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# ASIA

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# Today

Monthly Newspaper

• Vol-X • Issue-2 • Phone : 480-250-2519 • sales@asiatodayaz.com • February 2017

 <p>Happening Events with a Twist... <b>6</b></p>	<p>Jallikattu <b>21</b></p> 	<p>Arizona's Republic Party (GOP) <b>10</b></p> 	<p>I'm not dying for a Hollywood project right now: Anushka Sharma</p> 
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## India's Republic Day 2017



**January 29, 2016**  
**by Deepa Kaur Walia**

India Association of Phoenix and Indo-American Cultural and Religious Foundation of Arizona (IACRF) came together to celebrate India's Republic Day in its annual India Night 2017. When the constitution of India was born, it was considered necessary by the makers of the document to celebrate it on a day associated

with national pride and that day was January 26. January 26 has been celebrated as a date when India elevated itself from an independent nation to a modern republic, strengthened by a fully functioning constitution.

The program consisted of traditional and folk dances, skits, vocal performances, yoga demonstrations, and many other programs displaying the rich culture and

• More on P16

## 350th Prakash Utsav Celebration of Guru Gobind Singh in Phoenix Convention Center



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

In one of the unique celebrations of its kind, the combined Sikh Sadh Sangat of Arizona got together to celebrate the 350th Prakash Utsav of Sri Guru Gobind Singh Ji, its 10th Master, the Father of Sikh Identity in the Down-

town Phoenix Convention Center. A Religio-Social event over the entire day was arranged on January 15th where the mood was festive but sprinkled with religious fervor. Over thousand people arrived from all over including the entire valley as well as from towns such as Tucson.

• More on Page 22

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# HSS Background: Sangh is inspired by the idea that the phrase appears in Maha Upanishad “VasudhaivaKutumbakam” a Sanskrit phrase “whole world is one family”

HSS initiated this health awareness project in 2006.

Each year Hindus worldwide celebrate January 14th as Makar Sankranti – a day that marks the change of season as the sun enters the sign of Capricorn or Makar. Makar Sankranti ushers in longer days; thus, the festivity symbolizes sunshine in life. To mark this occasion, HSS has organized the “Yoga for Health, Health for Humanity” Yogathon from January 14th to January 29th 2017. As part of this 2-week event HSS has received Proclamation from various State Governors and city Mayors across U.S. In Arizona HSS had received proclamation from the Arizona Governor, City of Phoenix and City of Tempe. On January 29th, HSS Arizona had concluded the event at Daley Park in Tempe by doing 108 Surya Namaskars (sun salutation). Around 80 plus people around the valley joined together for the great cause. All the kids received participation certificate for doing 108 Surya Namaskars (sun salutation).

**HOW MANY?**

Since its inception, participants from 40 states actively took part via various Yoga Centers, community organizations, schools and colleges regardless of individual faiths and beliefs, have participated and collectively performed over 4 million Surya Namaskars.

Community leaders and many elected officials across the nation have appreciated this initiative and encouraged their residents to participate and gain the benefits of an overall healthy life style.

**WHAT IS SURYA NAMASKAR?**

Surya Namaskar means to bow down to the sun in the morning. The sun is the life source for this planet. In everything that you eat, drink and breathe, there is an element of the sun.

Known as sun salutation, Surya Namaskar is a sequence of 10-12 yoga poses that flow one into the other with rhythmic breathing.

**BENEFITS OF SURYA NAMASKAR:**

The sequence can boost

your cardiovascular health, improve your blood circulation, help you beat stress and detox your body along with offering several other benefits.

Due to the active inhalation and exhalation process, the lungs are thoroughly ventilated and the blood remains oxygenated. This also helps in detoxifying one’s body by getting rid of carbon dioxide and other toxic gases

improve your memory and nervous system and also helps calm you down and get rid of anxiety. It normalizes the activity of the endocrine glands,

a good way to stretch and strengthen your muscles, joints, ligament as well as the skeletal system. The movements can also help improve the flexibility of your spine.

**WHO SHOULD NOT DO:**

There are certain exceptions when it comes to who cannot practise this exercise.

- Pregnant women should not practise this after their third month of pregnancy.
- Patients of hernia and high blood pressure are advised against this practice.
- People suffering from back pain should seek proper advice before commencing Surya Namaskar.
- Women should avoid Surya Namaskar and other asanas during their periods.

Incorporating suryanamaskar in your routine can keep you youthful and healthy even in old age.

Generally, people understand Surya Namaskar as an exercise: it strengthens your back, your muscles, etc. Yes, it definitely does do all that and more. It is quite a complete workout for the physical system – a comprehensive exercise form without any need for equipment. But above all, it is an important tool that empowers human beings to break free from the compulsive cycles and patterns of their lives.

Mananeeya Saumitra Gokhale who has the responsibility of VishwaVibhagSamyojak (Global Coordinator) for Hindu SwayamsevakSangh. He inspires and guides Sangh work around the world.





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**A Woman's Fight Gains More Adversaries...**

**"Kasturi,"** the second plac winner of Action Against Gender Based Violence Film Festival by U.S. Consulate General Mumbai explores equality and how it plays into society. In the movie, it is not the outside world that is behaving violently towards women, it is their own families and loved ones. It shows scenes that can be seen in a typical South Asian home

– the male child sits comfortably and eats while the female children are asked to help with cooking and cleaning; the male children are not questioned about where they are going but the females are asked to think twice even if it is school based extra-curricular activities, and the discrimination goes on and on.

Many of us attend charity events and give countless sums of money to support organizations aimed at improving the lives of female children in India but I wouldn't be surprised if due to our cultural bias, a large percentage of those individuals continue these discriminatory practices at home daily. We fail to recognize that change starts at home. It is not just parents. Anyone can be the change based on how they treat their female friends, girlfriends, wives, sisters, daughters, and how they treat and judge women they encounter when they don't know them personally. The stores in Kasturi are a reality for many girls in South Asia but also a sad reality for some South Asian households abroad.



**Editor's NOTE**

As proud as I am to see movies like this take momentum and attempt to move women forward in countries and cultures that are traditionally known to oppress women, my heart weeps today. Many of us left these countries for better opportunities for ourselves and our daughters and came to the land of equal opportunity. My heart weeps as I watch Trump's administration attempt to move women backwards to the same oppression they left

behind. As a South Asian female that is used to having to fight this Gender Based Violence, my fight just became harder. An oppression a South Asian female fights every day in her community, her home, her relationships, her social circles is one she will now have to fight in her government. But as they say when the going gets tough, the tough get going. The fight may have become harder but we must continue to fight back so we leave the daughters of our coming generations the same opportunity to life, liberty, and the pursuit of happiness that we have enjoyed in this great nation. We have been given the opportunity of our voice and we must make it heard! If you are not already, please start watching what our government is doing and petition against the things that are in violation of our constitutional rights. We may not agree or disagree on all topics but know what your beliefs are, stand by them, and fight against anything that goes against your own personal beliefs.

**-Deepa Kaur Walia**  
Editor, Asia Today, editor@asiatodayaz.com

**A**re you asking yourself where did the last month go? Wasn't it just yesterday when we were making a mental list of resolutions to get cracking on from January 2nd? The last 31 days have just whizzed past us. stuffed with festivals, controversies, political drama.

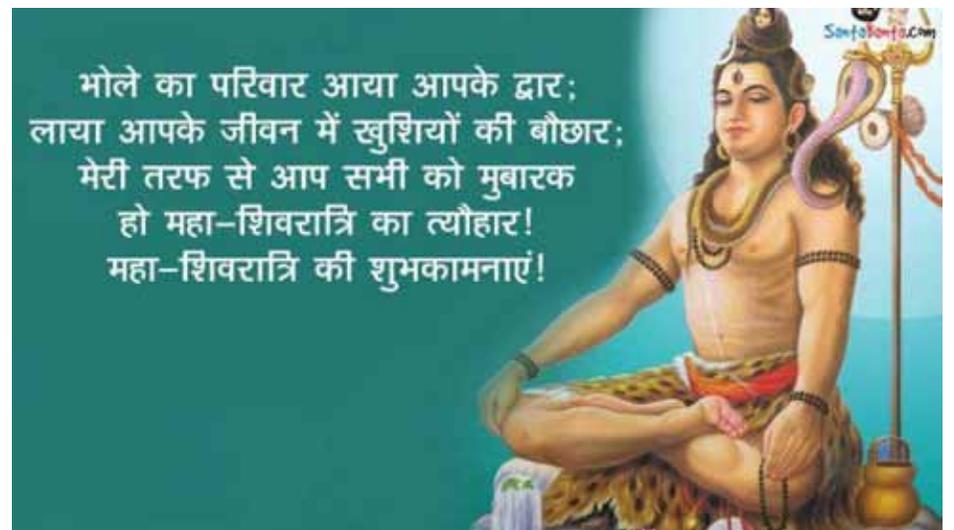


**Marketing Director NOTE**

Now we have reached in the month of month of Feb, during this month, stores are decorated with lace - frilled red hearts and pink paper streamers. their shelves are amply stocked with gourmet chocolates and stuffed bears. Television are blaring with recommendations on what to get your "sweethearts," and everyone is in a rush to find a significant other to celebrate Valentine's day with.

but it's not only we celebrate love this month but also Vasant Panchami also falls in this month.

Vasant Panchami is celebrated to honor the Goddess Saraswati, Goddess Saraswati is the goddess of learning, wisdom, knowledge, fine arts, refinement, science and technology. Vasant Panchami is treated by celebrants as Saraswati's birthday. People worship Goddess Saraswati to



attain enlightenment through knowledge and to rid themselves of lethargy, sluggishness and ignorance.

The color yellow holds a special meaning for this celebration as it signifies the brilliance of nature and the vibrancy of life. The whole place bursts with yellow during the festival. People dress in yellow and they offer yellow flowers to others and to the gods and goddesses.

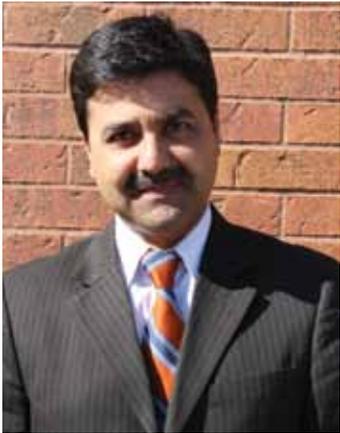
Among the biggest days in a Hindu, Maha Shivratri is celebrated on the 14th/15th day of the month of February. There are various interesting legends related to the festival of Maha Shivaratri. According to one of the most popular

legends, Shivaratri marks the wedding day of Lord Shiva and Parvati. Some believe that it was on the auspicious night of Shivaratri that Lord Shiva performed the 'Tandava', the dance of the primal creation, preservation and destruction. Another popular Shivratri legend stated in Linga Purana states that it was on Shivaratri that Lord Shiva manifested himself in the form of a Linga. Hence the day is considered to be extremely auspicious by Shiva devotees and they celebrate it as Mahashivaratri - the grand night of Shiva.

**-Manju Walia**  
Marketing Director Asia Today,  
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GOVERNOR DOUGLAS A. DUCEY  
STATE OF ARIZONA  
★  
PROCLAMATION

WHEREAS, Lunar New Year is an important multi-day holiday celebrated by peoples in many Asian cultures around the world, each with unique holiday references, including the Chinese (Spring Festival), Koreans (Seolnal), Vietnamese (Tet), as well as Mongolians and Tibetans; and  
WHEREAS, Lunar New Year is an auspicious beginning or renewal whether in one's personal life, or in business, government or community affairs; and  
WHEREAS, to usher in the Lunar New Year firecrackers are often lit in conjunction with colorful serpentine-like dragons and lion dancers moving to the thunderous sounds of drums, gongs and symbols to welcome the new year and bring prosperity, happiness and good health; and  
WHEREAS, in the Gregorian calendar Lunar New Year begins at the new moon that annually falls between January 21 and February 20 - this year's new moon is on January 28, the first day of Lunar New Year, and traditionally Lunar New Year is often associated with a 12-year animal cycle - this year is the Year of the Rooster; and  
WHEREAS, in celebrating Lunar New Year friends and family gather, exchange gifts and prepare special meals, and give respect to their elders and ancestors; and  
WHEREAS, Arizonans of many Asian heritages, immigrants and descendants alike, enrich our state by bringing their rich cultures, and continuing their traditions of observing and celebrating Lunar New Year.

NOW, THEREFORE, I, Douglas A. Ducey, Governor of the State of Arizona, do hereby proclaim January 28, 2017 as

ASIAN LUNAR NEW YEAR DAY

and urge all Arizonans to join in celebrating the Year of the Rooster.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Arizona



*Douglas A. Ducey*  
GOVERNOR

DONE at the Capitol in Phoenix on this twelfth day of January in the year Two Thousand and Seventeen and of the Independence of the United States of America the Two Hundred and Forty-first.

ATTEST:  
*Michelle Reagan*

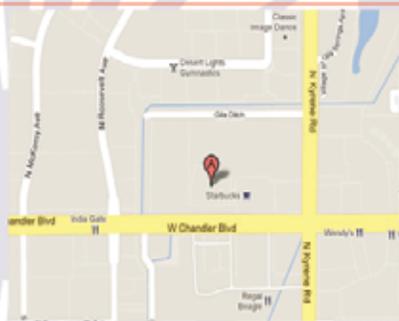
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# Happening Events with a Twist...

**Article by Asia Today**

Cupid strikes in Arizona. Kunal Bakshi and Manpreet Sodhi, both Phoenix residents met in Phoenix itself through a family friend last year. Manpreet completed her Masters in Business Psychology from Chicago and Kunal learned his culinary skills from Thames College in London UK. A love story that started and blossomed right here in Phoenix reached the next beautiful milestone – marriage! In the world of internet/phone/text dating and marriage matches from shaadi.com, what makes this story completely unique and local is that it is a story that started, grew, and found a happy ending right

here in our Valley of the Sun. Family and friends from both sides traveled from all over the USA and India to attend the classy wedding celebrations.

Wishing Kunal Bakshi and Manpreet Sodhi a very, very happy married life and our heartiest congratulations to the Bakshi and Sodhi families!

(Asia Today is interested in highlighting your parties in its future editions. Private parties with no commercial or non-profit ties, please submit your entries to editor@asiatodayaz.com with pictures from your event and a description of what makes it unique for a chance to see it in the next edition!)



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1st Feb. Appearance of Sri Purandara Vidyaratna Sri Raghunandan Thakur Sri Raghunath Das Goswami

Evening katha about their Pastimes. 7pm to 8:15pm



3rd Feb. Appearance day of Advaita Acharya The incarnation of Maheshwara fasting 8th noon

Katha in the Evening 7pm to 8:15pm



4th Feb. Bhishmashtami Departure of Bhishmadeva katha in evening. Glories of Bhishmadeva as Mahajana



5th Feb. Disappearance day of Madhavaacharya and Ramanujacharya Katha Morning 7:30am to 8:30am about Madhavaacharya life and teachings. Evening 7:15pm to 8:15pm about Ramanujacharya life and teachings.

6th Feb. Bhāmi Ekadashi Fasting for Varaha Appearance day till noon fasting tomorrow. Next day break-fast between 7:10am to 10:55am



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Friday Feb. 10th 6:30pm - 8:30pm

Saturday Feb. 11th 10:00am - 12:00pm & 1:30pm - 3:30pm

Saturday Evening 3:30pm to 5pm onward private consultation with HG Ananga manjari dd

Sunday Feast Class Feb. 12th 5pm - 7pm



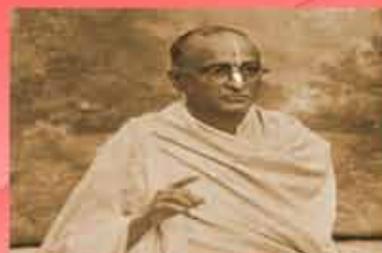
7th Feb. Appearance Day of Lord Varahadev Katha Morning 7:30am to 8:30am Evening 7:15pm to 8:15pm



8th Feb. Appearance day of Nityananda Prabhu Fasting till noon. Mahaabhishek of Sri Sri Gaur Nitai at 6:30 pm. Katha: The glories of Lord Nityananda. 7pm to 8pm. No shayan darshan



10th Feb. Sri Kisorina Mathurodeva Appearance day of Sita Nacotamasdas Thakur



Wednesday Feb 15th Appearance day of Sri Bhakti Siddhanti Saraswati Thakur Prabhupad & Disappearance day of Sri Purushottama Das Thakur

Fasting till noon  
11:30am Kirtan, Pushpanjali and Arati.  
12:30pm to 1pm Katha  
Prasadam



22nd Feb. Fasting for Vijaya Ekadashi break-fast next day 7:03am to 8:51am

25th Feb. Shivaratri Vivahutsava of Lord Shiva and Parvati.

Katha: Rudra Geet The song sung by Lord Shiva

Evening: Abhishekam - 6:00pm - 6:30pm  
Kirtan - 6:30pm to 7pm  
Katha - 7pm to 8:30pm



27th Feb. Sri Raskananda Disappearance day. Sri Jagannatha Das Babaji Maharaj Disappearance day Katha in Evening 7pm to 8pm

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# Yoga Path to self realization

*mām upetya punar janmaduḥkhālayam aśāsvatam  
nāpnuvanti mahātmānaḥsaṁsiddhiṁ paramāṁ  
gatāḥ*

(Bhagavad Gita 08.15)

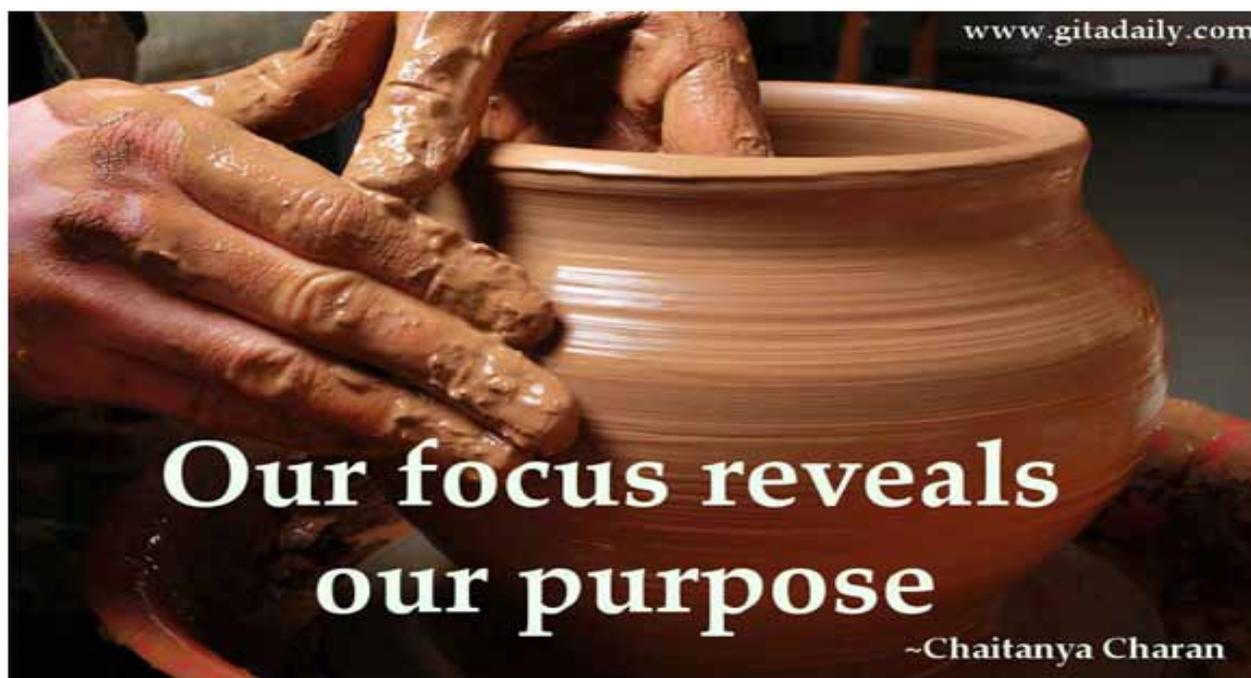
**Translation:** After attaining Me, the great souls, who are yogis in devotion, never return to this temporary world, which is full of miseries, because they have attained the highest perfection.



Reflection by Chaitanya Charan:

Suppose an election candidate has a chequered past but has thereafter done much laudable work. One newspaper may write about him: "Although he is doing good work now, he has made mistakes in the past." Another newspaper may write: "Although he has made mistakes in the past, he is doing good work now." What the newspapers focus on reveals their position, their agenda, their purpose.

Our focus shapes not only what we say, but also what we read. By quoting the Bhagavad-gita (08.15) verse that this world is a place of misery, some people portray the Gita as a pessimistic book. However, the verse's purpose is positive: Those devoted to Krishna never return to this miserable material world, but attain his eternal abode. Its thrust is to stress



bhakti's elevating and liberating potency. To contrast the destinies of those who practice bhakti and those who don't, it passingly refers to this world as a place of misery.

The Gita's optimistic, uplifting purpose becomes even more evident from its overall context. It starts with Arjuna in devastating distress (02.01) and ends with his composure restored (18.73). The Gita doesn't respond to his distress by saying, "This world is a place of misery – stay miserable." Far from it, Gita wisdom raises Arjuna above distress by sharing a sublime spiritual worldview. The Gita's essential worldview is: We are at our core indestructible souls and are meant for a life of eternal love with the

all-attractive supreme, Krishna, whose parts we are eternally. Arjuna's transformation from distress to determination demonstrates that a spiritually optimistic worldview helps us transcend life's inevitable miseries.

The Gita guides us to focus on loving and serving Krishna and to contemplate the world's distress-filled nature for preventing worldly things from becoming our focus. Internalizing this devotional focus infuses our life with the supremely positive purpose.

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

Namaste Everyone. I hope everyone have started this new year on positive note and with lot of energy and enthusiasm. It is an old time tested practice to take a resolution in new year and honestly follow it till it becomes a habit. What could be the best resolution than to take out 15-30 mins of yours for your own well being by performing some yoga postures. Swami Satyananda Saraswati has very rightly said that "Yoga is not an ancient myth buried in oblivion. It is the most valuable inheritance of the present. It is the essential need of today and the culture of tomorrow." Yoga is a need of today and if you want to be healthy not just physically but also mentally, you should be adopting it as soon as you can. It will make you stress free, anxiety free and flexible. After all healthy mind lives in a healthy body. And everyone wants to have healthy, happy and peaceful life. So, why to delay....

This month we will be focussing on the yoga posture called **NAUKASANA**.

## Naukasana (Boat Pose)

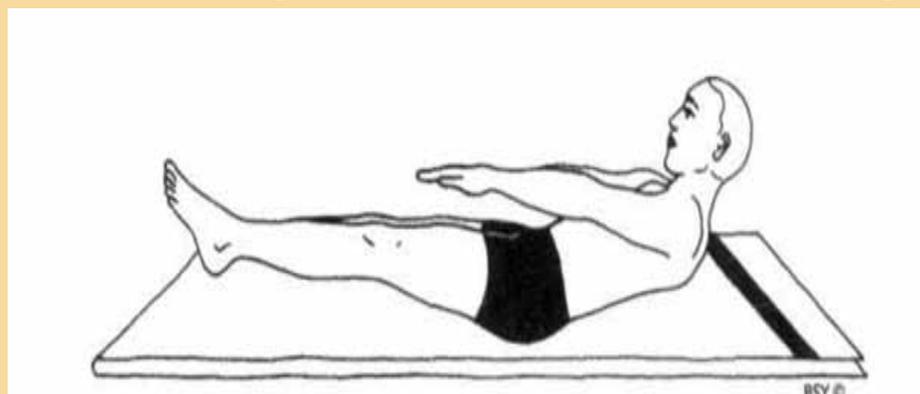
This pose is beneficial for getting perfect shape to the stomach. This asana stimulates the digestive mus-



cles and tones them. It is also good for blood circulation, nervous system and hormonal systems. In addition it tones all the organs and removes lethargy. It helps to enhance digestion. It also fortifies your kidneys, thyroid and prostate organs.

### How to perform it

- Lie in the base position, palms down. Keep the eyes open throughout. Breathe in deeply. Hold the breath and then raise the legs, arms, shoulders, head and trunk off the ground.



- The shoulders and feet should be no more than 15 cm off the floor. Balance the body on the buttocks and keep the spine straight.
- The arms should be held at the same level and in line with the toes. The hands should be open with the palms down.
- Look towards the toes. Remain in the final position and hold the breath. Count to 5 mentally (or for longer if possible)
- Be careful not to injure the back of the head while returning to

the floor. Relax the whole body. This is one round.

- Practise 3 to 5 rounds. Relax in Shavasana after each round, gently pushing out the abdomen with inhalation to relax the stomach muscles.

### Breathing:

- Inhale before raising the body.
- Retain the breath while raising, tensing and lowering the body.
- Exhale in the base position.

**Awareness:** On the breath, movement, mental counting and tensing of the body (especially the abdominal muscles) in the final position.

**Benefits:** This asana stimulates the muscular, digestive, circulatory, nervous and hormonal systems, tones all the organs and removes lethargy. It is especially useful for eliminating nervous tension and bringing about deep relaxation. It may be performed before shavasana in order to attain a deeper state of relaxation. If practised upon waking, it immediately restores freshness.

**Variation:** Repeat the same process as above but clench the fists and tense the whole body as much as possible in the raised position.

**Maata Jagran**  
Friday February 17<sup>th</sup>, 2017  
7Pm - 9Pm  
Contact: Shashi (480) 614-1322

**Satyanarayan Puja**  
Saturday February 11<sup>th</sup>, 2017  
5Pm - 7:00Pm  
Contact: Nirmal (480) 926-8835

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

**Venkateswara Swami Puja**  
Every Saturday  
10Am - Noon  
Contact: Srini (602) 535-6989

**Sunday Puja**  
11Am - 1Pm  
1<sup>st</sup> Sunday - Ram Parivar  
2<sup>nd</sup> Sunday - Shri Jagannathji  
3<sup>rd</sup> Sunday - Balaji & Krishnaji  
4<sup>th</sup> Sunday - Shivji Puja  
5<sup>th</sup> Sunday- Ganeshji Puja

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



## HTA FEBRUARY EVENTS



### Hanuman Ji Moorti Sthapna & Maha Shivratri



**Hanuman Ji Moorti Sthapna**  
February 2<sup>nd</sup> to February 5<sup>th</sup>  
(See separate flier for details)



**Maha Shivratri February 24<sup>th</sup>**  
Kalash Abhishekam: 8Am - 2, 4 - 10Pm \$11  
Shiv Bhajan: 6:30Pm - 7:15Pm  
Thali Pooja: 7:15Pm (\$501, \$251, \$101)  
Aarti & Prasad: 8:45Pm

For details contact Pundit Ji: (480) 874-3200  
Prasad is sponsored by Udipi Restaurant

Please Donate generously for Hanuman Ji Moorti Sthapna

Hindu Temple of Arizona  
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Scottsdale, AZ 85251



# Hindu Temple of Arizona



## Hanuman Ji Moorti Sthapna Event Schedule

### Feb 2<sup>nd</sup> 5PM - 9PM

Program includes Bhagvath Prardhana, Pratistanga Sankalpam, Visvaksena Pooja, Vasudeva Punyahavachanam, Raksha Bandhanam, Acharya Rutrikvaranam, Mrutsangrahanam, Ankurarpana+Yagasala pravesam, Vastu Homam and Aarti followed by Prasad.

### Feb 3<sup>rd</sup> 9AM - 12 Noon

Program includes Visvaksena Pooja, Punyaha Vaachanam+kumbha stapanam+Avahanam, Dwarathorana Dwaja Kumbha Aradahna, Homam, Poornahuthi, Jaladhivaasam and Aarti followed by Prasad.

### Feb 3<sup>rd</sup> 5PM - 9PM

Program includes Visvaksena Pooja, Punyaha Vaachanam, Kumbha Aradahnam, Adhivasa Homam, Moorti Homam, Poornahuthi, Ksheeradivaasam and Aarti followed by Prasad.

Hawan will be performed everyday. If you want to sponsor please contact Ravinder Aggarwal at 602-538-8104

### Feb 4<sup>th</sup> 9AM - 1PM

Program includes Visvaksena Pooja Punyaha Vachanam, Dwara Thorana Dwaja Kumbha Aradhana, Sri Rama Sahita Anjaneya moola mantra Homam, Maanonmana Santi Homam Adhivasa Homam Maanonmana Santi Homam, Adhivasa Homam, Garta Pooja, Ratnanyasam, Yantra Pratista, Murthi Sthapana, Dhanyadhivasam and Aarti followed by Prasad.

### Feb 4<sup>th</sup> 5PM - 8PM

Program includes Visvaksena Pooja, Punyaha Vachanam, Kumbha Aradhana, Anjaneya Moolamantra Homam+Adhivasa Homam, PanchaSayadhi Vasam, Pushpadhi vasam and Aarti followed by Prasad.

### Feb 5<sup>th</sup> 9AM - 3PM

Program includes Visvaksena Pooja, Punyaha Vaachanam, Dwara thorana Dwaja Kumbha Aradhana, Pran Pratistanga Homam, Moorti Homam, Maha Poornahuthi, Sampaathadhyha Sparsana, Murti Prana-Pratistaanyasam, Kumbha Udvasanam, Pradakhinam Netra Unmelnam, Godhanam, Gopooja, Godarshanam, Dasha Dhanam, Dharpana dharsanam, Kanya dharsanam, AnnaRasi Dharsanam, Kooshmanda Bali, Aradhana, Visesha, Archana, Visesha Veda vinnapam, Acharya Sanmanam and Aarti followed by Prasad.

On January 27, 2017, Arizona's Republic Party (GOP) hosted its 2017 Chairman's Awards Dinner at the Hyatt Regency Hotel in Downtown Phoenix. The event, with local Native American performances, was a mix of culture and emotional words from Chairman Robert Graham thanking those that have contributed hard work and dedication towards the party's mission here in Arizona. Many diverse communities sponsored tables to come together to honor these men and women and Asia Today was a proud sponsor of the event.





by Harpreet Maan of hmaan.com

It is the onset of Spring especially in AZ where we have a very short winter. By the month of January I am so done wearing black and sequins so always looking forward to wearing bright colors.



I collaborated with my friend Raina who is epitome of grace and elegance!! She rocked Blush and black and I went with crazy big bright flowers. Also sharing another pairing of same top with maroon pants.

Let's discuss Valentine's Day outfit, makeup ideas! I know it's still a few weeks away, but it's time to start prepping the ultimate date night outfit. While classic reds and pinks are a quintessential choice, rich maroons in sensuous textures, and black + blush ensembles paired with a bold red lip or bag still give nod to the holiday. No matter what your V-Day plans are, ensure that you'll be celebrating in style.

If you want to go all-out girly girl, work some ruffles, off shoulder tops! A full skirt from Chicwish.com with one shoulder top look is festive and chic



with a black pumps and fuchsia pink coat.

Harpreet Maan's Outfit: Coat: Kate Spade // Top: Top Shop // Skirt: Chicwish // Pumps: Clarks USA // Handbag: Kate Spade // watch: Michael Kors // Earrings: Banana Republic // Lipstick: Stila- Bella

Raina's Outfit: Coat – Zara span // Shades: Prada // Black sweater: Banana Republic // Jeans: GAP // Necklace: New York&co // Watch and Handbag: Michealkors // Bracelet: Guess // Pumps: Steve Madden // Lipstick – Ofra cosmetics – Laguna beach

For more pictures on this post visit HMaan.com!

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I have also met a number of adults who would not spend "that kind of money" on themselves, and so they purchase cheap amplification devices or go without. These experiences have had a major impact on my life and provided direction for my company.

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**Sam Thomasson**  
Founder and CEO



*Zounds® Founder and CEO, Sam Thomasson and his daughter, Kate*

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# Murugan K Patham No more



the community. His leadership was accepted by for his dynamic organisational skills. He was the present Vice President in the board of directors at IACRF. He has also served as the President of Indian Association.

A native of Thanjavur in the state of Tamil Nadu, India, he lives in Phoenix, Arizona. He had his education at Town Higher Secondary School, Kumbakonam, Tamil Nadu, St. Antony's Higher Secondary School, Thanjavur, Tamil Nadu, AVVM Sri Pushpam College, Thanjavur for Bachelors Degree in Physics and Western International University, for Masters in Information Technology, Phoenix, Arizona.

He worked with Coventry Health Care as Technical Project Manager, February 2000 to January 2006, Scottsdale, Arizona. He was a Lead Architect in American Express. He was a Technology Worker at Infosys Phoenix, Arizona and Principal Architect at TATA Consultancy Services (TCS).

The Arizona Wishesh (azwishesh.com) express the heart felt condolences on the untimely demise of Shri Murugan K Patham's soul to the eternal abode. We pray to the almighty to give strength to his family in this loss. He is survived with his wife and two sons and a sea of friends who love him as their friend and guide.

**T**he vibrant gentleman who was always proud to be an Indian breathed his last during the IACRF Republic day function. Thus proving again his love and affection towards his mother country. He was an energetic and active enterprising personality who was always in the fore-front of the Indian community.

He lead the Indian diaspora during the New Year celebrations in a long way. His enthusiasm and determination was always applauded by

**WE GRIEVE DEEPLY AND WHOLE-HEARTEDLY  
PRAY FOR HIS SOUL TO REST IN PEACE.**



heritage of India and was honored by various dignitaries. Our community was honored by the presence of those that risk their lives to protect us every day – the Phoenix Police Department. Also in attendance were the Honorable Mayor of Phoenix Greg Stanton and Honorable Vice Mayor Kate Gallego, who have made it a point to continue to become a part of the local Indian community's celebrations. On the day where the local community gathered to celebrate India's independence and milestone of becoming a

## India's Republic Day 2017

modern public, Mayor Stanton took the opportunity to thank the Indian community for their contributions to Arizona and echoed words much needed to be heard during these uncertain times, words that stressed that immigrants are an important part of our culture and success and our doors will remain open for immigrants regardless of who is in Washington, DC. Also, in attendance were the Honorable Ambassador

Venkatesan Ashok, Consul General of India in San Francisco and Honorable Mr. K. VenkataRamana, Consul for Community Affairs.

Congratulations to NanikChandiramani, President of India Association and SubhashThathi, President of IACRF and their respective teams for bringing the two organizations together for a highly successful event.





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



On Dec 27, 2016, members and guests enjoyed socializing as it was the last meeting of the year. Belur-Chandramouly summarized his recent visit to India with economic observations. It appeared that the general population has welcomed the monetary policies of the BJP. Only the opposition party and those who are worried about their shady financial dealings seem to be making a lot of noise. Narayanbhai showed a couple of video clips. The sponsors of the luncheon were introduced along with their guests. Over forty five people enjoyed the delicious meal sponsored by Paru and Belur-Chandramouly.

On Jan 03, 2017, ISAA bade farewell to 2016 while welcoming 2017 with warm hearts. As Jitubhai shared the founding history of ISAA's joyous memory of its birth the sweet memory of the starting day came to mind. Now we have completed sixty three glorious months of happiness and togetherness of the extended family harmony. Several clips including- amazing drummer, miraculous magic, safety facts of microwave ovens, Pankaj Udhas, X-Mas show, Kuhu Kuhu Bole Koyaliya, etc, were shown. They were fun and informative too. ISAA hosted today's luncheon to nearly sixty people in atten-

dance with delicious Mexican menu. ISAA thanked the food committee for doing a phenomenal job in planning, organizing and executing the serving simple but quality food to all under the newly introduced system. ISAA also extends its appreciation to UBS financial advisors for their donation of \$1000. The appreciation also goes to Indira-ben's son Hiral Parikh for the donation of \$301.

On January 10, 2017, after initial period of meet and greet Miniben Pandit gave an excellent power point overview of Makar Sankranti in various states of India as well as the neighboring countries. Her short talk included beautiful pictures of actual scenes of events depicting celebrations in India as well as other countries. Celebrations have a variety of names but the enjoyment is the goal. Daniel Rondberg and his staff from Nation's First Financial (NFF) interacted with the audience through a game on rumors and gossip. He gave useful insights on the three parts of his presentation to seniors with good explanations. It sure prompted some questions for clarifications. Beside sponsoring today's luncheon NFF also had a few raffle. Winners (5) were given \$25 gift cards.

On Jan 24, 2017, today was a day

of multi celebrations-Republic Day, two wedding anniversaries and two birthdays. ISAA saluted the TriRangi with National Anthem followed by a few patriotic songs. Miniben Pandit enlightened the attendees as we paid tribute to the pioneer, and author of Indian Constitution- Dr. Baba Saheb Ambedkar. It was sure educational. "Sare Jahan se Achha" and the heart-touching "Dekho Bhopal" by the victim kids of Bhopal Explosion were presented as a salute to the Flag. A short colorful slide presentation was made by Jitubhai to honor the two couples on their wedding anniversaries. Also, two ladies were felicitated on their birthdays. Shilaben Bhavsar, supported by Ushaben, entertained the audience by rendering of "fatana" songs to the wedding couples. We thank her very much as she made special efforts to attend by taking time off from work. Meenaben Sharma led team of ladies presented an excellent dance "Hum to Babu Log Hain" to celebrate how a young boy finally found a perfect girl for the wedding- as was done by Chandrakantbhai & Indravadanbhai. The ISAA Food Committee arranged a perfect luncheon for the occasion enjoyed by over seventy members and guests. ISAA is extremely proud of Miniben Pandit who was honored by

1. ISAA appreciates Shilaben Bhavsar performing Fatana in celebrations of two anniversaries
2. ISAA expressed immense joy with great pride for Miniben Pandit for receiving a great response from President Obama with the First Family Potrait with their autographs..
3. The Group pretty ladies, who participated in a lovely Dance "Ham To Babu Log Hai"
4. ISAA had a great Kite-Flying day!
5. ISAA seniors are persistent to fly kites despite lack of the needed wind!
6. Winning couple of the raffle-fun sponsored by Nation's 1st Financial
7. Guests from Nation's 1st Financial with Raffle-fun winners
8. Fun learning the basis of gossips – entertainment by Nation's 1st Financial.
9. Miniben extended appreciation to Guests from Nation's 1st Financial on behalf of ISAA for a great fun-day.
10. December 27th luncheon sponsors- Paru and Belur Chandramouly

the former President Obama and the first lady Michelle Obama with a positive letter including an autographed First Family photo in response to her letter.



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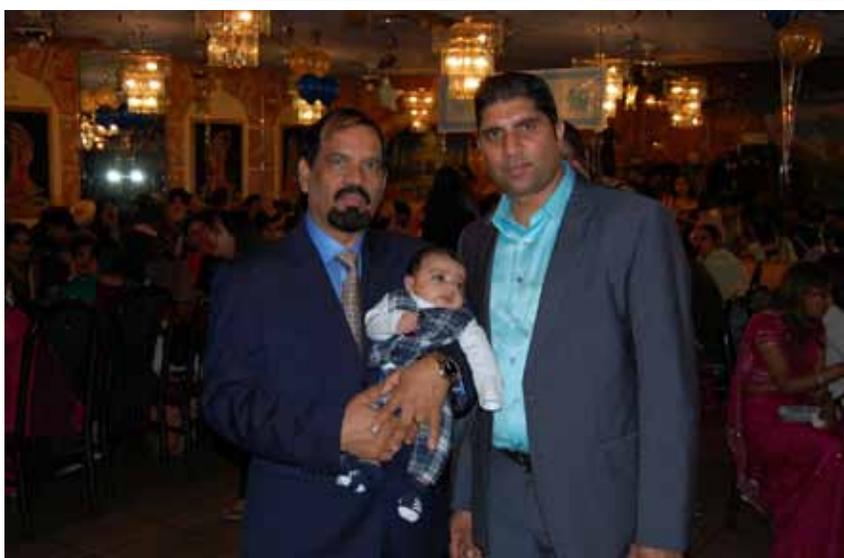
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Asia Today heartily congratulates owners of Delhi Palace lasker Bains and Darshan Bains on the first Lohri ceremony of their grand son, Tajveer son of Paramjit Singh and Ranjit Kaur. May God bless Tajveer with good health and a long life. Many congratulations to Dada Ji Dhanna Singh and Dadi Amer Kaur.



Bhavya Sharma

## Drive Safe

Last year during summer break, on a Thursday, mom was driving me and my brother to school for volunteer work. As the music played in our car, we exited the apartment building, and slowly tore through the air at 30 mph. It was a sunny day, and a yellow car was at the curb, waiting to make its left turn. In the split of a second, our car jerked with a loud thud. "What happened?" The yellow car had crashed into ours. It couldn't make its left turn, and I couldn't get to volunteer.



That wasn't a big deal though, but it could've been, not for us but for someone else. Maybe a family going on a trip, a student going to take SAT, or a mother rushing to the hospital. There's infinite possibilities, and none of us wants to see ourselves trapped in one of these situations. But sometimes we sideline our safety and someone else's safety to send a text, to make a call, to have breakfast, to do make-up.

It seems absurd to do these tasks in the car in the first place. Therefore,

step 1 to become a responsible, safe driver is to manage your time well. Why should others pay the price if you couldn't wake up on time? Would you want to pay the price if someone couldn't have their breakfast in the morning?

In an organization where thousands of people cross paths everyday, the key to the functioning of a smooth day is good time management, and roads are no different.

Imagine driving at 45 mph, without fearing the police; imagine that you're only focused at driving and your music, without fearing an accident; imagine having the right amount of time to get to work. Isn't it relaxing? It is, and time management with some punctuality isn't too much to ask from 16 year olds or experienced drivers. If we all make little contributions on our part we can make roads a safer place for ourselves and others.

However, sometimes things don't work out so well. Maybe you'd the "right of the way" but someone else broke in. This is what happened to our family on that Thursday, and I learnt that defen-

sive driving is just as important as time management and punctuality.

You're driving because you know it's your right of the way, you respect other people's right of the way as well, but should you expect the same? No. Like I mentioned earlier, roads are an organization where you meet thousands of people everyday. Do we know anything about these people, we don't, so to make any decisions about their driving skills or knowledge is, again, absurd.

Defensive driving, although disliked by many of us, is critical to safety. If others are being irrational on the roads, then as a responsible citizen, parent, student, or child, it becomes our duty to not forget rationality, and think of the consequences our actions might have.

Although it was a mere accident, our family lost the car for two months, there was an unreasonable amount of paperwork, it was difficult to go anywhere to enjoy the break, and I lost my chance to learn driving. Even though it wasn't our fault, we ended up paying a lot for it.

Unexpected things can happen on the roads anytime, and the only ways to minimize our chances of getting into one or causing one, are to manage time, be a defensive driver, and keep the consequences in mind.

Nobody wants to see an accident, we all want a safe journey to work and back to home. This is a change that we all expect when we go on the roads, because nobody wants an mishappening lurking around the curb or at the intersection.

Mahatma Gandhi once said, "be the change you want to see in the world." Minimizing car accidents and increasing safety on roads is a change that we want, so it should start from us. Although these are small steps, they have the power to shape our younger generation's mind about road safety. If we all become more punctual, alert, and rational on the roads, we can establish better examples for our little ones. And these examples set for the little ones will become the future of our roads someday.

Now the responsibility is upon us.

I hope this article was helpful!  
neurobhavya@gmail.com  
Paragon Science Academy

Arizona Tamil Sangam a non-profit cultural and social organization with the goal of promoting cultural and linguistic heritage of Tamil Nadu, India organized a very large gathering in support of the age old traditional sport, Jallikattu (Eru thazhuvuthal) on Sunday January 22nd from 11AM - 12 PM at Indo American Cultural Foundation 2804 W. Maryland Ave., Phoenix AZ 85017. It was a HUGE success with a turn-out of 1000+ American Indians showing their support to encourage the Indian government and the Supreme Court of India to lift the ban permanently on this

# Jallikattu

traditional sport.

During the gathering, Arizona Tamil Sangam President Suresh Rangaswamy talked about the importance of conducting Jallikattu and why it is very important for the Tamils. He also urged the Tamil Nadu and Indian Government to quickly pass a law and find a permanent solution to help conduct Jallikattu every year. He also thanked the Millions of Indian youth for thronging the streets to show their support for Jallikattu in a peaceful manner.

Arul Santiago board member Arizona Tamil Sangam talked about the importance of Jallikattu and thanked the Arizona Indians for showing their outstanding support to Jallikattu and Arizona Tamil Sangam.

What is Jallikattu?

Jallikattu also known as Eru thazhuvuthal and Manju virattu known to be practiced during the Tamil classical period (400-100 BC) where youth hug the bulls to tame them to show their valor. Youth who tame the bull

will get to keep the prize money in recognition for their bravery and strength.

Current scenario of Jallikattu?

The age old traditional sport has been banned in India for the past 3 years by the supreme court of India. Millions of Indians are thronging the streets in support of the sport and urging the supreme court of India to reverse their verdict.

They are also requesting the politicians to enact a new ordinance to allow Jallikattu and reignite the age old traditional sport and preserve the culture of Tamilians.

(Jeggy, Ph. 4806789992)



# 350th Prakash Utsav Celebration of Guru Gobind Singh in Phoenix Convention Center

Inside a mega-sized Convention Center Hall located at 475 E Monroe Street, continuous Keertan starting at 10:30 am was first performed by children of Khalsa School of Guru Nanak Dwara and then by Punjabi School Nishkam Seva. It was then followed by the Ragi jethas of three Gurdwara Sahibs of Phoenix. After that guest Jetha of Bibi Baljeet Kaur from India mesmerized the entire Sangat by her melodious Keeran. Four special guests Rev. Larry Fultz, executive Director of Arizona Interfaith Movement, Jeri Williams Police Chief of Phoenix City Police and head priest of St. Mary's Basilica in Downtown as well as a special well-known national level Sikh Community Activist Dr. Rajwant Singh Washington D.C. were then recognized on stage. He also talked about Sikh Awareness and efforts that he has done for ecoSikhs, an organization that is deeply dedicated for environmental cleanliness.

Nagar Keertan (street Procession) started at 3:00 PM under the blessings of

Guru Sahib Guru Granth Sahib ji through the streets of Downtown Phoenix led by Punj Pyare and followed by the entire congregation. Several large banners describing Sikh history Sikh philosophy, Unique identity of the Sikhs as well as hate crime against Sikhs were hand carried throughout the Nagar Keertan by children wearing baana as well as adults wearing blue or saffron turbans.

While this was going on inside, a hot breakfast consisting of several items i.e pakoras, jalebees, Indian Sweets, Chaats, samosas were continuously and free or charge served to hundreds and hundreds of people Sikhs or non-Sikhs. A hot delicious vegetarian lunch lungar after Nagar Keertan then began in a park-like-setting right across by over 20 volunteers who had been cooking and working for three days then began.

Every attendee as well as any passerby and anybody else who happened to be there was able to enjoy this Sikh benevolence.





Namaskar, and Sat Sri Akal to all my readers.

In the present time, life is very fast. When humans are competing aggressively, life will become restless and ruthless then we will try to achieve everything any way we can. This phenomenon creates division in the family, community and the country. Our political and religious leaders use this opportunity to further divide society to gain personal power. As long as common citizens of this planet will not understand the consequences of the actions of the powerful leaders both political and religious, we

# Hum Sabh Ek Hai. We Are All One

will never solve the main problems of the human life. We will suffer more and more.

No Single leader will solve this problem. First, we need to understand the definition of real religion. Religion is a science and a source to realize every human of this planet has equal value. Every human has the religion of humanity. When we are born we are born into the religion of humanity not any of the manmade reli-

gions. In Humanity everyone is naturally equal because our physical body is made from the same material, the five elements: Earth, Air, Fire, Water, and Ether; the internal five being Lust, Anger, Greed, Ego, and Attachment. Our body and mind is the same. The color of the skin has no significance.

We are black, brown, or white; the language we speak, where we are born; all these have no significant reason to

divide us if our religion is that if humanity.

I don't have any problem with any religion as long as the religion has a few simple rules.

1. God is only one the creator of this universe. Call him any name you want. It's the same. For example : Hunger is hunger. Food is Food. Doesn't matter how you cook, what material you use. Food will satisfy your hunger.

2. Prayer is Prayer; how you do it, what language you use doesn't matter. It will give you peace and happiness.

3. If your religion teaches you to condemn other religions and their followers to hell and to hate them : Run away from that situation. That is not humanity, it is the enemy of humanity.

This is the main problem on the planet today causing great suffering. Millions are homeless. Thousands of innocents are dying every day, thanks to the political games of the leaders, political and religious.

We need the singular platform of unity of the humanity. We need to follow one path, the religion of humanity. We need to believe in one God. It is the source of the unity of Humanity. We need unconditional



love in our life. It will establish the platform of the humanity. As a human we need the same prayer in our life.

"Oh almighty God, Soul of Every Soul, Life of Every Life, Supreme creator of the Universe, Bless us with Peace, Happiness, Unity, Prosperity, Compassion, and Kindness for everyone so we can live together as the children of mother nature.

This should be our daily prayer in the religion of Humanity. It will open our internal understanding to relate to every creature with kindness.

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



Gyani Ji,  
**Harbhajan Singh Sandhu**  
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# Arizona Malayalees Christmas New Year Program

Tinsel shone and lights twinkled. The nativity scene was all set and the Christmas tree heralded the season.

Arizona Malayalees was all ready to celebrate its Christmas/New Year event on December 30, 2016.

A prayer started off the program followed by the lighting of the lamp by MrNanikChandramani, the incoming president of the India Association and the committee.

And we were off - the ease with which our community members put forth their programs was a testament to their talent and hard work. There were Bollywood and Mollywood dances ranging from the modern to the traditional. Songs were sung and played. Boys, girls, young and the young at heart performed - and it was sight to behold.

The Arizona Malayalees talents did not stop at stage performances. Our Academic Excellence awards this year saw a record number of graduates - high school, college and the most commendable - adults continuing to expand their horizons and going back to school. And finally there was the glitzy launch of the mega superstar Dileep show, being brought to the valley in May 2017 by the Arizona Malayalees. The VIP sponsors were feted on the stage. With a star studded cast - the show promises to be an amazing one.

And as always, under the aegis of SrikumarNambiar and Baiju, the food was finger licking good!

So thus it was a holly jolly Christmas and Santa Claus did come to town.

Here's to many more of the same. A very happy 2017 from the Arizona Malayalees to all!



# White Marble Wonder - Taj Mahal

**Amardeep Kaur**

Almost every person's bucket list includes visit to the Taj Mahal, to see the beauty and grandeur of this white marble "wonder of the world". Especially at the Valentine's Day, which is considered the day for the lovers, travel to Taj Mahal could be the best gift one can give to their loved ones. It has always not only attracted couples in love, but also tourists of all ages for decades.

Shah Jahan, a Mughal emperor, built Taj Mahal in loving memory of his wife Mumtaz Mahal. A white marble mausoleum, Taj Mahal is the crown jewel of Muslim architecture in India. The construction of Taj Mahal started in 1632 AD. It took another 5 years to complete the construction of the guest house, main gateway, courtyard and surrounding areas. It finally got completed after more than 20 years. The main architect was said to be Ustad Ahmad Lahouri. Almost 20,000 workers from India, Persia and Europe gave their contribution in building Taj Mahal along with 1,000 elephants. The cost of construction was 32 crore rupees at that time.

Taj Mahal is situated on the banks of Yamuna in Agra, India. You can get to Agra (a city in northern India and comes under Uttar Pradesh state) by flight. It has a domestic airport. If travelling from outside of India, you can land at Delhi and then take a flight to Agra. You can also come to Agra by Train and road.

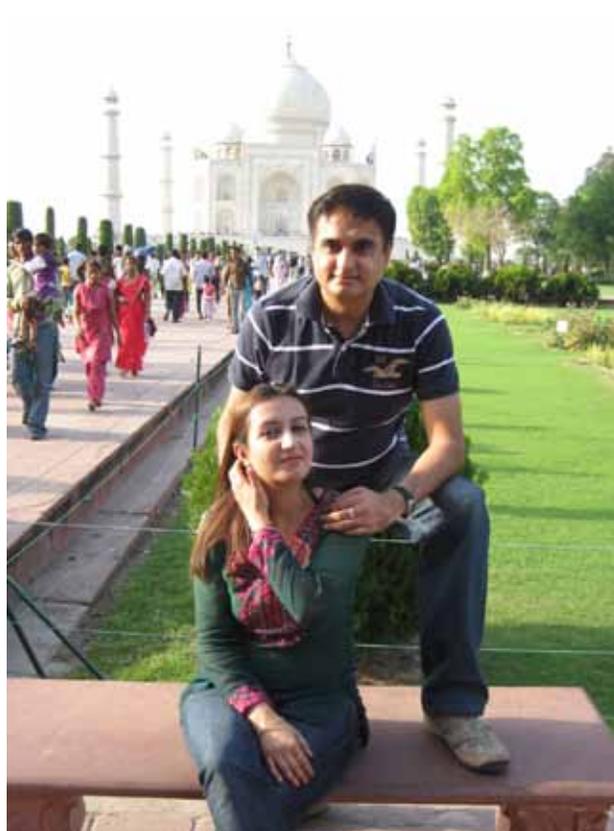
The central dome of Taj Mahal is 240 feet tall. It is also called onion dome because of its shape. It is surrounded by four smaller domes. Verses from the Quran were inscribed on the entrances of the mausoleum. Various semi-precious stones like jade, crystal, lapis lazuli, amethyst and turquoise were used in the stunning designs of white marble. The real remains of Mumtaz Mahal were laid below at the garden level, although there is a false tomb of Mumtaz Mahal at the upper level. Shah Jahan was also laid to rest next to Mumtaz in the Taj Mahal.

Beauty of Taj Mahal not only lies in its huge structure but also in its decorative carvings. These were created with magnificent stone inlays, stucco and paint. It is artfully decorated with lotus motifs, flowers and vines. You can also find some abstract patterns. Floors and walkways were made with contrasting tiles and blocks.

Considered one of the most symmetrical monument, Taj Mahal's four sides are impeccably identical. It is built using the principles of self-replication and symmetry in geometry and architecture. The four minarets were built slightly outside of the plinth, so that if ever they fell, they should not damage the main structure.

Taj Mahal looks exotic at distinct points of the day with different lights. It would feel that Taj change colors. In the early morning, it has a pinkish hue, which becomes glowing white with the afternoon sun and it turns somewhat golden at night time. No doubt, Taj Mahal is a world heritage UNESCO site and one of the Seven Wonders of the World.

Open from sunrise to sunset all days of the week, except Friday, you can visit Taj Mahal at night also. You have to buy separate tickets for night visit. On-line booking of tickets is available. Almost 7 - 8 million visitors come to Taj Mahal annually, among whom 200,000 comes from outside of India.





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

# GURDWARA MONTHLY

*A Monthly digest of Gurdwara Programs and Events*

## FEBRUARY 2017 Programs & Events

19 Magh – 17 Phagan, 548 Nanakshahi Era (NE)

**Feb. 5 (Sun.) – The Great Holocaust (Wadda Ghalughara).**  
 Approx. 32,000 Singh, Singhnia and children lost their lives.  
 (Act: Feb 5, 1762)  
[http://www.sikhiwiki.org/index.php/Wadda\\_Ghalughara](http://www.sikhiwiki.org/index.php/Wadda_Ghalughara)  
**Jor Mela Kotha Sahib** in Valla, Amritsar.



*Sri Guru Har Rai Ji*

**Feb. 10 (Fri.) –**  
**Parkash Sri Guru Har Rai Ji** (Actual: Feb 9, 1630)  
**Birthday Bhagat Ravidas Ji** (Actual: Feb 10, 1399)

**Feb. 12, Phagan 1 (Sun.) – Sangrand**  
**Birthday Sahibzada Ajit Singh Ji,**  
 Paonta Sahib (Actual: Feb 11, 1687)

**Feb. 19 (Sun.) – Homeless Langar Seva.**  
 Call 602 741 8021 for more info.



*Bhagat Ravidas Ji*

**Feb. 24 – 26 (Fri.-Sun.) –**  
**Saka Nankana Sahib** (Actual: Feb 21, 1921)  
 and **Jaito da Morcha** (Actual: Feb 21, 1924)  
 Two outstanding examples of peaceful protest by Sikhs to reform Gurdwaras. Perhaps second only to Jallianwala Bagh in its extreme barbarism...Please Google and read further, e.g.,  
[http://www.sikhiwiki.org/index.php/Jaito\\_Morcha](http://www.sikhiwiki.org/index.php/Jaito_Morcha)  
[http://www.sikhiwiki.org/index.php/Saka\\_Nankana\\_Sahib](http://www.sikhiwiki.org/index.php/Saka_Nankana_Sahib)



*Saka Nankana Sahib - 1921*

### **Regular Programs:**

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

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- » Full Body Pain Management
- » Headaches/Migraines
- » Infertility Problems
- » Muscle Aches
- » Nutrition
- » Sciatica
- » Sleep Disorders
- » Sports related Injuries
- » Sprains and Strains
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## Story of Dara Singh, the original king of the dangal



Now that Aamir Khan's *Dangal* is set to become the greatest hit in the history of Indian cinema, interest in wrestling has never been higher. We have already had Salman Khan's *Sultan* and John Abraham is working on a biopic of Gama, the legendary pre-Partition Indian wrestler.

These days, most of us only know two kinds of wrestling: the competitive style made famous by Aamir and Salman's movies and the loud melodramas of American professional wrestling (the WWE, for instance) which mix blood, sex and abuse on TV channels all over the world. Both kinds have their place. Wrestling is an ancient Indian tradition and it is good to see Hindi cinema celebrating it. And American pro wrestling has been more influential than we realise. Just listen to one of Donald Trump's press conferences. He sounds uncannily similar to one of those bad guy wrestlers who stand in the middle of the ring and hurl trash talk that is both boastful and intimidating. (And Mike Pence looks just like his stolid but slightly dimwitted tag team partner.)

But there is a third wrestling tradition and it is slowly being forgotten. British professional wrestling was a slightly more genteel version of the American version. It was less violent, there was no sex talk and profanities were frowned on. Hoping to invoke the legitimate character of boxing, the matches were divided into rounds with three falls deciding the winner. The referee, in the manner of a stern PT teacher at a secondary school, gave two "public warnings" to a wrestler who did not follow the rules before disqualifying him.

Of course, there was nothing particularly 'legit' about British professional wrestling either. The outcome of the matches was decided beforehand and the wrestlers were simplistically divided into good guys and bad guys. This brand of wrestling was brought to India by an enterprising brand of (mainly Parsi/Irani)

promoters in the post Second World War era with the help of a canny Hungarian wrestler named Emile Czaja, who called himself King Kong when he wrestled. Czaja was already in his forties when wrestling took off in Bombay and taught his Parsi/Irani promoter friends the tricks of the trade that he had picked up during his travels around the world.

The key to a successful British-style bout was the creation of a hateful bad guy (King Kong himself) who was punished by a God-like good guy avenger. Czaja and the promoters settled on Dara Singh, a young sardar who had previously wrestled in Singapore, as their top good guy because of his charisma. Throughout the late 1950s and the 1960s, Dara Singh attracted such a fan following that his name became synonymous with wrestling in India. Yes, the fights were fixed, but Singh made it all look real. Outside the ring, he was a soft-spoken, very nice man who didn't say much. But once he got inside the ring, he had such star quality that it was impossible to take your eyes off him. Because wrestling matches were scripted dramas anyway, cinema was the logical next step and throughout the 1960s Singh made a series of low-budget Hindi movies in which he played versions of his wrestling character: the good guy who used his strength to defeat the bad guys. He continued wrestling but movies paid the bills.

The high spot in his wrestling career came in 1968, when the promoters invited the ageing Lou Thesz (he was at least 52 at the time), a veteran wrestler who had won many US 'titles' to Bombay. Singh, who claimed to be 40 (yeah, sure) at the time, defeated the older man, called himself world champion and declared he would retire in a couple of years, hoping to devote his time to cinema. But then, Hindi cinema changed. The era of romantic heroes like Raj Kapoor, Rajesh Khanna, Dilip Kumar etc. ended and the new heroes began beating up villains themselves. As Dara

Singh's brother Sher Singh Randhawa (also a wrestler and Dara's co-star in many movies) complained bitterly to me in the late 1970s: "When we did it, they were called stunt movies. Now Amitabh Bachchan does the same thing and they are called blockbusters. Dara Singh was forced to return to wrestling in the 1970s as stunt films ceased to be produced and his bouts followed the same pattern: a foreign wrestler would "insult" India and Singh would give him a walloping while the crowd cheered. (Dara Singh later went on to join the BJP, having first aligned himself with Sanjay Gandhi.) It was good knockabout stuff but the magic was already fading.

Television saved Singh's career in the Eighties and most people now remember him as Hanuman or as the kindly old uncle in innumerable TV shows and a few movies. Sadly, the generation that remembers him for the wrestling legend that he was is dying out. And so, even though wrestling is big again, hardly anyone mentions Dara Singh. This book is an attempt to redress the balance. Based largely on conversations with Dara Singh's family, it devotes half its length to the Punjab and Singapore days before he became famous. Those sections, written in fictionalised form, with made-up quotes may be inspired by a desire to evoke the spirit of *Dangal* and *Sultan* but they take up too much space.

The golden years are badly covered, the wrestling stuff is weak or sometimes, just wrong and I suspect that only about a dozen people (me included) will really want to read re-imagined conversations between Dara Singh and Tiger Joginder Singh (a now forgotten wrestler).

Still, it is nice to see one of 20th Century India's legends getting at least some of the attention he deserves. I interviewed him a few times and was always struck by his basic decency. To its credit, this biography manages to capture that. But it is sad in that in the age of *Dangal*, Dara Singh is being forgotten.

## POET OF MONTH

### Matthew Arnold

(1822 - 1888)

Although remembered now for his elegantly argued critical essays, Matthew Arnold (1822-1888) began his career as a poet, winning early recognition as a student at the Rugby School where his father, Thomas Arnold, had earned national acclaim as a strict and innovative headmaster. Arnold also studied at Balliol College, Oxford University. In 1844, after completing his undergraduate degree at Oxford, he returned to Rugby as a teacher of classics. After marrying in 1851, Arnold began work as a government school inspector, a grueling position which nonetheless afforded him the opportunity to travel throughout England and the Continent. Throughout his thirty-five years in th...



### Growing Old

What is it to grow old?

Is it to lose the glory of the form,  
The lustre of the eye?

Is it for beauty to forego her wreath?  
Yes, but not for this alone.

Is it to feel our strength—  
Not our bloom only, but our strength—decay?  
Is it to feel each limb  
Grow stiffer, every function less exact,  
Each nerve more weakly strung?

Yes, this, and more! but not,  
Ah, 'tis not what in youth we dreamed 'twould be!  
'Tis not to have our life  
Mellowed and softened as with sunset-glow,  
A golden day's decline!

'Tis not to see the world  
As from a height, with rapt prophetic eyes,  
And heart profoundly stirred;  
And weep, and feel the fulness of the past,  
The years that are no more!

It is to spend long days  
And not once feel that we were ever young.  
It is to add, immured  
In the hot prison of the present, month  
To month with weary pain.

It is to suffer this,  
And feel but half, and feebly, what we feel:  
Deep in our hidden heart  
Festers the dull remembrance of a change,  
But no emotion—none.

It is—last stage of all—  
When we are frozen up within, and quite  
The phantom of ourselves,  
To hear the world applaud the hollow ghost  
Which blamed the living man.

Real estate investments could be to your advantage. Be careful not to take on other people's problems. You may find yourself in a financial bind. Do not lend money or belongings to friends. Your honesty will not only win you points but also respect. Your luckiest events this month will occur on a Tuesday.

**ARIES**



Mar 21 to Apr 20

You can ask for favors and get sound advice from close friends or relatives. You may want to take another look at the investment you are about to make. If you can't get away, make plans to do something special with friends or relatives. Take your time before making personal decisions. Your luckiest events this month will occur on a Wednesday.

**TAURUS**



April 21 to May 20

Being unappreciated by your boss could make it hard to do your work effectively. Keep your ears open, especially to those who care about you. Uncertainties regarding your home and family are evident. You can expect insincere gestures of friendliness this month. Your luckiest events this month will occur on a Friday.

**GEMINI**



May 21 to June 21

You will be overly sensitive this month. You can help sort out problems that friends are facing. Use discretion in your dealings and refrain from making verbal promises of any kind. You might not be as reserved on an emotional level as you'd like. Your luckiest events this month will occur on a Thursday.

**CANCER**



Jun 22 to Jul 22

Take your time and try not to overload yourself. Luck is with you, regardless of the financial venture. Take your time. Your ability to put things together will be appreciated by your comrades. Your luckiest events this month will occur on a Tuesday.

**LEO**



Jul 23 to Aug 23

If you keep busy you won't feel the personal pressures you are going through. Trying to deal with your mate will be unproductive and possibly hurtful. Look into any educational activities involving the whole family. You can make money if you are careful not to let it trickle through your fingers. Your luckiest events this month will occur on a Monday.

**VIRGO**



Aug 24 to Sep 23

Your confidence will stabilize your position. Look into family outings or projects. Your ability to stand out in a crowd will bring you the recognition you desire. Real estate should be lucrative for you. Your luckiest events this month will occur on a Wednesday.

**LIBRA**



Sep 24 to Oct 23

Talk to your mate about a vacation and discuss the expectations of your relationship. Difficulties with females you live with could cause emotional stress. You may not see your situation clearly. You must refrain from overspending on entertainment. Your luckiest events this month will occur on a Friday.

**SCORPIO**



Oct 24 to Nov 22

Be sure to find out all you can before you commit to anything. Exercise programs will be effective. It's time to reevaluate your motives. You'll be tempted to spend extravagantly this month. Your luckiest events this month will occur on a Monday.

**SAGITTARIUS**



Nov 23 to Dec 21

Try to spend some time on your own. You're in the mood to get out and visit friends. Help elders in your family. Anger may cause you grief; control your temper and try to sit back and calm down. Your luckiest events this month will occur on a Wednesday.

**CAPRICORN**



Dec 22 to Jan 21

Try looking into new ways to make extra money. You may have a problem dealing with elders. Don't let criticism upset you. Hassles will delay your plans. You need to do something that will make you feel better about yourself. Your luckiest events this month will occur on a Wednesday.

**AQUARIUS**



Jan 22 to Feb 19

Someone may not be thinking of your best interests. Make money using your ingenuity and creative talent. Deceit with co-workers is apparent. Don't make unreasonable promises. Your luckiest events this month will occur on a Monday.

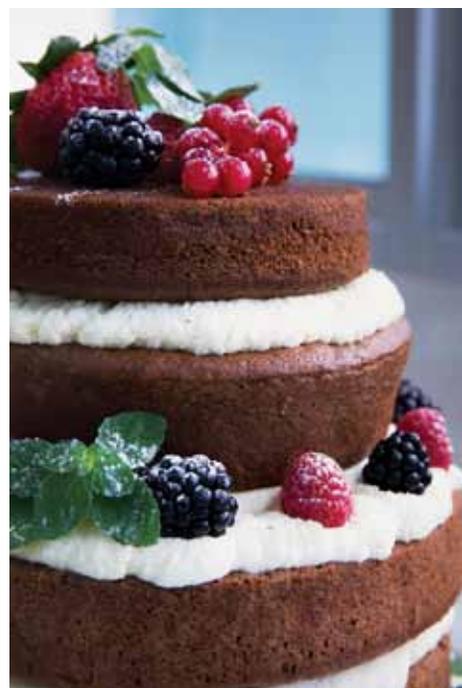
**PISCES**



Feb 20 to Mar 20

The year has been rolling out new food and beverage trends and one of the gastronomic delights that's really bucking tradition, comes in the way of dessert! That's right. 'Naked cakes' are increasingly becoming the go-to sweet course at weddings and parties.

**What they are**



Don't get naughty thoughts, now. This has nothing to do with being in the buff. Rather, the cakes are called that way as they are sans the usual trappings of heavy buttercream, have unfrosted edges and are pared down versions of what you're used to eating. As they're a tad healthier and take away the guilt of so many extra calories, you can go as wild as you like with the ingredients such as dulce de leche,

**Are 'naked' cakes and water cakes the future of dessert?**



salted caramel, nuts, fusion-flavours, etc. Chefs are also having a blast at styling them with fresh fruits and edible flowers. Angelina Jolie and Brad Pitt are said to have had a naked cake at their wedding.

**Water cakes that disappear in 30 minutes!**

Are you wondering what a large blob of water is doing on your plate? Don't reach for a napkin to wipe it away — it's actually a cake! Hailed as Japan's cronut, this dessert has

also been getting folks into long, crazy queues around the block. Called Mizu Shingen Mochi, it's a transparent piece of rice cake with sugar syrup and kin-yako, a roasted soyabean flour. The futuristic dessert comes with a catch — if you don't eat it in 30 minutes, it disappears! That's when the delicate cake's mizu (made of slightly solidified Japanese water) loses its shape. It may resemble a puddle of water, but it's super cool to look at and is delicious.

**Jelly based ones, too**



Transparent jelly cakes and pies don't notch up the marks for just being visually appealing, they're light and taste great, too! A hot fave on party menus, will you tuck into them this New Year's Eve?

**It's not a milkshake, but a messy 'Freakshake'**

Forget those diet thoughts with this monstrous, over-the-top shake. Called a freakshake, the calorie-laden dessert is a spillover of milk, caramel and chocolate sauce, nuts, brownies, butter cream, sprinkles and more. It took off in Australia and has also made its way to Mumbai, much to the delight of food lovers and Instagrammers. The dessert has got so popular that folks also experimented with coffee, loading it with numerous ingredients, to create a 'freakaccino'!



**Are 10 most tweeted foods healthy?**

The foods we tweet about have a lot to say about our overall health. Researchers shed some light on some bizzare results, where out of 10 top tweeted foods, only chicken could be considered healthy food. As astonishing as it may sound, the only fast food brand to feature was Starbucks.

In a list of top 10 tweeted foods in the US, coffee was the most tweeted between mid-2014 to mid-2015 followed by beer then pizza, the study revealed. Chicken, the only food that can be considered healthy, came seventh in the list.

For the study, scientists at University of Utah surveyed nearly 80 million Twitter messages -- a random sample

of one percent of publicly available, geotagged tweets -- over the course of one year. They then sorted through about four million tweets about food to prepare a top 10 tweeted foods list.

The top 10 tweeted foods were:

1. Coffee
2. Beer
3. Pizza
4. Starbucks
5. IPA (Beer)
6. Wine
7. Chicken
8. BBQ
9. Ice cream
10. Taco/tacos.

The researchers found that tweets from poor neighbour-



hoods, and regions with large households, were less likely to mention healthy foods. Also, people in areas dense with fast food restaurants tweeted more often about fast food.

"Our data could be telling us that certain neighbourhoods have fewer resources to support healthy diets," said lead author of the study Quynh Nguyen, Assistant Professor

at University of Utah College of Health.

These types of comparisons could provide clues as to how our surrounding neighbourhood - the environment that we live, work, and play in -- impacts our health and well-being, suggests the study published online in the Journal of Medical Internet Research (JMIR) Public Health and Surveillance

Perhaps neighbourhoods laden with fast food restaurants could benefit from having more supermarkets or farm stands that sell fresh produce, Nguyen noted.

# Raees movie review: Shah Rukh Khan is the Indian Pablo Escobar

A boy with humble beginnings sets up an empire by smuggling contraband. All he has going for him are his wits and insatiable ambition. He has a loyal sidekick, a brother, almost. As he grows powerful, he makes rivals. He wants to head a "syndicate" of other

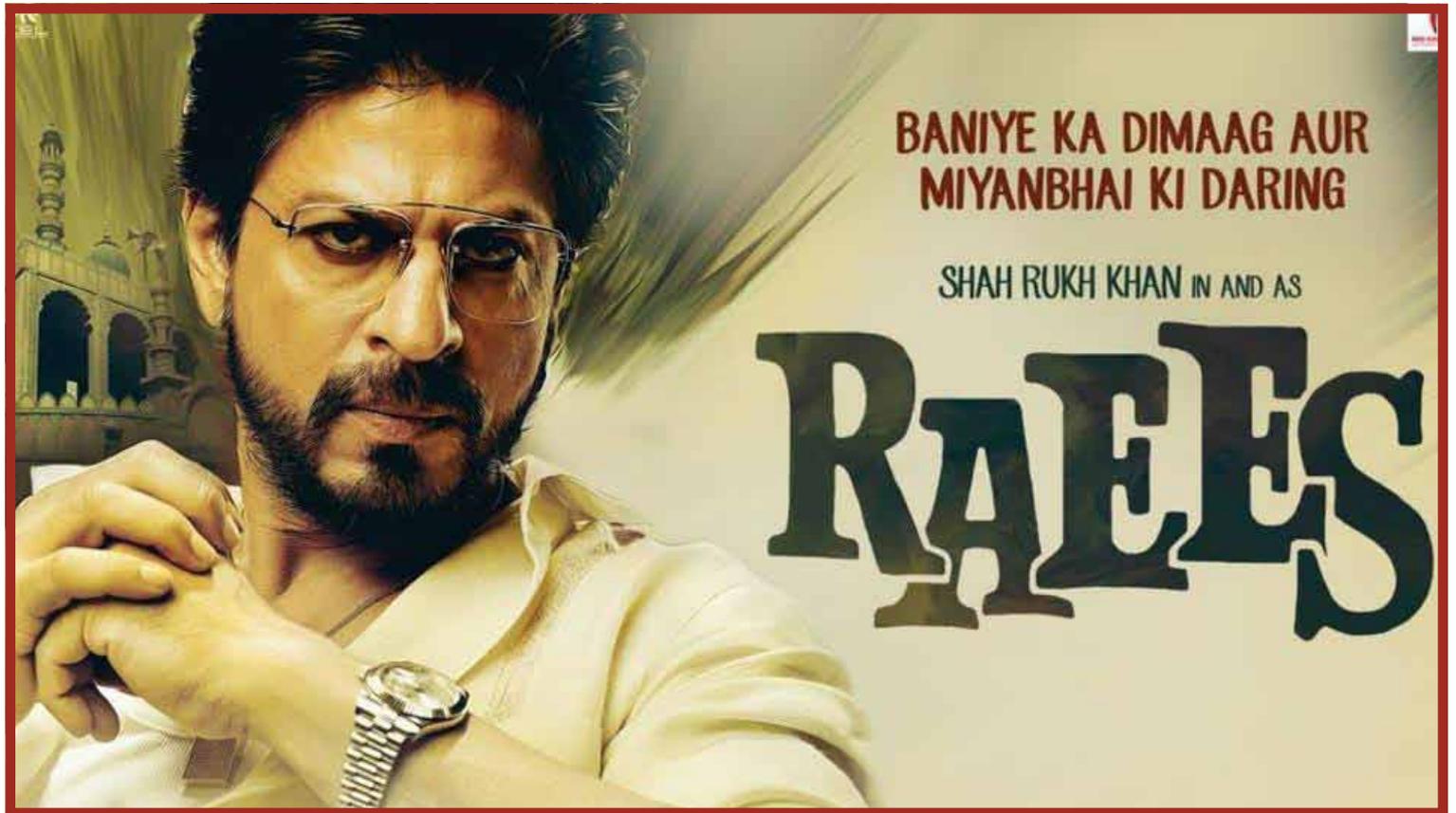
## Film Review

**Raees**

**Director:** Rahul Dholakia

**Cast:** Shah Rukh Khan, Nawazuddin Siddiqui, Mahira Khan, Mohammed Zeeshan Ayyub

**Rating:** 2/5



more-despicable smugglers. He bribes, kills, goes to jail, turns benevolent towards locals, and decides to run for elections. Add tapped phones and kids who act as eyes on the ground.

Seem familiar? This isn't the skeleton for *Narcos*, but Rahul Dholakia's *Raees*, a film that seems so remarkably inspired by the TV series on Colombian drug lord Pablo Escobar that it is impossible to analyse it in isolation.

Swap Medellin with Fatehpura (a village in Gujarat), cocaine with alcohol, and a trump card: Shah Rukh Khan as *Raees*, the Escobar of Gujarat.

It's fast-paced (half a dozen songs notwithstanding). But it also feels like 20 episodes squeezed into three hours. In that, plots and characters are often left without rhyme or reason. It's like a film racing on skates. Albeit ones with wobbly wheels.

The film opens with a brief childhood sequence, a '70s set piece. The young *Raees* is street-smart, and with a head-start into criminal activity. Yes, he's poor. And overtly touchy about being called "Battery", slang for someone who wears spectacles. But there's no scarring humiliation or tragedy, or "Mera baap chor hai" tattoo.

When he grows up, in one broad stroke, he's out to conquer the world with two basic lessons: mommy said "No business is small". And smuggling mentor Jayraj Seth (Atul Kulkarni) said he has "baniye ki dimag, aur Miyabhai ki daring". The first lesson he interprets as a license to break the law. The latter, if you think about it, comes from a person who's hardly a role model.

But though *Raees* is creative at getting illegal shipments past cops (so was Escobar), he isn't the smartest businessman around. He bungles up his effort to get

seed money, trusts the wrong people, and picks fights for every slight.

And he does pick a lot of fights, taking on dozens of men, alone. If only a film on Escobar was made in Bollywood, he, too, would be Parkour-ing through Colombia.

But in that, *Raees* is a typical '80s potboiler. Disturbingly, like commercial cinema from that period, the moral compass is a bit off.

As *Raees* breaks up a political rally with flaming bottles of spirit, it sanctions violence. And it is borderline misogynistic, with the female

lead (Mahira Khan) little more than a prop: a love interest he marries, keeps at home to bring up his child, and either yells at or romances.

As an actor, SRK brings to *Raees* his usual screen presence. But also something that has shades of his early career: the ability to play the menacing anti-hero, with a simmering, all-consuming anger. You must also give the man credit for powering through the dance and action routines at 51.

Dholakia couldn't have found a stronger support cast. The cop, Majmudar

(Nawazuddin Siddiqui), has the best lines, and is a worthy screen rival. As he meets *Raees* for the first time, he sits filling a fountain pen, and offers tea: the tension palpable, but each trying to show no signs of it.

But in films starring SRK, other characters often exist only in context to him. Majmudar is his antithesis – the incorruptible cop with who he trades punch lines. The very talented Mohammed Zeeshan Ayyub is little more than a loyal sidekick – the Gustavo to SRK's Escobar – but with much less agency.

*Raees* also deserves credit for going with a principal set of Muslim protagonists, a rarity for present-day Bollywood, and even SRK. In the intolerant times we live in, that is a statement on its own.

Yet, the problem is fundamental: the writing is shoddy and unoriginal. And by the time it wades into certain true events, it is left with too little time and meaning. *Raees* perhaps works only as an SRK showcase. But we've seen many of those already.



**I'm not dying  
for a Hollywood  
project right now:  
Anushka  
Sharma**

**W**ith two box office hits last year—Sultan and Ae Dil Mushkil, one upcoming film with Shah Rukh Khan and her own production, Phillauri, in 2017, actor Anushka Sharma is in a happy space. Even when other Indian heroines such as Priyanka Chopra and Deepika Padukone are making a mark in American films and TV, Anushka says she's in no hurry to head West.

"I'm not actively working towards anything like that, and I feel things just happen. If something great comes up, I will give it a thought, but I'm not dying for it at the moment."

Ask her if Hollywood has sort of become the next big thing for Indian actors, she says it's just an extension of what one does. "One can start working in any kind of cinema - whether it's Hollywood or Korean films or even regional cinema. It's about what inter-



ests you and where work takes you to do interesting roles and parts to play, which will define your ability as an actor. And that's the only reason why I would sign any film, irrespective of where I am signing it."

While a lot of Bollywood actors get to portray Indian characters in Hollywood flicks, Anushka says she won't settle for anything if she's not convinced.

"If something happens in which Indians are being represented in the way things are (in our country), I wouldn't want to do anything like that. The concept has to be really amazing, equivalent to an international show, and that might interest me and would be more suited."

All praise for her fellow actors Priyanka and Deepika who are wooing fans worldwide, Anushka says their

achievements are real huge steps for Indian representation on the international scene. "It shows the popularity of Indian actors around the world. Hats off to the girls because it's not easy to just completely shift and go somewhere else, and start fresh with such zeal."

It's something that they are handling so well and I have a lot of respect for what they are doing."

**Tiger Shroff and  
Sushant Singh  
Rajput are just good  
friends: Disha Patani**

**A**ctor Disha Patani wants to put rumours of dating fellow actor Tiger Shroff to rest. She also rubbishes the reports that Tiger denied being part of filmmaker Karan Johar's chat show with her. She shares that such rumours don't affect her anymore.

"I don't know about this (Coming on Koffee With Karan with Tiger). When did this happen? Nobody approached me for the show. I don't know who circulates such information," says the MS Dhoni: The Untold Story (2016) actor. On her equation with Tiger, she adds, "I am really good friends with Tiger. I am also pals with Sushant Singh Rajput. That's it. There is nothing more than that."

Meanwhile, Patani is all geared up for her debut international project, Kung Fu Yoga. She still can't believe that she has worked with Hollywood actor Jackie Chan. Calling him as her childhood crush, she shares how she kept staring and smiling at Chan during their first meeting.

**Jolly LLB 2: I  
don't prepare  
myself for any  
role, says  
Akshay Kumar**

**A**kshay Kumar, who has played different roles ranging from a gangster to a naval officer in his career, says that rather than preparing for a role himself, he believes in the director's preparation.

"I don't prepare myself for any role. I think my directors prepare more than me. I believe that I would not be able to compete with my director's preparation because he is doing one film a year while I am doing more. Therefore, my common sense says that I only follow his preparation of the role for me. I don't act smart in front of my director," said Akshay.

In the forthcoming film Jolly LLB 2 Akshay plays a lawyer. The Khiladi star said director Subhash Kapoor had all the case files and had a clear idea how a courtroom should look



like. "Everything was prepared. I just followed what he said and make sure I excel in that. That's the only preparation I did," he added. The courtroom comedy-drama revolves around a struggling lawyer who wants to pursue his dream of becoming a big and famous lawyer. The 49-year-old expressed that people haven't lost faith in the judiciary but are disappointed due to the delay in making the judgement. "Actually the problem lies in the

time taken. But lawyers and judges are giving their level best. Math says there are more than 3 crore cases which are pending because there are only 21,000 judges," he said.

The film stars Akshay Kumar, Huma Qureshi, Saurabh Shukla and Annu Kapoor in pivotal roles.

The film, which is a sequel to 2013 film Jolly LLB, which had Arshad Warsi playing the titular role, is scheduled to release on February 10.

# Real Estate News of Arizona - February 2017

By Aartie Aiyer

Hello Friends,

The top housing market in the U.S. in 2017 will be metro Phoenix, according to a new realtor.com forecast. The Valley's steady growth in sales and price increases, tighter new home market and short supply of foreclosures make it one of the healthiest in the country. Realtor.com, a national real estate website, is predicting Valley home prices to climb 5.9 percent, and sales to jump by 7.2 percent next year. That's not the biggest projected price increase on its list of top 10 markets in 2017, but it's the biggest sales increase. It makes sense since one of the Valley's top selling points for buyers is more affordable home prices, particularly in the West side of U.S.

There's also good news for Phoenix's southern neighbor Tucson. The real estate group ranks it as the ninth best housing market in 2017 with an expected 6.1 percent jump in prices and 5.5 percent gain in sales.

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

- Total Sales for Single Family, Town-home, Condos, for December are 6,199 whereas, November were 5,976 and October was 6,229
- The Active listings for Single Family, Town-home, Condos, for December are 18,266 whereas November were 20,071 and October

## Marketwatch Report Q4-2016



### Pinal County

Key Metrics	Q4-2016	1-Yr Chg
Median Sales Price	\$173,900	+ 9.4%
Average Sales Price	\$187,545	+ 9.9%
Pct. of List Price Received	97.7%	+ 0.2%
Homes for Sale	2,446	- 7.1%
Closed Sales	1,963	+ 21.9%
Months Supply	3.5	- 16.1%
Days on Market	63	- 3.2%



Tucson. The threestory office property was built in 1980 and totals 81,684 square feet on an 824-acre parcel of land.

3rd Avenue Investments LLC sold the Solano Terrace Apartments in Phoenix to Investment Concepts, Inc for \$19 million, or approximately \$66,000 per unit. The 192,600 square foot multifamily property was constructed in 1985 and includes 18 twostory buildings comprising a total of 288 units.

Blue Diamond Properties LLC has purchased the Hayden Professional Park building in Scottsdale for \$8.25 million or about \$126 per square foot, from a private investor. It's total 65,434 square foot office building.

**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@artiier.com or call me at 480-242-8573.**

*Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources*

## Marketwatch Report Q4-2016



### Maricopa County

Key Metrics	Q4-2016	1-Yr Chg
Median Sales Price	\$235,000	+ 6.8%
Average Sales Price	\$292,382	+ 6.7%
Pct. of List Price Received	98.0%	+ 0.2%
Homes for Sale	18,646	- 0.9%
Closed Sales	18,658	+ 14.3%
Months Supply	2.8	- 4.6%
Days on Market	50	- 2.5%



was 20,455

- Pending sales for Single Family, Town-home, Condos, for December are 3,978 whereas November were 5,667 and October was 5,679

The total home sales by financing were-

- Cash Sales - 1,378
- Conventional - 3,151

FHA - 1,214  
VA- 393

Here is a the Quarter 4th of 2014/2015/2016 Market Report, as you see the Sales are increasing, and inventory is less, this is an indication of market stabilizing.

**Let's take a peek in**

**commercial side-**

Exciting news for Tucson market, Ascensus, Inc a national provider of retirement and college savings products, has leased 27,228 square feet in the UA Tech Park in



such as Armls, cromford re-port, Better Homes and Garden, Costar, Globest, BizJournal, Newsgeni, Realty times, az-central, wall street journal.

\*\*\*\*\*

# IACRF Senior Group Celebrates Republic Day

Contributed by:  
Ramu Ramakesavan &  
Dr. Prakash V Kotecha

## Republic Day Celebrations

India's Republic Day was celebrated with great gusto on 26th January. Several of us had the privilege to wear a Gandhi cap and tri-color Angavastra. We also had the privilege of having several executive of the Indo-American Foundation members present for the event: Chairman Jagdish Sagar and President Subhash Thathi were our chief guest. Invited guest of honor was Nanik Chandiramani, President of India Association of Phoenix.

The program started with a salutation led by Srikanth Vaidya, which was done with great pomp. It was followed by singing of the national anthems of India and USA. Lalitbhai invited our honored guests and posed an interesting question, "Why is Republic Day celebrated on Jan 26?" Several had the right answer. He then invited our chief guests to speak a few words, which was short and sweet. We were delighted and proud to learn Mr. Chandiramani was a senior member of the New Jersey police force. He invited everyone to larger function to be held on Sunday the 29th January.

Following the speeches by the guests, Ramu Ramakesavan gave a presentation on the various stages involved in writing of the India Constitution. He also contrasted the smooth creation of Indian constitution vs the tumultuous stages our sibling nation Pakistan had to go through. The event was concluded with four patriotic songs by Amrita, Kiran, Meena and Usha. Finally, vote of thanks by Sricharan.

### Last Days of 2016

2016 was a good year for the senior group barring a couple of tragic losses. The final meeting of the year was a joyous occasion with several children of our members visiting us. Navneet (son of Suraj/Usha Gautam) and his wife Joselle from Santa Clara joined the gathering. Navneet is in finances. Then we had Somiya (daughter of Meena/Raman Bhavsar) and



her husband Subashish Roy came to meet us all the way from beautiful Zurich, Switzerland. Prem/Krishna Lahoti had invited their friend Sue Chopra and Ranga had brought along his first grade buddy Dr. Jai Ram along.

Ranga's daughter and son-in-law had their birthday that week, so everyone wished them the best with a cake and a Happy Birthday song. The lunch for the day was everybody's favorite vegetarian pizza with salad. Only glitch was we had forgotten to order a pizza without onion topping.

Malti/Mahendrabai Devgania, our official photographer, had returned from their holidays with a fancier camera with a giant flash. So, lookout for better pictures.

Dr. Kotecha briefed about the benefit enrollment center and gave us heads up on the upcoming screening for potential new health care benefits for eligible seniors by the Asian Pacific Community in Action of Arizona (<http://www.apcaaz.org/apca>) in coordination with National Council of Aging.

The year ended with a big bang



New Year's Eve celebration sponsored by the IACRF (Indo-American Cultural and Religious foundation.) Prakash Deshmukh from the foundation wangled a significant discount for the seniors. We occupied about five tables and were absolutely the stars of the night! We had men and women dancing as couples, as a group or by themselves. The food was good, but the multiple queues merging into one was causing confusion, but the caterer provided us a queue monitor, who smoothed out the situation for us. The night ended with an alcoholic/ non-alcoholic champagne toast with noise makers and a video countdown!

### Welcome 2017

On Jan 5, we were happy to see Pradyuman Kshatriya return to our get-togethers after the tragic and untimely loss of his wife Jayshree. Vijayaben was back too. Nina and Ramesh Zaveri showed up after a few weeks break. So did Amrita and Balbir Singh Khurana after a vacation with relatives.

The highlight of the day was the

formal screening for additional senior benefits by Dr. Kotecha's team, which consisted of the Loyal Rabat, the program manager, and her team of community assistants: Steve, Clottee and Liza. They announced another round of screening the following week and APCA sponsored the lunch on that occasion as well. Ramu received training to provide similar service after that.

Rajinder Kaur and Jasant Singh from Canada had accompanied the Jains. We were delighted they became members. Rekha Gosalia returned after a couple of weeks break to visit her third grandchild! Mahendrabhai and Sandhya Shah also returned after an extended break.

Jai Sreecharan who had recently visited the Himalayan Hindu Academy in Hawaii. He was charmed by the Hawaiian ashram (<http://himalayanacademy.com/>), where monks lived in peaceful and surroundings filled with tropical flowers and lush greenery. John Banks recommended a program for those wishing to pursue spiritual life and soul evolution under the guidance of the Kailasa

Paramapara. The supervised study is the practical application of the spiritual teachings.

Lunch sponsor for the month included Ranga Sarngan, Pinakin Dave, Asian Pacific Community in Action and Banglawala Abbas and Kaniza

### Obituary

Kishoriben passed away on Saturday December 17, 2016. She kept her cancer at bay for many years, but finally lost the battle. Our prayers to Almighty for the peace of the departed soul and that God grant courage and patience to Bhadrakbhai & family in this very difficult times. The funeral was held at the Best Funeral Home in Peoria.

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**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.**

# To Walk the Talk



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

A U.S. based charitable organization known as Feed My Starving Children (FMSC) was founded in 1987. One of its branches in Arizona happens to be located close to my home besides several other branches in U.S. from where the packaged meals are prepared for shipping to feed the starving children all over the world on need basis. Sometimes back, it afforded me a singular opportunity to join with a group of 25 other community volunteers to help pack meals for the hungry children of the world.

Small groups of children as well as adults from the community are invited to hand-pack special meals made up from ingredients purchased by this organization through donations. In fact there are four basic ingredients that are used: (1) a mixture of various vitamins and minerals in powder form, (2) dehydrated vegetables, (3) a dry granulated powder-like preparation of soybeans and finally, the most important ingredient, (4) long grain rice. The ingredients selected have been shown by food scientists to reverse and prevent malnutrition.

Small packages containing the equivalent of six meals of these specialized ingredients are collected in boxes to be shipped to about 70 countries including India. Humanitarian organizations in the recipient countries then distribute these food packages to orphanages, schools, clinics and other feeding programs for needy children. The recipient child simply has to mix the package in boiling water as per the instruction on the label and a very tasty meal of rice mixed with soybean, vegetables, spices and all the essential nutrients becomes instantaneously available to eat.

Although I have been living in Arizona for close to four decades, I knew nothing about this organization and the wonderful work it has been doing. I was rather surprised to learn that through this organization, 657,000 volunteers have packed over 163 million meals in 2012-13. Out of the packages sent, 99.6% of meals arrived safely to their intended destinations in places like Haiti, Nicaragua, Philippines and North Korea among others.

A few months prior to this experience, I had become a member of the Phoenix Rotary 100, one of the oldest Rotary clubs in Arizona. It was here that I learned about the opportunity to perform this important service for couple of hours on an assigned day. My motivation to write about this organization actually stems from this firsthand experience. I hope and pray that through these lines a few other members of our community will also come to know about this unique service and attempt to donate their time in helping serve the needy.

25 to 30 other volunteers, some as young as 15 and other as old as 90, were also present during my shift. Irrespective of the age, all were overjoyed with a spirit to serve. Their excitement, indeed, created an atmosphere that could have been easily described as both spiritually-charged as well as fun-filled.

We were divided into groups of about six to work much like on an assembly line. The first person in line poured a fixed quantity of a mixture of vitamins, minerals and other necessary ingredients into an envelope with a measure, followed by next person adding predetermined quantity of dehydrated seasoned vegetables. The addition of the soybean preparation, followed by a pre-determined large cup of long grain rice was then added by the third and fourth individuals respectively. All four items were then poured into the envelope through a funnel, making sure that the food was not touched by anyone's hands. (Everyone was required to wear gloves for added protection, of course).

Those who could not stand on their feet for long periods of time were provided chairs with table in front and assigned jobs like labeling the envelopes. Watching 15-year-old boys and girls working in tandem with 90-year-old adults who were barely able to stand or walk, it dawned upon me that this is perhaps one of the reasons the Christian missionaries have been so successful in disseminating their faith world-wide. Once the session was over, an opportunity was provided for the volunteers to make a donation if

they so wished.

While this write-up concerns this particular philanthropic service, this is not the only one that Catholic institutions provide the world over in order to serve the poor and needy people regardless of their faiths both here in this country and abroad. Beginning with homeless people in their hometowns, Christians have gone out and far to establish many highly sophisticated world class charitable missions, hospitals and nursing homes in every corner of the world including all over India. Their desire to serve others is like a burning flame in their hearts that leads them not only to follow their faith on a personal level but also to help those in need all over the world.

The convent schools and colleges established by Christians all over the world are known to provide the best possible education. By their service-oriented missions in taking care of the sick and helpless and in educating the young, they find ways and means not only to spread the message of their faith but also try to help it sink through practical examples of nobility. Much like adding spice to bland food in order to make it tasty and easy to ingest, sharing and disseminating one's faith through service makes it attractive and thus effective. People of other cultures, countries and religions are easily drawn towards the Christian faith when they watch these committed men and women take care of the essential needs of others through selfless acts of services.

However, I do not intend to imply that we, the people of Eastern faiths are not involved in charitable activities for that will be much farther from the truth. No doubt, we certainly do. But given the chronic poverty and limited resources, we keep busy serving ourselves, not paying much heed to the people beyond our field of vision. Nothing is wrong with serving our own people at our own religious places. But looking through the probing lens, it becomes obvious that we often start at our religious places and end there. We have become accustomed to follow only those concepts that suit our own needs paying little heed to the core

philosophy of our indigenous faiths: service to the helpless, the needy and the sick. I know for sure that these are the golden principles of my faith. Yet our emphasis is mostly directed to the celebrations of religious events at our religious places and in establishing new temples, gurdwaras or mosques spending tons of money and resources. As soon as we walk out of the Divine space, all that was preached is totally forgotten. Like pouring water on an oily surface, the message refuses to stick.

This is what makes me wonder as to what happened to the concept so eloquently stated by Guru Gobind Singh Ji and so emphatically preached by Sikh preachers, "Manus Ki jaat sabho aikay pehchanbo," implying that the entire human race must be seen as one? Why have we lost touch with such wisdom?

Talk is cheap and easy, but to walk the talk is what actually matters. We must take an active role in helping the ones less fortunate; no matter who they are, where they belong, or what their faiths and cultures happen to be. The true way to walk the talk is to also reach out and serve outside the four walls of our religious places and beyond the boundaries of our countries and people.

Of course, it should not be one or the other; rather, it should be both and beyond. To walk the talk has to be practically incorporated in our lifestyle in all of its aspects so that the lives of the needy are truly enhanced. This, in turn, will bring peace, comfort, satisfaction and enjoyment in our lives perhaps much more than what we may now seem to have.

\*Author of a previously published book, "Square Pegs, Round Holes" www.SquarePegsRoundHolesBook.com and Sikhism: Points to Ponder. Perspective of a Sikh Living Abroad," and a recently released Masterpiece about issues pertaining to Indian Subcontinent diaspora, 3 "One Coin, Two Sides" Link <http://inkwellproductions.com/one-coin-two-sides.htm>

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## For healthy bones in old age, women should have fruits, veggies and fish

Older women, please take note. Include more vegetables, fruits, fish and whole grains in your diet to boost bone health and prevent fractures.

The findings indicated that women with the least-inflammatory diets lost less bone density during the six-year follow-up period than their peers with the most-inflammatory diets.

Researchers from the The Ohio State University in the US examined data inflammatory elements in the diet to bone mineral density and fractures and found new associations between food and bone health.



Furthermore, diets with low inflammatory potential appeared to correspond to lower risk of hip fracture among one subgroup of the study -- post-menopausal white women younger than 63.

"The findings suggest that women's bone health could benefit when they choose a diet higher in beneficial fats, plants and whole grains," said lead study author Tonya Orchard.

The Dietary Inflammatory Index -- developed to assess the quality of diet from maximally to minimally inflammatory based on nutrients consumed -- helped them accomplish that.

For the new analysis -- the first of its kind -- the research team looked at dietary data from 1,60,191 women and assigned inflammation scores based on 32 food components that the women reported consuming in the three

months prior to their enrolment.

They used bone-mineral-density data from a subset of 10,290 women. Fracture data was collected for the entire study group.

Higher scores were associated with an almost 50 percent larger risk of hip fracture in Caucasian women younger than 63, compared with the risk for women in the group with the lowest inflammatory scores.

"This suggests that a high-quality, less-inflammatory diet may be especially important in reducing hip fracture risk in younger women," the researchers wrote. The results revealed that the women with lower inflammation scores were more physically active as a group and therefore were at a slightly greater risk of falls.

"These women with healthier diets didn't lose bone as quickly as those with high-inflammation diets, and this is important because after menopause women see a drastic loss in bone density that contributes to fractures," Orchard added.

If you're a pregnant woman, the food advice you receive tends to revolve around what you supposedly can't eat or drink: Alcohol, Chinese food, cheese, and so on. (Bummer.)

But you have to wonder: What kind of healthy food is actually good for your growing baby, could help cure your morning sickness and decrease certain pregnancy concerns? Gynaecologists Ratnabali Ghosh and Sunita Arora know these questions all too well, and they're sharing four foods women can benefit from during pregnancy.

**Lemons:** Dr Ghosh says keeping a lemon handy at all times and sniffing it when you feel nauseous can help curb morning sickness. "The part of our brain that is most directly connected with the nausea centre is our sense of smell," she says. Just as certain smells make you feel sick during pregnancy, she says the strong, cleansing fragrance of a lemon can rapidly help nausea subside. "If you ignore and don't correct nausea during the first trimester of pregnancy, that increases the risk of preterm labour and blood pressure problems in the third trimester," she says.

**Salt:** At least a half teaspoon of iodised salt a day



should be a part of a pregnant woman's diet. Dr Arora says women who use little salt or use sea salt without iodine added can negatively affect their child's IQ. "We need to have enough iodine in order to produce enough thyroid hormones," she says. "10-15% of women may have below-

normal thyroid levels during pregnancy, and it can have a measurable effect on a child's IQ."

**Dark chocolate:** Some of the highest amounts of antioxidants are found in dark chocolate, and Dr Arora says eating it in moderation is very healthy for pregnant women.

"Eating foods that naturally have a significant amount of antioxidants can help reverse or improve the ability of the blood flow through the placenta and reduce preeclampsia, a condition in pregnancy characterized by high blood pressure," she says.

**Coffee:** Dr Ghosh says

## Quiz: Answer these 12 questions to test your pregnancy nutrition IQ

the theories of why coffee is bad for pregnant women have been proven false, and he says coffee can in fact help an expecting mother. "Coffee seems to reduce the instance of gestational diabetes," she says. "Moderation is the key, but clearly we don't have the concerns with coffee that we once thought existed."

Mommies-to-be, the choices that you make at the dinner table have never been more important. You aren't just eating for two - you're making decisions for two. How much do you know about good nutrition during pregnancy? Take this short quiz to find out.

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