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Today

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Huma Qureshi says she has friends in Bollywood, but is closest to brother Saqib

Annual 19th India Festival by IACRF



A true welcoming Spring Day well spent by many at the Annual 19th India Festival by IACRF. Along with Prana Pratishtha celebrations at Ekta Mandir. The same day from 11:45 AM the second event, ie., the grand 19th Annual India Festival commenced. The entire day's events displayed the essence of Unity which is the founding principle of Ekta Mandir. The festival was inaugurated with lighting the lamp by Shri Shri-

kant Vaidya ji followed by a prayer. Guest of honors Council Woman Kate Gallego and Smt. Kalashri Asha Gopal had words of appreciation to boost the confidence of the young leaders Sudhir Kalra ji that chaired the biggest mela in the valley. A battery of events followed with unlimited fun for children, cultural events, Indian delicacies, shopping experiences, and what not. While the kids enjoyed the • **More on P16**

IAPHX Rangotsav 2017: Holi Celebrated with Fervor



Holi was celebrated in Phoenix with traditional gaiety and festivities on March 12, 2017. This major celebration for people of Indian origin, organized by the India Association of Phoenix

(IAPHX) was held at the South Mountain Park and Preserve. The event sponsors kicked off the annual Rangotsav celebration, Arizona Cinema presenting the IAPHX • **More on Page 22**

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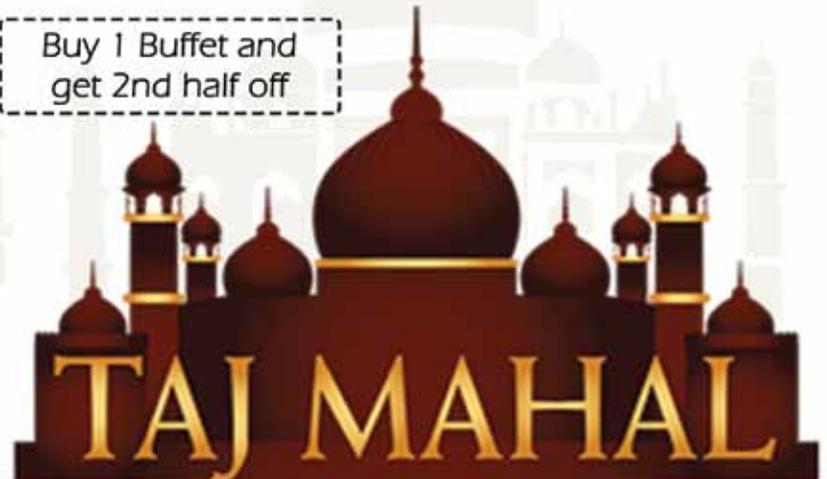


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Gaura Purnima : Appearance Day of Sri Krishna Chaitanya Mahaprabhu

Gaura Purnima festival was celebrated at the Hare Krishna Temple in Chandler on Sunday, March 12th 2017. The program included Abhishek, Ecstatic Kirtan, Arati, Children's presentation and a special guest speaker, HG Caitanya Charan Prabhu from India.

The Supreme Personality of Godhead, Sri Krsna, advented Himself as Lord Caitanya-Mahaprabhu, appearing in Sridhama Mayapura in the city of Navadvipa, Bengal in the year 1486. Sri Krsna Caitanya manifested his divine mercy in Kali Yuga by delivering the Hare Krsna maha mantra and thereby saving the most fallen souls.

The divine appearance of Sri Krsna Caitanya Mahaprabhu is celebrated on the full moon of the month of Phalgun (February-March). This is the most auspicious day for all Gaudiya Vaisnavas, the most sacred and special festival to glorify the appearance in this world of the Supreme Personality of Godhead, Sri Krsna Caitanya. Sri Krsna Caitanya Mahaprabhu is none other than the Supreme Personality of Godhead Sri Krsna, who incarnates in the form of a devotee, to enjoy rasa. Srila Krsna dasa Kaviraja describes in the Sri Caitanya-caritamrta, that Sri Sri Radha and Krsna are one divine self, or one and the same, but they have taken two bodies. Both Radha and Krsna constantly enjoy each other, and taste the pleasures of divine love. To taste this divine mellow, Sri Sri Radha-Krsna have appeared in one body, as Sri Krsna Caitanya Mahaprabhu, who appeared in Mayapura Dhama.

It is explained in Srimad-Bhagavatam 1:3:28 that Lord Buddha appeared at the beginning of Kali Yuga as the 21st incarnation of the Lord. The final (22nd) incarnation described in that passage is Lord Kalki, who is predicted to appear at the end of Kali Yuga. While not described in this particular passage, elsewhere in Srimad-Bhagavatam Lord Caitanya Mahaprabhu is predicted to appear near the beginning of the Kali Yuga. In the seventh canto of Srimad-Bhagavatam, Prahlada Maharaja directly hints at the hidden nature of the Supreme Lord's appearance:

"Because the Supreme Lord is also called Tri-Yuga, or one who appears in only three yugas (satya, dvapara, treta), He is sometimes said to appear in a concealed form, in the age of Kali."

Srimad-Bhagavatam 7:9:38

In the Atharva-Veda Purusa-Bodini-Upanisad, it is said: "In the seventh manvantara, in the beginning of the Kali-Yuga, the Supreme Personality of Godhead will, accompanied by His own associates, descend in a golden form to the earth. He will teach the chanting of His own names."

Hare Krsna Hare Krsna Krsna Krsna Hare Hare
Hare Rama Hare Rama Rama Rama Hare Hare

"Why did Krsna assume the form of Caitanya Mahaprabhu? It is explained that Krsna desired to know the glory of Radha's love. "Why is She so much in love with Me?" Krsna asked. "What is My special qualification that attracts Her so? And what is the actual way in which She loves Me?" It seems strange that Krsna, as the Supreme, should be attracted by anyone's love. We search after the love of a woman or a man because we are imperfect and lack some-



thing. The love of a woman, that potency and pleasure, is absent in man, and therefore a man wants a woman, but this is not the case with Krsna, who is full in Himself. Thus Krsna expressed surprise: "Why am I attracted by Radharani? And when Radharani feels My love, what is She actually feeling?" In order to taste the essence of that loving affair, Krsna appeared just as the moon appears on the horizon of the sea. Just as the moon was produced by the churning of the sea, by the churning of spiritual love affairs the moon of Caitanya Mahaprabhu appeared. Indeed, Lord Caitanya's complexion was golden, just like the moon. Although this is figurative language, it conveys the meaning behind the appearance of Caitanya Mahaprabhu."

Caitanya-caritamrta Adi-lila, Introduction

ekodevahasarva-rupi mahatma
gauroraktasyamala-sveta-rupah
caitanyatmasavaicaitanya-saktir
bhaktakaro bhakti-do bhakh-vedyah

"The Supreme Personality of Godhead, who is the master of all transcendental potencies, and who may be known only by devotional service, [bhakti vedyah] appears in innumerable transcendental forms. He has appeared in red, white and black complexions, [gauroraktasyamalasetarupah] and He will also ap-

pear in the golden form of Sri Caitanya Mahaprabhu. He will assume the role of a perfect devotee [bhaktaakarah] and He will teach the conditioned souls the path of pure devotional service [bhakti dah]."

Those who witnessed Mahaprabhu's pastimes saw Him dance and chant with ecstatic love for God, the likes of which had never been seen before. He encouraged everyone to follow this same process. He taught that anyone—regardless of background or spiritual qualification—could develop their innate love of God and experience great spiritual pleasure by chanting the Hare Krishna mantra.

The present-day International Society for Krishna Consciousness continues the work begun by Lord Chaitanya, who predicted that the chanting of the holy names of Krishna would spread all over the world.

Gaura Purnima means "golden full moon," signifying that:

- 1) Lord Chaitanya was "born" during a full moon, and
- 2) The Lord blesses everyone with the soothing, moonlike rays of His sublime teachings.

His followers generally observe this festival by fasting and chanting the holy names all day. At moonrise, a vegetarian feast is offered to the Lord and then enjoyed by all.



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Fearless in a Man's World...

First impressions are sometimes everlasting but that is rarely the case with me. When people meet me, I may come across as arrogant, brash, outspoken, not ladylike and who knows what else and these traits are automatically associated with being a bad person, especially in our South Asian community. And the few that look past that and take the time to get to know me are the first ones to say that I didn't think well of you but I was wrong. A similar conversation recently had me wondering why that is the case so I asked why not just get to know a person first before forming an opinion and the answer I got was "it's still a man's world."

I paused for a second to think about it and then I realized what that statement meant; these same characteristics that make people think of me negatively are admired in a man and considered negative qualities in a woman. However, these same things are what have made me so successful professionally. So, if I had lived my life under the mantra of it's still a man's world, I wouldn't have reached my true potential. Maybe it cost me some friends or relationships along the way, but would it have been fair to me to hold myself back and not reach my true potential to play the "right role" in this man's world? And no matter how I look at it, I think the answer is I don't think so.

Cher, a woman I have mad respect for, once said, "Yes, it's a man's world, but that's all right because they're making a total mess of it. We're chipping away at their control, taking the parts we want. Some women think it's a difficult task, but it's not." Now, there are those that will argue that she's a woman so of course she will say that. But then you look at George Clooney whose choice in partner speaks volumes, a man that could have probably had any woman he wanted but he was attracted to the complete package – a beautiful but more importantly intelligent woman that could hold her own in this man's world; a barrister that is an outspoken woman specializing in international law and human rights making her even more beautiful to him.

I look at these highly successful celebrities in the limelight



Editor's NOTE

that have the courage to acknowledge that things must change and are setting a trend making it okay for the common man or woman to also be that change. While I may not be in the limelight, I am proud of myself for having the courage to walk the path less travelled, a characteristic I probably inherited from my fearless mother. Fearless is a strange compliment but yet perfect for a woman. I recently saw the much raved about Beauty and the Beast and when Beauty asks her father to tell her more about her mother, he says "She was fearless." And in that moment, sitting in that

cinema hall, I knew that it is the most perfect of compliments. If there is one word I wanted to describe me when I am long gone, it would not be beautiful, intelligent, successful or any of the common compliments; it would be fearless because fearless embodies beauty, intelligence, success, and so much more all in one word.

It is rare for a woman to find someone that respects a fearless woman I don't even have to imagine how appreciative women like Amal Clooney may feel finding a man that was not afraid of her intellect and fearlessness but rather in love with it because it is the same support I receive from my husband daily. My husband - aman that embraced my outspoken, brash demeanor and understood how these characteristics contribute to my success and will ultimately contribute to our success together. There may be people I don't even know of that I lost along the way because of who I am but I have no regrets because in return I gained an incredibly successful career and a perfect life partner. If I could go back and do it all over again, I wouldn't do it any different. So, my final thoughts for the month of April – Be fearless in all that you do! And to my new found friends whom I have grown to love, I guess it is okay to agree to disagree and still be friends. While you may still say it's a man's world, I am of the belief "It is often said that it's a man's world; we must change this fact and create this: It's a human's world!" Quote courtesy of Mehmet Murat Ildan.

-Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayaz.com

A host of communities spread across the length and breadth of the india sub continental celebrate new year - each in its own inimitable fashion. according to the official calendar, which is used alongside Georgian calendar by government, new year falls on the first day of month chaitra from Kasmir in the north to Karnataka in the south this is the day new year is ushered in, through the celebration are dyed in local colors and customs.

Ugadi is celebrated as the New Year by the people of Andhra Pradesh and Telugu all over the world. It is considered as an auspicious day as it marks the beginning of the new month, Chaitra of a new year based on the Hindu calendar. People believe that Lord Brahma started creating the elements of the earth on this day.

This festival is equally important for the people of Maharashtra. It is also the New Year for them but is known by a different name 'Gudipadava'.



Marketing Director NOTE

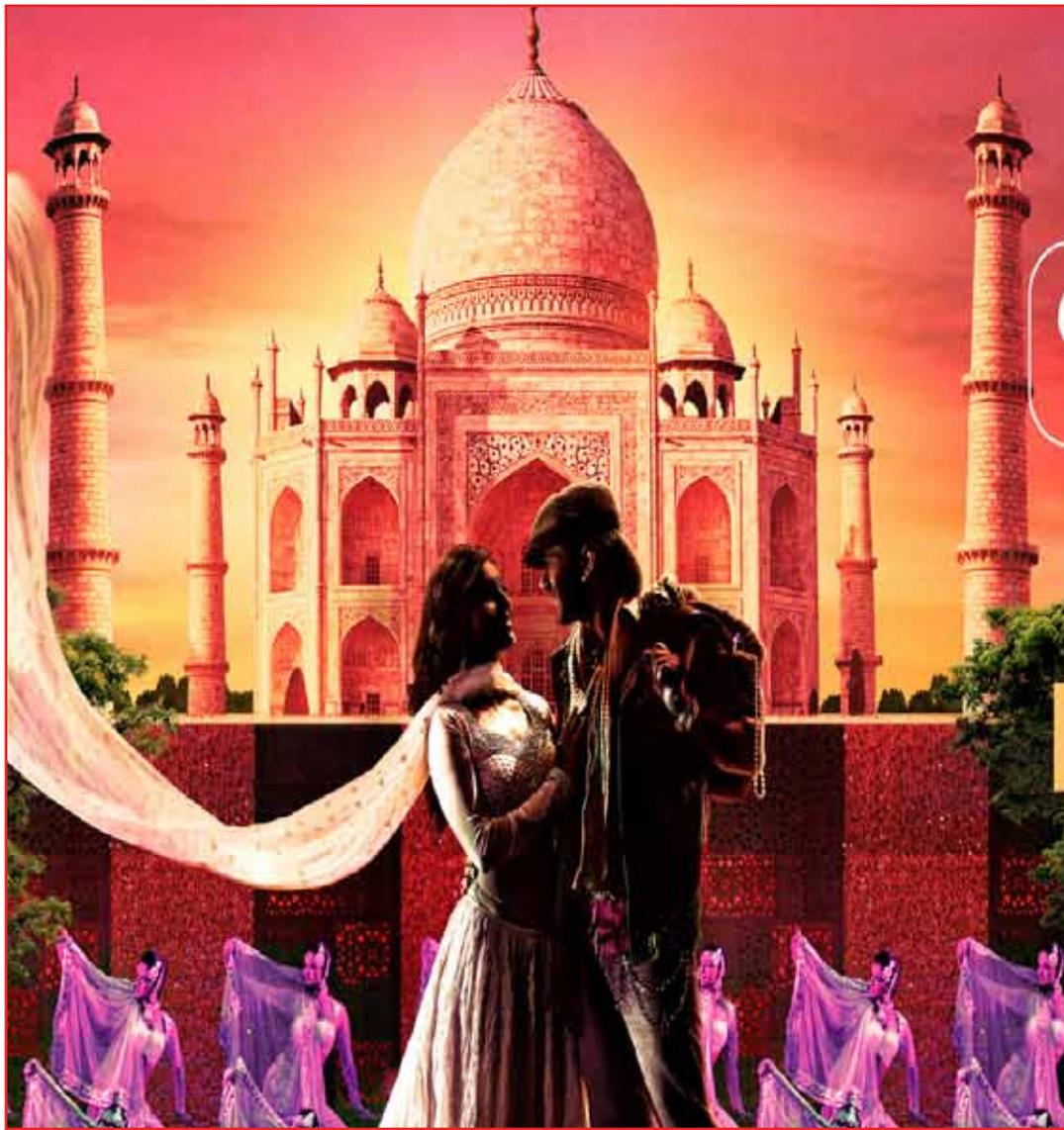
The message of Ugadi festival is to rise above all: happiness and sorrow, failure and success. Whatever comes in your way, you should accept it as one's own good. The festival gives you the power to deal with everything that comes in your way, good or bad, in the next year with all enthusiasm and positivity.

Another festival which is falling in April is Sri Rama Navami which is celebration the birth of Lord Rama to King Dasharatha and Queen Kausalya of Ayodhya. This festival falls in the Shukla Paksha on the Navami, the ninth day of the month of Chaitra in the Hindu calendar. Rama is the seventh avatar of Lord Vishnu, and his life story is a demonstration of victory of virtue over vice. When the great sage Narada visited the ashram of Valmiki, Valmiki enquired whether any person exists with sixteen qualities namely, 1) integrity, 2) bravery, 3) gratitude, 4) dedication to his beliefs, 5) righteousness, 6) flawless character, 7) compassion for

all the living, 8) learning, 9) skill, 10) beauty, 11) courage beyond bravery, 12) radiance, 13) one who has mastered his anger and desire, 14) serenity, 15) lack of envy and 16) valor to awe even the Devas. Narada replied that people with such qualities do not ordinarily exist, but there is indeed one such person, and he told Valmiki about Ramachandra (Rama), the king of Ikshvaku dynasty, who was as noble as the sea is deep, as powerful as Maha Vishnu whose avatar he was in the Treta Yuga, as steadfast as the Himalayas, handsome as Soma the Moon God, as patient as the Earth, generous as Kubera, just as Dharma, but his rage, if roused, was like the fire at the end of time. Having heard this, Valmiki documented the life story of Rama in his Ramayana, which consisted of seven cantos and 24000 verses. Happy Ugadi/Bihu/ Gudi Padwa/ Vishu /Ram Navami/Hanuman Jayanti Wishing you and your family the Very Best in the coming year!

-Manju Walia

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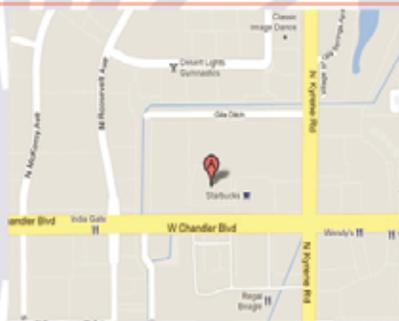
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April 1 to April 30

April 1 - 30, 2017 By KRISHNA PANDIT – 905-910-1441

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1 Sat	Do competitive, bold & winning deeds; don't loan money as it may result in bad debts
2 Sun	Face all difficult situations today, a day of rewards, profit and success
3 Mon	Favourable day for new ventures, business, contracts or dealing with legal matters
4 Tue	High Expense, losses in first half, second half of the day bears excellent results in all your activity
5 Wed	Inauspicious day to start important businesses; only routine activities to be done
6 Thu	No aggressive work or arguments, Perform soft activities, patch-up, make friends, recreation etc. Auspicious day
7 Fri	Inauspicious day to start important businesses
8 Sat	Only routine activities to be done
9 Sun	Focus on improving health, mental detoxification thru recitation of mantras
10 Mon	Full Moon Purnima a great day to spend with family and on holy issues
11 Tue	Stick to routine activities only
12 Wed	Beware of cheating, no journey or lending money
13 Thu	Perform activities aimed at long term fruitful results ex: real estate, marriage proposals
14 Fri	Focus on improving health, mental detoxification thru recitation of mantras
15 Sat	Buy & install holy objects at home, perform trade, find new business ventures
16 Sun	Good for new ventures & activities, travelling, fasting, fulfilling promises
17 Mon	Favourable day for new ventures, business, contracts or dealing with legal matters
18 Tue	Buy & install holy objects at home, perform trade, find new business ventures
19 Wed	Favourable day for new ventures, business, contracts or dealing with legal matters
20 Thu	Do competitive, bold & winning deeds; don't loan money as it may result in bad debts
21 Fri	Day of forgiveness, perform auspicious & soft activities, be generous, make friends
22 Sat	Stick to routine activities, watch out for any danger, don't let out money to others
23 Sun	Good for new ventures & activities, travelling, fasting, fulfilling promises
24 Mon	Avoid journey & hair cutting, perform religious rites and ceremonies
25 Tue	Amavasya day; minimize any important activity, perform Pooja, recite Mantras, fasting is a good idea
26 Wed	Good for new activities, fasting, fulfilling promises
27 Thu	Focus on improving health, mental detoxification thru recitation of mantras
28 Fri	Light day for meeting new people, trade, shopping, physical exercises, diet, nutrition etc
29 Sat	Focus on improving health, mental detoxification thru recitation of mantras
30 Sun	Perform activities aimed at long term fruitful results ex: real estate, jewellery, fixed deposit

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Friday, April 7th to Sunday April 9th



HH Bhakti Ananda Tirtha Swami was born in Vodice, a town on the coast of the Adriatic Ocean. At age 20 he moved into an ashram to become a full time bramachari. In 1999 he moved to CA where he presently resides in San Diego. Maharaja is a dynamic speaker and kirtan leader.

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Introduction to Bhagavad Gita

April 6th Kamada Ekadasi
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7:08am to 11:23am

22nd April Varuthini Ekadasi
break the fast next day between
6:48am to 11:14am

Sunday, April 30th
Feast 5:00pm class by
HG Jivananda Prabhu
Disciple of Srila Prabhupada



April 10th Sri Balaram Rasyatra, Appearance of Vamsibadan Thakur and Shyamananda Prabhu



April 18th Disappearance Abhirama Thakur



April 21st Appearance of Vrindavan Das Thakur



April 26th Appearance of Gadadhar Pandit



April 28th Chandan Yatra begins

Please visit our website rathakrishnaphoenix.org for the schedule of our regular programming and other services offered at Temple.

Women's History Month

As "Women's History Month" in Arizona -- March 2017 -- winds down, we hope you and members of your organization and community recognized and celebrated the contributions made by women in our communities, state and nation. They are trailblazers and leaders in all walks of life, of all races and ethnicities and at every segment and level of the community -- from elected officials to business leaders to members of the military; doctors to lawyers to engineers and other professionals; and educators to artists to leaders and volunteers at non-profit organizations.

Governor Ducey described women's contributions aptly in this Proclamation "Women's History Month" (see attached). Although the official month of celebration will end, we should continue to recognize the contribution of women in our communities.

Barry Wong, JD
Executive Director

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How Important is Freshman Year?

The answer can be as simple as it's our first year in high school. However, there's definitely so much more to Freshman than most students ignore. As a Senior who migrated to the United States in sophomore year, my words might not seem credible, but there's so much I've missed that I could've achieved if I'd come to America a little earlier.

Here are some of the three things that I suggest should be done in Freshman year before it gets too late.

#1: Change yourself for the better:

High School isn't easy, and if you wanna get somewhere in life, then it is the first door you have to pass through. Freshman year is the one in which you have to prepare yourself for the challenges ahead. Become more sincere, make it a habit not to procrastinate, try to finish most of your assignments the day they are assigned. Become a social being, who respects and is respected by everyone. Join

clubs and explore yourself through them.

You may be perfect, but don't forget that there is always scope for improvement. It's better to mend your weaknesses now, rather than facing them in 10th, 11th, or 12th grade with PSAT, SAT, and AP exams hovering right around the corner.

The way you are in Freshman year will greatly define the rest of your high school life.

#2: Learn more about the challenges that lie ahead:

I can without a doubt guarantee you that 9th and 10th grade will pass by like a breeze, and the to-do list to get into a good college is way longer than you can imagine. If you want to be ahead of time, start in Freshman year. Now this doesn't mean take a bunch of AP exams, SATs and Subject Tests starting 9th grade, what I mean is brace yourself for them. Have a goal in mind, like which colleges you want to go to, and then learn more about the colleges' requirements. You should at least have a idea in mind about when and how you're going to fulfill these requirements during high school.

Don't forget to look for scholarships, because there are tons of them available even for Freshman.

In simple words, the road is rough, and if you prepare your tool belt ahead of time, you're more likely to succeed.

#3: Choose wisely:

As I said, Freshman year greatly defines the rest of your High School, so making wise choices is super important. Friends, activities, or classes, chooses everything wisely. Yes, it is possible to make a bad choice, but this is why we start earlier. If you make mistakes in Freshman year, some bad choices, then don't worry you would still have to correct yourself. In high school every hour counts, so be wise while making choice about spending time.

Nevertheless, high school is a very important part of our lives, and freshman year is its beginning. Please don't overlook 9th grade, because you think it's an insignificant, -not-so-important, year of high school. Don't forget that "early bird gets the worm".

Become a more confident, composed, and motivated individual in high school. Don't stress too much, but don't take things too lightly either.

Freshman year is your foundation, so make it as strong as you can.

I hope this article is helpful!



Bhavya Sharma
Paragon Science Academy
neurobhavya@gmail.com

Yoga Path to self realization

*mayisarvānikarmānisannyasyādhyātma-cetasā
nirāśīrṇamamobhūtvāyudhyasvavigata-jvaraḥ
(Bhagavad Gīta 03.30)*

Translation:

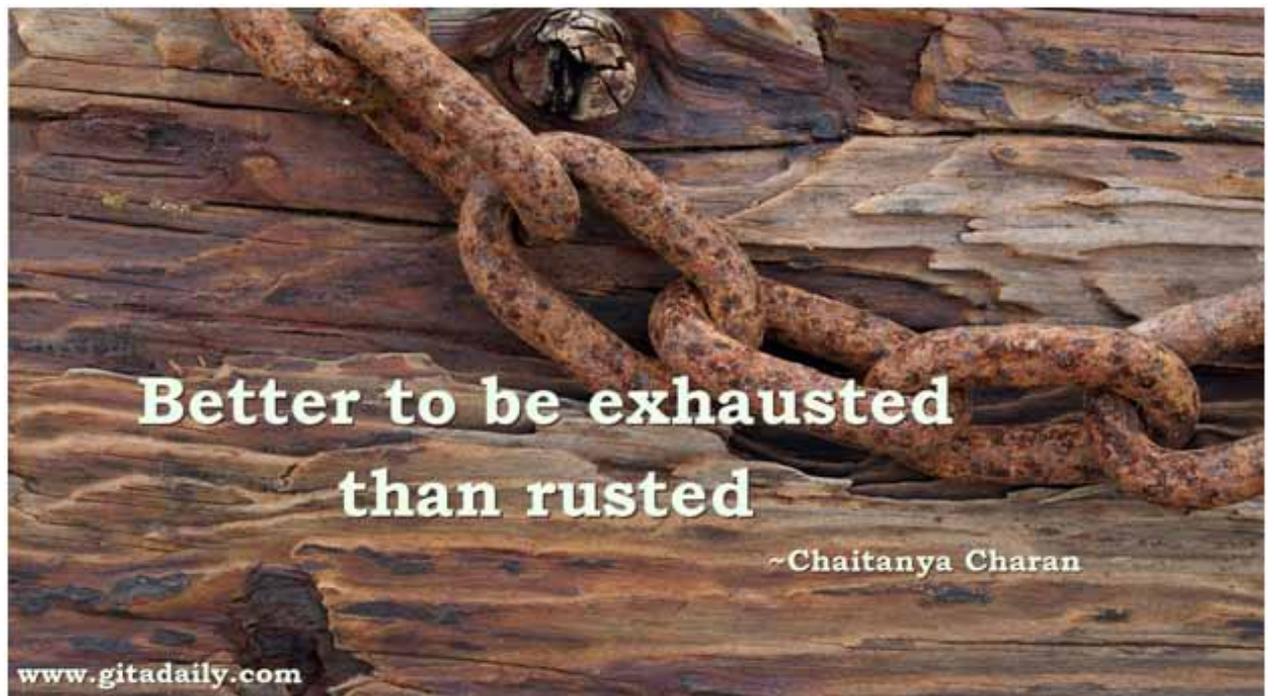


Therefore, O Arjuna, surrendering all your works unto Me, with full knowledge of Me, without desires for profit, with no claims to proprietorship, and free from lethargy, fight.

Reflection by Chaitanya Charan:

With every passing moment time moves forward inexorably and irreversibly. The passage of time causes non-living things to rust. Living beings also age as time passes. However, as human beings, we have the developed consciousness by which to perceive our non-aging nature as eternal souls.

Realizing ourselves to be souls is, however, not easy. To raise our consciousness to the spiritual level, we need to fight rigorously against the relentless onslaught of alluring material desires. Such desires arise internally due to our past memories and externally due to the contemporary materialistic culture. Battling against their continuous onslaught can make us exhausted. We may feel that our life would be



easier without this battle. Would it really?

Our life may become a bit easy temporarily, but eventually it will become excruciatingly difficult when the body loses its capacity to enjoy. For example, those who live for sexual pleasures are left with nothing to live for when impotency strikes; they are forced to live in helpless frustration as their bodies rust.

In contrast, a joyful destiny can be ours if we untiringly fight against sensual desires and stick to the spiritual level, as the Bhagavad-gita (03.30) recommends. With the passage of time, when our body loses its capacity to enjoy, the futility of sensual indulgence becomes increasingly obvious. At the same time, our devotional habit of focusing on Krishna,

honed by a lifetime of diligent practice, becomes natural. As Krishna is a reservoir of unlimited happiness, our natural connection with him enables us to relish undistracted devotional happiness continuously in this life and also eternally when we return to him at the end of this life.

Thus does our willingness to be exhausted in fighting to rise to the spiritual level save us from the mortification of becoming rusted at the material level.

www.gitadaily.com -World's only website offering a new article on Bhagavad Gita everyday
http://radhakrishnaphoenix.org - ISKCON Phoenix
gitadailywisdom@gmail.com - Feedback

Namaste Everyone. This month we are focussing on one interesting aspect of Yoga. In yoga, animal plays an important role and there are many postures which carry the names of animal. Animal sit and stretch in different kinds of positions. Unlike us they don't sit on furnitures and so, amusingly, they dont suffer from various kind of illness like tightening of hamstrings and lower back that we humans see quite often. Perhaps our intelligence and industrialization which is supposed to bring happiness and comfort is not helping us anyway rather bringing imbalance in the ecosystem and gifting us anxiety, pain, stress and unnecessary competition. We humans may need to reclaim our four leggedness and go closer to nature. Animals teach us about love, strength, presence, and balance — they teach us yoga. Ancient yogis observed animals in nature; their abilities and beauty. And so, yogis took on these examples from the animals and transformed it into asanas giving expressions to various energies and poses that animals represent.

This month we will be focussing on the yoga posture called MARJARI ASANA or "Cat Pose". This asana is adopted after close observation of the

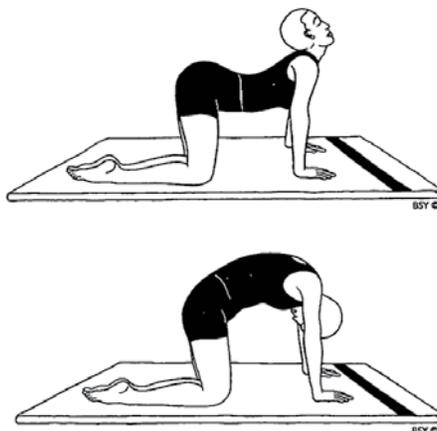


Marjari Asana (Cat Pose)

domestic cat. The cat family has one of the most flexible spines in the animal kingdom and so this pose is very good for flexing your spine, lower back and several other vital body organs.

How to perform it:

- Sit in vajrasana.
- Raise the buttocks and stand on the knees.
- Lean forward and place the hands flat on the floor beneath the shoulders with the fingers facing forward.
- The hands should be in line with the knees; the arms and thighs should be perpendicular to the floor.
- The knees may be slight-



ly separated so that they are well aligned under the hips.

- This is the starting position.
- Inhale while raising the head and depressing the spine so that the back becomes concave.
- Expand the abdomen fully and

fill the lungs with the maximum amount of air. Hold the breath for 3 seconds.

- Exhale while lowering the head and stretching the spine upward.
- At the end of exhalation, contract the abdomen and pull in the buttocks.
- The head will now be between the arms, facing the thighs.
- Hold the breath for 3 seconds, accentuating the arch of the spine and

the abdominal contraction.

- This is one round.

Breathing:

- Perform the movement breathing as slowly as is comfortable. Aim at taking at least 5 seconds for both inhalation and exhalation.

Duration :

- Perform 5 to 10 full rounds for general purposes.

Awareness:

- Physical - on the flexion of the spine from top to bottom, and on the breath synchronized with the movement.
- Spiritual - on swadhisthana chakra.

Benefits:

- Marjariasana loosens up the spine, neck and shoulders and make it flexible.
- It gets rid of stiffness in the back muscles.
- It gently tones the female reproductive system, giving relief from menstrual cramps. It may be safely practised during pregnancy; forceful contraction of the abdomen, however, should be avoided.

Practice note:

- Do not bend the arms at the elbows. Keep the arms and thighs vertical throughout

WHAT'S IMPORTANT ABOUT PLAYING GAMES by Dhreya Desai



In games it is not important about winning, it is about having fun! If you are just practicing a sport or playing a real game, you should show great sportsmanship. If you win, tell the other team "Nice Try". If you lose, tell the other team "Congratulations" because how you show sportsmanship is the most important thing.

WHY IS DAY BETTER THAN NIGHT FOR ME

Day is better than night for me because the sun is out so everything is brighter, warmer and more beautiful. But my favorite part is when the flowers bloom in spring – my favorite season. There are so many things I like to do in the day like hangout with my friends, color, eat my favorite breakfast on Sunday and play on the beach! Day is my favorite but I like night too because that's the time my parents tuck me into bed.

- Dhreya Desai (7 years) - Dhreya2010@gmail.com



Passing away of Mr Sarwan Singh Cheema

Sarwan Singh, owner of New India Gate in Chandler had passed away on March 18, 2017 at the young age of 57. He is survived by his wife and two sons (Par-dip and Gopi) and his daughter-in-law and a beautiful grand son.



Sarwan was a beloved man of the Phoenix community and will be missed dearly and immensely. He was also a dear member of the local Scorpions Field Hockey Club. He had an aura of kindness and pleaseness in his dealings with anyone he came in contact with. His smiling face and larger than life personality will be missed by many. God Bless his soul.

SARWAN SINGH CHEEMA
Beloved husband, Father & Grand dad
1960 - 2017

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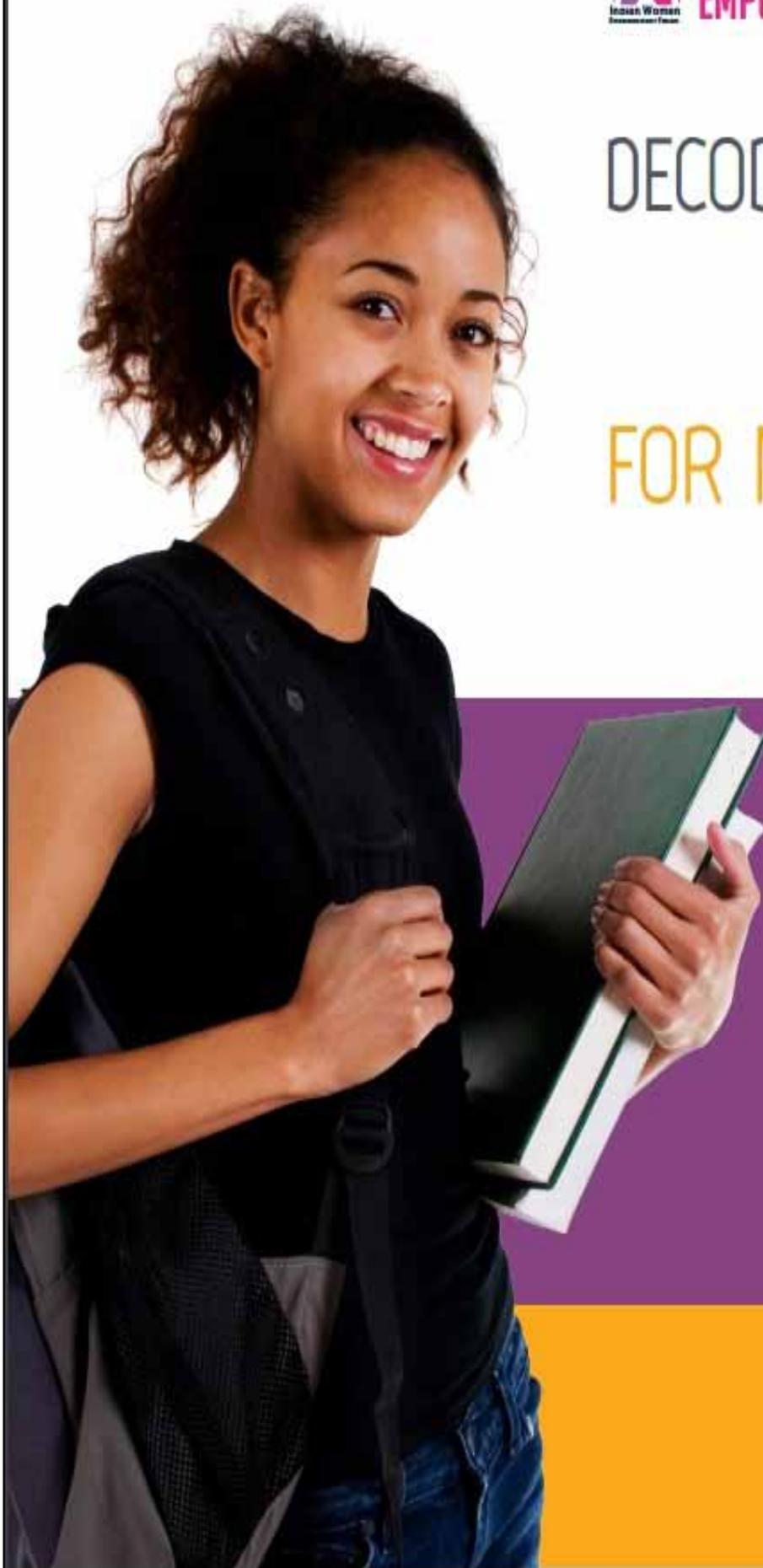
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April, 8, 2017 | Saturday | 4:00 - 6:00 p.m.

IACRF Seniors Celebrate Picnic and Day with the Chairman, Board of Trustee

Report by Bhagubhai Patel
and Dr Prakash Kotecha

Picnic Celebrations:

While celebrating International Women's Day, Members enjoyed the picnic at Rio Vista Park on March 9th. The weather was excellent, beautiful sunshine was glittering on the calm water of the pond where the ducks were swimming peacefully. The cool breeze was blowing and the trees were swaying gracefully. Members were meeting, greeting and socializing. Some started playing cards while others decided to serve members with Bhajiya and tea making picnic really fun event. Some members went for a long walk in the surrounding area/trail while others were jogging. Three games of Bingo were conducted by Bhagubhai Patel, Meena Bhavsar and Subash Sood. Members enjoyed playing the games with lots of excitement. The winners of those games were Paru and Belur Chandramouly, Krishna Kathuria, Nina Zaveri and Mahendra Devgania.

Presentations:

Jagdish Sagar, our active and enthusiastic chairman, IACRF Board of Trustee joined us on March 23, 2017 and shared the vision of Indo American Cultural and Religious Foundation and over 17 different committees in the Foundation conducting various activities, IACRF Senior Program being one of them. Other activities focus on preserving and promoting Indian culture and enhance quality of life. Foundation has built and operates Bharatiya Ekta Mandir - a Hindu & Jain religious temple - which facilitates religious needs of the respective sects of the community. He then also gave overview of financial report and explained how the funds were collected through various fund raising



activities with generous donations. He explained in details advantages of becoming the life member of the foundation. He finally also appreciated the contribution made by Bhagubhai Patel, Lalitbhai Patel and other senior members in running IACRF Seniors Program and other activities.

Prakash Deshmukh presented brief overview of India Festival event coming up on 25th March and also mentioned about Gujarati and Telugu course coming up for the children to remain oriented to their mother tongue. On his request to join as volunteer for India Festival event large number of members volunteered including Srikant Vaidya, Babulal and Nayna Mehta, Mani and Kala Paramandan, Sharad Shah, Manubhai Patel, Jagan and Uma Lingamneni, Prabha and Venkat Mukku, Kishor Vyas and Tara Patel, Dr. Rasikbhai Patel, Sarla and

Pinakin Dave.

Bhajan and Antakshari

First Thursday of the month is Bhajan time at Ekta Mandir and on March 02 many members went to Ekta Mandir and enjoyed Bhajan till noon time while others continued with their social activities or games for fun. Second Thursday is for Antakshari and Srikant Vaidya conducted Antakshari very well with Members participating enthusiastically singing various old songs and in different languages.. The individual songs were sung by Shrikantbhai Vaidya, Meena Bhavsar, Harshad Desai, Mani Paramanadam, Manju Patel, Deepa Bagai, NeeruSood, Kaniza Bangalawala, Kala Patel and Usha Gautam and members also participated following the Antakshari rules.

Bhagubhai also announced Dr. Prakash Kotecha will be at India Festival on 25th March with APCA team to help



the seniors getting information regarding benefits from the federal and state government that they can possibly receive. The average glucose test (A1C) will be done free of cost with the result issued in five minutes to test the diabetic or pre-diabetic status or to find out whether you are completely free from diabetes. Members are encouraged to take advantage of these opportunities.

Planning Meeting:

Bhagubhai convened the Senior Program activity planning meeting on March 02 after lunch was held with 26 members attending. Bhagubhai opened the meeting by saying that it is an open, cooperative and participating meeting. He encouraged the members to take up the responsibility of various activities relieving the existing members who have been shouldering the responsibilities for a long

time. Prakash Deshmukh, Jai Seecharran and Manharlal Khatri are the members of IACRF Board of Directors, who are coordinating very well between the board and our senior center's program.

Birthday Celebrations:

Members wished greetings to Bhagubhai Patel on his birthday. On March 16, members celebrated Rajni Bajpai's birthday. Lunch was sponsored during the month by Kiran and Sewa Singh Dulai, Manjuben Patel and Shardaben & Manubhai Patel, Indubhai Patel, Kusum & Jagdish Amin and Sheela & Jagdish Trivedi

Senior Group meets every Monday and Thursday, 10:00AM to 3:00PM at the Indo-American Community Center located at 2809 W. Maryland Ave., Phoenix, AZ 85017, for information please contact Mahendra Devgania Tel: 602-708-0733.

EVENT TO SUPPORT MASSIVE MEDIA CAMPAIGN ACROSS AMERICA FOR SIKHS & SIKHISM



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Fund-Raising Dinner to Support National Sikh Campaign' Media Initiative

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

Over 20 concerned Sikh community leaders and members got together on the evening of March 28, 2017 to meet with Dr. Rajwant Singh of Washington DC, Co-Founder and Senior Advisor, National Sikh campaign. Dr. Singh had specially flown in a day earlier to chalk out a fund raising event to be held here on April 9, Sunday, at 6 PM at Indian Delhi Palace at 51st and McDowell to help support National Sikh Campaign. This campaign is being initiated nationwide on April 14, 2017 to educate Americans about Sikhism and the Sikh Identity. It will feature ads on national TV channels such as CNN and Fox and on social media. Every element of the campaign has been poll-tested and verified for effectiveness.

President Obama's media firm, AKPD, founded

by David Axelrod, the President's former senior advisor and Hillary Clinton's former Chief Strategist, Geoff Garin are working with National Sikh Campaign to run a historic, presidential-style, massive, well-coordinated, strategically designed campaign for Sikhs that highlights our community as an integral part of American society and to create interest in the media about Sikhs and about this unprecedented campaign. The cost to run this comprehensive campaign is \$1.3 million.

NSC already has collected \$1,000,000 from various cities. Several events are being planned to raise the remaining \$300,000.

National Sikh Campaign is a 501(c) (3) and all donations are tax deductible. All funds are monitored by professionals and details are available on NSC's website. Through this campaign, we will be reach-

ing millions of Americans of all backgrounds covering vast demographics through the best talent & sophistication to introduce the Sikh community to America.

The strategy company headed by Geoff Garin whose clients include the World Bank and the Harvard University, when our fellow Americans were told that Sikhs believe in equality, the Sikh values are American values, and the turban stands for equality and justice, Americans across every demographic developed enormous positive feelings toward Sikhs. Most were ready to have Sikhs as their neighbors.

Your support is essential for the success of this campaign. Please join and persuade others to join this worthy cause and this historic effort ON APRIL 9, SUNDAY AT 6 PM AT THE BANQUET HALL OF INDIAN DELHI PALACE LOCATED AT 51ST STREET AND McDOWELL RD.



Humbly: Dr. Rajwant Singh Co-Founder and Senior Advisor, National Sikh Campaign,

AND Local Sikh Community members:-

Drs. Perminder Singh and Hitpreet Kaur Sanghera; Saranjit Kaur Saini*; Suminder Singh Sodhi; Dr. Jagwinder Sraow; Dr. Devinder Singh; Dr. Sudeep Singh and Jeevan Kaur Punia; Mrs. Swinderjit Kaur and Dr. Jaswant Singh Sachdev; Rana Singh Sodhi; Harjit Singh Sodhi*; Dr. Jugroop Singh Brar*; Dr. Sewa Singh Dhanjal*; Dr. Perminder Singh Khanuja*; Sarbjit Singh Sachdev; Satwinder Singh Randhawa; Inder Singh and Bibi Bhagwant Kaur Rangi; Harnek Singh and Gurcharan Singh Dadiala; Kamaljit Singh Chahal; Nirmal Singh Nagra; Gurleen Kaur and Arvinder Singh Virdee; Anjleen Kaur Sachdev; Sukhmeet Kaur Singh; Manju Walia; Rano Singh; Darshan Singh Gill

Harinama Sankirtan and Picnic Event at Hare Krishna Temple

On March 5th, ISKCON of Phoenix temple hosted a Hare Krishna Harinama Sankirtan and Picnic at Desert Breeze Park to have a get together for devotees and promote relationship building among families. We had about 50 adults and 40 children join the picnic. It was the first time such an event had been held. It was a potluck event which included varieties of Prasadam dishes. We conducted Harinama Sankirtan, where all the devotees participated in making a parikrama around the park with chanting of the holy names. Children and adults also participated enthusiastically in various games. We even had one of our young devotees present a magic show!

With such perfect weather and great association of devotees, this was a blissful event. Hope to have more of these picnic events in the future.





Annual 19th India Festival by IACRF

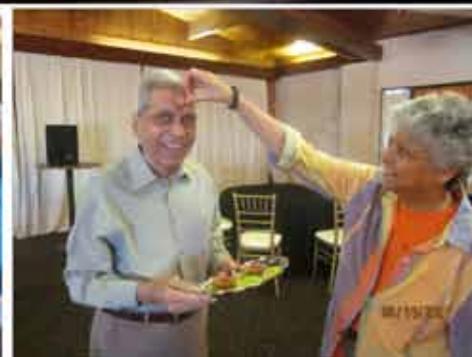
swirling Tu-Tu Train rides, the fauna inspired face paintings, and forming interesting shapes with balloon twisting, their parents got engaged along with their cohorts into the cultural activities listening to Melodious Bollywood Songs from Bollywood Jhankaar.com And the #1 Bollywood Entertainment Group with Prabhjot . It was a bloom of colors coming alive with beautiful, colorful costumes and dances with over 300 participants from the community. "Brides of India" a unique bridal fashion show was the surprise element with volunteers walking the ramp in beautiful bridal wear from Rajasthan, Punjab, Gujarat, West Bengal, Maharashtra, Konkan, Sindhi, TamilNadu, Kerala, Telangana bringing in the unified flavor of Indian Sub-Continent.

Not only these versatile performers showcasing their talents attracted a great number of audience, the six food booths, all managed by non-profit organizations Rajasthani Association, Kannada Sangha of Arizona, Arizona Tamil Sangam, Arizona Telugu Association, Swaminarayan Gurukul, ISCKON with their savory aroma too forced everyone to make a beeline for their freshly cooked delicious victuals. The First Lady of Indo Foundation, Manisha Thathi, wife of president Subhash Thathi, frying puris in the kitchen did not go unnoticed. The essence of effective volunteerism was self evident. There were other attractions like shops selling jewelry, saris, art and crafts inside the IACRF hall. A palpable excitement among the buyers surrounding these booths could be felt from miles. Eventually it was a day no inferior than a grand day with grand weather, grand events and attended by a grand crowd. A day literally breathing new life in all.





INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA) - LA PRINCESA La Princesa



On Feb 28, 2017, the meeting got underway as the members and guests walked in after rain soaked morning and night. Jitubhai shared an exciting news that Meena Sharma became a grandma, again, as her family welcomes IRA, the granddaughter. One of the earliest arriving Indians to Phoenix – Himatkaka, passed away on Jan 15, 2017 at his grandson's home. The gathering observed a silence with prayers, in his memory. Dr. Kotecha made an informative and useful presentation on "Senior Benefits". He provided the hard and soft copies of the screen test form that could help determine the eligibility for the benefits. Dr. Kotecha's organization would contribute \$200 toward the luncheon for the day. Thanks to the food committee for a well-planned luncheon which was enjoyed by over sixty people. Jitubhai extended appreciation on behalf of the ISAA, presenting Dr. Kotecha with a memento of a professional pen and the pin.

On Mar 07, 2017, everyone enjoyed the classical concerts by Aishwariya, and Kausika while socializing this morning. Several entertaining and educational video clips were shown including -what a bottle of soda can do to us, a lovely duet, young master tabla player, goodness of herbs such as dhaniya, tulsi. The clip on Wrong Number was really hilarious, while the



"jugalbandi" (shared by Umeshbhai) pleased everyone, and so did the song "jaltehainjiskeliye". Some members shared their views of Seniors Benefits presentation by Dr. Kotecha. Others were encouraged to follow, if not done already. Chhotubhai's talk on Technology Innovation and taking special interest to encourage and motivate young minds was very positive. He commented on food "situation" to emphasize to focus on serving guests first.

On Mar 14, 2017, ISAA had a fantastic start to the Holi celebration with Narayanbhai's opening remarks. Symbolic kumkum, chandan and flowers were offered to those who volunteered to receive. Miniben made an outstanding presentation starting with the significance of Holika Dahan /Vasant Mahotasav, various mythological aspects, celebrations in India and around the world. Jitubhai faced some technology difficulties with his computer. As a result the clips that he prepared have to wait for a future showing. Jitubhai men-



tioned that if any of the seniors would like to complete the Seniors Benefits forms, Ashvinbhai would be happy to help. Dr. Kotecha's organization paid a check of \$200 to "Spice Kitchen" towards the luncheon sponsorship. ISAA held a short discussion for the membership to give feedback on the present system of luncheon sponsorship by ISAA, almost after a ten week trial period, and the traditional way of individual membersponsored luncheon in the past. The input will serve good food for thought.

On Mar 21, 2017, after the session of cool snacks Chandrikaben demonstrated a couple of heart strengthening yoga therapy moves. She will continue with short demos after her return from a vacation trip. Jitubhai was kind enough to narrate his harrowing accident last week. His advice was to be very alert as every second counts in an emergency. The video clips included- Holi Dhamaka on board an airliner in India, Love and respect-Betiyan, Combina-

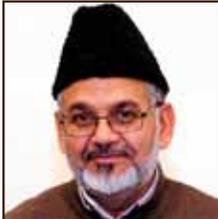
1. Naach AZ Children showcase their excellence with unforgettable bhangra, bollywood and fusion dances. 2. Many Happy Returns to Rajniben from all at ISAA. 3. Look at these most valued smiles - every Tuesday is "Mangal" like the 1st day of Spring at ISAA. 4. ISAA celebrated Holi with great 5. Happy Birthday Lataben 6. ISAA's pride and respectable shines 7. Jitubhai appreciated Dr Kotecha's contributions to ISAA with professional pin and pen.

tions of foods to avoid, Pankaj Udhas gazal, A hugely frightening show of circus, Outstanding message signifying importance of legendry life being nice to others-selflessly. As usual, the food Committee had a fabulous menu for today's luncheon. On behalf of ISAA, Jitubhai extended appreciation to all members for providing valuable comments & suggestions on Food Committee's three-month experiment against the prior practice of handling food for ISAA luncheons. He assured the members that ISAA will incorporate the best of the two systems CURRENT and the PAST. On March 28, he will highlight a simple, easy, and member-friendly system which will commence from April 4, 2017- for a path forward.

We Are Proud Of Our Neighbors” said Imam Shamshad of Ahmadiyya Muslim Community

Report by : Riyaz Ahmed, Chicago

Pastor Scott of United Methodist Church, Glen Ellyn had reached out to Imam Shamshad earlier this week and raised his concerns about the recent situations in Unites States about Muslims.



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

He promised to support and stand beside Muslims in such hardship and had requested Imam Shamshad if he could help us in anyway. To his request, Imam Shamshad suggested to hold an

Inter-Faith Prayer Service in Ahmadiyya Muslim Mosque in Glen Ellyn Chicago area, and invited the Pastor and his Congregation. He also invited other religious leaders around Glen Ellyn.

On Thursday, the February 2nd, 2017 an Inter-Faith Prayer Service was held by Ahmadiyya Muslim Community in Masjid Bait-ul-Jaamay, Glen Ellyn. Around 50 Guests belonging to different faiths attended the Prayer Service and promised to provide their support in whichever manner they could.

Imam Shamshad and Yasir Malik president of the south west chapter of Chicago welcomed the gathering and expressed their gratitude to each of the guests for their overwhelming support. Later Imam Shamshad addressed them and said, Islam teaches every Muslim to obey the laws of the Country they live in and their Authority.

He mentioned a Quranic verse which says:
“O ye who believe! obey Allah, and obey His Messenger and those who are in authority among you.”
(4:60)

As per this verse, all the Muslims are bound to follow their Authorities even if they are not Muslims.

Imam shamshad also quoted a statement of the Worldwide Head of the Ahmadiyya Muslim Community, His Holiness Hadhrath Mirza Masroor



Ahmad which he made on October 13,2015 - “All genuine refugees should be helped by Governments and International Organizations. They should be allowed to settle until peace is restored in their home countries. However, it is also important that the Authorities remain vigilant and monitor the refugees to ensure that extremists are not allowed to settle under the guise of asylum.” Pastor Scott of united Church of Christ was the first speaker who ex-

press his feelings and thoughts about current conditions of the Muslims in the country and lead the prayers. Pastor Hong-Kien Jeremiah Lee of united Methodist church and other religious leaders and their congregations also spoke and prayed. They addressed the gathering and expressed their grievance and promised to provide their complete support in order to promote Peace, Harmony and Brotherhood among the society. Prayers were

offered together by all the attendees. Imam Shamshad and members of Ahmadiyya Muslim congregation thanked all the guests of their unconditional help.

Six copies of the Holy Qur’an with English Translation and other literatures ,Muslim Sunrise, True Islam, Message of Peace, Muslims for Life, Muslims for Loyalty were freely distributed among the Guests. Refreshments were served to all.

Namaskar and Sat Sri Akal to all my readers.

This period of the year is called Spring season. Today I want to share with you my thoughts on the spring season.

This season is the marriage anniversary of the mother nature. As a human being, we understand the meaning of marriage in the life. After eighteen years in human life we start to feel loneliness without a life partner. The same way, in the beginning of creation, the creator creates the nature as a companion because nature is the physical existence of the creator.

Through the unity of the creator and the creation this universe came into existence.

Basant Ritu (Spring)



control the whole planet through fear and injustice. If we would like to spend the rest of our life in peace, happiness, and joy we need to understand, as humans, every human being has the same value of life. And every human has equal rights to live safely and develop the life in harmony with nature.

In these days if you go for a walk, try to look at every bush, plant and tree and think; who decorated them with many unthinkable new leaves, flowers, and heavenly smells?, with uncountable colors. It's mother nature.

We have a responsibility to care for mother nature's yard because we are all her children. Our body, mind and soul is a combination and unity of the creator and creation.

In this season, we celebrate the "Holi" with happiness because this event is a victory of the "truth". Also, we celebrate Baisakhi which is an event of the new "hope" especially for the Sikh community. It's a message from Guru Gobind Singh about the unity of "Universal Brotherhood". As a Sikh, I feel sad to say we are going away from the Guru's message.

Happy Spring Season, Holi, and Baisakhi.
God Bless You All with Divine Grace and Unconditional Love.



Therefore, this world is a playground of the mother nature. We are all creatures of the family of mother nature.

Before the unity of the creator and nature this universe was merely empty space. Through the unity of male and female this beautiful world is a playground of the divine.

I would like to say, as a human being we are lost in the unreality of the unity (nature). Under the influence of selfishness we became greedy and egoistic. With unlimited desire, we start to destroy the beauty of the mother nature. We are the cause of the global warming, a greater frequency of earth quake, tsunamis, aberrant scientific experiments including nuclear weapons and their proliferation even clone experiments with human beings.

The powerful nations are a great destructive force in the mother. They would like to con-

Gyani Ji,

Harbhajan Singh Sandhu
GHSSandhu@gmail.com

||Sri LakshmiNarsimha Vijayate||



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Don't take back pain casually. It may up your risk of early death by 13%: Study

A new study shows the impact of back pain on longevity and quality of life. People with spinal pain have a 13% higher chance of dying early. Researchers advise switching to a healthy lifestyle that involves physical activity.

Suffering from lower back pain? If you care for your life, you may just want to take it more seriously. Back pain – approximately affecting 700 million people worldwide – is the leading cause of disability globally and may increase your risk of dying early by 13%, researchers warn.

The findings showed that com-



pared to those without spinal pain (back and neck), a person with spinal pain has a 13% higher chance of dying early.

"Back pain should be recognised as an important co-morbidity that is likely to impact people's longevity and quality of life," said lead author Matthew Fernandez from the University of Sydney in Australia.

"This is a significant finding as

many people think that back pain is not life-threatening," added Paulo Ferreira, associate professor at the University of Sydney.

An individual's lifetime prevalence of back pain is nearly 84% and more in older populations. "With a rapidly growing ageing population, spinal health is critical in maintaining older age independence, highlighting the importance of spinal pain in primary health care as

a presenting symptom," Fernandez explained.

However, the researchers do not yet know the reason behind the link between back pain and mortality. Spinal pain may be part of a pattern of poor health and poor functional ability, which increases mortality risk in the older population, the researchers noted, in the paper published in the European Journal of Pain.

For the study, the team examined 4,390 Danish twins aged more than 70 years. No association was found between spinal pain and cardiovascular-specific mortality. The influence of shared familial factors also was unlikely.

In addition, the commonly prescribed medications for back pain such as paracetamol and anti-inflammatory drugs and even surgery was found ineffective in treating pain, but had side effects.

"The best treatment for low back is a healthy lifestyle, including physical activity. People need to get moving," Ferreira said.

The total number of people living with depression in the world is 322 million. Nearly half of these people live in the South-East Asia Region and Western Pacific Region; five crore of them are Indians.

Over five crore Indians suffered from depression, a major contributor to global suicides which occurred mainly in low- and middle-income countries like India in 2015, a WHO study has said.

The World Health Organisation in its new global health estimates on depression for 2015 said while over five crore Indians suffered from depression, over three crore others suffered from anxiety disorders.

The report titled Depression and Other Common Mental Disorders - Global Health Estimates said over two-thirds of global suicides were in low- and middle-income countries like India in 2015.

The WHO document said that 322 million people are living with depression worldwide and nearly half of them live in South East Asian and Western Pacific region, reflecting relatively large populations of



India and China.

"The total number of people living with depression in the world is 322 million. Nearly half of these people live in the South-East Asia Region and Western Pacific Region, reflecting the relatively larger populations of those two Regions which include India and China," the document said.

The total estimated number of people living with de-

pression increased by 18.4% between 2005 and 2015, it said.

According to WHO figures, the total cases of depressive disorders in 2015 in India were 5,66,75,969 which was 4.5% of population in 2015 while total cases of anxiety disorders were 3,84,250,93 which was 3% of the population in the same year period.

For depressive disorders,

WHO said total Years Lived with Disability (YLD) in India was 1,00,504,11 which was 7.1 per cent of total YLD, for anxiety disorders, total years for YLD was 35,19,527 which was 2.5% of total YLD.

The document noted that in 2015, an estimated 7,88,000 people died due to suicide while many more than this number attempted but did not die.

Over 5 crore Indians suffer from depression: WHO study

It said suicide accounted for close to 1.5% of all deaths worldwide, bringing it into the top 20 leading causes of death in 2015.

"Suicide occurs throughout the lifespan and was the second leading cause of death among 15-29 year olds globally in 2015," it said.

The suicide rate varies by WHO Region and by sex, ranging from below five per 100,000 population among females in low- and middle-income countries of the Eastern Mediterranean and American Regions to 20 or more among males in high-income countries and also in the low- and middle-income countries of the African, European and South-East Asian Regions.

IAPHX Rangotsav 2017: Holi Celebrated with Fervor

board members with a traditional shagun (ritual gift) of multiple color packets.

The early spring weather in Arizona was a perfect day to welcome the vibrant colors of spring. Phoenixians attended the event in vast numbers, exceeding our expectations. The IAPHX board members and volunteers were on their toes all afternoon welcoming both members and non-members to this signature event. Drenched in a riot of colors, revelers from differ-

ent walks of life were seen gyrating to the intoxicating beats of DJ Isaac's music. The highlights of the afternoon included energetic flash mob performances by several IAPHX choreographers and their dance groups. As the afternoon sun began heating up the atmosphere, several frolickers sought relief by spraying each other with water from squirt guns. A huge inflatable water tank kept the water source constant. The surprise element of the afternoon was a rain dance that was made pos-

sible due to friendly firemen from the local Phoenix fire department. The fire fighters were enthusiastic participants in the festivities, and they directed a heavy stream of water towards the color play area using a downpour gun fixed to their fire truck! The master stream of water mixed with the dry color particles soaring high up in the sky was a visual delight and gave literal meaning to the term "Rangotsav."

It was a pleasure to witness participants having a great time and putting

quite a few smiles on the faces of our elders! Especially the kids and our non-Indian guests got firsthand exposure to this popular cultural celebration. The quiet murmur and cheerfulness with which the celebrants and their families enjoying a late lunch at the picnic tables and ramadas of the park were testimony to the fact that the event was a huge success! The India Association of Phoenix extends a hearty thanks to the Community for making the Holi 2017 Festival a memorable event for all.





Real Estate News of Arizona - April 2017

By Aartie Aiyer

Hello Friends,

Time to celebrate an Easter Brunch followed by a Baisakhi or Puthandu (Tamil New Year) Dinner. We are already nearing the end of spring and not far away from hitting those 3-digit summers. So enjoy this weather while you can. As the valley temperature slowly rises so does the valley real estate market.

Phoenix has always been an investors favorite real estate market. As per the CBRE Americas Investor Intentions Survey 2017, Phoenix advanced to the Number 14 spot on this year's list of survey respondents Best Metros for Investment, moving up from the Number 16 spot last year. The 2017 survey results reveal that investors will remain actively engaged in real estate investment this year, with the majority intending to be net buyers. The percentage of net buyers has increased since 2015 (60%) and 2016 (65%). The vast majority of these investors intend to maintain or increase the purchasing activity in 2017.

Let's take a look at the February sales of Residential Properties in Maricopa County-

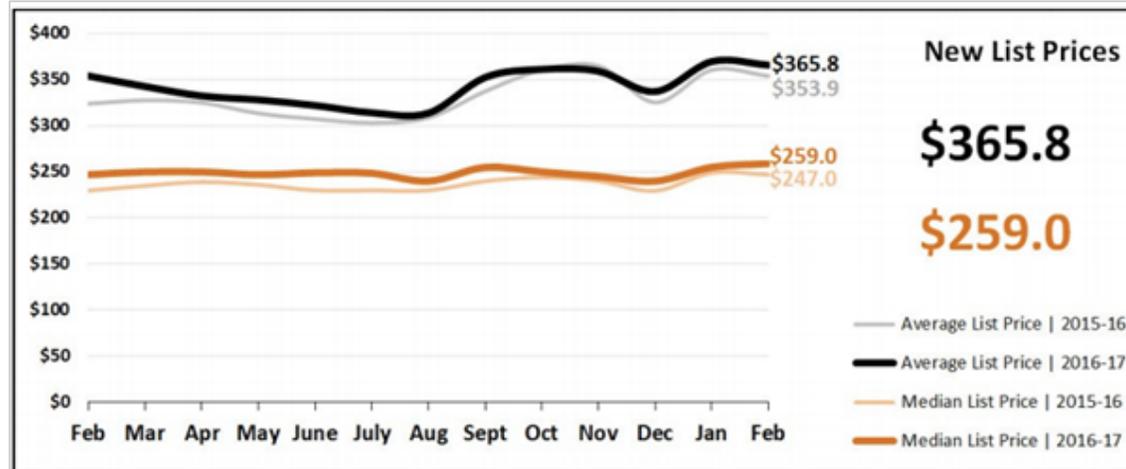
- Total Sales for Single Family, Town-home, Condos, for February are 5,715 whereas, January were 5,248 and December was 6,199
- The Active listings for Single Family, Town-home, Condos, for February are 20,116 whereas, January were 19,643 and December was 18,266
- Pending sales for Single Family, Town-home, Condos, for February are 6,885 whereas, January were 5,511 and December was 3,978

The total home sales by financing were-

- Cash Sales - 1,463
- Conventional - 2,820
- FHA - 1,023
- VA- 357

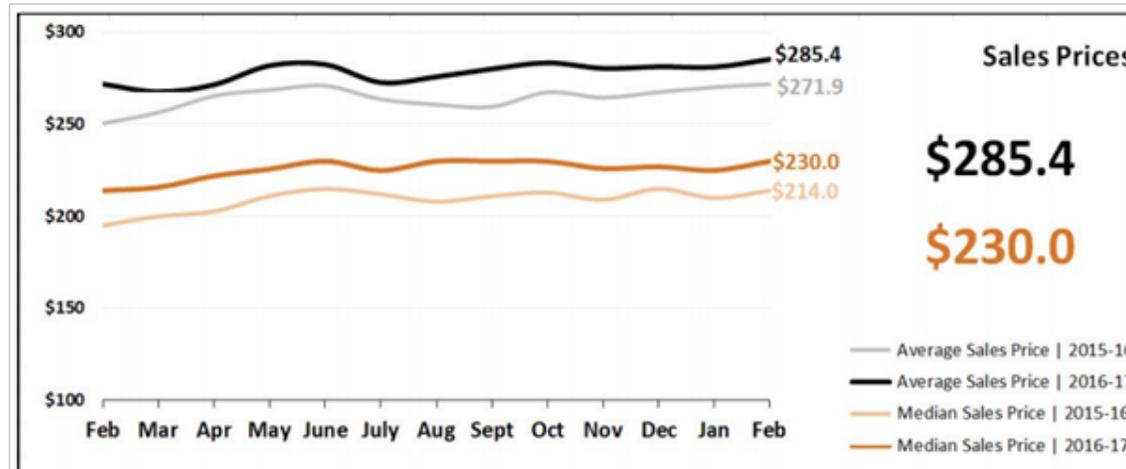
Let's take a look at the February sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-home, Condos, for February are 562 whereas, January were 516 and December was 651



List prices of new listings with list dates from 2/1/2017 to 2/28/2017, 0 day DOM sales removed

Average new list prices are up +3.4% year-over-year. The year-over-year median is up +4.9%.



MLS sales prices for closed listings with a close of escrow date from 2/1/2017 to 2/28/2017, 0 day DOM sales removed

The average sales price is up +5.0% year-over-year while the year-over-year median sales price is also up +7.5%.

- The Active listings for Single Family, Town-home, Condos, for February are 2,146 whereas, January were 2,145 and December was 2,138

- Pending sales for Single Family, Town-home, Condos, for February are 817 whereas, January were 674 and December was 434

Sales volume for the first two months of 2017 is 14% higher than 2016. We begin March 2017 with 7,104 pending listings, 4,323 UCB listings and 452 CCBS giving us a total of 11,879 residential listings practically under contract. This compares to 11,783 of the same type of listings at this time last year, suggesting that sales volume in March 2017 will surpass the volume of 8,412 in March 2016. STAT is projecting 8,950 sales in March 2017.

As per the Armls Pending Price index, last month's STAT projected a median sales price for February 2017 of \$228,000. The actual median sales price was \$230,000, 0.009% higher than the \$228,000 projected by our mathematical model. In 2016 our mathematical projections tended to be lower than the actual results

for most of the year. Looking ahead to March, the ARMLS Pending Price Index projects a median sales price of \$229,000, a slight decline from February 2017. I suspect our model may be reverting to its 2016 pattern and I expect the median sales price in March 2017 to eclipse our mathematical model.

Let's take a peek in commercial side-

Aspire Fitness signed a lease for 37,092 square feet in the Chandler Sunset Plaza Shopping Center. It's their 1st location in valley, they have few locations in six other states. The Chandler Sunset Plaza building totals 125,682 square feet and was built in 1999.

Circle K Stores has renewed and expanded its lease at Warner Crossing in Tempe. The retailer now occupies 104,321 square feet of back office space, including 75,489 square feet at 1130 and 28,832 square feet at 1120.

The Palm Trails apartments in Chandler was sold for \$28.75 million, or \$142,000 per unit, it was built in 2002, the 203 unit multifamily

complex totals 227,116 square feet on 14.3 acres.

Cohen Asset Management, Inc sold the industrial building in Phoenix for almost \$7.07 million or \$74.50 per square foot. Built in 1989, the 94,885-square-foot distribution building sits on 5.7 acres located just south of the I-17 / I-10 Freeway interchange, close to Phoenix Sky Harbor International Airport.

Hope this article gives you a peek in what's happening in our valley. As always, I love your questions, comments & feedback. Please keep them coming at arti@artiayer.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.



COLD COFFEE – UNIQUE RECIPE

Hey All You COFFEE LOVERS. I had all 4 people LOVE my cold-coffee who drank it from yesterday to today. For years now my friends have asked me for my coffee recipe and so here is how I make it and why you won't find it elsewhere!

1. LOVE: I make it with immense love. I love coffee and love making it for others!

2. CREATIVE: I have never looked up any coffee recipe, let alone other recipes. I am not the person who can be patient reading recipes, I rather create one of my own!

3. SPICES: Cinnamon powder and ginger powder. Appx. 2 pinches in each glass.

4. OTHER STUFF: 4 medium sized ice cubes per glass, blender, milk (any), sugar, coffee.

5. Other times I switch the cinnamon for cardamom. Cinnamon gives a spicy 'kick' and cardamom gives it sweetness, choose either.

6. Put it all together, churn, serve or chill for later!

PEDA / PENDA – Indian Sweet / Dessert

This recipe comes from Public Request. Many of you have requested this, so here it is. Email me or write to me here with any questions. For the base, I follow a certain recipe, I have posted the link below and then I re-form it my style. I have shared sweet with many friends from different cultures – Indian, American, Other Asians and luckily this sweet has everyone's smiles and thumbs up!

Follow this link to make your peda and then follow my add-ons below to make it so much more delicious!!!

Peda

Once the base is ready, this is what you get and do:

Ball it, flat it, cut with cookie cutter. Repeat till you have used all the base.

MY ADD-ONS: All of them are optional. You can leave out whichever you wish to not add.

1. Cake Sprinkles – any
2. Cardamom – 1 full tsp.
3. Nutmeg powder – 1/4th tsp
4. Pistachio powder – 1 to 4 tsp depending on your taste

5. Almond powder – 2 tps
6. Vanilla essence – 1/4 tsp
7. Fennel seed powder – 1/4 tsp
8. Saffron few strands or Saffron syrup 1/4 to 1/2 tsp – check for sweetness prior to adding

Mix all the ingredients including the sprinkles. Decorate as You Wish



- WEB DESIGN
- SEO (SEARCH ENGINEER OPTIMIZATION)
- COPYWRITING
- SOCIAL MEDIA



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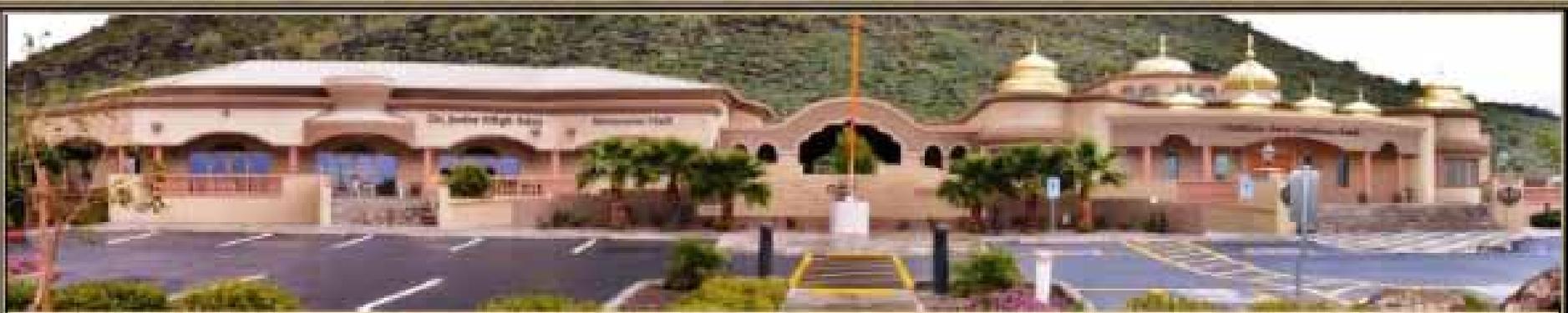
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Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

APRIL 2017 Programs & Events

19 Chet – 18 Vaisakh, 549 Nanakshahi Era (NE)

April 2 (Sun.) – Jotijot Siri Guru Hargobind Ji (Actual: Apr 1).

April 9 (Sun.) – Multiple Anniversaries:

Birthday Sahibzada Jujhar Singh Ji (Actual: Apr 9, 1691)

Jotijot Siri Guru Har Krishan Ji (Actual: Apr 10)

Gurguddi Siri Guru Teg Bhadar Sahib Ji (Actual: Apr 10)

April 12 (Wed.) – Amrit Sanchar, 4:00 AM – 7:00 AM

Come Join Guru Ji's Khalsa. Please talk to Ragis for details.

April 13, Vaisakh 1 (Thur.) –

Sangrand Monthly Program (10:00am – 11:00am)

April 14 - 16 (Fri. – Sun.) Vaisakhi Celebration

The Birthday of the Khalsa (Actual: April 13)

Akhand Paath starts Friday.

Please see separate flyer for Vaisakhi program

Parkash Siri Guru Teg Bhadar Sahib Ji (Actual: April 16)

April 16 (Sun.) – Homeless Langar Seva.

Call 602 741 8021 for more info.

April 23 (Sun.) Parkash Siri Guru Arjan Dev Ji (Actual: April 18)

Birthday Bhagat Dhanna Ji (Actual: April 21)

April 30 (Sun.) Parkash Siri Guru Angad Dev Ji (Actual: April 27)

Regular Programs:

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

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

Evening Banis: 7:00 PM – 8:00 PM.

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

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

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!



Thus, the Khalsa came to Life



Bhagat Dhanna Ji



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The feminist side to fashion: These talking tees are a hit on and off the runway

Slogan T-shirts never went out of fashion, and are now adding a big dose of feminist flavour to the equation. In her debut as the fashion director of Dior last year, Maria Grazia Chiuri introduced a tee that read: 'We Should All Be Feminists'. Soon, designers, celebs and the fashion savvy hopped on to the trendwagon.

Designer Gaurav Gupta, who showcased a collection of feminist tees at a show in Mumbai for International Women's Day, feels it's important to make people understand why this is happening. "It's not just about talking about feminism, it's also the way we are talking about it. The tees with these slogan are very direct and very minimalist for the communication to register to the masses, beyond urban India.



It is very important for this message to reach across and people should understand why it is happening. I was really happy when Alia (Bhatt) wore that T-shirt because she is a youth icon," says Gupta.

Designer Rina Dhaka agrees. "Ev-



everyone has their opinions and this is a way we can air our views in addition to adding to the sales. It's a very different medium, but it's all about carrying a message. It is a great trend and has a fun, young element to it," says designer Rina Dhaka. However, this



may just be one of the many ways to put across this message. "Feminism is something which doesn't have to necessarily come across through a T-shirt. You don't need a slogan for feminism; it is a larger way of how we look at life," says designer Nachiket Barve.

Know all about edible, wine-flavoured Prosecco nail polish, the latest beauty fad



If two of your things are getting manicures and drinking bubbly, then a new edible wine-flavoured nail polish could be for you. Prosecco Polish is the latest weird and wonderful beauty innovation to hit the market, thanks to Groupon, and it is being hailed as a world-first. Made using real Prosecco, the sparkly golden polish apparently tastes and smells exactly like our favorite tippie, and, as a promotional video shows, it is designed to be licked off the fingers for a calorie-free slurp. However, despite the potential temptation, the product's small print strongly advises against drinking the polish straight from the bottle.

Unfortunately the polish, which was developed to mark Mother's Day,

will not be available for general purchase any time soon. Beauty fans looking to get their hands on a bottle will have to enter a Groupon prize draw to be eligible to win one for free.

Quirky edible nail polishes are becoming something of a niche marketing trend for brands. Last year, KFC exploited its "Finger Lickin' Good" slogan to offer Hong Kong clients two nail varnishes designed to taste like its chicken recipes for "Original" and "Hot and Spicy." The fast food chain is a serial offender when it comes to controversial cosmetics — in August 2016 it hit the headlines when it debuted Extra Crispy, an SPF 30 sunscreen that allegedly smelled like its famous fried chicken.

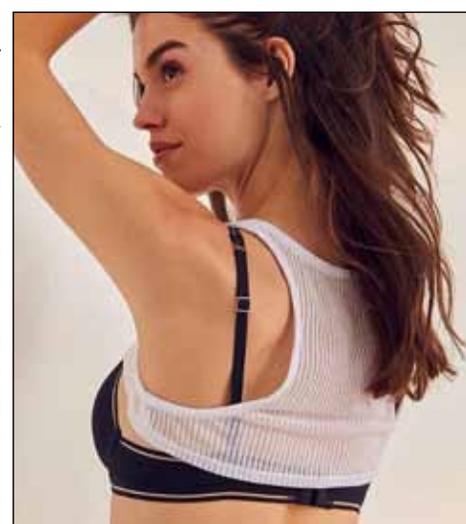
This absurdly tiny 'crop top' is getting trolled on internet. Here's why

American clothing retailer Urban Outfitters is catching flak on the internet after selling an odd choice of clothing. A top that covers, well, nothing.

Urban Outfitters tried to sell a top to women on its website called the 'Extreme Crop Tank Top Shrug' - and it may well be the most bizarre trend we've ever seen. The 'extreme' title is absolutely right because it is a little more than a small piece of cloth with a description that reads, "The ultra-sexy way to layer with this teeny cropped tank top by Out From Under. Cropped above chest for the coolest layered look featuring a crop neck and thin shoulder straps."

Naturally, the internet had thoughts and Urban Outfitters has since removed the 'top' from their site.

The minuscule £13 garment has



come under fire by shoppers who joke it looks more like a "necklace" than a top. @Elieliebrickland wrote on Twitter, "Crop top???? Urban outfitters this is a necklace babes."

This isn't the first time the company has caught some backlash for its products. Recently, when Urban Outfitters

attempted to sell a simulated blood-stained sweatshirt, it that didn't go over well with shoppers.

The brand was forced to apologise for designing a Kent State sweatshirt splattered with fake blood in what appeared to be a reference to the 1970 massacre, where four students were killed and nine severely wounded in a shooting, after the Ohio National Guard opened fire at a protest against US President Nixon's Cambodian Campaign.



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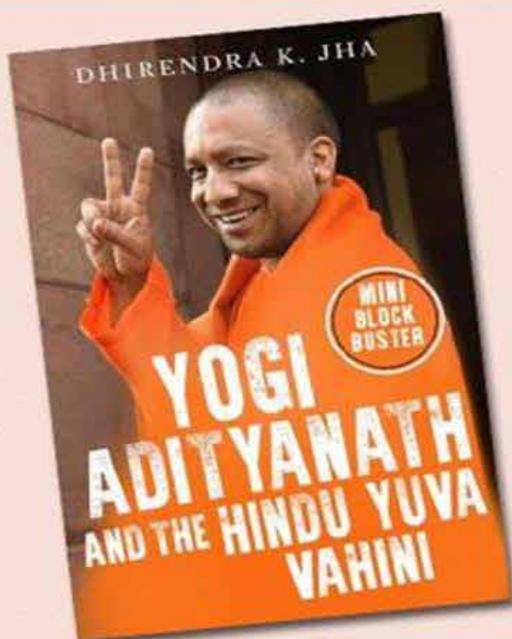
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The rise of the yogi: Review of Yogi Adityanath and The Hindu Yuva Vahini



Drawing on the nationwide split between Hindus and Muslims after the riots in Gujarat, Yogi Adityanath decided to hit the ground anew. He began by changing the name of Gau Raksha Manch to Hindu Yuva Vahini and expanded its jurisdiction beyond cows to anything and everything “that could project minorities as the enemies of Hindus”, from their meat-eating habits to their appeal among Hindu women.

Yogi Adityanath And The Hindu Yuva Vahini
Dhirendra K Jha
₹30 | Juggernaut
Available on the Juggernaut app

From everything we have heard about Yogi Adityanath’s way with votes, it would seem the man has never felt a tinge of electoral insecurity in his 19-year-old political career. But it turns out Uttar Pradesh’s new chief minister had to work his way to “electoral invincibility.” Senior journalist Dhirender K Jha’s 35-page book, which reads like a meticulous magazine profile, details the lowest point in the five-time MP’s electoral journey to show why he may never fear losing an election again.

It was between 1998 when 26-year-old Adityanath, would-be mahant at the Gorakhpur temple, first won the eastern UP Lok Sabha seat by a margin of 26,000 votes, and 1999, when he fought the election again and found his vote margin down to 7339. The plunge in winning margin was especially hurtful because shortly after winning the Gorakhpur seat the first time, Adityanath had launched his first “apolitical” organization, Gau Raksha Manch, to consolidate the Hindu vote. The cow card was apparently not enough to polarize the voters in Gorakhpur. The young MP realized he needed to “develop a wider base among Hindus” to play the power game in UP.

His moment came in 2002. Drawing on the nationwide split between Hindus and Muslims after the riots in Gujarat, Yogi Adityanath decided to hit the ground anew. He began by changing the name of Gau Raksha Manch to Hindu Yuva Vahini and expanded its jurisdiction beyond cows to anything and everything “that could project minorities as the enemies of Hindus”,

from their meat-eating habits to their appeal among Hindu women. To give this new outfit a structure and mission, its presence was divided into multi-level committees — state, district, block and panchayat — and young and restless Hindu men in villages in and around Gorakhpur recruited in large numbers.

Right from the first day, writes Jha, HYV ran a toxic campaign of religious politics, turning the smallest of incidents to sectarian wars. “There were at least six major riots in the region within the first year of HYV’s formation” and “at least 22 major riots in Gorakhpur and the neighbouring districts till 2007.”

The plan paid off pretty soon. In 2004, Adityanath won the Gorakhpur seat by a margin of 142,000 votes; five years later, he claimed victory by 300,000 votes. Gau Raksha Peethadhiswar Parampujya Yogi Adityanath Ji Maharaj, as his disciples call him, has been unstoppable since. But as Jha painstakingly outlines, the saint-politician’s “political fortune doesn’t depend on the BJP or the RSS but is fueled by a communal polarization of an extreme kind.”

But that’s not all Jha’s book does. Its biggest achievement is putting the story of Yogi Adityanath in a context that reveals the man as more than a radical Hindu leader. Jha tells Adityanath’s story from being a young Thakur from an Uttarakhand village who takes the Gorakhpur Temple’s cultural influence—in 1949, its Mahant presided over the installation of Ram Lalla’s statue at the Babri Masjid—his predecessors’ political penchant—the

Mahants have been fighting elections since 1967—and adds his personal talent for 21-st century minority hatemongering to become one of the most powerful men in India’s most populous state.

But as Jha has already shows us once, the man is not above insecurities. It came back to haunt him in 2007, when after an egregious act of sectarian provocation, the Samajwadi government in UP put him in jail. When the then three-time MP attended the parliament after 11 days in jail, he broke into sobs while narrating to the Speaker how the SP was out to “malign and torment” him. Adityanath’s image as a firebrand leader took a serious hit among his followers. “The sight of Adityanath shedding tears shocked his Thakur supporters...a weakness unbecoming of a male belonging to a martial caste.”

The arrest led to another turn in Yogi Adityanath’s politics. He continued to set Hindus against Muslims as core strategy, but he now prefers to make speeches rather than lead mobs to this effect. It hasn’t made him less popular. Two days after Yogi Adityanath became the chief minister of UP, I spoke to a young gau rakshak in Meerut about how he was feeling. He put it simple and straight: “Mother India is now in safe hands.”

Yogi Adityanath And The Hindu Yuva Vahini that was released on the Juggernaut app will be included in the forthcoming book entitled Shadow Armies: Fringe Organizations and Foot Soldiers of Hindutva by Dharendra K Jha

POET OF MONTH

Matthew Arnold

(1822 - 1888)

Although remembered now for his elegantly argued critical essays, Matthew Arnold (1822-1888) began his career as a poet, winning early recognition as a student at the Rugby School where his father, Thomas Arnold, had earned



national acclaim as a strict and innovative headmaster. Arnold also studied at Balliol College, Oxford University. In 1844, after completing his undergraduate degree at Oxford, he returned to Rugby as a teacher of classics. After marrying in 1851, Arnold began work as a government school inspector, a grueling position which nonetheless afforded him the opportunity to travel throughout England and the Continent. Throughout his thirty-five years in this position Arnold developed an interest in education, an interest which fed into both his critical works and his poetry. *Empedocles on Etna* (1852) and *Poems* (1853) established Arnold’s reputation as a poet and in 1857 he was offered a position, which he accepted and held until 1867, as Professor of Poetry at Oxford. Arnold became the first professor to lecture in English rather than Latin. During this time Arnold wrote the bulk of his most famous critical works, *Essays in Criticism* (1865) and *Culture and Anarchy* (1869), in which he sets forth ideas that greatly reflect the predominant values of the Victorian era.

Longing by Matthew Arnold

Come to me in my dreams, and then
By day I shall be well again!
For so the night will more than pay
The hopeless longing of the day.

Come, as thou cam’st a thousand times,
A messenger from radiant climes,
And smile on thy new world, and be
As kind to others as to me!

Or, as thou never cam’st in sooth,
Come now, and let me dream it truth,
And part my hair, and kiss my brow,
And say, My love why sufferest thou?

Come to me in my dreams, and then
By day I shall be well again!
For so the night will more than pay
The hopeless longing of the day.

Don't count on your friends to be loyal when it comes to doing things. Put your energy into moneymaking ventures. Focus on your domestic scene. Get together with friends or relatives. Don't jump as quickly as you usually do. Your luckiest events this month will occur on a Thursday.

ARIES



Mar 21
to
Apr 20

Your dynamic, determined approach will win favors as well as a helping hand. Do not blow situations out of proportion. You will be drawn to individuals who can provide you with both intellectual conversation and physical passion. It will be important that you have your priorities straight. Your luckiest events this month will occur on a Monday.

TAURUS



April 21
to
May 20

Sit tight. Things aren't as bad as they appear. Romance will unfold through business trips. Make those phone calls and pay your bills. Relationships will be emotional this month. Your luckiest events this month will occur on a Wednesday.

GEMINI



May 21
to
June 21

Property purchases should be on your mind. You need a day to rest and relax with the ones you love. Your lover may disappoint you in such a way that estrangement will follow. Do your chores and get on with the things you enjoy doing. Your luckiest events this month will occur on a Thursday.

CANCER



Jun 22
to
Jul 22

You can make professional changes and direct your energy into making all the right moves. Go after your goals. You may have more people on your domestic scene than anticipated. Jealous attitudes may lead you astray. Don't be too eager to give a piece of your mind or even your opinion this month. Your luckiest events this month will occur on a Sunday.

LEO



Jul 23
to
Aug 23

Your intellectual charm will entice mates who have common interests. Get out and, about. Be quiet about your intentions or ideas that might bring added cash. You may be able to impart knowledge that's innovative to those searching for a new angle. Your luckiest events this month will occur on a Wednesday.

VIRGO



Aug 24
to
Sep 23

Stick to your work and avoid emotional confrontations. Social events should be the highlight of your day. Be discreet about any information you uncover. Don't tell others of your plans. Don't be too eager to spend what's left over; more unexpected expenses are evident. Your luckiest events this month will occur on a Friday.

LIBRA



Sep 24
to
Oct 23

Try to be fair in your dealings with acquaintances. Unexpected bills may set you back. Don't give them the use of your credit card. Dinner, theater, or a comedy club may be just the place. Your luckiest events this month will occur on a Saturday.

SCORPIO



Oct 24
to
Nov 22

You will want to complain about the in justice that is going on. You can make a difference if you offer your help at functions that involve children. Your mate may be distressed if you refuse to make a commitment. Expressing yourself in novel ways should lead you down new avenues. Your luckiest events this month will occur on a Sunday.

SAGITTARIUS



Nov 23
to
Dec 21

Draw up contracts regarding your personal situation. One-sided relationships are likely. You can expect to feel confused about your personal prospects. You'll be prone to tears if your mate is harsh with you this month. Your luckiest events this month will occur on a Saturday.

CAPRICORN



Dec 22
to
Jan 21

Get involved in activities that will bring you knowledge about foreign land, philosophies, or cultures. You will have a great deal of insight when dealing with others. Residential moves will also be advantageous for all concerned. This is not the best day to visit relatives who get on your nerves. Your luckiest events this month will occur on a Monday.

AQUARIUS



Jan 22
to
Feb 19

Someone you least expect may not have your best interests at heart. Avoid lending or borrowing. Your partner may be erratic this month if you haven't paid enough attention to him or her. You could find yourself left with someone's dirty laundry. Your luckiest events this month will occur on a Tuesday.

PISCES



Feb 20
to
Mar 20

Simple ways to become a better cook

While eating out is the most popular activity, learning to cook does not seem to be so of late. In fact, it also does not seem to feature among the top-five resolutions. If you are among the health conscious, who plan to eat healthy this year, it is more effective if you learn to cook it yourself. All you need to do is get rid of the awe around cooking. It is no rocket-science. Just remember some things for a hassle-free, healthy cooking...

Make a commitment

Always remember that learning is a process and not just a single step. To become a good cook, you will require some time to master in it. It is much more than reading a recipe and following a set of instructions. Says food blogger Vidhi Ravjiani, "Often you may lose hope and just feel like ordering something from your neighbourhood restaurant, but try to remember your goal. Figure out what went wrong in the first dish you made and don't repeat it the next time around."

Pay attention

The first rule when you just start out cooking is to be attentive. Turn off your TV, don't talk on the phone or don't surf the internet while you are cooking. Be aware of what the food looks like or what it smells like etc. Paying attention to what you're cooking, also saves you



from unwanted disaster. For example, if you have put something on the stove and get busy talking on the phone, chances are that the dish could end up getting burnt as you are distracted.

Organise well

The trick to becoming a better cook is by keeping everything you need while cooking at hand. Since you are not used to the whole process of cooking, you may forget about having everything prepped and chopped before you begin. Before you start, make sure that you have all the ingredients you require for the dish so that you don't have to do any last-minute running around.

Taste your food while you cook

Don't wait for your cooking to get done completely. Flavour is built up in

layers — when you taste the food in various stages of being cooked, you will get different flavours. For example if you are cooking with tomato, you will notice how the flavour of a tomato sauce deepens as it cooks or how a carrot goes from a simple vegetable to a rich and sweet dessert. Also when it comes to seasoning, always remember that there's more to it than salty or sweet. Many dishes can also be fixed easily with a jolt of acidity.

Keep it simple

Just like you don't become an excellent driver until you have spent a considerable amount of time on the road, similarly you won't become a chef in a day. Begin by learning a few basics — a vegetable or chicken soup, an omelette, dal and chawal are a few.

Repeat them until you are satisfied with the result. Move over to another dish only when you have mastered the simple ones.

Shop with care

As a beginner, you may feel that the real cooking starts in the kitchen, but you are wrong. It really starts in the market. Select the ripest of fruits, the deeply coloured vegetables or the fresh variety of meats. Devote an extra 10 minutes to choose the best ingredients as it will save you hours of cooking time.

Get the right equipment

There are a few essential equipments that you need to have. These include a skillet, woks, roasting pans, slow cookers, casserole dishes and salad bowls. Home baker Geeta Subodh says, "Besides these, a well-stocked kitchen includes a saucepan, cutting boards, one for meat and one for vegetables. Use a big cutting board — the bigger the board, the more room you will have for quickly prepping ingredients. You should also have a set of mixing bowls and measuring cups and spoons."

Keep a well-stocked pantry

You shouldn't think of your kitchen as just an ordinary kitchen. While you are making a shopping list, and as you cook and use the ingredients, keep your pantry in mind. Every time you reach the bottom of your ginger-garlic paste or vinegar bottle, always jot it down on your list, so that you won't come up empty-handed the next time you are about to cook.

Gujarat is not just the land of dhoklas and theplas, here's a taste of Parsi cuisine from the region.

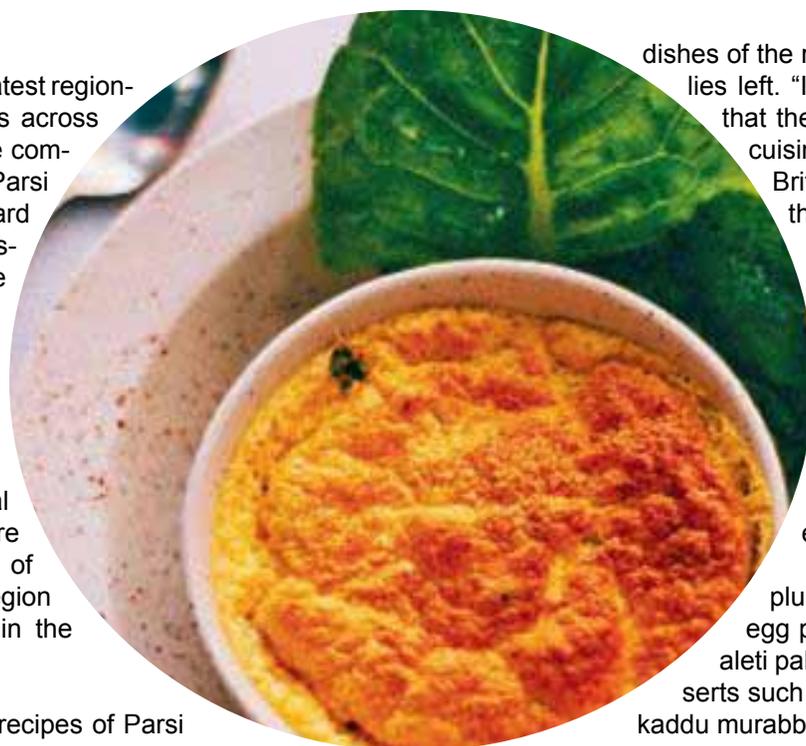
Parsi cuisine of Mumbai Irani cafes is the latest regional binge tickling the tastebuds of food lovers across the country. Almost every city has a new cafe coming up or existing ones have added popular Parsi dishes like sali boti, dhansak or lagan nu custard to their menus. While Mumbaiya Parsi has established itself as a popular pick, pay some attention to its lesser known cousin, Gujarati Parsi.

Not many know that the towns of Sanjan, Udvada and Navsari in Gujarat were among the earliest settlements of Parsis in India. Legend says that Parsis actually found Navsari region to be a prototype of the original Sari region of Iran and named it Navsari where 'nav' means New. It was also the birthplace of Jamshedji Tata and Dadabhai Navroji. The region has probably the oldest Parsi settlements in the country.

PARSI PLATTER

Chef Anahita Dhondy who has compiled recipes of Parsi

Tried some Gujarati Parsi?



dishes of the region says that some areas have just 50 families left. "It was important to chronicle these recipes so that they are not forgotten," she adds. Gujarati Parsi cuisine is a combination of Persian, Gujarati and British cuisines, a fusion of various cultures over the years.

Dishes from this region are high on sesame, coconut, garlic, peanuts, mint, lemongrass and local vegetables. Mutton, chicken and fish remain staple non-vegetarian choices. The key difference between the Mumbai and Gujarati Parsi is that the former uses a lot of frying techniques and the latter employs stewing as a practice. There's also a unique balance of 'khattu-mithu' flavour - a nod to the sweet influence of Gujarati cooking.

They get the sweet flavour by using fruits like plums or berries. "A usual breakfast comprises egg preparations, other specialities include kevals, aleti paleti or khurchan, veg and non-veg pulao or desserts such as malido, chapat (crepes served with lauki or kaddu murabba) or dhooth na puff," Dhondy says.

Phillauri movie review: Anushka and Diljit charm with their presence, but the film shines only in parts

Phillauri, the second production venture of Anushka Sharma, hits screens on Friday. With a “friendly ghost” aka Anushka in the film, it is a fresh take on love stories.

Anshai Lal’s directorial debut traces the incidents around the marriage of Kanan

Film Review

Phillauri

Director: Anshai Lal

Actors: Anushka Sharma, Diljit Dosanjh, Surah Sharma,

Rating: 2.5/5

(Suraj Sharma) with his childhood love, Anu (Mehreen Pirzada). The twist is that Kanan marries a tree as he is a “manglik” and the ghost of Shashi (Anushka) is bound to him as she is the ghost on the tree. The film narrates two parallel love stories - that of Kanan and of Shashi.

While Anushka lightens up the screen each time she appears, the film shines only in parts.

Despite a fresh idea, Phillauri is a loosely-written film that fails to engross the audience. Most of the first half entertains in bits - only at times when Anushka makes you smile and cry, or when Phillauri (Diljit Dosanjh) and Shashi set the screens afire with their



heart-warming chemistry.

Phillauri does not give away any interesting bit almost till the interval. It is only in the second half when the film focusses on Diljit-Anushka’s story that it becomes engaging enough. And the credit for this must be given where it is due - the enchanting presence of the two actors and the lovely chemistry between them.

The incidents of Kanan’s marriage and the flip-flop between the two love stories make the film rather disjointed.

The story develops quite slowly. The current day story is overloaded with stereotypes about Punjabis - from over-the-top welcome to alcohol flowing freely all day and the loud Punjabi ways only mar the otherwise subtle tone of the narrative.

However, there is one aspect of the film that is extremely impressive, set in undivided Punjab in the pre-Independence era Anushka-Diljit’s love story is quite unusual. While Diljit plays a

“bhaant, kanjar, piyakkad” singer, Anushka is the obedient sister of a doctor who believes that singing and dancing is not for “respected people”.

Anushka loves poetry and even writes for a weekly that is widely read in her pind - Phillaur. Everyone loves her poetry but Anushka does not unveil her identity because “acche ghar ki ladkiyan in cheezon mein nahi padti”.

Not only does Anushka find the courage to write and post her poems, she

also becomes an intellectual equal and partner - more of the “sangini” for Diljit - as she writes and he sings. Forget the pre-Independence era, not many women in our villages can boast of such a subtle-yet-strong protest even in today’s time.

Except for that one point, there is nothing extraordinary about Phillauri. It is a light-hearted, average love story. Watch it, if you must, for Anushka Sharma and Diljit Dosanjh.

I’m not thinking about marriage or planning as of now: Alia Bhatt

She is clearly riding high on the success of her latest hit, Badrinath Ki Dulhania (BKD) making over Rs 100 crore at the box office. As Alia Bhatt prepares to start work on a new lot of films, the actor says she isn’t “looking at only acting.” Here, the 24-year-old talks about career, life, marriage and more.

Technically speaking, it’s a new year but my last release was in November (last year) itself. Although I started promoting BKD two months before, in February, on a personal level, it was almost as if things were in continuation. But somewhere, it has also hit me that it (new film) is probably my only release this year, which is why I made sure that it gets a lot of at-



traction. So, I did all that I could to push the film throughout the country. That’s the only way it could have reached the interiors of the country.

I do want to settle down early (in life) because I have an advantage of having started off (in career) very early. That way (getting married), I can get done with it and continue (in my career). Also, I don’t want to settle down

too late in life because that also has its own issues. But honestly, I’m not thinking about it or planning as of now.

Earlier, we used to say that an actresses’ shelf life lasts only until she gets married. But I don’t think that’s true anymore. That has completely changed, especially with the way Bebo (Kareena Kapoor Khan) has gone about her marriage and even her pregnancy. Even after getting married, she did really well in a few tough films. And now, although she delivered (a baby) a few months back, she is readying to get back to shooting. I think that’s the way it should be for an actor. You shouldn’t stop acting just because you settle down, and I also don’t plan to go that way.

Huma Qureshi

says she has friends in Bollywood, but is closest to brother Saqib



Actor Huma Qureshi, who moved from Delhi to Mumbai to pursue a career in acting, has been in the city for over eight years now. Though she has managed to make a lot of friends in Mumbai, she keeps making trips to Delhi to catch up with her parents, who are still based there. She lives with her brother, actor Saqib Saleem in Mumbai, and though the siblings have their fair share of quarrels, Huma reveals that he is her closest confidante.

"We both have a lot of friends in the industry, but Saqib and I are very close. I always talk to him about everything. We even take each other's advice for generic stuff. In fact, we got closer once we moved to Mumbai, and now I depend on him for everything. While we were growing up in Delhi, he wouldn't confide in me because he thought I would tell everything to our mother, but now he has matured," says Huma.

While Huma just had an international release, *Viceroy's House*, she isn't bothered about competition. In fact, the actor says that when any other actor's film does well, she feels happy for them. "I am passionate about acting and being here, but I am not competitive. I am happy for all of them, and their success but by the grace of God, I am doing enough work. I have always wanted to be an actor for as far as I can remember. I have gotten here and it isn't easy. My father has a restaurant business in Delhi, and I should have been selling kebabs, but here I am, acting in Bollywood, so God, definitely has plans for me," Huma says.

Sorry to disappoint people, but no baby right now: Bipasha Basu

Bollywood actor Bipasha Basu has denied all rumours about being pregnant and says curiosity about it is a "tad annoying".



There were reports stating that Bipasha, who tied the knot with actor Karan Singh

Grover last April, is expecting her first child.

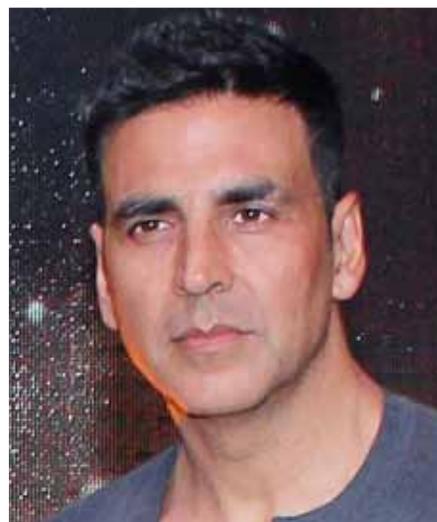
Taking to Twitter, the 38-year-old actress shot down rumours and said that whenever it happens she would share it with her fans and followers. "The curiosity about me being pregnant...is sweet and a tad annoying. I am sorry to disappoint the people who are so eager for this to happen," Bipasha tweeted on Tuesday morning.

"We are not planning to have a baby right now. When we do plan.. it will be joyous news which we will share with our well wishers then," she added.

Akshay Kumar couldn't have averted the clash with Shah Rukh Khan's next film

The news that Bollywood actor Akshay Kumar's comedy-drama *Toilet: Ek Prem Katha* will release on August 11, the same day as filmmaker Imtiaz Ali's Shah Rukh Khan-starrer, spread like wild fire on Tuesday. While both actors didn't comment on the clash, a source informs HT that it could not have been averted. "*Toilet: Ek Prem Katha* was earlier meant to release in early June, but that would've come in the middle of the holy month of Ramzan. The Fridays after Ramzan ends are already booked for Hollywood biggies including *Pirates of the Caribbean: Dead Men Tell No Tales* and *Spider-Man: Homecoming*. The only date available then was August 11, which is also a long weekend on account of Rakhi and Independence Day. So this clash was inevitable," says the source.

Interestingly, the much sought-after date — August 11 — was earlier announced by Akshay Kumar for his



Neeraj Pandey directorial, *Crack*. A few weeks after Akshay announced the film on Twitter, Shah Rukh Khan announced that his yet-untitled film starring Anushka Sharma will also release on the same date. While Akshay postponed plans to film *Crack*, and started work on *Toilet: Ek Prem Katha*, the clash was destined to happen on the same date.

Trade analyst Amul Mohan says such clashes are inevitable. "One cannot avoid clashes since there are only 52 weeks in a year, and almost 200 films release annually. August 11 was always Akshay's preferred weekend. The audience will be divided for sure, and so will the money," says Mohan.

Trade expert Atul Mohan says, "The subjects and settings of both the films are very different from each other. While Shah Rukh Khan's film has been shot abroad in locations such as Prague and Amsterdam, Akshay's film has a desi feel and has been shot in the hinterlands of Uttar Pradesh and MP, including Mathura and Hoshangabad. So eventually, it will be a clash between whether fans choose *videshi* or a *desi* subject."

"While the three Khans — Shah Rukh, Salman and Aamir — book Diwali, Eid and Christmas weekends (respectively) for their films, Akshay Kumar typically chooses Independence Day or Republic Day to release his films as they have a patriotic flavour. This time, too, Akshay's choice was Independence Day as his film touches upon the topic of Prime Minister Narendra Modi's call for *Swachh Bharat* and addresses the problem of open defecation," adds the source.

Fans meanwhile, will have to brace themselves for choosing between the superstars. Twitter user, Alia's Omkar, wrote, "It's better to avoid clash. Both are content driven movies but Imtiaz's next film's budget is huge. With clash it won't be doing great." Another user, an Akshay Kumar fan, tweeted, "This time, SRK is finished!"

Chai With Chaitanya Charan Das, from ISKCON

“Gratitude and humility is the essence...”

Asiatoday got an opportunity to meet a young travelling monk, Chaitanya Charan Das, from ISKCON aka Hare Krishna group. Chaitanya Charan Das is an acclaimed author, scholar, mentor, life coach, and monk. He has been an invited speaker at several international conferences on the interface of science and spirituality, including the World Peace Conference 2006 and World Peace Congress 2008 organized by UNESCO. Based in India, he has given talks at colleges and companies all over the world from Australia to America. He was visiting phoenix as part of his North America tour this year.

Asia Today(AT): It is very nice to meet you. We have heard lot about you but want to know more about of your journey to spirituality.

Chaitanya Charan Das (CCD): Nice to be here with you. I was following a normal career chart and I did engineering and was planning to come to America. I gave my GRE in 1996 and I was first in the state of Maharashtra, India to get 2350 out of 2400 at that time. And at that time my dream was two things. One was I want to achieve something extraordinary and secondly to contribute something to society. But, my criteria for achievement were primarily on academic field. I wanted to be a topper and when I got high score in GRE, I was not the first in my college, but first in the history of my university to achieve this. So, I felt my dreams come true. But then unfortunately there was no real satisfaction. Because looking at the marksheet does not give any pleasure rather someone has to come and congratulate you then only you feel happiness. I felt that I am becoming more dependent on others for my happiness. That time I came across Bhagavad Gita (BG). which helped me to understand that the real happiness is found within through spiritual realization and I started following the principles of BG. I was positively transformed. I had a short temper that time but that also substantially went down. Before that time I was looking at BG more like a religious book or a philosophical book. But later I realized that BG can also be a book for self development and for self empowerment. Parallel with my studies, I was doing some social service in my college. And as part of that social service group, I used to go to the slum and teach slum children. I would teach them english, maths and history and I found them most of the kids came from dysfunctional home. like father is alcoholic or there is so much of domestic abuse in the house. And I felt that I was really helping them substantially by teaching them maths, history etc. I was very much convinced about the power of education to help people. During that time, one of my friend was very much into social service. He went to a village and he saw how much alcoholism is creating havoc to poor people. We decided to make an anti alcohol campaign also. My friend by his effort got the whole village dead-



dicted from alcohol. And one day he was shattered seeing that in local panchayat election, local panchayat member has brought several free alcohol bottles and not only the father but the children are drunk. And that time I felt that by offering academic education, I am opening new options for people but people don't just need options but they also need the inner capacity to choose wisely the right option. And that inner capacity to choose wise option, I felt, can come by sharing the principles of BG. By that time I passed out from my college, one year senior to me was a student who had been university topper throughout. And he had got the highest paid job in the history of our college that time. But he was a chain smoker and within the first 6 months of his high paying job, he has been diagnosed with advanced lung cancer and he died. So here it struck me that whether it is uneducated people or well educated toppers working in MNC, they all had something within them which could destroy them. And then I felt that by the knowledge of BG, we become empowered internally to make healthier choices and to resist harmful forces that reside within us. Thereafter I worked in software company for sometime but I felt that whatever I was contributing to society through writing software programs can be done by several hundreds of other people. I felt that I discovered something more valuable to contribute to society. As I said earlier, BG has been initially type-casted in my mind as Hindu religious book or as an abstract philosophical text but then after I saw it as a spiritual book which is for self empowerment. And as I was having a scientific background because of my engineering I felt that science is one big mountain of knowledge and spirituality is another big mountain of knowledge. But there are few bridges between them. I felt that with my training and experience I could contribute to the society best by presenting the wisdom of BG in contemporary scientific logical terms. And that's how I decided to dedicate my life that time onwards by studying and sharing the wisdom of BG.

AT: When you become the ISKCON's member?

CCD: In 1996, I got introduced to

ISKCON and in 1998 I got passed out from my college. I worked for a year and in Feb 1999, I joined ISKCON as a monk.

AT: Somebody took you to ISKCON or you just find you own way?

CCD: In 1996, after I have given my GRE exam, it has been my anticlimax as even though I achieved what I wanted but I was not satisfied. (Smiling) I was kind of frustrated by success. Then at that time, one of my childhood friend has become introduced to ISKCON and he gave me a BG. My first reaction was I have already read this and I know this. But then when I saw how transformed he was, I was surprised. He had been a typical materialist happy go lucky kind of person but now he was so sober, gentle and transformed. I felt may be there is something in the BG that I have missed out. That was in Sep 1996.

AT: Then you became a follower of ISKCON temple from then onwards. One more question. You talked about two things. Spirituality and Science. So, so far how much successful you are in building bridge between these two.

CCD: Ok. I think making a bridge is a huge effort which will require not just one individual but the whole groups of individual working for several generations. But in my own small way, I feel that I am able to make some contribution. In last 17-18 years now, I have been speaking on BG, writing on it, since 2011 I have been writing daily on BG 300 words article in my blog Gita-daily and thousands of people reading all over the world. And I feel that on many occasions people are dramatically benefitted. In 2015, when I came first to a tour of America I was speaking at the OHIO state university to a Vegetarian society on regulating our mental diet. After that session, one American science graduate student came to me and told me that just before this class, he had been contemplating suicide. He had been a steady relationship but his girl friend left him for some other boy. While he was contemplating suicide somehow he has seen poster for this program. He felt something within him said lets go for it. And now after that session as he understood that it was not he who wants to commit suicide

rather uncontrolled mind within him which was prompting him to do this. And by understanding this wise inside him, he resisted. Again in 2016 when I go to same university I saw that boy again and now he is well situated and good at his career and now in another relationship and he has internalized the principles of BG. So I feel that there are definitely people who are benefited by the wisdom of BG. I see myself not as a teacher of BG, I feel that the Gita teaches me and teaches through me. There is a great satisfaction in becoming a channel for higher wisdom.

AT: Any message for the reader of Asia today and any particular instruction for where to go to get peace?

CCD: I would say 3 points. BG offers a vision of light which is very devotional and dynamic. What you are is God's gift to you but what you become is your Gift to God. God has given us something. For some it is more and for some it is less. Whatever we have if we use it well, we can always make valuable contribution in life.

We dont have to compare ourselves with anyone else. Comparison is the cancer which can sap out energy. If God has wanted us to be someone else he would have made us someone else. God has made you "you" and BG wisdom can empower you the best "you".

One last point, spiritual wisdom is not just a spare wheel in our life. When things dont work then we will go to temple or we will pray to God. We keep it like a spare wheel. But if we make spiritual wisdom as the steering wheel of our life, we make it pivot by which we shape our decisions then we will find that whatever life sends our way we will be able to bring the best out of it. In life good and bad things will anyway happen. But with BG wisdom, we can bring best out of the good and also of the bad. That is what Arjuna did, he was devastated at the start, but by the Gita wisdom he was inspired at the end. Arjuna's bow represents our determination. At the start of BG he kept aside his bow saying I can not fight. But by the end he raised his bow again and he was ready to fight. Similarly, life diversities make us put aside our bow. I can not do anything. We give up. But by hearing the message of BG, Arjuna became confident. We can also become confident by the understanding of the God' benevolence, the God's love for us. And we can be inspired in loving determination like Arjuna to make our contribution in life.

AT: From where you to get your inspiration for your classes and practical and wonderful examples which makes it easy for people to understand.

CCD: Greatest inspiration for me is Srila Prabhupada who authored the BG as it is. When he was all alone on the ship, jaladyuta, who was carrying him, he had two heart attacks. Here is a person who is alone and practically penniless, who is having no medical attention. Normally when we get a heart

attack lot of relatives come and take us to hospital. But he was all alone and he was thinking not that God should save him rather he was praying oh god make me an instrument of your compassion. Make me dance according to your tune. So that I can share your message with the world. This selfless dedication of srila prabhada is my enduring inspiration. He was a preeminent teacher of BG and he has inspired several of other people to teach and thousand to live on the principles of BG. So, primarily from Srila Prabhupada and many other teachers who in their own way are sharing the wisdom of BG from different perspective, I get inspiration. And I try to share that wisdom in contemporary language. Srila prabhupada would say that we should present BG message in the language of science. I see that science is one language but every generation has ethos and that timeless wisdom should be presented in a timely way according to the idiom and ethos of the generation. So, I try to serve all the previous Gita teachers by taking inspiration from there and presenting in contemporary language using contemporary examples. In this way, I serve in my own small way in bridging between traditional and contemporary world.

By your work worship the lord. Tool of my trade is word to beautify and glorify the lord.

AT: Is everything about God is written in BG?

CCD: See, God is greater than any religion or any book. God is greater than any philosophy. We can not say that everything about God can be understood from any book. Gita tells us essential things which we need to know by which we can know and love God. All sacred books are meant for God. God is not meant for the book. Religion is meant for God not other way. When there is a religious conflict which often happen because some religion claim that God is their monopoly and God can only be known through their religion. Here there is a fundamental mismatch. God is bigger than any religion that we have. BG actually focuses on transcendental essence. At the end, BG says a verse sarva dharman parityajaya [Bg 18.66]. Give up all externals, give up all religion formalities and focus simply on loving devotion to me. In that sense BG takes us to the essence of the spirituality and gives us the instrument both intellectual and practical and by which we can realize and relish the essence. God knowledge is exhaustive. Gita can guide us in our journey of knowing God so that we can keep relishing our journey.

AT: What is biggest problem in this so called developing world where we have so many things to relish? And why should we turn towards spirituality?

CCD: Two things - Just that I have good food does not mean I don't need oxygen. Food is important. But oxygen is also important. Just that I am great in professional life does not mean I don't need family life. Great success in professional life can not compensate for my failure in family life. There are different areas of life. In today's world we

have tremendous progress of science in material world. But material is external to us. We have very good gadgets. In past people used to sweat in the sun but today we have air conditioning but people are still sweating not because of heat but because of stress. So we have the paradox of people having comfort but they are comfortably miserable. We are externally going right, but internally very few things are going right for us. Never before in the history of world so many people committed suicide. According to statistics, one million is committing suicide every year. One in every 40 sec. and this figure of one million is more than who are being killed in murders/wars/and violent crimes together. So, people are killing themselves more than getting killed. There is something fundamentally wrong here. We are learning to control outer world but not inner world. BG gives the knowledge by which we can control the inner world. Arjun was the great warrior but he was internally disturbed by confusion and he was reduced to tears. BG demonstrates here that inner war is far more decisive than outer war. BG knowledge help Arjuna to win the inner world.

Science can makes things better but spirituality can make people better. We need a balance of science and spirituality. For our fulfillment, peace and true enjoyment we need to get better control over the inner world. And that is what provided by the wisdom of BG.

AT: When did you start writing daily on the Gita? What inspired you to do so?

CCD: I have been writing daily since November 1, 2011. I had been reading the Bhagavad-gita daily for nearly fifteen years before that and I had found it unflinching, inexhaustibly inspiring. And I had been sharing that inspiration through my talks.

During my talks, I would often coin succinct statements that summarized in English some of the Gita's teachings, especially those relevant in our personal and social lives. Many in my audiences appreciated those succinct statements and asked me to elaborate on them. So, I made a list of those statements and started writing brief articles on them.

Knowing that everyone is hard-pressed for time, I wanted to keep the articles as short as possible. I found that on an average people can read 100 words in a minute. So, I felt that I could write a 300-word meditation on the Gita, it would appeal to people as they could get a daily connection with the Gita in an accessible and appealing way.

I had seen similar short reflections written by teachers of other traditions on their respective sacred books such as the Bible and the Koran. Yet no one was writing similarly on the Gita. I thought, "It has been a source of wisdom for millions of millennia. Why should it be deprived of a similar honor?"

Actually, I felt that I was not qualified

for writing on the Gita daily, but none of my spiritual mentors had the time to do this. The spiritual teacher who has influenced me the most, A C Bhaktivandana Swami Prabhupada, author of Bhagavad Gita As It Is, urged seekers to write daily for deepening their understanding. I see myself as a Gita student who writes on the Gita to understand it better. I don't teach the Gita – the Gita teaches me and teaches through me.

AT: What do you think is the greatest need of people in today's world? And how Bhagavad Gita or GitaDaily articles can fulfill that?

CCD: Martin Luther King said, "We have guided missiles and misguided men. Our scientific power has outrun



our spiritual power." Through science and technology, we have transformed our outer world. But our inner world remains an area of profound darkness and even distress. Over a million people commit suicide every year. This figure is more than the number of people killed in wars, terrorist attacks and murderous crimes combined together. More than the number of people being killed by others is the number of people killing themselves. Going wild within the human psyche is a force that is dark and deadly.

That force brought Arjuna, a battle-hardened warrior to a breaking point, even before the battle started. And that same force is bringing countless people to breaking point today.

There is an acute need to illumine our inner life so that we can identify and rectify the malevolent forces within us. The Gita did that for Arjuna; it did that for millions over millennia; it can do that for all of us too.

AT: What kind of issues do you deal with in your Gita daily articles?

CCD: I primarily focus on the Gita's capacity to tap the hidden depths of human potential. We all have within us so much potential that is dissipated because of our stray thoughts, wild desires and unconsidered actions. By applying the Gita's principles, we all can discover that we are meant for much bigger things than what we may have thought – transformational achievement and enduring fulfillment can be ours if we empower ourselves with Gita wisdom.

I try to center the Gita-daily articles on one of the following six themes:

1. Growing through life's reversals
2. Learning to see the world with the eyes of the Gita

3. Understanding important Gita concepts in small accessible thought capsules

4. Empowering themselves with Gita insights to choose intelligent pleasures

5. Applying the Gita's teachings for leading a principle-centered life

6. Using Krishna's words to perceive his presence in our heart and life and thereby learning to love him

AT: Do you think that the Gita should be declared India's national book?

CCD: The question has become unnecessarily politicalized and gone into the area of religious one-upsmanship. Declaring the tiger to be India's national animal doesn't mean discriminating against other animals – it just means acknowledging the specialness of the tiger for Indians.

Similarly, if we consider the formation of modern India, no book was as wide-ranging in inspiring Indian independence fighters. Right from those who championed non-violent political agitation to those who advocated counter-aggression, the whole gamut of Indian leaders derived inspiration from this timeless classic.

Prior to that, the Gita has inspired millions in India for millennia. Given this rich stamp of the Gita on the formation of the fabric of India, declaring it to be India's national book is entirely fitting.

At the same time, if such a declaration is going to inflame communal fears and if such fears can't be addressed by proper education, then probably the energy spent on canonizing the Gita as India's national book can be better used in sharing its wisdom. Applying the Gita in life will benefit India and will enable India to benefit the world by becoming an exemplar and exponent of universal spiritual wisdom.

AT: Stress is a major problem in today's world. How can the Gita help us deal with it?

CCD: While stress is a complex problem with multiple causes, one major cause is the tendency of the mind to focus on things that are not in our control, instead of things that are in our control. I often say, "Worry is the interest we pay on loans we haven't yet taken."

The Gita's spiritual knowledge and its recommended practice of meditation can help us relish inner security and serenity. By this, we can face stress-causing uncertainty with greater calmness and effectiveness.

At the end, Asia today team thanked Chaitnya Charan Prabhu for his wonderful message and insight to spiritualism.

Websites:
<http://www.thespiritualscientist.com/> - Exploring Science Spirituality Wellness, <http://www.gitadaily.com/> - Begin each day enriched with nuggets of timeless wisdom, <http://www.radhakrishnaphoenix.org/> - ISKCON of phoenix

Self-Preservation: The Priority in Old Age



Dr. Jaswant Singh Sachdev
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The other day I had an opportunity to visit a close acquaintance in a nursing home. He was a frail ninety-year-old male of Indian background, who, for a lack of better word, was “parked” there by his family. I had followed his life for several decades, including the days when he was ruling or pretending to rule his family as well as a little world around him. But his situation now, to say the least, was pitiable. Reduced to 90 pounds of a mere skeleton of bones and skin with no muscle mass in between, he appeared to be hanging on a tight rope between life and death. Such were the ravages of old age and its infirmities.

It was not as though I had not seen such patients in my life before; after all, being a neurologist, I have taken care of many elderly patients as part of my professional activities. But this was an entirely different experience, given that I had known him from the hay days when he was in his prime and now this listless skeleton lying in front of me was a sight I was not prepared to encounter.

Interestingly enough, in spite of his age, his mental faculties were relatively well preserved as far as I could detect. He knew it well that everyone was acting out around him just to make him feel good even if he was of no use to anyone; rather, a burden to his family and society. He was aware that neither his family and friends nor the hospital employees, had much interest in him at this stage of life. They were there because they had to be; some to prove to the world and to him that they cared for him while others merely were trying to fulfill their job obligations by playing their roles that they had to.

Despite this, the elderly gentleman was awfully engaged in making sure that he was well taken care of to the extent possible. His actions and moves were totally directed towards himself. All he wanted to do or could do was mainly related to his well-being and to him alone. Self-preservation was an utmost important issue on his mind for he knew that it was he who will have to take care of his needs and no one else. The fact of the matter is that an older individual usually starts to lose interest

in the world and in the surroundings and instead gets focused on self. He or she often worries more about himself or herself, in contrast to the way she or he had lived life before. In fact, this is true not only among humans-beings but in everything that is living.

He wasn't much concerned about what others thought or have been thinking. The nurses taking care of him informed me that he always made sure his food arrived on time so that he could eat at a specified time for whatever little need he might have and when he wanted to rest, the others should not disturb him. He always wanted his bed set up with railings on the sides so that he wouldn't fall while sleeping.

Watching him and reflecting upon his situation, I became somber and melancholic. For one, he belonged to the same culture, same faith and had emigrated from the same country as I did. However, this should not have mattered much. In the capacity of a healer, a physician must treat all patients equally who cross his or her path and with same passion, affection and compassion. But the thought that at the end of the day we might end up in the same situation, regardless of who we are and what shape we are in, was unsettling and bothersome, to say the least.

It is well known that in some societies, the elderly are neglected more than others and not much attention is given to their needs. A thought may run through the minds of those who had to take care of an elderly that the person has already enjoyed a good life so why worry?

This phenomenon of selfishness in self-preservation is universally true regardless of who the person is or what his or her status happens to be. For example, one may recall the life of a well-known and celebrated Indian English author who died in 2014 in New Delhi at the age of 99. Those who have met, seen or read about Khushwant Singh are familiar with his behavior and lifestyle in the latter part of his life. He always insisted on retiring for night at his fixed time. Regardless of the political, social, religious or administrative status

of a guest joining him for a drink or dinner, he would not let any visitor stay after 8 p.m. and would let it be known in no uncertain terms that it was time for him to retire for the night.

Interestingly, another ancillary behavior, indirectly related to the instinct of survival, becomes noticeable at this age. Scenes of elderly Indian women of yesteryears carrying important items such as keys of household tijaury (the locker) or even cash on their bodies, tied in the form of a knot in one corner of their chunni or a saree, could not have been lost on us. Despite full control over the entire household, they would not trust any other family member when it came to such issues. The concept of maintaining constant company with their purses, especially among elderly women that might get fancier and fancier with every rotation of the earth, was not only meant to make a fashion statement, but also represented the same phenomenon. The failure to develop trust in anyone around, including their own families in that age group becomes more prevalent.

The question remains: Is this kind of selfish behavior seen in these senior years an exclusive domain of this age group, or does this happen to be something we were born with and yet tend to ignore until we grow older when it becomes manifest aloud?

Watching the human lifecycle carefully, one notices that the selfishness of old age is certainly not exclusive to this age group; it was also evident in early childhood albeit in a different form. All an infant cares about is his mother or his toy for this is the only world a child knows. Come adolescence, raging hormones take over and start ruling behavior. That innocent selfness of childhood is now expressed in a desire to rule the world. And whatever is desired has to be listened to. There are no exceptions, for selfishness at this stage happens to be at its zenith.

When parenthood starts and roles are reversed, the selfish behavior of childhood abruptly assumes another dimension reflecting an almost 180-degree turn. Finding a little heart

beat in her womb, every moment of that mother from there on is spent taking care of that little life. The young mother now lives and breathes for the baby. She walks and talks for the baby and she wakes and sleeps for the baby. She may forget to eat, yet she makes sure that the fetus in her womb is sufficiently fed. In other words, her child's life is hers. This is a unique kind of selfishness; accepted, appreciated and praised by the human beings all over.

And then the final stage of life lurching around the corner starts showing its ugly head when strength, both physical and mental, begins to fade away. The higher cognitive faculties, after serving their host for a long time, get tired and ultimately decide to call it quits, saying good bye and going their own ways. And why should they not? They served and cared enough for their mortal host. There is no point for those faculties to serve anymore to that less than useful, shriveled and withered body. In fact, nature has willed that way and this is the way it is going to be.

The elderly individuals, having lost those sharp faculties and attributes, ultimately end up in a stage of life, where most often than not, others do not pay much heed. Therefore, the entire attention of the withering body with its limited mental faculties gets woven into the web of self-preservation through a behavior of selfishness. This then becomes the only objective of life at that stage in an attempt to delay or avoid the ultimate fate. Stuck in that web and having no way out, the eventual order for liberation of the soul arrives, so to speak. This is without regard to whether the poor little soul in the decaying physical body is ready or not. Thus one day, the game of life finally comes to an end along with the most cherished possession of the elderly i.e. the self-preservation!

*From the latest new book of the author, “Western Mirror, Eastern Reflections.” For a copy of this book Contact: Shavisach@gmail.com

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Charismatic Hawaiian island –“Oahu”



Amardeep Kaur

Hawaii islands is a group of islands each with different look and feel. The main eight islands of Hawaii are Oahu, Maui, Hawaii, Kauai, Lanai, Molokai, Niihau and Kahoolawe. One of the Hawaiian islands- “Oahu”, is home to an awesome tourist destination – Honolulu city. Flight from Phoenix to Honolulu is almost 6 hours and 50 minutes.

The capital of Hawaii is Honolulu. Not only stunning beaches, you can hike in rainforests, see gorgeous waterfalls, amazing architecture, experience history with Pearl Harbor memorial, get the feel of Hawaiian culture and not to forget, going into the crater of volcano, even hiking to the top of it, to get glimpse of an entire city.

Pearl Harbor memorial is the most visited site in Honolulu. Pearl Harbor memorial honors 2,300 military and civilian people, who died in Pearl Harbor attack. It is a living proof of December 7, 1941 Japan’s attack on Oahu, which compelled United States to enter World War II. The memorial is built right on top of the remains of USS Arizona ship.

Diamond Head Crater is 3,500 feet in diameter and has strong 760-foot summit. It is one of the Hawaii’s most recognized icons. You will get a 360 degree view of the city from the top of the crater. The hike is around 1.5 miles both ways, takes around 1.5 hours. The panoramic views on top are worth the hike.

Architecture in Honolulu takes you back in time. Iolani Palace, a national historic landmark, is the only royal palace in America. Electric lights came to Iolani Palace four years before White House in Washington DC. It had been beautifully restored with furniture and jewels from the royal family. This palace was built with unique American Florentine architectural style.

If you love movies, you don’t want to miss this one. The scene in Jurassic Park movie, where two kids jump in waterfall to avoid dinosaur are the Manoa falls. Long bamboos, green bushes and mature trees make the Manoa falls trail so charming. The dinosaur petting zoo in the movie is the Honolulu Zoo.

Waikiki Beach is one of the world’s best beaches. You will see big buildings right across the road from beach. Waikiki beach has that mix feeling of the Las Vegas strip and Los Angeles beaches. All the big brand stores, you will find on the strip along with malls and hotels. Just across the road from the strip, you have this incredible Waikiki Beach. Decades old mature Banyan trees can be seen here. You can swim in ocean or sit in shade of trees at shore and enjoy the view. Lanikai Beach is termed as “one of the most beautiful beach in the world”. “Lanikai” means heavenly Ocean. Some other not to miss points are Sunset Beach, Pali look out, Hanauma bay, Honolulu Museum of Art, Lyon Arboretum, Aquarium on Waikiki Beach and Bishop Museum.

Various Parades and Fireworks are organized time to time to keep tourists happy. Honolulu has some of the best resorts you can imagine. At Honolulu, you don’t need to rent a car. Take a bus or Uber, you don’t want to deal with traffic and parking problem. Rental cars are available, but not recommended, due to heavy traffic and less parking space.

Outdoor activities includes snorkeling, kayaking, biking, hiking, and surfing, to name a few. There are

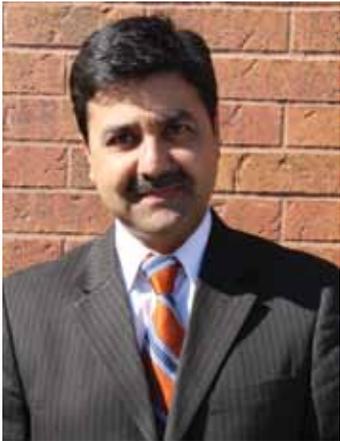


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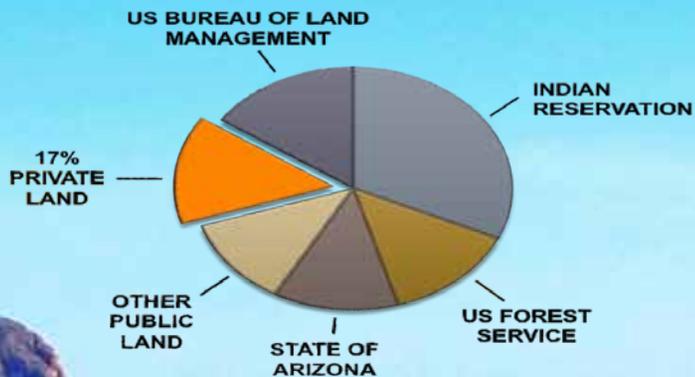
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