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Today

Monthly Newspaper

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Teeyan Da Mela organized by PDSCC



Grand opening TAJ MEHAL Restaurant in Scottsdale



Chai with Mr. and Mrs. Kiran Vedantam of Kirans & Associates Realty



Sonakshi Sinha slams sleepover reports with 'beau' Bunty



Hindu Temple of Arizona celebrated the 13th Annual Ratha Yatra



On July 10th, 2016, Hindu Temple of Arizona and its sister organization, Oriya Association of Arizona, celebrated the 13th Annual Ratha Yatra of Lords Sri Jagannath, Balabhadra, and Devi Subhadra. Ratha Yatra is a very unique • **More on P16**

Annual International Hemkunt Event Held in Arizona



Dr Jaswant Singh Sachdev
Phoenix, Arizona

Sri Hemkunt Foundation, an organization based in New York has been serving the Sikh children, helping them learn Sikh history through book reading and Speech competitions as well as through Classical Gurmat Sangeet based on Raagas prescribed in Sri Guru Granth Sahib Ji. Every year for the last 28 years, an annual Speech competition is held in one of their 22 Zones and for 10 years Keertan Dar-

bars have also been included.

It was the turn of Grand Canyon Zone this year. About 80 speech contest children ranging between the ages of 6 through 25 divided in different groups and 21 children Jethas of Keertan took part in this event. While the speech competitions were held on July 29th at the venue of their stay i.e. Hotel Sheraton Crescent in Phoenix, the Keertan Darbaar was held at Gurdwara Sahib Nishkam Seva both on 29th and July 31st. • **More on P22, 23 & 24**

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This was the 6th Annual Teeyan Da Mela organized by PDSCC. As every year ladies come together to dance in celebration of the Monsoon season. Cultural festive dresses with traditional songs. This mela is held every year with free food and free admission for all.





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Lighting the Way...

This month's note is inspired by my visit to the Montauk Point Lighthouse, the fourth oldest active lighthouse in the US and the first lighthouse in New York at the easternmost point of Long Island in the Hamptons. Lighthouses are a lovely object and I have heard many a tale say they have souls. My first visit to a lighthouse and it happens to be historic convinced me they do. There was an energy around it that I cannot explain. If you think about their purpose, it is almost heroic – shining their light to those lost in search of shore to help them find the way. Sometimes they succeed and sometimes they let those that have faith in them down.

As I sat there drinking an early morning coffee, I couldn't help but make the connection – they really are not too different from us humans. Humans are always striving to live up to the expectation around us- sometimes surpassing and sometimes disappointing them. But just like it's not the lighthouse at fault when people can't reach it, it is not the individual at fault when people cannot appreciate their efforts. There are many that visit a lighthouse in anger or sorrow for those they lost that at sea when the lighthouse failed them but those whose loved ones returned because of that lighthouse, do they come pay homage to thank the structure for bringing their family and friends back to them? Probably not! And so is the story of humankind – those that have hurt us along the way, we remember cursing and hating but those that stood by us and helped us find the way, how often do we take the time to thank them for their contributions? We are tough on ourselves for all that we could not do but how often do we pat ourselves on the back for all we have accomplished? My guess is not very often!

The structure at Montauk and the feeling around it made me realize that outcome is not something you can control but effort is. As long as you stand tall like that lighthouse with a clean heart and open arms, you've done your part! Whether those around you see the selfless light inside you or not is determined by how much of a blindfold they wear and who they are as individuals; those with impure hearts will



Editor's NOTE

see impurity everywhere and those with clean hearts will see cleanliness. In the infamous words of Rahat Indori:

“Jawaab de na saka aur ban gaya dushman (He could not answer me and became my enemy)

Sawaal tha ke tere ghar mein aaina bhi hai (The question was is there a mirror in your house)

Zaroor vo mere baare mein raaye de lekin (He will for sure have an opinion of me but)

Ye puch lena kabhi mujhse vo mila bhi hai” (Ask him whether he has ever met me)

This happens way too often – we judge those we have never met based on what we've heard. And occasionally life will give us an opportunity to meet the individual for real and we will either kick ourselves for not seeing them for who they were and regret the choices we made based on what we heard. And same goes for ourselves – we will judge ourselves based on what the community thinks or says of us and always be unhappy.

It was a meeting with the lighthouse that helped me realize the way it should be – stand tall and do what you can with a clean heart. You will please those that are meant to be pleased and upset those that are meant to be upset but you don't keep changing forms to please all; otherwise no one can rely on you for anything. Appreciate yourself for those you have helped and let go of the ones you could not help – it was a shortcoming in them and not you that created different results. And, last but not least, do not form opinions based on what you have heard about someone; you will never know if what you heard was because the person telling the story was incapable of recognizing good or the person you are hearing about actually has the faults they describe. Not too different from the loved ones of those lost or saved by a lighthouse – their perception of the capability of the lighthouse will be based on how it impacted their lives and not on the capability of the lighthouse itself.

-Deepa Kaur Walia

Editor, Asia Today, editor@asiatodayaz.com

Dear Friends,

“It's hot, hot, hot its the month of Aug now but Arizona temperature is not less than 3 digit degrees, the weather

service reported more than a dozen new heat records, but despite of heating up women have shown full enthusiasm in celebrating festival Teej, women were very excited well dressed, colorful bangles, jewellery dancing with full enthusiasm it was so good to see them, and this is not the end of festivals there is so much to come this month.

We have independence day on 15th Aug lets pay homage to our leaders and those who fought for India's freedom in the past.

The chaste bond of love between a brother and a sister is one of the deepest and noblest of human emotions. 'Raksha Bandhan' or



Marketing Director NOTE

इस राखी पर भैया ,मुझे बस, यही तोहफा देना तुम !!
रखोगे ख्याल माँ-पापा का , बस यही एक, वचन देना तुम !!
बेटी हूँ मैं , शायद ससुराल से रोज़ न आ पाऊंगी , जब भी पीहर आऊंगी ,
एक मेहमान बनकर आऊंगी !!
पर वादा है, ससुराल में संस्कारों से, पीहर की शोभा बढाऊंगी ,
तुम तो बेटे हो , इस बात को न भुला देना तुम ,
रखोगे ख्याल माँ -पापा का बस यही वचन देना तुम ।
मुझे नहीं चाहिये सोना-चाँदी , न चाहिये हीरे-मोती ,
मैं इन सब चीजों से कहां सु:ख रह पाऊंगी देखूंगी जब माँ-पापा को पीहर में खुश
तो ससुराल में चैन से मैं भी जी पाऊंगी
अनमोल हैं ये रिश्ते , इन्हें यूँ ही न गंवा देना तुम ,
रखोगे ख्याल माँ-पापा का , बसयही वचन देना तुम ।
वो कभी तुम पर या भाभी पर गुस्सा हो जायेंगे,
कभी चिड़चिड़ाहट में कुछ कह भी जायेंगे ,
न गुस्सा करना , न पलट के कुछ कहना तुम ,
उम्र का तकाजा है, यह भाभी को भी समझा देना तुम ,
इस राखी पर भैया मुझे बस यही तोहफा देना तुम ,
रखोगे ख्याल माँ-पापा का , बस यही वचन देना तुम ।

'Rakhi' is a special occasion to celebrate this emotional bonding by tying a holy thread around the wrist.

Not a single Indian festival is complete without the typical Indian festivities, the gatherings, celebrations, exchange of sweets and gifts, lots of noise, singing and dancing, so get ready to celebrate. And on 25th we have Krishna Janmashtami, basically a festive

ceremony performe to celebrate the birth anniversary of Lord Vishnu's eight incarnations, Lord Krishna. Krishna means one who attracts. Hindus consider him to be their leader, protector, philosopher, teacher and friend.

It will mark the 5243th birth anniversary of Lord Krishna

-Manju Walia
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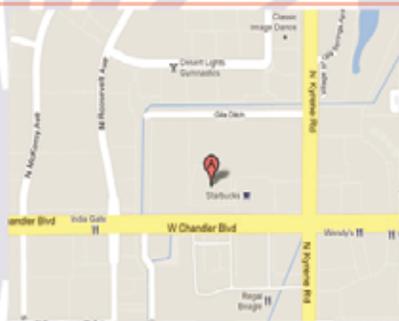
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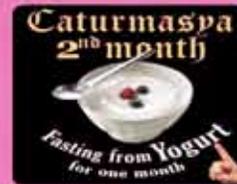
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SB Class 7:30am - 8:30am
Balbhog Arati 8:00am - 8:15am
RajBhog Arati 12:00pm - 12:30pm

Dhoop Arati 4:30pm - 4:45pm
Sandhya Arati 6:30pm - 7:00pm
Shayan Arati 8:30pm - 8:45pm

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Jhulana Yatra August 25th - 29th Evenings after Sandhya Arati

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Tradition started and continued... Varinder Bal warmly invites the Punjabi ladies to her home every year to attend Teej for dancing and great traditional foods. A celebration that continues and traditions that can't be broken. Thanks to Varinder Bal and their family for Hosting this event.



Maata Jagran
Friday August 12th, 2016
7pm-9pm
Contact: Shashi (480) 614-1322

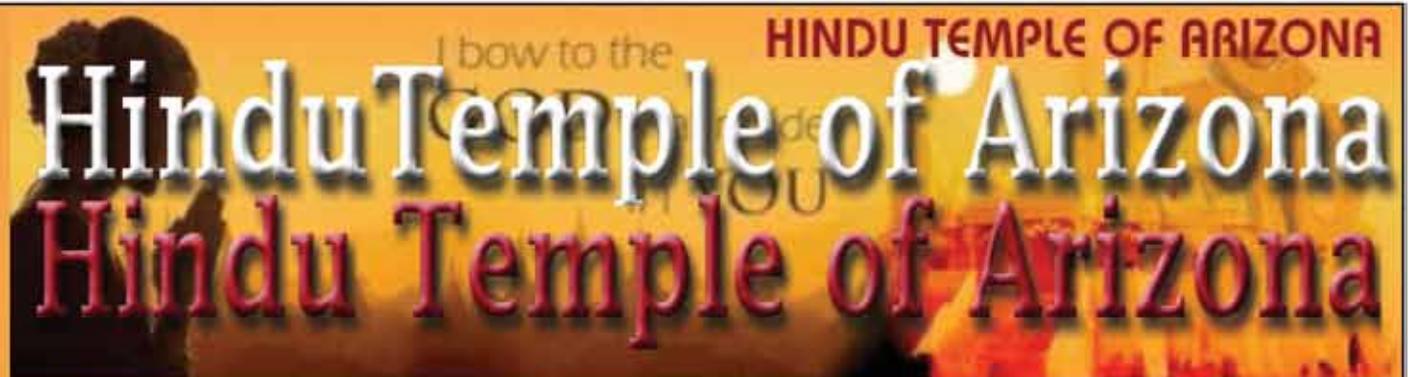
Satyanarayan Puja
Wednesday August 17th, 2016
7pm-8:30pm
Contact: Nirmal (480) 926-8835

Hanumanji Puja
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Contact: Sushma (480) 970-4439

Venkateswara Swami Puja
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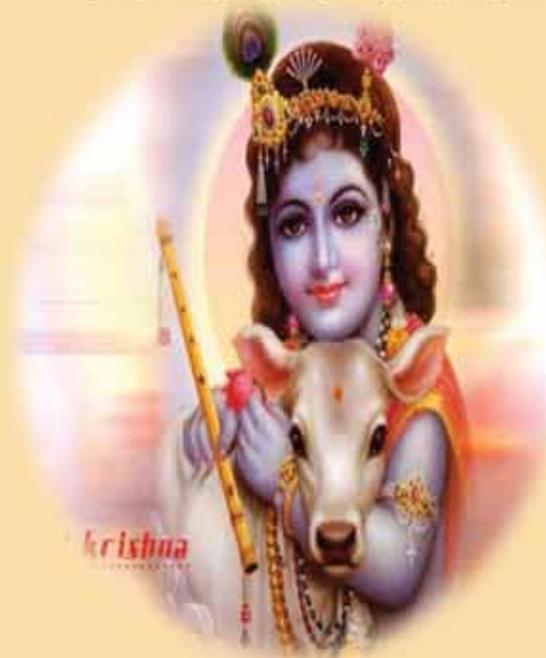
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4th Sunday - Shivji Puja
5th Sunday- Ganeshji Puja

Contact Temple Priest at
(480) 874-3200 for any Information
related to Temple Puja events or if
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Puja at The Temple site or at Home.



HTA EVENTS AUGUST 2016

Sri Krishna Janamastami, Purnima Pooja,
and Raksha Bandhan



Sri Krishna Janamastami on August 25th : {Ganesh Vandana and Bhajans 7.00 to 7.45 PM, Sponsored Thali Pooja 7:45 PM to 8.15 PM, Archana 8.30 to 8.45 PM, Aarti and Prasad 9.00 PM, Bhajans: 10.00 to 12.00 PM, Prasad 12.30 AM} *Thali Pooja Sponsorship \$101, Archana \$21*

Purnima Pooja and Raksha Bandan on August 17th : {Purnima Pooja 7.00 to 8:30PM, and tying of Rakhi from 8:30PM to 9.00 PM}

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Prasad Sponsored by Udupi Restaurant on August 25th

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Desert View Bible Church Invites Dr. Sachdev to Speak About Sikh Faith

**Dr Jaswant Singh Sachdev
Phoenix, Arizona**

Nestled in the foothills atop the Carefree Highway is the Desert View Bible Church. It preaches Gospel in a calm and serene environment away from the uproar and noise of the Valley of the Sun. But if the numbers of its attendees and the hustle and bustle that I witnessed on Sunday, July the 3rd was any indication of its popularity among the families of congregants, the program it offers its congregants must be down to earth. Starting from small children to the elders, everyone was excited, in a very festive mood and was enjoying in what he or she was doing.

I had gone there on the invitation Reverend Larry Fultz who also happens to be the Executive Director of Arizona Interfaith Movement of which I am one of the members of Advisory Board.

I was able to present a detailed



power point presentation to an audience of well close to 100 all in a mood to learn about Sikh Faith. This presentation included Sikh history, Sikh principles, Sikh philosophy, Sikh presence in U.S., Sikhs role in WWI and WWII, Sikhs in Arizona and Hate Crimes



against Sikhs. It was followed by a documentary ON COMMON GROUNDS prepared by the Department of Justice. An Interactive discussion followed thereafter where several questions were asked by the audience.

Such events to teach about Sikh

Faith in places of Faiths of others often makes me wonder that there is a desire among others to learn about us provided we have a will to talk about our faith in an informative way without treading on the feet of what they have to offer.

PHOENIX VEDANTA CENTER EXPANDING

Ramakrishna-Sarada Vedanta Center of Phoenix (RSVC) Development Project Moves Ahead

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- Encourage personal paths and choices suited to each one's own nature.
- Study of universal values.
- Encourage intercultural and inter-religious dialog.

The land adjacent to the Center was purchased in August, 2012 and was consecrated on September 7th, 2012. A Center Development Fund was set up and with the hope that a new worship hall would be built. The Center's vision includes completion of a planned development expansion on this lot. An architect has already developed plans that meet construction requirements compliant with zoning, and ensures disabled access.

While the Center has already raised \$100,000 for the planned devel-

opment, an additional \$25,000 is needed to meet the extra costs associated with construction completion. To raise these additional funds, a special fundraising event will be held on Sunday September 25th, 2016, at ASU's Kerr Cultural Center, 6110 N Scottsdale Rd, Scottsdale, AZ 85253: 'Come and Be One! A Universal Values Talent Program'.

We ask for the community's support to please help us raise this amount (\$25,000), by the date of the special fundraiser, at whichever level you are comfortable.

The Center is a 501(c)(3) nonprofit charitable organization. All donations are fully tax-deductible as allowed by law under our IRS non-profit tax identification number (TIN): 46-3259317. You may go directly to the Construction and Donation link on our website (http://vedantaphx.org/construction_donations) to see all payment options (Pay Pal, bank check, periodic bank transfers, or Chase Quick Pay).

Swami Sarvadevananda of the Vedanta Society of Southern California is the present spiritual guide of the Ashrama and Pravrajika (Sister) Akhandprana is the resident minister.

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Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

AUGUST 2016 Programs & Events

17 Sawan – 16 Bhadon, 548 Nanakshahi Era (NE)

Aug 5 (Fri.) – Birthday Baba Farid Ji (Actual: Aug. 2)

Aug 12 - 14 (Fri.-Sun.) – Morcha Guru Ka Bagh (1922) (Actual: Aug. 8, 1922)
See <http://www.youtube.com/watch?v=dMa7vIGjbSQ> for an explanation.

Aug 16, Bhadon 1 (Tues.) – Sangrand Monthly Program
9:00 AM – 10:00 AM

Aug 19 - 21 (Fri.-Sun.) – 16th Barsi Dr. Jasbir Singh Saini
(Anniversary Commemoration – Actual: Aug. 15, 2000)

Akhand Path: Arambh: Friday, 10 AM.
Bhog: Sunday, 10 AM.

Keertan Darbaar with guest Ragi Jatha Bhai Sarabjit Singh Rangila Durgwala:
Friday 7:30 PM – 9:00 PM
Saturday 7:00 PM – 8:00 PM
Sunday 12:15 PM – 1:15 PM

Jor Mela Baba Bakala (Actual: Aug. 18). For more info see:
<http://sikhgurusandgurdwaras.info/wordpress/?p=1807>



Dr. Jasbir Singh Saini
8/17/1955 – 8/15/2000

Aug 21, (Sun.) – Homeless Langar Seva
Phoenix Rescue Mission, Call 602 741 8021 for more info.

Aug 26 - 28 (Fri.-Sun.) –
Completion of *Pothi Sahib* (1604). (Actual: Aug. 29)
Pehla Parkash Sri Guru Granth Sahib Ji (1604) (Actual: Sept. 2)
First installation of “Pothi Sahib” in Harminder Sahib.



Pehla Parkash “Pothi Sahib”
in 1604

Regular Programs:

Main Kirtan Diwans on Fridays (7 PM – 9 PM) and Sundays (10 AM – 1 PM).
Morning Banis: 5:30 AM – 6:30 AM followed by ASA-DI-VAAR to 8:30 AM.
Evening Banis: 7:00 PM – 8:00 PM.
Sukhmani Sahib every Wednesday: 10:30AM - 11:30AM
Please check Gurdwara notice board for latest details of all Programs and Events

Waheguru ji ka Khalsa! Waheguru ji ki Fateh!



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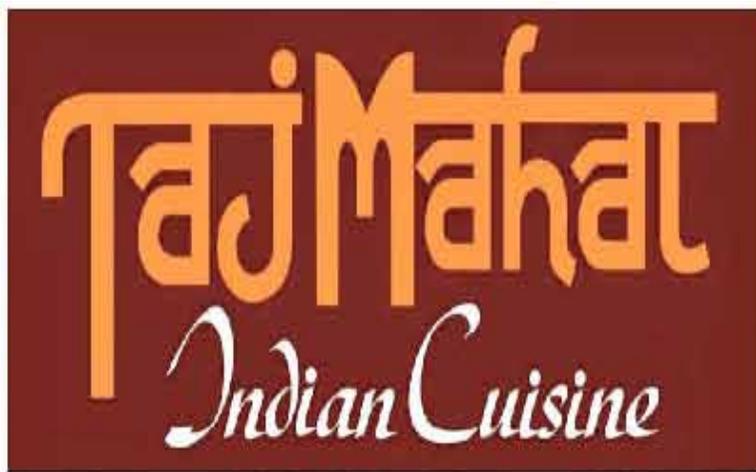
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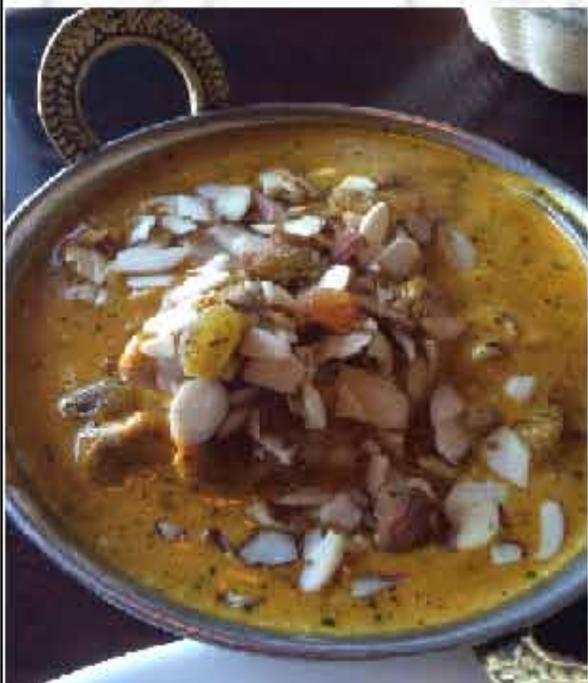
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A new study in the US has found that babies with either low- or high birth weight are at an increased risk of heart (cardiovascular) diseases. As per Dr Brian Stansfield of Augusta University, Georgia, US, both the birth weight extremes appear to increase the likelihood of early development of dangerous fat around major organs in the abdomen that significantly increases these risks.

By adolescence, the children have not just more of this visceral adiposity, a stand-alone risk factor for cardiovascular disease, but more related problems such as insulin resistance and inflammation than their average birth weight peers, according to a study of 575 adolescents, now age 14-18, divided into three groups by birth weight.

Read: Prenatal exposure to antidepressants may lower birth weight, says study

The findings were independent of other usual cardiovascular risk factors such as lower activity levels and socioeconomic status as well as higher body mass index -- weight divided by height -- which actually did not vary much among all three birth weight groups, according to the study in the *Journal of Pediatrics*.

And while the association between low birth weight and future cardiovascular disease is well-recognised, the new study showed the association may



**To-be mothers,
listen! Your
baby's birth
weight matters.
Here's why**

not be easily modified by healthy eating and exercise, Stansfield said.

Rather, researchers found adolescents born low birth weight had a similar body build as adolescents born at average birth weight but still had greater visceral adiposity and high insulin levels in their blood. Both are usually associated with generalised obesity and an elevated BMI.

Doctors says the take-home message when assessing cardiovascular

risk in adult patients, consider birth weight a factor. (Shutterstock)

"The 5-pound baby, regardless of whether he grows up to be obese, normal weight or thin is going to have more visceral adiposity than a similar child with a normal birth weight," said Stansfield, corresponding author. A heavy baby, on the other hand, who exercises and eats healthy as he grows, may reduce his risk.

The take-home message for moth-

ers-to-be also is not new, Stansfield said: Don't smoke and do breastfeed. Maternal smoking is the number one cause of low-birth weight babies, and breast milk may be protective. The take-home message for his fellow physicians is: When assessing cardiovascular risk in adult patients, consider birth weight a factor.

The study appears in *Journal of Pediatrics*.

Make your **kid** play outdoors for a smarter brain, better academic scores

Children who play outdoor games daily are more likely to have active brains and excel at academics, finds a new study.

Time taken away from lessons for physical activity is time well spent and does not come at the cost of getting good grades, said a consensus statement on physical activity in schools and during leisure time.

The study includes 21 separate statements on the four themes of fitness and health; intellectual performance; engagement, motivation and well-being; and social inclusion, and spans structured and unstructured forms of physical activity for 6 to 18 year olds in school and during leisure time.

It said that physical activity and cardio-respiratory fitness are good for children's and young people's brain development and function as well as their intellect. A session of physical activity before, during, and after school boosts academic prowess.

A single session of moderately en-



ergetic physical activity has immediate positive effects on brain function, intellect, and academic performance. Mastery of basic movement boosts brain power and academic performance. Time taken away from lessons in favour of physical activity does not come at the cost of getting good grades.

In terms of the physiological ben-

efits of exercise, the study says that cardio-respiratory and muscular fitness "are strong predictors" of the risk of developing heart disease and type 2 diabetes in later life, and that vigorous exercise in childhood helps to keep these risk factors in check.

But frequent moderate intensity and, to a lesser extent, low intensity

exercise will still help improve kids' heart health and their metabolism, while physical activity is a key component of the treatment of many long term conditions in 6-18 year olds.

But the positive effects of exercise are not restricted to physical health, finds the study. Regular physical activity can help develop important life skills, and boost self esteem, motivation, confidence and wellbeing. And it can strengthen/foster relationships with peers, parents, and coaches.

And just as importantly, activities that take account of culture and context can promote social inclusion for those from different backgrounds, ethnicities, sexual orientation, skill levels and physical capacity.

Incorporating physical activity into every aspect of school life and providing protected public spaces, such as bike lanes, parks and playgrounds "are both effective strategies for providing equitable access to and enhancing physical activity for children and youth," noted the study.

Hindu Temple of Arizona celebrated the 13th Annual Ratha Yatra

Hindu festival, due to the fact that it is the only time when the Lordships themselves travel the public streets to give Darshan to their devotees. The festival symbolizes how caste, creed, and wealth become no identifying factors before the Lord, and all become equal in front of him. To the sounds of the drums, cymbals, singing of "Hare Krishna", and blowing of the conch shell, the chariot made its way throughout the streets of Scottsdale, Arizona, being pulled by hundreds of devotees despite the heat of the valley.

Once again, the annual chariot festival was made possible by the tireless efforts the devotees and volunteers. It has made yet another milestone in the history of Hindu Temple of Arizona, which continues to educate both its devotees and the public on the rich Hindu heritage of the Phoenix-metro area.



Namaskar, and Sat Sri Akal to all my readers.

In simple, language, we say "Love is God." Truly if we believe it, why are we suffering?

We have abundant love in our life. We have love of wife and Husband. Love of Children, and many worldly things which we love like our house and home, Physical beauty, good reputation in society, fame and political power etc. Still we feel emptiness because all these forms of love are conditional.

I saw many rich people who are suffering with frustration because they are not satisfied with what they have. If someone becomes the Mayor of the city he or she thinks "It's nothing, I should be Governor." Upon achieving this goal the emptiness is still there because the desire just increases with success. In this way we struggle all our life. It doesn't matter who we are, because all our achievements are conditional, and conditions destroy our inner peace. We humans are the superior creatures in the creation. Still we live in fear, doubt, and instability. Be-

cause if any other human becomes more powerful than me, they can control my life and my environment.

Sometimes, I laugh with myself about our ignorance in this matter. A few times in my life, I heard some articles about scientists. Many scientists think, if we cannot prove the existence of God with science, they are not ready to believe. They never realize

who created their life and gave them their mind and were able to learn the science. They forget that the creator is beyond their mind and their science.

He is the creator. Every-

thing is under his command. When he created this universe there was no condition. So that he gave us everything without any condition. I would like to say "He is unconditional love."

fices every night's sleep to see the sunrise with unconditional love.

Look at the peacock, when he sees the raincloud, he starts singing and dancing

Prem Hee Parmatma Hai Love is God



If you would like to see him in this creation, serve every creature with unconditional love. They will teach you how to love God without condition.

Look at the Hummingbird, how he sacrifices his life for the flower.

Look at the Moth. He loves the light. He will fly into the fire without condition for the light.

Look at the Chakvi (Shelduck). She sacri-

without condition.

And finally look at Rain Coo Coo (Chatrik). How he cries for one rain drop, the only form of water he will drink. Unfathomable Ocean of water is worthless to him without one drop from his beloved.

My dear readers, Ladies and Gentlemen, if Ocean is worthless for the little bird (Chatrik) without the rain drop form his beloved, as a human, how can our lives be satisfying without our unconditional love for God.

There is one old song:
"Our mind is a temple

Our unconditional love is a Deity.

If we offer three flowers: Faith, Devotion, and Reverence we will see the divine in our mind and in the whole universe."

God Bless You with Divine Grace. Please pray for me.

Gyani Ji,
Harbhajan Singh Sandhu
GHSSandhu@gmail.com



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Basil Farooq (480) 882-8079

Zia Ul Haque (480) 766-0063

Early registration will help us to organize and manage this event better.

Revisiting Back Home is akin to Labor Pains



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

Recently I met an old friend of mine who I had not visited for a while. He looked very weak and tired. On asking as to what was going on with his health, he mentioned that he had just returned from India after being away for three to four weeks. While back home, he became sick with a gastrointestinal (GI) disturbance followed by a bout of bronchitis and was not able to leave his bed, which happens to many. Then he made a very interesting statement, "To visit India after one has lived abroad in the West for a while is akin to the experience of a woman who goes through labor pains. While physically the process of labor is the most painful in a woman's life, but once she is blessed with a beautiful child she would willingly go through the experience once again and may not feel scared enough, of course under the right circumstances."

My friend made this statement casually but later on, when I started to think about it, I realized that he was so right, both in his assumption and in his statement. The hassle to go through a trip back home is certainly not without pains, the pains we willingly decide to bear every so often. And we do so because we miss home. We miss those streets, mohallas, and villages as well as those houses, verandahs, and courtyards where we had spent our childhoods playing with our friends. We miss those little open spaces that served as parks and playgrounds for us. We could not forget those childhood games of Guli Danda, Bantey, Chhipan Chhot, cricket, hockey, and others. Moreover, we miss those corner stalls of Paani Puri or Goal Guppas, Bhel Puri, Kulfis, and Chaat Masaala as well as the street hawkers carrying sweet ice balls made of scraped ice, Jamuns, and homemade candies. Going through the hurdles to travel back home is certainly harsh but the pleasure we draw

from the trip is always worth it and seems to be directly proportional to the pains we suffer en route.

The bother of travel begins as soon as we decide to take a visit back home. Finding time for an extended vacation from our job or business, whatever the case may be, is the first issue. And then to tag our children along without interrupting their studies if they are of school-going age makes the situation further worse. The hurdles in obtaining visas to visit back home that the Indian government has unnecessarily thrown in the path of their own people, born in India or who ever held Indian passports but now have adopted other nationalities, defy description and sanity. Luckily once a visa is granted, we consider it our birth right to squeeze the last drop of blood from an Indian travel agent in order to get a ticket at the absolute lowest fare for our journey back home. And yet in many cases difference may not turn out to be more than few dollars? On the other hand, in spite of myriad options of travel agents and availability of Internet websites, finding a ticket at the right price and at the right time still is a chore that one hates to undertake.

The process of collecting gift items for army of relatives and friends who consider it their birthright to be awarded with a present from the "forren" (Abroad) is truly time consuming. We end up shopping at department stores weekend after weekend, looking for sale items that would be appropriate to give each member of our extended family. It's not easy. Buying for one's own self can be considered a joyful experience, at least for some, but to find gifts for others whose likes and dislikes one may not fully understand, is like finding a needle in a haystack. Had it not been for the fair-sex to take care of such an important matter, this would certainly

have been the most difficult task for men. In fact, this may be one reason to stay married for those lazy couch potatoes (pun intended).

The real trouble ensues when one arrives at the airport and has to battle long lines with several large suitcases filled with gifts and other paraphernalia. It truly brings its own sets of problems in finding ways and means to handle all what may end up carrying. And then the security clearance now-a-days has become the most difficult part of the travel, especially if one has brown skin and an Eastern accent. Wearing a turban and having a full beard is an open invitation for additional scrutiny. The price one pays as a consequence of subtle or even overt discrimination routinely with each one of us fulfilling the above criteria, is much more than what one could have ever asked for. It taxes the commitment of the weaklings among us, especially those who happen to be on the edge already. The treatment afforded to the people of Eastern extracts at the Western airports oftentimes takes one's patience totally away.

After clearing all the hurdles at the airport, the lengthy flight back home to nearly the other end of the world usually takes more than 24 hours. It is an exercise in endurance. Squeezed into a narrow coach seat, occasionally next to someone who is too big for the adjoining seat and whose body fat may easily overflow to adjoining seat, can completely drain one out of mind and out of wind. And not to talk of those little tag-along children of many returning Indian families whose incessant cries and demands quickly become irritating and actually turn a sane person into insane.

One would hope that, after crossing seven seas, when the time finally comes to arrive back in the land of "Jis desh main Ganga behti hai" (India),

the motherland, and the treatment one is subjected to would be reasonable and not intimidating. But such has not been the case in the past. Of course, things might have changed for the better, at least as far as the behavior of those bosses of the day - the immigrant officials - is concerned. Trying to locate one's suitcases in the mayhem puts one's mind in a spin, akin to the spin of a noisy carousel that spills the baggage outwards. The confusion among the passengers and the workers in locating the baggage literally adds to the frustrations.

There is a lot to be said about the facilities at the airports of India that have not kept pace with the increasing numbers of travelers flying in and out. In fact, our airports have simply turned into third-class railway platforms: crowded, rushed, and dirty except a few new recent additions lately such as in international terminals at New Delhi. But that is India after all! Planning is usually not done until after the water has crossed over the bridge and even beyond. In the bathrooms, the sweepers continue to solicit passengers in order to hand over a simple piece of napkin and in return expect "consideration" which immediately makes you realize that you are right back at home. There is no dearth of relatives and friends of the passengers sitting and sleeping on the curbside under God's open roof as there is usually no space inside the manmade cramped old airports to accommodate all who come to see off or welcome their loved ones.

Walking out of the airport immediately leads to confrontational type of reception by the taxi and three wheeler drivers who are ready to pull the luggage away from the passenger, should one not be watchful. And then the onward journey to one's final destination in India via road, rail, or another plane, has its own perils that require no repetition.

Trip after trip, not much seems to have changed except the population and the traffic on the roadside as a consequence. One constantly prays to avoid getting into an accident on the roadside. And once one arrives at the destination, battling GI afflictions caused by flies and mosquitoes, as well as respiratory difficulties prompted by environmental pollution, is a reality that the temporary visitor cannot walk away from easily. Obviously one loses the immunity after being in a different, rather, cleaner environments; a consequence of moving away from the lands of our parents and grandparents that must be dealt with after returning to one's homeland.

Yet the motherland will and should always have an unfaltering attraction for all who were born and raised in the country of saints, sages, and Gurus. Like the silent but ever-present affinity of a mother for her children, the motherland keeps pulling her children back to her. Weak or poor, old or tired, developed or not, the country or the state of one's birth must be treated with respect. Children, no matter where they live or what they achieve later in their lives, have no right to disqualify, disown, or refuse to revere their mother. Prof. V. N. Tiwari, a Punjabi poet, once wrote this Punjabi couplet in another context, but it could aptly be applied here:- "Chunggi, mundhi, saanoo chunggi, Maa nu maa keho naa sunggi." "Good or bad but a mother is always good for her children, so never ever feel shy to call mother a mother."

*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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INDIAN INDEPENDENCE DAY CELEBRATIONS
SUNDAY, AUGUST 14, 2016, 10AM - 1PM
AT INDO-AMERICAN COMMUNITY CENTER

Please contact:

Sita Raman 623 332 3264, Rajesh Das 623 764 4679, Murugan Patham 480 510 3826,
 Sangeetha Sethia 480 390 4316, Neha Gupta 623 500 8206,
 Prakash Deshmukh 602 690 7301 and Sudhir Kalra 623 414 8248

All are cordially invited for the
Holy Sravan Mas Puja Program



Wednesday, August 3, 2016 to Wednesday,
 August 31, 2016

Please contact: Priest Joshiji 602 391 7760,
Priest Sudarshanji 602 320 3460,
Mahendra Devgania 602 708 0733,
Venkatesh Gurumurthy 480 381 9976,
 Event Chair: **Kamlesh Patel 602 465 5728**

All are cordially invited for the Grand Festival of
Sri Krishna Janmashtami
 Thursday August 25, 2016 @ Ekta Mandir

ALL ARE WELCOME! DO NOT MISS!



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

Please contact: Priest Joshiji 602-391-7760,
Priest Sudharshanaji 602-320-3460,
Mahendra Devgania 602-708-0733,
EktaMandir 602-246-3420

Event Chair: Minaxi Patel 928 925 5062

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All are cordially invited for the

Ganesh Chaturthi Utsav
 Sunday, September 4, 2016 @ Ekta Mandir

Children's Ganesh Moorti Making:
 Sunday, August 28, 2016, 2-5 PM

Ganesh Moorti Visarjan Ceremony:
 Thursday, September 15, 2016, 6PM

ALL ARE WELCOME!
DO NOT MISS!

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Children can bring clay Ganesh idol they made on
Sunday Aug. 28, 2016 for Puja

Contact: Priest Joshiji 602-391-7760,
Priest Sudharshanji 602-320-3460,
Mahendra Devgania 602-708-0733,
Ekta Mandir 602-246-3420
 Event Chairs: **Murugan Patham 480-510-3826,**
Kalyan Raman 623-521-5265

All are Cordially Invited to

Paryushan and Das Lakshana
 Jain Maha Parva Observance @ Ekta Mandir

EVENT DATE

Paryushan - Monday,
 August 29, 2016 to Monday,
 September 5, 2016 and

Das Lakshana - Tuesday,
 September 6, 2016 to Thursday,
 September 15, 2016.

Please contact:

Nitin Jain 480 621 9196 and
 Jitendra Khandhar 623 466 4671

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Annual International Hemkunt Event Held in Arizona

Over 500 plus Guests including children and their parents from all over U.S. and England arrived in Phoenix to take part in the Event. On top of it there were 150 local Sikh volunteers to take care of them in this 4 days event. Throughout their stay, they were truly treated in our Indian cultural way with full free meals consisting of hotel breakfast, as well as lunch and dinner at the expense of host Zone. One of the events on Thursday night, July 28th, was Movie night where short Sikh-Centric documentaries were shown including one that detailed the monthly regular Homeless Dinner Seva by the local Sikh Community.

Every day there were events to keep the guest busy and entertained. Included in the program, was a trip to Sedona arranged by volunteers where 10 buses were specifically chartered, taking almost 550 people for a full day

trip all at the expense of the host committee. Every one enjoyed not only the unique scenery but also the entertainment in the buses by the young volunteers. For that day Sedona turned into Sikhdoma as the local population got a chance to greet the Sikhs young and old. Nice lunch of sandwiches arranged by the volunteers was served at the Posse park under the Ramadas.

In order to make the stay of our guests enjoyable, family night was celebrated on Saturday where the guests were served with a gala dinner preceded by an evening of entertainment. The Keynote speaker Valarie Kaur, an activist for the minorities, movie maker and founder of Groundswell, an organization serving the disadvantaged minorities, spoke for almost an hour. She traced her journey into her transformation to a Sikh activist for preservation of Sikh Identity. She informed the au-

dience as to how she began her journey after the killing of S. Balbir Singh Sodhi right here in Arizona and how she encountered difficulties all the way through. During her talk, she created a deep bond with the children and kept the children busy throughout the major portion of her stay, encouraging them to take upon the community causes. Dr. Jaswant Singh, the author of this write up and Convener of Grand Canyon Zone, welcomed the guests and introduced over 20 selfless volunteers working behind the scene for almost 3 years to make this event happen. The evening ended with a gala dinner. The entire evening was entirely alcohol free.

Keertan Darbaar event was held in Gurdwara Sahib, Nishkam Seva Sahib both on Friday evening starting at 4:30 PM and lasting until 11:30 PM and then again on Sunday morning start-

ing at 9:30 AM going through 1 PM. All in all, 21 Jethas performed melodious Keertan in three Raagas, Raag Malhar, Raag Jatsury and Raag Bariari. The group of children instructed by Vijayshree of Sangeet Shri school performed for about 10 minutes followed by Keertan for 30 minutes by Jasvir Kaur and Preetinder Singh from Raj Academy of London. They mesmerized the Sangat with their beautiful rendition of "Gagan mai thaal" a Shabd from Sri Guru Granth Sahib Ji. The attendance on Sunday peeked to almost 800, with sangat overflowing from the sanctuary into the lobby. The Langar continued all the way through, starting early and finishing late.

It was one of the unique celebration where Sikh Sangat of Arizona joined hands to show case their strength and unity in helping Sikh Children walk the path to Sikhi.





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How 'chilled out' brides are making their wedding wear fuss-free

Sanjana Soni, a Mumbai-based marketing professional is set to get married in November. But the 29-year-old is not interested in wearing a traditional heavy bridal lehenga for her D-Day. She wants something simpler and more comfortable. Soni is not alone. She is part of a growing breed of soon-to-be brides, who are gladly opting for less-expensive fuss-free garments for their wedding day.

"Today's young intelligent bride wants to enjoy her own wedding. Hence, while choosing what she will wear, she keeps comfort in mind," says designer Anita Dongre, adding that their options are still traditional, but they just don't want to be weighed down by heavy bridal wear.

Free spirits

Designer Mandira Wirk feels that brides today are more "free-spirited", and don't mind being a little experimental too. "They are independent, experimental and fashion forward. Investment buying is also becoming popular among today's women. They like buying something that is dramatic yet simple, and can be used on other occasions in the future as well, instead of just sitting locked up in the wardrobe after a single use," she says.

Not just in India, internationally, too, the concept of low-maintenance and less expensive wedding dresses is gaining popularity. This year, both Forever 21 and Asos started selling attires for a more 'chill bride'. H&M and Nasty Gal have also been offering less-fuss and simpler bridal dresses. "Destination weddings are getting popular, and at such functions, lighter outfits work



best," says designer Harpreet Narula.

Even the choice of colour has seen a change. Instead of the usual reds, shades such as antique gold, pistachio green, midnight blue, powder pink, sea green and pale white are gaining prominence.

Trend alert

- 1 Instead of embroidered garments, try printed lehengas
- 2 Classic saris with either tie-up blouses or bohemian tops are great options
- 3 Conceptual saris that can look elaborate, but are actually very light and comfortable are in



4 The pre-draped sari that is constructed with only one zip is totally fuss-free

5 A panelled, layered anarkali with a skirt can feel like a lehenga without the fuss

6 A long jacket with a sharara can work perfectly for a modern-traditional look. Each item can also be used in the future as separates

7 Go in for light tulle lehengas if you don't wish to experiment too much.

8 Plain silk lehengas with ornate dupattas are great ideas too

Dos and don'ts

- 1 Make sure whatever you buy can be mixed and matched with other out-



fits later on

2 Opt for light-weight fabrics that are flow-y yet give a magnificent look

3 Balance is the key. If you are going for bold colours, opt for subtle make-up. If the blouse, or top half of the outfit is ornate, then go for simpler jewellery, or vice versa



Designer Ridhi Mehra's new collection has pistachio green anarkalis. The colour is being preferred by many brides nowadays.



INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)- LA PRINCESA



On June 28, 2016, instrumental music provided a warm welcome to the guests as they walked into the beautiful hall. The atmosphere was quite relaxing. That put everyone at ease and socializing as well as mutual greeting continued. Once the presenters-Kokilaben and Jayeshbhai had an opportunity to set up their sound system they offered a prayer to Lord Ganesha. They got into their singing mood and one after another old melodies kept flowing. Even Ushaben offered a solo on her harmonium. It was near the end that Jayeshbhai and Kokilaben hit on real popular tune that the crowd took to the floor and danced till it was over. Everyone had a great time. The occasion today was Ushaben's birthday. Her family was ready to sing her the happy birthday with best wishes. Ushaben and Indravadanbhai introduced all the family members before breaking for the luncheon. Thanks to Ushaben and Indravadanbhai for a delicious treat on this occasion which was enjoyed by over eighty attendees.

On July 05, 2016, it was hot outside but cool inside as arriving guests were pleased to see their friends, as if after a long time. Card games and socializing were the norm. Miniji then presented her outstanding power point on the history of democracy in Bharat as well as in the USA. She talked about the signing of the declaration, constitution, bill of rights, and the amend-



ments. This put the July 4 celebration in a historical perspective. Just before the introduction of the sponsors Medhaben stole the hearts of the audience as she rendered her sweet voice to two beautiful Bollywood melodies. Miniji's introduction of the sponsors- Bhagwanjibhai & Lataben and Ashaben was well presented. It goes without saying that the luncheon was enjoyed by over seventy five members and guests.

On July 12, 2016, the members and guests were treated with jalebi, ganthia and chai as they entered the hall. Thanks to Indumatiben, Jagdishbhai and their families for the treat. Socialization continued while munching on the treat. Everyone was having a great time. For the entertainment- the

team of Sanjay, Bina and Nehal had prepared a challenging musical quiz program based on Bollywood movies. Two teams of ladies and gents took turns to identify the tune, singer, actor, and actress. At the end it appeared that ladies and gents scored almost evenly. Everyone enjoyed in the game as the participants were enthusiastic. The hosts were introduced with their families. The luncheon included a variety of bhel, ragada patties, variety of chutneys and jalebi. Over ninety people thanked the hosts for a delicious food.

On July 19, 2016, at the end of socialization hour Jitubhai welcomed all. He mentioned that while away for three weeks he missed the friends at ISAA. He praised all for the support

1. Vaidya Family with Babubhai & Deviben celebrating Rasikaben's 75th Birthday
2. Proud & happy ISAA ladies posing with Narayanbhai
3. Jitubhai with smart & happy young-seniors
4. Luncheon sponsor Shah Family entertaining the ISAA seniors
5. Dalal & Bhatt Families- luncheon sponsors
6. Joyous ladies wishing Happy Birthday to Ushaben
7. Luncheon sponsors - Indravadanbhai & Ushaben with Family.

provided to Narayanbhai for the great shows during his absence. He shared his observations about the Indians around the Bay area in California. He presented the video clips as noted in the agenda. He shared the presentation he made in Atlanta on ISAA at his professional organization conference, and also, at Indian community gatherings in California. He presented long history of Shrikantbhai, Babubhai and Deviben who sponsored the luncheon today. Over eighty people enjoyed the tasty homemade items. He briefed all about the meeting between Area Agency on Aging (AAA) and ISAA, ISAA has invited AAA to make a presentation on their services at mutually convenient time. At the end of the day, interested members discussed the forthcoming celebrations of the 5th anniversary of ISAA in September. Luncheon Sponsors today were Shrikantbhai, Babubhai and Deviben.



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Pokemon Go: Iconic landmarks around the world where you can catch 'em all

Pokemon Go, the geo-location-based app that has taken the world by storm, is being hailed as a potentially transformative agent for the travel industry, as it encourages players to catch 'em all.

And while the game has generated no small amount of controversy for popping up in inappropriate places — cemeteries, military bases, New York's 9/11 Memorial and the Holocaust Memorial Museum in Washington DC and subway tracks to name a few — more and more tourist sites and landmarks around the world are capitalising on the phenomenon and inviting players to pay a visit.

Here's a tour of some iconic places around the world where Pokemon Go is welcome:

US National Parks



People walk up Market Street playing Pokemon Go, an augmented reality game, during a Pokemon Go Pub Crawl in San Francisco on July 20, 2016. (NYT)

Visits to US national parks are reported to have spiked following the launch of the app in the US. And while players are reminded to be vigilant and avoid straying off designated paths while hunting for the elusive characters, they're also reminded to keep an eye out for real-life wonders like icy tundra, grassy plains, and gleaming mountains.

"We'd like to welcome all you trainers to your national parks, where you might find more than just a new virtual companion," said Director Jon Jarvis in a Facebook post.

Rio 2016 Olympics

Rio de Janeiro's mayor Eduardo Paes posted a Facebook plea asking Nintendo to bring the popular app to Brazil in time for the games. While the city has been mapped for the Pokemon Go, no launch date has been announced. The games begin August 5.

National Mall, Washington DC

Tommy Zhang, left, a Pokemon Go trainer, in New York on July 19, 2016. For underemployed 20-somethings, training newbies in the finer points of Pokemon Go has emerged as a fresh career. (NYT)

Not only are players invited to hunt for the elusive creatures across America's national parks, the US National Park Service went so far as to organize a "Catch the Mall Pokemon Hunt," led by a tech-sav-



Dozens of people gather to play Pokemon Go in front of the Sydney Opera House

July 22, 2016. (REUTERS)

One of the most popular museums in New York features two Poké Stops, revealed the MoMA in a bid to attract visitors.

Merchant House Museum, New York

The oldest restored townhouse and first landmark in New York City, the Merchant House Museum, told The Independent it welcomes Pokemon Go players to tour the house while capturing the characters. The house is considered one of the best examples of preserved architecture and design from the 19th century and dates back to 1832.

However, the game hasn't been so warmly received everywhere across the world. Several countries, including Saudi Arabia, Egypt, Russia, Indonesia, Belarus, Turkey Australia and Portugal have either banned it or issued a fatwa against it or threatened employees with immediate dismissal if seen playing.



vy ranger last weekend at the National Mall.

In addition to helping players catch elusive Pokemon characters, rangers injected a bit of national park trivia into the hunts.

Sydney Opera House

Earlier this week, the iconic opera house in Sydney attracted hundreds of players to its front steps after organizing a Pokemon Go hunt at lunchtime.

Museum of Modern Art, New York



A man plays the augmented reality mobile game by Nintendo on his mobile phone as he walks at a busy crossing in Shibuya district in Tokyo, Japan, on



Tim C searches for Pokemon during a gathering of 'Pokemon Go' players on July 20, 2016 in San Francisco.

Grand opening TAJ MEHAL Resturant in Scottsdale



Be careful not to overexert yourself. Don't expect anything for nothing and you won't be disappointed. Do not yield to children or relatives when they really don't deserve it. You can make a difference if you offer your help at functions that involve children. Your luckiest events this month will occur on a Wednesday.

ARIES



Mar 21
to
Apr 20

You can make gains if you look at long-term investments. Be diplomatic but stem. You may want to get involved in financial investments presented to you. You may need to lend an ear to an old friend. Your luckiest events this month will occur on a Sunday.

TAURUS



April 21
to
May 20

Try not to attempt to do something unless you are fully intent on following through with the plans. Don't overspend to impress others. Travel if it's needed to start the ball rolling. Lay your cards on the table regarding your personal direction. Your luckiest events this month will occur on a Thursday.

GEMINI



May 21
to
June 21

Get out and, about. You will be on the rampage this month. Don't second guess yourself, just go to it. Your position may be in question if you haven't been pulling your weight. Your luckiest events this month will occur on a Saturday.

CANCER



Jun 22
to
Jul 22

Don't let any small misunderstandings get in the way. Don't turn down offers that include sports activities or children. Get domestic chores out of the way early. You can ask for favors but don't take them for granted. Your luckiest events this month will occur on a Saturday.

LEO



Jul 23
to
Aug 23

Try not to be so demonstrative. Refuse to let others make unrealistic demands of you. You may have a hard time relating to children this month. Your diplomacy will be of utmost importance this month. Your luckiest events this month will occur on a Tuesday.

VIRGO



Aug 24
to
Sep 23

It's time to reevaluate your motives. Communication will be your strong point and you should be able to persuade others to see things your way. You will have a childlike approach this month, big hearted and full of spunk. It might be best not to spend your money on luxuries this month. Your luckiest events this month will occur on a Saturday.

LIBRA



Sep 24
to
Oct 23

You'll feel much better when your slate is clean again. You may be tired of working for someone else. You could easily lose your temper at work. Don't push your opinions or ideas on others. A day at the beach may satisfy the whole family. Your luckiest events this month will occur on a Tuesday.

SCORPIO



Oct 24
to
Nov 22

Don't rely on others to handle the workload. You are best to deal with those outside your family. You may win favors if you present your ideas and include your family. Use discretion in your dealings and refrain from making verbal promises of any kind. Your luckiest events this month will occur on a Monday.

SAGITTARIUS



Nov 23
to
Dec 21

Direct your energy wisely. Your partner may blame you for everything. Offer good conversation and a nice soothing lunch. Avoid overloading your plate. Your luckiest events this month will occur on a Wednesday.

CAPRICORN



Dec 22
to
Jan 21

New emotional connections can be made through business contacts. You'll feel much better when your slate is clean again. Don't be too quick to react. You'll find love and you'll get into tiptop shape at the same time. Your luckiest events this month will occur on a Tuesday.

AQUARIUS



Jan 22
to
Feb 19

Your dramatic nature may be too much to handle. Disharmony in your relationship may cause minor ailments. Offers of joint ventures are likely. Travel opportunities must be taken advantage of. Your luckiest events this month will occur on a Friday.

PISCES



Feb 20
to
Mar 20

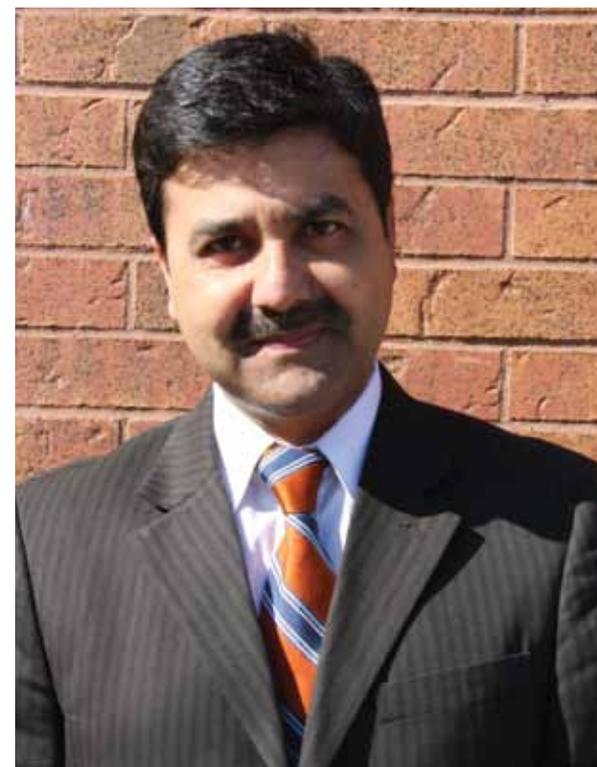
August 1st - 31st, 2016 By KRISHNA PANDIT – 905-910-1441

Aug	Day	Nakshatra Yoga
1	Mon	Happy, friendly day; mental & spiritual healing, meditation, light activities; after 4pm day leads to Amavasya; cease all activities. Earthy colours
2	Tue	Amavasya day: Harsh Nakshatra creates mental stress. No fruitful activities after 3 pm. Propitiation for departed loved ones recommended. COD-Green, Black, Red
3	Wed	Beware of deception, greed, indulgence in wrongful activities. Day of being aggressive & assertive. Soft natured people-limit your activities. COD-Green, Grey, White
4	Thu	Harsh nakshatra on a soft tithi creates mental stress, however financial activities bring rich gains. COD-White, Yellow, Grey
5	Fri	Karya Labh: Day of victory, benefit from financial activities undertaken today but only till 4 PM. COD-Sunset Orange, White, Copper tone
6	Sat	Day is not compatible with Nakshatra a self conflicting day, hence routine activities advised. COD-Green, Orange, Blue, Black
7	Sun	Day is compatible with Nakshatra but not with tithi; soft & light activities recommended. No new or auspicious beginnings. COD-Earthy & forest green colours
8	Mon	Any activities done may not bear desired fruit, refrain from auspicious, religious or new undertakings today. COD-White, Red
9	Tue	Routine activities, no banking or financial activities suggested, unknown fear will haunt the mind for no reason. COD-Light Blue, Red
10	Wed	Karya Labh: Financial benefit from business activities undertaken today. COD-Green, Yellow, Red
11	Thu	Excellent day, day to work on body, mind and material activities, however beware of deceit and over indulgence of any kind. COD-Yellow, Blue, Black, Red
12	Fri	Dhana Nash: Avoid any financial transaction, may loaned may become a bad debt. COD-Light Blue, Black, Red
13	Sat	Auspicious day, new ventures & business alliances work favourably till 0945 hrs, thereafter stick to routine. COD-Clear Pastels
14	Sun	Complete work that requires tact and aggression, favourable day to fulfill things that you have dreamt. COD-Yellow, White
15	Mon	Blissful day for eligible couples, newly married & forming new alliances. Proposal to loved ones in first half may prove fruitful. COD-White, Copper, Silver
16	Tue	Activities undertaken in first half may not produce results, postpone important assignments until second half of the day. COD-White, Copper, Blue
17	Wed	Purnima day, take a vow, do auspicious and charitable work today. Don't be serious, it is a happy day in every respect. COD-Green, White, Red, Blue
18	Thu	Increase in Love, name, fame, personal growth, family, money and resources. COD-White, Yellow, Brown, Black
19	Fri	Siddha day bringing success in all your activities; little speculation, gaming, lottery may be worthwhile for some. COD-White
20	Sat	Good day for cutting hair and nails, it is a day of Gauri, prayers & sankalpa this day is highly beneficial. COD-Yellow, Blue
21	Sun	Though the day is supported by good Nakshatras, overall support of tithi and yoga is absent. Stick to routine activities. COD-Green, Copper
22	Mon	Beware of deception, greed, indulgence in wrongful activities or backbiting. Stressful day for some. COD-Green, Grey, White, Red
23	Tue	Do things which are moveable by nature, avoid doing things that have permanent results today. Day will prove to be goof. COD-White, Red
24	Wed	Good day for winning arguments, making an impressionable speech, giving sermons that have an impact; beneficial day. COD-Copper, Green
25	Thu	Day to buy ornaments, gems, jewellery or doing materialistic things related to finance, stocks, money etc. COD-White, Yellow, Gold
26	Fri	Beware of backbiting, fraud or scheming. Otherwise the day is good in every respect. COD-White, Red
27	Sat	Victorious day in every respect. Harsh day with harsh Nakshatra makes winning easy. Assertive arguments will prove worthy of winning. COD-Blue, Black
28	Sun	Pooja, ceremonies, spiritual activities, making small donation, eating rice pudding with saffron is highly recommended. COD-Yellow, Gold, Copper
29	Mon	Karya Labh: Permanent benefit from important activities undertaken today. COD-Blue, Black, White
30	Tue	Avoid distant travel. Kali pooja is highly recommended. Plan to do things that bring financial protection to self and family. COD-White, Green, red
31	Wed	Amavasya day: Harsh Nakshatra on a harsh day brings easy victory in arguments. Propitiation for departed loved ones recommended. COD-Green

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Kabali: It's a clash between signature styles of Rajinikanth, Ranjith

What kind of a film do people expect from Rajinikanth? Do they expect a thriller? Perhaps a revenge drama or a gangster saga? A romantic comedy maybe? Or a cocktail of all these?

Whatever the expectation, the fact is everyone goes to a Rajini flick with some basic

Film Review

Kabali

Director: Pa Ranjith

Cast: Rajinikanth, Radhika Apte, Dinesh

Rating: 3/5

assumptions. And a director needs to shoulder this weight, and still satisfy every single one by making a film for the masses – in short, “a Rajini film”.

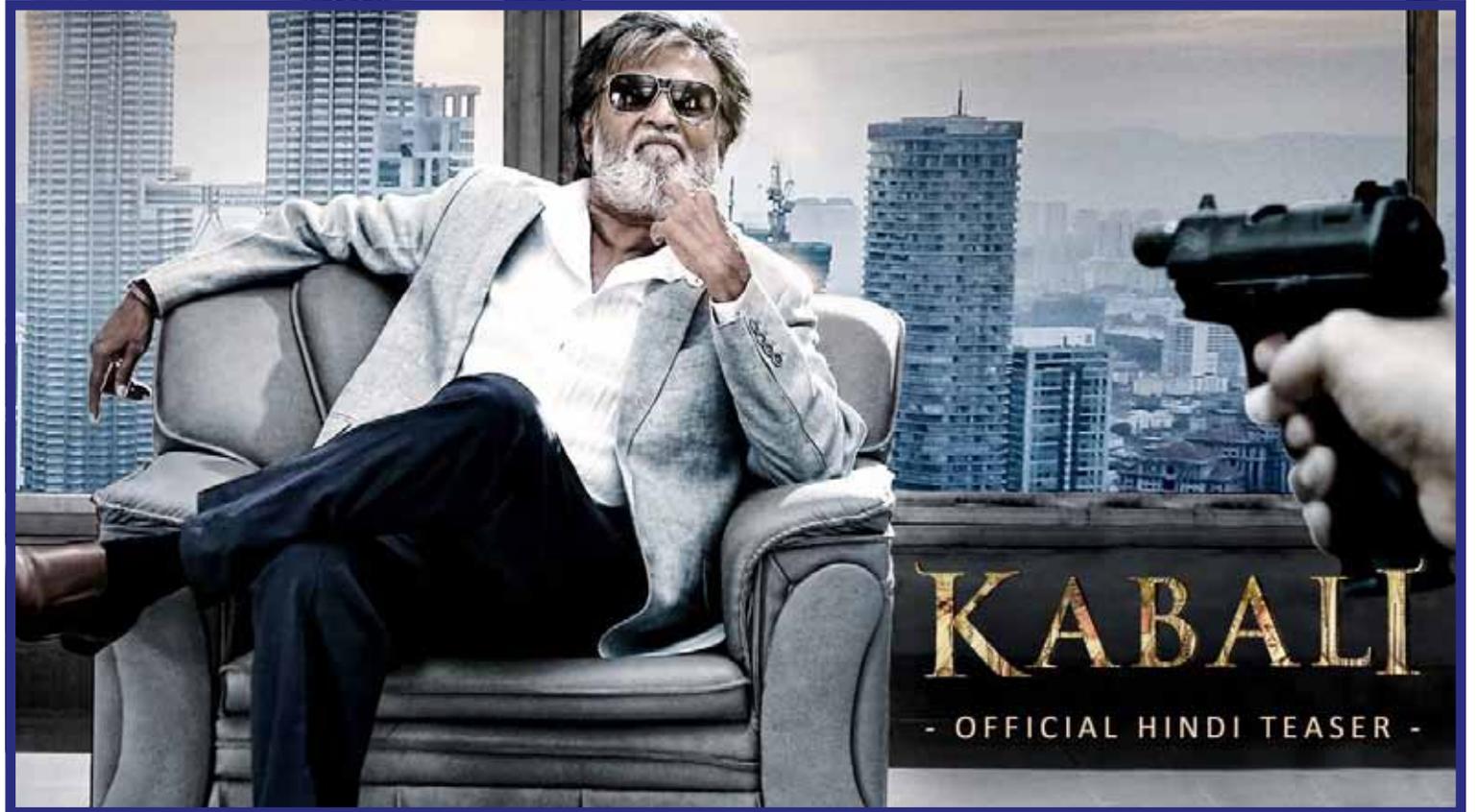
But what if Rajinikanth acts in a slow emotional crime drama, where heroism takes back stage and subtle eye movements and chiseled reactions matter more? What if there are no romantic interludes? No comedy dialogues?

Would you accept it? Would fans accept such a Rajinikanth?

The Rajini-Ranjith combo takes this risk and passes the test by a considerable margin. However, not with flying colours.

Kabali's plot is slim.

Rajini is a don in Malaysia who tries to piece together his



past which was destroyed by another don.

After much success, a rejuvenated Rajini is back for revenge.

Like every other such movie, there are revenge kills and fast-paced scenes that keep you on edge. But just as things start getting wild, an emotional drama starts and puts you in sleep mode. This start-stop nature of the film will be criticised and analysed in days to come.

But where the plot stutters the subtle mannerisms become the strength of the film – deft

hand movements, a sarcastic smile on the corner of the lip and close-ups of Rajinikanth where the raw actor in him comes out, reminiscent of his past character roles. And that is why Kabali will be talked about, for Rajinikanth's emotions.

If you liked him in films such as Aarilirundu Arupadhu Varai or Thalapati, then you will love him in Kabali.

Rajinikanth is supported by Radhika Apte, who, though playing a vital yet small role, is brilliant.

Also, a special mention to

'Attakathi' Dinesh here for he understands and executes the side-kick character with perfection.

The music also does its job, straightening our spines during a painfully slow-paced movie. Conducted by Santhosh Narayanan, the background score and songs provide the relief, and also grips us.

And finally director Pa Ranjith.

It was widely reported that when Rajini saw the edited version of Kabali for the first time, he said it was “100% the director's movie and not an

inch a Rajini film”.

I agree with him. A 100%.

After years of mega budget, formulaic Rajini films, many will struggle to digest what Ranjith has done. Breaking away from the tailor-made yet typical screen plays often used, Ranjith ventures pretty far off the beaten track.

A bold move indeed, but after two flops and Shankar's 2.0 in the making, how will this risk play out?

For Thalaivar fans, it'll be hard to tell. Though Rajinikanth shines, he has a long career in which Kabali doesn't quite fit.

Kareena hurt by Deepika's 'I'm not pregnant, not married' comment

Actor Kareena Kapoor Khan is reportedly upset with actor Deepika Padukone over her recent statement, where Dips said she is not getting married and is neither pregnant.

According to a report in DNA, Kareena thought Deepika's comments about pregnancy were a dig at her.

“While it makes sense for Dips to deny her engagement and marriage rumours, which have been doing the rounds, Bebo can't understand why she denied being pregnant because no one said she was! KKK is also annoyed at the unsaid implication that actresses who are in the family way are no longer serious about the career or scare producers away. Kareena is gearing up to begin shooting for her



next film and with a big belly and all, she will rock it,” a source was quoted.

Refuting reports that she had spent a night with her rumoured boyfriend Bunty Sajdeh on his mother's 60th birthday bash after partying with him, Bollywood actor Sonakshi Sinha took to social media to slam rumour mongers.

The 29-year-old took to Twitter and slammed the reports: "SO glad i dont subscribe to trashy Mirror in which a fun dinner at a restaurant turns into a "sleepover". Want to know what they r smoking." On July 17, reports claimed Sonakshi "was well looked after by Bunty's mom" and added that "the actor and some of their pals even stayed over for the night, as the celebrations went on for long."

Earlier too, Sona and Bunty, the brother-in-law of Sohail Khan, were spotted hanging out together.

Sonakshi and Bunty sparked dating rumours in 2012 when Sajdeh started managing her endorsement deals. The couple reportedly got back together last year.

Sajdeh had earlier dated former Miss Universe Sushmita Sen and also acts as managers to cricketers like Virat Kohli, Shikhar Dhawan and Rohit Sharma.

On the professional front, the actor will be next seen in films Akira, Force 2 and Noor.



Sonakshi Sinha slams sleepover reports with 'beau' Bunty

I may do special appearance in Jolly LLB2: Arshad Warsi

Actor Arshad Warsi wishes he were a part of Jolly LLB sequel, and says he might do a special appearance in the (now) Akshay Kumar-starrer film.

Arshad played the lead role of lawyer in Subhash Kapoor's Jolly LLB. But for the sequel, the makers have roped in Akshay Kumar. "I wish I was doing it but then I have so many other films. I may just do a special appearance...depends on whether I am part of the script. And also I should have time as I would be outside Mumbai for other projects," said Arshad.

The Ishqiya actor said he isn't disheartened about not being part of the second instalment of Jolly LLB. "It must be hard for others to believe it that how come it doesn't bother me? It actually doesn't bother me. It bothers me more for Subhash Kapoor as he is



doing one film at a time. He needs to start the film, he has been waiting for it to start," Arshad said.

"I never created anything. It is my director Subhash Kapoor who created Jolly LLB. I just enacted and put life into it," he added.

Warsi, known for his acting chops, said he knew that the makers wanted

Akshay.

"They (producers) kept debating either it's Akshay Kumar (or me). I told them to go ahead with him."

"I think Akshay fits the bill. He has the capability of looking like an innocent person and yet be a dude on a bike. He can be a village or city man on screen, he pulls off everything. He

was the better choice," Arshad added.

"It is not the decision of director Subhash Kapoor, it is the marketing team of Fox Star Studios that decided they should take a bigger star as it helps them in selling and marketing the film.... As business people they (producers) have done their job," he said.

Chai with Mr. and Mrs. Kiran Vedantam of Kirans & Associates Realty

Asia Today had the privileged opportunity to talk with Mr. Kiran Vedantam and his wife of Kirans and Associates. Located at the back of Makutu's island, they have a wonderful office where they shared more about their company "Kiran & Associates Realty".

About the Vedantams...

Kiran is originally from Hyderabad and came to Arizona to get his Masters at ASU, where he met his beautiful wife. Mrs. Vedantam came to the USA after 12th grade and acquired both her Bachelors and Masters in Electrical engineering from ASU. Kiran also worked as a Software Engineer at Intel. Having been married for 16 years, they have two kids Rusheel (10) and Ruhi (8). Mrs. Vedantam also worked as a Software Engineer but quit her job when their first child was born. Kiran has 8 years of experience in both the corporate software field and the realty world in which he is excelling today. He has seen both sides of the corporate and entrepreneurship world and has interacted with a wide variety of personalities. Due to this vast experience, they both have an expertise they can share with others for a good headstart.

Why Real Estate?...

Having spent countless years getting their engineering degrees, we were keen to find out why they chose Real Estate over engineering. Kiran responded saying that after marriage, his wife had clear visions about their future with the growing family. They did not want to spend 40-50 hours working hard and fulfilling others dreams. Money was not the priority but raising a family and spending quality time with them was more important. They started looking for opportunities and Real Estate



looked impressive. Because of their positive credit score and the money they had built up over the years from saving, they thought of investing in this field. They started getting extremely positive results and money started flowing in no time. To sharpen their skill and enhance their knowledge, they underwent lots of trainings in this field and spent thousands of dollars and time. Finally all their hard work paid off and they acquired realtor certificates. In no time, lots of relatives and friends started approaching them asking where to invest and how to invest. With their sound knowledge and experience in this field, Kirans advised them on how to get started. Kirans' investment tips were highly appreciated and with all these motivations the company grew and grew and now they have a total of 16 real agents in the company.

Why Only Real Estate?...

As we heard the story, we wondered why only Real Estate? There are many such opportunities in insurance, convenience stores, etc. And the response was research based. Kirans' replied that after doing a lot of research and analysis, they found that 90% of millionaires have their hands in real estate. There is typically a very good return in this business and investment cost is low, usually just the down payment. Most other businesses required larger investments. When

they got married, they bought a house for 180k whose value increased to 220k in little time. This motivated them a lot and then they started making further small investments in real estate. Also, it was hard to find mentors who could really teach about other opportunities but there were many mentors readily available in the Real Estate industry. To keep giving back, after getting their own license, they also started mentoring others which increased their knowledge. In 2005, they finally started their own company and finally in 2008, Mr. Kiran left his software job to go full time into the real estate field.

Are they Happy...

The natural question after the talks about their road to real estate was if Arizona is a good real estate market and they came to that answer in an interesting manner. Because of their engineering backgrounds, they analyzed the market in a non-conventional manner. 2007 and 2008, not too long after they started in Real Estate, were the worst phase for most realtors and a lot of them lost their money during this phase. In contrast, Kirans' unconventional approach and strategic analysis of the market earned them their first million during this crisis period. Arizona has a lot of potential since there are a high number of people settling here. With such trending markets, one can buy when

markets are low and sell when markets are high. They have trained their agents to understand the market trends in an elaborate manner and are on the verge of compiling a book which will contain all their experiences and learnings in real estate.

A Venture into the Writing Industry....Their Upcoming Book

Their upcoming book is mainly meant for the families who have an inclination and interest towards real estate and their contribution back to society. It will contain a step by step approach to invest in this area. Based on simplicity so anyone can follow it, it will still contain intricate details to be successful in real estate investments. The goal is to educate naive investors and guide them in their investment decisions. Kirans' further added they will be pouring all their learning from their vast experience in this field. Having had thousands of experiences, it is a challenge to limit the number of pages in the book but it will contain 200 pages so they are trying hard to concise and crunch their best and most educational experiences. And, as is deserved, the book will be titled, "Cracking the Real Estate Code" and will be given to all their customers.

Final Message for Asia Today Readers ...

The final and very uplifting message they had for our readers was do not de-

fine boundaries within your heart because if you do, you will not be able to reach your goals. Their opinion was that people should understand the metrics and the dynamics of real estate. Once they procure proper knowledge, they will be comfortable in investing. There is lot of potential in Arizona because of which Kirans' company is investing in many areas. As there is a huge influx of people settling here, there is a golden opportunity for Realtors. With proper knowledge and guidance from experienced realtor, one can earn handsomely. Though investment in real estate has good returns, one needs to be careful as well because one can incur heavy losses without proper guidance. Real estate is an alternative to keeping our money stagnant in banks and with a very small down payment, people can really get started. Try to work alone and use partners as a backup when you want to sell your property but do not have greedy partners with you but rather those that are ready to stand with you in good or bad. Investing the right way in the right assets with the help of the right person is the key to success. So associate with the right people and engage them properly and professionally. Figure out what you want and focus hard on what you want to the extent that you see it in your dreams. That is the only way big entrepreneurs have evolve.

Final Words...

Asia Today is grateful for the time that the Kiran and Associates Realty spent with us and wishes them and their clients' wealth and prosperity in all their future endeavors. For more information, please visit www.kiranandkiran.com or call Kiran Vedantam at 602/ 550-4842.



Summer Events at Foundation Senior Group

Contributed by: Dr. Prakash V Kotecha & Bhagubhai Patel

Coming Events - India Independence Day Celebration is planned for August 11th and members are requested to share their ideas and suggestions for the event to Prakash Kotecha. We will have flag salutation and patriotic songs program, etc starting at 11:30am, followed by luncheon. Program is open to public, venue: 2809 W. Maryland Ave., Phoenix, AZ 85017.

Days of summer are here - hot & humid, making one feeling lazy - and are felt very much in Foundation Senior Group. Seniors usually take off to visit Families and Friends around the country during hot summer period and try their best to skip Arizona Summer. With more than 20 days of 110 degree F temperature by mid-July, how could we blame them for eloping Metro-Phoenix! One group of our senior members - Kishor Vyas & Tara Patel, Dinesh & Hansa Trivedi and Bhagubhai & Jayaben Patel took off for road travel up north all the way to Alberta, Canada to meet up with Canadian members of our Senior Group - Babulal & Nayana Mehta and Magan & Hansa Kawa. In a way, Sun Birds were meeting Snow birds! By road they travelled from Phoenix, visiting Yellow Stone Park in Wyoming and then to join Canadian friends in Banff and Jasper National Park of Canadian Rockies in state of Alberta. There they enjoyed wonders of nature with snow covered mountains all around and still pleasant spring weather in the valley. Icefield Parkway from Banff to Jasper is known as the best scenic road in the world. The group spent few days in Edmonton (AB) with Mehta and Kawa family as hosts, visited Mount Rushmore (SD) on the return trip, totaling travel distance of 5,400 miles!!

Thursday Meetings: Our Thursdays meetings are now following a set routine - Video lead exercise, Card playing, spirited Table Tennis games and usual chit chats and of course volunteers getting lunch ready - cooking lunch if needed. Now we have Usha Gautam taking care of orchestrating general assembly period - announcements and any presentation - and Charan Chabara taking care of Lunch arrangements during Meenaben Bhavsar's extended trip to New York. Prakash Kotecha and Mahendra Devgania take care of our publications under guidance of Bhagubhai Patel with lots of care and timely release.

June 30, 2016 - Mala Bajpai Kapadia (Munnu and Rajni Bajpai's daughter)'s 40th Birthday celebration



today! Srikantbhai sang a song in her honor and a cake cutting to celebrate.

July 7, 2016 meeting, Bhajan program was conducted by Srikant Vaidya. Participants were Srikant Vaidya, Prem Lahoti, Jayshree Kshatriya, Maltiben and Mahendrabhai Devgania, Hemaben, Manjuben and Usha Gautam. Members enjoyed the Bhajans which lasted for 45 minutes. Visitors were S. Kannan, a civil engineer by profession, who has come from Chennai to visit his son in Chandler and Sushil Daftuar from Litchfield Park was another visitor for the day.

July 14, 2016 - Dr. Pinakin Dave from Chicago visited us and he is now planning to settle down in Phoenix, returning members included Uma and Surinder Agarwal who had come back after a long time after surgery and



conducted by Shrikantbhai Vaidya. Everyone enthusiastically participated. At the end, Shrikantbhai and Jayshreeben individually sang songs in honor of Late Rasikaben Vaidya.

Lunches were sponsored during the month by Manju Walia and her family, Gabriel and Sonia; Rajni & Munnu Bajpai, Babulal & Deviben Gohel and Shrikant Vaidya. Thanks to generous members who enthusiastically sponsored lunch

treatment for Surinder and Paru & Dr. Chandramaulu.

July 21, 2016: Mr. and Mrs. Bhagat from Chicago visited us. Shrikant Vaidya's family members: Namita, Maya, Sonal, Krishna, Ajay and Priya also visited us to commemorate the 75th birthday of late Rasikaben Vaidya. Rasikaben was a very active member of our community. Antakshri was then

for the 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

Real Estate News of Arizona - August 2016

RENT Check™		JUNE 2016 published July 8, 2016												Median Lease \$: \$1,375 Average Lease \$: \$1,568 Avg. Days on Market: 26 Rent Check Quotient™: 3 : 10	
Closed Rental Units Per Month															
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Avg Units		
2010	2,281	2,473	2,390	2,226	2,365	2,423	2,613	2,567	2,447	2,541	2,407	2,235	2,414		
2011	2,363	2,595	2,499	2,563	2,626	2,937	3,050	3,005	2,774	3,146	2,888	2,819	2,772		
2012	2,717	3,073	3,311	2,790	3,061	3,592	3,495	3,582	3,250	3,043	3,121	2,906	3,162		
2013	2,859	3,660	3,862	3,542	4,028	4,017	3,993	4,209	3,422	3,311	3,297	2,911	3,593		
2014	3,013	3,625	3,550	3,065	3,314	3,364	3,311	3,512	2,960	3,014	2,742	2,577	3,171		
2015	2,620	2,847	2,729	2,571	2,715	2,808	3,144	2,883	2,600	2,671	2,229	2,222	2,670		
2016	2,148	2,351	2,184	2,186	2,290	2,382							2,257		

Hello Friends,

Time really flies fast. Just seems like yesterday, when I wrote about up-coming summer holidays and the summer vacations are already over and its back-to-school time. It's a busy time for most families, coming back from long summer vacations, get back to routine with early-to-bed and early-to-rise routine and back to school shopping. Along with this busy kids season, the real-estate season is keeping up pace. Let's see how the valley real estate performed this summer.

To begin the summer, the U.S. Senate passed H.R. 3700, the "Housing Opportunity Through Modernization Act". This legislation includes reforms to current Federal Housing Administration restrictions on condominium financing, among other provisions, supported by the National Association of Realtors. Changes include efforts to make FHA's recertification process "substantially less burdensome," while lowering FHA's current owner occupancy requirement from 50 percent to 35 percent. The bill also requires FHA to replace existing policy on transfer fees with the less-restrictive model already in place at the Federal Housing Finance Agency. Condominiums are often represented an affordable option that's just right for first-time home buyers or low to moderate income Buyers. In today's market, with rising home prices and lower mortgage credit will help clear the path for well-qualified borrowers to purchase a home.

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

- Total Sales for Single Family, Town-home, Condos, for June are 7,853 whereas, May were 7,688 and April was 7,372
- The Active listings for Single Family, Town-home, Condos for June are 20,263 whereas, May were 21,214 and April were 22,287
- Pending sales for Single Family, Town-home, Condos, June are 6,749 whereas, May were 7,217 and April was 6,657

The total home sales by financing were-

- Cash Sales - 1,595
- Conventional - 3,997
- FHA - 1,643
- VA- 546

Rental market in Phoenix is still going strong. There are approximately over 300,000 rental properties in Phoenix Metropolitan Area. Majority of them are held by large Equity Funds. As of June 2016 average apartment rent within the city of Phoenix is \$1062. One bedroom apartments in Phoenix rent for \$929 a month on average and two bedroom apartment rents average \$1141. The average apartment rent over the prior 6 months in Phoenix has increased by \$63 (6.3%). One bedroom units have increased by \$56 (6.4%) and two bedroom apartments have increased by \$88 (8.4%)

Here are the June sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-home, Condos for June are 796, whereas May were 787 and April were 727
- The Active listings for Single Family, Town-home, Condos for June are 2,228 whereas, May were 2,408 and April was 2,588
- Pending Sales for Single Family, Town-home, Condos, for June are 756 whereas, May were 812 and April was 773

Now let's take a look on commercial side-

A major renovation project for the shopping center known as Via Linda Crossroads is going to be started, its located on the south-east corner of 90th Street & Via Linda in Scottsdale. The space previously occupied by Ace Hardware will be divided into 2 or 3 smaller suites and storefront is being added in that suite facing 90th Street. These suites will also offer an elevated mezzanine level and very high ceilings. The renovation will make recognition of each individual tenant easier for the traffic goers. The design will utilize several different types of stone surfaces, a rich desert color palette, awnings, more visible signage locations and enhanced landscaping. This will definitely give a new look at via Linda corridor.

Starwood Property Trust Inc, Walker & Dunlop LLC and CW Financial Services LLC sold the Burlington Coat Factory retail building located in Tucson for \$7.5 million, or about \$98 per square-foot. Completed in 1983, the single-tenant building totals 76,240 square feet on 6.9 acres in South Tucson

RRS & Company sold the office building in Scotts-

dale for \$5.4 million, or approximately \$170 per square foot. Built in 2002, the 31,800-square-foot building features high-end finishes and a grand two-story atrium lobby. The buyer is an owner/user and will occupy the entire Gold Dust Corporate Center building

Toyota Financial Services has renewed its 133,317-square-foot lease at the San Tan Corporate Center I building in Chandler. TFS has occupied space in the building since 2001 and became the sole tenant in 2006. It will remain so under the 89-month lease deal, which commences in April 2017. The three-story, 133,317-square-foot office building was constructed in 2000.

TSM Ventures Inc. acquired the Goodwill building in Sun City West for \$6.12 million, or about \$268 per square foot, from W. M. Grace Development Co. The 22,800-square-foot, free-standing retail building was constructed 2015 on 2.3 acres. The asset is fully leased by Goodwill on a triple-net basis.

29th Street Capital acquired the 180-unit Park Tower apartments in Chandler for \$21.65 million, or about \$120,000 per unit. The 147,048-square-foot multifamily complex was built in 1986 on 10.7 acres. The property consists of 88 one-bedroom and 92 two-bedroom units. At the time of sale, the complex was 97 percent occupied.

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@artiiyer.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, News-genie, Realty times, azcentral, wall street journal.

Eid ul Fitr in Glen Ellyn

Ahmediyya Muslim Community Chicago celebrated the end of the holy month of Ramadan with prayers and Eid festival. The Eid-ul-Fitr this year fell on Wednesday, July 6th, 2016. Ahmadi Muslims from all over Chicago as well as outside Chicago, gathered at the Masjid Baetul Jaamay mosque in Glen Ellyn for Eid prayers in large numbers. Around 850 men, women, children from all walks of life, of all ages, belonging to diverse nationalities and ethnicity arrived at the mosque dressed in their festive best. The prayers started promptly at 10 am, lead by Imam Shamshad Nasir after which he delivered Eid sermon.



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

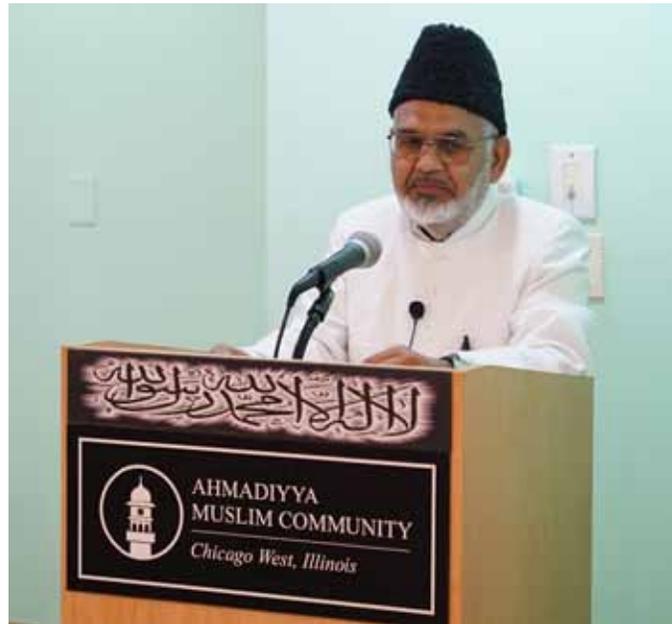
Imam Shamshad, exhorted the congregation to never forget the spirit of sacrifice and abstention from evil that Ramadan inculcated in all of us. He said that the Satan that Allah promises to be chained in Ramadan, is the inner satan in all of us, which incites us to do evil. We must endeavor to not let this satan free, but keep it under restraint the rest of the year and all our lives as well, through the self-discipline and the spirit of sacrifice that we learned in Ramadan. Imam Shamshad conveyed the Eid Mubarak to all on behalf of his holiness Mirza Masroor Ahmad (May God strengthen his hand) to members

Earlier imam also read the Message from Mirza Maghfoor Ahmad the Amir of USA Jamaat.

Imam then reminded that as we tried our best to worship Allah in Ramzan we should continue it and at the same time we should treat our wives and children and friends, and neighbors in kind manners.

Imam also said that we should pray for the successes of this our country USA where we live and we enjoy freedom of to exercise our faith freely.

After the sermon, the members greeted each other with the traditional "Eid Mubarak" greeting and hugs. Young and old, children and adults congratulated each other upon successful completion of Ramadan. Prizes were distributed among those children who had completed at least one reading of the Quran in Ramzan, those who have memorized 10 conditions of Bai't and who had graduated from their schools.



Yoga - Path to Self Realization

yatha sarva-gatam sauksmyad akasam nopalipyate sarvatravasthito dehe sthatma nopalipyate
(Bhagavad Gita 13.33)

Translation: The sky, due to its subtle nature, does not mix with anything, although it is all-pervading. Similarly, the soul situated in Brahman vision does not mix with the body, though situated in that body.

Reflection: People who take everything personally are usually touchy. If they come up with an idea and someone points out a problem with it, they treat that objection as a personal attack on them. Driven by reactive emotions, they go into a hyper-defensive or hyper-offensive mode. Being unable or unwilling to learn from others' inputs, they become obstacles for their own growth.

The problem becomes worse when they take life's events personally. Thus, whenever things go wrong, they let that reversal become a statement about themselves: "I was born with a rotten destiny." Or whenever they do something wrong, they make that mistake into a judgment of their self-worth: "I am good-for-nothing."

Gita wisdom explains that misery is an inherent characteristic of the material world. So, the misery that befalls us is a part of the world's nature – it is not



necessarily a statement about us. Even if the misery is because of our past bad karma, still that karma doesn't determine what we can do – or, more importantly, who we can be. If we let whatever happens in the course of life define us, we undermine our freedom to choose and grow.

Just as those who distance themselves from their ideas can take feedback objectively and improve themselves, similarly, when we learn to distance ourselves from events, we can respond constructively.

The Bhagavad-gita reinforces our capacity to thus distance ourselves by explaining our non-material identity as souls. The Gita (13.33) indicates

that just as the sky being subtle is unaffected by the grosser things it contacts, we can stay unaffected amidst worldly dualities by contemplating our transcendental identity. Further, by practicing yoga, we can experience peace and power in our spiritual relationship with Krishna. Being thus spiritually sheltered, we can observe things from a detached non-threatened perspective and respond to problems with growth-promoting solutions.

www.gitadaily.com - World's only website offering a new article on Bhagavad Gita everyday
<http://radhakrishnaphoenix.org/> - ISKCON phoenix

Namaste everyone. Let's greet everyone with a big smile and wishes for good health. Start the lovely day with yogic practices where we can get more connected with supreme lord. In the Yoga Sutras of Patanjali there is a concise definition of *yogasana*: "Sthiram sukham asanam", meaning that position which is comfortable and steady. Every month we will focus on a yoga pose and tell how to perform with their benefits.

Swastikasana (The Auspicious Pose)

Swastikasana is a Sanskrit word and which is made up from combinations of Su+Asti+ka, in this 'Su' means good, meaning of 'Asti' is 'existence' and "ka"



stands for to make. Swastikasana is a simple meditation Pose. People who feel difficulties to perform Asanas like Siddhasana or Padmasana, Swastikasana is best for them. In India Swastika is a symbol of Happiness, good luck or Auspiciousness. In this Asana the position of the legs resembles the symbol of the Swastika, so that's why this Asana is named as Swastikasana or Auspicious pose. Swastikasana (The Auspicious Pose) is simple to attempt and this is one of best Asana for meditative activity or for long sitting. This position may be described as one that helps to understand the unity of existence.

Steps of Swastikasana

- First sit comfortably on the ground or floor and spread out your legs in front of you.



- Fold your left leg; keep the sole of your left leg against the inner thigh of your right leg.
- Now bend your right leg and keep your right foot in the space between left thigh and calf muscles.
- Catch your left foot by the toes and try to pull it up and place it between the right calf and thigh.
- Your knees have to firmly touch the floor.
- Maintain the pose so that you feel relax.
- Your body and trunk should erect.

- Place your hands on your knees in any mudra.
- Control on your breath. Breathing slowly and normally.
- You may also focus on the tip of your nose or center of eye brow it's depending on the type of meditation technique.
- In the beginning try to sit for 10 to 15 minutes in this meditative pose, day by day increase the time of sitting.

Benefits of Swastikasana (Auspicious Pose)

- It is a best meditation Asana for those people who cannot sit comfortably or find difficulties in classical poses like Padmasana and Siddhasana.
- Those people who are suffering from varicose veins and pain in the leg muscles can perform this Asana.
- Daily practice of this meditative pose increases the concentration level.
- Give calmness to the mind.
- Suitable for everybody in any age group.

Contra-indications

Avoid this Asana in case of sciatica and sacral infections, concern a doctor or well educated yoga expert before doing this.

Note: –

Here the symbol of swastik represents the different corners of the earth and universe, the spokes, and their meeting point and common center of consciousness. This asana may be regarded as the one most favorable for realizing the unity of existence.

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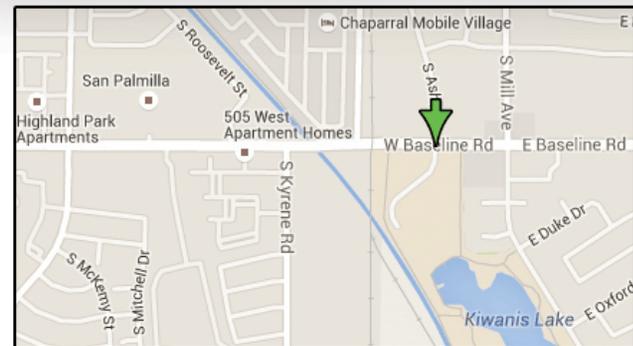
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