in Phoenix, AZ for \$2.95 million, or about \$27 per square foot. Built in 1987 and situated on a six-acre parcel, the 109,779-square-foot building.

- Rabadi & Sons purchased the Stone View apartments in Glen-

dale, AZ from Blue Valley Apartments for \$2.6 million, or about \$21,500 per unit. The 99,525-square-foot multifamily complex at 7841 N 59th Ln. was constructed in 1974 and has 121 apartment units.

- Cole Real Estate Investments purchased the San Tan Marketplace for \$54.78 million, or about \$192 per square foot.

- Regal Group LLC purchased the industrial building at Deer Valley Rd. in Phoenix, AZ for \$1.725 million, or about \$62 per square foot. Regal Group purchased the property as an owner/user and plans to occupy the building in Q2-2012, doing business as Harmon Electric, Inc. The 28,000-square-foot masonry building sits on 1.65 acres and was constructed in 1999.

Business continues to be strong. We are in a rare opportunity to buy! Interest rates are very low! REO properties seem to be going away as short sales continue to get approved. Frustrated real-estate agents have buyers ready to sign contracts but can't find houses for them.

As Always, I love hearing feedback, comments and your thoughts.

Please feel free to reach me at **480-242-8573** or email me arti@artiier.com

Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as Armls, Cromford Report, Costar, Globest and BizJournal.azcentral, inman news, Realtor.com



You should channel your efforts into getting rid of bad habits. Organize social events or family gatherings. Partnerships could be tense. Don't push your luck. You may find yourself caught in a triangle. Your luckiest events this month will occur on a Wednesday.

ARIES



Mar 21
to
Apr 20

Peers may not be on your side. You could receive recognition for a job well done. You will be able to talk about emotional problems with your partner. You must not let others talk you into doing things that will probably limit you financially at a later date. Your luckiest events this month will occur on a Sunday.

TAURUS



April 21
to
May 20

You will get out of shape easily if you don't keep on top of things. You must consider yourself for a change. Sort situations out as best you can. Watch your spending habits. Try not to hang out with coworkers if you wish to avoid problems later. Your luckiest events this month will occur on a Wednesday.

GEMINI



May 21
to
June 21

Accept the inevitable, and opportunities for advancement will follow. Make plans that will take you to exotic destinations. Sudden changes in your financial situation are likely. Uncertainties about your living arrangements may be unnerving. Your luckiest events this month will occur on a Sunday.

CANCER



Jun 22
to
Jul 22

You should not be concerned with coworkers who insist on spreading rumors. You can be sure that any dealing with large institutions should go well. A quiet restful day just staying in bed or catching up on reading will be your best bet. Plan your social events carefully. Your luckiest events this month will occur on a Thursday.

LEO



Jul 23
to
Aug 23

Don't let situations get out of hand. Toning, fitness, pampering should all be scheduled. You can get a great deal accomplished if you bring work home. Help elders get their personal papers in order. Your luckiest events this month will occur on a Monday.

VIRGO



Aug 24
to
Sep 23

You may have a problem at work with a female coworker. A lot can be accomplished if you organize your time. Build on friendship rather than starting out in an intimate encounter. Unfortunately, your personal life may suffer from a lack spare time. Your luckiest events this month will occur on a Sunday.

LIBRA



Sep 24
to
Oct 23

You can meet potential new mates, but make sure that they aren't already committed to someone else. Difficulties with your mate may lead to isolation. Your communication skills will bring you popularity and increased self esteem. Your competitive nature will enable you to win any contest you enter. Your luckiest events this month will occur on a Wednesday.

SCORPIO



Oct 24
to
Nov 22

Plans to make physical improvements may lead to psychological changes, too. Residential moves will be in your best interest. Your desire for excitement and adventure may be expensive. You will find that social activities will lead you into passionate meetings. Your luckiest events this month will occur on a Wednesday.

SAGITTARIUS



Nov 23
to
Dec 21

Don't be shy; if you want to spend more time with a special person, make a commitment. Your ability to dazzle others with your unique and innovative ideas will attract attention. Children may be difficult to deal with. Don't get involved in uncertain financial ventures. Don't let other people meddle in your private affairs. Your luckiest events this month will occur on a Wednesday.

CAPRICORN



Dec 22
to
Jan 21

Remember that no one can walk through your door if there's someone standing in the doorway. Get them to pitch in, if you need help. This will not be the best day to initiate change. Be sure to pay attention to your bank account. Your luckiest events this month will occur on a Tuesday.

AQUARIUS



Jan 22
to
Feb 19

You might find that a coworker has been two faced. This is not the day to be extravagant. Take advantage of the opportunities that present themselves. It might be time to make a fresh start. Your luckiest events this month will occur on a Tuesday.

PISCES



Feb 20
to
Mar 20

June 2012						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Adhinayakudu @ Pollack Tempe Cinemas - Telugu Movie (Starts @ 9:30 PM) * Rowdy Rathore @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 9:30 PM)	2 Rowdy Rathore @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 9:30 PM)
3 Rowdy Rathore @ Super Saver/Silver Cinemas - Hindi Movie (Starts @ 3:00 PM) Rowdy Rathore @ UltraStar Cinemas UltraLuxe Scottsdale - Hindi Movie (Starts @ 6:30 PM)	4 Rowdy Rathore @ Grand Cinemas: Crossroads 6 - Hindi Movie (Starts @ 7:00 PM)	5	6 Rowdy Rathore @ Pollack Tempe Cinemas - Hindi Movie (Starts @ 7:30 PM)	7	8 Hasya Kavi Sammelan	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 Rath Yatra @ Hindu Temple of Arizona	25	26	27	28	29	30

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Satyamev Jayate hits the right chords

Satyamev Jayate the most awaited TV show of the year was finally aired on Sunday.

This ambitious project undertaken by film star Aamir Khan has hit the right chord and has received a grand opening.

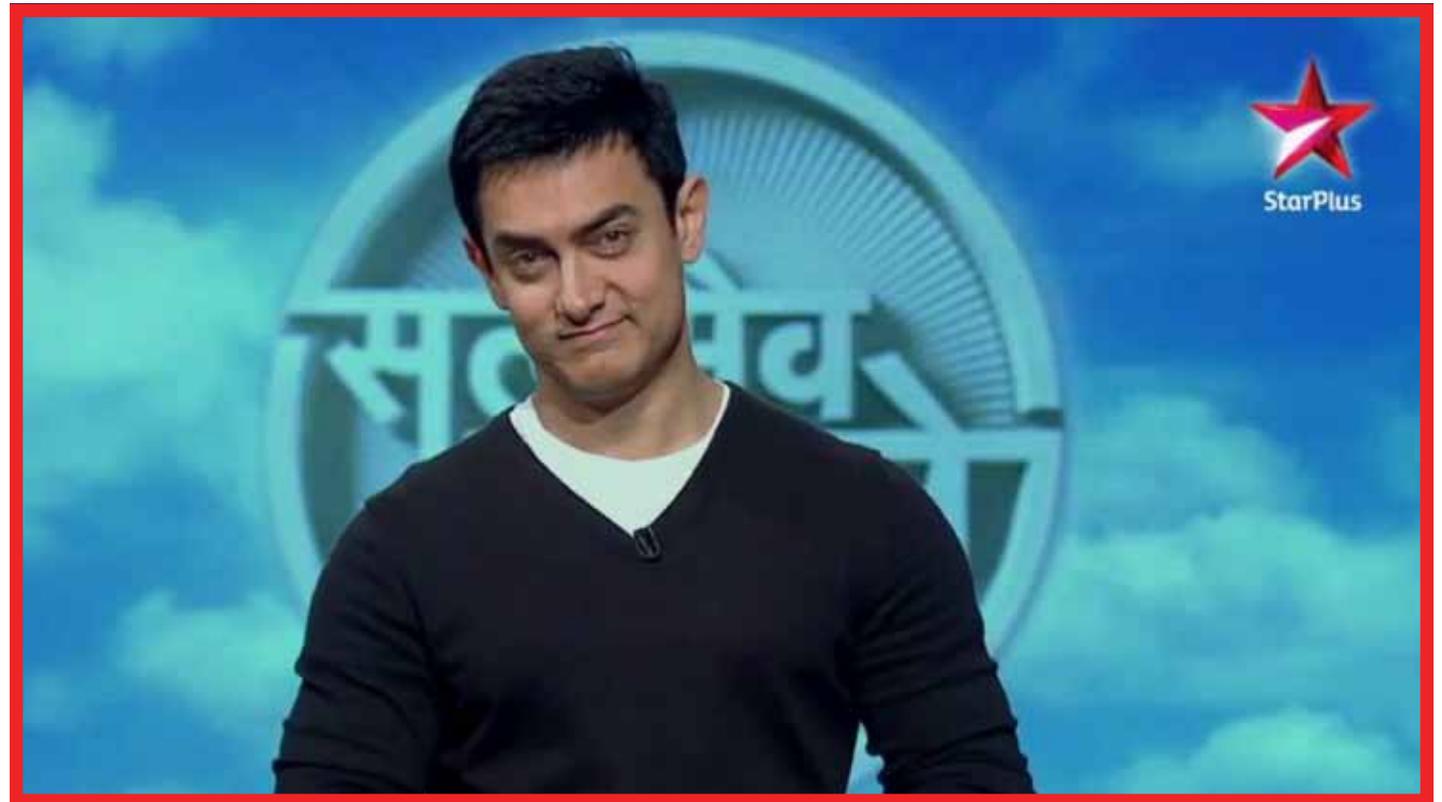
It is definitely a show to awaken the mass on the serious issues in the society and this is what I expected from 'anAamir Khan show'.

The first episode of Satyamev Jayate focused on female foeticide, an issue which has influenced almost the entire country.

The first guest in the show was a woman from Ahmedabad, who shared her tale of how she was first duped in to having an abortion and then forced into having six abortions in eight years by her husband and in-laws.

Another guest that followed was a woman from Madhya Pradesh who told her horrifying story, where her husband disfigured her face by biting it because she was going to give a birth to their third girl child. Contrary to our assumptions, that such cases only take place in rural areas and within the illiterate population of the society was broken when a doctor from New Delhi, who was married in a well educated family narrated her tale of harassment she had faced by her in-laws for giving birth to a girl child.

The inhuman stories got everyone emotional, there were moments when your eyes well up with tears but the



show did not get into the trend of emotional drama.

It was a pang of shock when two journalists who had executed a sting operation on female abortion in Rajasthan seven years ago revealed that no action was taken against the doctors who were involved in this inhuman practice and even after having them caught red handed on the camera, the issue still remained unsolved.

This was followed by interviews with experts, doctors and it also focused on the long term consequences of such illegal practices.

Through this show Aamir has promised to write to Chief Minister of Rajasthan to set up fast track courts to settle the impending cases against the doctors caught red handed in the state.

It would be unfair to compare Aamir Khan with other filmstars who have

hosted the TV shows in the past, as the concept of this show is completely different.

Yes, the show is definitely highlighting the most serious issues that are bothering the country, but the question is what the outcome is?

Is this show another money making scheme or it really has the potential to help the country in its own little way!

We shall wait and watch.

I would love to do Marathi film:

Bollywood actress Vidya Balan, who has performed a 'lavani' number in Vidhu Vinod Chopra's forthcoming film Ferrari Ki Sawari, says she is now keen to do a Marathi film as well.

"I would love to do Marathi film...they are doing well. There is some great work happening there (Marathi cinema)," Vidya told reporters in Mumbai.

Dressed in a red 'nauvari' (Maharashtrian style) sari, Vidya danced on the popular lavani song — 'Maala Jau De' at a promotional event for Ferrari Ki Sawari in Mumbai on Friday.

On if she received any criticism for the lavani (Maharashtrian folk dance) song, she said, "As of now I have not received any criticism for my performance. I remember after the song was out, someone called me up saying you reminded me of an authentic lavani dancer. I am happy the way the song has shaped up."

While doing the song, the actress looked up to noted actresses Madhuri Dixit and late Smita Patil for inspiration. "For the lavani song...my inspiration is Madhuri. I liked her song ('Humko Aaj Kal') from

Vidya Balan

film Sailaab and I also admire Smita Patil's performance in Bhoomika," she said, adding that she practised for ten days to perfect her steps for the dance.

"I was happy when this song was offered to me. It was always my dream to do a lavani song. I am not a trained dancer... I had to put it in a lot of effort," she said.

Besides Vidya, the entire star cast of Ferrari Ki Sawari including Sharman Joshi, Boman Irani, director Rajesh Mapuskar and producer Vidhu Vinod Chopra were present at the event.

Sharman and Boman said they were proud to be a part of the film and wished for its success. The film is slated to release on June 15.



Aishwarya Rai-Bachchan You glow, girl!

Amidst much speculation and brouhaha, actress Aishwarya Rai-Bachchan made her much-awaited red carpet debut at the 65th International Cannes Film Festival, Wednesday. The actor, a regular on the French Riviera, made her 11th consecutive appearance at the prestigious festival.

Ash has been in the news for quite some time now, especially for her weight-gain post delivery, which explained the curiosity over her outing on the red carpet.

The actress, who first made a chic appearance at the media call, wore a black, white and gray Angelo Katsapis floor-length gown. She later chose to wear an Abu Jani-Sandeep Khosla creation at amfAR — a classic chikankari in a dulce de leche sari, offset with a multi-coloured zardosi blouse. The fashion circuit is already in a tizzy.

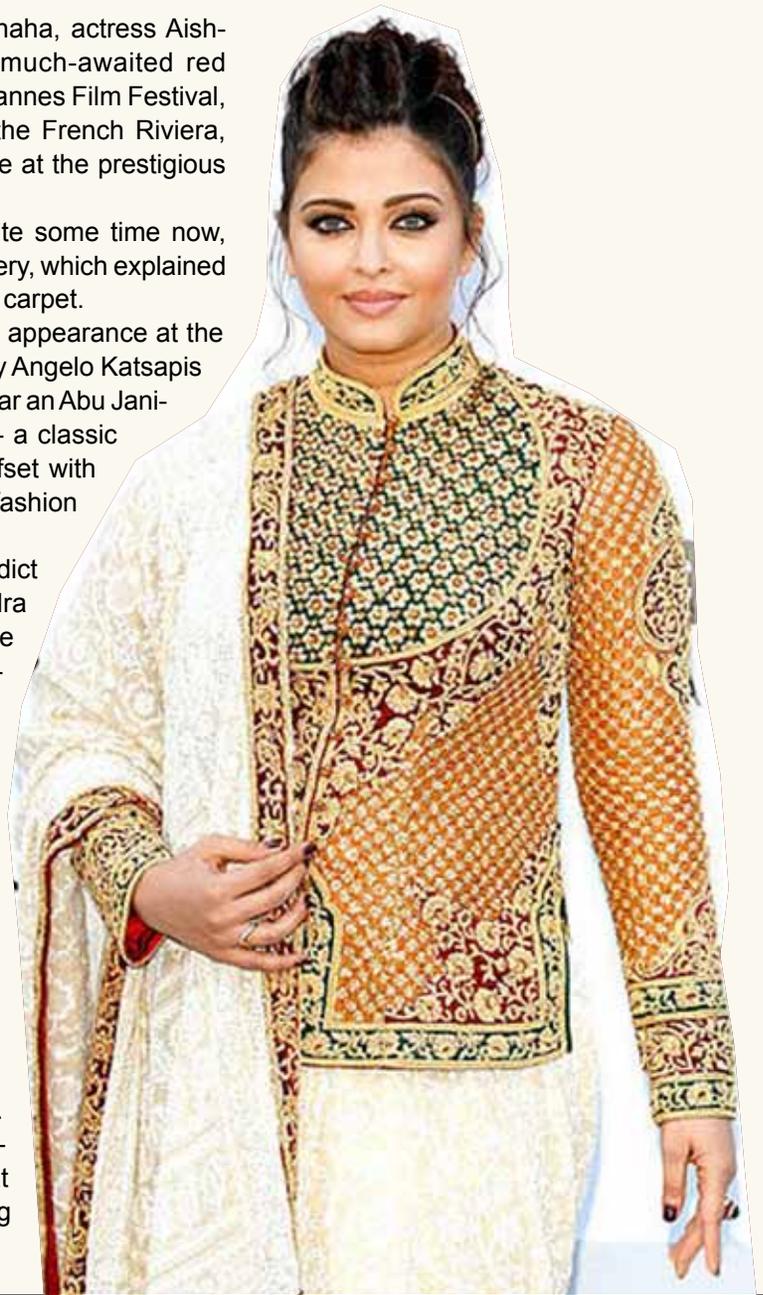
We asked a few designers their verdict on Ash's look. Says designer Narendra Kumar Ahmed, "It's wonderful that she carries the Indian look so well. It accentuates her curves while being elegant. Quite becoming. As for the black and white look, I think it's a very contemporary design and is in keeping with her present body proportion. Very chic and very resort."

Designer Rocky S says that she looks lovely in the maxi: "She has left everyone spellbound with her flamboyance. The gold base embellished top, worked upon with jeweled shade tone and dazzled with gold brocade, complements the classic toned down cream base sari. It is a perfect combination of beauty and elegance."

Designer Rocky S says that she looks lovely in the maxi: "She has left everyone spellbound with her flamboyance. The gold base embellished top, worked upon with jeweled shade tone and dazzled with gold brocade, complements the classic toned down cream base sari. It is a perfect combination of beauty and elegance."

Fashion designer Ana Singh also believes that she looks gorgeous in the sari. "The draping is done very beautifully and sets it off nicely with the jacket. It's trademark Abu-Sandeep. Both the looks complement her current shape."

Fashion designer Lina Tipnis echoes, "The sari is very eclectic, elegant, and regal. Ash is Ash, she is too beautiful. The structured look definitely works well with all that maternal weight. The ombre gown is not a new style, but I love her hair, it's so 80s, so Charlie's Angels!" Designer Archana Kochhar also agrees, "She's looking lovely in both creations. I love the fact that she's not succumbed to the pressures of expectations." What with most designers here giving her look a thumbs-up, it seems Ash has convincingly shushed carping critics this time round.



Shah Rukh Khan pleads guilty in smoking case, says ready to pay fine

Pleading guilty, Bollywood actor Shahrukh Khan on Saturday sought exemption from personal appearance in a court here in a case related to smoking in public at a stadium here during an IPL match and expressed willingness to pay fine.

Khan, co-owner of Kolkata Knight Riders, was summoned by the court of Additional Chief Judicial Magistrate on a complaint that he was seen smoking on April 8 during a match between his team and Rajasthan Royals.

Khan's counsel V R Bajva represented him in the ACJM court and pleaded guilty on his behalf.

He said the matter was a "petty affair" and moved an application seeking exemption from personal presence of his client in the case but the same was objected by the counsel of the petitioner.

After hearing both the sides, magistrate Shilpa Sameer posted the matter for June 21. Khan is not required to remain present on the next hearing.

The court, after taking cognisance of the complaint, had on April 26 issued summon to Khan directing him to appear before it.

The complaint was filed by owner of a private cricket academy. In his complaint, Anand Singh, who runs the Jaipur Cricket Academy, had sought action against Khan under section 5/11 of Rajasthan Prohibition of Smoking Act, 2000, which prohibits smoking at a public place.

Singh filed the complaint on April 9. He said that pictures of Khan puffing away were published in newspapers the next day.



Chai with.... Davinder Singh of New India Bazaar

Interview by Manju Walia
 Article By Deepa Walia
 May 28, 2012

When I think of hot, sweet, crispy Jalebis, there is only one name that comes to mind – Davinder Veerji of New India Bazaar and this month we had the immense pleasure of Chai (and Jalebis) with the man behind the sweetness himself. Sardar Gurbax Singh and Sardarni Kulwant Kaur who migrated to the United States in 1982 from Hoshiarpur, Punjab brought with them two sons, one of whom was the older 13-year old by the name of Davinder. They were simple people filled with high hopes and extravagant dreams and their journey began in California.

Davinder completed high school in San Jose, California and was married to Krishan Jeet in 1993 to Krishan Jeet. Together, they have three beautiful children named Jasmine Kaur Singh, Henna Singh, and Brahminder Singh. Due to the rising prices in California and lower cost of living in Arizona, he eventually moved to the Valley of the Sun in 2004 with his family. An entrepreneur at heart, he simultaneously bought a 7-eleven, started a limo business, and obtained his real estate license.

Even though all businesses were doing well and he was working hard, he wanted to do something more so when the opportunity arose to purchase New



By Deepa Walia

India Bazaar in Phoenix, Arizona, he jumped at the chance and purchased the store in 2008. Back then, it was a simple grocery store that didn't offer much else. However, since there was a lack of availability of Indian Sweets/Mithai in Arizona, he started making them at home and bringing them into the store to offer to his customers. His customer service was exceptional and his customers loved his pleasant demeanor and charm. With the success of the addition of mithai, he eventually moved to a larger place in the same plaza in 2009 where he installed a kitchen to give him the convenience of making fresh mithai on site and add a chaat corner. Now, the new and improved India Bazaar, along with its traditional grocery items such as flour, rice, masalas, etc. at incred-

ible prices, included Indian Snacks/Chaat items and fresh Indian Sweets/Mithai. He also included specialty items such as Rumalas for Gurudwaras, Pooja items, traditional Indian wedding items such as mehndi, kalire, and many more. In 2011, as luck would have it, the place behind the grocery store became available and after the incredible success of his grocery store, chaat corner, and mithai haven, he took that as an opportunity to expand once again and build a full-fledged restaurant. His restaurant, known for its number one Jalebis mouth-watering Chole Bhature has been an incredible addition to what started out as a charming little grocery store. Davinder is not a chef himself and learned everything at home. Along with help from his parents, he serves home-

style food, which combined with his happy-go-lucky personality, is a huge hit amongst the locals. What makes this place unique is that it truly is a one stop shopping place for all your needs – whether looking to buy groceries, enjoy delicious food, buy or rent movies/music, or buy specialty items like Pooja items, Gurudwara Rumalas, or wedding items, you can do it all here. One stop shopping – buy grocery, eat chaat or food, video rentals and sales.

This was not what Davinder set out to do, but he is extremely happy with the setup and how it all worked out. He truly enjoys meeting all sorts of people through this business and gets great pleasure when his food and efforts are appreciated. His genuine desire to please is evident to all his customers who rave about the quality with which he handles everything and cannot say enough about his charm and friendly demeanor. With hard work, passion, and a genuine desire to add to the community, New India Bazaar is truly a piece of home away from home for all his customers and a dream realized by Davinder Singh. We wish him continued success in the coming years. Please visit them at 2544 N 7th St, Phoenix, AZ 85006 for an unforgettable dining/shopping experience or call them at 602/712-0009 to place your next take-out order today. You won't be disappointed!



Ten alluring adventure destinations in India

Shruti Menon

Why spend so much money on travelling abroad for an adventurous vacation when you can experience all the fun and thrills in India at a fraction of the cost? India offers tremendous opportunities for adventure tourism - from scuba-diving and trekking to para gliding and skiing, the country has a lot to offer.

1. Hang Gliding at the Nilgiris - Up above the world so high...like a diamond in the sky! Fly like a bird over the dense forest, beautiful waterfalls and streams of the Nilgiris in Kalahatty hills, just 20kms from Ooty. The attractive 'Blue Mountains' or Nilgiri Hills in Tamil Nadu are not just famous for its pristine beauty but also for adventure sport like hang gliding. This exciting fun filled sport takes soaring to look down on the picturesque surroundings. Hang gliding involves hanging suspended by a harness from a large type of kite known as a hang glider. You may also get a peek at some wild animals in the sanctuary down below. It will surely be an experience to remember forever. *Best time to go - March to May and September to November*

2. Ice climbing on the Himalayas - Adventure and risk go hand in hand and if you think you are brave enough to take the risk, try climbing the walls of ice in subzero temperature. Ice climbing on the magnificent Himalayas is considered one of the most thrilling winter sports. Though the techniques used in ice climbing is the same as in rock climbing, the difference is that you need few more tools which will help you climb on vertical ice sheets. Uttarakhand and Manali are the top destinations for ice climbing. Other places for this adventure sport are Zaskar, Ladakh and Gulmarg in Jammu & Kashmir. *Best time to go - Mid January to Mid February.*

3. Scuba diving in the Andaman Islands - Imagine diving deep under the sea for

a whole new world full of fish and coral! Scuba diving in the Andaman Islands is definitely a paradise for the water adventure lovers. Famous for its beaches, the Andaman's unpolluted water are home to exotic marine life. Apart from diving, you can experience snorkelling and can explore the waterways with kayaking. The coral reef ecosystem of the Andaman Islands is considered to be one of the richest in the world. The astounding life of underwater flora and fauna and the mysterious remains of the sunken ships can be closely viewed and explored. Diving in the Andaman water could be one of the most memorable experiences of a life time... *Best time to go - December to April*

4. Glacier Trek from Gangotri - It is said that the hardships of trekking at high altitude are a life altering experience. Trekking on the Gaumukh Glacier in Gangotri surrounded by mountains and clouds will satisfy your inner adventurer. The locals say that the glacier is shaped like a cow's mouth, which is where it gets its name. This glacier is the source of the Bhagirathi River which eventually joins into the sacred Ganges River. This 14km trek from Gangotri to Bhowasa, where the gentle sound of flowing water of river Bhagirathi is your constant companion, will refresh your mind and leave you at peace. If you think trekking on this glacier is going to be simple, then you are just mistaken. This glacier which is at 4255m above sea level is full of stones and rocks which will make the trek a little more adventurous. So enjoy the picturesque scenic beauty while you put some effort into it! *Best time to go - June to September*

5. Take the High Road between Manali and Leh - If climbing the rocks and ice is not ad-

venturous enough for you, then this tough two-day drive in a jeep or on a motorbike will blow your mind! The 300 mile road which connects Manali to Leh is considered the second highest motorable road in the world and achieves a height of 17,480 feet at the Taglang Pass. This trip is not for the faint-hearted or for vertigo sufferers. The road is very narrow and has many twists and turns but the mesmerising landscapes, mountain passes and Buddhist monasteries will surely please you. If two days of continuous driving seems exhausting, then you can make overnight stops at the tent camps along the way. This is an adventure suited for the very hardy! *Best time to go - The road is open only from mid June to early October.*

6. Heli Skiing at Manali - If you think you have tried every adventure sport, then this then the following activity may possibly surprise you. Heli Skiing is an much more exciting and dangerous variant to skiing where a helicopter will take the skiers to a high altitude of 6,500m and leave you at the snow covered peak. The skier will have to criss-cross his way down till he reaches the finish. A tough task by any measure! However, this sport



involves high risk of landslide, sudden weather changes, snowstorm and many unknown dangers that appeal to true adventure seekers. Rohtang Pass, Hanuman Tibba, Chandrakhani Pass and Deo Tibba region near Manali are the hot places for Heli Skiing. *Best time to go - December to April*

7. Zipline at Neemrana Fort - Ever thought of flying between the trees at a certain height in jungles where birds and monkeys hang out? Just about 2 hours drive from Delhi at the Neemrana Fort you can enjoy this terrific adventure activity. Zipline is a unique and thrilling aerial sport which consists of a pulley suspended on a cable. Ziplining is not recommended for the weak hearted. Zipline tours takes about two hours which also includes a challenging walk to the great forts. You can also enjoy the sensational views of the Neemrana Fort and the stunning Aravali hills. It is one of the "must do" in India. *Best time to go - December*

8. Hot air ballooning at the Pink City - Flying in a hot air balloon over the sandy terrain of Rajasthan, getting a view of the historic forts and magnificent palaces is an exciting alternative for those unwilling to jump out of a perfectly good aircraft. Sky Waltz's hot air balloon ride gives you an opportunity to experience the Pink City from a quiet place high above the crowds. The best attraction, of course, is to coast over the camel fairs in Pushkar, or view wild animals at Ranthambore Wildlife Sanctuary in a hot-air balloon. Hot air

balloon is a relatively new adventure and is gaining popularity. It is a little expensive but that's the price you have to pay to enjoy the ultimate feeling of freedom. *Best time to go - October to March*

9. River rafting at Zaskar - Water sport adventures are the best way to beat the heat and Zaskar in Ladakh is the only river in India where rafting in the summer is possible. The 150 km long Zaskar River is an adventure lover's paradise and is one of the most popular white-water rafting destinations. It contains some of the most deadly rapids of the world as it passes through very remote and difficult to access terrain in Ladakh. As the river passes through many small villages you will often find that the inhabitants will come out to greet travellers making for a truly unique experience. So come and experience one of the most exotic rafting journeys in the world! *Best time to go - July to September*

10. Parasailing in Goa - Adventure, fun, excitement, these are the words that come to mind when thinking of Goa. One of many adventure sports people can take part in is parasailing. When the air roars past your body as it dangles from a parachute at 300 feet you cannot but marvel at your surroundings and speeding green seas below you. A rope about 300 feet long is attached to the speedboat at one end and the parasail harness at the other end. As the speedboats speeds up on the sea, the para sailor flies up in the sky. Candolim beach, Majorda beach, Anjuna beach and Baga beach are some of the many places for parasailing. *Best time to go - October to April*



Manto enlivens in Asian sub continent on his birth centenary

Fifty seven years after the legendary story teller Saadat Hassan Manto breathed his last upon enriching the Urdu literature with his invaluable collection of short stories, the literary circles in India and Pakistan are agog in celebrating Manto's birth centenary. Manto was born on May 11 at paproudi near Samrala. Though born in India, Manto settled in Pakistan and made Pakistan Punjab's literary capital Lahore as his abode, where he gave way to life on January 18, 1955 but not before penning many

Neel Kamal

immortal writings including most famous Toba Tek Singh, about exchange of lunatics between India and Pakistan but Bishan Singh, the main character tries to lay between barbed wire, said to be no man's land, dividing both the countries.

Manto is equally popular in Pakistan and India commanding considerable respect among literary circles in neighbouring countries though he was tried on accusations of writing obscenity in both the nations.

Eager to observe the birth centenary, many programmes have been lined up at Samrala, Mumbai, Delhi in India and Lahore in Pak. A four day festival is being devoted to Manto by eminent theatre group Ajoka theatre at Lahore in collaboration with Lahore Arts council. As Ajoka had turned Toba Tek Singh into a play, it will be staged both in India and Pak apart from 'Ik si Manto' (there was one Manto). The Indian cine artist Naseeruddin Shah's theatre group Motley too staged theatrical productions of Manto Ismat hazir hain, in 2001 and kali salwar (black trousers). Shah aspires to get the plays later in the year to Pakistan as well.

Giving credence to celebrations at his homeland in India, Manto's three daughters Nusrat Jalal, Nighat Patel, Nuzhat Arshad are landing in Indian Punjab to bow at their father's birthplace and be part of celebrations among unknown people.

Manto's Tufts University Professor and historian niece Ayesha Jalal, who has considerable study about Manto, has tried to



overthrow the tag of obscenity in Manto's writings and had said 'how could he strip the blouse off society when it was stark naked to begin with'.

The literary circles in Pakistan paid tributes to the literary figure on his birth centenary, showcasing successes in 42 years life of Manto. Ajoka theatre organized plays from May 14 to 17 themed as 'Tribute to Manto'.

Padam Shri recipient Surjit Patar, himself an acclaimed writer said "Manto contributed immense-

ly in enriching the field of literature with his many works and it is the least we can do by observing his birth anniversary that too at his birthplace".

Pak based Punjab Lok Raahs activist Shafiq Butt said "the literary circles in Pak are paying rich tributes to Manto on his birth centenary and some organizations have devoted pages to Manto at social networking sites like Facebook in making people aware about Manto's life and his works in enriching the literature.

Saadat Hassan Manto (May 11, 1912 – January 18, 1955) was a short story writer of the Urdu language. He is best known for his short stories, 'Bu' (Odour), 'Khol Do' (Open It), 'Thanda Gosht' (Cold Meat), and his magnum opus, 'Toba Tek Singh'. Manto was also a film and radio scriptwriter, and journalist. In his short life, he published twenty-two collections of short stories, one novel, five collections of radio plays, three collections of essays, two collections of personal sketches. Manto was tried for obscenity half-a-dozen times, thrice before 1947 and thrice after 1947 in Pakistan, but never convicted. Some of his works have been translated in other languages.

Manto lived in Laxmi Mansions, The Mall, Lahore for seven years. For him those years were full of a continuous struggle for his survival. In return, he gave some of his best writings to the literary world. Combining psychoanalysis with human behaviour, he was arguably one of the best short story tellers of the 20th century, and one of the most controversial as well. When it comes to chronicling the collective madness that prevailed, during and after the Partition of India in 1947, no other writer comes close to the oeuvre of Saadat Hassan Manto.

Death: He was 42 years old at the time of his death. He was survived by his wife Safiyah and three daughters. On January 18, 2005, the fiftieth anniversary of his death, Manto was commemorated on a Pakistani postage stamp.

Poet of the Month

Michael Hettich

Michael Hettich was born in New York City and grew up there and in the city's suburbs. He has also lived in upstate NY, Colorado, Vermont, north Florida, and Miami, where he currently lives with his family. His books of poetry include FLOCK AND SHADOW: New and Selected Poems (New Rivers 2005), LIKE HAPPINESS (Anhinga 2010), THE ANIMALS BEYOND US (New Rivers 2011), among others. THE MEASURED BREATHING, his most recent chapbook, won the 2011 Swan Scythe Chapbook contest. Over the years, he has won various grants and fellowships. He teaches English and Creative Writing at Miami Dade College. His website is michaelhettich.com



Empty Sky

On the last healthy day of our lives we'll dream backward, she insisted, and unravel all our memories like a spun top growing smaller, back to the moment

we were born, back to the moment we were

an inevitable potential, when our parents made love, back even farther, before they even touched, back when desire first awakened and the mystery trembled between them. We call this the birthplace

of the soul, she told me, and as we leave this life, we return there, like a cloud might return to rain. She claimed that other cultures, cultures she preferred, taught children to carry honey bees in their mouths

which buzzed through the winter, so when they kissed something else happened. Their silence was not the same as our own, though she claimed we could eat the gestures we'd try to protect ourselves with

if we were really starving. But we're not, so we don't live except by artifact, or someone else's story. This is why hair grows all over our bodies in all its tiny follicles, and why it fills with dust

or dusk when the weather is just right, and the windows glint in the sunset that was once filled with birds flying in small flocks just overhead back to their rookeries, beyond this empty sky.

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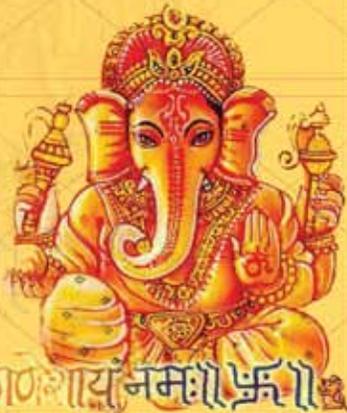


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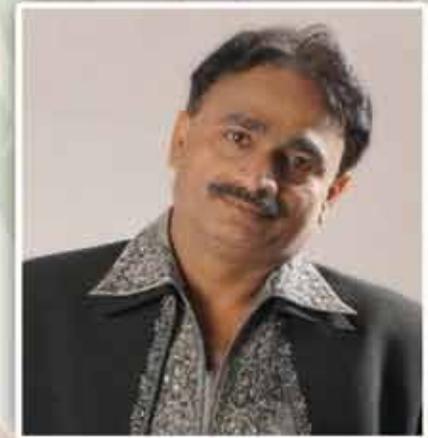
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