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Today

Monthly Newspaper

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• Issue-8

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• August 2015

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Pravachana by
Dr.Sri Bannanje
Govinda
Acharya



Sikh
Awareness
Activities
in Arizona



6

Teeyan
Da Mela
2015



23

Alia
Bhatt says
'Shaandaar'
will be worth
the wait



33

Satsang, Gnan Vidhi and Self-Realization with Dada Bhagwan



Mini Sarla

Arizona residents were blessed to have an opportunity to listen to the wisdom of Dada Bhagwan shared with over 2400 devotees by Pujya Shree Deepakbhai. The weeklong event was hosted at the Arizona Biltmore in Phoenix. The ballroom was packed to capacity at most events. The devotees enjoyed breakfast, lunch, and Prasad at the end of the days' events.

The organization was inspired by • More on P22

Hindu Temple of Arizona and the Oriya Association of Arizona, celebrated the 12th annual Ratha Yatra

On July 18th and 19th, Hindu Temple of Arizona and the Oriya Association of Arizona, celebrated the 12th annual Ratha Yatra, this year's celebration being special with the rare occasion of Nabakalebara. The chariot festival is symbolic of how caste, creed, and religion lose their dominance and everyone becomes equal before the Lord. With the sound of bells, drums, and chanting of "Hari Bol", Lords Jagannath, Balabhadra and Devi Subhadra were paraded throughout the streets of Scottsdale, in the beautifully, and extravagantly decorated chariot, or Rath. Following the chariot procession, their lordships were dressed in the golden attire, or Suna Besha. This year's celebration



was the first Ratha Yatra of the newly installed murtis of Jagannath parivar as per this year's occasion of Nabakalebara, or the re-embodiment of the Lord in his new body. The Nabakalebara Festival of Lords Sri Jag-

annath, Balabhadra, and Devi Subhadra goes way back into time beyond record. Nabakalebara is the replacement of the idols of the Lords, as the word itself means "New Body". The festival • More on P16-17

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“VIDHURA NEETHI”

Pravachana by Dr.SriBannanjeGovindaacharya at Phoenix, AZ USA

With the Blessings of His Holiness Sri SriSugunendraThirthaSwamiji of Udupi Sri Puttige-Matha, Sri VenkataKrishna Kshetra, Tempe, AZ was blessed to host the doyen of Madhwa Philosophy, Padmashri. Dr. BannanjeGovindacharya. On the auspicious occasion of Adhikamaasa, Guru Bannanje, visited and delivered a lecture on “ViduraNeethi” in Mahabharata on June 27, 2015. He is an eminent philosopher, “Pravachanakara” (speaker on spiritual texts) and writer of many books in Kannada. He is also an eloquent speaker in Sanskrit. The evening started with a welcome address by Dr. AnantaramKalya. Acharyaru in his inimitable style delivered an analysis of:

a. The complex relationships in a family.

b. The extent to which “putramoha” (love for son) blinded Dhritarashtra into not accepting a compromise proposed by Lord Krishna and resulting in Mahabharata war and the annihilation of Kaurava dynasty.

c. Lord Krishna’s words explaining why he did not accept hospitality of Duryodhana, Bhishma, or Drona who sat as silent spectators when an atrocity was committed on Draupadi in the royal assembly. Gururji brought out the secrets and qualities that a great ambassador should possess as demonstrated by Lord Krishna.

d. The key to ruling by following seven principles of good governance by a ruler as described by Vidura to King Dhritarashtra.

The Highlight of the evening was the glowing description of powerful female personalities in Mahabharata like Draupadi and Gandhari



and their respective roles; Acharyaru painted the picture of the pain these great ladies underwent in the minds of listeners.

The Talk on “ViduraNeethi” was

preceded by a Q&A session by Dr. Bannanje on:

a. Madhwa and other philosophies

b. The message of Krishna in

Bhagavad-Gita

c. How God directs a Karma, and the need to have knowledge & ability in a person to perform desired activity

d. The importance of performing ones responsibilities and just not sit back saying everything will happen as per will of God.

As all good things must to come an end, the day concluded with presentation of Gurudakshine to Dr.BannanjeGovindaacharya on behalf of Sri Venkata Krishna Kshetra Temple and all the devotees, by Sri. Kiran Kumar, Chief Priest of SVK Temple with presence of Sri Prasanna Acharya. All the devotees who participated left with a thought-provoking, informative, devotional and moral-filled speech by Dr. BannanjeGovindacharya in his inimitable style.

By:

Vidya Shridhar Chennagiri



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Strength is in the Roots...

This last month, I had the opportunity to travel back to India and travel for the first time to Indonesia. I have gone to India multiple times for pleasure but this was the first time I had the opportunity to go for business. Even though a completely different experience, one in which I did not have a lot of time for personal activities I typically enjoy in India, it was still a very educational and amazing trip – one that truly opened my eyes to both what India has become and what my parents have achieved by bringing us to the US.

Returning to the land where you were born as an accomplished individual who is there to both understand the working environment there, as well as find additional opportunities to help the economy and industry there flourish is such an amazing feeling. I know my parents sacrificed a lot – their entire lives to give us a better upbringing – and it was returning back to India that truly helped me appreciate where life (or should I say the hard work of my parents) has brought us. A country and its people who received me and my colleagues with such amazing warmth, happiness, and respect gave meaning and reality to the accomplishments that we tend to overlook on a daily basis in the US.

In addition to learning more about myself and appreciating what I have achieved, I also recognized that India is much further along than the country we left 25 years ago. An amazingly progressive country, one that has achieved almost a 50-50 ratio of men and women in the IT space which even the US struggles to achieve, I was surprised to see the large number of working women present in the large offices of Accenture and other neighboring buildings also occupied with large consulting giants. I was amazed to hear about



Editor's
NOTE

the supportive husbands who altered their schedules and took even share in the raising of kids so their wives could lead successful careers. I was shocked to hear about the amazing benefit packages to ensure women who chose to be mothers can continue to thrive in their careers such as 22 week maternity packages, help with childcare assistance, and back to job training to stay current and relevant in their skills – benefits that even the US lacks in providing to its female working population.

My shock at these facts made me realize that I had a bias or pre-conceived notion of what being female in India may be like – a notion that is maybe 25 years outdated. India has progressed amazingly and in some areas, far surpasses the US. However, the media who only likes to broadcast and publicize the negativity present in the country continues to feed the bias that many others may also have. And that is why continuing to travel is such an essential part of learning – books and news will teach you what they want you to know but your travels will teach you the reality of the world and enhances any type of classroom learning you may get. I doubt these opportunities would have been in India had we stayed in the country 25 years ago and am still grateful to my parents for bringing me to the US and the country for all the opportunities it has provided me. I am also glad that these opportunities are starting to become available for my female coworkers that choose to stay in their native countries and couldn't be more proud of where the country has come. I wish both the US and India continued success and hope the benefits available in both at some point align and become combined benefits in both countries for the emerging and talented female workforce.

-Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayaz.com



Marketing Director
NOTE

I wish all my readers a very happy Fourth of July, as we celebrate America's Independence Day. in-spite of rise in temperature in Arizona people had fun celebrating Eid.

Now August month is going to be full of events..India will celebrate its independence Day on 15th Aug. Also Rakshabandhan is also coming in Aug A festival that celebrates the love and duty between brothers and sisters.

Manju Walia
Marketing Director,
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Report of Sikh Awareness Activities in Arizona in July 2015

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

1. ASU Class of 40 arrives at Nishkam Seva to Learn about Sikhs

In keeping with our ongoing efforts to dispel ignorance among the American Society about Sikh faith in general and to make them aware about the unique Identity of the Sikhs in particular, some of us, the concerned Sikhs have been continuously attempting to arrange certain special programs for several years.

Inviting Americans from the Churches, adult residential homes, school and colleges to an education programs in Nishkaam Seva Gurdwara Sahib and presenting a Power point presentation about Sikh Identity, demographics, Sikh principles and hate crimes against Sikhs, has been one of our the main efforts. This is often followed by a visit to the sanctuary i.e. inside the Gurdwara Sahib and servicing them with Langar at the end are the additional components of the program



that attracts our visitors to learn about Sikh presence in this country.

On July 10, a class of world religion consisting of about 40 students from Arizona State University arrived around 7 PM where the undersigned was able to present 45 minutes of detailed presentation highlighting those issues through Power Point followed by half an hour of question-answer session. This was followed by Langar Seva. The students and the accompanying teacher were extremely pleased with it and when they left, the com-

ments were that we have truly been enlightened. We hope and pray that such activities will continue in future.

1 5th year of Monthly Sikh Meal Seva to Homeless Attracts 20 Plus Volunteers

A few committed volunteers of the Sikh community have been serving the Homeless on monthly basis for the last 15 years once a month at Phoenix Rescue Mission. The purpose has been to spread Sikh Awareness while following the fundamnet Sikh concept

of sharing with the needy. Until now we have provided almost 30, 000 hot meals consisting of hot fresh Pizza slices, steam cooked vegetables, Nacho with hot melted cheese, a Banana, Ice cream and soda to almost plus minus 200 needy at each visit on third Sunday of month.

This time around on July 19th, almost 20 volunteers from Sikh Community showed up to help the undersigned to carry on this task that was started in 2000. We thank the entire Sikh community for its generosity.



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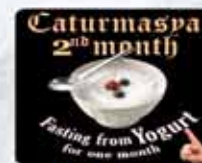
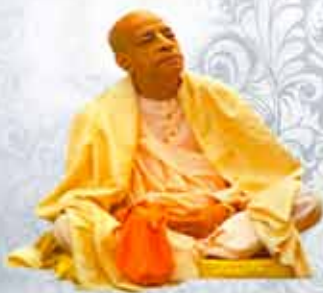
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12th Anniversary Celebrations at the Hindu Temple of Arizona (HTA)

On June 23rd 2013, the Hindu Temple of Arizona celebrated its 12th Anniversary with Pooja and MahaRudraAbhishekam for all devotees.

From humble beginnings in the year 2001, the vision, commitment and perseverance by the temple board and the devotees has transformed the Hindu Temple of Arizona to one of the finest temples in Arizona. In the year 2000, a prominent & visionary community member was inspired by a Swami of Udupi to start up a Hindu temple in the Phoenix metro area. The name "Hindu Temple of Arizona" was subsequently registered as a non-profit organization under 501c3 during May 2000. With the passage of time, more community members got together and the first election at the Hindu Temple of Arizona was held during September of 2000. Five sub-committees established during this time included constitution & by-laws, fund-raising, site-selection, communications, and a building committee.

It was about this time that the synergy and the sentiments of the community were translated into a vision statement for the Temple. The vision statement reads:

"Build and maintain a Hindu Temple in Arizona, with multiple deities, with ShriVenkateshwara, ShriRadha Krishna and Shri Ram Parivar as main deities with equal prominence, built per Hindu traditions."

The crafted vision created a wave of enthusiasm among the community and the then board members, and they actively started looking for land to build the temple. A fund-raising event was held during May of 2001 specifically for this noble cause. During this time an opportunity came along and a building became available. Several community members stepped forward to provide loans and donations for the purchase of the building. For the first time, the Hindu Temple of Arizona opened its doors to its devotees on 20th June,

2001. It was a sustained collective effort by many community members and the temple board, and resulted in the grand temple as it stands today.

During the infancy of the Temple, as is usually the case, it was not a self-supporting and self-sustaining institution by any means; hence initially there was not a professional and full time priest at the temple. The Temple Board drafted a constitution in 2003 and set up the first operating structure of the temple. Over a short span, several weekly and monthly Puja events were introduced at the temple, which included Sri Hanuman Puja, Mata Jagran, and the Sunday Puja which are performed even to this day. All these events and other religious programs helped in generating a steady stream of devotees and the financial condition of the temple started improving. Several devotees came forward to provide interest free loans for this noble cause. Soon additional Puja events like Sri

Venkateshwara Puja, Sri Jagannath Puja, SriSatyanaryan Katha, and Havans were introduced at the temple followed by events like RathYatra, New Year puja, Janamashtami, Karvachauth, and Saraswati Puja. The Temple established its first web site in the latter part of 2001. Several large projects were successfully completed, the most significant of these being the MurtiStapana and Pran-Pratishtha during October, 2007. Currently in progress is the NavagrahaMurthiStapana and once again, the Phoenix community came together and donated generously to this project.

Today, the temple is a hub of our culture, traditions and religious activities. Devotees from all over the metro Phoenix area come to visit the temple.

The 12th Anniversary celebrations on June 23rd reflected the enthusiasm, commitment, and perseverance by the devotees and the temple Board to the Hindu Temple of Arizona.

Maata Jagran
Friday August 14th, 2015
7:00pm-9:00pm
Contact: Shashi (480) 614-1322

Satyanarayanji Puja
(Narali Purnima)
Raksha Bandhan
Saturday August 29th, 2015
5:00pm-7:00pm
Contact: Nirmal (480) 926-8835

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

Venkateswara Swami Puja
Every Saturday
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Sunday Puja
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1st Sunday - Ram Parivar
2nd Sunday - Shri Jagannathji
3rd Sunday - Balaji & Krishnaji
4th Sunday - Shivji Puja
Special puja: Rudra Punchamrit
Abhishekam
5th Sunday - Ganeshji Puja

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

Acknowledgements

HTA Board thanks Udupi Restaurant for providing Prasad during weekly, monthly, and yearly events and functions at the Temple.



HTA EVENTS August 2015



SundarKand by Batuk Bhai Vyas

August 8th, 2015 to August 11th, 2015

August 8th, 11:00 AM to 1:00 PM
August 9th, 11:00AM to 1:00 PM
August 10th, 7:00 PM to 9:00 PM
August 11th, 7:00 PM to 9:00 PM
Daily Puja sponsorship: \$101
Last day sponsorship \$ 201



Satyanarayanji Puja : August 29th, 2015 (Saturday 5:00 – 7:00 PM, Sponsorship \$101)

Maata Jagran: August 14th, 2015 (Friday 7:00 - 9:00 PM, Sponsorship \$101)

For additional detail

Scheduling puja at home: Rohit Aggarwal @ (248) 613 - 4615
Satyanarayan ji (Small) Murti Surendra Singh @ (203) 300-2302

Please donate generously for ongoing improvements of temple



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

Often as parents we are frenzied over what to teach our kids and what to leave out. It seems the world's encyclopedia cannot fit in everything that we may want our kids to learn. The most popular is of course, all the classes we want them to take; especially influenced by the ones their friends and cousins are taking. From all that could be possible under the sky, I give EXTREME Importance to teaching Kids KINDNESS and COMPASSION. These are 'Qualities of Character' which cannot be taught by 'lecturing' or by narrating 'stories'. We – Adults, must be involved with the kids for them to see, to know, to experience. We must have a heart filled with Kindness which spreads joy and affection like a 'contagious, irresistible hobby'.

Read this real life story, fresh from June 2015 ~ with Rima Desai

A story of 4 innocent hands powered by The Joy of Giving!

As the car screeched

Stop by the beautiful waters, we could see how the heat at 37 degrees Celsius had left the place to a mere silence. Not a single soul! Out jumped the 4 little Heroes as I clamped their caps 1,2,3, .. The walk from the car to under the shaded tree was a bit of a journey, as the soaring sun stared angrily at our path. Finally under the shade, I removed our 'packets of kindness'. With the intention to surprise the ducks, all of our 5 hands began offering bread crumbs in the water.

Kids were thrilled to see that ducks that were snug and rested on the other side of the shore, began peddling into a flock and soon into a raft of little hungry mouths. The excitement was conta-

ACTS OF KINDNESS



gious! We saw some of the ducks fly in a frenzy. Our act of kindness drew not just the animals but also many 'hidden' pigeons and other birds into this 'feast'. Our expressions clearly screamed more enthusiasm- "Where did they come from!"

We stood there for a good 20 minutes making our offerings in the water and on the grass. Most of the kids (except mine) were experiencing

ducks up close for the first time; almost nibbling at their feet! It was a bit scary at first but soon became a sense of thrill and joy.

We walked further looking for more ducks as we saved 1 full bag of the 'kindness crumbs'. The lake was huge and so was our need to feed!

Walking further, we saw a pair of ducks swimming towards us. We realized that it was a 'New Born baby' being accompanied by its Mom. A cry of extreme excitement filled the air as all 5 of us were overthrown with joy to witness a new born baby duck for the first time! Our love for the cute baby spilled out 'as if' it could understand all that we said. We wished we had more food

to offer and decided to return another day.

Back home, we shared the pictures with each kids' family. Parents were thrilled and overjoyed to know their kids were involved in such an act of kindness and that their kids were eager enough to share more kindness in days to come!

This post is brought to you by Facebook/Parenting Booth by Rima Desai. It is inspired by 'It is a Happy World's' motivation to spread Happy News. Thank You MihirUpadhyay for your contribution and for inspiring me to bring more 'life' to the post.

-Rima Desai



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

Namaskar, and Sat Sri Akal to all my readers.

Today I am going to talk about meditation. Meditation is a technique to establish an internal relationship with god.

How we meditate: When you would like to meditate, first of all you need to choose a line or mantra related to God. Suppose you have chosen the line: "Oh supreme Lord, Creator of the Universe, Please bless me with Divine Knowledge." After, choosing this line to meditate, find a quiet corner where you can sit in your home peacefully.

When you sit in your selected place, in the beginning, take a long breath and hold it as long as you can and think about god. Do this five times continuously.

After this exercise, start to meditate. Repeat the chose line in your mind again and again, again and again, again and again. Listen to it deeply within yourself. Do this a minimum of 10 minutes. You need to do it every day.

It is best if you do it early in the morning. Doing this exer-

cise every day, you will start to feel different with yourself.

When you finish your everyday exercise, you will feel a little relaxed and physically different, and a little happiness will touch you. You will feel some strength in your body. You need to keep up and meditate every day at the same time. It is more powerful, and more useful and it will help you more.

Nearing completion of the meditation and repeating this line in your mind again and again, "Oh supreme Lord, Creator of the Universe, Please bless me with Divine Knowledge." Then contemplate: "Oh! I am going to relate with the Creator of the Universe and be blessed with Divine Grace and all the comforts. God will love me."

It will help you; it will increase the feelings in your mind. It will develop the interest to mediate more and more. After some period of time, when you mediate, you will

start to feel something different.

Sometimes you will feel someone is in your room, somebody is sitting with you. Don't be scared, don't be afraid. This thing will not harm you. This is a blessing.

Do this routine every day. Keep UP. When you finish your meditation, pray to God: "God give me strength and understanding, I can meditate upon you, I can focus upon you."

With this daily exercise, one day will come in your life, that day something will happen different and unique. During the meditation, suddenly, you will feel that someone has come into your room, and turned on the light. But after that, when you will open your eyes to see, "Who has come into my room and turned on the light?" you will see that there is no one in your room.

That time you will feel a little scared and a little afraid, but, nothing will happen wrong. I promise you. Nothing

will happen wrong with you. You need it. You need it.

When it will happen, after that, your life will start to change dramatically. Your anger will change into kindness, your anxiety will change to strength. Your fear will change to happiness. You will start to feel about the creation, about every human being, that they are all your brothers and sisters. You will feel Universal Brotherhood.

One unique things will happen when you mediate every day. Sometimes you will see the Divine Light every day in your meditation and sometimes it will not happen. Don't worry about that.

Someday it could happen that you will see the Light anytime.

It doesn't matter that it may be day or night. Doesn't matter, you may be sitting or working, but you will see the Light. When you will see the light, it is a blessing. It is a beginning of the internal relation-

ship with God. It will increase day by day, week by week, month by month. You will start to understand that you are a different person.

That light is God. That light is the Supreme Soul. Our Soul is part of the Supreme Soul. That light is our life. Our life is part of the Light. One day will come in your life; your soul will merge in the Supreme Light. You will reach that goal. This is the goal of human life.

You will go with God in peace, happiness and joy. After your life, people will learn things from your Divine Experiences.

God bless you all with Divine Grace. My prayer is with you.

Note: The experience I have explained in this article are taken from my own personal life.



Please pray every day for Love and Grace.

Gyani Ji Harbhajan Singh Sandhu

GHSSandhu@gmail.com

Highly Successful Guru Purnima at Bharatiya Ekta mandir

Guru Purnima was celebrated on Thursday July 30, 2015 at Ekta Mandir with large attendance. Although it was a weekday many from the community took opportunity to attend and pay their respects to their teachers and express their gratitude. This event celebrates the birth anniversary of Maharishi Veda Vyasa who is credited with authoring Mahabharata, Vedas and Brahma Sutras, the very foundation of Hinduism, the oldest religion that we know of in this universe. In Hindu Nepal, students and disciples celebrate Guru Purnima as the National Teachers Day to honor and pay respect to teachers and gurus. In Jainism, Guru Purnima is



The program started with Bharat natyam dance by 5yr old Vaishnavi Tirunagri followed by dancing with hymn recital by Ekta Mandir dance class students. Satyanarayan puja and katha followed Guru Purnima program. Mahaprasad was served to more than 250 devotees. Indo-American Foundation thanks all the attendees, sponsors, volunteers, priests Joshiji and Sudarshan ji, temple staff, event chair Mr. Rohini Sharma and team members and Board of Directors and Trustees for making the devotional event a grand success for the community.

Press Release by Indo-American Foundation of Arizona

considered the day, the 24th after attaining Kaivalya, made disciple, thus becoming a Guru Tirthankara, Lord Mahavira, Indrabhuti Gautam, his first himself.



INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



On June 30, 2015, ISAA welcomed warmly Miss Mary Lynn Kasunic, President & CEO and Miss Melissa Elliott, VP, Program & Services, Area Agency on Aging (AAA). Upon arrival of these distinguished guests, Jitubhai conducted a short discussion meeting with ISAA Management Committee and briefed the visiting AAA executives with the objectives, activities and operational mechanism of the ISAA. Both the executives touched base on AAA functions at the ISAA's open general meeting, where they expressed interest for an on-going dialogue to establishing good working relationship between the two organizations. ISAA & AAA agreed to work together co-operating each other for achieving good success in their mission having common goals.

This was followed by Jitubhai presenting an 'Indian Las Vegas Variety Entertainment Show' in celebrating Arvindbhai and Nilaben Shah wedding anniversary, which was enjoyed by over eighty-five members and guests. The program included a beautifully chanted prayer by a little boy with heart-touching sound - 'soor' and 'Aalap' urging Lord Krishna to play his flute! Then, a little girl's extremely emotional appeal to all mothers to raise daughters with love and care; an outstanding talent of Sand Painting art by a young Indian boy; Cute dance by two infants - a boy and a girl; four old movie songs of the fifties; and a humor of a girl on the bike. The attendees were in heaven with joy!

On July 07, 2015, ISAA celebrated the 4th of July - the US Independence Day in style. Dr. Miniben Pandit gave a brief early history of America. She enlightened the audience with 'Why named America', Freedom Struggle, Declaration of Independence, Significance of 4th of July, The Star-spangled Banner and finally led the group chanting the national anthem and saluting the US Flag! ISAA Thanked Miniben for creating the high-spirited patriotic atmosphere in the hall with profound professionalism and high respect that the day and the nation deserve.

ISAA was delighted to enjoy participating in a 'general knowledge' quiz that was well-prepared and presented by Lataben & Bhagwandas Dalal's Family (son Dhaval, daughter-in-law Medha, grandson Nihar and daughter Urvi Dave). Guess who the winner was! Yes, the table led by Shashikantbhai and the runner-up was the table led by Chandrikaben, which was steered by Miniben! Thank you Nihar and Medhaben with appreciation to Lataben for introducing this hit item. If ISAA made a regular habit of playing this, they would eliminate the likelihood of dementia.

This was followed by continuing the program with Entertainment video clips by Jitubhai. These included a beautiful 2015 song by Shreya Ghoshal, environmentally friendly man-invented machine to convert plastic into oil, India Has Talent-with amazing Mahatma Gandhi Bapu Dance and also Amer-

ica's Got Talent with Charlie Chaplin mind boggling ladder dance by Uzeyer. The feedback suggested that the chosen clips made them experienced with immense joy.

On July 14, 2015, ISAA had a normal day. Attendees were thrilled with entertainment and education. Jitubhai showed exciting entertainment video clips, which included mind-blowing trick that engineers, mathematicians or smart individuals could not figure out, a beautiful medley of fifties hit songs and amazing magic shows by ten wonderful magicians picked up from America's Got Talent. The clips were unanimously lauded as great mind-boggling. <https://youtu.be/IEJeV4xvg04?t=72>. The program continued including the glimpse of Jitubhai's global attempts to addressing the mission of protecting people, property and environment involving women playing an important role. He showed a short speech by an Indian Army Lady officer Major Divya Pillai as an example of an initiative of promoting Women in Safety Engineering (WISE) in India. The program ended reminding how we were brought up on freshly cooked foods, and, how our elderly were keeping in good health with simple seasonal diet, which were not contaminated like today with cancer causing chemicals and preservatives showing video clip on packed, processed or canned foods, causing harm to people.

Overall feedback received sug-

1. The Vaidya Family celebrated Rasikaben's 73rd birthday at ISAA.
2. Luncheon sponsors Satishbhai & Gulaben Bhakta Family with friends at ISAA,
3. Luncheon Sponsors Bhagwandas & Lataben Dalal Family with Jitubhai,
4. Successful happy runner-ups of the general knowledge fun-quiz at ISAA,
5. Graceful visit by the executives of the Area Agency on Aging (AAA) was warmly appreciated by ISAA,
6. Melissa Elliott, VP, briefing ISAA about the state level Program & Services offered by AAA,
7. Mary Lynn Kasunic, President & CEO gave an overview of the AAA Federal Program,
8. Shah Family celebrated Arvindbhai & Neelaben's wedding anniversary with ISAA Family

gested that the chosen clips were extremely joyful and some having lesson learning potential for their family and friends. Luncheon by Bhakta family was fully home cooked with considerations for special diet, which was enjoyed by over eighty attendees.

On July 21, 2015, ISAA paid "shradhanjali - Tribute" to Rasikaben by Shrikantbhai stating that had she been alive, it would be her seventy-third birthday. In her memory, he presented several bhajans - prayers, which were very dear to her.

He was joined by Maheshbhai, Manjuben, Jitubhai, Garyji, Nilaben,

Deviben & Tarunbhai. The orchestrated program was very appropriate in celebrating the occasion. The Vaidya family sponsored the luncheon on this memorable day. Over seventy friends and guests participated.

Announcements:

Midwestern University, Glendale, hosted a Public Open House to tour the Companion Animal Clinic. The facility is the nation's largest state-of-the-art small animal clinics and is fully accredited offering high-quality care at an affordable rate for small animals, including preventive medicine/wellness, dental care, surgery, diagnostic imag-

ing, senior pet care, and other specialties. The information is useful to those who have small animals as pet.

The Holiday Inn management regretted that some rental party had broken into the ISAA's equipment box. The sound system and the projector were used and mishandled. Things were left behind in poor condition. Holiday Inn plans to contact the party seeking explanation and compensation. Also, they plan to secure the room with a lock on the door. No one would have the key.

The door would be unlocked only for ISAA on the meeting day.



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I started bending wire clothes hangers at the tender age of six while helping at the family business! The Popats' (Bipin, Anila, Rimal & I) have a strong legacy within the Phoenix community; we have been offering personalized service at Tony's Cleaners & Tailors on 7th street & Maryland since 1984. I quickly found a passion for working with my hands, interacting with the local community, and transforming appearance through working at my family's dry cleaning business.

I always dreamt big, I knew I wanted to go to Harvard and be an orthodontist. This dream has become reality and I would not have achieved my dreams without the support of my family, teachers, mentors, peers and community. I received two graduate certificates in dental medicine and my second Doctoral degree in from Harvard University. I am ecstatic to finally be back home in Phoenix with my lovely wife, Banshi and daughter Aashna! I am proud to be Arizona's only Indian orthodontist and offer academic mentorship and guidance to the children in our wonderful community.

I truly believe in the value of an education. Education is the cornerstone of Popat Orthodontics, therefore my practice is open before school, afterschool, late evenings and weekends so children do not have to miss school to attend appointments. I am here to serve you! My aim is to create the spectacular smile you have always wanted at your convenience.

Independent Lifestyle of the West: A Boon or a Doom?



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

The prospect of migrating to the West is considered to be a unique and highly sought-after blessing among the people of Far East, Southeast Asia, Middle East, Africa, and Eastern Europe. So much so that given an opportunity most of the residents from those regions would love to come and settle in Western countries, irrespective of the economic situation or political status of their own countries. There are several reasons for such a longing.

Of the many bodily comforts and material riches that are readily available in the West, the one that is still the most attractive seems to be related to the culture of independent living. It is an accepted mode of lifestyle in Western culture. Living alone, either as an individual or as a couple, separate from parents and from adult or teenage children brings forth a certain amount of uniqueness. However it also creates its own set of problems, well-known to all who have been part of this culture for a while. Living independently, at least in the years gone by, was not so much of an accepted behavior in the East for myriad economic and social reasons that again require no further introduction. Instead, a joint-family system projected a special aura among the people of East and was a standard practice. On the other hand a joint-family style of living is something that people of West truly do not care about.

There are certain advantages - if I may call them as so - of living alone, at least in practical terms. It allows one to do whatever one wishes and at the time of one's own choosing. One can sleep and wake up at will, and eat whatever or how much and whenever one wishes. If one is hungry and is not in the mood

to cook, one only needs to microwave a ready-made T.V. dinner of many varieties kept at an arm's length in the freezer. Open it, pull out the stuff one needs, heat it up in microwave; the meal will be ready in seconds, eat it and get going. There's no need to turn on the stove and no need to wait for one's mother, wife, husband, son, or servants.

If one is bored, one can turn on the T.V. by pressing a button on the remote and choosing whatever one wishes to watch from an array of programs. One doesn't have to ask or worry about what others in the joint family system, a wife or husband - if there is one - or the parents and the children would like to watch. In fact, no approval is necessary from anyone. And if one feels like going out, pull out one of the cars from the garage rather than waiting for another member of the family to offer a ride or call a rickshaw, taxi or any other kind of conveyance. There is no need to placate or beg for the driver of the taxicab who might or might not show up in time.

Likewise, there is not much of a need to call or wait for a relative or friend to come and help in times of an emergency. In fact, all one needs to do is dial 911, provided one is in the physical position to do so, and the help will be around the corner. In minutes an ambulance will arrive with paramedics. If necessary, the ambulance will transport one to the emergency room. And once in the emergency room, there will be no need to look for a Sifaarish (a recommendation) to arrange for an appropriate treatment, no need to warm the pocket of a health-care provider to offer better care, or bribe an attendant to arrange for a bed, if at all one is available.

It would be redundant

to have a brigade of worried relatives or friends accompany a sick person to the hospital as happens to be the case back home. In the West, it's not necessary to compel a dying patient to pay for or rush one's relatives to a nearby pharmacy in order to purchase the urgently needed medicines and syringes at artificially elevated prices before injection is given and treatment begun. The hospitals and emergency rooms of West are meant to treat emergencies and are always stocked with the necessary equipment and medicines. They are not temporarily or permanently out of medications as is common back home in government run hospitals.

All what is stated above in terms of advantages of independent living seems to work well to a certain point. But it also makes one realize that such independence in living brings only a limited amount of satisfaction. Living alone can create helplessness and loneliness especially when the infirmities of old age start showing their ugly presence. Despite an availability of all resources in the West, the lives of many elderly at the dwindling days of lonely human existence turn into something not less than a hell.

A little attention to the many lonely indigenous people of the West can be an eye opener to the deep pervasive darkness that surrounds many of them. In fact, many of the elderly people are truly and totally mired in this darkness. Their lives are hollow from within despite having access to all what may be needed for daily comfort. This is because the support and contact of their close relations and relatives - as is usually available in the East - is missing. Man, being a social animal, always yearns

for a certain amount of interaction with like-minded individuals, regardless of age. Such social interactions act like fuel for the soul and keep the vehicle of life moving onward.

In talking over to these lonely souls, one finds that they are willing to sacrifice everything they own for a short visit from their distant living sons, daughters, or grandchildren. Many have to wait until Thanksgiving or Christmas, and sometimes for an entire year or even more for such visits to occur, which is why the holiday season is so joyous and full of happiness for them. They yearn for the kind of family arrangements that people of East have back home, where every day is Christmas and every season is joyous because relatives and friends are always around.

As to the members of the diaspora, some may even try to replicate their back home style of joint family living while here in the West. Initially everything appears gung-ho but then subtle fissures start appearing in the relationship. And there is a reason for it. The predominance of a well-established culture all around us catering to a philosophy of an independent living happens to be one hundred eighty degree apart from the joint family arrangement of the East. To keep on trying to live that style in Western world would be nothing short of swimming upstream with all its attendant hurdles. Slow and subtle diffusion of behavior of local independent living starts taking place into the lives of immigrants. As a result such trials often end up failing.

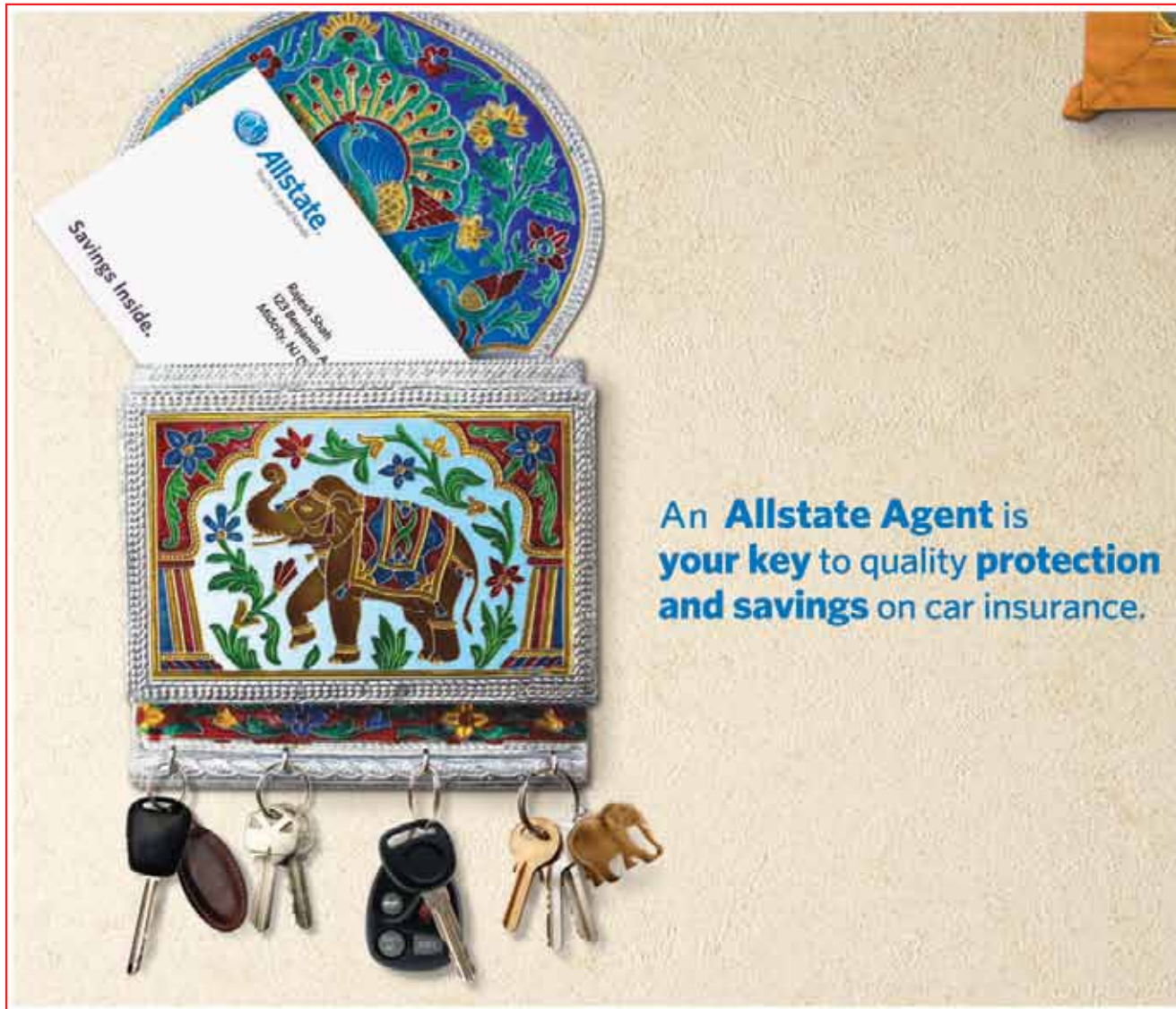
On the surface, the dominant culture seems to offer all of the material advantages of living alone, creating a feeling of futility about joint family system. Unfortunately,

children born and raised in the West find that what their parents are asking for and what they expect of them has no meaning for them. To say it bluntly, they start believing pretty soon in the philosophy that their parents, indeed, are living in a fool's paradise.

The crux of this situation is that when an individual decides to forgo one's native surroundings and culture, it is extremely difficult to re-create the same in foreign lands. Of course in the early days of our arrivals in the West, we all tried to craft a living model of what we had left behind. But with the passage of time, such efforts slowly start dwindling away giving in to the dominant culture around, whether we like it or not.

It is similar to transplanting a plant in a new soil away from its native soil. For any vegetation or plant to survive or grow profusely and bear healthy fruits, something akin to native environment is needed or it will require adapting. Any amount of artificially created surroundings might produce something close to the real one but it never brings the original taste, flavor or juice. Likewise, the children born and raised in the West may appear similar to their parents from outside, but they are the product of West and that is what they are ultimately going to be. It is a truth which no one can or should neglect.

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



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Hindu Temple of Arizona and the Oriya Association of Arizona, celebrated the 12th annual Ratha Yatra

consists of the abandonment of the old idols of the Lords, and the consecration of the new idols. As the murti, or idol, of Lord Jagannath is made up of Neem wood, replacement of the murti is essential for all of the rituals to occur throughout the years, hence the occurrence of the Nabakalebara Festival, every 12 to 19 years. During the rituals of Nabakalebara, the spirit of the Lords leaves the old idol and enters the heart of the new idol, hence the transfer into a new body, with the burial of the old idol, and the consecration of the new murti. This year, the Hindu Temple of Arizona had the special opportunity of conducting the rituals of Nabakalebara as per tradition. This year's celebration of Ratha Yatra and Nabakalebara was once again, a major milestone in the history of HTA which has helped further educate the public on the Hindu heritage which has created a defining niche in the Phoenix Metro Area of Arizona. Now it is the opportunity for all of the devotees to come to the Hindu Temple of Arizona and get darshan of Lord Jagannath along with all the other deities.



Astro Forecast for August 2015

ARIES / Mesha (Fire sign, ruling planet is Mars) - (March 21 – April 20)

Mars Sign – Stars covered Ashwini, Bharani, Krittika (1st Part)

Self-effort of past will pay now; money growth from unexpected sources is seen. Addiction to smoking & drinking may grow, be careful. Growth in career, positive job changes, promotions are seen in future. Money is saved, will spend only on family. Domestic happiness, material comforts and all worldly pleasures are for you to enjoy. Expect good news. People are happy being in your company. Stay away from over indulgence in every activity. Days: All Colours: White, Red and Black. Precaution: Don't over stress. Propitiate: Pray to Rahu and Ketu.

TAURUS / Vrushabha (Earthen sign, ruling planet is Venus) - (April 21 – May 21)

Venus Sign - Stars covered Krittika (last 3 parts), Rohini, Mrigashira (first 2 parts)

Pimple growth or pot marks on face may erupt in near future. Love affairs may finally result in long term commitment or marriage. Do not get upset over trivial matters with life partner, bad relations, instantly patch up! Money & income grow; father's health is concerning. Suitable: Colours White, Green, Copper, Yellow, Orange & Red Days: Sun, Wed, Fri & Sat. Precaution: Remain happy! Propitiate: Prayers offered for Jupiter, Saturn, Rahu & Ketu are highly beneficial.

GEMINI / Mithuna (Air sign, ruling planet is Mercury) - (May 22 – June 21)

Mercury Sign - Stars covered Mrigashira (last 2 parts), Ardra & Punarvasu (first 3 parts)

Accountants, lawyers, artists & people in communications business may find slowdown in profession. Marital relations are also not the best. Investments in property may be gainful. Professionally no job changes recommended at this time, job loss for some is seen too. Suitable: Colours: White, Green, Orange and Red Days: Sun, Wed, Fri, Sun Precaution: Prayer for Moon, Saturn, RAHU and KETU are helpful.

CANCER / Karaka (Watery sign, ruling planet is Moon) - (June 22 – July 22)

Moon Sign – Stars covered Punarvasu (4th part), Pushya, Aslesha

Scheming neighbours may create stress, avoid arguments and fights. Popularity in social circle grows yet brings in controversy. Trouble with Govt. or law for some! Keep away from confrontation, fights and litigation. Dental cavities may be troublesome. Money & income growth is seen from multiple channels, good time to invest. Suitable: Colours White, Yellow and light Green Days: Mon & Friday Precaution: Have faith in self. Propitiate Mars, Saturn, and RAHU & KETU.

LEO / Simha (Fire sign, ruling planet is Sun) - (July 23 – August 22)

Sun Sign – Stars covered Magha, Purva Phalguni, and Uttara Phalguni (1st part)

Daily cash flow will dip; laziness & inertia set in. Academic results may not be positive. Victory in legal battles; Genetic organs related problems, fighting & arguments without reason and unnecessary tensions mark the week. In-laws may need financial support; you may also seek finances from seniors in the family. Loss of material benefits might accrue.



Suitable: Colours Red, Orange, Days: Sun, Tue, Wed. Precaution: Propitiate SATURN, JUPITER RAHU & KETU.

VIRGO / Kanya (Earthen sign, ruling planet is Mercury) (August 23 – Sept. 22)

Mercury Sign – Stars covered Uttara Phalguni (last 3 parts), Hasta, Chitra (first 2 parts)

A transition time between selling property and buying another; during this gap, some may have to live in rented accommodation. Excellent time for career growth, promotion or job change; people who move out from family businesses may suffer financially. Despite of higher earnings, possibility of high expenses cannot be ruled out. Suitable: Colours Green, Yellow, and White. Days: All Precaution: Propitiate Sun, Mars, and Mercury & Saturn.

LIBRA / Tula (Air sign, ruling planet is Venus) - (September 23 – October 23)

Venus Sign – Stars covered Chitra (last 2 parts), Swati, Vishakha (first 3 parts)

Long term tonsil problem is setting in. Money may be invested wrongly resulting in losses. Business partnerships or marriage alliances may not last, long term proceedings are seen. Careful investments may result in long term savings & profits. New marriage or business alliances should be avoided. Work hard on domestic front; be sympathetic towards younger siblings. On Professional front, no job changes for now. Suitable: Colours White, Green, Red & Orange. Days: Sun, Tue, and Wed. Precaution: Propitiatory prayers for NAVAGRAHA will be helpful!

SCORPIO / Vruschika (Water sign, ruling planet is Mars) - (October 24 – Nov 22)

Mars Sign – Stars covered Vishakha (4th part), Anuradha, Jyestha

Back, stomach, liver, skin, intestinal problems may be troublesome. Influential contacts develop proposing joint working & great partnerships. Watch expenses, money wastage on unnecessary things is seen. Excellent time for career growth, new job openings, salary increases in current jobs seen! Some marital issues may crop up, communicate, listen and resolve amicably. Suitable: Colours White, Black, Yellow, Green and shades of Blue. Days: All Precaution: Propitiate Sun, Mercury, RAHU and KETU.

SAGITTARIUS / Dhanush (Fire sign, ruling

planet is Jupiter) - (Nov 23 – Dec 21)

Jupiter Sign – Stars covered Moola, Purva Shada, Uttara Shada (first part)

Marital discords & family atmosphere becomes better. Loss in land deals, property related tension prevails, especially ancestral property. Much expense on vehicle or electronic appliances is seen. Children's study should be handled properly, they need support. New affairs develop for eligible youngsters. Fasting on Thursday is advised. On health issues you might face Liver, ear, sinus and allergy problems, take care. Suitable: Colours Yellow, White & Green. Days: Sun, Wed, Thur, Fri. Precaution: Propitiate Jupiter, RAHU & KETU.

CAPRICORN / Makara (Earthen sign, ruling planet is Saturn) - (Dec 22 – Jan 20)

Saturn Sign – Stars covered Uttara Shada (last 3 parts) Shrivana, Dhanistha (first 2 parts)

Growth in income in near future! Bad relations with neighbours, siblings and parents are seen. Keep away from picking up verbal fight with anyone. Confine to your own activities, time to reflect on your career, relationship and marriage. Currently you feel isolated and left out. Kapha related issues, Sinus congestion, throat, allergies, diabetes may affect some. Be extra careful while driving, do not gamble and work hard. Suitable: Colours Yellow, Red, White & Green Days: Sun, Wed, Thur, Fri. Precaution: Propitiate Jupiter, RAHU & KETU.

AQUARIUS / Kumbha (Air sign, ruling planet is Saturn) – (Jan 21 – Feb 19)

Saturn Sign - Stars covered: Dhanistha (last 2 parts) Satabhisha, Purva Bhadra Pada (1st 3 parts)

No income or financial gains from the family. You have more enemies than friends, rely less on external support instead self-motivate yourself. Avoid falling under debt; for some channels of income seem to be narrow down; unfavourable time for Professionals; decline in job prospects, downsizing in business is seen. Windy (Vaata) and phlegmatic (Kapha) diseases, troubles in the legs, unforeseen dangers, laziness, weakness due to over-exertion, mental affliction, and stomach troubles can erupt. Suitable: Colours Black, Blue, and Green, Red and Orange Days: Tue-Sun Precaution: Propitiate Jupiter, RAHU & KETU.

PISCES / Meena (Water sign, ruling planet is Jupiter) - (Feb 20 to March 20)

Jupiter Sign - Stars covered: Purva Bhadra Pada (last part) Uttara Bhadra Pada, Revathi

Gain in confidence & courage will continue for quite some time. Positive time for economic & financial growth! Hold on, if you are buying property, vehicle or household appliances, better deals seen in future. Good time for marital or new business alliances. Progress is slower than expected. Take care of health especially skin problems, problems related to Pitta (boils, ulcers, intestinal problems). Fasting on Milk and Banana on Tuesday and Thursday will be beneficial. Suitable: Colours Yellow, Green, Red and Orange Days: All. Precaution: Navagraha puja is highly beneficial.



-Pankaj. Ph. 905-910-1441

Independence Day Celebration by Ahmadiyya Muslim Community

May God Make USA a Super Power in Spirituality and Morality: Imam Shamsad Nasir

Ahmadiyya Muslim Community celebrated Independence Day by spreading the message of peace, love, harmony, sacrifice, and loyalty to our fellow-citizens. Despite the hot weather and the Ramadan fast, Ahmadi youths had spent several days constructing and decorating the float for the Independence Day parade in Glen Ellyn, IL. On the day of the parade, young boys, girls, and men marched along with the float, distributing candies, T-shirts and other memorabilia to kids along the way. Several members also joined the crowd of onlookers to cheer the parade participants.

After the parade, members were encouraged to gather at the Baitul Jaamay mosque, where Imam Shamsad Nasir reiterated the importance that Islam lays on loyalty to one's motherland. Imam explained that it is



the duty of every Muslim to make any sacrifice necessary to defend their

homeland against all enemies. He prayed and asked all present to join with him in prayers that God make USA a super power in spirituality and morality, continue to bestow his bounties on our country, strengthen us as a nation, protect our freedom, and keep all our fellow-citizens safe.

Imam SHAMSHAD also thanked God that as Islam is the champion of peace and advocate peace Ahmadiyya Muslim Community is spreading here in USA Message of peace and exercising its faith freely. He urged all members to set up good example of being good Muslim.

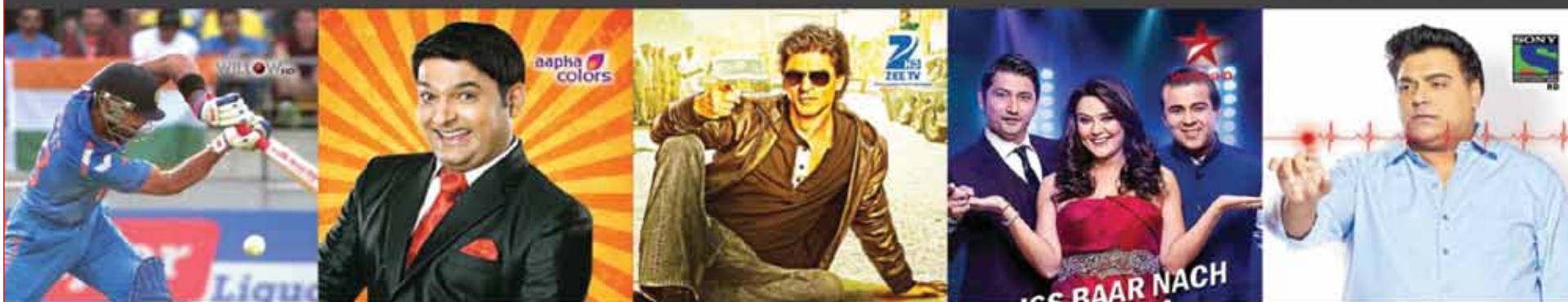
The Sierra Leonian Muslim Community also joined us for our afternoon program. After the Quran lesson delivered by Imam Shamsad Nasir, iftar and dinner were served. The day ended with Isha & Taraveeh prayers.



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Additional Requirements: Installation/Equipment Requirements: A second dish antenna may be required to view both International and American programming. Free Standard Professional Installation only. Leased equipment must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. **Miscellaneous:** Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. Taxes or reimbursement charges for state gross earnings taxes may apply. Additional restrictions and taxes may apply. **Offers end 6/10/2015.**

DO NOT MISS

Ganesh Idol Making by Children
Sunday, September 13, 2015



INDO-AMERICAN FOUNDATION OF ARIZONA
PROUDLY PRESENTS



INDIAN INDEPENDENCE DAY CELEBRATIONS

THE INDO-AMERICAN COMMUNITY CENTER

2809 W. MARYLAND AVE, PHOENIX, SATURDAY, AUGUST 15, 2015

ALL ARE INVITED TO PARTICIPATE IN THE FLAG HOISTING
CEREMONY BY THE COMMUNITY @ 10:00AM

Meet & Greet Freedom Fighters!

PROGRAM

10:00am	Assembly
10:10am	Parade - Seniors, youth and everyone
10:30am	Flag Hoisting
10:40am	Cultural program (patriotic theme)
12:05pm	Children's Competition
	Fancy dress - 5 thru 8 yrs old
	Poster Creation - 5 thru 8 yrs old
	Poster Creation - 8 thru 12 yrs old
	Theme - India's Independence
12:45 pm	Guest of Honor Address
1:00 pm	Nepal Earth Quake Funds Presentation
1:15 pm	Lunch

Sponsorship solicited for Youth Prizes & Food

\$1000 - Grand Sponsors, \$500.00 - Gold Sponsors
\$250.00- Silver Sponsors

PLEASE CONTACT:

Event Chair: **Murugan Patham** 480 510 3826
Kishore Narayan (623) 694-0502

Indo-American Found

(Registered Non-Profit Organization)
Hindu-Jain Temple Ekta Mandir with Community Center, M

All are cordially invited for the



**Holy Sravan
Mas Puja
Program**

**Saturday, Aug 15 to Saturday,
Sept 12, 2015 @ Ekta Mandir**

DAILY PROGRAM

9:30 am - 11:00AM **Shivling Abhishek** by devotees & Archana
11:30 am **Raj Bhog Aarti**
5:30 pm - 6:30 pm **Rudrabhishek**
7:00 pm **Shiv Aarti** & 7:30 PM **Maha Aarti**

Sravan Mondays August 17, 24 and 31

TEMPLE OPEN 9am - 1pm & 5am - 8pm

9:30 am **Shodashopachar Puja, Abhishek** by devotees
11:30 am **Raj Bhog Aarti**
6:00 pm **Abhishek Utsav Shivling**
Shiv Sahasranama Archana & Abhishek, Shiv Katha & Kirtan
7:30 pm **Aarti & Prasad**

Please bring Flowers, Fruits, Prasad for offering.

Last Sravan Monday Special Program
Monday, September 7, 2015

TEMPLE OPEN ALL DAY

1111 Clay Parthiv Shivling Nirman & Puja by Sponsors

"Parthiv Ling made of clay is the most supreme among all the Shiva-Lingas"

9:30AM - 7:00PM - **Main Shivling Abhishek** by devotees
7:30PM - **Rudrabhishek** by Priests
8:30PM - **Maha Aarti** and **Maha Prasad**

SPONSORSHIP \$101: Make 25 Parthiv Shivlingas with your own hands
on Sunday September 6, 2015 from 3-5PM. Puja at 5pm on Monday
September 7, 2015.

Yajaman Sponsor \$101 for entire Sravan Mas Participating in Abhishek &
Archana, \$31 for Shiv Sahasranama & Abhishek & Archana, \$31 for
Main Shivling Abhishek on Last Sravan Monday, \$11-Archana,
\$251 - Sarva Seva & Prasad

Physical Location: 2804 & 2809 W. Maryland Ave. Phoenix, AZ 85017.
Directions: Take I-17, Exit Bethany Home West, Right on 27th Ave, Lt on
Maryland Ave.

www.ektamadir.com Ph: 602 2-INDIA-0

ation of Arizona

Under Section 501 (C) (3))

Mailing Address: PO Box 35275, Phoenix, AZ 85069



All are cordially invited for the Grand Festival of

Sri Krishna Janmashtami

Saturday September 5, 2015 @ Ekta Mandir

PROGRAM

7.00am	Temple opens
7.30am - 8.00am	Mangal Aarti
8.00am - 11.00am	Pooja, Abhishek, Archana
11.00am - 11.30am	Rajbhog and Aarti
11.00am - 5.00pm	Pooja and Archana by Devotees
11.00am - 5.00pm	Abhishek by Devotees
5.00pm - 8.00pm	Maha Prasad
5.00pm - 7.00pm	Cultural Programs/Fancy Dress
7.00pm - 7.30pm:	Krishna Janma Katha by Joshiji
7:30pm - 8:30pm	Maha Aarti
8:30pm - 11.00pm	Bhajans by Jalaram Bhajan Mandal
11.00pm - 12.00pm	Panchamruta Abhishek, Shringar and
	Janma pooja, aarti followed by darshan, palna (cradle swinging) and Nandotsav & Prasad

PLEASE BRING YOUR CHILDREN DRESSED AS RADHA, KRISHNA. Prizes for best dressed Radha & Krishna

ALL ARE WELCOME! DO NOT MISS!

Please bring Flowers, Fruits, Prasad and Makhan Mishri, Burfi, Pheda, Bhoondi for offering.

PLEASE SPONSOR

Pramukh Yajaman: \$5001, Swagat Yajaman: \$2001
Vishist Yajaman: \$1001, Yajaman: \$501
Aarti - Gold/Silver/Bronze: \$501, \$101, \$51,
Archana: \$11, Abhishek: \$21, Both: \$31, Mahaprasad: \$251

CONTACT:

Priest Joshiji at 602 391 7760, **Priest Sudarshanji** at 602 320 3460
Mahendra Devganja 602 708 0733,
Event Chair: **Lokesh Joshi** 480 438 6776

Become a Gold Life Member

for \$2000. Please make your check payable to Indo-American Foundation of Arizona and mail your check to IACRF
P.O. Box 35275, Phoenix, AZ 85069



All are cordially invited for the

Ganesh Chaturthi Utsav

Thursday September 17, 2015 @ Ekta Mandir

PROGRAM

9.00 am	Temple opens
9.00 am - 10.00 am	Ganesh Sthapana & Special Puja
10.30 am - 12.00 pm	Abhishekam, Archana,
11:30 am	Rajbhog & Aarti
5.00 pm - 7.00 pm	Abhishek by Devotees and Archana
6.00 pm - 7.30 pm	Fancy Dress by Children
Katha Sravan, Ganesh Bhajan, Puja, Aarti and Mahaprasad.	
Children can bring clay Ganesh idol for Puja	

PLEASE BRING YOUR CHILDREN DRESSED AS GANESHA/GOWRI. Prizes!

**Ganesh Murty Visarjan Ceremony, Saturday Sept 26, 2015
6pm-7:30pm**

ALL ARE WELCOME! DO NOT MISS!

Please bring Flowers, Fruits, Prasad and Modakas for offering.

Ganesh Chaturthi Utsav Sponsor

\$1001, \$501, \$251, \$101 (special archana for 11 days & Abhishek on Chaturthi included) Archana: \$11, Abhishek: \$21, Both: \$31

Silver Jubilee Magazine Advertisements

For Silver Jubilee Souvenir Magazine to commemorate IACRF's 25th Anniversary.

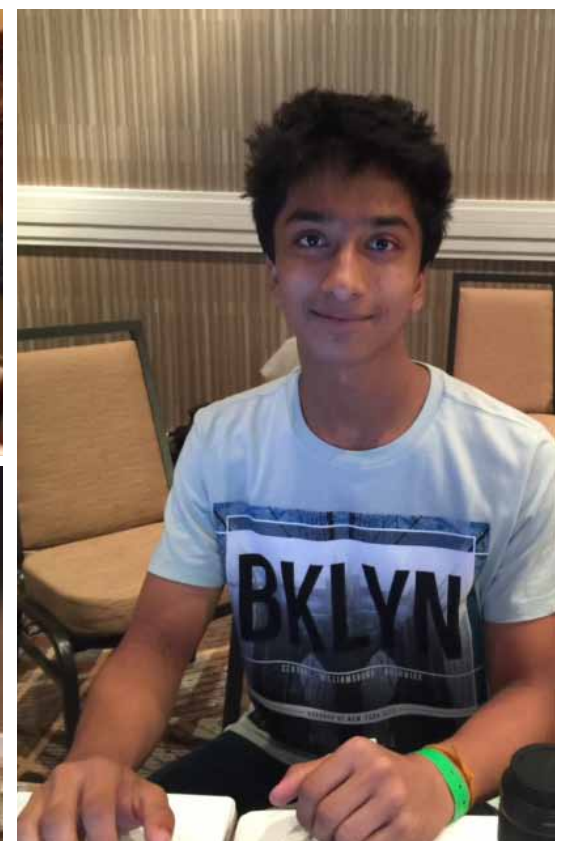
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Business Full Page - \$1000 ; Business Half Page - \$600
Complimentary Full Page - \$500 ; Complimentary Half Page - \$350

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Satsang, Gnan Vidhi and Self-Realization with Dada Bhagwan

Param Pujya Ambalal Muljibhai Patel; he is lovingly known as Dadashri or Dada Bhagwan. He has been more than a guru to countless devotees seeking direction in their lives. He has displayed all the characteristics of a gnan purush; namely, compassion in words and action, serene smile that wipes away miseries, free of ego and intellect [buddhi which is an acquisition of the ego]. Dadashri was born on Nov. 7 in 1908 in Tarsadi, Gujarat, India. At the age of fifty, he realized the Ultimate Truth and became a gnan purush; The Omnipresent Divine began to manifest within him. Dadashri remained in a state of bliss of the Self, and shared his wisdom in satsang with people seeking guidance. The satsangs were always in the form of question and answer. One of his devotees, Pujya Niruben Amin, gave up a medical career and followed the aging Dadashri everywhere as his assistant. Another devout devotee was Pujya Deepakbhai. They were both groomed by Dadashri, and carry on the mission of the gnan purush. Dadashri left his mortal body in January 1988.

Pujya Deepakbhai was born on May 9, 1953 in Morbi, Gujarat. The life of Pujya Deepakbhai, a mechanical engineer from VJTI in Mumbai, was transformed when he met Pujya Dadashri. On March 6 1971, he too attained Self-Realization. Now he conducts Gnan Vidhis for thousands of seekers. He conducts special satsangs for children and adolescents. His answers to questions from ordinary people help them lead their lives with equanimity, bringing infinite peace, harmony, bliss and joy in their lives and the world. For details, please visit: <http://www.dadabhagwan.org>



Another successful event by Pdsc Arizona Teeyan De Mela 2015 held on August 1, 2015 at The Indo American Cultural Center. A day for fun filled events from performances, shopping and mehandi.. This cultural event was sponsored by Pdsc Arizona club members and volunteers.

Teeyan Da Mela 2015



While sugar-free kulfis are not new to Lucknow, mithai shop walas in the city say that sales of the low-cal kulfi have only picked up in the past two years. So much so that now, not just diabetics, but diet-conscious families too are opting for them.

PAST VS PRESENT

Harsh Arora, owner of one of the oldest kulfi makers in the city, Prakash Kulfi, in Aminabad claims they introduced sugar-free kulfis to Lucknow. "But back then, we didn't have any takers for it," says Arora, adding that there's a steady clientele for that variety now.

"Even though we have been making sugar-free kulfis for the past five years, it is only recently that people have been able to trust us with the experiment," says Vishnu Gupta of Neelkanth Sweets, "In fact, people were reluctant to try out the sugar-free variety, but as awareness regarding diet and health has increased, we have seen an increase in the number of people coming to us for sugar-free kulfis during summers. We even got our sugar-free kulfis certified from the UP Food



Research Centre three years back, so that people wouldn't doubt they're safe." He adds, "The demand for sugar-free kulfis among women has risen,

as they seem to have become more health conscious."

TOTAL SELL-OUT

A thought that finds another taker, Jatin Ahuja, of Moti Mahal restaurant. "We generally used to bank on our fruit-flavoured kulfis for sales, but of late we have seen a considerable rise in the demand of sugar-free kulfis. Thirty per cent of the total sales of our kulfi today is from sugar-free kulfis," says Jatin, adding, "While earlier it was only middle-aged people with diabetes who used to demand sugar-free kulfis, now even youngsters, especially girls, prefer having them. In fact, this year for the first time, we've actually sold out our sugar-free variety of kulfi more than once."

SUGAR-FREE FAMILIES

Ravindra Gupta, one of the owners

of Chhappan Bhog, adds, "It isn't just the youngsters or diabetic patients who eat sugar-free kulfis in Lucknow, we even have families visiting us and ordering the same. It is a healthy trend."

Rahil Ali Khan, a young businessman, who has recently started eating sugar free kulfis, credits his mom for the change in him. "My mom, who is a diabetic, used to ask me to get her sugar-free kulfis. It is only since last year that I started eating sugar-free kulfis after she forced me to try them. I realised there were plenty of health benefits of eating the low-cal variety."

Kajol Mathur, pursuing Masters in Mass Communications, says, "After falling seriously ill this year, my diet has completely changed. I now believe in a healthy lifestyle. You look what you eat. So in order to eat smart, for the first time, I ate sugar-free kulfi."

Music affects the perception of wine



People who drink wine while listening to music perceive their tipple to have the same characteristics as the particular artist or tune they are listening to, a new study has found.

For the study, Professor Adrian North from the Herriot-Watt University in Edinburgh gave taste tests to 250 students while playing music, the Daily Mail reported.

The students were given either Alpha 2005 Cabernet Sauvignon or Chilean Chardonnay, and played one of four pieces with contrasting characteristics.

Volunteers were then asked to describe how the wine tasted and

the results showed that the tune they listened to consistently affected how they perceived its taste.

The wine was described as powerful and heavy, "subtle and refined", "zingy and refreshing" and "mellow and soft".

Both the wines were given the highest ratings for being "heavy" by those who drank them to Carmina Burana by Orff.

According to North, for an earthy and full-bodied Merlot experience, drinkers should listen to Tom Jones while having their tipple.

The study has been published in the British Journal of Psychology.

Recipe: Nachos Delight

It wouldn't be wrong to say that nachos have been giving tough competition to our all time movie hall favourite, popcorns.

Not only that, it has invaded our kitchens. No one can go wrong with a classic cheesy nachos recipe for guests. But recipes are made to be tweaked, isn't it? Here we bring to you a healthy and delicious take on nachos. Read on

Ingredients - Olives and Herbs Nachos (60 g approx) - Thai Sweet Chili Nachos (60 g approx) - Red Bell peppers 1 chopped - Yellow Bell peppers 1 chopped - Salsa Dip 50 g - Cheese Dip 50 g - Sliced Black Olives 50 g - Alphalfa Sprouts 20 g - Moong Sprouts 20 g - Iceberg Lettuce 1 Leaf Chopped - Tomato 1 chopped - Eggless Mayonnaise 50 g - Mint Mayonnaise 50 g - Red Bell Pepper 1 diced - Green Capsicum 1 diced - Salt to taste

Preparation Methods - Arrange a layer of olives and herbs Nachos alternating with cheese and herbs Nacho - Top each Nacho with alternating Salsa and Cheese Dip - Prepare a mixture in bowl by mixing all ingredients and salt to taste. - Place the prepared mixture over Nachos - Garnish it with shredded Cheese, shredded iceberg lettuce and black olives. - Season it and serve it fresh



Bell bottoms are back and it's time to fashion your flares

Free love, rock 'n' roll and loads of style – the swinging '70s are back and how! If you balked at the idea of wriggling into skinny jeans, the return of the bell bottoms will give you a reason to rejoice while looking chic. These wide-bottomed pants were the epitome of style during the '70s, and are back in a modern avatar. Be it flared jumpsuits, dungarees or the traditional Americana denim version, here's how to style them:

Footsie fun: While pairing chunky platform heels or wedges with flared pants make your legs look a mile long, you can rock them with flats too. Get the hem a tad shorter to go with ballerina flats or cool canvas sneakers.

Find perfect fit: The ideal bell bottom jeans are snug on the thighs and gently flare out after the knees.

You can also use a belt to cinch



your waist, or opt for high-waisted pair of jeans to accentuate your figure. However, avoid the belt if you are opt-

ing for a crop top.

Face the flare: The taller you are, the more flared you can go with your

bell bottoms. Avoid wearing loose-fitting, oversized tops with such wide-bottomed pants.

Chipped nail? Relax, here's how you quickly fix it

Here's a nightmare scenario. You are heading for a party, high heels on point. Just when you are leaving, you have a complete #fail moment: a manicured nail chips. Breathe girl, don't panic! Here are the fixes:

Tea bag solution: Give a quick detox to your talons and repair the chipped nail by covering it in a teabag wrap. Take the bag and cut it at top, emptying out the contents. Now, cut a sliver of the bag, a little larger than the length of the entire nail that needs to be covered, and wrap the injured nail with it. With scissors, cut off any excess. Bring the wrap to the shape of the nail with a filer. Finish with a top coat.

Nail glue: In case your chipped nail is actually a full break, with the top crescent completely detached, fasten it back with the help of nail glue. This glue is available online, and is also a part of your DIY manicure kits. Cover this particular nail with a transparent top coat for a stronger hold. While a lot of glues provide an applicator, you can alternatively use a toothpick.

Tape it: Cut a strip of tape and use it to cover the broken part. The trick here is the neatness, so with a sharp-edged nail, manually file the taped nail. Finish with a top coat.

Fabric fix: Like the tea bag, use a thin strip of tulle or sheer silk. First, use nail glue to re-instate the broken tip. Now, paste an elongated strip of the fabric on the entire nail. When the nail is wrapped entirely, use a top coat to strengthen the nail and finish off with nail paint.



Choosing the perfect base for a perfect, flawless look

Do you keep your skin type in mind before buying the base for your makeup? That's mandatory to get a perfect, flawless look. Here's help:

Oily Skin: Products like mousse and two way cake are perfect to get a matte finish for oily skin. Mousse gives a feather light finish. It's a cream-based product that turns into powdery form when you evenly apply it on the face. The two way cake is a quick waterproof base that offers the advantages of both foundation and powder in a single product. For a matte finish, apply it with a dry sponge and for a glossy touch, apply with a damp sponge to get a perfectly even complexion.

Dry Skin: Switch your makeup from thick-layered foundation to a lighter, tinted moisturiser. Having a hint of colour, it works as a foundation and makes your skin look flawless with more opaque coverage. This light-weight formula provides a matte finish and hydrates the skin. Another magical option is soufflé. It's an air-whipped foundation that gives a flawless, silky and even-toned finish.

Normal skin: This skin type has the most options. Go with the latest in foundations available in the market such as studio fix, mineral make up, mousse and soufflé. Studio fix is a combination of powder and foundation that gives you a sheer and matte coverage. It creates a matte and velvety texture with oil controlling effect, that lets the base last long enough. It can be applied with a brush, sponge or a powder puff. Mineral makeup comes in both powder and liquid form. It can be easily applied with a brush and puff and imparts a seamless coverage with a radiant finish.



Seniors Celebrate July 4th



By Bhagubhai Patel and Prakash Kotecha

Future Events:

1. Saturday August 1, 9:00 AM to 12:00noon - Free Shingles Vaccination, at APCA Office, 6th Floor, 4520 North Central Ave., Phoenix 85012
2. Thursday August 13th : India Independence Day :: Leader Mahendra Devgania
3. Thursday September 3rd - Janmastami

Diabetic Lifestyle Discussion:

Subject of our round table discussion on July 23 was on Diabetic Life Style with Indian cuisine. Bhagubhai presented diet tips that were earlier shared by email regarding diabetes diet for Indians. Dr. Prakash Kotecha and Kiran Dulai recently attended a training of trainers program from Health Service Advisory Group in co-operation with APCA on Diabetic Empowerment Education Program called "Train-the-Trainer". This program is aimed at preparing trainers who can facilitate Diabetes Self Management learning to those in need including those who need training in native language of immigrant USA residents.

Kiran Dulai explained how she could overcome the sugar level main-

taining issues with appropriate strict diet and exercises. Kapila Patel also narrated her fight with Diabetes and her approach of controlling eating habits - eat everything but in moderate amounts. Prakash Kotecha explained importance of Blood Sugar in human body and how diabetes affects us with additional details on what are appropriate good foods, proportioning between Salads, Protein & Carbohydrates and eating habits. Additional information was shared by Lata Desai and Sevasingh Dulai. All presenters encouraged participants to do some exercises daily and to come earlier on Thursdays and benefit by joining the "Chair Exercise" program. Almost all members present attended the "Diabetes Discussion", thanks to Prakash Kotecha to moderate the discussion.

Senior Group Activities in Brief:

During July 2nd meeting we celebrated USA Independence Day (July 4th) with Flag Salutations with beautifully recorded National Anthem by Jaimina Johnson and pledge of allegiance by a video clip by Ken Howie. Thanks to Meenaben Bhavsar for organizing this program - appropriate color decorations of the hall and showing enthusiasm for celebrations in traditional style.

"Asian Pacific Community in Action" has scheduled free Shingles Vac-

cination on Saturday August 1st, 9:00 am to 12:00noon, at their office located on 6th floor at 4520 No. Central, Phoenix, AZ 85012; Tel: 602- 265-4598. Please call in to register for vaccination. Those members who have signed up with Gitika Powar are already registered. For additional information, you may call Dr. Prakash Kotecha Tel: 480-492-2088. We will also have benefits from recent learning on "Diabetes Empowerment" training that Dr. Kotecha and Kiran Dulai attended recently in our round table discussion on "Life Style with Diabetes - adopting Indian Cuisine for sugar control".

Mr. Rohini Sharma a member of IACRF BOD and Senior Group is preparing proposals for Educational tutorials on Indo-American religions and Culture. He requested volunteers with related expertise to help him prepare tutorial proposals and in teaching the same, for information please call Rohini on Tel: 520-499-7280

Prakash Desmukh and engineering team of Yash-Shali Nagar presented the current status of the project and participation opportunities - particularly at the investor level for the purchase of land.

The lunch sponsors for the month included Paruben & Vallbhabhai Patel, Amrita & Balbirsingh Khurana and

Devinder Kaur, and Deviben & Babulal Gohel.

South America Tour: Lalitbhai Patel announced that South America tour for 21 days from September 16th to October 7th is fully booked with 23 members and no additional members can be accepted.

Member News:

We are missing Sevantibhai Shah as he is recouping from Total Knee Replacement surgery. Raman Bhavsar is home recuperating from Stent insertion surgery. We celebrated Deviben Gohel's 75th birth day on July 16th. Our long time member Mahendra and Tarla Dave returned from a trip to India and their new residence in Shantinikaten, Florida. They brought us 'Shantinikaten' news and of course Ramaben and Sumantbhai's news too. All four are enjoying the Senior Community lifestyle immensely.

Thanks to Mahendra Devgania for taking excellent photos and sharing with the Senior Group.

Senior Group meets every 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



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Real Estate News of Arizona - August 2015

Hello Friends,

This is a busy month for most parents. It's end of summer holidays and many of us had wonderful trip back home during vacation! We had some good chunk of rains hitting the valley during the summer months. But August is all about Back-to-School activities, shopping, reconnecting with old friends after summer holidays and even making some new ones. As we get back to our daily routine and busy days, let's look at how the valley real estate performed during the summer below!

Building permits for homes priced in the \$200,000 to \$500,000 range saw a relatively small increase in the past two months, but buyers looking to enter the market with an affordable home may still face competition. "This is causing problems for buyers who are experiencing multiple bids in the range below \$200,000," Orr said in his report.

Gilbert led the Valley in receiving the new building permits with Peoria, Mesa and North Phoenix not far behind. There doesn't see much supply relief in the near future for the entry-level homes. The modest increase in permits may keep prices from skyrocketing, but supply of homes is still quite a way from being what is considered normal in Phoenix. May housing prices were similar compared to April, as the lack of supply still continued to drive the prices up since demand has returned to normal.

There were 8,319 sales in May 2015 compared to 7,445 sales in May 2014. This includes manufactured homes. Whereas there were 8,406 home sales in April 2014, of which 68% (5,696)

were purchased with financing whereas in April 2015 that number was 73%. There were 973 more home purchases financed in April 2015 than in April 2014. The biggest change in homes financed occurred with FHA loans. In 2014 FHA loans accounted for 18.4% of home loan purchases, in April 2015 this percentage grew to 32%. The percentage of home purchased through financed tend to trend higher which translates into an improving housing market. Mortgage rates were lower in April 2015 at 3.87%, compared to 4.14% April 2014 (average 30-year fixed-rate mortgage).

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

- Total Sales for Single Family, Town-homes, Condos for June were 7,668 whereas May was 7,320 and April were 7,323
- The Active listings for June were 25,929 whereas May was 19,972 and April were 21,125
- Pending sales for June were 7,355 whereas May was 6,390 and April were 7,367

The table above illustrates that the mix of buyers is looking more traditional with less investor-flips and an increase of purchases with mortgages. Buyers can also take comfort that the 30-year

fixed-rate mortgage, averaged 4.04 percent for the week ending July 9, 2015 when a year ago at this time, the fixed rate mortgage averaged 4.15 percent.

Now let's take a look on commercial side-

Investment Property Associates LLC has purchased the Willowick Square office building at 5150 N16th St from Presson Corporation for \$5.9 million or about \$110 per square foot. The 53,417-square-foot office building was constructed in 1974 on 2.8 acres in Maricopa County. The building was about 87 percent vacant at the time of sale.

HPOne is opening its second Valley office in Gilbert. The medical insurance sales and service company is moving into 20,000 square feet in the Reserve at San Tan Village 275 E Germann Road. The company has 300 employees at its Black Canyon Road facility in Phoenix. HPOne has similar sales and service centers in Tampa and St. Petersburg, Florida.

DialAmerica Marketing Inc signed

(Public records)	First 6 months of 2014	vs.	First 6 months of 2015	%Change
Foreclosures	2,929		2,029	-30.7%
Sales	44,238		48,500	+9.6%
Sales with mortgages	69.3%		73.6%	+4.3%
Flips	2,732		2,526	-7.5%

a long-term sublease at Riverpoint at 3100 E Broadway Road in Phoenix. The transaction will enable DialAmerica to open a new call center in the Valley. They will occupy 50,267 square feet of office space at Riverpoint Building. The company has 21 call centers throughout USA.

American Realty Capital Healthcare Trust III Inc has purchased the office building at 13090 N 94th Dr in Peoria from The Plaza Companies for \$5.35 million or about \$158 per square foot. Built in 2002, the 33,738-square-foot property sits on 3.1 acres in the Arrowhead submarket of Maricopa County, part of the Plaza del Rio Medical Campus.

Hanjin Shipping Co Ltd. is moving its Phoenix operations center to a

new Chandler location. Seoul-based Hanjin leased nearly 37,700 square feet at the Portico Place II complex near Chandler Boulevard and Dobson Road. Hanjin is leasing 78 percent of the 48,200-square-foot development. The international shipping company currently is located at another Chandler site where it has more than 200 employees.

Irwin Pasternack Associates has acquired 215 acres at I-10 and 83rd Ave for its pro-posed \$300 million, mixed-use business park, TEN. When completed, the project is expected to become the largest freeway industrial employment site in Phoenix, AZ. Pasternack, serving as owner, architect and developer, plans on having at least one major, million-square-foot industrial building under construction within the next 12 months.

The mega development is focused on high-end, pre-leased, build-to-suit projects suited to national and international companies. TEN's master plan for shovel-ready sites includes retail space and commercial services along 83rd Ave with modern industrial solutions scalable from 500,000 to 1.5 million square feet. The site enjoys direct access to the 1.5 million West Valley workforce that Amazon, Cardinal Health and PetSmart have all tapped into, as well as Foreign Trade Zone capability, which could reduce real and equipment taxes for specific users. With high visibility and accessibility, it's perfect for attracting new businesses that will be able to operate efficiently, profitably and accessibly freeway frontage.

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@artiyyer.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.

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AUGUST 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 * Teean Teej Diyar Mela Sahasra Lin- gaarchana
2	3	4	5	6	7 * George Brooks & Bom- bay Jazz featur- ing Larry Coryell	8
9	10	11	12	13	14	15 * Bhangra This 69th INDIA IN- DEPENDENCE DAY CELEBRA- TIONS Holy Sravan Mas @ Ekta Mandir
16	17 * Sravan Mon- days	18	19	20	21	22 * India Nite
23	24	25	26	27	28	29
30 * Shri Krishna Janmashtami (SwamiNarayan Mandir)	31					

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ARIES



Mar 21
to
Apr 20

Financial limitations are likely if you take risks. Too much work and no play will not only result in fatigue and frustration but also loneliness, too. Don't let emotional upset force you into the poorhouse. Involvement in groups will be favorable and lead to valuable information. Your luckiest events this month will occur on a Monday.

TAURUS



April 21
to
May 20

This is not the time to lend or borrow money or possessions. You will not be able to contain your emotions this month. You can surprise members of your family, which in turn will bring you a pat on the back. You may not be too pleased with the actions of those you live with. Your luckiest events this month will occur on a Saturday.

GEMINI



May 21
to
June 21

You may find that your anger stems from lending or borrowing money. Opportunities for advancement at work are apparent. Talk to your mate about a vacation and discuss the expectations of your relationship. You'll have great insight. Your luckiest events this month will occur on a Thursday.

CANCER



Jun 22
to
Jul 22

Involvement in groups of interest will bring you in touch with important individuals. You can enjoy social events and meet new potential mates; however, avoid being lavish. Your dramatic nature may be too much to handle. Be cautious of making any residential changes this month. Your luckiest events this month will occur on a Monday.

LEO



Jul 23
to
Aug 23

You will earn recognition for the work you are doing. Problems with your partner could be reaching a high level of concern. You may be in love this month, but who knows what tomorrow may bring. If you can get away for a vacation, do so. Your luckiest events this month will occur on a Sunday.

VIRGO



Aug 24
to
Sep 23

You may find yourself in an opportune position if you are willing to take a bit of a risk. Your intellectual charm will entice mates who have common interests. You may want to sign up for lectures or courses that will bring you mental stimulation. You can persuade even the toughest opponents to think your way. Your luckiest events this month will occur on a Friday.

LIBRA



Sep 24
to
Oct 23

You can solidify your relationship if you plan a special evening with your mate. Stick to your own projects and by the end of the day you'll shine. A new image can be the result if you change your look. Take care of any medical problems if they've been troubling you. Your luckiest events this month will occur on a Monday.

SCORPIO



Oct 24
to
Nov 22

Relatives may play an important role in your personal life. Self improvement projects should be your key concern. Things at home may be somewhat rocky. You may be likely to have difficulties with females. Your luckiest events this month will occur on a Friday.

SAGITTARIUS



Nov 23
to
Dec 21

Do not give your heart to someone who may not live up to your standards. You will not be able to contain your emotions this month. Don't make financial contributions in order to impress others. You may want to try your hand at a little creative writing. Don't let your boss get the better of you. Your luckiest events this month will occur on a Tuesday.

CAPRICORN



Dec 22
to
Jan 21

You may find out that someone is trying to undermine you. Try to avoid being extravagant this month. Changes in your domestic scene are evident. You might get behind if you spend too much time debating senseless issues. Your luckiest events this month will occur on a Thursday.

AQUARIUS



Jan 22
to
Feb 19

Invite friends in for a visit. Empty promises and a lack of cash may put a damper on your plans. Losses are evident. It might be time to pick up the slack and do your share. Your luckiest events this month will occur on a Sunday.

PISCES



Feb 20
to
Mar 20

Travel if it's needed to start the ball rolling. Take a second look; another person's philosophy may be extremely different from yours. Do not yield to children or relatives when they really don't deserve it. Your mind is on money-making ventures. Your luckiest events this month will occur on a Tuesday.

Baghdad: On the wrong side of history

Book: Baghdad - City of Peace, City of Blood

Author: Justin Marozzi

Publisher: Penguin

Pages: 512

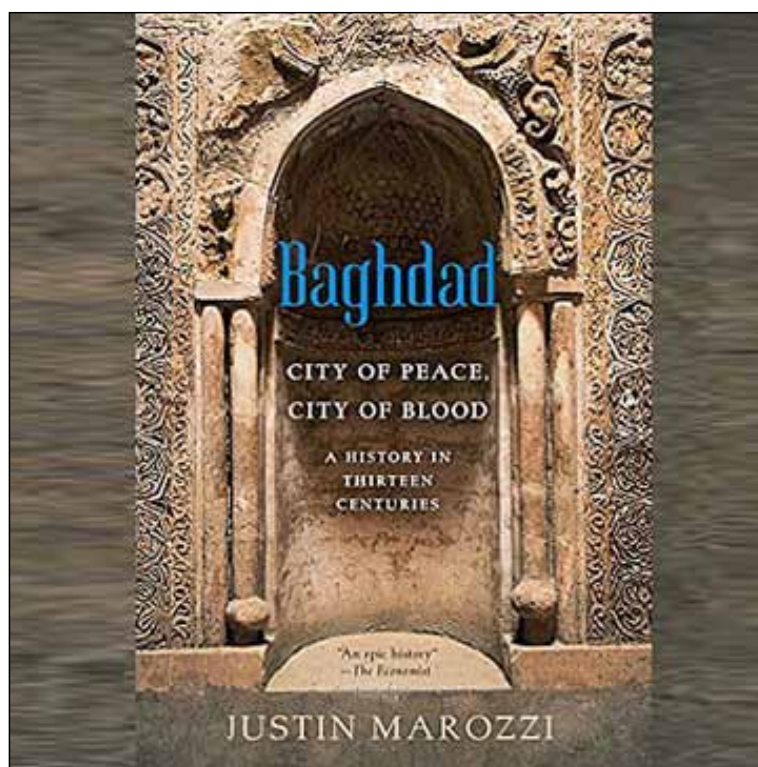
Price: Rs 599

Capital cities whose names begin with B usually don't have an easy time. Berlin, Belfast, Budapest, Beirut, Belgrade, even Bombay, have had periods in which they were embroiled in violence or nearly destroyed in wars and residents found it hard to survive, let alone prosper. But worse befell another of their ilk - once the heart of an empire spanning continents and now only in the news for deprivation, repression and brutal sectarian violence. But was Baghdad always like that?

On the wrong side of history for most of its over 13-century existence, the city was for quite some time the centre of the known world, with its magnificent architecture, opulent lifestyles, vibrant culture and excellence in intellectual pursuits (ranging from philosophy to cooking) overwhelming visitors. And it is these glorious heights and despairing depths that British journalist-turned-historian Justin Marozzi presents in his fifth book.

Marozzi, whose previous books include biographies of Tamerlane, or Timur the Lame (one of the despoilers of Baghdad) and "Father of History" Herodotus, is well-qualified to tell the story, having lived in Baghdad for quite some time. Divided into 11 chapters, which range from a few decades of glory to shorter periods of devastation to a century or two of ignominious decline, his biography seamlessly integrates past and present as a stroll down an area and its description leads to its history.

His story actually begins (after a brief account of obscure ancient settlements) with Caliph Mansur (754-75), the second Abbasid ruler but the real founder of the dynasty that supplanted the Umayyads as the rulers of the Islamic heart-



lands, personally scouting for a new capital. The caliph selected a spot on the Tigris for "Madinat al Mansur" but local people preferred to call it "Madinat al Salam", or the city of peace, rather than of Mansur.

And its peace and renown was secure under Mansur and reached its apogee under his grandson, the celebrated Harun al-Rashid (786-809), who has the "Arabian Nights" as the best record of his reign and times. Despite historian Harold Lamb making a case that the stories of the Caliph walking incognito actually are of Baybars, the later powerful Mameluke monarch of Cairo, it is indubitably Harun accompanied his grand vizier Jafar ibn Yahya Al Barmakid and executioner Masrur. This part is best brought out - in all its glory and vulgarity - by Marozzi.

But the lustre soon dissipated. Jafar, a capable man (not like his current image of the evil vizier), was executed in 803 and Harun's reputation was never the same. After him, his sons Amin and Mamun fought for power - and destroyed quite a bit of the city. Though the Abbasids would reign for another four centuries, their power would be circumscribed by various outsiders who seized control - the Buyids, the Seljuks, the Fatimids - till the Mongols led by Hulagu extinguished

them entirely in 1258 and nearly levelled the city.

Even then, Baghdad could have revived, but a century and half later came Tamerlane, who just asked his soldiers to get him heads of two Baghdadis each! Thus followed a long period of decline - rule by obscure Turkmen dynasties, conquest by the Ottomans (Sultan Suleiman the Magnificent personally) - before being briefly snatched by Safavid Iran under Shah Abbas - and languishing under indolent Ottoman pashas till the end of the World War I, when the British conquered it. Then came an installed monarchy, its bloody overthrow, a long spell of violence, (including foreign wars) and instability from Kassem to Saddam Hussein - which even the American invasion in 2003 has been unable to quell.

Few cities can be as unfortunate as this one. Cities have been invaded and razed to the ground, flattened or depopulated by natural disasters, or crushed by economic factors but poor Baghdad has suffered almost all of this. But, as Marozzi concludes, that accompanying the memory of its glorious past, its strength is in the resilience of its hapless citizens, their dignity, their pride and their endurance that their city will live up to its original name.

POET OF MONTH

Michele Parker Randall

Michele Parker Randall is the author of the poetry collection Museum of Everyday Life (Kelsay Books, 2015). She earned her MFA in Poetry from New England College, MA in Creative Writing from the University of Central Florida, and she was a recent resident artist at the Atlantic Center for the Arts. Her work has appeared or is forthcoming from Revelry, The Newport Review (First Prize Flash Fiction), Tygerburning Blog, Ebola: Real not Other, The Joys of The Table Anthology, a Gwendolyn Brooks anthology, and elsewhere. She is currently working on a poetry manuscript that focuses on the new-realities of mental health patients and their caregivers. A portion of that work was a finalist for the Peter Meinke Poetry Prize. She lives and teaches in Central Florida.



Museum of Everyday Life

Artifact One

I forgot my name,
but my body hangs
in the Museum of Everyday Life.

Artifact Two

I forgot my name,
but my sounds
dangle between candlewax and pan.

In the next room,
a woman says,
I just want everyone
to be beautiful,
and though I can't see her,
I see the tightness of youth in her voice.

Artifact Three

She says,
I don't have anything
in common with these people.

my given name defined:
a feminine form—a masculine name,
a feminine form—who-is-like-God.

Artifact Four

In the Museum of Everyday Life
my voice hangs opposite my body;
I forget my name.

Film Review

Set in modern-day Varanasi, here's a story in the city of contrasts where much has changed, yet, so little has. Two intertwining stories -- one has Devi (Chadha) being blackmailed by a corrupt cop in lieu of evidence of her 'curiosity/jigyaasa' (she checked into a hotel with a fellow student to make out but are caught red-handed), the

Film Review

Film: Masaan

Director: Neeraj Ghaywan

Cast: Richa Chadha, Saurabh Chaudhary, Vicky Kaushal, Sanjay Mishra, Shweta Tripathi, Bhagwan Tiwari

Rating: **** (4 stars)

other has Deepak (Kaushal), a low-caste young man, an engineering student, who belongs to the untouchable Dom caste, but falls for an upper class poetry-loving girl, Shaalu (Tripathi).

What's hot

It's hard to turn away from the screen while watching Masaan. And it isn't just Avinash Arun's mesmerising cinematography that's to be credited for that. The film, while visually compelling, comes alive because of its simple yet nuanced writing (Varun Grover), its beautiful music (Indian Ocean), a solidly even directorial debut (Neeraj

Ghaywan) and haunting performances by some cast members. Vidyadhar's (Sanjay Mishra) conflict becomes your own as he and Devi struggle to make sense of the deep end they've been thrown into. Vicky Kaushal, as Deepak, is superbly simple and captivating at the same time as he courts Shaalu, despite realising they can never be together. She loves him enough to want to elope, if the need

arises and you believe her in a heartbeat. The performances, by most of the main as well as supporting cast is what drives the film, full-steam into your consciousness. And it is these performances by most of the main cast, as well as the supporting ones (Jhonta, Vidyadhar's chela, played by Nikhil Sahni and Devi's colleague, played by Pankaj Tripathi, in particular) that stay with you. And some of those

dialogues and one-liners, they never do let go...

What's not

Richa Chadha comes off a tad bit underwhelming despite the potential to knock the socks off you. And this is an actress who has done this before in smaller roles. At two-odd hours running time, you want things to move along a little faster than it does. Death (Masaan means crematorium) as a central subject tends

to loom larger than the most uplifting bits of the film. That kinda limits the people who will venture out to catch this film.

What to do

A film that runs the risk of predictability, but is compelling enough to keep you hooked to what happens next without succumbing to the danger of getting waylaid by its own indulgence, is what makes Masaan a film you cannot and mustn't miss.

'Masaan' review: Visually compelling, haunting performances and nuanced writing make it a must watch



Anushka Sharma decides to go tough online

"I'm trying to keep my Twitter as positive as I possibly can and so will block people who keep blabbering nonsense with almost no sense of responsibility." Anushka tweeted on Sunday.

Actress Anushka Sharma says she will be blocking people who jot any fluff on the micro-blogging website Twitter.

A number of the celebrities, including actor Rishi Kapoor and filmmaker Karan Johar have fallen preys to cyber bullying. Anushka, who uses the digital platform for voicing out her opinion on different issues, has now warned the masses to watch their words or they will end up getting blocked.

"I'm trying to keep my Twitter as positive as I possibly can and so will block people who keep blabbering nonsense with almost no sense of responsibility." Anushka tweeted on Sunday.



Deleting his earlier tweets, Khan said that his father Salim Khan called him and said he should retract his tweets as they had the potential to create "misunderstanding".

Bollywood superstar Salman Khan today created a storm by describing Yakub Memon, the Mumbai blasts convict scheduled to be hanged on July 30, as innocent but was forced to withdraw his tweets and tender unconditional apology following outrage from political parties and social media.

Basking in the glory of his film Bajrangi Bhaijaan's success, the 49-year-old actor posted about a dozen tweets from about 2 am early today in which he said the wrong man is being hung for the crimes of his brother Tiger Memon who was described by the actor as a 'lomdi' (fox) who ran away.

"Get tiger (Tiger Memon), hang him. Parade him not his brother," the actor had tweeted. Tiger Memon, who is believed to be in Pakistan, is one of the prime suspects in the 1993 Mumbai bomb blasts that killed 257 people and injured 1,400.

Khan said he had been wanting to tweet about the issue for some days but was afraid.

"Been wanting to tweet Tis fr 3 days n was afraid to do so but it involves a man's n family. Don't hang brother hang tha lomdi (fox) who ran away," he tweeted.

"1 innocent man killed is killing the humanity," the actor said.

As his tweets sparked a furore and were dubbed as "objectionable" and also led to protests by BJP workers outside Khan's residence in suburban Bandra, BJP and ally Shiv Sena demanded cancellation of the actor's bail in the 2002 hit-and-run case. A Shiv Sena spokesperson Manisha Kayande

Salman Khan sparks controversy by tweeting in support of Yakub Memon, later retracts comments



even called Khan anti-national.

Ujjwal Nikam, the special prosecutor in the 1993 Mumbai blasts case, took a strong exception to Khan's tweets in defence of Yakub, and said the actor must withdraw them.

Speaking to PTI, Nikam said, "Tweets made by Salman Khan are highly objectionable" and were an attempt to "undermine the image of the Indian Judiciary." TADA Judge P D Kode who sent Yakub to the gallows, said Khan's tweets are his 'opinion' and that everyone has a right to his or her opinion as a right to freedom of speech but the question is how "relevant" it is.

Deleting his earlier tweets, Khan said that his father Salim Khan called him and said he should retract his tweets as they had the potential to create "misunderstanding".

Salim, a veteran Bollywood scriptwriter, is quoted as having said that his son is "ignorant" of the issue and people should not take him seriously, describing the star's earlier remarks as ridiculous and meaningless.

"My dad called & said I should retract my tweets as they have the potential to create misunderstanding. I hereby retract them. I would like to unconditionally apologise for any misunderstanding I may have created unintentionally," he said in a series of tweets in the evening.

Khan said he also strongly condemned those who are claiming his tweets are "anti-religious", adding, "I have always said I respect all faiths and I always will."

"I had tweeted that Tiger Memon should hang for his crimes and I stand by it. What i also said is that Yakub Memon should not hang for him. I have not said or implied that Yakub Memon is innocent. I have complete faith in the judicial system of our country. Many lives were lost in the Mumbai blasts. And I have repeatedly said the loss of one innocent life is equal to the loss of all humanity," he said.

Khan, who has 13.1 million followers on Twitter, also asked Pakistani Prime Minister Nawaz Sharif to send

Tiger (Memon) to India if he was in his country.

"Sharif Saab ek darkhaust hai k agar yeh aap k mulkh mein hai toh plz iktila kar deejyeh. Kidhar chupa hai tiger?..

Tiger ki hi to kami hai India mein. Tiger ko Lao. Hum toh upne family par mar jaaeen. Tiger tumhaara bhai kuch Dino mein tumhare liyeh. Get tiger hang him. Parade him not his brother," he said in a series of tweets.

Barring any last minute reprieve, 53-year-old Yakub is due to be hanged on the same day as his birthday on July 30.

Mumbai BJP president Ashish Shelar met Maharashtra Governor Ch Vidyasagar Rao and submitted a letter seeking cancellation of bail granted to Khan by the Bombay High Court. Making a similar demand, the Shiv Sena said he is anti-national.

Asked about Salman's earlier tweets, BJP spokesperson Sambit Patra said, "Anyone and everyone in this country should respect the law of this country. No one is above the law of the country. The case has been going on in various courts of law for last 20 years."

Congress said the Supreme Court verdict should be respected and all must "follow the course of the law". Salman's friend and Congress leader Milind Deora tried to do some damage control. He tweeted that he had spoken to the actor last night and today and Salman "doesn't believe Yakub Memon isn't guilty & was only spotlighting YM's brother's cowardice."

Senior advocate Abha Singh criticised Khan for his remark on Yakub saying the actor's statement is against the rule of law.

However, the social media had some tweets coming out in support of Khan's remarks on Yakub.

Shatrughan Sinha, actor and BJP MP, said, "Agar usne aisa kaha hai to aap uski bhaavnayon ko samajhiye (If he (Salman) has said so, then you must understand his feelings)."

Alia Bhatt says 'Shaandaar' will be worth the wait

The shooting of 'Shaandaar' began in September last year and is lined up to be released on the festival of Dussehra on October 22. The Student of the Year star Alia Bhatt, who will be acting opposite to Shahid Kapoor in Shaandaar, has shared it on Twitter that the wait for her upcoming movie will hopefully be completely worth it.

The microblogging site Twitter was abuzz with #ShaandaarWaitKillingUs where fans of the star poured in tweets about the movie. Alia and producer Karan Johar assured the fans that waiting for it will be worth their time.



Chai with.... Vishal Singh, Junior Officer

By Manju Walia

This month, Asia Today, had a chance encounter with a very young officer Vishal Singh while sitting in an international café in an Alaskan cruise. On vacation with my husband and in an ironic coincidence, it turned out that our 2nd officer was from Jammu, India. While having tea, we started up a chance conversation and when I came to know that he was from Jammu, India, I was both very surprised and happy and eager to know more about him. He then told me he was born in Jammu and brought up all over India as his father was an Army Colonel.

The eldest son of Colonel Ashok Singh and mother Chandra Kala, he always knew he wanted a uniform but did not want to study further. He finished his higher education in army school and completed his graduation from South Tynside College, UK and then he did his Nautical Diploma from the same college. In 2008, he was



hired as a petty officer in the Princess Cruise line. After 36 months of sea service, he became the 2nd officer. Curious about his future aspirations,

I asked him when he will become the Captain of the Ship. He then told me that after 17 months he will be the 2nd mate and after 27 months, he will be the Chief Mate and after 24 months, he can have the master license to become the Captain.

One thing I learned from my conversation with him is that it is true what they say; where there is a will there is a way.

A young boy who didn't want to study a lot but become something became an officer of a large cruise line. We always envision doctors and engineers as careers, forgetting that there are many other exciting and promising professions as well and as long as one works hard and follows his/her dreams, success can ultimately be reached.

It was a pleasure to meet Vishal. Asia Today wishes him the very best and hopes for another chance encounter with him in the near future, this time when he is Captain of the Ship.





Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

AUGUST 2015 Programs & Events

17 Sawan – 15 Bhadon, 547 Nanakshahi Era (NE)

Aug 7 - 9 (Fri - Sun) – Morcha Guru Ka Bagh (1922) (Actual: Aug. 8, 1922)

See <http://www.youtube.com/watch?v=dMa7vIGjbSQ> for an explanation by Sikh Research Institute.

Jor Mela Baba Bakala (Actual: Aug. 10)

See <http://sikhgurusandgurdwaras.info/wordpress/?p=1807> for more info.

Aug 14 - 16 (Fri - Sun) – 154th Barsi Dr. Jasbir Singh Saini

(Anniversary Commemoration – Actual: Aug. 15, 2000)

Akhand Path: Arambh: Friday, 10 AM.

Bhog: Sunday, 10 AM.

Kirtan Darbar with guest Ragi Jatha Bhai Jaswant Singh Jeera.

(See separate flyer for details).

Aug 16 (Sun.) – Homeless Langar Seva

Phoenix Rescue Mission, Call 602 741 8021 for more info.

Aug 17, Bhadon 1 (Mon) – Sangrand & Monthly Sehj Path

9:00 AM – 10:00 AM

Aug 28 – Aug 30 (Fri - Sun) –

Completion of *Pothi Sahib* (1604). (Actual: Aug. 30)

Pehla Parkash Sri Guru Granth Sahib Ji (1604) (Actual: Sept. 1)

First installation of “Pothi Sahib” in Harminder Sahib.

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.

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Paradise on your plate: A gourmet guide to Kashmir

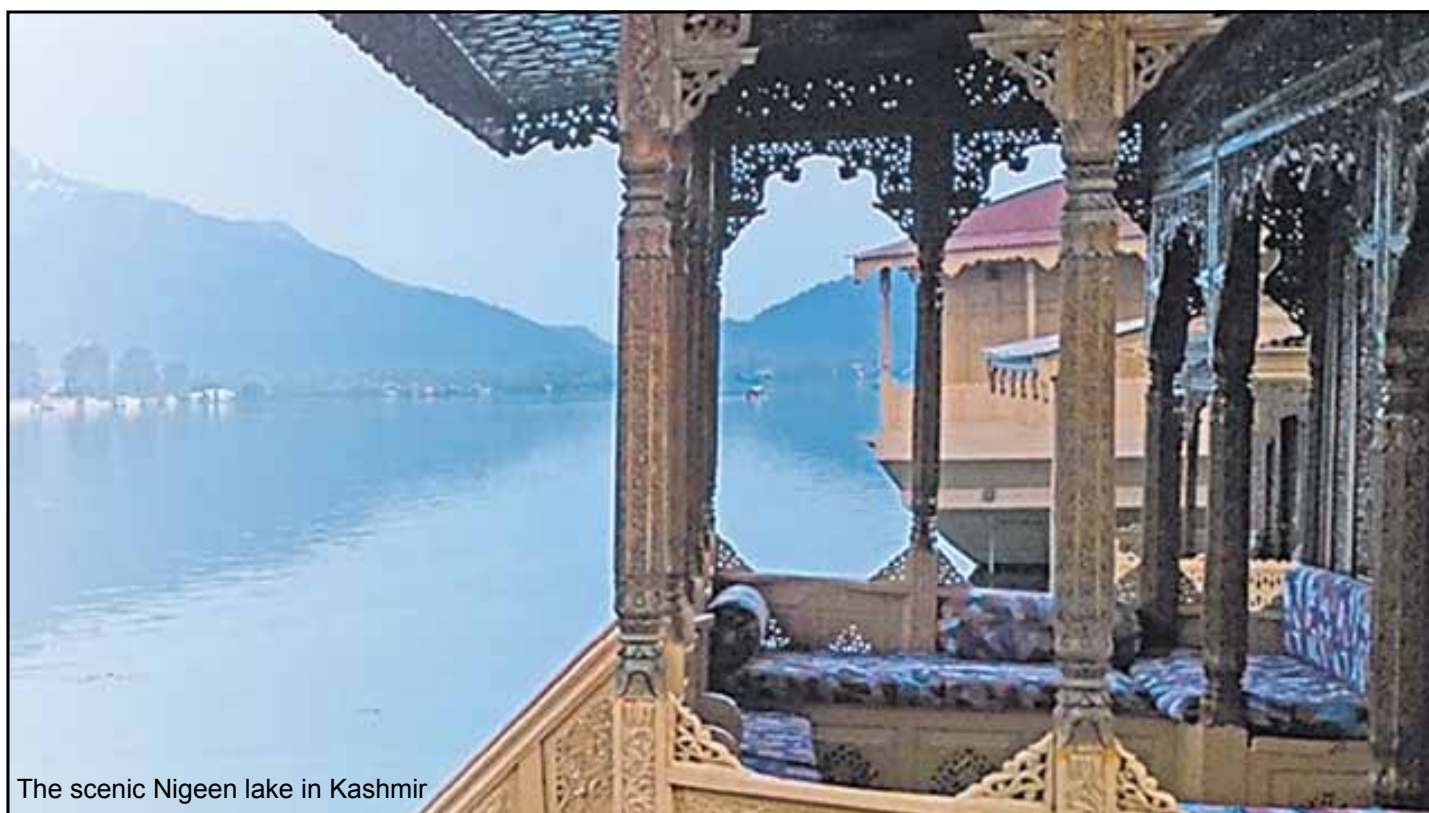
Majestic mountains, spectacular sunsets, serene lakes, fruit-laden orchards and flowers in bloom, Srinagar has all that.

Beauty envelops you as soon as you land in this city of houseboats, grand chinars and the Dal and Nigeen lakes. Sitting in a houseboat surrounded by the sounds of silence and facing the mountains truly nourishes the soul. The local food, though, also amply nourishes the body while spectacularly seducing taste buds.

For locals living near the lake, the day begins with sweet warm halwa and lavassa along with noon chai. Multiple rounds of noon chai are brewed and consumed through the day. Accompanying these cups are a variety of breads like the puffed bakkarkhani, flat sheermaal, krip, sweet or salty kulchas, sweet roats and the bagel like chochowor, among others.

Every region of India has its own highly evolved cuisine with a unique character that manifests itself in both formal feasts and more plebeian street food. The Valley is no different.

Take the magnificent multi-course wazwan that takes an entire day to prepare and is served at weddings and celebrations. An afternoon spent at a waza's (professional chef) home allowed this writer to witness a wazwan being prepared by a team of six cooks with a dozen utensils placed on burning logs arranged



The scenic Nigeen lake in Kashmir

around a courtyard.

Later, sitting on a mattress to have a meal at the waza's home, dastarkhan style, you are transported by the taste of haak saag (collard greens), the white dhobi dal and the aloo bukhara kukur, a chicken curry that's superlative when eaten with Kashmiri rice. While rogan josh (lamb curry) and the richly flavoured tabak maaz (lamb ribs) are international favourites, gushtaba and rista (white and red meat balls), waza kukur, tamatar paneer and haak are lesser known delicacies.

And then there are the subtle

pleasures of Kashmiri Pandit cuisine, which doesn't use onions and garlic and is light on the palate and stomach. Curd plays a major role in the preparation of the community's meat dishes. Formal spreads are always enjoyable, but its best to hunt down the true spirit of a cuisine at street-side stalls. Numerous dhabas ensure that the streets of Srinagar are always bustling. The carts outside the Khanqah mosque in Zaina Kadal sell mouth-watering fish nuggets, fried Nadru (lotus stem) and chips, all served in big round thalis. And then there is Krishna Vaishno Dhaba

at Sonawar that serves rajma (kidney beans) with rice and curry pakora prepared in the Jammu style. But be warned, this dish fills your stomach but does not satisfy your cravings. So you just have to have another plateful.

From the tranquility of the majestic Hazratbal shrine to the time-honoured Shankaracharya temple on Sulaiman Hill, from the rows of beautiful poplars and traditional wooden houses with projecting windows to the bustling food stalls selling lip-smacking food, Srinagar really does have it all.



Local breads of Kashmir



A chef making wedding speciality wazwan

Successful, sociable people more prone to harmful drinking

Successful, healthy and sociable 50-year-olds are more prone to harmful drinking than their less successful peers, according to a new research.

Harmful drinking may be a hidden health and social problem in successful older people, and a middle-class phenomenon, the researchers say.

"We can sketch the problem of harmful drinking among people aged 50 or over as a 'middle class phenomenon'.

These are healthy people with higher income, higher educational attainment, socially more active and are more likely to drink at harmful levels," the authors write in the BMJ Open journal.



Higher risk of harmful drinking is not linked to feelings of loneliness or depression but it is more likely among men living on their own, including those who are separated or divorced.

Caring responsibilities lowers the probability of being at higher risk among women, but religious belief does not - for either sex.

Employment status does not seem to be a significant factor but retired

women are more likely to be at higher risk, the study notes.

Income is associated with a higher risk but only among women while smoking, higher educational attainment and good health are all linked to heightened risk in both sexes.

The authors analyse over 9000 responses to the English Longitudinal Survey of Ageing (ELSA) - a long term study of a representative sample of

those aged 50 and above, living independently at home in England.

They use national guidance to define increasing risk of harmful drinking at 22-50 weekly units for men and 15 to 35 weekly units for women.

"The results show that the current group of over 50s may be carrying on levels of higher consumption, developed in their younger years, in later life," the researchers conclude.

Fitness mantra on wheels: Pedal your way to a healthy living

As one of the most popular bicycling races held in France draws to a close, we speak to experts about the health benefits of the old-fashioned fitness option.

Cycling is considered one of the healthiest habits an individual can cultivate, according to many fitness experts. "It is one of the easiest ways to exercise. One can go cycling anytime and anywhere, regardless of the weather condition," says Dr Anil Ballani, consulting physician, Hinduja Healthcare Surgical, Khar (W). It also proves to be highly functional, as a pocket-friendly and a green means of transport. With the ongoing annual cycling event, Tour De France, making headlines, interest in cycling is at an all-time high. Here, fitness specialists go a step further to reiterate some serious advantages of the activity.

Benefits of cycling

* It is good for the heart. Riding the two-wheeler for ap-

proximately 30km per week reduces the risk of contracting coronary diseases by 50%.

* It is good for your muscles. Cycling tones the body and assists in building muscle.

* Cycling helps develop stamina and improve metabolism.

* It increases your lifespan, and has, for long, been associated with increased 'life-years'.

* Brisk cycling for an hour can help burn roughly 450 calories. On the other hand, a steady pace can lead to burning 300 calories.

* It is beneficial for joint mobility, especially for the hip and knee joints.

* Regularly cycling also acts as a stress buster.

Indoor cycling versus outdoor cycling: In a city like Mumbai, cycling also means getting out on those crowded roads, and involves dealing with the humidity, pollution and traffic. One tends to wonder then whether indoor

cycling is a better option, and an equally efficient substitute. But apparently it is not.

As a matter of fact, experts go as far as to say that indoor cycling is only recommended for people with problems of imbalance, vertigo and vision.

"Outdoor cycling helps one's coordination skills much better than static cycling can. Exposure to sunlight is also good for general health as nowadays, most people in cities are tested positive for Vitamin D deficiency," says Dr Vivek Allahbadia, a consulting orthopaedic and joint surgeon.

Outdoor exercise also tends to be more strenuous than the indoor version. Studies that have compared the exertion of running on a treadmill with that of running outside, have found that treadmill runners spent less energy to cover the same distance as did those striding outside.

This is because most indoor exercisers tend to face no wind resistance or changes

in terrain. The same dynamic has been shown to apply to cycling, where wind drag can result in much greater energy demands, during 40km of outdoor cycling than the same distance on a stationary bike.

Recreational cycling: Although recreational cycling is considered beneficial, it is only so when done for at least three hours a week or 32km per week. Open-air cycling gives one a sense of well-being. Additionally, if people change their cycling routes regularly, then it breaks the monotony of their daily routine as well.

"I still have fond memories of cycling to my school as a kid. It continues to be one of the most thrilling activities for me. I find the Borivali National Park a very calming place to go to for cycling. Recently, I visited the Lakshadweep Islands, where I cycled at the Kavarati beach. It was one of the most pleasant experiences of my life. I would definitely

recommend recreational cycling to all," says Richa Sony, actor.

Negative effects of cycling: There are no major negative effects of cycling. However, in rare cases, it may cause angina. Hence, those with delicate health conditions should always take the advice of their doctors before taking up cycling. If cycling is not done in a gradual manner, it can worsen arthritis.

Cycling and diabetes:

A large-scale research carried out in Finland found that people who cycled for more than 30 minutes per day had a 40% lower risk of developing diabetes.

Experts agree that cycling does help in controlling diabetes, as any form of intense cardio-exercise works like insulin when it comes to reducing blood sugar levels. However, if diabetics do not complement their cycling lifestyle with a good diet plan, it can cause havoc.

Argentina goalkeeper Sergio Romero joins Manchester United

English Premier League football club Manchester United have signed Argentina national team goalkeeper Sergio Romero on a three-year deal, the club said on Sunday, reuniting United manager Louis van Gaal with a player who helped bring him a Dutch title but also caused him World Cup heartache.

The 28-year-old, who played under Van Gaal at Dutch side AZ Alkmaar, joins United as a free agent after leaving Sampdoria at the end of his contract.

"To play for the biggest club in the world is a dream come true for me," he told United's website.

"Louis van Gaal is a fantastic manager and I cannot wait to get started on this new and exciting challenge in my career."

Romero, who has an option for an additional year on his contract, has joined United on their pre-season tour of the United States, where they beat Barcelona 3-1 on Saturday.

"Sergio is a very talented goalkeeper. He was a young keeper during my time at AZ Alkmaar and I am delighted he is joining Manchester United," said Van Gaal.

Romero and his new manager also crossed paths last



summer at the World Cup, where Argentina eliminated the Van Gaal-coached Netherlands side in a semi-final penalty shootout.

"He had a fantastic World Cup last summer in Brazil,

although that is something I have put to the back of my mind!

He will be a great addition to the team and I am looking forward to working with him once again," added Van Gaal.

Romero's arrival is expected to herald the departure of United's backup Victor Valdes, who was left out of the tour party and told to leave the club due to a row with the manager.

Van Gaal said Valdes had

refused to play for United's reserve team, a claim disputed by the Spaniard.

Speculation also continues over the future of first-choice United keeper David De Gea, who has been linked with a move to Real Madrid, with the La Liga team's defender Sergio Ramos coming to the English side as part of a swap deal.

"I know him (Romero) very well and I think in our situation, if de Gea is going or not going, it is always a threat and we have to take care, make sure that we are prepared and that is why I think it is very good that Sergio Romero is now a Manchester United player," Van Gaal added.

United cap their USA tour on Wednesday against Paris St-Germain, who are reportedly keen on signing the Premier League club's unsettled midfielder Angel Di Maria. The Argentine did not travel with United on their tour, with Van Gaal admitting he "does not know why".

Romero becomes United's fifth pre-season signing following the arrivals of Italy defender Matteo Darmian, Dutch forward Memphis Depay, French midfielder Morgan Schneiderlin and German skipper Bastian Schweinsteiger.

Golf: India's Anirban Lahiri finishes 5th at European Masters

India's Anirban Lahiri repeated his 2014 performance to produce an excellent finish, a six-under 64, and end outright fifth at the Omega European Masters on Sunday.

Lahiri, starting the day just outside the top 10, carded 67-67-70-64 for 12-under 268 and the result was his best since the win at the Hero Indian Open in February this year. Lahiri was five shots behind the winner.

SSP Chawrasia, needing a good finish to seal his 2016 European Tour card had a disappointing finish after making a great charge on the back nine. He was lying four-under for the day with two holes to go and in tied-10th place. But he bogeyed 17th and double bogeyed 18th and finished tied 24th alongside Shiv Kapur (67) at five-under 275.

Jyoti Randhawa (71) was tied 37th at three-under 277 and Rashid Khan



(74) was tied 68th.

Danny Willett (65) made up for the disappointment of the weekend at the Open, where he finished in a tie for sixth after being in contention. He

held off stiff competition from fellow Englishmen Matt Fitzpatrick (66) and Tyrrell Hatton (62) to win the title and clinch his third European Tour International Schedule victory.

Willett, the overnight co-leader carded a bogey free 65 on Sunday to finish the tournament on 17 under par, one shot ahead of Fitzpatrick, with Tyrrell Hatton two shots further back on 15 under.

Lahiri said, "It was a relief (to finish well) as I've been playing well and I haven't been able to put a together a good round. It was a good feeling to play well on the back nine as I had been struggling there the last few rounds."

He added, "It's good to finish with a 64 as I did the exact same thing with a 64 last year too. The experience of being here many times showed especially on the greens. There were some tricky pins, which I've seen before and having been here a few times, you now know where to hit it, how it's going to break and that made a massive difference."



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