

# ASIA

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# Today

Monthly Newspaper

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Nrsimha  
caturdasi-  
Ratha Yatra  
celebrations



Hasya Kavi  
Sammelan  
2015



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Pt. Sanjeev  
Abhyankar  
in Phoenix



**15**

Salman  
Khan  
delaying the  
release of  
Hero?



**33**

## Mother's Day



A Mother's Day event was held on Saturday, May 9th. A ladies only event was taken place at the India Garden Restaurant 1809 N Dys-art Rd, out in Avondale. An evening dedicated to the mothers reaching out to help the families in Nepal. The

• More on P16-17

## GOSHALA Succeeds in Visualizing Vrindavan with Shobhana's Krishna

**P**adma ShriShobhana's Krishna - Modern version of Age Old Hari Katha

Goshala in association with AyyappaSamajam had hosted Shobhana's Krishna in Scottsdale Center for the Arts on May 8th, 2015. Goshala team thanks all of it's sponsors and all of the attendees for making the event a huge success. Thanks to AyyappaSamajam for the great co-operation and support. Shobhana, who is a popular South Indian Actress, through her musical showed the importance of cow protection and the love Krishna had for his cows. Goshala through events like these spreads awareness of compassion towards animals.

Shobhana literally took

• More on P22



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# Nrsimha caturdasi-Ratha Yatra celebrations



ISKCON PHOENIX celebrated 2 big festivals in the month of May, the first one, NrsimhadevCaturdasi (Appearance day of the half-man/half-lion form of the Lord). Lord Krishna says in Bhagavad-Gita that He descends Himself millennium after millennium to protect His devotees, to annihilate the miscreants and to reestablish the principles of religion. The advent of Lord Nrsimha was not only to protect his young and pure devotee Prahlad-Maharaj from the wrath of his demon father, Hiranyakasipu; but also to prove the words of His devotee.

It is written in SrimadBhagavatam 7th Canto: "To be true to the words that were spoken in defense of His omnipresence, of His pervading each and everything, one could see a most won-

derful form of Him taking shape in a pillar in the middle of the assembly hall. It was neither an animal nor a man.

The king, studying the phenomenon from all sides, saw how a living being emerged from the middle of the pillar. But not being able to ascertain whether it was an animal or a human being he said amazed: 'What kind of form is this? It is half man and half lion!'

As he was contemplating the miracle that took place in front of him, the extraordinary, most frightening form of Nrisimhadeva appeared. He had eyes glowing like molten gold and deadly teeth in a face extending into manes. Looking around with a dreadful frown He waved His tongue like a razor sharp sword. His ears stood motionless straight up and His nostrils and

mouth were opened wide like mountain caves.

His huge body was short and fat with a broad neck and a broad chest over a small waist. His body was covered with whitish hairs resembling the rays of the moon and hundreds of arms stretched in all directions were equipped with hard to challenge fatal nails who served as weapons next to His other personal weapons. Faced with that excellence the Daityas and Dānavas fled away."

ISKCON PHOENIX had back-to-back programs to celebrate this auspicious day with a fire sacrifice and a wonderful play.

The second festival, Ratha-Yatra. Lord Krishna in the form of Jagannath (Lord of the Universe) along with his

elder brother Balram and sister Subhadra devicome out of the temple and They are taking by the devotees on a procession for the benefit of all.

In Puri, India, this festival is attended by over a million devotees every year and they all come together to pull the huge chariots carrying Their Lordships. At various ISKCON temples around the world the same festival is held on a grand scale including cities like San Francisco, Los Angeles, New York, Philadelphia, London, Mexico city, etc.

We celebrate it on a smaller scale, and therefore call it a "Mini Ratha-Yatra" and everyone is welcome to participate! The story behind the form of Lord Jagannath is very sweet and full of sincere devotion.



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**There is no Love like the Love of a Child...**

Open the newspaper, turn on the news, listen to the radio and it will consistently be filled with stories of anger, hate, jealousy, and a multitude of other negative emotions. We are constantly surrounded by stress and negativity – be it over the morning cup of coffee at home, the drive to work, or the stress once we get to work. Once we return home, we try to forget about our day and get some sleep so we can get up in the morning to live another day we are looking forward to forgetting as it is coming to an end. We don't know how to slow down and take a break unless something unexpected happens or we are forced to. And I was finally forced to before the long weekend.

My sister had another baby boy weekend after Memorial Day during which I cut down the travel and took some much needed time off. When I take time off to go on vacation and am sight-seeing, laying on the beach, at parties, or dining out, I still can't resist taking a peek at my phone to see what emails might have come in. However, during this personal time off, it seemed there was no time to glance at my phone. Between my sister's older son who is 2.5 years and the newborn, the days passed and with each passing day, it became easier to not think about work and what might be going on. There is nothing that warms the heart and soul as a newborn trying to wrap their arms around you as they are trying to sleep. And it is icing on the cake when you are holding that newborn and a toddler



**Editor's NOTE**

comes gives you hugs and kisses because he is also trying to get your attention.

Hanging out with the two of them was the most exhausting and relaxing experience I have had in a very long time. As we get older, we forget the openness that is in the love of a child. A child – a child that freely comes to you giving hugs and kisses and holding their arms out for you to pick them up without any fear of rejection. The fear of rejection comes as we get older because of the behavior of adults who for various reasons, maybe

because they have been rejected themselves or fear it, reject other adults who over time build this fear of rejection. And at some point, we lose that innocent fearless child in us and turn into cynical, untrusting adults living life one day at a time constantly wondering about the motives of those around us.

Wouldn't our world be a safer and more relaxing place to live if we could get that innocence and love we lose in our childhood back and treat our friends, neighbors, coworkers, family the same way one child treats another – with love and trust? We get older, we tell our significant others we love them, and do things to make each other happy but do we really love with that open and innocent heart that we lost sometime during our adult lives. There is no love like the love of a child and it is possible for all love to resemble that if we could learn to love as children once again.

**-Deepa Kaur Walia**

**Editor, Asia Today, editor@asiatodayaz.com**



**Marketing Director NOTE**

Dear my friends, first of all I would like to thanks all my friends who have joined the mothers day event, they have helped Millions of families which have been affected by the two earthquakes in Nepal, the worst that the

country has experienced in 80 years, i am very happy to tell that we have collected \$ 3500 with the help of our family and friends.

**Manju Walia**

**Marketing Director,**  
**Asia Today**

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**पिता**

SuvicharQuotes.com

माँ घर का गौरव तो पिता से घर का आस्तित्व होता है ।  
 माँ के पास अश्रुधारा तो पिता के पास संयम होता है  
 दोनों समय का भोजन माँ बनाती है तो जीवन भर  
 भोजन की व्यवस्था करने वाले पिता को सहज ही भ्रूल जाते हैं  
 कभी ठोकर या चोट लगने पर ओ माँ ही मुँह से निकलता है  
 लेकिन रास्ता पार करते समय कोई ट्रक पास आकर ब्रेक लगाये तो  
 बाप रे यही मुँह से निकलता है,  
 क्योंकि छोटे छोटे संकटों के लिए माँ है पर  
 बड़े संकट आने पर पिता ही याद आते हैं  
 पिता एक वट वृक्ष है  
 जिसकी शीतल छाँव में सम्पूर्ण परिवार सुख से रहता है



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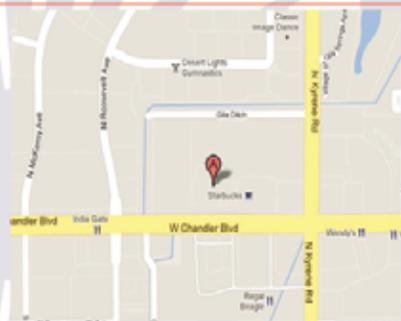
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# Astrology

Recently, many of you (my readers) consulted me for your problem of conception. I appreciate you sharing your birth charts in the 'hope' to receive some good news. You must 'accept' that astrology per se cannot take your problems away. It can show you what problems can appear, when, and why.

On the face of it conceiving may seem to be a purely physical problem but it is truly a lot about 'feeling (or not feeling) loved'. Astrology can tell us – why in your life things are happening the way they are or what is the likely outcome e.g. it may clearly indicate late child-birth (in mid 30s) or it may be tough to bear a child altogether. On the other hand, hypnosis, psychotherapy, life coaching, or any modality of deep emotional healing can

be very effective in removing subconscious blocks to open the opportunity for bearing a child even when the chart denies it. You may email me to know more.

Here I give you a short article on understanding conception more from the biological perspective. Keep in mind, conceiving is a tough and complex process for your body. The more you support your body (not just the way it looks from outside), the better you will do.

### GET INFORMED

Stop 'assuming' you cannot conceive simply on the basis that your efforts have not been fruitful. To derive that your body is NOT fit for conception, rule out the below factors:

- Get a full body check done. Thyroid or other hormonal imbalance can over-



shadow the work your ovaries do. Follow thyroid medication sincerely.

- Cysts or fibroids do not deny conception. I would suggest ayurvedic (Indian herbal) doctor treatments before you opt for surgery or chemical pills.

- Regulate your diet and sleep. Be strict on getting a 7-hour sleep each night, best is to follow the 10-1 rule. Sleeping enough and at the right time is very crucial for conception. <https://mystyrimz.wordpress.com/2014/12/30/>

sleep-the-10-to-1-rule/

- The medical definition for female impotence is: unable to bear a baby after 12 – 15 months of CONSTANT efforts to conceive. (Constant efforts means: having intercourse every alternate day from the 8th to the 18th day of your peri-

od cycle and doing this NON-STOP for 12 to 15 months).

- Some great reasons that could BLOCK your chances to conceive:

- Smoking, excess drinking, sugar, or caffeine by either partner.

- Irregular eating patterns: not eating every 3-4 hours, insufficient nutrition; (often caused by insufficient eating in a subconscious wish to stay slim)

- Processed foods including dips, breads, non-organic, and stale foods

- Physical or mental fatigue / exhaustion
- Previous miscarriages
- Past or present sexual abuse, physical harassment, or fears against intimacy
- Feeling uncomfortable with your partner whether at the physical or emotional level
- Being unhappy with life overall. Thriving on feelings of anger, jealousy, hatred, sadness, depression due to any reasons.

We shall continue this article following month for ways to reduce or remedy the problem of conception.



Written by Rima Desai

Visit my pages: <https://mystyrimz.wordpress.com/>  
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# HARE KRISHNA TEMPLE

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**SUNDAY, JUNE 7TH 4:30PM - 6:30PM ECSTATIC KIRTAN**



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**SUNDAY, JUNE 14TH 4:30PM - 6:30PM**

HG JIVANANDA PRABHU BECAME A DEVOTEE IN 1974 AND AFTER TAKING VANAPRASTHA IN 2005 HAS DEDICATED HIS LIFE TO PREACHING KRISHNA CONSCIOUSNESS ACROSS THE UNITED STATES ACCORDING TO THE TEACHINGS AND INSTRUCTIONS OF HIS SPIRITUAL MASTER, HIS DIVINE GRACE A.C. BHAKTIVEDANTA SWAMI PRABHUPADA.

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**" WHY DO BAD THINGS HAPPEN TO GOOD PEOPLE"?**



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JUNE 20TH @

8:30AM - 2:30PM



GOVINDA PRABHU WAS BORN IN HUNGARY, JOINED ISKCON IN NEW YORK IN 1991. HE DISTRIBUTED BOOKS FOR 7 YEARS AND MOVED TO VRINDAVANA IN 1998 TO HELP AINDRA PRABHU WITH THE 24 HR KIRTAN SEVA. HE STILL CONTINUES THIS SEVA.

**GOVINDA PRABHU JUNE 24TH 6PM - 8PM**



**HH BHAKTISUNDAR SWAMI**

**SUNDAY JUNE 28TH**

**4:30PM - 6:30PM**

HIS HOLINESS BHAKTI SUNDAR GOSWAMI WAS BORN IN SYRIA. HE JOINED ISKCON IN 1974 IN CARACAS, VENEZUELA AND WAS INITIATED BY SRILA PRABHUPADA ON HIS VISIT TO SOUTH AMERICA IN FEB. 1975. IN THE 1980'S HE SERVED AS TEMPLE PRESIDENT IN SPAIN AND VENEZUELA. BHAKTI SUNDAR SWAMI HAS TRAVELED AND PREACHED, FOR THE PAST 20 YEARS, IN LATIN AMERICA, THE UNITED STATES AND EUROPE. IN 2006 HE AUTHORED AND THE BOOK "SRILA PRABHUPADA IN VENEZUELA" IN SPANISH AND IT WILL SOON BE PUBLISHED IN ENGLISH. AT PRESEND HE SERVES AT ISKCON ZONAL SECRETARY OF CENTREALAMERICA.

**EKADASI JUNE 12TH & 27TH**

Truth is purity, piety, grace, mercy, kindness, contentment, unity and oneness.

Truth has four fundamental qualities:

- \* Honesty
- \* Equality
- \* Justice
- \* Unconditional love

If we desire to learn about the truth, the first step we need to understand is the fundamental qualities about truth. As humans, we have significantly complicated thoughts about truth. We tend to use three kinds of truth. Those truths are individual truth, community truth, and truth associated with our nationality truth. As we meditate and learn the real truth, we have to sacrifice these three kinds of man-made truth.

Individual truth is the kind of truth we live in our everyday life. We believe that every human being considers that his or her individual truth is the only truth. This is not true.

Community truth has many traditional rituals. From ancient times, we have used these rituals as truth in our com-

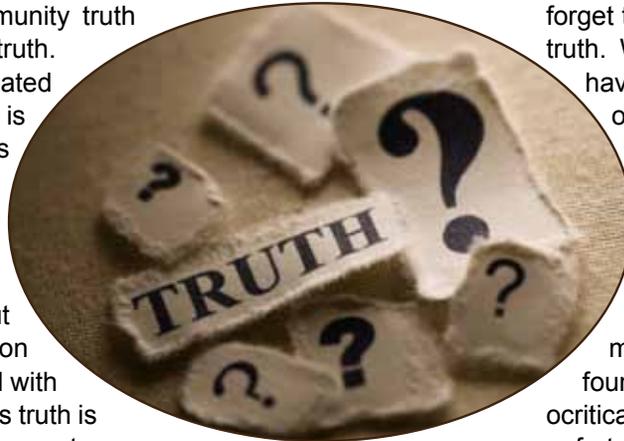
## What Is The Truth

munity. If some- one seeks to avoid the community truth, the community will speak against that person who doesn't want to believe the community truth anymore. It is a very difficult situation, but community truth is also not the real truth.

Truth associated with our nationality is the laws and norms of the country in which we live. We can sacrifice individual and community truths, but we cannot abandon the truth associated with our nationality. If this truth is ignored, the government can throw a person in jail, because the person is not obeying the laws of the country. How can a person ignore the whole country? Unfortunately, many people don't understand that these three human-made truths are not universal or real truth. As humans, we need to understand what universal truth is,

that truth based on the four fundamentals rules of truth.

As humans, we need to understand what universal truth is, that truth based on the four fundamentals rules of truth.



The experience of universal truth is God. When we understand God, we can live a truthful life. To live without this knowledge, we may think we are living a truthful way of life, but it is just another theory. When we understand the universal truth, we will live with practical experience of the

truth. Practical experience of the truth is God. Then we can establish heaven on this earth. We don't need to find any other heaven above in the sky. Heaven is on this earth, but once we forget this reality, we forget the truth. When we fight, kill and have hatred towards each other that is when we adhere to man-made truths. When we focus on man-made truths, humanity is divided into many groups and communities. Man-made truths come from a foundation of fear. It is hypocritical thinking and it is very unfortunate. We are all one. We are all from the One, and we all will go into the One. So that is truthful living. The reality of the truth is God.

The experience of truth is God. When we begin to experience God everywhere, in every place as a Supreme Creator of the universe, then fear will not be a part of our lives. Fear dis-

tracts us from the path of God and universal truth. When we live fearless lives, how can we discriminate against any person or other living being? How can we harm any living being? Everyone will be equal in our mind.

We will see the nature of universal truth everywhere, and we will see that each creature is a part of this universe. We will know that we are all equal and we are the children of God. We are all brothers and sisters. With this knowledge, we can live peacefully, happily, and joyfully. We can enjoy nature as a part of our life, understand the reality of universal truth, and become an enlightened person.



Please pray every day for Love and Grace.

**Gyani Ji Harbhajan Singh Sandhu**

GHSSandhu@gmail.com

**Maata Jagran**  
Friday June 12<sup>th</sup>, 2015  
7:00pm-9:00pm  
Contact: Shashi (480) 614-1322

**Satyanarayanji Puja**  
Tuesday June 2<sup>nd</sup>, 2015  
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2<sup>nd</sup> Sunday - Shri Jagannathji  
3<sup>rd</sup> Sunday - Balaji & Krishnaji  
4<sup>th</sup> Sunday - Shivji Puja  
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Abhishekam  
5<sup>th</sup> Sunday - Ganeshji Puja

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

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Please refer to separate flier for information

**Satyanarayanji Puja : June 2<sup>nd</sup> (Tuesday 7:00 – 8:00 PM, Sponsorship \$101 )**  
**Jagannath Ji's Deva Snana Purnima Puja: June 2<sup>nd</sup> ( Tuesday 8:00PM - 9:00 PM)**  
**Maata Jagran: June 12<sup>th</sup> ( Friday 7:00 - 9:00 PM, Sponsorship \$101 )**

**For additional details:**  
 Pravachan on Das Avatar's of Lord Vishnu  
 Jaganath ji's Snan Purnima pooja:  
 Scheduling puja at home:  
 Satyanarayan (Small) Murti

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 Sarmista Satapathy @ (623) 229 5822  
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## Indic Dharmas Under Attack

By Mini Sarla

Crimes have been committed against India for the last several centuries. Mughal conquerors committed the world's biggest genocide in history along with destruction and burning of ancient temples, converting some into tombs. Francis Xavier perpetrated destructive and violent Catholic proselytizing in southern India which has been called the Goa Inquisition, whereby 'Christian soldiers' destroyed Hindu idols and places of worship—even the shrines in people's homes, all in the glory of only their true god. Did Indians growing up in India learn about these atrocities from the history books they read in schools? Were the books deliberately designed to suppress the ugliness perpetrated in the name of religion by foreign invaders and rulers? To learn the real history, every Indian ought to read the book by Stephen Knapp, *Crimes Against India and the Need to Protect Its Ancient Vedic Tradition*. As recently as 1964 [yes, you read it correctly, 1964], a Persian dictionary published in Lucknow, India, titled, *Lughet-e-Kishwar*, gives the following meanings of a Hindu: chore [thief], dakoo [dacoit], raahzan [way-layer], and ghulam [slave]. Should Hindus stop calling themselves by this foreign name given by the Islamic invaders, and instead call themselves followers of Sanaatan Dharma [Sanskrit for: the eternal way that holds all together]?

So, what is the point of harping on the atrocities of the past? Would it not be best to bury the hatchet and move on? But, are the practices of converting and predatory proselytizing a thing of the past? Not according to Mr. Rajiv Malhotra. He has written several, well-researched books on this very issue which most Indians are blissfully ignorant about.

Little over a year ago, a book on Hinduism by University of Chicago's scholar [so-called] was banned in India. It was deemed "vulgar" by Hindu scholars. Mainstream (MS) media that seem to be controlled by the Judeo-Christians on both sides of the Atlantic were up in arms at the judgment passed by an Indian court—a legal battle between a school headmaster and Penguin books—a classic example of David versus Goliath. Does this reaction from MS media suggest a nexus of academicians, organized religions [often disguised as charity/NGOs] and members of MS media to discredit In-

dians and their religious beliefs? Is this just the tip of the iceberg? Do Indians encounter more than a fair share of negative news reports and articles in newspapers and magazines published by MS media? Are there some Indians who have sold their souls to push this hidden agenda for personal glory? It seems that way—according to Mr. Rajiv Malhotra. For example, a few months back there was an article in the New York Times by one such Indian, Mr. Pankaj Mishra, who equated Hindus to Taliban and Al Qaeda! What sort of an impact could such an article by an Indian have on the minds of non-Indians reading it? How many Indians objected after reading that article? How many Indians even read that article? Perhaps the task of reading would have taken time away from their Bollywood entertainment.

A few decades ago there were "dot-busters" in New Jersey—gangs of youth who would pelt stones at Indian [Hindu] ladies wearing a bindi. After 9/11, there have been attacks on innocent Sikhs—a brutal murder of a Sikh in Arizona, and the attack on a Wisconsin Gurudwara. One would expect such attacks to be a thing of the past. But that will never happen as long as there is negative publicity that will continue to tarnish the image of Indians in the minds of non-Indian Americans. So, is this likely to have dire consequences for Indian Americans competing for college admissions and jobs? Consider this: It is believed that the new gate-keepers even at august institutions such as Harvard may be keeping Indians, among other Asians, out. Yukong Zhao an activist against racially biased admissions policies has said that even a Supreme Court ruling declared, "Asian-Americans are the most discriminated." He attributes this to "social stigma" and "prejudices."

Because some Indians have started voicing their concerns, the anti-India nexus is taking another, back-door, stealth, approach. This comes packaged as "Western Universalism." The concept may seem like a good idea to eradicate conflict due to differences among people of different ethnic and religious backgrounds, and bring about peace and harmony. On the surface WU may seem benign and benevolent, but there seems to be a sinister, subversive agenda. To all those who may wish to learn more, I suggest they read Mr. Rajiv Malhotra's books, *Breaking India*, *Being Different* and *Indra's Net* [available on Amazon]. Mr. Malhotra describes the systematic attempt to appropriate and "digest" the Indian dharmic ideology [e.g., Buddhist, Sikh, Jain, and Hindu]. In colonial literature, dharmawas crudely translated by Europeans as a religion

or way of life; it is much more than that, and encompasses philosophical beliefs, religious practices, conduct, duty and values, to name but a few. The process of appropriating dharmawas catching some Indians off guard; ignorant and unsuspecting few are even flattered. Fortunately, thanks to scholars like Mr. Malhotra, Indians have started voicing their concerns about this process which comes disguised as promoting "sameness" among individuals and groups in modern society.

One of the methods used to promote "sameness" is by suggesting that all religions are the same and that they all lead us to God. That may sound very egalitarian, but is there a genuine attempt at understanding and extending mutual respect and accepting as equally valid all the different faiths, specifically the Indian dharmas? Let me elaborate on this. At a higher level of abstraction, a cat and mouse are the same; i.e., under WU they would be both animals. But, a mouse has to recognize the cat in order to survive. So, humans have to cultivate a habit of mutually respecting and accepting differences in order to have lasting peace. Otherwise, it will remain a never-ending cat and mouse saga.

Since the dharmic traditions do not have dogma by which subjects have to comply with, it is easier to "digest" the traditions and sell the WU concept. The dharmic traditions have what Mr. Malhotra has aptly called an "open architecture" that allows for free spiritual debates and exchanges. As a result, today Yoga is being promoted in the modern world as a secular practice by proponents of WU, or worse, Christian Yoga to religious fanatics who may not want to dilute their faith. Because of the openness of Indic dharmas, many Indians would not be averse to placing Jesus idols in temples, but not many churches or synagogues would accept placing idols of Lakshmi or Saraswati—even those frequented by individuals who push the "sameness" concept of WU. Likewise, the US dollar bill that states, "In God We Trust," will never read, "In Goddess We Trust!" Furthermore, those of dharmic traditions would be okay with chanting of Christian hymns or verses from the Quran in temples and gurudwaras. But, it would be taboo to chant Sanskrit shlokas or Guruwani in a church, synagogue or a mosque.

We cannot expect lasting peace when those of the "history-centric" Abrahamic religions of the last two millennia [Judaism, Christianity and Islam] cherry pick from the ancient Indian dharmic traditions what they find useful, and discard the rest as idolatry, superstition, uncivilized or taboo. They have not bothered to compre-

hend the rich symbolism and philosophy of the dharmic traditions.

Those who push WU, along with many secular Indians, may argue that even according to the Dharmic traditions there is one God, and many paths to enlightenment. I argue that spiritual journey is like walking in a maze. While many paths may lead to the intended goal, not all paths lead to it; some paths may lead one to a dead end; others may keep the individual in a never ending loop; while a few may end up at the starting point in their spiritual journey.

More important, there are fundamental differences that are critical to understand. In the Christian beliefs [Nicene Creed], humans are all born sinners and can only find salvation through Jesus. In contrast, those of the Indian dharmic traditions, humans are all a small part of the universal Divine. Also, the Muslims and Judeo-Christians believe that this is the only life, and that there is either eternal damnation or salvation after Judgment day. In contrast, the dharmic traditions believe in re-incarnation, and that there is a close relationship between karma [crudely translated as deeds], and phala [crudely translated as consequence/reward].

Another ploy used by those who portray the dharmic traditions as misguided, suggest that Advaitya [non-dualistic] philosophy, especially that of Buddhism, Jainism and Hinduism, are fatalistic and "world negating," leading to indifference, selfishness, apathy and laziness. Advaitya philosophy is thereby misinterpreted and misrepresented. Mr. Malhotra calls it the "Moron Smriti." To explain this, he suggests that one can carry the misconception of Advaitya [non-dualistic] philosophy to a ridiculous level of characterizing all organic matter as being one: medicine and poison are one; prasad and waste are one. But the results of mistaking them can be disastrous. At a higher level of interpretation on the other hand, the Advaitya philosophy can be compared to that of a flower: the fragrance of a flower, although distinct from the physical petals, is always part and parcel of the whole flower. The flower grows from the bud, blooms to full glory and shares its beauty and fragrance with all, never focused on the fruit that will manifest long after it is gone. Thus, humans of the dharmic tradition believe that they are part of the Divine Whole, and must carry on their roles in life according to their dharma. It is time to uphold and protect Indic dharmas in the face of a dharmic misinterpretation, misrepresentation, digestion and appropriation of the ancient Indian spiritual philosophies.

## ASSE International Technical Symposium – Health & Safety at COUNTRY INN & SUITE, Gurgaon on June 17, 2014



After successful events at Chennai on May 26th & 27th, 2014, Pune, on May 30th 2014, and at Vadodara on June 07th 2014, ASSE Ambassador Jitu Patel's next stop was at Country Inn & Suites Hotel, Gurgaon, India for an event on June 17, 2014 to conduct and participate in an ASSE International Technical Symposium – Health & Safety. We had a successful event with fifteen (15) quality delegates who represented major local consulting companies and well-known university faculty.

The event was the first ASSE major launch in the North Capital Region (NCR), India. It received great support from the likes of Ms Sangeeta Robinson, Founder & CEO, Enduring Value Advisory & Practice LLP, Dr. G. P. Bhagat, National President, Guru Vishram Vridh Ashram, Dr. A.K. Saxena, Empanelled Assessor, National Accreditation Board for Education & Training, Mr. V. S. Mathur, Expert, Corporate Social Responsibility, Dr. S. Mudgal, WHO & World Bank Specialist, Occupational & Environmental Health, Ajay Sachdeva, Mg Dr., Corporate Governance Advisory, New Delhi, Ashok Garlapati, Sr. Env. Engr., KOC, Kuwait, and, ASSE Ambassador, Mr Jitendra Patel, who has led the initiatives to spread ASSE beyond the boundaries of USA in establishing numerous International Chapters such as the Middle East, Emirates, Kuwait, Philippines, Qatar and India with additional five student sections. We were extremely delighted to have with us the Vice Chancellor and the

faculty from the well-known Amity University. Dr Deepak Kumar, President, Bharati Foundation consisting of over forty-thousand students in rural district schools also was in attendance with deep interest in children/school safety. The Day began with the first session as an Opening Ceremony with delegates' registration and welcome Opening Remarks by Dr. GP Bhagat, followed by a keynote address by Ms Sangeeta Robinson who was a CSR Knowledge Partner of the event. Subsequently, Mr. Jitu Patel, ASSE Ambassador, spoke in great details providing reasons "Why Join ASSE".

Subsequently, the day was filled with quality presentations with much interaction and debate allowing adequate time for asking questions and answer. These included; heart-touching presentation on Opportunities for Contributions to CSR by Dr. GP Bhagat, which dealt with the Community Service for the Free Home for Destitute & Helpless old. Ms sangeeta Robinson spoke on Business Case for Sustainability and CSR, Mr VS Mathur on Introduction to Sustainability Indices, Dr. S Mudgal gave an Insight in to Ergonomic Studies and also on Introduction to Environmental Health Impact Assessment. Ajay Sachdeva, Mg Dr, CGA on three topics (i) Access Funds using Corporate Governance (ii) Risk Assessment in International Business using E&SG (iii) Introduction to ISO 45001:2016, a webinar on UN Global Harmonized System and its Implica-

tions for India by Ashok Garlapati, Sr. Env. Engr., KOC, and Jitu Patel concluded the day with Disasters having Lessons Learning Potential – Culture based Risk Assessment. Ajay Sachdeva, Event Manager extended the Vote of Thanks. Jitubhai supported by Ajay Sachdeva and Ajay Sachdeva recognized the dignitaries as Guest of Honors and the speakers for their quality contributions and also the members of the Organizing Committee for their sacrifice and hard work in materializing the event and all the delegates for their keen interest and participation without which the event would not have been a success that it was, with ASSE mementos as token of appreciation.

Overall, the attendees were extremely happy with the relevance of the topics and the quality of the speakers' presentation skills. The feedback received was overwhelming for more of these technical gatherings. All the attendees expressed the need and willingness to work toward formation of the ASSE NCR Chapter and expressed their willingness to support with a much bigger attendance and dor promoting the membership drive.. Jitubhai discussed more details about the process and procedural requirements for establishment of the chapter. It was agreed to form a TFC to further the task and to working with Jitubhai and Ajay with certain set goals leading to compliance with the minimum requirements and to initiate the petition requesting for the said proposed chapter. It was made clear that this is a volunteer organiza-

tion and works on passion for the mission which demands personal and family time and sacrificial understanding to be able to accomplish success for this professional noble cause! For sustainability, Jitubhai shared his vast global experience gained in the Middle East, USA, and in SE Asian nations including various ways to organize Professional Developmental activities that are beneficial to the membership and also chapter in fund raising legally and ethically! The Group was strong in suggesting that they would be looking for Jitubhai and Ajay's guidance in preparation for launching the ASSE NCR Chapter.

The entire attending delegation including dignitaries, speakers and HSE professionals, expressed their gratitude to ASSE for giving these opportunities to Indian graduate program university students and to HSE professionals to shine locally and globally. The attendees appreciated Jitubhai sharing his vast knowledge and experience providing guidance to focus on prevention rather than temporary compliance to protect people, property and environment. Amity University sought help and cooperation from ASSE to introduce degree courses in the field of HSE and their interest to have the Student chapter of their own.

On behalf of the ASSE, Ambassador Jitu Patel acknowledged with thanks the efforts of Ajay Sachdeva, MD, Corporate Governance Advisory Services for managing the event. His hard work and sacrifice made the event possible.

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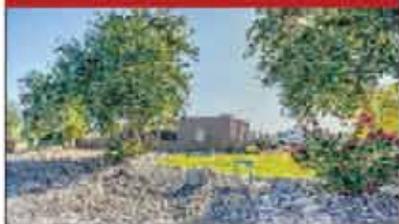
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# Ahmadiyya Muslim Community Glen Ellyn Chicago Celebrates 54th Sierra Leon's Independence Day

**Report by Imam Shamshad Nasir**

Ahmadiyya Muslim Community of Glen Ellyn Chapter joined Sierra Leone's Muslim community to celebrate their 54th independence day. The celebration took place in Bait ul Jammay Mosque in Glenn Ellyn, Chicago hosted by Ahmadiyya Muslim Community of Glenn Ellyn Chapter on May 1st, 2015.

The program started with introductory address of Mustapha Konneh, Social Secretary of SLMJ, followed by a speech delivered by Ibrahim Kamaara, Secretary General SLMJ.

Being the Imam of Baet ul Jammay mosque in Glen Ellyn, Imam Shamshad A. Nasir welcomed the audience through his opening address in which he mentioned his great experience in Sierra Leone during

the period 1982 – 1986 Later National Anthem of Sierra Leone was played.

The program included message from Ambassador Brockarie Steven which was read by Mr. Iqbal Karim, the President of the Sierra Leone community:

The Ambassador praised

this kind of Program and mentioned the services of Ahmadiyya Muslim community in Sierra Leone. After that Mr. M. Naeem Chairman H First of USA also shed light on the services of Ahmadiyya Muslim Community in Sierra Leon and how efforts have been made for Ebola Relief. Audience

were urged to donate for Sierra Leon for Ebola relief.

**The following donations were gathered there and then:**

252 packets of catheter insertion kit, each consist of Under pad, pair exam gloves (large), lubricating jelly, PVP pad, BZK towelette, and col-

lection/urine bag.  
1 pair of reusable gloves

2 packets of powder-free stretch vinyl exam gloves with 100 medium pieces in each – McKesson

2 packets of powder-free stretch vinyl exam gloves with 100 medium pieces in each – ProCure

2 packets of "FOCA" powder laundry detergent, each of net weight 70.54 oz (4.40 lb) 2 Kg

1 packet "SUN" color safe bleach (non-chlorine) of net weight 19 oz (1.18 lb) 538g

9 tins of "COMET" (with bleach) cleanser-powdered.

The program ended on thanking note to the host followed by silent prayer led by Imam Sheik Mohamad Kallon and Christian prayer.

Dinner was served to all present.



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# PDSCC Honors Sponsors, Volunteers & Board Members for Making Vaisakhi Mela a Success



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

Many social, religious and entertainment events are arranged year rounds in each and every town by prominent forward thinking leaders among the diaspora groups. But more often than not once the function is over, so does the need for the sponsors and volunteers until come next year, when they are again approached for help by the leadership of a given program. But this did not turn out to be the case with Phoenix Desi Sports and Cultural Club.

To honor with plaques at a dinner reception held in Chennai Fusion Grill in Chandler, leadership of PDSCC, especially President Suminder Singh Sodhi along with Darshi Gill, Chamkaur Singh, Harminder Singh and others proved that they will never forget to recognize the irreplaceable roles of



Sponsor and Volunteers.

Every year, for the last six years, on the first Saturday of April, the club has been holding annual Vaisakhi Mela in one of the West Valley's parks. This year the Mela was held on April 4th at Hammer Park in West

Valley. An excellent, half a day FREE entertainment program focused on Punjabi folk dances i.e. Bhangra and Giddha by children as well as Punjabi Indian Sports was the hallmark of this event. To top it off, all day FREE snacks in abundance including

Sweets, Samosaas, Pakoraas and hot freshly prepared Jalebees, followed by full free dinner all cooked by its selfless volunteers, like every year, was incomparable to any social event anywhere. The number of attendees keeps on increasing year after year and was estimated to be between 1500 to 2000 people this year.

Everyone who has attended this event was greatly impressed at the selfless service these young Sikh men and women have been providing to the Punjabi community ever year, both in terms of arranging the event as well as serving FREE food to all.

Here are few snaps highlighting the reception dinner that took place at Chennai Fusion Grill at Rural and Chandler Road in Chandler on May 23rd, Saturday evening honoring Sponsors, Volunteers as well as Board members of PDSCC.

## AND THAT'S MY HUMBLE DENTAL OPINION...ASK DR. GIDWANI

**Q: Dear Dr. Gidwani, my son, 19 yrs old, fell from a bicycle and hit his front tooth on the concrete road. We took him to a dentist immediately. He took an Xray and said that the root was cracked about half way down and that tooth is not salvageable. I am confused with all the options given and don't know what to do. In the meantime he has a loose tooth which is very sensitive and is living on Advil. Can you please suggest. Thanks ARB**

**A:** Dear ARB. It is so unfortunate that this happened.

But, the reality is that kids do get hit often in the mouth by swings, rocks or by contact sports.

Without looking at the Xray, I can imagine that it must be a fracture of the root at about the mid level of the root. When this happens, the tooth unfortunately is not restorable.

So here are your choices.

Firstly, a root canal will not work. So the tooth needs to be extracted. If the dentist is able to, very, very carefully remove the entire tooth without damaging the bone socket around it, then an immediate implant

can be placed and a temporary removable tooth worn to hide the space till the implant joins the bone and can be restored with a crown. This process can take between 4 to 6 months. This temporary appliance is called a stayplate or "flipper".and is eventually discarded when the crown is made.

However, if the supporting bone around the root cracks or has to be cut to remove the tooth, then bone or matrix bone is packed into the socket like a backfill to preserve the socket for an implant. A flipper is worn for 4 to 6 months

till the bone hardens and then a implant is placed and 4 months later the final crown. So the process can take upto 10 months.

Sometimes, people do not want implants. In this case, once the tooth is removed and the flipper is placed, about 2 to 3 months later, a fixed bridge can be placed. Remember though, to do a fixed bridge they have to trim down the adjacent good teeth and make them into peg shapes.

In the earlier days there was another option called the " Maryland bridge". This was just glued on to the adjacent

teeth. Dentists don't use this option much now because it used to fail and detach a lot.

Of course, if finances are a problem, a simple removable partial denture could work too!

Best wishes!

Ders. Chitra and Nagesh Gidwani have been doing dentistry in the Phoenix area for many years. If you need a FREE second opinion, or help with your treatment planning, please do not hesitate to call our Phoenix office at 623 582 8088 or our downtown Glendale office at 623 915 4545.

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# Our Sense of Aesthetics: A Need for Reappraisal



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

The prominent English speaking nations of the West such as the U.S., Canada, U.K., and Australia, as well as a number of other countries, have been accepting immigrants from all over the world, willingly and unwillingly. Consequently, for more than a century and in some instances even more, large numbers of people from South Asia, including us, the East Indians, have made the West our home. With each passing year, our numbers have been consistently rising. Individuals who have lived for a long period of time in their adopted countries have gradually incorporated the habits and tendencies of the majority population around them as a result of gradual assimilation. This assimilation is natural as it is very difficult to simply ignore and avoid the influence of local culture and its values, good and not so good.

What often is not fully appreciated in some but not all the cases is the sense of Western aesthetics. This particular sense, especially relating to so-called modern living, relatively speaking, seems to be more developed among people in the West. But before exploring the reason for such a discrepancy, it is worthwhile to examine aesthetics itself.

As defined in Wikipedia, "The aesthetic judgment refers to the sensory contemplation or appreciation of an object. The sense of aesthetics, on the other hand could be primarily defined as a sensory-emotive value assigned by an individual in perceiving an object or environment. This value about aesthetic judgment oftentimes is situational and culturally conditioned." According to Ivar Holm's book, "Ideas and Beliefs in Architecture and Industrial Design," "Victorians in Britain often saw African sculpture as ugly, but just a few decades later, Edwardian audiences saw the same sculpture as being beautiful. Thus our judgment of aesthetic

value can become linked to judgment of economic, political, or moral values." Aesthetics also depend on value systems. Writing in "Aesthetics: The Big Questions," Carolyn Korsmeyer states, "We might judge a Lamborghini to be beautiful partly because it is desirable as a status symbol, or we might judge it to be repulsive partly because it signifies for us over-consumption and offends our political or moral values."

A significant number of people from South Asia, especially those settled in North America, tend to own expensive residences compared to the local population of similar strata. The sizes and locations of their homes, comparatively speaking, are far superior to their indigenous counterparts. Likewise, the necessity for having a huge lawn compatible with the price of a house seems also to be the extension of the ownership of such a property. Yet when it comes to the interior decoration and art collection of the residences as well as the maintenance of those huge lawns and gardens, people of European ancestry have a better sense of aesthetics. Spending money on furniture, accessories, and maintenance commensurate with the size and price of our houses doesn't seem to carry much weight for us. The discrepancy is fairly obvious even in cases where money might not have been the sole consideration.

Somehow a belief exists among our people that in order to surround ourselves with true and pleasing aesthetics, one must own expensive objects of rare beauty that, in turn, may require tons of money. The common excuse under which our people often take shelter, especially when confronted for the necessity of having such items in the palatial houses, turns out to be their innate preference for a simple living. While this may be true in part, speaking realistically, this is not the entire story. First of all, the ownership of a very expensive house in itself is a contradiction

and collides with the concept of simplicity. But more than that, an eye-soothing and pleasing environment can also be easily created with simple, inexpensive, and abundantly available materials and affordable art pieces, provided one has a flair and motivation to do so.

Most of us come from backgrounds where the attention and aesthetics were usually directed to the house and the interior. The grounds around the dwelling, the neighborhood, and the nearby streets usually didn't concern us. In part, this could have been related to a lack of financial resources but more importantly, because, we never considered these surroundings and neighborhoods as part of our responsibility. In fact, we left the maintenance to the care of the civil agencies. However, what little motivation and resources these agencies had, was mostly directed toward filling the pockets and cleaning of the residences of their seniors who were in control of their jobs. The cleanliness of the cities, villages, and neighborhoods of ordinary people was of little interest to them.

The sight of heaps of garbage lying in front of and behind multi-million rupee houses in our homeland hasn't been forgotten by any of us. Fortunately, there has been a gradual change for the better recently in the newer private developments sprouting up all over Eastern countries including India, thanks to a modern trend brought about by the NRIs' remittances. Yet, such a change is not rapid enough and the common men, who are in plenty, perhaps, will not be in a position to enjoy such changes in foreseeable near future and that too for obvious reasons.

Coming back to the story of our living here in the West and our sense of aesthetics or its lack thereof, such is not limited to our personal dwellings. In fact, it extends far beyond and

doesn't spare our places of worship. We all spend plenty of time and money to create beautiful houses of God in our adopted countries, many more time than what God could ever use. Yet an awareness of interior or exterior aesthetics commensurate with the original beauty of the building has never been our concern. Once the structure is built, we take for granted that our job is finished. We seem not to have enough motivation to take care of them or to maintain them. As a result the structure starts to dilapidate and falls apart over a period of time.

Being a Sikh, I have frequented many Gurudwaras all over North America. Each and every Sikh sincerely wishes to maintain the throne of Guru Granth Sahib Ji in a royal status because, for a Sikh, there is nothing higher than their Eternal Guru, Guru Granth Sahib. Yet too many times the aesthetics in these places of worship are not in congruence with the status of our Guru Eternal, Guru Granth Sahib.

For example, at most of our religious places, our people tend to use silk flowers for decoration simply because the natural flowers are usually expensive. These may suffice but the grace, charm, and attraction of natural flowers cannot be surpassed. Likewise high ceilings and walls of Gurudwara halls are often noted to be decorated with cheap wall hangings made of paper. Such decorations appear to be dwarfed by the width, breadth and height of the walls of the structure. Wet bathroom floors usually remind one of similar conditions back home. Some of us may have professional cleaners for taking care of our household needs but when it comes to our religious places, we expect them to be taken care of by the recently imported religious workers to avoid the added expense. Unfortunately they may not even have the slightest clue about needed housekeeping

in the Western culture. Being not familiar with the Western living, these poor souls can only do what they have known or seen back home. Should it not have been better to arrange for professional crew in order to keep the interiors of our religious places and their bathrooms in spotless sanitary conditions like most of the churches and synagogues are maintained in the West?

Exploring various reasons for such differences, it becomes obvious that the priorities of the immigrant communities' are somewhat different than those of the indigenous people. Our first and foremost concern after arriving in the West revolves around making an arrangement for having a reasonable living and this is rightly so. Therefore, having a roof over our heads and food on the table for the family assumes the first and foremost priority. For an immigrant, leaving his or her home to earn a good living abroad with hard work as soon as possible and as much as possible happens to be the mainstay of life. Besides, saving a dollar for the rainy day and taking care of those left back home is another culturally intrinsic desire. In this situation, aesthetics don't play much of a role simply because we consider them luxuries that can wait; but unfortunately, they end up waiting forever and are often left ignored.

Paying reasonable attention to such subtleties of aesthetics will truly go a long way in our assimilation in the adopted culture in which we will be spending our remaining years, regardless of our likes or dislikes.

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

# Pt. Sanjeev Abhyankar in Phoenix

On Friday, May 22nd, 2015, Sangeetshri School of Music brought the Indian classical music maestro Pt. Sanjeev Abhyankar to the Phoenix valley and organized a mesmerizing concert for the benefit of Akshaya Patra. Akshaya Patra is a not-for-profit

organization that currently feeds about 1.4 million poor kids in India through a mid-day meal program so they can focus on studies. The concert was attended by many musicians and music lovers in the Phoenix area. On behalf of Sangeetshri School of Music,

Jayati Sharma subsequently presented the funds raised and additional contributions totaling \$1428.00 to Emily Rosenbaum, CEO of Akshaya Patra USA during the Akshaya Patra annual fundraising gala held on May 30th 2015 at the Hilton, Phoenix airport.



# Mother's Day

night was filled with dancing, music by DJ Sheel and dinner catered by India Garden. Women were dazzled up with a dress code of red or blue looking exquisite. The event was sponsored by Asia Today. This event was organized, Manju Walia, Harpinder Saini, Saranjit Saini, Jasmeet Kaler, Sunita Gill, Mandeep Sodhi, Manju Anand, Sukhi Sodhi, Poonam Kalsi, Raj Mangat, Meenu Thirwani, Deepa Walia. Over \$3500 was raised for the families in Nepal. Overall, the event was successful.





# INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



On April 28, 2015, ISAA started today's program with one minute's silence with a prayer to honor the victims of the earthquake in Nepal, which caused an in-calculable damage of property and death of thousands of people. This has caused a lot of hardships for the country. ISAA members opened their hearts collecting \$3354, so far, toward the Nepal Relief Fund. On this day, video clips shown included - Amazing kitchen at the Art of Living Center in Bangalore, India, Amazing vocal performance by an eight year old girl. She received a standing ovation after the recital. Niladrikumar's concert at Madhuri Dixit's residence in Mumbai, and "Can't Believe it" magic show. Luncheon was sponsored by Surjit Kaur and Charanjeet Kaur. Over eighty five attendees enjoyed the delicacies.

On May 05, 2015, it was the perfect day for ISAA's fourth picnic of the year 2015. Today was no exception as the fifty or so members enjoyed the beautiful gift of nature- perfect day. The temperature was in low eighties, and mild breeze, when we left the park around 2:30 P.M. The ISAA sponsored the luncheon as well as the morning tea and fruits. Many friends contributed a variety of snacks to go with tea. Since the weather was perfect, "walk" was very popular. As for the entertainment instrumental music played well. Other activity that kept busy was -"antakshari". Deviben, Jayshreeben, Harishbhai, Vasvani, Rajendra Chaabrajji, Vidyaben, Shrikantbhai and Jitubhai supported their respective parties well. It was fun in celebrating birthdays of Lataben, Babubhai and Jitubhai and the anniversary of Chhotubhai and Gitaben. On May 12, 2015, Mothers' Day 2015 was celebrated with love very appropriately. All those present were honored with roses. The group was captured through a beautiful group photo.



Subsequently they were presented with a musical tribute by Jitubhai, Shrikantbhai, Harshadbhai, Kanubhai, Lataben and Umeshbhai. This was a mix of melodies both, filmy and a classical too. Meenaben presented her "thank you" to mothers in her unique way. Also, the duet by Lataben and Harshadbhai was moving and heartwarming. The luncheon today sponsored by Kantaben and family was enjoyed by well over one hundred five guests and members. ISAA thanked all mothers, Kantaben and all the singers for a wonderful occasion. A special "thank you" to both Miniben for beautiful red roses and also to Pannaben's daughter Neelam for her love with packets of mixed nuts to all mothers. ISAA too presented symbolic "white" roses depicting peace too.

On May 19, 2015, ISAA celebrated wedding anniversaries of Anjuben and Lataben along with Sharadbhai and Umeshbhai by playing Bingo. The game was aptly managed by Ashvinbhai. The winners were awarded prizes. It was remarkable that the two ladies were born same year, married in the same year. They also live in the close neighborhood as very dear friends. Congratulations! Two couples sponsored

the luncheon today. Eighty members and guests were at the celebrations. There were raffle prizes given. One exciting item included a rare collectors silver dollar coin. Meena Sharma was the lucky one who won that. Jitubhai shared the stories of two Indian junior scientists. One 18-year old invented a device that would detect underwater spills and shutdown the system stopping the leak/spill further. The other 16-year old developed a wrist watch like device to detect moving cancer cells in a body. Unfortunately, he left this world too quickly. Shashikantbhai and Jayantibhai gave a brief overview of a trip to China, Hong Kong, and possibly Japan in September. For details, Call Shashikantbhai: 602-421-0762

On May 26, 2015, ISAA celebrated a Memorial Day observing a moment's silence and prayed for the fallen men & women in uniform in the USA, India and Nepal who have sacrificed their lives for the safety and security of their beloved nations! Chinubhai's 79th birthday was celebrated surprising the ISAA seniors group by entertaining all present with diligently selected video clips. This included Rang De Basanti 2013, which was full of songs performed by outstanding singers, supple-

- \* ISAA celebrated Chinubhai's birthday with family and friends
- \* Shah & Parikh couples celebrated their anniversaries with ISAA friends
- \* Shantikaka was one of the winners of the raffles give aways!
- \* Dr. Shantu Amin with a prestigious Award for his contributions in Acute Myeloid Leukemia
- \* Nearly fifty ladies were honored at the Mothers Day celebrations by ISAA
- \* Champaben attended the Mothers Day Luncheon sponsored by Kantaben & Balwantbhai
- \* ISAA celebrated Babubhai's birthday at the picnic
- \* Members and guests enjoying the ISAA sponsored picnic
- \* Luncheon sponsors - Surjitkaur and Charanjitkaur with family and friends

mented with a Saigal's Ghazal and an extremely popular song: KUHUKUHU BOLE KOYALIYAA. It was the full consensus that the day was filled with esteemed joy!

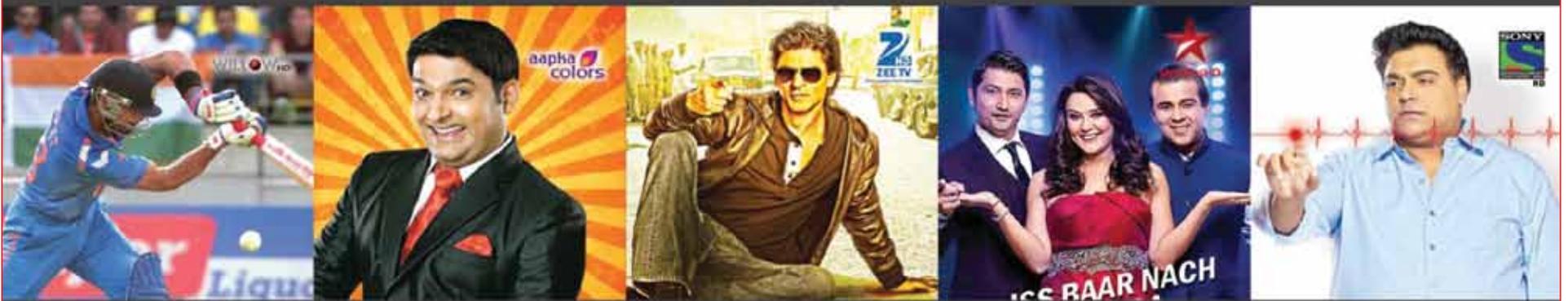
Pride of ISAA: At The Dean's Lecture, the awards were presented on May 12th recognizing individual scientists from around the world and their outstanding research contributions. The Outstanding Collaborative Research Awards for the year 2015 were presented to faculty members from Penn State University including ISSA's Dr. Shantubhai Amin for his research contribution in Acute Myeloid Leukemia (AML). ISAA is proud of his on-going outstanding accomplishments.

Announcements: ISAA made generous collection for \$3,555.38 toward the Nepal Relief Funds. A check for \$3555.38 made payable to Akshay Patra is mailed to 92 Montvale Ave., Suite # 2500, Stoneham, MA 02180.

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# Bhagavata Katha in Hindi

**At Ekta Mandir**



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By

**Sri Hariprasad Joshi & Smt. Harsha Joshi**

**Saturday June 20th to Saturday June 27th, 2015**

**Saturday, June 20th—Pothi Puja by sponsors 2:00 PM to 3:00 PM**  
**Pothi Yatra & Pothi Sthapna @ 3:30 PM Katha from 4:00 PM to 7:00 PM**  
**Followed by Aarati & Mahaprasad**

**Sunday, June 21st—Katha from 4:00 PM to 7:00 PM**  
**Followed by Aarati & Mahaprasad**

**Monday, June 22nd—Mahaprasad from 5:00 PM to 6:00 PM**  
**Katha from 6:00 PM to 8:00 PM followed by Aarati**

**Tuesday, June 23rd—Mahaprasad from 5:00 PM to 6:00 PM**  
**Nand Mahotsav Katha from 6:00 PM to 8:00 PM followed by Aarati**

**Wednesday, June 24th—Mahaprasad from 5:00 PM to 6:00 PM**  
**Gowardhan Puja Katha from 6:00 PM to 8:00 PM followed by Aarati**

**Thursday, June 25th—Mahaprasad from 5:00 PM to 6:00 PM**  
**Raslila & Katha from 6:00 PM to 8:00 PM followed by Aarati**

**Friday, June 26th—Mahaprasad from 5:00 PM to 6:00 PM**  
**Rukhmani Vivah Katha from 6:00 PM to 8:00 PM followed by Aarati**

**Saturday, June 27th—Katha from 4:00 PM to 7:00 PM**  
**Purnahuti Followed by Aarati & Mahaprasad**

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**Directions: Take I-17, Exit Bethany Home West, Right on 27<sup>th</sup> Ave, Left on Maryland Ave.**  
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**VENUE:**

IAF Community Center (Across Ekta Mandir) (2809 W. Maryland Ave., Phoenix, AZ)

**DATE:**

JUNE 14, 2015

**DAY:** Sunday

**TIME:** 2-5 PM

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# GOSHALA Succeeds in Visualizing Vrindavan with Shobhana's Krishna

packed house at Scottsdale center of Arts back to beautiful Vrindavan where the gopis and cow herd boys were playing with Krishna and his cows. The scene of Draupadi's insult during the game of dice was enacted so well, reminding us of the importance of developing faith in him. Each act was very beautifully choreographed. It was an amazing two hours long live performance which covered Krishna's entire life time. The audience was mesmerized by the musical drama. MC Meghna, stressed the importance of animal protection and Priyanka ended with a vote of thanks. Shobhana had very encouraging words for goshala, on it being very active in this country and encouraged everyone to support the cause in Arizona.

Now into it's sixth year, Goshala's cows and oxen have blessed temples in the valley including several



house warming ceremonies throughout the metropolis. Ahimsa milk has been shared regularly for Deity worship at temples and families. Volunteers of Goshala actively participated in community outreach programs like Food for life at Watkins shelter, Discover India, Holi with the cows, Grand India festival at Indo American Culture Center, AZ Veg Food Fest and Diwali Mela to propagate the message of Goraksha Punya Program. In San Tan Valley (East of Gilbert) where Goshala is located, Pongal has been celebrated for two years in a row along with Thanksgiving attracting a gathering varying from 150 to 300 at each event. Kids feed hay to the cows besides petting them to express their love and care for an animal which is considered holy mother in Vedic tradition.

Arizona's GOSHALA is a non-profit 501,C,(3) tax exempt organization, governed by a Board of Directors, and officers of the corporation- all volunteers. GOSHALA is a recognized organization for the Donor Matching Program and Volunteer Hours contribution program of INTEL and CHASE Bank run through United Way, Valley of the Sun, Arizona.

GOSHALA is located at 2150 E Joy Dr, San Tan Valley, AZ 85140.

Goshala runs a Spiritual Center that caters to all spiritual learning including Sunday School for children which are full of Krishna Consciousness activities, including singing bhajans, SrimadBhagavatam classes and devotional songs and playing instruments, followed by a vegetarian feast.

UNITY IN DIVINE LOVE, 325 N Austin Dr, Chan-

dlar, AZ 85226.

Sunday at 5:00- 7:30 PM. Call 480-620-1530 or 480 229-9723 for a visit or info.

More details :<http://www.azgoshala.org>

Social Media:<https://www.facebook.com/azgoshala?fref=ts>

Email: [azgoshala@azgoshala.org](mailto:azgoshala@azgoshala.org)

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Tea is extensively being used as an ingredient in cooking and fast becoming the chosen marinade for meats.

Tea is extensively being used as an ingredient in cooking and fast becoming the chosen marinade for meats. From green tea for chicken or turkey to Chinese tea variants for marinating fish to soaking lamb or pork in regular Assam tea, chefs are looking at humble chai as more than a mere cuppa. Not only do the leaves impart a distinct flavour but tea works as a great meat tenderizer due to its tannins.

Elaborating on the growing preference of tea in cooking, chef Nishant Choubey of Dusit Devarana reveals tea works very well as an infusion and is easy to be used for various dishes. He too uses tea actively in various preparations.

“Organic tea crusted chicken with liquor jus, golgappas with tea shots or a masala chai mishti doi and sencha (Japanese green tea) jalebis, the possibilities are endless,” he says. Nishant also clears the air for those who would avoid using tea for its overpowering taste. Some of his palate cleansers are tea based sorbets with most popular being lavender flowers and lemongrass tea sorbet and Oolong tea and



## The art of cooking with tea

lemongrass sorbet.

Chef Vikram Khatri of Guppy by Ai says tea smoked chicken or duck breast is among the most common dishes on menus today. He says tea is extensively being used in Asian cuisine preparations.

“From being used in smoking the

meats, dressing the salads with a tea and ginger vinaigrette to imparting colour to gravies with tea leaves, it is being actively looked at as an ingredient,” says Vikram.

Usage of tea isn't foreign to our cooking either. Chef Manish Mehrotra of Indian Accent says pindi chhole sold

at every dhaba are the best example of extensive use of tea in cooking. He reveals every cook uses tea bags during preparation to give a distinct colour and taste to chhole. The quirky usages of tea that Manish has noticed are desserts masala chai brulee, fondue and tea macarons.

Whether you have guests coming over unannounced or you just came back home for a late night afterparty. These three quick fingerfoods recipes will make sure you are up for the task any time.

### Arancini Balls

Arbario rice 30 g  
Egg: 1  
Flour (maida): 2 tablespoon  
Harisa sauce 15 g  
Breadcrumbs 30 g  
Nacho cheese 15 g

### Beetroot Aragula Salad

Aragula 100 g  
Beet Root 100 g  
Feta cheese 25 g  
Orange dressing 10 ml  
Salt n pepper- to taste

### Prawns Fritters

Prawns: 8 piece  
Cashew nuts: 100 g  
Flour 50 g  
Egg 1  
Lemon juice- 20 g  
Chilli Flakes 2 g  
Chopped parsley 3 g  
Iceberg lettuce 20 g  
Red cabbage 10 g  
Mustard powder 5 g  
Salt n pepper- to taste

### METHOD:

#### Arancini Balls:

## 3 fingerfoods for the late night afterparty



1. Saute onions on low flame, add white wine and risotto rice into it. Cook it for a while. Add little water and salt n pepper and cook till perfection. Then, mix harissa sauce.

2. Let it cool for sometime and then, make balls while stuffing it with

nacho cheese.

3. Make batter of egg and flour. Marinate the risotto ball in the batter and then in the breadcrumbs, shaking off any excess.

4. Heat the oil in the pan, add 2 or 3 of the breaded arancini to the pot

and deep fry them until golden brown and cooked throughout.

5. Make sure rice is not too soft but firm to make balls. Serve it with sauce.

### Beetroot Aragula Salad:

Peel off the beet root and cut into cubes. Roast the beet root using salt n pepper, using olive oil.

Heat the Orange juice, reduce it, add salt n pepper. Let it cool. (if u have reduce orange juice to 10ml, add 15ml olive oil). Mix it with olive oil. Add little vinegar, if orange is too sweet.

Wash Aragula, strain water completely. Make salad of beet root and Aragula in a salad bowl. Add orange dressing into it. Garnish it with feta cheese and pine nuts.

### Prawn Fritters

Firstly, make batter of egg and flour. Add cashew paste into along with lemon juice, parsley, salt and pepper. Marinate prawn in the batter and then, deep fry the prawns to cook throughout. Your prawns are ready. Serve it with red cabbage, iceberg lettuce, garlic mayo (mixture of mayo, chili powder, cumin, garlic and a little salt and pepper to taste)

# When Narendra Modi dresses, world watches: His top 10 fashion moments



It's difficult to ignore Narendra Modi's signature half-sleeve kurtas (and churidaars), even if you are not remotely interested in politics. His crisp formals and that pop of colour -- from lime green to canary yellow and even bright blue -- is his calling card as a style icon, and reflects his can-do attitude and readiness to try out new things.

Clearly, when it comes to making a style statement on one his much-talked about foreign visits, our PM's penchant for wearing 'proper' clothes -- mostly linen and khadi kurtas in muted colours paired with sharply-tailored jackets -- has always been spot on.

In many ways, the world has never seen an Indian Prime Minister like him: One, who flaunts (and makes all of India gush over) his stylish Bvlagri spectacles frames, expensive Movado watch and swanky Mont Blanc pens collection.

Even as he completes one year in office, and participates in diplomatic activities everywhere from New York to Tokyo, we take a look at PM Modi as the new face of Indian fashion (at least that's what the media in the west calls him). But, don't worry, we're not going to push a political agenda, just a fashionable one.

**1** When Modi's desi avatar impressed in Bhutan

While most were talking about his choice of Bhutan for his first official foreign visit, others were more interested in Narendra Modi's slick appearance as he rubbed shoulders with the Bhutanese royals. PM Modi's Bhutan visit in June, 2014 the time we learnt that our PM is more than that business guy who needs to look sharp for the competition and

that creative type who dresses up because he likes to; He is also someone who wears his Indian-ness with pride, especially when visiting a neighbouring country. On his first foreign visit, Modi chose to wear his signature khadi kurta and had everyone talking about his desi look, when he met Bhutan's King Jigme Khesar Namgyel Wangchuck and Queen Jetsun Pema.

**2** When Modi kept it classy and classic in Brazil

High-fashion looks? Modi's at home here too, like the time he visited Brazil for the BRICS Summit in July, 2014. Each time he made an appearance, his outfit selection was well thought out, deliberate and calculated. Whether it's something he wore while meeting Brazil President Dilma Rousseff or just letting his hair down with world leaders, there was always a fashionable agenda. So, our verdict: Fashion plays a pertinent role in image building and PM Modi has shown us time and again that he knows this all too well.

**3** When Modi put his saffron foot forward in Nepal

So, Modi has a hashtag for his fashionable kurtas #ModiKurta -- not bad for a politician who not only walks but can also talk the youth's lingo. And he knows foreign visits are the most appropriate opportunity to strut his stylish self. But what has helped him connect with the Indian diaspora is Modi's vast collection of kurtas and shawls, like the one he wore when he visited Pashupatinath temple in Kathmandu, Nepal in August, 2014. That was where Modi made it abundantly clear that when it comes to fashion, he is extremely bold -- perhaps more so than any other PM

before him -- especially, as he chose to complete his saffron and wear rudraksh mala.

**4** When Modi went quirky cool with a burgundy bandhgala in US

In case, you've still not figured why businessmen and industrialists can't get enough of Modi, here it is: His vast collection of bandhgalas in all the right hues. And just when men's fashion was getting obsessed with colour and pattern, PM Modi arrived at JFK Airport in New York, US in September, 2014, and made sure all eyes were on his wine-coloured suit. Presenting, the burgundy suit that quickly became the suit of the season in menswear. Our verdict: Effortlessly timeless and cutting edge.

**5** When Modi played mix-and-match while hosting the Obamas

So, Modi has confessed that his ability to mix-and-match colours is "god-gifted" and that he has a penchant to dress well. We believe him. During the January, 2015 tour of US president Barack Obama, Modi sported bright-coloured Nehru jackets, something rarely expected from a politician. He also incorporates his ambitious "Make in India" campaign in his style quotient by injecting Indian art and weaves in his ensembles: Like that orange pashmina shawl he wore when he received the US president and the first lady.

**6** When Modi dressed in a well-tailored black suit in Germany

Too many men are spoiling perfectly reasonable and decent black suits by wearing them wrong. But trust PM Modi to prove that the most important fashion piece never goes out of style. So while

he was visiting Germany and was attending to his important PM duties, he chose to don that wardrobe cornerstone, a black suit, and pulled it off with aplomb. True to his motto of 'Learn to suit up properly and everything else follows,' his look when he opened the world's biggest industrial trade fair in Hanover, Germany, along with Chancellor Angela Merkel, in April, 2015, was timeless and ever adaptable.

**7** When Modi became man in white in Japan

There comes a time in every man's life when he wants to conquer an all-white ensemble. However, knowing how to nail the look isn't as cut and dry as throwing on an all-black ensemble and going about your day. But when you're Narendra Modi, you know just how it's done. Because our PM knows one can't be slipping into such an outfit for a business meeting, he chose an appropriate time and place to wear his all-white look. Modi channeled his inner Zen master in this kimono-inspired powder white kurta-churidar-jacket number, when he visited two prominent ancient Buddhist temples in Japan -- Toji and Kinkakuji -- offering prayers and mingling with the common people and tourists in May, 2015. Here's a look that kept it extremely simple and smart.

**8** When dark shades and #modiswag owned China's Terracotta Warriors Museum

We've said it before and we'll say it again: PM Modi is one stylish man. What he wore during his most recent China visit in May, 2015, is a case in point. Now, scientists estimate Museum of Qin Terracotta Warriors and Horses in Xi'an houses about 8,000 warriors besides terracotta

chariots and horses, but the Prime Minister stood out even among them, with those swaggy sunglasses. Never mind that Twitter didn't take to this look kindly, and he was the subject of many jokes and memes. (These Twitter peeps, we tell you!)

**9** When Modi wore traditional Mongolian robe

His choice of clothes has been called chic, smart, elegant, sophisticated, stylish, modish, and much more. And all of these fit the bill. But what do you say about Modi dressed in this traditional Mongolian costume? Pretty, interesting, right? While attending the Mini Naadam Festival in Mongolia's Ulan Bator during his three-nation tour in May, 2015, Modi was seen playing the traditional Mongolian music instrument Yochin, picking up a bow and arrow and interacting with the locals. Talk about creating a lasting impression! FYI: The traditional festival, locally called 'Eriin Gurvan Naadam', celebrates the 'three games of men' -- wrestling, horse racing and archery.

**10** When Modi suited up and put his swag on in South Korea

One of the most stylish fashion statements a politician can make is a suit. When it's done right, that is. So, in May, 2015, Seoul, South Korea, he showed that even a classic patterned gray suit could be classed-up to exude power, prestige and classic refinement. The supremely versatile suit allowed the Prime Minister to show a bit more personality without going overboard. The patterned suit, unlike a solid charcoal gray one (which isn't as slimming as charcoal, black or navy), actually helped him look super suave.

# Hasya Kavi Sammelan 2015

Indo American Cultural And Religious Foundation in collaboration with Asia Today of Arizona organized the long awaited featured event Hasya Kavi Sammelan in the Indo American Foundation Hall on Saturday, May 16th. Kavi Sammelans are gaining main stream popularity again in the recent years. The large attendance at this event was an expression of the immense interest in this type of entertainment. To accommodate the large attendance, the organizers had to continue adding more and more chairs till intermission. Audience comprised of a varied age group ranging from College students to older

adults all the way up to active Seniors with one thing in common among all age groups – hurting jaws and teary eyes because of constant laughter.

Dr. Arun Gemini, Mr. Ved Prakash and Mrs. Ritu Goel—All acclaimed artists belonging to International Hindi Association

entertained and satisfied all aspects of audience craving – rib tickling humor, thought provoking satire and heart-warming poetry. These artists have performed thousands of shows throughout the world and enthralled audience with their unique chemistry not only

entertaining audience, but also humoring one another.

This show was a free event organized by Prestigious IACRF and Asia Today in an effort to bring quality programs at no cost to the community. This free event was made possible

because of many individual and business sponsors. The businesses that sponsored the event were Stewart Title of Arizona Chandler and Gilbert Branch, Kavita Bhatia with Academy Mortgage, Comfort Suite owned by Dayaram Ahir, Udupi Restaurant along with

several individual sponsors. Asia Today and IACRF thank all the organizers and the audience for making this a very successful and well attended event. They welcome the community to continue to attend similar events in the future.



# IACRF Seniors Group leads Nepal Earthquake Relief Fund Drive



By Bhagubhai Patel and Prakash Kotecha

**Future Event:** Fathers' Day will be celebrated on Thursday June 18th at the Indo-American Community Center, for information please call Manubhai Patel Tel: 623-208-9570

**Senior Group Activities in Brief:** Seniors continued to enjoy their golden time enjoying and contributing to the society in the best ways they can. Their usual recreational activities of playing cards, games, engaging in healthy exercises and playing ping pong is only one part of the program. They celebrate special days and contribute to the society in their own ways

**Mothers Day Celebration:** Special effort was made by Bhagubhai, Sevantibhai & Meenaben to organize the ladies for a long line of 40+ to receive the beautiful red roses from their spouses, adopted brothers with special praise to each lady/mother in a momentous occasion that captured the spirit very well. The program ended with all the colorful & well dressed ladies enjoying and appreciating the gesture of love that filled the Hall. Songs sung by seniors from the group and coordinated by Srikanthbhai Vaidya made it a perfect environment of celebration

**Contribution for a Social Cause:** A severe earthquake of 7.9 Rich-



ter scale hit hard India's neighboring country Nepal. Moved by the devastation, Jai Seecharran was the person who took lead in Senior Group Nepal Quake relief fund drive by donating large amount from himself & his family including Grandkids and also suggesting that the Senior Group contribute from the group funds, got \$1,500 approved. Seniors have taken up this humanitarian cause by heart and are actively soliciting the funds. Seniors Group members are so moved by this natural calamity that even the members who have moved out of state are sending their contributions i.e.

Sumantlal and Ramaben Patel, Abbas and Kaniza Bagalawala, etc. Seniors have collected by now over \$4,500 and hope to contribute \$ 6,000 including contribution from the group fund. Jag-anji, Bhagubhai and Mahendrabhai are coordinating the efforts. Senior group taking the lead in this charitable effort was reported to the IACRF Board of Directors by Jagan Lingamneni at the May 12 meeting that was well received and commended. Please send your donation for the Nepalese Earthquake Relief Fund to Mahendra Devagania, Bharatiya Ekta Mandir, 2804 W. Maryland Ave., Phoenix AZ 85017, make

check payable to IACRF. All donations money collected will be sent to a suitable NGO so as to achieve maximum benefit.

The lunch sponsors for the month included Padmaja, Prasad & Young Swarit Katikaneni; Champaben & friends; The Kshatriya family (Vijayaben, Pradyumana & Jayshree) and Dr. Rasikbhai & son Jay Patel; Shanti & Lalitbhai Patel, and Hansa & Dinesh Trivedi. The Katikaneni deserves special thanks as they are not of Seniors age but felt compensate for Seniors and want to treat them with an Andhra State cuisine meal.

**Members News:** Lata Desai is recuperating from a by-pass surgery, our prayers for her speedy recovery and returning to usual attendance of the group Get Togethers. Munnu Bajpai has returned after the recent Stem Cell Infusion Therapy at Gilbert Mercy Care Hospital.

Thanks to Sevantibhai Shah for excellent photos snapping and compiling on internet for publication every week.

The Senior Group meets every Thursday 10:00AM to 3:30PM at the Indo-American Community Center located at 2809 W. Maryland Ave., Phoenix, AZ 85017. For additional information please contact Lalitbhai Patel Tel: 480-286-0416.

## Real Estate News of Arizona - June 2015

Hello Friends,

Hot summer days, school vacations, summer camps and swimming pools. Welcome to the valley of the sun! This is also the season for India trips and family visits, and that means a lot of shopping and dining. These months turn out to be a very busy and active for everyone and it reflects the same on the real estate market as well. A lot of out-of-state families move in as well as in-state moves during the school vacations. This is the peak season of activities in the valley real estate for the year. Let's look into how we performed so far in this year.

Sales volume for the first quarter of 2015 was 10.5% higher than last year. There were 18,674 homes sold in Q1 2015 compared to 16,983 last year. It should be noted that the sales volume last year set a very low standard and was often times described as anemic. The gains in sales volume for the first quarter took place in February and March after a modest decline in January.

Sales figures in February 2015 were up 9.4% year-over-year and sales volume in March 2015 was up 17.7% year-over-year. Last year at this time we had theorized demand was 20% to 25% below normal. The increase in volume this past month makes the argument that sales volumes are approaching their customary levels.

When we take a closer look inside the March 2015 numbers we see investor activity fell to 12.1% of sales compared to 16.25% a year ago. Pair that with foreclosure inventories in Maricopa County (REO & Active Notices) being down 24.2% year-over-year, it's now undeniable: the traditional home buyer is the driving force in our housing market.

Michael Orr of the Cromford Report said, Now we are fully into the height of the prime selling season it is becoming clear that it is not the first time home buyer who is making the biggest impact. It is the move up price ranges that are doing best compared with last year.

Now let's look at the April sales of Residential Homes in Maricopa County-

- Total sales for Single Family, Town-homes, Condos for April was 7,323 whereas March was 6,896, and February were 5,185
- The Active listings for April was 21,125 whereas March was 21,684 and February were 22,313

Unit Sales by Financing Type			
	-Sgl Fam-	-Other-	-Mfg-
Bond/IDA	3	0	0
Carryback	16	9	5
Cash	1254	540	61
Cash to Loan	9	4	0
Conventional	2574	545	22
Exchange	3	2	0
FHA	1800	106	21
FMHA	3	0	0
Rent/Lease	0	0	0
SBA	1	0	0
VA	423	30	4
Wrap	0	0	0
No Financing Reported	1	0	0
<b>Total Sales</b>	<b>6087</b>	<b>1236</b>	<b>113</b>

- Pending sales for April was 7,367 whereas March were 7,144 and February was 5,617

Phoenix has become one of the first cities in the country to ban plywood for boarding up vacant REOs. City officials have now mandated the use of reinforced plastic to cover windows instead. City officials say the thin, hardy polycarbonate sheet alternative appears like glass from the outside and will help counter the blight from vacant REOs that had been boarded up with more attention-getting plywood. Phoenix city councilwoman Gallego says the plastic cover is less likely to attract vandals or other criminal activity and will keep neighborhoods that do have REOs looking nicer. The city has passed an ordinance that any homes abandoned for more than 90 days will get sheets of polycarbonate installed on it.

"Communities across America are voicing their concerns about blight, and, based on my years of boots-on-the-ground experience, I feel that one of the major impacts of community blight is plywood," says Robert Klein, chairman and co-founder of SecureView, one of the providers of polycarbonate sheets.

Now let's take a look on commercial side-

A private owner sold the self-storage facility at 1055 W Guadalupe Rd in Mesa to a local investor for \$6.3 million or about \$75 per square foot. The 83,810-square-foot Arrow Self Storage property totals 858 storage units and sits on 4.5 acres. The property was 71 percent occupied at time of sale.

True North Management Group and Crown West Realty acquired the three office and flex buildings at 4625 - 4675 E Cotton Center Blvd in Phoenix from LNR Partners LLC for an aggregate \$29.93 million or about \$113 per square foot. In the first transaction, the joint venture acquired Cotton Corporate Center II & III, two flex buildings totaling 147,627 square feet, for \$17.85 million, or about \$121 per square foot. The two single-story assets were built in 2000 and were 87 percent occupied at the time of sale. In the second transaction, the buyers paid \$12.08 million or \$103 per square foot, for Cotton Corporate Center I a 116,858-square-foot Building.

Lincoln Property Co. and partner Oaktree Capital Management closed on the acquisition of the Billmore Commerce Center at 3200 E Camelback Rd in Phoenix for \$58 million or about \$223 per square foot. DPC Development Cos and Bridge Investment Group Partners sold the three-story, 259,730-square-foot building located at the northeast corner of 32nd Street. The building is known for its copper exterior and street-facing water feature, and features above- and below-grade parking as well as a three-story atrium.

HSL Properties, Inc. acquired the 44 Monroe hi-rise apartment building at 44 W Monroe in Phoenix from Winthrop Realty Trust for \$50.65 million. It's a 34-story, 249,504-square-foot multifamily building constructed in 2008 on four-tenths of an acre in the Downtown Phoenix submarket of Maricopa County.

Hope this article gives you a peek in what's happening in our valley. As always, I love all the questions, comments & feedback. Please keep them coming at [arti@artiier.com](mailto:arti@artiier.com) or call me at 480.242.8573



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

## Early treatment against HIV can reduce death risk by 53%

Early antiretroviral treatment after diagnosis of HIV infection significantly reduces the likelihood of getting AIDS or other serious illnesses, according to results from a large international clinical trial published Wednesday.

The study was presented a year earlier than planned after preliminary data showed that people who received treatment from diagnosis were 53% less likely to die

or develop a serious illness such as AIDS compared to a control group where treatment began later when the immune system is weakened.

Researchers said this data combined with previous studies showing that antiretroviral drugs help prevent HIV transmission to healthy sexual partners indicate that such treatment is beneficial for ev-



eryone diagnosed with the virus. "We now have clear-cut proof that it is of significantly greater health benefit to an HIV-infected person to start

antiretroviral therapy sooner rather than later," said Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases.

"Moreover, early therapy conveys a double benefit, not only improving the health of individuals but at the same time, by lowering their viral load, reducing the risk they will transmit HIV to others," he

said in a statement.

The study began in 2011 in 35 countries with 4,684 HIV-infected men and women over the age of 18.

An estimated 35 million people are infected with HIV worldwide, while only 13 million people get treatment, according to the latest figures.

The US Centers for Disease Control and Prevention already recommends starting antiretroviral after HIV diagnosis.

**JUNE 2015**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> * Art Excel Summer Camp  Tanu Weds Manu Returns (Hindi Movie)	<b>2</b>	<b>3</b> * Welcome to Karachi (Hindi Movie)	<b>4</b>	<b>5</b> * Swami Sarvadevananda Meet	<b>6</b> * Consular Services and Visa Camp  Swami Sarvadevananda Meet
<b>7</b> * Tollywood Live Music concert with TELUGU GOLDEN HITS	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> * YES! Youth Empowerment Seminar	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> * Bhagavata Katha
<b>21</b>	<b>22</b> * Art Excel Summer Camp June July	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b> * Bhagavata Katha Purnaahuti
<b>28</b>	<b>29</b>	<b>30</b>				

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**T**ake your time; do not make any decisions in haste. You will get great satisfaction from your efforts. Avoid any petty ego confrontations; they could lead to estrangement if you aren't careful. Your partner could make you angry if they steal your thunder or embarrass you in front of others. Your luckiest events this month will occur on a Thursday.

**ARIES**



Mar 21 to Apr 20

**Y**ou can gain distinction; however, it may be for the wrong reasons. You may want to have a heart-to-heart talk with a close and trusted friend. Make changes regarding your status in society. Knowledge can be acquired if you listen. Your luckiest events this month will occur on a Saturday.

**TAURUS**



April 21 to May 20

**K**ee your feet on the ground, if you can. Don't press your luck with your loved ones. Direct your energy wisely this month. Anger will prevail if you expect help from others. Don't be too quick to blame others for your bad mood. Your luckiest events this month will occur on a Monday.

**GEMINI**



May 21 to June 21

**T**ry to slow down, and take another look. Stay mellow. You can expect to experience delays or additional red tape if you deal with institutions. Don't be too quick to judge partners or those you work with. Your luckiest events this month will occur on a Sunday.

**CANCER**



Jun 22 to Jul 22

**T**ravel should be on your agenda. Listening can be more valuable than being a chatterbox. Try to put your money away for a rainy day. Shopping could cost more than you bargained for. Your luckiest events this month will occur on a Saturday.

**LEO**



Jul 23 to Aug 23

**B**e very careful while in transit or while traveling in foreign countries. Organization will be the key to avoiding discord and family feuds. Get on with business. You'll have great insight. Your luckiest events this month will occur on a Tuesday.

**VIRGO**



Aug 24 to Sep 23

**R**omantic encounters will be full of excitement. Your dynamic, determined approach will win favors as well as a helping hand. You can solidify your relationship if you plan a special evening with your mate. Extend an invitation to clients you enjoy spending time with. Your luckiest events this month will occur on a Wednesday.

**LIBRA**



Sep 24 to Oct 23

**T**ry to keep any mood swings under control; they may result in alienation. You can work in conjunction with those in the know in order to get to the bottom of any pending issue. Some relatives will be extremely perplexing. Find ways to make extra cash. Start making things or reusing rather than buying ready made. Your luckiest events this month will occur on a Sunday.

**SCORPIO**



Oct 24 to Nov 22

**T**here might be one who is quite willing to take the credit for your work. You always seem to spend more than you make. Unexpected visitors are likely. Be prepared to do your chores early. A romantic infatuation from your past may surface if you frequent places that you both used to go. Your luckiest events this month will occur on a Friday.

**SAGITTARIUS**



Nov 23 to Dec 21

**Y**ou must steer clear of overindulgent individuals. Knowledge can be acquired if you listen. Don't be too pushy or demanding, or you may find yourself all alone. You will enjoy interacting with those who come from different backgrounds. Your luckiest events this month will occur on a Saturday.

**CAPRICORN**



Dec 22 to Jan 21

**Y**ou have your own family to consider as well. Go after your professional goals. Let go of the past in order to progress. Stress coupled with diet will add to stomach problems. Your personal life will be disrupted if you have been too busy with business. Your luckiest events this month will occur on a Wednesday.

**AQUARIUS**



Jan 22 to Feb 19

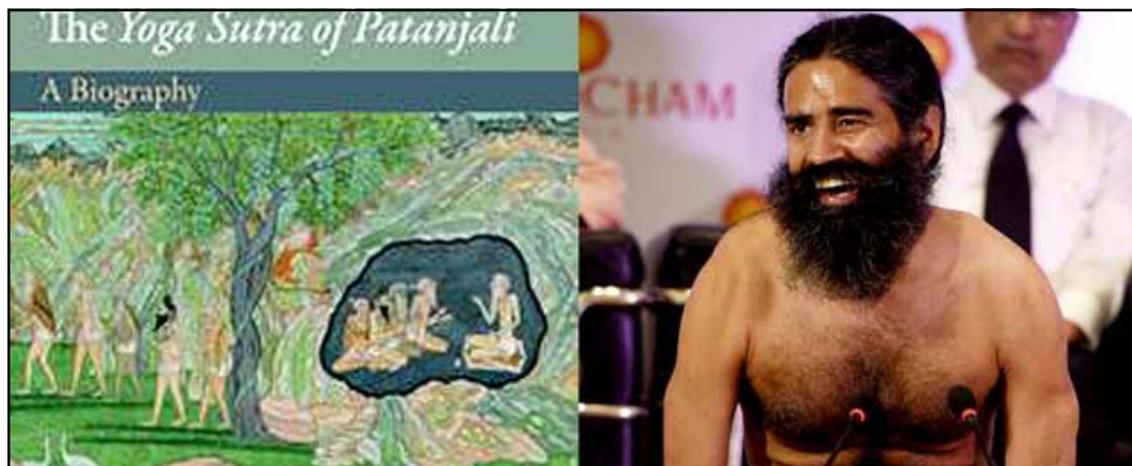
**I**f you can put some work into home improvements, you should. It might be time to do some of those chores at home. You will have a little more energy than usual. You should get into programs that will enhance your appearance and help you to be the best that you can. Your luckiest events this month will occur on a Friday.

**PISCES**



Feb 20 to Mar 20

## Book review: Patanjali's Yoga Sutra is a guide to moral perfection



*The Yoga Sutra of Patanjali*  
by David Gordon White  
Princeton University Press, UK  
Rs 1704, PP172

Yoga, as it is beamed through television channels today, is not what was written by Patanjali in the first centuries of the Common Era. Consisting of fewer than two hundred verses, the Yoga Sutra has virtually nothing to say on the postures and the stretching and breathing exercises that the contemporary yoga gurus have reduced the philosophical text into. In reality, Yoga Sutra is a classical work of moral philosophy, guiding men to become morally perfect in the world.

One of the six Indian philosophical systems, Yoga Sutra is an investigation into the relationship between spirit and matter; an account of workings of the mind and ways of knowing what is true; a study of cause and effect in the workings of the universe; and a guide to salvation. The compact definition of yoga, as Patanjali had postulated, is composed of four words: yoga=citta-vritti-nirodha. A simple translation should read something like: yoga is the stoppage of the turning of thought. Since the workings of the mind are both the source and the potential solution to the problem of suffering, yoga liberates the subject from the distorting effects of the mind-stuff for attaining salvation. Drawing inferences from a dozen classical commentaries on this book, David Gordon White, a professor of Comparative Religions at the University of California

reconstructs the rise, fall and rise of this perennial classic in the biography of The Yoga Sutra of Patanjali.

White brings to light the astonishing fact that Patanjali's classic work was not only forgotten in India for hundreds of years but its first discovery in the West was viewed with disdain too. It is believed that the onslaught of Islam in the northern part of the sub-continent, somewhere around the sixteenth century, had led to forging a new religio-philosophical paradigm between the theism of the Puranas and Vedanta philosophy that excluded all non-Vedic traditions including Yoga. Yoga Sutra's glorious days had lasted from the seventh to the eleventh centuries, during which its popularity had stretched from Central Asia to Indonesia. Its subsequent resurrection by the British Orientalist Henry Thomas Colebrooke in 1823 saw its popularity surge in Europe and America, and predominantly in English. Could this be the reason that the yoga of India's past bears little resemblance to the yoga practiced today?

In following the strange and circuitous journey of this timeless classic, from its ancient origins to its modern resurgence, White offers critical views on the manner in which Vedanta-inspired intellectuals of Bengal had mainstreamed Yoga Sutra. Notable amongst them was Swami Vivekananda who not only seized upon Yoga as an ideal platform from which to assert the antiquity and superiority of Indian science over

the West, but used its popular demand in the United States to finance the humanitarian work he had planned for India. Vivekananda's appropriation of Patanjali's work set the die for much of what has followed down to the present day. However, none can take away credit from Vivekananda whose work had fashioned yoga as a cultural symbol, in harmony with the religious and intellectual aspirations of educated Indians.

Whether or not authorship to this classic could be attributed to Patanjali is still being debated among cultural-historians and scholars, the dramatic revival of Yoga Sutra after a long hiatus remains somewhat of an enigma. With the classic having been translated in as many as 46 languages, its readership is no longer restricted to an intellectual elite. However, the sub-culture of 'yoga practice' has made it reach even further. White's exhaustive research presents authentic treatise on the remarkable journey of this classic till now, without drawing any roadmap on its future. While scholars will continue on grinding the Yoga Sutra, a mass-based sub-culture of yoga practice is providing solace and inspiration to millions.

Based on fascinating historical documentation, Prof David Gordon White provides insights on the profound philosophy of Yoga Sutra, which is as important to comprehend as getting the breathing exercises right. To that end, White helps to bridge the theory-practice divide.

*Sudhirendar Sharma is a development journalist.*

## POET OF MONTH

### Michele Leavitt

Michele Leavitt writes poetry and creative nonfiction. In 2013, her book-length poetry collection, *Back East*, won the inaugural Michael Macklin First Book Prize; it is available from Moon Pie Press. Her memoir excerpt, "No Trespassing," won the Ohio State University's 2010 William Allen Award for creative nonfiction, was published in *The Journal*, and received a notable listing in *The Best American Essays 2011*. A poetry chapbook, *The Glass Transition*, was published by Finishing Line Press in 2010. Other recent works of poetry and prose appear in *So to Speak*, [Slippage], *HeART*, *Mezzo Cammin*, *The Tower Journal*, *Passager*, and *Per Contra*. A former trial attorney, high school dropout, and hepatitis C survivor, she lives in Maine, where she co-directs the Honors Program at Unity College and teaches writing.



### Quarry

That volcanic August, the asphalt steamed behind their older cousin's El Camino, a car so hot no one questioned why it sported a pick-up bed, or why it took them to skinny-dip at the long-abandoned quarry.

On the path through the woods, they foraged for sex without

knowing it, plucking shapely fungi and curling moss. They came to the water before it was too late. Years before one lost an arm to the road and another lost his life to it, the boys jumped feet first from the cliff, cupping hands in prayer around their genitalia. The flower-power girls dove in before rapes, abortions, cancers, free-fall naked without a single consequence, their hands the points of spades cleaving the mirror.

Treading water, they traded stories of boys who'd broken their necks and girls who'd disappeared.

The well of rainfall, fluent in the tongue of silk, praised their barest skin and cooled them.

*Previously published in Back East, Moon Pie Press, 2013*

Film Review

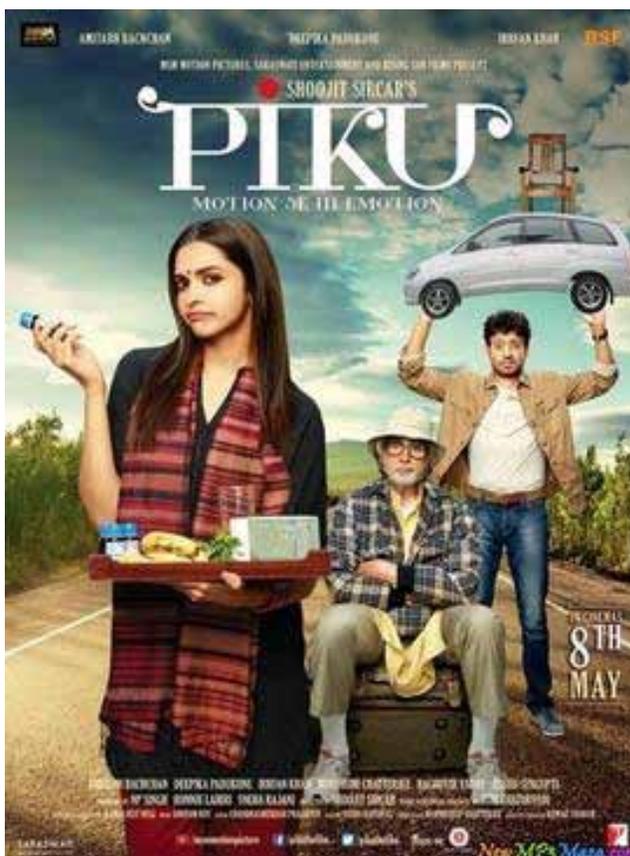
# Strong characters are its biggest draw

**P**iku is a delightful film about very little and yet it says so much. This isn't a movie focused on reaching a destination. This is a movie about the journey, both literal and emotional. We are introduced to the main characters - Piku, an architect who lives with her father in Delhi, fierce in both her attitude towards life and her love for

from constipation. He believes that all ailments are connected to the digestive tract. All he longs for is a really good shit. His big fear is that one day he'll die of constipation.

The conversation in this house is all about shit - colour, texture, frequency, consistency. Potty is described as mango pulp. One morning, Bhashkor's loyal server Budhan tells him: "Hamara mann kehta hai ek din aapko bada bhadiya pekhana hoga."

Bhashkor decides that he must go to Kolkata to visit his ancestral home. Planes and trains won't do, and no driver is willing to take this cantankerous father and daughter. So Rana, played by Irrfan Khan, the owner of a cars-for-hire company, volunteers. With the



singhasan or portable potty tied to the carrier, they set off.

Piku is first a triumph of writing. There is no plot to speak of, but Juhi Chaturvedi - who has written the story, screenplay and dialogue - creates such strong

characters that we don't lose interest. In the second half, the slim story is stretched, but Juhi never lets it snap. Her screenplay dips in pace, but her dialogue always sparkles. The lines come fast and furious - at one point, Rana expounds: "Death aur shit, yeh do cheezen kahin bhi kissi ko bhi aa sakti hain." But the lines are never delivered like lines. These are conversations from life. These are people we could know.

Director Shoojit Sircar has great affection for his characters. He tells their story without flash or melodrama. He is an unobtrusive observer. Like us, he is simply eavesdropping on their dinner-table conversations, their arguments, their fears, their

simmering resentments and their dreams. The actors work in the same low-key note. Deepika is absolutely lovely as the prickly Piku. You can see her frustration and exhaustion but also her determination and unshakeable love. Deepika goes up against two brilliant actors and doesn't hit a false note. Without the props of glamour or song and dance, she quietly commands the frame. Amitabh Bachchan is wonderful as the pot-bellied Bhashkor - impossible to live with and equally impossible to dislike. Irrfan, effortlessly compelling, completes the triangle.

The love story between Piku and Rana plays out with admirable ease. I couldn't have imagined the pairing, and yet they just seem right together. The score by Anupam Roy adds emotional heft to the film.

Piku speaks its truth with simplicity and heart. It made me laugh and cry. And I can get behind any Hindi film in which a father says of his single daughter: "She's financially independent, sexually independent." Bravo.

Film Review

**Piku**  
**Director: Shoojit Sircar**  
**Cast: Amitabh Bachchan, Deepika Padukone, Irrfan Khan**  
**Rating: 4/5**

her father. Piku is played by Deepika Padukone. Her father, Bhashkor Banerjee, played by Amitabh Bachchan, is, as Sweetie in Kaminey would say, a single-piece. He's 70. He's a hypochondriac - he's almost disappointed when his blood pressure is revealed to be normal. He describes himself as 'a critical person', 'brutal and honest'. The motif of his life is his bowel movements. Bhashkor suffers

## Kangana Ranaut's 'Tanu Weds Manu Returns' holds well at box office on Wednesday

Usually films tend to drop in the weekdays, but the good word of mouth has ensured that the Kangana Ranaut starrer packs in good numbers even on Wednesday

Rs 8.85 crore on its opening day, over Rs 16 crore on Sunday and still managing to rake in around Rs 8 crore on the weekdays- that's Tanu Weds Manu Returns' spectacular box office history. The Kangana Ranaut starrer has managed to hold on well and is racing its way to the Rs 100 crore club.

Kangana had delivered a superhit with her Queen avatar last year. this year, her dual avatars in TWMR has already gained notice. With a good word of mouth following it up, Kangana's film is keeping up with the momentum even in



the weekdays.

While the film had already raked in around Rs 55.20 crore in 5 days flat, it added another Rs 8 crore on Wednesday. With that the total collection of the film has shot up to a massive Rs 63.20 crore, and the film has already entered the hit zone.

With the current pace at which TWMR is going, it is highly possible that the film will be the first woman centric film to enter the 100 crore bracket and not just that, also get a superhit tag to it. Made on a budget of Rs 30 crore, the film has already doubled its investment and is looking forward to adding more moolah in the coming week, given that there are no big releases till June 5 when Dil Dhadakne Do hits screens.

# Salman Khan delaying the release of Hero?

It's a known fact that Salman Khan is producing the remake of the hit Jackie Shroff- and Meenakshi Sheshadri-starrer Hero (1983). Now, we have found out that the release date of the remake was shifted from July 3 to September 25 on Salman's insistence. The movie will mark Sooraj Pancholi and Athiya Shetty's debuts.

Apparently, Salman didn't want the film to release during the Ramzan period. Many in the industry feel that this period is not good for films, as a lot of people, especially Muslims, abstain from watching films during that time. "So, Salman decided to shift the film's release date, especially because he feels that the film has the potential to reach out to the masses," says a trade insider.

At the same time, it's also believed that Salman and his team have decided to move his production venture ahead because the actor's other film, Bajrangi Bhaijaan, where he plays the lead role, is releasing during Eid. So, they want to make sure



that the Hero remake releases only after the star's film hits the theatres. When contacted, Amar Butala, COO of Salman's production house says, "Yes, we

have officially shifted the release date, but it has been done only because we got a better release window."

## Want a dance show of my own: Madhuri Dixit

It wasn't films that got Madhuri Dixit to stay back in India. It was reality show Jhalak Dikhhla Ja and dance itself. Since then, she has become synonymous with the show. And while there's been recent speculation that she might vacate that judge's seat on the panel this season, Mads has kept the guessing game alive.

But, she insists, fans won't miss much as she will teach them to thumka through her online dancing academy DanceWithMadhuri.com. But doesn't she want to open a dancing institution? "No, I don't plan to do that," she continues. "But I would love to do a show through my dance academy. I plan to mount a beautiful show of my own someday. I love dancing and now that I have my website doing well, I hope I get to have my own dance reality show someday," she added.



## Akshay to Varun: They're sexy and they know it



Bollywood stars put in painstaking efforts to get an enviable physique. And, we're not complaining as a host of these macho men have recently taken to flaunting the fruit of their labour on social-networking websites.

Actor Akshay Kumar gave us a glimpse of his chiselled body on Sunday, with what he likes to call a 'selfish selfie'. Actor Shah Rukh Khan had posted a video tweet on May 15, where he was shirtless. He also posted a shirtless picture, and wrote, "Main apne dukh ko doobane ke liye gym jaata hoon & get into this body. (sic)." While actor Shahid Kapoor is a regular at posting shirtless pictures, actors Varun Dhawan and Arjun Kapoor have also joined the hot gang now.

Asked why actors would have a fetish for showing off their bods, ad guru Prahlad Kakar says going shirtless adds to their macho image. "You know what happened when Salman Khan took off his shirt years back. This builds a superhero image and connects with the young audience," he says.

Trade analyst Atul Mohan says, "Skin show enhances their sex appeal. Connecting with fans on social media is important. This helps to retain their fan base and remain in news," he says.

According to brand strategist Saurabh Uboweja, these sell better than posing for glossies: "It's important for actors to constantly stay interesting, particularly when their movie is nearing release. Sharing such a picture on Twitter makes it personalised and far more valuable for their brand than a well-articulated shirtless photoshoot for a magazine."

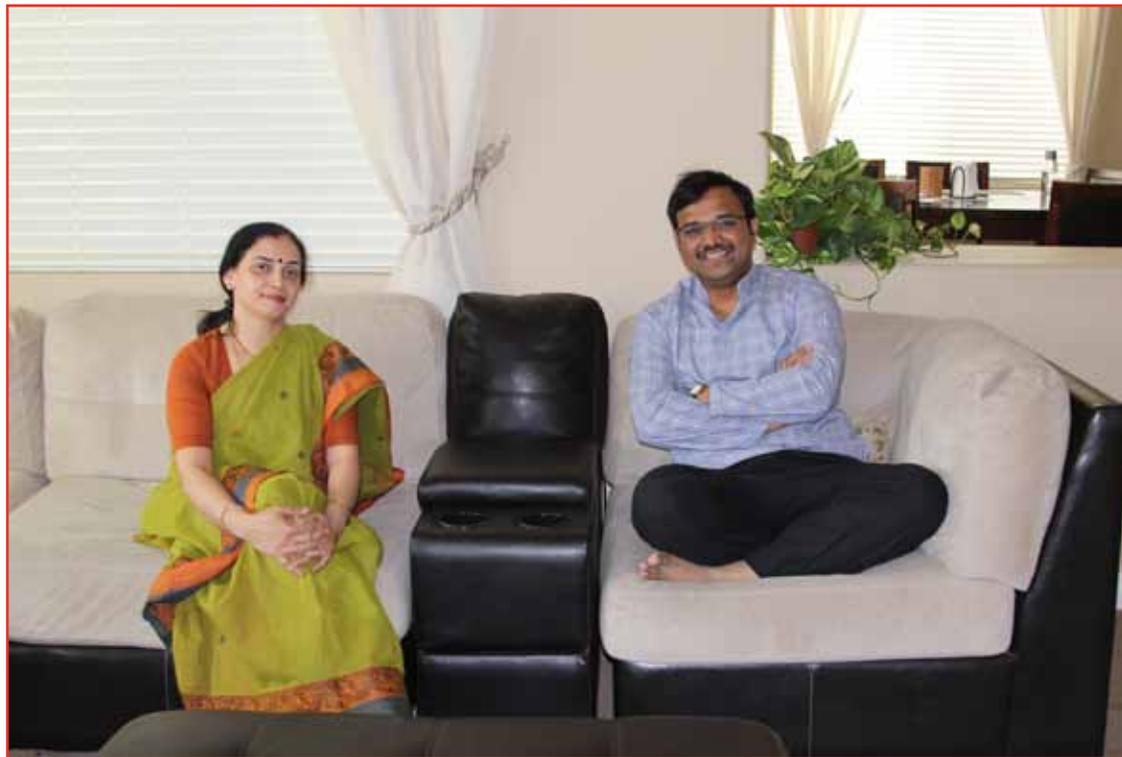
# Chai with... Pandit Sanjeev Abhyankar of Mewati Gharana...

By Manju Walia

This month, Asia Today, had the pleasure of speaking with Pandit Sanjeev Abhyankar, the Maestro from the Mewati Gharana, who has achieved international acclaim in the field of Hindustani Classical Music. With a career spanning more than 25 years in which he successfully attracted younger generations towards the Indian classical music, he has become the mantle of a role model of dedication, hard work, patience, and perseverance.

When asked about his best experience in life, he responded that every phase of life has some memorable experiences so he cannot just relate one incident. When he was a child, he started performing at the age of 11. In the 2 years from 11 to 13 years of age, he had the pleasure of singing in front of many legendary, Padmavibhushan singers such as Pandit Jasraj Ji, Pandit Bhimsen Joshi Ji for an hour to an hour and a half. His most memorable experiences are when legends such as them heard him singing and gave him their blessing at such a young age and suggested to his parents that his life should be dedicated to singing. This inspired a lot of confidence and motivation in a young child passionate about music. As he grew older, he went with his legendary guru Pandit Jasraj Ji and traveled with him performing in over 400 concerts in his life where he had many memorable performances and experiences.

Pandit Sanjeev's parents realized at the age of three that he was a talented singer.



Waiting at a Doctor's dispensary, he started singing Pandit Bhimsen Ji's rendition and many in the office were awed by his ability to keep a tune and passion. He was always attracted to classical music asking his parents to get him classical albums and play classical songs. His mother, being a singer herself, recognized his talent and taught him until the age of 8 and then put him into formal training under Pandit Jasraj ji. Even after that, his mother also continued to teach him at home enforcing practice and dedication and making sure nothing is being rushed. Pandit Sanjeev Abhyankar's mother chose Pandit Jasraj ji because she her-



self was a disciple of his and a fan of his singing. She felt the aesthetics she heard in her son's childhood matched those of Pandit Jasraj ji so he would do well under his guid-

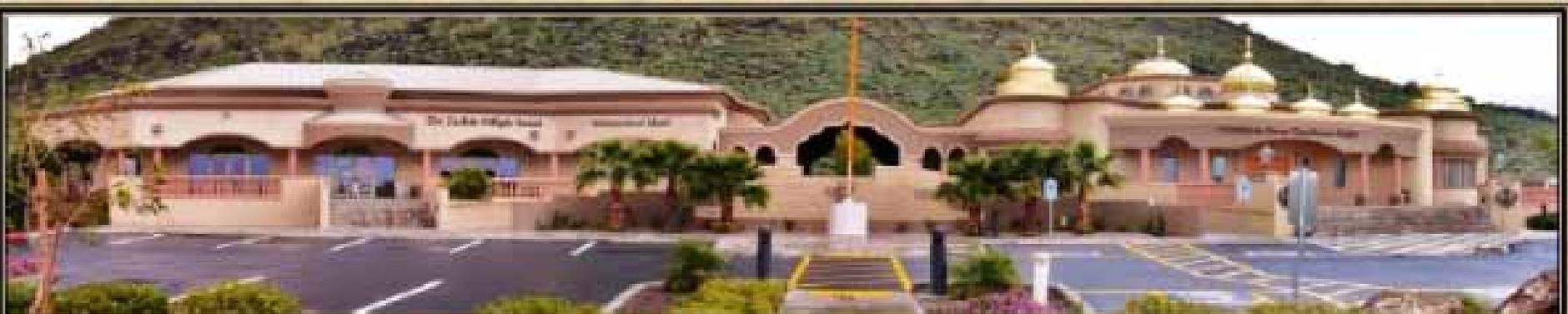
ance.

As can be seen by the many awards he has received, his mother was right. Pandit Sanjeev Abhyankar has received the President's award from the All India Radio, the coveted National Award as the best male playback singer, for the Hindi film 'Godmother', the prestigious Kumar Gandharv National Award conferred by the Government of Madhya Pradesh, F.I.E. Foundation National Award, The Rotary Vocational Excellence Award, the title "Sur-Ratna" and the Pandit Jasraj Gaurav Puraskar, to name a few. He has recorded over 60 solo albums by all the reputed music labels, which have been highly

acclaimed all over the world. Last, but not least, he has performed live concerts in over 200 different cities in the US, Canada, Australia, Europe, Africa, and the Middle East. Pandit Sanjeev Abhyankar's advice to children who want to become singers and their parents is to sing for the love and passion of it and not for fame and success. He used the example of an engineer to make his point. He stated that to become an engineer, one has to go through all the standard grades and then do a degree in engineering. After getting the title, you have still not achieved anything and you start out as a working employee. Maybe after many years of working, you see success. However, he states many will not make it through the education period, then others will not make it when they go into the working field, and even within those that make it, only a few will discover or invent something new. Music is the same way - many will not make it through training, others will not make it after their careers start, and only a handful of those that make it will reach stardom. Many people give up too early because they are looking for immediate success and don't want to go through the process to become something. A learner must know there are no short cuts and to learn with a target in mind is wrong. One should learn for the love of it and the pleasure in it.

Asia Today is grateful for the time Pandit Sanjeev Abhyankar spent with us and wishes him much continued success in the coming years.





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

## ***GURDWARA MONTHLY***

**A Monthly digest of Gurdwara Programs and Events**

### **JUNE 2015 Programs & Events**

**18 Jeth – Harh 16, 547 Nanakshahi Era (NE)**

**June 5 (Fri.) – Birthday Bhagat Kabir Ji**

(Actual: June 2)

**June 5 - 7 (Fri.-Sun.) – Ardaas: 31th Anniversary of 1984**

**Ghallughara / Attack by Indian military on Harmander Sahib, Akal Takhat and 42 other Gurudwaras. (Actual: June 4-6)**

1. Shaheed Sant Jarnail Singh Ji Khalsa
2. Shaheed S. Subeg Singh Ji
3. Shaheed Bhai Amrik Singh Ji Khalsa
4. Shaheed Baba Thara Singh Ji

**Atrocities / murder of thousands of children, women and Sangat.**

**June 12 (Fri.) – Gurghadhi Sri Guru Hargobind Ji. (Actual: June 11, 1606)**

**With Bhai Tajvinder Singh Ji, Hazoori Ragi of Harmander Sahib  
7:30 PM to 9:00 PM**

**June 15, Harh 1 (Mon.) – Sangrand & Monthly Sehj Path**

**9:00 AM – 10:00 AM**

**June 21 (Sun.) – Homeless Langar Seva**

**Call 602 741 8021 for more info.**

**June 26 (Fri.) – Shaheedi Baba Banda Singh Ji Bahader (1716)**

(Actual: June 25)

**June 28 (Sun.) – Barsi Maharaja Ranjit Singh Ji (1780-1839)**

(Actual: June 29)

#### **Regular Programs:**

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

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

**Evening Banis: 7:00 PM – 8:00 PM.**

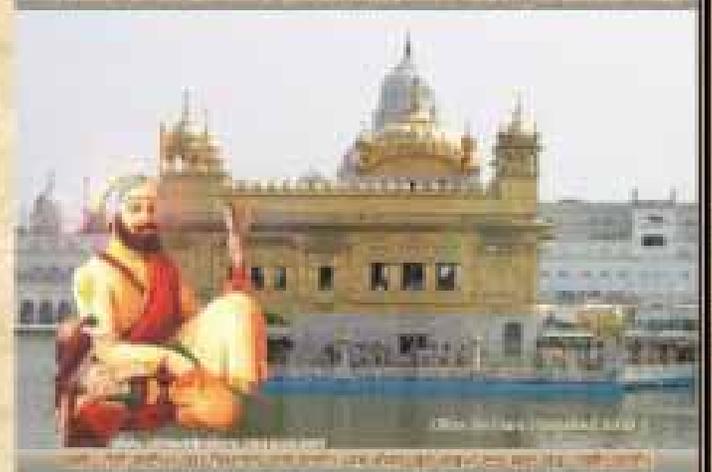
**Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM**

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

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# Planning a trip to Ladakh? You just cannot miss these experiences

It's that time of the year when they say the road to heaven, the 474-km Manali-Leh highway, is thrown open to lesser mortals. Now, you'd have heard endlessly about those awe-inspiring barren mountains, the unforgettable bike trips from Manali, the lakes or those majestic monasteries from adventure seekers who've been there and done all this and much more.

But, Leh-Ladakh is also about its people, the warmth they offer, local football matches, ice hockey, local food and much, much more.

Here's our pick of must-have experiences no first-timer to Leh should miss when in the mountain desert:

## 1 Ride a scooty

Yes, you read it right. Royal Enfields or Avengers need not be the only bikes you can ride on in this cold desert. Try a scooty instead and see the difference it makes to what fun means to you! Some of the region's most popular places -- from the Shey, Thikse and Hemis monasteries, the Shanti Stupa, the Magnetic Hill, Gurdwara Pathar Sahib, Alchi village and others -- are not more 70 km away from Leh town and easily accessible on a scooty.

Believe us, riding one on the steep, narrow, zigzag roads of Leh is much more thrilling than hiring one in Goa or anywhere else. It's not too expensive either: You can rent a bike for a full-day for between Rs 800 and Rs 1,500 for a full day from any of the many rental outlets that dot the town. And, here's the more interesting bit: If you wish to ride to father places such as the Pangong Lake or the Nubra Valley, you can actually hire both a bike and a rider!

Mountain biking is another don't miss experience in Leh. It may sound a bit adventurous, but it is actually super fun: You can hire one for between Rs 500 and Rs 700 for a full day.

## 2 Local food

Cafes and hippy joints not high on your priority list when visiting a new place? Try local food instead. And in Leh, you'll never get tired of the fresh, healthy and delicious flavours the locals can offer you. Yak cheese interests you? You could try yak cheese pizzas and momos. Here's what you must definitely taste at least once before leaving Ladakh.

\* **Skru:** Made from local wheat flour kneaded to make thumb-sized small pieces, it is cooked with water, and served with a vegetable broth. Similar to a vegetarian pasta stew, skru is helped by the incredibly sweet peas tomato and potato. It's healthy as all local vegetables harvested from the family's various fields are used in the



preparation.

\* **Paba and zathuk:** Once the staple food of Ladakh, paba is edible dough prepared with a mixture of roasted flours of barley, wheat, buck wheat, black Ladakhi beans and peas. It is served with Zathuk - a curry of wild plant called Zatsot, abundantly found in Ladakh's mountains.

\* **Chang:** The local brew, Chang is made in a cylindrical porcelain pot by fermenting a miller with yeast. Since one of the prime ingredients used by Ladakhis is barley, it is used in the form of roasted flour called tsampa, and in fermented form in the production of a homemade beer called chang. Tsampa provides energy that is especially beneficial in cold weather, and can be eaten individually, or dunked in noodle soup, yogurt and butter tea.

\* **Juices and jams:** Fresh apricot juices and jams are also very popular in Ladakh. Fresh Seabuckthorn (berries) juice is also worth a try. Seabuckthorn is a deciduous shrub that grows in the wild, mainly along the Indus and Shayok Rivers in Ladakh.

## 3 Home stays

When in Ladakh, live like the Ladakhis. You could stay with a local family in one of the several villages near Leh town, and even at any of the more popular tourist destinations such as Nubra Valley, Pangong Lake among others. You can also experience home-stays across several trekking routes in the district. You could get in touch with any of the many non-governmental organisations to help you find homestay options such as Snow Leopard Conservancy, Youth Association for Conservation and Development in Hemis National Park, Himalayan Homestays, among others.

## 4 Rafting

How can a trip to Ladakh trip complete without white water river rafting in Indus? The season is between June and September when the water levels are high. You could experience the non-stop action of both Zanskar and

Indus River in Leh with the exciting rapids. There are generally grade I and II rapids in the Indus. However, there are several route options. You can choose the one depending on your physical fitness and rafting experience. There are also options for week-long expeditions for adventure lovers. Going through the gorge, with high cliff walls towering above and sight of several monasteries on hilltops en route, is a unique and unforgettable experience. Rafting options can be explored through several tour operators in the Leh town.

## 5 Unexplored places

There's more to Leh than camping at Pangong Lake and double-humped camels in Nubra Valley. Here are some unexplored places you can visit during the journey:

\* **Alchi:** If you don't want to travel a lot from Leh town, but still wish for some peace, then Alchi is the place to be. It is a village and monastery situated on the bank of Indus River 70 km downstream from Leh. The Alchi monastery is renowned as the oldest Buddhist learning centre in Ladakh. The village is different from other villages in Ladakh as it is lush green. The river flowing just at the base of these majestic mountains adds to the serene surrounding of the place.

\* **Turtuk:** It is often called Ladakh's heaven on earth. Turtuk is about 205 km from Leh on the banks of Shyok River. It is about three-hour drive ahead of Hunder in Nubra Valley, where you will be greeted by Shyok, a turquoise river that snakes through the valley and crosses the Line of Control to enter Pakistan. At the end of this trail, towards the Indian side, is the tiny little hamlet of Turtuk. It was under Pakistan's Control till 1971. Predominantly a Muslim village, travellers can have glimpse of K2 mountain peak located across the border in Pakistan on clear days. It has unforgettable views across the patchwork of wheat and barley fields towards the serrated high peaks of Pakistan. Turtuk is a virgin

destination for people who seek peace and an interaction with the tribal community of Ladakh.

\* **Dah and Hanu village:** These villages are renowned as 'the Land of Aryans', and are settlements of Drokpa or Brokpa community in Ladakh. These villages are located about 163 km northwest of Leh at the confluence of rivers Shyok and Indus in Kargil region. As per the popular belief, the Brokpas were part of the army of Alexander the Great and came to the region over two thousand years ago. The Brokpas reside in five villages. However, tourists are allowed only in two villages - Dha and Hanu. Besides tourists, the villages also attract anthropologists. Inner Line Permit (ILP) from District Commissioner, Leh, is required for visiting these villages. These villages are also famous for scenic splendor. This side of Ladakh has more green cover. And the people here are racially and culturally distinct from the common Ladakhis. The community has a unique sense of dressing. Especially women make it a practice to wear flowers on their hats.

\* **Tsomorri and Tsokar lakes:** These are the salt water lakes in the Changtang region, which is a high altitude plateau in western and northern Tibet extending into southeastern Ladakh. The place is a canvas colored with the blue-white skies, blue-green mountains with white tops, the calm blue water of the lake and lush green pastures. There are options for jeep safari as well, which will take you to remote villages around these lakes. There are several trekking options along the shores of Lake Tsomoriri and you can also opt for camping next to the nomads in their yak-hair tents on the banks of this incredibly scenic 26-kilometer lake, surrounded by snow-capped peaks. These areas are sparsely inhabited by semi-nomadic peoples. Tso-kar Lake is situated nearly 240 kilometers southeast of Leh. It is situated at an altitude of around 4,500 meters.

## Eat healthy: How to keep food safe in summer

Contaminated and unsafe food, especially in summers, causes more infections and diseases that range from diarrhea and cramps to severe infections like jaundice and typhoid. More than 200 diseases are spread through contaminated food or water. Still, most of us don't always know what went into our last meal.

"Not many would know that the most dangerous bacteria that cause food poisoning do not affect food's look, smell, or taste. The food may look perfectly alright to eat yet could be contaminated, especially in the hot weather" says Dr Anil Kumar, head of epidemiology division, National Centre for Disease Control (NCDC).

These bacteria, viruses and parasites invade and multiply in the lining of the intestines and other tissues, even reaching the intestinal tract and releasing harmful toxins.

At the household level, food safety starts from buying things from the market and extends to how one stores things at home and ultimately how the food is cooked.

As for storing food, raw and cooked food needs to be stored separately to stop cross-contamination.

Maintaining temperature is important; hot foods should be eaten hot and cold food should be maintained under adequately cold temperature. Food should not be stored in a refrigerator for very long. Just because food is kept in refrigerator does not mean it won't spoil.

Here are some steps to help readers know how they can make their food safe.

### Keep clean

\*Wash hands before handling food and often during food preparation.

\*Wash your hands after going to toilet, handling pets etc.

\*Wash and sanitise all surfaces and equipment used in food preparation.

\*Protect kitchen areas and food from insects, pets and other animals.

**Why?** While most microorganisms do not cause disease, dangerous microorganisms are widely found in soil, water, animals and people. These organisms are carried on hands, wiping cloths and utensils, especially cutting



boards and the slightest contact can transfer them to food and cause food-borne diseases.

### Separate raw and cooked food

\*Separate raw meat, poultry and seafood from other foods to stop cross-contamination.

\*Use separate equipment and utensils such as knives and cutting boards for handling raw foods.

\*Store food in containers to avoid contact between the raw and the cooked foods.

**Why?** Raw food, especially meat, poultry and seafood, and their juices contain dangerous microorganisms which may be transferred onto other foods during food preparation and storage.

### Cook thoroughly

\*Cook thoroughly especially meat,

poultry, eggs and seafood.

\*Bring foods like soups and stews to boiling to make sure that they have reached 70 degrees Celsius.

\*For meat and poultry make sure the juices are clear and not pink.

\*Reheat cooked food thoroughly.

\*Ideally use a thermometer to check temperature.

**Why?** Proper cooking kills almost all dangerous microorganisms. Studies have shown that cooking food to a temperature of 70 degrees Celsius can help ensure it is safe for consumption. Foods that require special attention include minced meats, rolled roasts, large joints of meat and whole poultry.

### Keep food at safe temperatures

\*Keep food at safe temperature: Danger zone is between 5 degrees Celsius and 60 degrees Celsius.

\*Do not leave cooked food at room

temperature for more than 2 hours.

\*Refrigerate cooked food and all perishable items as quickly as possible as bacteria can develop in foods within 2 hours at room temperature.

\*Refrigerate all cooked and perishable foods preferably below 5 degrees Celsius.

\*Do not store food too long even in the refrigerator. Consume it quickly.

\*Do not thaw frozen food at room temperature as it causes bacteria to grow rapidly.

\*Keep cooked food piping hot (more than 60 degrees C) prior to serving.

**Why?** Microorganisms can multiply very quickly if food is stored at room temperature. By holding at temperature below 5 degrees Celsius or above 60 degrees Celsius, the growth of microorganisms is slowed down or stopped. Some dangerous microorganisms still grow below 5 degrees Celsius.

### Use safe water and raw materials

\*Use safe water or treat it to make it safe for use.

\*Select fresh and wholesome foods.

\*Choose foods processed for safety such as pasteurised milk.

\*Wash fruits and vegetables thoroughly under running water, especially if eaten raw.

\*Do not use food beyond its expiry date.

**Why?** Raw materials, including water and ice, may be contaminated with dangerous microorganisms and chemicals. Toxic chemicals may be formed in damaged and mouldy foods. Care in selection of raw materials and simple measures such as washing and peeling may reduce the risk.



## French Open: Bopanna, Paes, Mirza advance to second round

Leander Paes and Rohan Bopanna along with their respective partners crossed the opening hurdle of the men's doubles event with hard-fought victories, even as Sania Mirza posted an easy win in the women's doubles of the French Open tennis tournament on Wednesday.

India's veteran star Paes along with his Canadian partner Daniel Nestor fought hard before prevailing over Australian combo of James Duckworth and Chris Guccione 6-2 5-7 7-5, while Bopanna and Florin Mergea of Romania came from a set down to post a 5-7 6-3 6-4 victory against the Serbian combination of Filip Krajinovic and Viktor Troicki.

In contrast, top seeded Sania and Martina Hingis had a cake walk against Germany's Julia Goerges and Barbora Krejckikova of Czech Republic, as they advanced to the second round with a comfortable 6-3 6-0 win.

Earlier, having wrapped up the opening set comfortably, the 10th seeded pair of Paes and Nestor lost the second 5-7. But the Indo-Canadian duo used all their experience to prevail over their rivals in the third and deciding set, which also turned out to be another gruelling battle.

During the match, Paes and Nestor saved three of the five breakpoints that came their way. The Indo-Canadian



duo will now clash with the winner of another first round match between Eric Butorac/Sam Groth and Andre Bege- mann/Julian Knowle.

Meanwhile, ninth seeded Bopanna and Mergea also faced a stiff competition from their unseeded opponents from Serbia. After a closely contested opening set, which was won by Kraji-

novic and Troicki, Bopanna-Mergea came back strongly to clinch the second and third sets rather comfortably.

The Indo-Romanian combination will next face Americans Austin Krajicek and Donald Young in the second round. Sania and her Swiss partner hardly had to break a sweat as they thoroughly dominated the match.

With impeccable serving, the Indo-Swiss combination won 70% of the first serve points.

However, Mahesh Bhupathi lost his first round match along with Australia's Nick Kyrgios in the men's doubles yesterday, suffering a straight-set defeat at the hands of Lucas Pouille and Thanasi Kokkinakis.

## Warriors book first NBA finals berth in 40 years

The Golden State Warriors are headed to the NBA finals for the first time in 40 years, after eliminating the Houston Rockets on Wednesday to set up a title showdown with the Cleveland Cavaliers

The Warriors, the best team in the regular season with 67 victories and 15 defeats, pulled away late to beat the Rockets 104-90 and seal a 4-1 series victory in the best-of-seven Western Conference finals.

They will battle Eastern Conference champions Cleveland, led by four-time NBA Most Valuable Player LeBron James, in their first championship series since 1975 -- when the Warriors won their only title.

The Warriors host game one in Oakland on June 4.

Reigning NBA MVP Stephen Curry, playing with a protective sleeve on his right arm after a frightening fall in game four, led the Warriors with 26 points.

Forward Harrison Barnes played a key role, helping Golden State break open a close contest with four straight



baskets to cap an 11-2 scoring run that turned a six-point lead into an 87-72 Warriors advantage with 7:07 left to play. The Warriors defense harried

Rockets star guard James Harden into a dismal two-for-11 shooting performance. He missed all three of his three-point attempts and finished with

an NBA playoff-record 13 turnovers. Harden, who scored a critical 45 points as the Rockets fended off elimination in game four, finished with 14 points.

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