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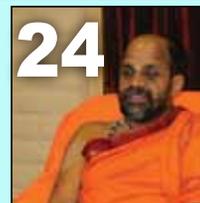
Monthly Newspaper

• Vol-VI • Issue-3 • Phone : 480-250-2519 • sales@asiatodayaz.com • March 2013

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## Birthdays of SHRI GURU RAVI DASS ji celebrated in all over the world

Shri Guru Ravidass ji was born in the 14th century (1377 most of the scholars says ) at kanshi (Vanaras), Uttar Pradesh in India, in a humble family of Baba Santokh Dass ji being as father and Mata Kalsa Devi ji as mother.



Since early childhood, Guru Ravidassji was very much inclined to spirituality.Guruji used to go to attend holy discourses and showed great respect and devo-

tion to holy men. This worried guruji's parents and they tried to divert his attention by engaging him in their family profession of shoe making and repairing.Guruji learned the profession, yet his love and devotion for God continued undiminished.With a view to make him more interested in worldly affairs, his father got him married to Mata Lona Devi at an early age.But

• Continued on P03

## Valentine day celebrated in Arizona



Every february 14 ,across the usa and in other place around the world, candy, flowers and gift are exchanged between loved ones. All in the name of valentine.

• More images on P03

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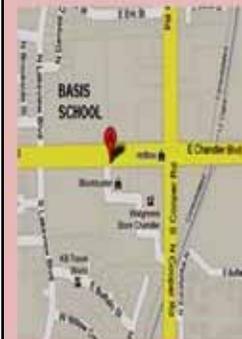
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# Valentine day celebrated in Chennai Chettinaad Palace



## Birthday of SHRI GURU RAVI DASS ji celebrated in all over the world

even then it didn't change his attitude or his behaviour. Now thoroughly disgusted, his father separated him from the family and asked them to manage their own affairs without taking him to partake of the legitimate share of the family property. He was made to stay in the backyard of his house. According to Ravidass Puran Guru Ravidass ji had a son named Vijaydas. At the time of Guru Ravidass ji the social system was very cruel and the low caste people were not allowed to go to the temples for prayer, to schools for study, to enter into villages in daylight and were forced to live in huts far away rather than in houses in village. Since childhood Guruji had a spiritual mind, spiritual thinking and complete devotion to search the real God from the cruel world, who gave him only obstacles to achieve his goals of spreading the God's message of being everybody equal in all respects, irrespective of caste, color or a belief in any form of God and to spread a message that "God created man and not man created God". Guru Ravidass Ji gave teachings on the lessons of universal brotherhood and tolerance.

Influenced by Guru Ravidass's teachings, the Maharaja and the Rani of Chittor became disciples of Guru Ravidass. The famous saint poetess, Mirabai, also became a disciple of Guru Ravidass.

Guru Ravidass ji disappeared from this planet, leaving behind only his footprints in 1527.

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**Motivation**

We have all heard of positive support, loving friends and family, and constructive criticism adding much-needed motivation in one's life to help them succeed. This month, I had an encounter with a new force of motivation – judgmental opinions, anger, and negativity. You may wonder how negative emotions like judgmental opinions and anger can provide one with motivation. Well, at the end of the day, you cannot control what people send your way but you can control what you do with it. As the saying goes – “If life gives you lemons, make lemonade.” And the same is possible of those that add negativity to your lives – you have the power to take that negativity and allow it to bring positive results in your life.

If someone judges you on your actions or doubts your ability to succeed, take that and use that as motivation to push yourself ahead and surpass your own expectations, leaving those with doubts behind in awe and envy. Had I let those that doubted me or hurled negative criticisms my way get to me, I wouldn't be where I am today. We had doubters when we started the inaugural issue of Asia Today man years ago and look at where it is now – a distinguished newspaper recognized for its quality and concentration on local news. Now, we get contacted by new and emerging organizations to help spread the word about their purpose and vision instead of us going out selling our vision and future. With hard work and dedication, we have become a recognized name in the valley.

Last year, when a few of us got together to start the first annual Diwali Mela in Arizona, we had people doubting our ability to succeed. The event attracted thousands of attendees and numerous vendors, impressive for its inaugural year. Again, all



**Editor's NOTE**

that was possible with hard work and commitment and the desire to not let those that were waiting for us to fail get the better of us.

Even early on in my career, as I applied to the Computer Science program at University of Arizona, I had the enrollment head of the Department ask whether I wouldn't be more suited in a program that is a better fit for women such as Business or Marketing. The lack of females in my program and this professor's doubts in a female's ability to be accepted and graduate from the program didn't shake my determination, it only made it stronger. I

wanted to prove to him that not only could I do it, I could do it better than his biased perception of an ideal student for the program. And, I did – I completed that program in two and a half years, graduating at the young age of 20.

If someone doubts your ability to succeed in something or makes comments or judgments without really knowing your potential, you have two roads in front of you – you can either stew in anger and hatred, detrimental to your own health or take the road of using that as fuel to push yourself harder, faster, and make yourself stronger. Each time I have applied that in my life, it has taken me to a new height of success. I am thankful to my family, friends, and loved ones for all the support and encouragement they have given me throughout the years. But, today, I would also like to take the opportunity to thank all those that discouraged me and questioned my ability to succeed; even if unintentionally, you helped me become stronger and, for that, I will always be grateful to you as well.

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

Maybe I am weird but I like getting older, there are so many things I have learned and continue to learn that with each passing year almost a newer version of me comes around. If my current self-traveled back in time to meet my old self, my old self wouldn't believe it. Life is ultimately your experiences wrapped in your ability to move forward or understand and change. What I've learned is that there will never be a time that you will know everything regardless of how much experience you think you have, some people I have met think because of one experience they know how the entire world is how the entire world works. I still don't know anything ha-ha and I won't ever admit I do, there is a world out there and everything/ everyone has helped me to become me. It took a while that's for sure, what I wanted to do where I wanted to go, it's always confusing but when the time is right you know.

My parents still think I want to work for Disney and draw cartoons and animate 3D characters. That was the idea at one time, I even took classes and learned some cool tricks but ultimately life decided to take me where I needed to go, and that's where I am. I like being here, it's fun. I still have goals, and these goals will never get any less always pushing for more and always having the need to do something bigger, something more. It's not a want, there's a big difference between want and need, myjiju taught me that. There has to be a balance however, I need to learn more because I want to improve myself, personal, professional, all around. I never want to be content, and I never need to be stagnant in what I do. The best part about living is learning, and until you have nothing left to learn you always have a need to live. I don't know what 30 and beyond holds, it's pretty big turning point (so they say) I still feel like I'm 24! Op-

portunity is my worst enemy. It comes at times when I don't want it to, and when I do want it to, it decides it wants to go to Hawaii and have a corona. The worst feeling in the world is knowing you can do more but being stuck in a position which you can't get out of. “go out there, you can't wait” yeah I know, I've heard that too. Every time I try to “go get em tiger” it seems like the tiger bites me and I run my little brown legs as fast as I can until I eventually get bitten and am down for the count once again. “if at first you don't succeed...” I hate those quotes...I really do. What am I “going after?” it's hard to go after something you have no idea what? Until I figured out what I really wanted to do, all those inspirational quotes seemed idiotic. In fact sometimes they were even counter-productive, you start going after something you're not even sure you want to do. A hobby that you try to turn into a profession, that doesn't work. Once you know your strength, what you can be great at that's when opportunity quits slacking and starts to pull its weight. It's a give and take relationship, just like with everything. I always believe that what you need to do and where you need to go will become clear as you move forward in life, the only thing we forget to do is keep moving forward. The path will become clear, but then you'll have to be brave enough to walk it. It still won't be easy, a lot of handwork, up's and downs, curve balls and fast balls, but once you find the path you want to walk, it hardly matters what comes your way.



**Publisher's NOTE**

**-Raja Walia**  
Publiser, Asia Today, publisher@asiatodayaz.com

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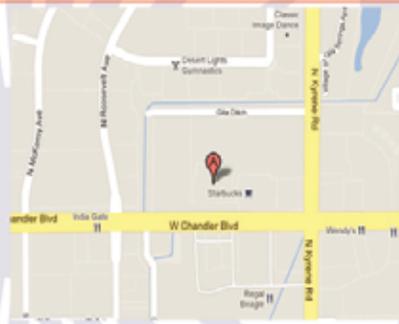
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**Sunday Puja**  
11am-1pm

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

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## HTA EVENTS MARCH 2013

### Shivratri Celebrations March 9, 2013



**Shivratri Program Details on March 9<sup>th</sup>, 2013:** \*6pm-7:15pm: Shiv Bhajan & Shiv Chalisa  
{ 7:15pm-: Thali Puja } { 8:45pm Aarti followed by Prasad }

**Shivratri Sponsorship : (more info contact Rina Narang@ 602-595-0662)**

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March 26<sup>th</sup>, 2013: Holika Dahan  
event scheduled 8:15pm-  
8:30pm

**Note :: HTA Board announces Annual General Body Meeting on March 31<sup>st</sup>, 2013**  
From 11am till 1:00pm. All HTA Voting members are being requested to be in  
attendance . Please make a note on your calendar. More details will follow later...



# Shirdi Saibaba Temple Arizona

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Saturday Mar 9th 2013

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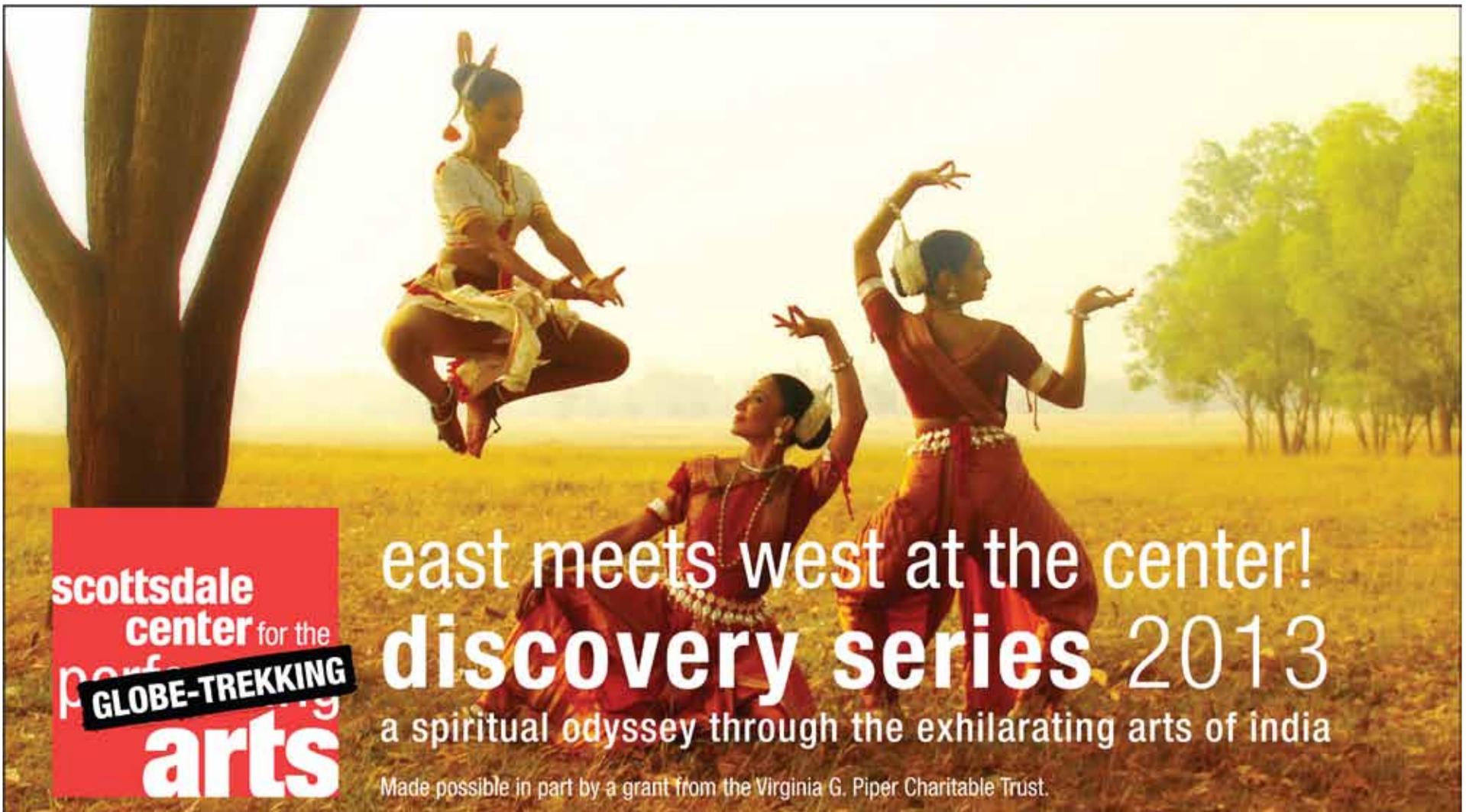
07:00 AM	SAI Kakada Aarti
07:30 AM	ABHISHEKAM
12:00 Noon	SAI Madhyana Aarti
06:00 PM	Vishnu Sahasranam Parayana
06:30 PM	SAI Dhoop Aarathi
07:00 PM	MahaShivaRatri 1st Prahar Puja
08:30 PM	BHAJANS
10:00 PM	MahaShivaRatri 2nd Prahar Puja
11:30 PM	SAI Shej Aarathi
01:00 AM (Sun)	MahaShivaRatri 3rd Prahar Puja
04:00 AM (Sun)	MahaShivaRatri 4th Prahar Puja

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## Nrityagram Dance Ensemble: Samhara

**Friday, March 8, 8 p.m.**

Nrityagram Dance Ensemble is regarded worldwide as one of the foremost dance companies of India, known for its exceptional synchronicity, compelling physicality and emotional honesty. The company will perform its new work, *Samhara*, a collaboration with the Chitrasena Dance Company of Sri Lanka.



## Chitresh Das Dance Company: India Jazz Suites

**Friday, April 5, 8 p.m.**

Pandit Chitresh Das has become one of the most dynamic and far-reaching artists to emerge from modern India. An exhilarating collaboration between this renowned artist and Emmy Award-winning tap phenom Jason Samuels Smith, *India Jazz Suites* is a blast of incredible speed and power, grace and beauty, epic storytelling, and the pure joy of dance.



## Chitresh Das Dance Company: Sita Haran

**Saturday, April 6, 8 p.m.**

Pandit Chitresh Das brings to life the ancient epic *Sita Haran (The Abduction of Sita)* from India's *Ramayana* with an international all-female cast of dancers, sumptuous multimedia, Sanskrit poetry and an original score.



## OrigiNation: A Festival of Native Cultures

**Sunday, April 7  
Noon – 4 p.m.**

FREE Admission  
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by Imam Shamshad A. Nasir

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The Holy Quran states in 2:216, “Whatever of good and abundant wealth you spend should be for parents and near relatives and orphans and the needy and the wayfarer. And whatever good you do, surely God knows it well.” In another place in the Quran, God commands that “. . . you do good to parents, and that you kill not your children for fear of poverty — it is We Who provide for you and for them — and that you approach not foul deeds, whether open or secret; and that you kill not the life which Allah has made sacred, save by right. That is what He has enjoined upon you, that you may understand.” (6:152)

The Holy Prophet of Islam (peace and blessings be upon him) was the greatest role model for Muslims, and indeed, for all mankind. He promoted peace through a variety of means, including doing good deeds for all types and classes of people, with particular attention paid to close relations. God has enjoined good treatment of parents, spouses, siblings, relatives, children, orphans, neighbors and strangers as well as all creatures. Acts of goodness and advice to promote goodness are well documented in numerous Traditions of Prophet Muhammad (pbuh) and I will cite a few such examples. He declared: “The best among you is he from whom people expect goodness and are secure from harm. The worst among you is he from whom no one expects goodness and from whom no one is secure from harm. He who is not kind to our juniors and does not honor the seniority of others is not from among us.”

In regards to women, he said: “Let no Muslim man entertain any rancor against a Muslim woman. Should he dislike one quality in her, he would find another which is pleasing.”

Regarding relationships, the Holy Prophet Muhammad (pbuh) said: “He who removes from the believer his distress in this world will



have his own distress removed by God on the Day of Judgment. He who eases the hardship of another will have ease bestowed upon him by Allah in this world and in the next. He who covers up the faults of a Muslim in this world, will have his faults covered up in the next. God helps a servant as long as he goes on helping his brother.” He further stated, “A person is not a believer unless he desires for his brother what he desires for himself.”

In business dealings, one is advised to maintain brotherly relationships. He said, “Be not envious of each other; do not make fictitious bids at auctions; bear no grudge; do not turn away from each other and do not make an offer during a pending transaction. You should become servants of God -- brothers to each other. A Muslim is a brother of another Muslim; he does not wrong him or look down upon him or humiliate him. Righteousness is a matter of the heart.” (He repeated this 3 times.) “. . . Do not get into fights with your brother and do not humiliate him with indecent jokes. Do not make any promise which you cannot fulfill.”

A Muslim is required to be kind, friendly, charitable and caring toward his neighbors. The Holy Prophet of Islam (pbuh) declared in the following Traditions: “One will not enter Paradise whose neighbor is not secure against his mischief.” And in another he stated: “He who believes in Allah and the Last Day must not inconvenience his neighbor; he who believes in Allah and the Last Day must honor his guest; and he who believes in Allah and the Last Day must speak beneficently or keep quiet.”

The importance given to one’s neighbors is well documented in another Tradition where the noble wife of the Prophet, Hadhrat Ayesha, related that the Holy Prophet (pbuh) said: “Angel Gabriel kept exhorting me about the (rights of) neighbor till I imagined he would include him in the category of heirs.”

Islam teaches that peace is promoted through maintaining good relations. The second Khalifa (Caliph) of the Ahmadiyya Muslim Community, Hadhrat Mirza Bashiruddin Mahmud Ahmad, records in his book “The Introduction of the Study of the Holy Quran” that the Holy Prophet (pbuh) always advised: “Abstain from unnecessary criticism of others and do not interfere in matters that are not concerned with you because that creates mischief. The best manifestation of the truth of Islam for man is that he should not interfere in a matter that is of no concern to him. By following the moral character of the Holy Prophet we create peace in the world.” (Introduction to the Holy Quran, pg. 265)

One should therefore be ever mindful of developing, maintaining and sustaining relations through doing good deeds. We should pay heed to the universal message of Prophet Muhammad (pbuh) who advised: “O ye people, multiply the greetings of peace, feed people, strengthen the ties of kinship, and be in prayer when others are asleep. If you do these, you will enter Paradise in peace.”

And in conclusion, let’s remember and act upon this Tradition of the Prophet which states: “By Him in Whose hands is my life, you will not enter Paradise unless you believe and you will not truly believe unless you love one another. Shall I tell you something whereby you will love one another? Multiply the greetings of peace among yourselves.”

***The Ahmadiyya Muslim Community is a dynamic, fast-growing international revival movement within Islam. Founded in 1889, the Ahmadiyya Muslim Community spans 200 countries with membership exceeding tens of millions. Their motto is: “Love for All – Hatred for None.”***

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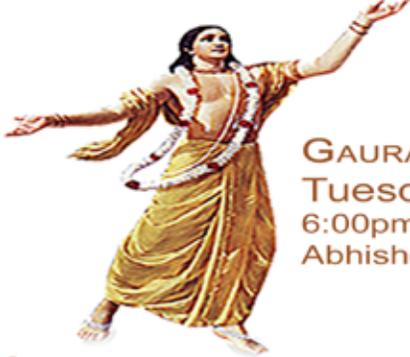
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**SUNDAY MARCH 10TH 2013**  
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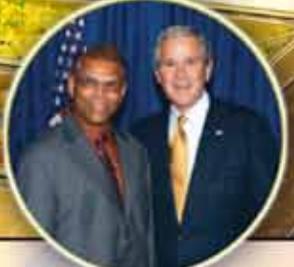


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# IACRF Senior Group Input

Submitted by Rama Patel

The winter weather conditions did not dampen the romantic streak of the Senior members. Almost all of them grew up not knowing anything about "Valentine's Day" but they are all in step with the time! They knew exactly how to follow the famous saying:

"When in Rome, do as Romans do!"

On February 14th, the Seniors celebrated Valentine's day with flare and panache. The electrifying, romantic atmosphere was created by our in-house talented singers Harshadbhai Desai, Goberdhan Gokoolji, and Shrikantbhai Vaidya, who sang much favored, old love songs from famous Indian movies.

All the ladies were appropriately dressed in red for the day, and some of the gentlemen in their suits and ties

made the gathering vibrant and exciting. After the musical concert, every gentleman presented his 'Valentine' with a red rose and had a snap shot taken to log the event! This was followed by the most energetic minutes of trying to arrange nearly fifty seniors for a "group photo"!

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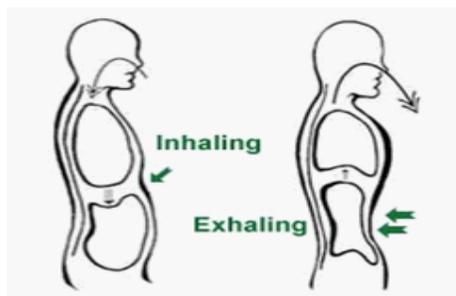
# Belly Breathing: A Natural way of breathing for well-being and spiritual progress

**B**elly breathing has high importance in yoga meditation. Breathing is not typically a conscious act; but it can lead you either to diseases or a healthier life. Diaphragmatic breathing – more adequately uses your lung capacity than a shallow “chest” breath. The muscles involved in your breath cycle, like other muscles in your body, can be trained – learning to use the diaphragmatic breath increases oxygen intake and promotes a sense of calm. Following figure shows effects of 1 minute of voluntary hyperventilation on brain oxygen level

Let us look at both type of breathing habits and their advantages and disadvantages:

### CHEST BREATHING:

Breathing into the upper part of your lungs is called “chest breathing,” and it is associated with shorter, shallower breaths. The upper 10 percent of your lungs transport around 6 mL of oxygen per minute while the lower 10 percent can transport around 40 mL per minute. According to many experts chest breathing is often the result of your body’s stress response. Chronic stress eventually restricts the connective and muscular tissue in the chest, subsequently decreasing your chest’s



range-of-motion. If your chest does not expand adequately, the amount of oxygen delivered to your tissues drops, negatively impacting your health. According to [www.normalbreathing.com](http://www.normalbreathing.com) over 90% of modern people suffer from breathing problems. The common problems include chest breathing, mouth breathing, and hyperventilation; all these abnormalities reduce oxygen levels in body cells and promote chronic diseases.

### BELLY / DEEP / DIAPHRAGMATIC BREATHING

Expanding your abdomen when you inhale activates your diaphragm and allows the lower portions of your lungs to take in oxygen. Expanding your belly creates a negative pressure in your chest that not only forces air into your lungs, but also pulls more blood into your chest, increasing the amount

that returns to your heart. According to the American Medical Student Association, this action can lead to increased muscle stamina and lymph flow. You may also help prevent lung infections and stimulate your body’s relaxation response, promoting calm and lowering your heart rate.

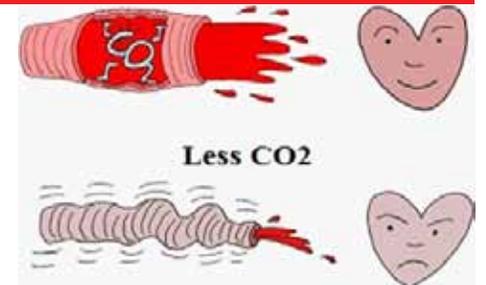
### VASODILATION AND VASOCONSTRICTION

Arteries and arterioles have their own tiny smooth muscles that can constrict or dilate depending on CO2 concentrations. When we breathe more, our arterial CO2 level becomes smaller, blood vessels constrict and vital organs like brain, heart, kidney, liver, stomach, get less blood supply. Similarly hypoxia causes spasm of all other smooth muscles of the human body: airways or bronchi and bronchioles, diaphragm, colon, bile ducts, etc.

A normal breathing pattern provides people with normal perfusion and oxygen supply for all vital organs due to CO2 vasodilation.

### How to do Belly Breathing

1. Lie down comfortably on your back on your bed or on a mat or carpeted floor. Position yourself with your feet flat on the floor and your knees bent (pointing upward). Simply follow your



breathing for a minute or two with your attention. See if you can sense which parts of your body your breath touches.

2. Put your hands (one on top of the other) on your belly, with the center of your lower hand touching your navel. Watch how your breathing responds.

3. You may notice that your belly wants to expand as you inhale and retract as you exhale. Let this happen, but don’t try to force it.

4. Simply watch and enjoy as your belly begins to come to life, expanding as you inhale and retracting as you exhale.

5. When you are ready to stop, be sure to sense your entire abdominal area, noting any special sensations of warmth, comfort, and energy. Spend a few minutes allowing these sensations to spread into all the cells of your belly all the way back to your spine.

-Pranav

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# First Sikh American Offers Prayer at 67th United Nations General Assembly Opening Session

On Thursday, February 14, 2013, Jatinder P. Singh, Associate Director of UNITED SIKHS, made history by becoming the first Sikh American to offer prayers at the United Nations 67th General Assembly Opening Session that took place in New York. Organizers of this event including the UN President H.E. Mr. Vuk Jeremic, UNESCO, and the Committee of Religious NGOs aimed to promote messages of world peace.



Jatinder P. Singh read the Mool-Manter, a composition in the Sikh holy book during this interfaith harmony event, while a flute musical accompaniment was being played by Jon Blond,

“Ik Oankaar, Satnaam (There is only one God, the God’s name is the truth) ... In this age of Darkness, this world is loaded with maya, money, and weapons of mass destruction. The only answer to save this world is in prayers in the company of Saints.”

Jatinder P. Singh then read the english translation of an excerpt from Sukhmani Sahib (Ashtpadi 7.3), a set of hymns divided into 24 sections

which appear in the Sri Guru Granth Sahib (the Guru of the Sikhs)

“In the company of Saints, all enemies become friends. In the company of saints, man becomes very pure...” He closed the prayer by adding, “ I truly hope one day, all the countries can get together at the United Nations and just pray for world peace. Sat Sri Akaal.”

In this day and age, amidst economic turmoil and international conflict, the ability to come together in a pluralistic sense and share common values of peace was felt throughout the event. Attendees from

diverse faiths, organizers of this event, and members of the UN approached Jatinder P. Singh after his prayer and shared how they were moved by the positive and uplifting message of peace that was presented in the prayer. One member was so impressed that she decided to take a copy of the Sukhmani Sahib with her.

There were over 1500 attendees from various organizations that included the UN Representative of the Secretary, Gail Bindley (General of the UN), Philippe Kridelka (Director of UNESCO, Ambassador Byrganym Aitimova (Per-

manent Representative to the UN From the Republic of Kazakhstan), Rev. Father Mark Arey (Director of Inter-Orthodox), Ms. Kiran Bali (Chair of the United Religions Initiative Global Council), and H.E. Ambassador T. Hamid Al-Bayati (Permanent Representative of the Mission of Iraq).

Messages of world peace and prayers were also offered by members of various religious denominations, including: Tuwe Huni Kuin (From the Brazilian Amazon Huni Kuin community), Caroline Vasquez (Baha’i International Community), Ven. Seong Won (Director of Social Affairs of Korean

Zen Buddhism), Rev. Kathleen Stone (United Methodist Church), Swami Parameshananda (Bharat Sevashram Sangha), Lucy Schmitz (Ethical Culture Society), Apeksha Vora (Youth Member of Anuvrat Global Organization), Rabbi Michael Weisser (Free Synagogue of Flushing), Imam Izak El M. Pasha (Masjid Malcolm Shabazz), and Nina Mistry (Federation of Zoroastrian Associations of North America).

This was followed by a world peace flag ceremony, where the flags of each of the 193 UN member states and two observer missions were presented. As each country was presented, everyone welcomed them in saying “May Peace be in \_\_\_(Country name)\_\_\_.” This moving action was accompanied by Chris Farrell on the piano.

This moving World Peace event ended with the closing statements of Ms. Monica Willard, the President of the Committee of Religious NGO’s.

**Mejindarpal Kaur**  
UNITED SIKHS  
law@unitedsikh.org

## A Humble Appeal to the Local Sikh Community! Let us Create Positive Sikh Awareness with Downtown Nagar Kirtan!

**Dr. Jaswant Singh Sachdev, M.D.**  
Phoenix, Arizona

In every large city of the western country, where there is significant Sikh population, a Nagar Kirtan or religious procession is often organized on Vaisakhi day as well as on Guru Nanak Devji’s Prakash Utsav. The Sikhs in Arizona have been no exception to this rule. They have been doing the same in the neighborhood streets of all the three Gurdwara Sahibs since the inception of their first religious institution some 30 plus years ago, except at one time when an arrangement was made in downtown Phoenix some years back.

As to how far this tradition of Nagar Kirtan outside India has been successful in disseminating awareness

about Sikh identity is a question that has truly kept my mind engrossed? Raising slogans with elevated fists and that too in language that the neighbors/onlookers don’t understand, does not seem to help. Walking in an undisciplined way without full respect to Guru Granth Sahib Ji and talking among ourselves instead of Naam Simran, laughing aloud and at time chewing on snacks could certainly not have left a positive impression about the original intent.

Keeping this concern in mind, we are humbly requesting our local Sikh Community to consider paying utmost attention to these issues when we assemble in Downtown Phoenix to be part of Nagar Kirtan planned for Sunday April 21st. Besides its religious

significance, the intent should also be to emphasize Sikh awareness and Sikh Identity in a positive way.

A few simple but doable suggestions are being made in a very humble way to the Sangat members so that efforts in this regard become truly more fruitful.

1. First of all it is essential that each one among us should make a serious attempt to join in so that there is a huge number creating a positive impact.

2. Every male person should attempt to wear a BLUE TURBAN. Our woman folks could have BLUE turban or chunni.

3. Most of the banners are being prepared in English so that the onlookers could understand the mes-

sage being delivered. The message itself relates to fundamental Sikh facts, philosophy and the contributions of Sikhs to American Society, all written in simple and precise manner.

4. Most importantly, we all must walk in discipline doing Naam Simran, listening or singing Gurbani along with or behind the Ragi jetha. Jaikaras must be pronounced at a softer pitch.

5. We all should be part of the Nagar Kirtan and not act as onlookers.

6. In order to pay full respect to Sri Guru Granth Sahib Ji talking should not be encouraged. Small children be advised against running around to avoid injury.

All these precautions will go a long way in fulfilling our objectives, so we hope!

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As the Chinese celebrate their New Year with month-long festivities, we take you on a journey to top Chinatowns across the world.

There seems to be at least one Chinatown in every country. As you take a walk through these ethnic enclaves, inhaling the unique flavours that define Chinese culture so beautifully, you also feel the bonhomie with colourful festivals being held throughout the year — the largest of these being the month-long celebration of the Chinese New Year.

The parades are awe-inspiring with people dressed up as dragons, and streets decorated with colourful lighting. We take you through the top Chinatowns in the world, and tell you what you must not miss out on in each of them.

### Singapore

The Chinatown here is interestingly called Ox Cart Water, owing to the fact that ox drawn carts were used to transport water in the past in this area. The architecture here is very Victorian with red rooftops. The food street has around 100 hawker stands, selling seafood in particular. It is also a great place to buy inexpensive souvenirs from — ranging from fashion goods to electronic gear. Not to miss are the three restored shop houses, showcasing rich heritage and serving as a repository for memories. This Chinatown is also the cleanest in the world.

*Hot Fact: By 1827, the Chinese became the largest ethnic group in Singapore.*



The Chinatown in Singapore during the Chinese New Year

### Toronto, Canada

Greater Toronto houses around six Chinatowns. However, the oldest and the largest (in North America) is located between the Kensington Market and the city's Entertainment District. As you walk through Spadina south of College amidst the city's bustle of colours and people, its buzzing, narrow streets lined with vibrant billboards, posters, restaurants and many stores it's like being in China itself.

*Hot Fact: The first Chinese person on record in Toronto opened a laundry service in 1878.*

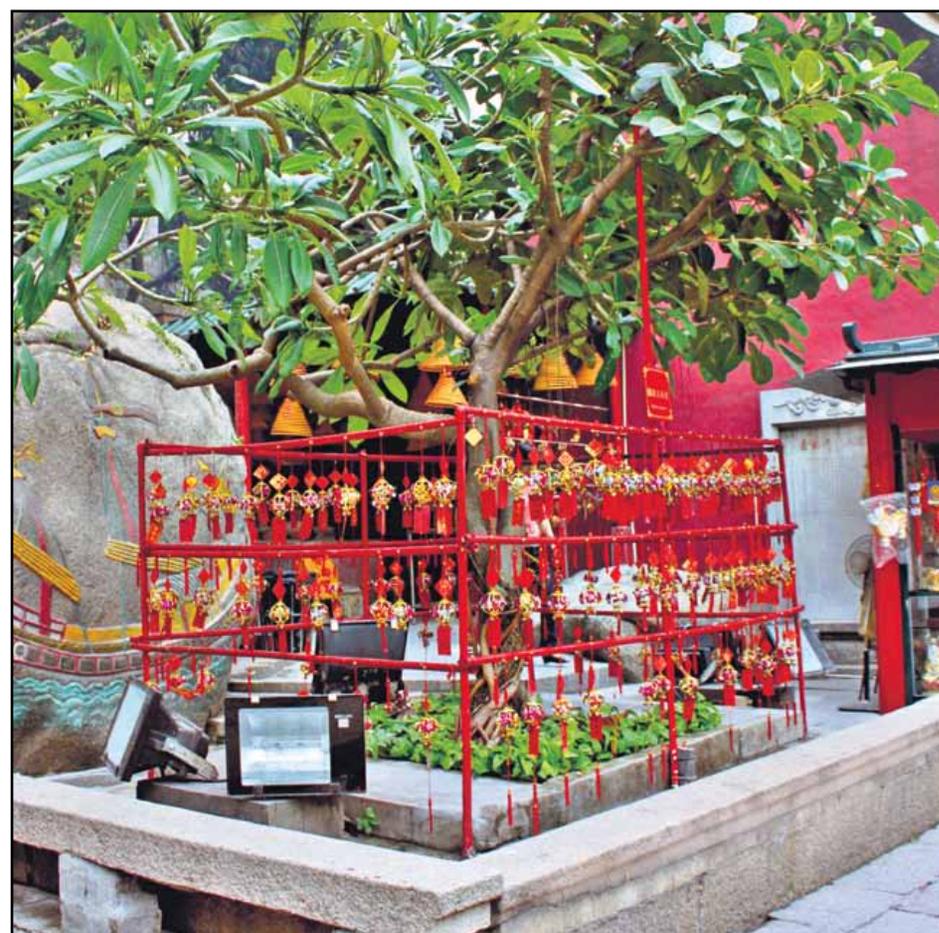
### Macau

To enjoy the aroma of Chinese tea, ginseng and herbal eggs as you admire the architecture, a great idea is to go on a morning walk tour. It's fun to stroll through the colourful market and trace the history of Chinese immigrants. An artful balance between the past and future accounts for this

# A trip to Chinatown

Chinatown's allure. Modern Macanese cuisine, founded by the Portuguese and cooked by the Chinese, is fusion at its best!

*Hot Fact: The site of a Portuguese settlement in 1557, Macau was the first European outpost in the Far East and a vital port for trade between China and the West.*



A Chinese temple in Macau.

### Melbourne, Australia

Situated on little Bourke Street, this distinctive area is only a few steps away from Rydges Melbourne's Front Door. It is famed for being the longest continuous Chinese settlement in the western world. There are several other Asian shops too, apart from Chinese, on the street and inside the plazas. A dragon lines the outside of the Chinese Museum. For a minimal amount, one can catch a glimpse of the city's rich Chinese heritage. The longest dancing dragon in the world (measuring over 60 metres), and a few other artefacts are definitely worth seeing.

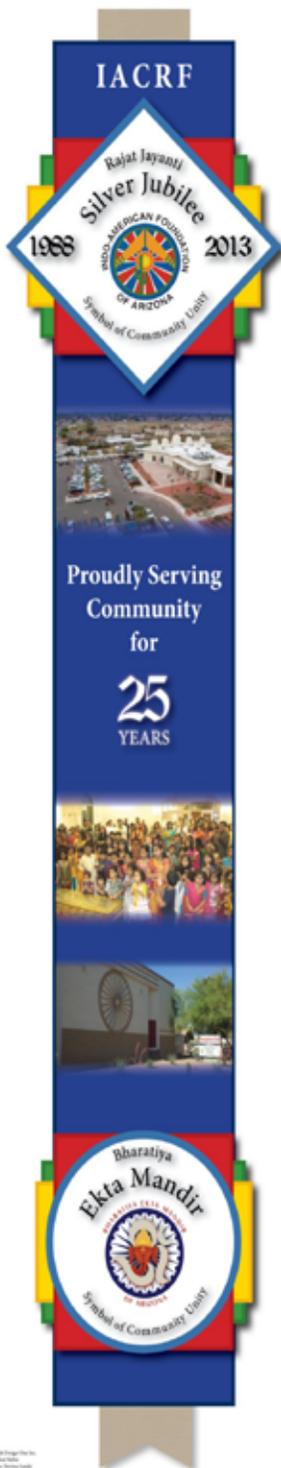
*Hot Fact: This one dates back to the gold rush days of the 1850s.*

### Yokohama, Japan

Yokohama boasts of the largest Chinatown in Japan and also one of the largest in the world. A great idea to begin your tour is to take a peek into the China museum, which sells a lot of Chinese merchandise. However, for food a better idea is to go kiosk hopping in the many bylanes that are filled with 'sheng jian bao' (juicy dumplings) or dine in one of the many restaurants serving Cantonese cuisine. While strolling along, do check out the other colourful and exotic shops overflowing with Chinese goods, books, souvenirs and even Chinese medicines.

*Hot Fact: Yokohama began welcoming Chinese residents in 1859.*

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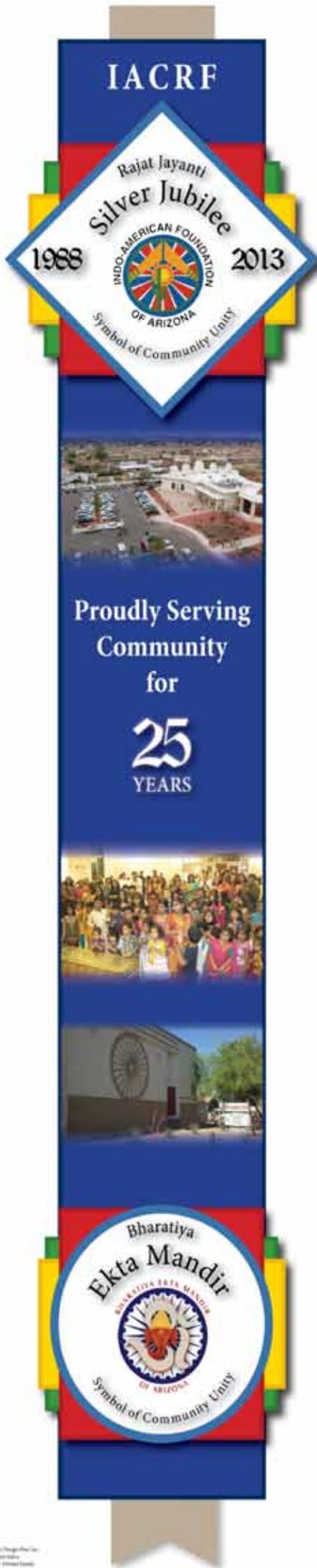
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Both events at Indo

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Directions: Take I-17, Exit Beth

## Grand India Festival

Saturday, March 2, 2013 – 11:00 AM to 6:45 PM

### FESTIVAL HIGHLIGHTS!

Mouth watering delicious Food from Rajasthan, Karnataka, Gujarat, Kerala and other regions of India, Jewelry, Clothing & Shop All Day! Non Stop Cultural Programs and Fun Games for ALL & **RIDE A SEGWAY!** 5th Year Dwaja Arohan Ceremony at 4 PM at Ekta Mandir.

Bring your family & friends for all day Fun, Food & Entertainment! More than 6000 Attendees! Arrive & park **EARLY!**

**FREE ADMISSION! Special Fireworks!**

Please Contact:

Kul Bhushan Chhibber 480 250 0779, Kalpana Batni 480 998 9325, Manish Gupta 602 688 7011  
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**MEGA EVENTS to Celebrate**

# SILVER JUBILEE

**o-American Community Center**

Maryland Avenue, Phoenix, AZ 85017.  
any Home West, Right on 27<sup>th</sup> Ave, Left on Maryland Ave.

## Silver Jubilee Gala Banquet

Friday, March 15, 2013 – 7:00 PM to Midnight

### GALA BANQUET HIGHLIGHTS!

Social Hour, Appreciation of Donors/Leaders,  
Gourmet Dinner, Live Band Bollywood Music,  
Surprise Entertainment, Dance to Bollywood Tunes!

**Celebrate 25 years of IACRF Accomplishments!**

Gala Banquet **COMPLIMENTARY** for IACRF  
LIFEMEMBERS & to New Members. \$500/Couple for Guests.

**MEMBER & SPOUSE Only! FORMAL ATTIRE!**

**RSVP Today! First Come First Served.**

**Seating Limited to FIRST 400 Guests!**

**RSVP to Kalpana 480 998 9325, Gautam 602 750 5122**

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For Information: Vasu Atluri 480 227 8411, Minaxi Patel 928 778 555, Jay Bansal 480 777 2737  
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- Kalpana Batni
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- Kul Bhushan Chhibber
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Venkatesh Gu. and Malathi Srinivasan  
Eswar and Rupa Subramanian  
Kalyan and Chitra Subramanian  
Mouli and Shruti Subramanian  
Sun Valley Family Care  
Shanmugha and Indira Sundaram  
Ramesh and Shakuntala Sura  
Uttambhai and Bina Suthar  
Subramanyam & Seethalakshmi Swaminathan  
Nand Tahiliani  
Pramod and Sareeta Tailor  
Murali D. and Vijaya Talluri  
Shyam and Vijay Tangri  
Ravindra Tanikella  
Darshan and Gurdeep K Teji  
De Ann Y and Tewari  
Subhash M and Kokila Thaker  
Harshad I. and Trupti Thakkar  
Prahlad and Asha Thakur  
Rajender and Puaneshwari Thakur  
Rao and Pramada Thallam  
Amarjit and Charanjit Thaper  
Manish Tharar  
Mansukhlal and Ela Timbadia  
Haresh and Mamta Tripathi  
Mike Trivedi  
Chandra and Padma Tummala  
Dean and Seida Turulja  
Jagdish and Jasvanti Umaretiya  
Naveen and Vani Vadhwa  
Madhu and Madhavi Vadnere  
Isha Vashisht  
Rama and Satyanarayana Vasireddy  
Sham M. and Mohan Vengurelkar  
Ashok and Shakun Verma  
Kuldeep and Binu Verma  
Ashok and Rita Vij  
Krishnaswami & Jayanthi  
Vijayaraghavan  
Kadambi and Ullas Vijaysimh  
K.R. and Ramani Vishwanath  
Deepa Walia  
Shashikala Yekanath

# HAMARA MAN KYAHEA (What Is the Mind)

It is the ocean of the thoughts and the combination of the five passions and the three Qualities. The five passions are Lust, Anger, Greed, Ego and Attachment. The attitude of the three Qualities are Peace (Sat Guna), Creativity (Raj Guna), and Destruction (Tam Guna). Many people think life is only our physical body. But it is not. In reality, life is body, mind and soul.

Body is a tool of the mind. Mind is a tool of the soul and Creator of the universe manifests through the soul in this creation. He runs the whole show of this creation through the soul. This universe is a necklace of Mother Nature. It's a beautiful ornament of the Mother because all kinds of beautiful beads make up this unique necklace. Ants and elephants are there. Ocean and mountains, suns and moons and many stars are there. Uncountable

planets are there. Day and night, hot and cold, fall and spring, drought and rain; no one is able to describe the phenomena of Mother Nature and the Creator of the universe. Yes, as a human, if you wish you can do it. But, you cannot explain it through physical science or the intellect because there is no external approach to explain the secrets of the Creator.

Unfortunately, we are working very hard through physical science to establish our own heaven in the space because we believe we can control and destroy others to promote and protect ourselves. Be careful, when the time comes this science will destroy itself. Remember, if



we would like to live peacefully and fearlessly, with joy and happiness, we need to work for humanity and protect nature and stop destroying it. We are very smart and well educated but we are ignorant about ourselves. If you question why? We are looking for everything outside, when the real substance of life is inside

ourselves. That is the soul, the life of the universe. Our mind is a temple of the soul. Again, the secret of Divinity is the soul, the life of every creature. As a human, when we will understand this Divine secret, how can we harm any creature? How can we destroy nature?

This is my humble request. Start to believe: All the universe is in your mind. You are a part of the universe. All the universe belongs to you and you belong to the universe. Why are you not able to see? Because you don't have a technique to look inside. If you want to see your face you need a mirror. As long as you aren't standing face to face with the mirror you are unable

to see your own face. As long as you don't look inside, that long you won't see the Divine secret. The key to the internal lock is faith, reverence and confidence in your action in what you would like to do. Do with your full strength and believe it. "I am able to do it". Start to talk with God. He is the soul of your soul. He is the life of your life. Cry in front of him, like a little child cries for mother and she can't ignore it. He will never ignore you because he is always with you. If you are without a prayer, say; "Oh Divine, I am Thine. Give me understanding of Thee so I can see you in this universe". Devote yourself. Time will come. The Divine will bless you with Grace and Wisdom of Divinity.



- Harbhajan Singh Sandhu

**Waheguru Ji ka Khalsa! Waheguru Ji ki Fateh!**

## GURDWARA MONTHLY

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

### MARCH 2013 Programs & Events

**18 Phagan, 544 – 18 Chet, 545 Nanakshahi Era (NE)**

**Mar. 14, Chet 1 (Thur.) – Nanakshahi NEW YEAR 545.**  
**HAPPY NEW YEAR Everyone!!!**  
**Gurgaddhi Siri Guru Har Rai Sahib Ji (1644)**  
**Sangrand and Monthly Sehj Path**  
 Sehj Path 10:00 AM followed by Sehj Path Arambh for new month.

**Mar. 17 (Sun.) – Homeless Dinner Seva.**  
 Phoenix Rescue Mission, at 3:30 PM. (Call 602 741 8021)

**Mar. 22 (Fri.) – Joti Jot Siri Guru Hargobind Sahib Ji (1644)**  
 (Actual day: Mar 19)

**Mar. 24 (Sun.) – Shaheedi Bhai Subeg Singh and Bhai Shahbaz Singh Ji (1746)** (Actual day: Mar 25)

**Mar. 27 (Wed.) – Pooranmashi Kirtan Diwan program**  
 7:00PM to 8:00PM.

**Mar. 29 (Fri.) – Hola Mohalla Anandpur Sahib Festival**  
 (Actual Day: Mar. 28). To learn more about this festival visit [http://www.sikhwiki.org/index.php/Hola\\_Mahalla](http://www.sikhwiki.org/index.php/Hola_Mahalla)

**Mar. 30 (Sat.) – Hemkunt Foundation Speech Competition – 10:00AM**

**Mar. 31 (Sun.) – Shaheedi Baba Moti Ram Mehra & family (1704).**  
 Sakhi Baba Diwan Todar Mal.

**Amrit Sanchar is coming up in April. Are you ready? Contact Ragis.**

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

**Guru Hargobind Sahib Ji**

**Hola Mohalla Anandpur Sahib Festival**

NISHKAM SEVA GURDWARA SAHIB

& DR. JASBIR SINGH SAINI MEMORIAL HALL

4950 W Tonopah Drive, Glendale, AZ 85308. (NE corner of 51<sup>st</sup> Ave and Hwy 101)  
 Phone: 623-516-1413. [WWW.NishkamSeva.org](http://WWW.NishkamSeva.org). [NishkamSeva@Yahoo.com](mailto:NishkamSeva@Yahoo.com)

## Special Coverage of the celebrations in Arizona Temple of Sri Venkata Krishna Kehtra.Tempe AZ

We all know that Lord Krishna's Dasavathara story from our tender age from reading religious literatures, hearing panyasams, katha kalashebam and even in films also. As such whenever Evils begin to rule the world, He takes the human form and destroys all evils so as to establish Dharma and Truth for the prosperity of all. Similarly Lord Venketeshwara in Tirupathi (Andhra Pradesh in India) is considered as a famous pilgrimage not only to Hindus rest of others also. As such everyday lakhs and lakhs of devotees offer donations in kinds of cash and jewels for their prayers fulfilled. Thus He is regarded as a Kaliyuga God to bless all for health and happiness. Hindu religion with its supreme glory of traditional and spiritual philosophy though the ideal and unique belief of worshipping Lord Shiva and Lord Vishnu and other deities in various forms may differ, which are the embodiment of Hindus Traditional and spiritual cultural heritage with the ultimate spirit focusing that one supreme power above us in the name of God is being worshipped by all universally. Hence our vedic puranas and Hindu Philosophy underlines that Lord Brahma as the creator, Lord Vishnu as the protector and Lord Shiva as destroyer.

According to Hindu scriptures, all mortal beings are destined to pass through four great epochs in every cycle of creation and destruction. This divine cycle turns full-circle at the end of what is known as kalpa. A kalpa is a yuga cycle, which is a period of 10,000 divine years, and is divided into four ages or yugas (Sanskrit yuga = age/epoch). According to one calculation, one yuga cycle is estimated to be 4,320,000 years, and one kalpa 4,320,000,000 years.

The four great epochs in Hinduism are: Satya Yuga, Treta Yuga, Dwapar Yuga and Kali Yuga.

Now we are living in Kali Yuga, which is considered as the last cycle.

As stated above Sometimes God Himself incarnates not only as an ordinary man as well represents as great saints, Maharishis and swamis like Adi Sankarar, Sri Ramanujar, Shridi Saibaba, Mahan Ramana Maharishi, Guru Ragavendra and so on. Similarly for Christians Lord Jesus, for Muslims Muhammed Nabi, for Buddhists Lord Buddha, for Jains Lord Mahavir (who was the twenty-fourth and the last Tirthankara of the Jain religion (Tirthankaras are also known as Arihants or Jinas.) and Sikhs worships their Gurus. Thus they are all regarded as prophets of lime lights to the followers of such religions. On the above categories for Madhwas, who follow the philosophy of Dvaiddam (Vaishnavism) are the pure devotees of Lord Krishna as well Guru Ragavendra, who are mostly living in Karnataka and Andhra Pradesh of Indian States.

Whose mother tongue is Kannada and Telugu. In Karnataka State Udupi Lord Krishna Temple and Brundawan of Guru Ragavendra in Andhra Pradesh (Manthralayam) are very famous world wide.

### Guru Ragavendra:

As one of the famous saint in the lineage of Mathwa Parambara is believed and worshipped by vaishnavas and Madhwas as Lord Krishna's avathara in Kaliyuga. Guru Ragavendra born in Buvanagiri (South India), brought up in Kumbakonam, where he studies all vedas, upanishads and mastered in Hindu Philosophies totally. He travelled throughout India to preach the concepts and truths of Dwaiddam and vishistadvaidam.

For Advaita, the Acharya is also an illusion-unreality. Therefore, there is no point in considering its lineage in Advaita. As far as Dvaita, their lineage is said to begin so. The guru-parampara that is present in our Visishtadvaita Shree Vaishnava Matham, has Sriman Narayana as its first Acharya. But one has to note that the "Sishyas" who then became Acharyas, has followed the first Acharya perfectly in all manners only in Visishtadvaita Shree Vaishnava Guru-Parampara. Sriman Narayana as the first Acharya for all, has blessed us with Veda-Vedanta, Brahma-Sutra, Bhagavath Gita, Pancharatra Agama etc., and preached only the Visishtadvaita Shree Vaishnavam clearly. But the other branches of philosophies had their own prejudices as their mathams, which deviates from what the first Acharya told. Guru Ragavendra who attained Jeeva Samdhi at Manthralayam in India, Like Tirupathi attracts thousands and thousands of devotees every day. Similarly Guru Ragavendra's Brundawan Temples are constructed in number of places not only in India and rest of the world also. One among them in Arizona District.(US) - Sri Venkata Krishna Kshetra is very famous among Hindus, operated and managed by Sujnana Religious & Charitable Foundation, a non profit organization affiliated to Puthige Matham an 800 year old institution established by Sri Madwacharya in Udupi (India).

With the blessings of His Holiness Sri Sri Sugunendra Swamiji, the Head Pontiff of Udupi Mutt, who visited Toronto, especially to celebrate Mahara Sankaranthi and Thai Pongal Hindu Festival stayed at Lord Krishna Hanuman Brunda-

van Temple of Guru Ragavendra, located at Warden South, (Eglinton Ave.East.Scarborough) to which I used to go regularly as one of the devotees as well to cover the events to get published in local medias. Swamiji stayed for about a week and performed daily poojas from morning to evening very auspiciously as well various lectures on Hindu Philosophy. When I interviewed him to highlight his stay in Toronto and the details of other Brundawans, really which gave me a deep inspiration towards my understanding Guru Ragavendra. He also told about the Arizona Temple of Sri Venkata Krishna Kehtra. Tempe, in which Navagraha and



Guru Ragavendra's Pranaprathista ( installation of Deities) and gave me the opportunity to participate in this divine functions. Thus I had the opportunity to trip to Tempe and covered two days event, which is given as a special article in the interest of all devotees universally.

### His Holiness Sri Sri Sugunendra Swamiji's Mission and Vision:

His Holiness 1008 Shree Shree Sugunendra Theertha Swamiji, Pontiff of Jagadguru Shree Madhwaacharya Moola Mahaa Samsthaanam. Shree-madupendra Theertha Peetham. Shree Puthige Matha, Udupi. India is a visionary and modern thinker steep in tradition. His Holiness took "Sanyas (renouncing worldly pleasures in exchange for service to mankind and Almighty) at the age of twelve. For him religion is a tremendous source of knowledge which can be used positively to overcome violence or terrorism. His Holiness has been constantly delivering inspiring and enlightening discourses across the world to propagate universal brotherhood and world peace.

Being a Hindu spiritual leader and torch bearer of Dwaitha School of Philosophy. an harbinger of world pceace from India, His Holiness is the 30th pontiff in the 750 years old illustrious and everlasting Indian Vedic traditional lineage of Jagadguru Shree Madhwaacharya who profounded the Dwaitha School

of philosophy in the 12th century A.D. His Holiness is having many branches for His Matha and one of them is very attractive at Puthige. on the banks of Suvarna river, near Udupi where Lord Ganapati appeared in the Pillar about 500 years ago and has been ever since fulfilling aspirations of the devotees. An exciting spiritual education is the potential weapon to preserve and propagate world peace and friendship. His Holiness is seen teaching higher vedantha scriptures Vedas, Upanishads, Brahmasutras, Nyayasudha, Taraka, Meemamsa. Astrology, etc., at monastery at Puthige. His Holiness is continuing the ancient tradition of India in which the education means the absolute blessing of Guru.His Holiness has traveled various countries world wide and delivered discourses at Arizona State University, Hindu University at Orlando Florida. Arsha Vidya Gurukulam Stoutsburg, Stanford University of California Hindu University at Nairobi and

Other Universities. The thrust is always on international understanding and world peace. His Holiness is spreading the message of Bhagavad Geetha and also as said in other Scriptures which sheds light on duty and righteousness. The truth and non-violence are the edifice of world peace and prosperity. The favourite message of His Holiness is "...Be a Bee on religions, religion is beyond regionalism". His Holiness is the Head of 35 Religious and Spiritual Institutions in India and abroad.

This was the millennium goal of Swamiji when he visited Arizona on January 1,2001 which became a reality in 2011. His main theme has been that Globalization of Faith among people must occur first before the Globalization of Economy occurs. This temple is not just a temple only for worship and Swamiji named it "Venkata Krishna Kshetra" meaning this is a Pilgrimage Center in Tempe for all to visit. correctly located near the Priest Street. The State 'Arizona' in which the temple is established sound like 'Harizona'. Hari is the Supreme Lord in Hindu Mythology. Hence this is the Zone of the Supreme Lord.

### SVK Temple - Tempe (Phoenix- Arizona Dist.US)

From Toronto through Buffalo or Minnapolis (Atlanta.St.Paul) only six hours journey to Phoenix and the temple is easily reachable with in 10 minutes through the

route of Priest Road (University Avenue) and then Bech Road, close to that in left side is this temple, constructed with beautiful surroundings. It seems that this whole area would have been a desert since number of Date trees are visible around this area.

His Holiness Sri Sri 1008 Sugunendra Theertha Swamiji, the Pontiff of Puthige Matha (Udupi, Karnataka State.India) being a great scholar and Head of the Sri Udupi Mutt has established No of Vrundavan Guru Ragavendra Temple in India and other European Countries. As one among them the SVK Temple (Phoenix- Arizona Dist, in US) he was the pioneer to establish this temple as one of the branches of Udupi Puthige Matha 12 years back in US as a Non profit Institution of Sujnana Religious & Charitable Foundation.

This temple located at 615.S.Beck Avenue, Tempe, Aroazona was established on June 5th 2011 in the presence of His Holiness Sri Sri Sugunendra Theertha Swamiji, the Head Pontiff of Puthige Mutt of Udupi and the President of World Conference of Religions for Peace (NY), in whose presence the rituals and religious formalities for installing the Deities from India donated by various devotees were brought out by the ordained and trained priests from India. Honorable Mayor Huge Hallman, the Mayor of City of Tempe, proclaimed June 5,2011 as "Venkata Krishna Kshetra Day". This temple located with beautiful environment, adequate space for car parking, well equipped kitchen, marriage and special pooja hall and other facilities for all devotees. Above all in the main hall the beautiful sanctum sanctorum to Lord Venketeshwara, Goddess Luxmi Devi, Lord Shiva and Lord Ganesha Dharshan gives a divine feeling to one and all. When a devotees enter into the temple. all the three sannidhis mentioned above are easily visible, inspiring to feel the waves of divine spirit as such all Deities appearance with splendid alangarams reminds as though we are in India. The facilities and arrangements of special prayer Pooja Hall to conduct special Homams, Pownami Pooja (Full Moon Day), conducting marriages birth day, children's birth day, ear boaring function, Upanayanam, wedding anniversary, 60th Birth day celebrations, auditorium for cultural programs are additional credits to this temple. Sanskrit veda parayana classes are being conducted by prominent sanskrit scholar in addition to Vocal music and languages classes for which many talented teachers are the pillars to promote Indian Fine Arts and our Traditions.

The main prayer hall with above Deities appearance to devotees provides wide space to sit and meditate as well to observe all poojas as given below. Portraits

of Lord Krishna's Dasavatharas are beautifully displayed on the side walls of the main hall of this temple near to the administrative office with video screens on both sides so that all devotees can view easily the poojas while sitting in the Hall. Similarly in the Notice Board a brief message of temple activities, Gold, silver, platinum sponsors and life sponsors note and special events during the month are also displayed for the convenience of the devotees and new comers.

When I interviewed the chief Priest of SVK Temple Shri Kiranji and the main compere Shri Balakrishnan, they highlighted the salient features of this temple with full details, which I summarize below.

For the past 10 years more than 13000 population of South Asian community who have migrated to Arizona District and other parts of US have created the symbol of their cultural and spiritual heritage in great manner. Mr Balakrishnan, a medical research scholar, who used to cover all the events and serves as the compere for the special events, such as cultural programs, recital of Vishnu sahasranamam and other sanskrit stotras, told that all Hindu monthly festivals from every year beginning January to December are being conducted annually in fitting manner. Particularly Puratasi Month being very auspicious to Vaishnavas, Lord Venketeshwara Pooja. Puratasi Viradham, Saniswarar pooja as well Lord Iyappan Pooja during Karthika and Markhazi month, Maha sivarhri, Navarathri, Vaikunda Eka-desi, Rama Navami etc are very famous. Further every Saturday Lord Venketeshwara and Saligrama abishekam plus every month full moon day Navagraha and Sri Satya Narayana Pooja are regular attraction to the devotees. On every Wednesday one Mr Sada, Teacher of Sansrit class, conducts regularly Vedic mandra parayanam to which seniors and juniors attends regularly. Further classical singing of devotional songs and language classes in Tamil, Telugu, Malayalam and Kannada are being imparted to the youth group studying in school attends on weekly holidays. People from ethnic groups are also devotees of this temple. One Caribbean lady, who regularly offers flowers and maintains the temple garden is a regular devotee to participate in vishnu sahasranamam. There is a central museum in Pheonix, where the temple's full vision is archived in Metro Area Cultural Museum Achieves supported by Mrs Murali Malivika..

The South Asian community, especially the Kannada Language speaking people of Karnataka State (India) who migrated to Arizona District preferred to have a prayer hall, for which one three bed room house owner came forward to establish Lord Srinivasa Temple and from 2000 they have been worshipping with daily poojas with the blessings of Sri Sri Sugunendra swamiji, who only gave the 100 years Utsav Moorthi of Lord Srinivasa, received from Sri Rengam till 2010. When devotees number increased day by day, which became a disturbance due to car parking problems and strangers who were viewed as nuisance with their devotional attitudes. Hence they opted to have a separate temple. Any kind of issues are being justified by Swamiji only. Hence when Swamiji accepted and they came to know one suitable place comes for sale, where a christian church was existing. So as per their desire, this place was purchased and the temple was constructed. Renovation and construction of the temple went from 2009 to 2010 and the worship continued in the same house till 2011 with the utsav moorthy, All devotees used to attend the daily poojas and special festivals with the Chief Priest Shri Kiran Kumar and others as well special cook from Udupi shri Jeyaram Bhat, who prepares everyday annadana prasadas. Thus this temple came to a new location with the

devotees sincere efforts, fulfilled by Swamiji. In due course all devotees preferred to erect the image of Lord Venketewara in separate Moolastan. Fortunately this was also realized since one devotee came forward to donate the same, which added an additional source of getting Navagrahas, Lord Vignesh, Lord Shiva, Lord Anjeneya and Lord Karudar. This miraculous gift came with His Blessings in time and all these idols got installed and Maha Kumbabishekam celebrations were held by His Holiness Sri Sri Sugunendra Theertha Swamiji on June 5, 2011 in whose presence the holy rituals and other formalities for installing the Deities from India were carried out by the ordained and trained priests from India, which was an unique event in everone's life. This is the only temple which possess 2228 Saligramams and Lord Venkateswara is adorned with 108 sudharshana chakra appears similar to Thirumala. Further Thirumala Day is being celebrated every year during May second week in festive manner, which should not be missed by all. No cultural indifference and politics in this temple. Hence all are involved with pure dedication, determination, devotion, voluntarism apart from worships. Swamiji has erected more than 10 Brundawans in India and in European countries. The Mayor of Pheonix and other parliamentarians used to visit to this temple often. As a matter of fact Honorable Mayor of City of Tempe, Mr Hugh Hallman proclaimed June 5th as "Venkata Krishna Kshetra Day: in Tempe, Arizona.

Shri N.S.Rao, who has contributed a great deal in the development of the temple and the American devotee Me Steave, an acclaimed Vaastu expert, who had guided the construction of Venkatakrishna Temple are to be mentioned exclusively for their contribution and services to fulfill the devotees dream to visualise.

Monday to Friday 7 am to 2 PM and in evening from 5 pm to 9 pm and On Saturday and Sunday from 6 am to 2 pm as well 5 pm to 9 pm this temple is opened to all devotees. Everyday with subrabadam, Maha Gnapathi Pooja, Venketeshwara Pooja, Mahalakshmi Pooja, Navagraha Pooja, Anjeneya and Karuda pooja regular performances. Krishnashtaka Stotram, sadas archana and veda slogams are regular features. Whenever abishekam takes place, Purusha suktam, Vishnu Sahasranamanm Mahalakshmi Ashtotham, Anjeneya studi are being conducted regularly. Every Monday Rudrabhishekam and every Saturday Venketeshwara Abishekam, important days like New Moon and Full Moon (Powrnami) Sri Satya Narayan Pooja, Pradhosham, Sankatahara Chaturthi are the special pooja performances of this temple in addition to our monthly and annual Hindu Festivals. The speciality of this temple includes daily Annadaanam both in the noon and night after the completion of Thottul Pooja ( cradle pooja), Mangalarthi and Thirta Prasadam. Yearly Sponsors for annual Annadaanam, Archana, Sankarahara Chaturty, grand sponsorship for all special events are the main source of income in addition to daily contributions of regular devotees, who donate cash and kind in various forms. Only one monthly journal Asia Today coordinates to publish the article about the temple's events with coverage of special programs. No TV or Radio Medias have utilized to promote this temple's features. Sujana Religious and Charitable Foundation's monthly journal " SUGUNA DIGEST " is available in this temple, which publishes various religious articles and events of Temples, affiliated to Udupi Head Mutt. Hence I suggested to bring out a quarterly publication of SVK Temple and Mr Kiranji happily agreed to start with the approval of swamiji, for which I accepted to coordinate from Canada in all respects.

The Administrator Sri Prasanna Acharya, Shri Bhaskara Uduppa, the Chief Priest Sri Kiran Kumar with the assistant Priest Shri Janarthana Bhat, Shri Yogendra Bhat, Shri Sripathy Tantry perform daily poojas according to the vedic traditions prescribed in the holy scriptures. Shri Jayakumar Uli and Shri Balakrishna Bhat prepares variety of delicious food in Karnataka style for daily annadannam both in noon and night. Volunteers Mrs Malavika Murali, Mrs Pushpa Ramakrishnan, Smt Jeyanthi Anand, Smt Ratna Vasudev, Smt Jeya Ramadurai and Smt Archana Kiran Kumar are do deserve great appreciation for their sincere services on important celebration days. Further Mr G.P.Srinivasan, Mr Raveendra Rov., Mr Kesavrao Dadipathry, who were the coordinators for these three days celebrations are to be mentioned, who honored the visited special priests from various parts to conduct the programs.

The celebrations of Punar Prana Prana-thishtapana for Navagraha and Brundavana Pratishta of Sri Guru Ragavendra swami were held from January 24th to 26th in the following manner. No of special priests from Udupi, US and Canada joined with Swamiji to conduct these special festival as follows:-

On 24th January the inaugural function of the celebrations in the forenoon started with traditional rituals like Punyavachana, Ganapathi Pooja and Homa, Jaladivasa, Pushpoghna Vasu, and in the evening vastu-Rakhodna Homa, Shayyadhivaasa were performed by the priest very auspiciously in the presence of large gathering of devotees. Who also chanted Vishnu sahasranamam, Venketesa stotrams, Bhajan and devotional songs during these three days functions. After Swamiji's special address, Aarthi and Maha Prasada with Annadaanam the first day event concluded. On Friday, January 25th in the morning subrabatham, Punyavachana, Bimbhadhi Shuddi Prakriya, Navagraha Prithishta Homa, Brundavana Prathishta, Panchamurtha Abishekam, Pradhana Kalashabisheka, Mahapooja were performed by all priests and in the evening usual poojas were performed by Swamiji. A Dance performance by local dance artist also was very pleasing, whose dance with recorded songs, praising Lord Venkateswara and Guru Ragavendra with expression of various bhavana and style were really so exiting.

On Saturday 26th forenoon with pooja started with Subrabatham followed with Punyavachana, Navagraha Homa, Navagraha Prathishta, Panchamurtha Abishekam, Sri Venketeshwara Abishekam followed with traditional rituals like G u r u Ragvendra procession around the temple with chanting of vedic mandras, Sri Ragavendra Stotrams, bhajan, hanumanchalisa etc by the devotees, which were really very inspiring and dedicating. In the evening also before starting the usual pooja, carnatic vocal music performance by smt. Rajarajeshwary Bhat. (Founder Director of Krishna Gana Suha Music Academy, Richmond, Texas) with the accompaniment of veteran instrumental musicians Shri Sarat Chandra (Mirudangam), Shri Magesh Subramaniam (Ganjira), Shri Sheroys Bharatwaj (Flute) and Miss Harini Shridar (Key Board) entertained with melodious music with divine dedication for about two hours in the presence of His Holiness Sri Sri Sugunendra Swamiji. Devotional songs composed by Purandara Daasar, Jenanatha Dasaar, Kamayasa Daasar, Satrugu Sri Thiagaraja swamigal, Vital Bajan, sakala kala valli about Navagrahas, Guru Ragavendra songs etc were really appropriate. Particularly Mrs Rajarajeshwary's songs from Kaveri Raga Varnam, Marukelera in Reethi Gowla Raga, siva siva yanaraadha in ragam Panthuvrali as well Kalyani raga and Thillana were the selective compositions proved her vocal

talents added with the accompanied musicians presentation of solo play in Violin and Mirudangam also was totally impressive. Thus the music concert was really fine from beginning to Mangalam.

Swamiji, in his blessing message highlighted the power of music referring to form of Bakthi as one of the seva, which pleases not only the supreme God besides the devotees since, the vibrations are purely divine, which provokes our conscious to get involved with this spiritual feelings. He also honoured the artists with shawl and distributed Prasad. Dr Anantharaman who introduced the artists in the beginning, proposed a voe of thanks at the end. He also mentioned that Hari Bakthi Sahitya is a main pathway towards bakthi vivadha. Followed with this music concert, usual poojas with sanskrit slogans, various stotrams like vishnu, lalitha, Guru Ragavendra, Bhajan songs, Thottul Pooja, Aarthi were the main events of evening special poojas. Concluding these three days successful celebrations, Swamiji in his special speech delivered the importance of vedic traditions and the meaningful sampradhayas adhered in all Hindu Temples. Compiling these three days divine events he stated that Pheonix has become a Paripoorna Shetra since Navagraha and Guru Sri Ragavendra's sannidhi have added a new arena to the devotees to fulfil their prayers to great extent. He also illustrated the material life's reality in savings such investments in banks, real estate or purchase of gold, silver etc, which will not yield in full way due everything is uncertain, but investment in Lord Venketeswara's through any kind of contributions will return in double with no doubts. Hence he advised to invest to Lord Venketeshwara as much as could. The importance and significance of Guru Bakthi was advocated with various examples of sanskrit citation and Bagawat Geetha, emphasizing the service for the cause of Dharma as well Guru is the synthesis of all teachers. He also highlighted the facts of four yugas and the speciality of Krishnavatara with the concept of Bakti Yoga and Jnana Yoga.. He blessed all devotees, particularly who took special interest on various sevas as Platinium, Gold, Silver sponsors and special archana devotees. As such to celebrate these three days divine functions successfully, number of Grand sponsors took interest with their mighty contributions for sarva seva, Alanakara Seva, Homa, Annadanna, Sri Ragavendra Swami Hasthodaka seva apart from special archanas. He also expressed with joy and congratulated with hearty thanks to the special priests from Udupi (India), Toronto & US, who took special part to conduct all poojas and holy performances as per the religious rituals in excellent matter. He appreciated the Priests, Management committee members, volunteers of Pheonix SVK Temple for their sincere dedication for the successful of three days celebrations in grand manner.

There are other important places of tourist attraction such as Sai Mandir, Ganesh Temple, Hare Rama Hare Krishna Temple and Bharatiya Ekta Mandir of Arizona and its community centre (affiliated to Indo-American Foundation of Arizona - one should not miss to visit this beautiful temple in Pheonix)

Unbelievable Team Work! A beautiful sight to cherish with devotional and spiritual dedication of all - That is the Holy Temple of SVK Temple in US. Pheonix. Keep a note on your tour itinerary to US during your vacation tour to have the Holy Dharshan of Lord Venketeshwara and other Deities.

To get more information about this Temple, please you can view in the website - [www.svkshetra.org](http://www.svkshetra.org) or contact Sri Kiran Kumar, the Chief Priest at 480 785 5217.

**BY Pudhuvai N.Raman. SVK Temple**

# Snakes in the Hole' or Snacks in the Hall



Dr. Jaswant Singh Sachdev, MD\* Phoenix, Arizona

A few years ago, one of my American acquaintances, while praising the entrepreneurial spirit of the people of the Indian subcontinent, mentioned a joke in relation to their Indian accent. His intent was not malicious at all. Indeed, he was trying to compliment the people of the Indian subcontinent, who, in spite of their occasional heavy accent and other race-related issues, have been very successful the world over in their chosen professions. He went on to relate his experience about a party where the Indian host had asked him to pick up "snacks from the hall" before sitting down at his assigned table. This American acquaintance confided in me that it sounded to him as if the Indian host was referring to some 'snakes in the hole.' Obviously he had difficulty in figuring it out, but upon fully comprehending the statement of the Indian host, he ended up having a hearty laugh.

Interestingly, this Indian host, a well known person in the community, happened to be a very successful businessman in spite of his thick and oftentimes difficult to understand accent. The American acquaintance apologetically mentioned that usually accents of Indian people at-large are very understandable. Yet his joke proved a point that in the matter of accents or verbal expressions even well-settled immigrants from the Indian subcontinent may have a long way to go.

We live in a multicultural, multi-ethnic and multi-linguistic society. And yet the language that binds all of us together happens to be English. An understanding of English and the ability to communicate in it, therefore, assumes a great significance for all of us. Once a transplanted person starts living in a country like the U.S.A., Canada, U.K. and Australia or for that matter in any other

English-speaking country, the skill in understanding and communicating in this language naturally improves. However, as far as an accent is concerned, it may improve to some extent, yet it never goes away.

In the sixties, the Indians and other Asians who immigrated to this country belonged primarily to well-established professions, such as medicine and engineering or they were in the teaching profession. In addition there were significant numbers of students in many universities and colleges. The people of India had a varied level of competence in English. Their English accents largely depended not only upon the geographic area in which their childhood was spent but also upon their quality of schooling, medium and language of instruction in their formative years. Yet in those times, the Indians, like many other skilled and professional immigrants from elsewhere, were accepted easily and respected greatly for the culture of their hard work. This was irrespective of their communication skills or proficiency in the delivery of English.

As time passed the Indians, like other immigrant communities, started exploring other professions and business opportunities. Many became successful entrepreneurs in their own businesses and some opened their own companies while others became CEOs of multinationals. Their skills kept on elevating them, finally bringing them to the forefront. With globalization of the world, and their built-in knowledge of the English language as well as their expertise in the upcoming information technologies, the Indian professionals became a force to reckon with.

However, as the pie kept

on shrinking, the sailing didn't stay that smooth. With the addition of many non-skilled and non-professional people of Asian backgrounds, arriving as piggy-backs on their previously-arrived relatives but with a rather limited knowledge



of English, the Charisma of the times past was lost. As a consequence, the Asian immigrants seemed not to draw the same kind of respect that was afforded to their pioneer cousins.

In the multi-ethnic and multi-cultural society of the West, the ultimate success and acceptability of an immigrant is dependent, in part, on the proficiency of spoken English and on one's accent. These factors are emphasized more in the corporate setting where interaction with the public is greater.

A smart, skillful and highly educated individual, who otherwise could have reached the pinnacle of success without much difficulty, may now not get that far on the ladder of success if his or her accent is heavy. When being considered for a promotion, an immigrant's accent may often turn out to be a silent determining factor in the immigrant's ultimate fate. In teaching profession, in the universities and colleges, many-a-times, the talented professors could be passed over for tenure simply as a

consequence of their accent. The speaking engagements would naturally not come their way with heavy accents as opposed to otherwise. Even in the business world, given every other consideration, the accent happens to be the main reason in the ultimate success of an immigrant.

The managers and supervisors at various enterprises are usually well aware and are fairly sensitive about the rules and regulations of hiring practices and discrimination based on color, creed and origin of birth. They are cognizant of the fact that the laws of the land could easily take them to task if such a practice were to be documented under their supervision. However, when it comes to communication, an individual with an accent might not find much respite, for it is not difficult to hide the obvious. It is not impossible for employers to prove that the accent of a given employee is causing a hindrance in their ultimate bottom line, especially if it involves dealing with the public. This deficiency can be used as their last weapon in hiring or firing as well as chopping someone off from the job easily where otherwise they might find it difficult to do so.

The inclusion of the English language at an early age in schools all over India is one reason that Indians are successful in the communication industry, surpassing many other rapidly developing nations. This has brought in a visible upswing in the establishment of many so-called 'call centers' in India. With an overflowing pool of English-speaking young men and women in India, the corporate employers of the West find many opportunities to tap into this easily available English-speaking pool. For their part,

reasonably well-educated but unemployed Indian youths turn thankful for the opportunities that landed at their doorsteps almost inadvertently.

The world we live in is shrinking rapidly. In as far as methods of communications are concerned the boundaries between different countries are fading, thanks to the onslaught of internet. One could simultaneously watch and talk to the person sitting thousands and thousands of miles away. The geographic distances seem not to have much clout, as they used to at one time, due to the convenience of world-wide travel.

With the passage of time, it is becoming fairly obvious that the people with good communication skills in English and without a thick accent will end up having great days ahead in this global technology, notwithstanding other issues.

It is therefore, essential that each and every members of the diaspora must pay heed to this aspect and do whatever needs to be done to help improve this deficiency to the extent possible. Any immigrant coming from any country at any age can improve chances of placement by improving his or her accent. It is easily doable without much cost. The help, if seriously sought, is always available. Those who understand and respect this golden rule of mastering the accent, will rule the rest, and the rest who don't, will have to rest at the bottom without much of a rest in the rest of their lives.

*\*Adapted from author's previously published book, "Square Pegs, Round Holes" www.SquarePegsRoundHolesBook.com and recently arrived masterpiece about cross-cultural dilemma of Indian subcontinent diaspora, "One Coin, Two Sides," For details about this new book, please go to the LINK <http://inkwellproductions.com/one-coin-two-sides.htm>*

# Real-estate sector in Arizona

This is the time of the year when the New year is not new anymore and we all get an opportunity to reflect back in the rear-view mirror and feel good about all the good things we did last year. So lets summarize the progress of real-estate market in the valley for 2012.

A new report from the W. P. Carey School of Business at Arizona State University provides not only a 2012 summary for Maricopa and Pinal counties, but also gives us some insight of what's ahead:

- The median single-family-home sales price shot up almost 34 percent – \$122,500 to \$164,000 – from December 2011 to December 2012.

- The supply of homes for sale fell 6 percent from January 2012 to January 2013, with discounted, “distressed” supply down a whopping 42 percent.

- Foreclosures finally plummeted 51 percent from December 2011 to December 2012, signaling we are near the end of a terrible chapter in the Phoenix-area housing market.

- Inventory went down 6 percent from the beginning of January 2012 to the start of January 2013. Still, the supply began to bounce back toward the end of the year, increasing 13 percent in the fourth quarter. The supply of cheap, “distressed supply” plunged 42 percent over the year, as foreclosures and short

sales fell. Overall sales activity also fell 12 percent for single-family homes and 13 percent for townhomes/condos from December to December.

- Builders are stocking up on vacant lots – having purchased almost 2,300 of them, plus several tracts of undeveloped land, in December alone.

- Homeowners receiving notice their lenders may foreclose in 90 days – are down 40 percent from December 2011 to December 2012. Completed foreclosures are down 51 percent.

- The number of homes listed for sale, which stood at an 11-year low at the end of last year, fell even further in January, according to a report released Thursday. There were just 1.48 million homes listed for sale at the end of January, down by 5.6% from December and by 16.5% from one year ago, according to data compiled by Realtor.com. That's the lowest level since the firm began its count in 2007.

- The National Association of Realtors separately reported last month that inventory ended 2012 at an 11-year low. With inventories at record lows and list prices increasing, Realtor.com 2013 Best Markets are Sacramento, CA; San Jose, CA; San Francisco, CA; Phoenix, AZ; and Washington, DC.

Almost all areas of the Valley rebounded significantly in 2012.

Having gone through the 2012 summary, lets now look at January sales for Maricopa County -

- Total sales for single family, Townhomes, Condos for January was 5,079 and December was 6,190 whereas November was 5,976.

- The Active listings for January was 17,516 and December was 16,703 whereas November was 18,426.

- Pending in January was 8,133 and December was 6,917 whereas November 8,234.

- Cash Buyers are still dominating the market.

Lets look on the Commercial Side for the month of January:

- VP Arrowhead LLC sold 17510 N. 75th Ave. in Glendale, AZ to Bluebird Arrowhead Phoenix LLC for \$5 million, or about \$144 per square foot. Originally built in 2000, the single-story retail property totals 34,837 square feet on approximately 4.1 acres in Maricopa County.

- Intermountain Lock & Security Supply purchased Building 7 in the Canal Crossing Business Park, located at 5620 S. 32nd St. in Phoenix, AZ for approximately \$1.29 million, or \$60 per square foot. The 21,541-square-foot distribution building was constructed in 2008.

- The Phoenix Industrial market

ended the fourth quarter 2012 with a vacancy rate of 12.4%. The vacancy rate was down over the previous quarter, with net absorption totaling positive 2,156,589 square feet in the fourth quarter. That compares to positive 647,286 square feet in the third quarter 2012. Vacant sublease space decreased in the quarter, ending the quarter at 2,091,514 square feet. Whereas, the Phoenix retail market experienced a moderate improvement in market conditions in the fourth quarter 2012. Vacancy rate went from 11.8% in the previous quarter to 11.2% in the current quarter. Net absorption was positive 1,581,481 square feet, and vacant sublease space increased by 116,129 square feet. In third quarter 2012, net absorption was positive 12,597 square feet.

**As always, I love all the questions, comments & feedback. Please keep them coming at [arti@artiyyer.co](mailto:arti@artiyyer.co) or feel free to call me at 480.242.8573 if you need more information.**



Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as wall street journal, Armls, Cromford Report, Costar, Globest and Biz-Journal, Newgeni, Realtor.org, RBI.

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# ***Curtailing Violence for Safety and Peace***

By Habibullah Saleem © 2013

A violent citizen or violent cop  
 Violence wherever, it's time to stop  
 Life is more precious than anger and hate  
 Disappointment and revenge, we must escape  
 Exercising patience, regardless of the matter  
 Let us all climb the compassionate ladder  
 Learning early to conquer the pain  
 Forgiveness prevents becoming insane  
 A two-way street, no matter which side  
 The Creator is He who Best Provides  
 Seek His advice for self restraint  
 Never are we angels or some kind of saint  
 Violence for sure, initiates fear  
 Showing immediately a Mind Not Clear  
 Self control, anger suppressed  
 Rejecters of violence, the best of the best  
 Cowardly killing an illusion of brave  
 Courage is when lives are saved  
 Yes, for sure we've all been wronged  
 Yet it's our duty to remain being strong  
 Anger and violence is not the answer  
 Spreading and destroying like the worst of cancer  
 We must embrace time to breathe  
 Beyond the difficulty surely comes ease  
 It's the law of nature, the Creators Gift  
 A loss of maturity when allowed it to shift  
 In spite of the pain, so precious is life  
 Think and not use, a gun or a knife  
 Suppressing our emotions an absolute must  
 Trust the greater power or the mind will rust  
 Safety and peace the ultimate goal  
 Violence describes the mind that's cold  
 Running and hiding afraid to admit  
 The punishable penalty like falling in a pit  
 Families in shock, friends in disbelief  
 Humans as animals, promoters of grief  
 No longer upright, disgusting behavior  
 Violence testifying the need for a savior  
 Derailing life's purpose, citizens or cop  
 Violence wherever, it's time to stop  
 Self Restraint Is The Picture To Paint



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**ARIES**



Mar 21 to Apr 20

You need time to make things better. Make sure that you get legal matters checked out thoroughly. Observations will be far more productive. Emotionally you won't see things accurately. Your luckiest events this month will occur on a Sunday.

**TAURUS**



April 21 to May 20

Pleasure trips will be most enjoyable if you take them with that special person in your life. Take time to do something nice for yourself. Jealous coworkers may try to sabotage your attempts to get ahead. Be supportive in order to avoid confrontations. Your luckiest events this month will occur on a Tuesday.

**GEMINI**



May 21 to June 21

Dazzle them with your intellectual conversation. Your partner could make you angry if they steal your thunder or embarrass you in front of others. Keep an eye on your weight. Be careful when dealing with female members of your family. Your luckiest events this month will occur on a Friday.

**CANCER**



Jun 22 to Jul 22

Look into making changes to your personal papers and don't neglect those bills that have been piling up. Your time, not your cash, will do a lot more for your relationship. Make love, not war, and all will be fine. Tempers may flare if you haven't been completely honest about your intentions or your whereabouts. Your luckiest events this month will occur on a Tuesday.

**LEO**



Jul 23 to Aug 23

Your family may be feeling neglected and unloved. You are best to work at home if you can. You are best to ask questions if you aren't certain about issues that are confronting you. Minor health problems may flare up if you haven't been taking care of yourself or have been burning the candle at both ends. Your luckiest events this month will occur on a Monday.

**VIRGO**



Aug 24 to Sep 23

Interaction with colleagues will only be upsetting. You can make major decisions regarding your professional direction. You can enhance your cash flow if you pick up additional skills. Someone is trying to pull the wool over your eyes, and if you're gullible, it may cost you. Your luckiest events this month will occur on a Wednesday.

**LIBRA**



Sep 24 to Oct 23

You will have the discipline and fortitude to accomplish what you want this month. Travel will be on your mind, but you should be sure that you've got all your work up-to-date. Be sure that the person you're drawn to is not already involved. You can make new friends by taking part in social events involving colleagues. Your luckiest events this month will occur on a Wednesday.

**SCORPIO**



Oct 24 to Nov 22

You can expect to have a problem with your lover. Don't put off the things that they have asked you to do. Abrupt changes in your home may send you for a loop. You will do well with clients this month. Stick to your work and avoid emotional confrontations. Social events should be the highlight of your day. Your luckiest events this month will occur on a Wednesday.

**SAGITTARIUS**



Nov 23 to Dec 21

Opportunities for romance will flourish through travel. If boredom has set in, find new and unique directions that offer interesting friendships. You can make alterations to your appearance that everyone will admire. The advice you get this month may be based on false information. Your luckiest events this month will occur on a Monday.

**CAPRICORN**



Dec 22 to Jan 21

Your emotions are soaring and if you don't get your way, look out world. You will be able to make favorable changes in your living quarters. You may find out that someone is trying to undermine you. You will have to watch out for minor health problems related to stress. Your luckiest events this month will occur on a Thursday.

**AQUARIUS**



Jan 22 to Feb 19

You may think gifts will win their heart, but it could add stress from lack of funds. Focus on forming business partnerships. You will gain a lot if you listen. Watch your weight gain due to water retention. Your luckiest events this month will occur on a Friday.

**PISCES**



Feb 20 to Mar 20

March 2013						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Grand India Festival @ Indo-American Community Center
3 Laksha Ganapati Gayatri Mantra Chanting @ Maha Ganapati Temple of Arizona	4	5	6	7	8 * Indian Classical Music Festival 2013 * Nrityagram Dance Ensemble @ Scottsdale Center for the Performing Arts	9 Maha Shivaratri Celebrations @ Ekta Mandir  Indian Classical Music Festival 2013
10 Dharma Bee!!!  Free Bee Workshops @ Murdoch Hall	11 Spring workshop	12	13	14	15	16 Me and mine workshop
17 Quick Bollywood Workshop	18	19	20	21	22	23 Basanth Mela 2013 (Kite Flying Festival) @ Fountain Park
24	25	26	27	28	29 Spring 2013 Carnatic Vocal Concert @ Murdock Hall	30
31 Holi celebrations @ South Mountain Park						

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# Special 26 is an intelligent thriller

Not many of us would've been willing to bet on Akshay Kumar's acting prowess. Well, thanks to director Neeraj Pandey of the A Wednesday-fame, Akshay gives a convincing performance as a no-nonsense con-man in Special Chabbis, a compelling heist drama based on real events. Coming from the action hero prone to over-the-top comedy and melodrama, this controlled act is definitely a

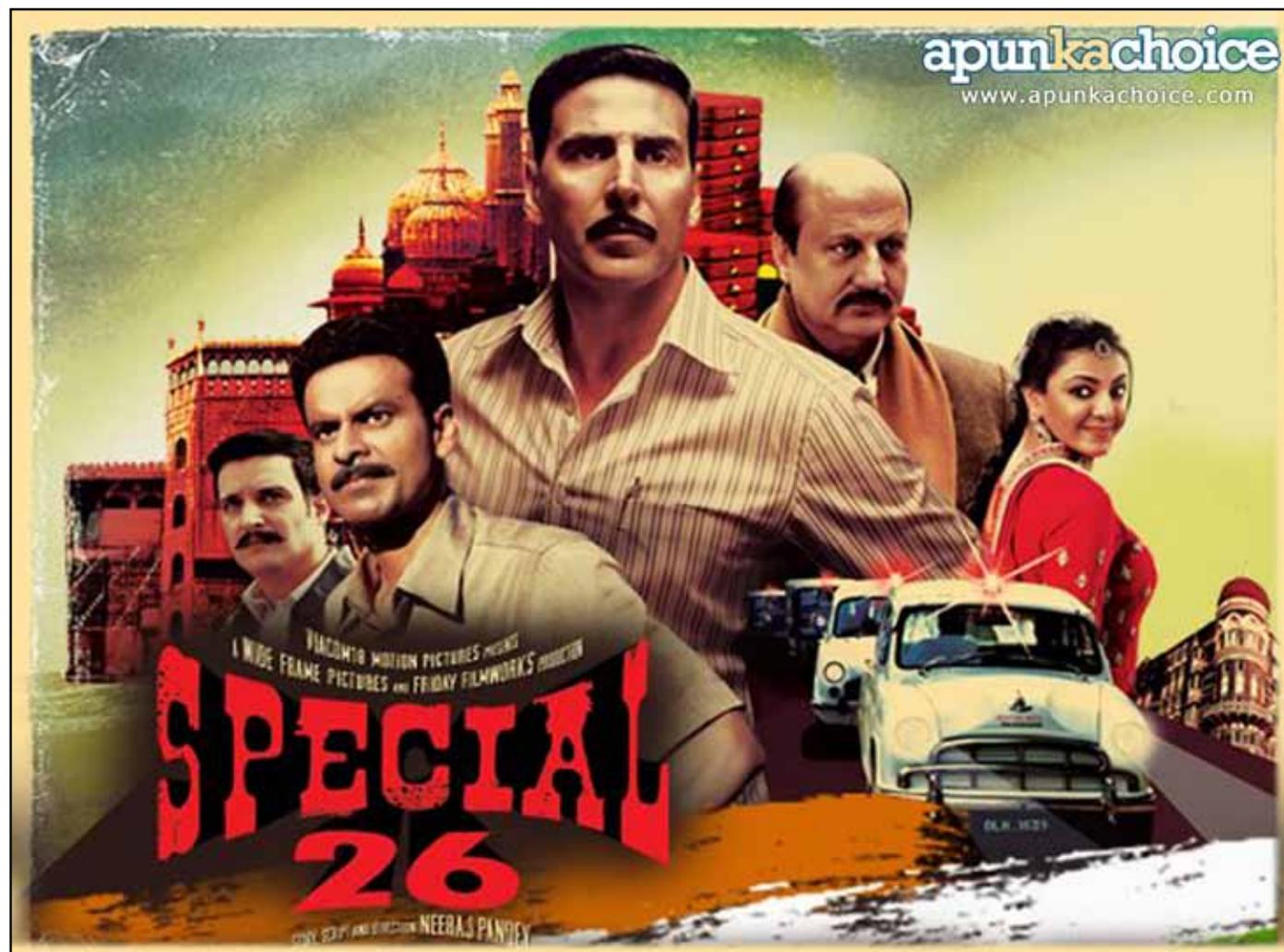
## Film Review

Film: Special 26  
 Director: Neeraj Pandey  
 Cast: Akshay Kumar, Manoj Bajpayee, Anupam Kher, Jimmy Sheirgil, Rajesh Sharma, Divya Dutta and Kajal Aggarwal  
 Rating: \*\*\*\*

refreshing surprise. Besides that, the other actors in leading roles, Anupam Kher, Manoj Bajpayee and Jimmy Sheirgil do more than justice to their roles, making the movie worth your money and time.

The movie is set in the '80s, just as an aspiring India was waking up from the socialist slumber. Ajay (Akshay), Sharmaji (Anupam Kher), Iqbal (Kishore Kadam) and Joginder (Rajesh Sharma) are a close-knit team of thieves who pose as CBI or Income Tax officers and raid the rich.

Ajay is the master-mind, who picks the victims — corrupt politicians and rich businessmen who have piles of black money to hide and wouldn't dare cry wolf fearing loss of face in public — and hatches ingenious plots to trap them. During one of their daylight robberies, when they raid a corrupt minister's house on a laid-back Republic Day, two cops — Ranveer Singh (Jimmy Sheirgill) and Shantiji (Divya Dutta) — are tricked into playing accomplice. When it is known that



they were duped, they are suspended from service. Ridiculed for his gullibility, Ranveer decides to nab the con-gang with help from CBI officer Wasim Khan (Manoj Bajpayee).

The director has got most of the details right and therefore, despite the incredulous way the gang gets away with their 49 raids, the movie wears a realistic air. It is quite impressive that all the lead actors got their body language right at all times. The cockiness of Wasim Khan contrasts perfectly with the wobbliness of Sharmaji. In that, we must say Anupam Kher, Manoj Bajpayee and Jimmy Sheirgill score above Akshay Kumar.

The picturisation of the Indian cities of the '80s when the roads had fewer cars, bureaucrats travelled only in white ambassadors, and Lambrettas and Vespas meant the upwardly mobile, induce a nostalgia. The steady background score compliments the fast pace of the movie. One of the few faltering factors in the movie is the lack-lustre performance of Kajal Aggarwal, Akshay's lover in the film. She is almost always lame, and looks terribly out of place.

Her role could've been done away with. The song and dance sequences too could've been entirely avoided. Perhaps, that is where Pandey played

for the box-office.

A minor faux pas which we couldn't help laugh about was when Akshay speaks a few lines in Tamil to impress a bunch of youngsters eager for a CBI job. The director seems to have forgotten the period of the film for an instant as he has Akshay mouthing the 'tsunami' word along with the standard Tamil dialogues. Until the December 26, 2004 disaster, hardly anyone knew of a natural phenomenon called tsunami.

Those little things apart, Special Chabbis is a well-written, well-made thriller sans histrionics which translates into wholesome entertainment.

## Katrina Kaif - Hrithik Roshan to liplock again

Buzz is that the two actors will share akiss in Siddharth Anand's Bang Bang, which is the official remake of Holly flick Knight and Day. It is not clear if the kiss will be a repeat of the fleeting one in Zindagi...or a more intense and passionate.

The makers of the film still have to take a call on that. But both Kat and Hrithik have been informed about the puckering up, and they've agreed to do so.

The shooting of the film is slated to begin soon in Kashmir. The pair's chemistry in ZNMD was quite sizzling, though the kiss itself was more of a peck.

The two actors will have to outdo their last kiss to have any impact.

The film has been adapted to suit to Bollywood tastes. In the original, there are many steamy scenes between Tom Cruise and Cameron Diaz.

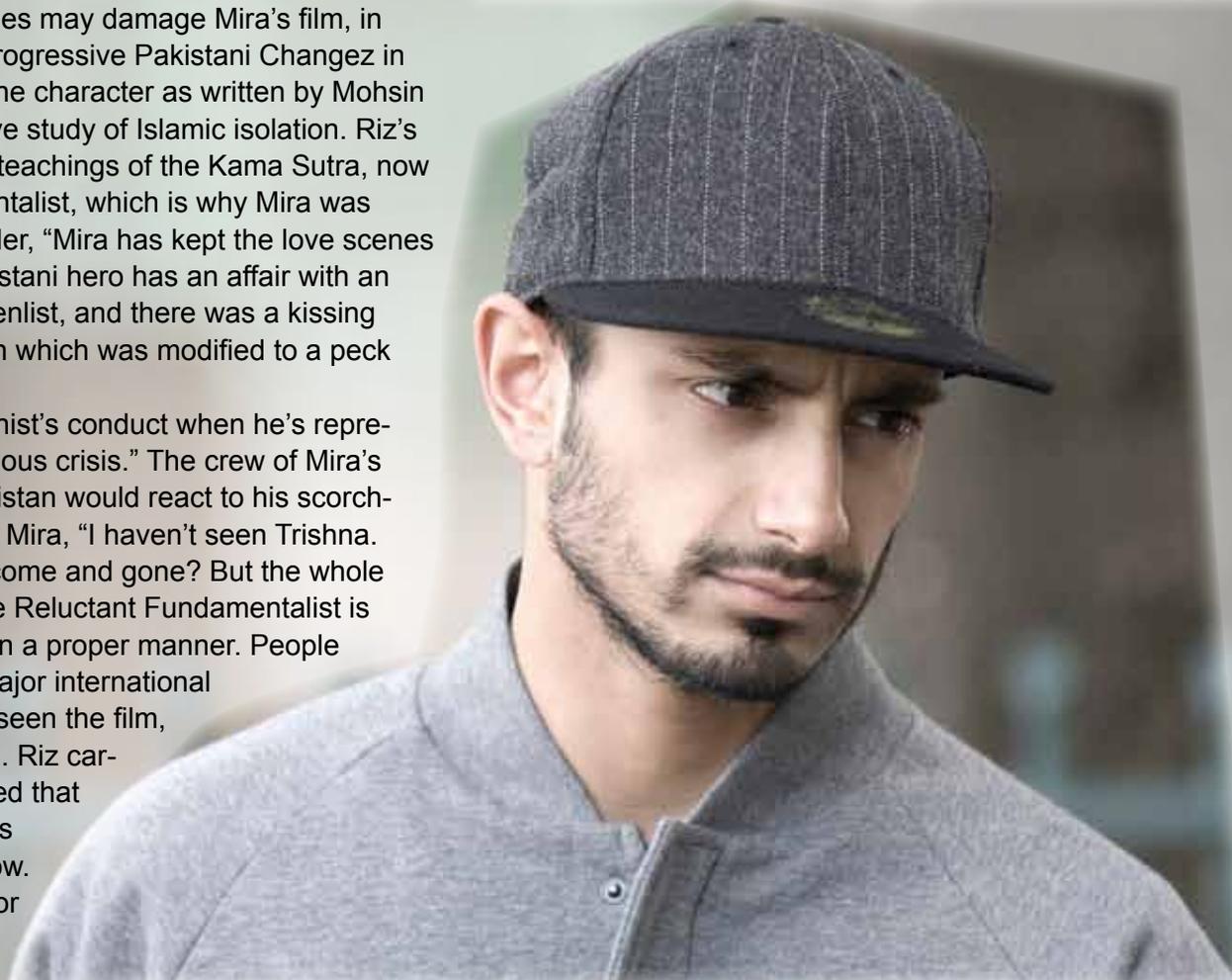


Lead actor Riz Ahmed, who is playing the title role of Mira Nair's *The Reluctant Fundamentalist* has gone and done a romp in the raw in another film — *Trishna* which has just released in the the UK and US and is set to hit Indian theatres in October. Mira is worried how the love scenes between her hero and Frieda Pinto in the film will impact her film in which he plays a devout Muslim.

Riz is currently garnering accolades for his performance in *Trishna*, not aware that his enthusiastic love-making scenes may damage Mira's film, in which he plays the very sensitive role of a progressive Pakistani Changez in the US who post-9/11 returns to Pakistan. The character as written by Mohsin Hamid in his 2007 novel, is a deeply sensitive study of Islamic isolation. Riz's sizzling-hot scenes in *Trishna* based on the teachings of the *Kama Sutra*, now pose a problem for *The Reluctant Fundamentalist*, which is why Mira was keen that her film release first. Says an insider, "Mira has kept the love scenes between her co-stars very low key. Her Pakistani hero has an affair with an American woman in *The Reluctant Fundamentalist*, and there was a kissing scene between Riz and co-star Kate Hudson which was modified to a peck away from the lips.

One has to be careful about the protagonist's conduct when he's representing a sensitive issue and a cultural-religious crisis." The crew of Mira's film is wondering how Riz's audience in Pakistan would react to his scorching love scenes with Freida in *Trishna*. Says Mira, "I haven't seen *Trishna*. But I've seen the trailer long ago...hasn't it come and gone? But the whole look, charisma and strength of his part in *The Reluctant Fundamentalist* is something we'd have liked to bring forward in a proper manner. People tell me, and I am talking about curators of major international film festivals who are the only ones to have seen the film, say a major star will be born through my film. Riz carries the film on his shoulders." When informed that *Trishna* is ready for an Indian release, Mira is taken aback. "Who is releasing it? I don't know. I just feel our film should have been the major breakthrough for Riz."

## After Riz's sizzle... Mira's next might fizzle



# Aga bai for Rekha!

Everyone knows that guests are not allowed inside the reclusive Rekha's home.

Actors, directors or producers no can claim to have seen the interiors of Rekha's home. The latest on Rekha's lifestyle is that she has sacked the skeletal crew of domestic help and has started doing all the cleaning and house work on herself! Says a star who has known Rekha for many years, "She has gotten rid of all the house helps. Not that she had too many to begin with.

But now there's none at all. She finds dusting, cleaning, sweeping and all the other householdwork very therapeutic. She has taken over all the household chores personally. She goes through every nook and corner of her bungalow every day. Her home has to be spotless."

While cleaning and dusting may be therapeutic and good exercise for the

hermetic diva, who hardly steps out of the house, we hear the absence of a cook in the household is now a major crisis-point in Rekha's daily life. Says the friend, "She doesn't like to cook.

Now that she has no cook to do the needful, meals have become a problem. She can't order takeout every day because she doesn't like restaurant food and also because she can't have strangers ringing her doorbell."

The actress is on the look-out for someone to make vegetarian food for her. "But there are serious trust issues. She doesn't allow strangers into the house.

From what we gather she is looking for vegetarian khaana to be made outside house and collected every day. Since the food has to be exactly by her specifications every day, it's a tall order," says her friend. Any takers?



## Chai with.... Ashwini Boraste—founder of an NGO committed to empower village women in Maharashtra, India.

Mrs. Ashwini Boraste lives in Nashik, Maharashtra with her husband Mr. Ashok K. Boraste working in Mahindra & Mahindra (Administration, Senior Manager) and two sons Abhishek and Akhilesh studying in first year and final year of engineering respectively.

Mrs. Ashwini was living happy married life, with 5-6 hours at her disposal every day after her two sons left for the school, restlessly listened to a call from within every day. With Jijau's (mother of great Shivaji Maharaj) inspiration in mind, Mrs. Ashwini began educating other women in the area of micro-savings and micro-lending from the nearby villages around Nashik City in Maharashtra. With a degree in banking, and hands on experience acquired through the opportunities offered by her mother in small cooperative banks earlier in 1990s; she decided to direct her knowledge towards other underprivileged but budding women entrepreneurs from all the strata. Receiving small loan was no easy task without collateral. It was getting tougher in the midst loan scams, less transparent, and poorly governed local co-operative banks. The task of micro-lending to women became challenging with shortage of funds as well as lack of realistic operational framework in cooperative banks. Nasik District Mahila & Bachat Gat Development Cooperative Society was formed under Mrs. Ashwini's leadership in 2003-2004, as a result of this first hurdle. Next, the bigger challenge was to train these increasing numbers of self-help groups (SHG) or Bachat Gats from various villages in the areas of self-empowerment starting from basic banking education. Some of the SHG also began inspiring others by leading to resolve many complex issues such as alcoholism. Jijau Sevabhavi Sanstha, a NGO was formed in 2005 as a result of this 2nd obstruction. In months, these inspired SHGs of women from many more villages around Nashik City were on their feet speaking the language of tomorrow's entrepreneurs. Their hands began producing more and more home-based innovative, simple, but quality products. Selling these products faster and to the large mass was the next challenge to avoid the defaulting loans. Jijau Marketing Unit was formed in 2007 to re-



move this 3rd roadblock and it is now selling products directly without any intermediate agency.

This complete cycle of true empowerment: product inception, micro-lending, producing, packing and selling, repaying, and in-turn triggering micro-savings in these families of women, was closely studied by Yashwant Rao Chavan Open University experts. It also led to the creation of 1st course in Bachat Gat to be offered in Maharashtra, ever. Today Nasik District Mahila & Bachat Gat Development Cooperative Society stands 1st in Maharashtra State for its highest number of self-help-groups of 525 with an outreach of over 7865 women, highest turnover of 2 crore INR, 100% loan repayment on time, and lowest rate of 11% PA offered without any collateral, and various realistic savings schemes

for low income families.

Besides just Cooperative Bank's success, today Jijau NGO has expanded its activities into SHG formation, offering bank-linkage services, gradation & assessment, offering funding process assistance, product packaging education, assisting for marketing, inviting industry experts, as well as executing various social structure strengthening cultural initiatives. This NGO also took pride in opening 1st open public library in 2008 that is today completely managed and administered by senior citizen's volunteer's group. To serve this same senior citizen's group NGO provides periodic spiritual & healthy lifestyle educational outreach programs in association with many local experts in health industry. Mrs. Ashwini is a strong advocate of interdependent family structure and has included many

senior citizens in her mission of women empowerment programs for their wisdom and experience. Recently in 2012, her NGO also established Blood Bank and Transfusion Research Center in Nashik City.

Mrs. Ashwini's work was recognized by many local as well state level authorities, NGOs, educational institutions, various community organizations, and all political parties. Some of the rewards are Bachat Gat Ratna, Savitri Bai Phule, Masaheb Puraskar, Shanti Bhushan, Veer Savarkar, Amrut Ratna, Prerana, Chetana, Adarsh-Sahakari Mahila in Cooperative sector, Adarsh Mahila, Adarsh Council Member, Adarsh Udyojika, Jan-Jagruti Abhiyan Puraskar, Kusumagraj Puraskar.

Jijau Sanstha will be honoring 7 outstanding Women leaders from these SHGs this year again in Nashik City on an upcoming International Women's Day on 8th March.

"I have seen their eyes shining with hope every day, mind getting stronger with small wins, and confidence growing with every repayment and additional savings they achieve. There can't be anything more satisfying than becoming a part of their families and dreams". Ashwini-Tai is now known as "Bachat-wali Tai" in Nashik District for her extended self-empowered families that are continuing to expand every month - in terms of locally made product range, their market segments, and outreach to other SHG in human and humble way. This journey of last 13 years has offered Mrs. Ashwini many difficult challenges, notable success, and countless blessings. She values the latter most in her life.

Mrs. Ashwini A. Boraste  
Nashik City Council Member (2007-2012-2017), Founder of Nashik-Mahila Cooperative Society and Jijau Trust, Former Women & Children Welfare Head for Nashik City (2012), Ethics and Vigilance committee – Woman representative of Nashik City (Current). Zonal Sanghatk of Yashwantrao Chavan Pratishthan,

(In the coming series of articles, we will detail various initiatives & activities of her NGO as well as the ground work of these self-help-groups that actually matters to Indian societies and women in specific.)

# Does nutrition make a difference in skin rejuvenation

What you eat affects every organ in your body and skin is no exception. You may think that as long as you are using an expensive skin cream with a bunch of ingredients with scientific-sounding names, your skin will be properly nourished. Nothing can be further from the truth. While a skin cream may provide a number of important substances, it is never enough to ensure proper, all-round skin nutrition.

## Advantages of nourishing the skin from within

- Every cell in the human body needs dozens and dozens of nutrients and metabolites. Some, like vitamins, minerals and essential amino acids need to come from food. Others are produced by the body provided it is healthy and properly nourished. No skin cream can replace that.

- Applying a cream with nutrients to the surface of your skin does not ensure that those nutrients actually penetrate into your skin cells. They may just "sit there" until your next shower. How much of the active ingredients actually get into your skin cells depends on the skin's condition, concentration of the ingredients, manufacturing technology and many other factors. On the other hand, when the nutrients are ingested and absorbed into your bloodstream, they are sure to be delivered to your skin cells.

- Nutrition has some effect on the mechanisms of aging of the body as a whole. Inhibiting these mechanisms slows down the overall aging process, including the aging of the skin.

- Nutrients and foods that benefit your skin



also tend to benefit other body systems and overall health.

## What diet is best for your skin?

To ensure that all essential nutrients are consumed in adequate amounts, it is desirable to consume a wide variety of foods.

## Fruits and vegetables

Fruits and vegetables are particularly important for preventing premature skin aging because they contain a wide variety of antioxidants. Many of the pigments responsible for the colour of fruits and veggies are -- potent antioxidants. These antioxidants help protect skin cells from damage by free radicals which are especially rampant in the skin due to environmental exposure.

**Fluids:** A well-moisturized skin is somewhat less

prone to developing of wrinkles. Drinking plenty of fluids throughout the day ensures proper hydration of the body and helps reduce skin dryness. Experts usually recommend drinking 6-8 glasses of water a day. Coffee and sodas are not a good substitute for water because they contain caffeine, which is a diuretic. Also, do not drink too much fluid 2-3 hours before going to bed. This may cause morning puffiness and excessively stretch your skin.

**Calories:** Except for frying oneself in direct sunlight at noon, the quickest way to get wrinkles is to put on a lot of weight and then lose it. The reason is obvious: when you gain weight, extra fat stretches the skin, then, when you lose weight and body fat goes away, the skin sags and crumples up. The degree of skin sagging after weight loss varies with the person's age (it tends to be worse the older you are), genetics and other factors.

**Cooking:** Every time a food is heated up, the rate of reactions of degradation and oxidation of nutrients jumps up dramatically. In other words, cooking depletes food of many essential nutrients and antioxidants and increases the content of oxidative by-products (free radicals). As a result, we consume less essential nutrients and more aging-promoting free radicals.

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# Swami Vivekananda : Life and Teachings

Swami Vivekananda, known in his pre-monastic life as Narendra Nath Datta, was born in an affluent family in Kolkata on 12 January 1863. His father, Vishwanath Datta, was a successful attorney with interests in a wide range of subjects, and his mother, Bhuvaneshwari Devi, was endowed with deep devotion, strong character and other qualities. A precocious boy, Narendra excelled in music, gymnastics and studies. By the time he graduated from Calcutta University, he had acquired a vast knowledge of different subjects, especially Western philosophy and history. Born with a yogic temperament, he used to practise meditation even from his boyhood, and was associated with Brahma Movement for some time.

## With Sri Ramakrishna

At the threshold of youth Narendra had to pass through a period of spiritual crisis when he was assailed by doubts about the existence of God. It was at that time he first heard about Sri Ramakrishna from one of his English professors at college. One day in November 1881, Narendra went to meet Sri Ramakrishna who was staying at the Kali Temple in Dakshineswar. He straightaway asked the Master a question which he had put to several others but had received no satisfactory answer: "Sir, have you seen God?" Without a moment's hesitation, Sri Ramakrishna replied: "Yes, I have. I see Him as clearly as I see you, only in a much intenser sense."

Apart from removing doubts from the mind of Narendra, Sri Ramakrishna won him over through his pure, unselfish love. Thus began a guru-disciple relationship which is quite unique in the history of spiritual masters. Narendra now became a frequent visitor to Dakshineswar and, under the guidance of the Master, made rapid strides on the spiritual path. At Dakshineswar, Narendra also met several young men who were devoted to Sri Ramakrishna, and they all became close friends.

## Difficult Situations

After a few years two events took place which caused Narendra considerable distress. One was the sudden death of his father in 1884. This left the family penniless, and Narendra had to bear the burden of supporting his mother, brothers and sisters. The second event was the illness of Sri Ramakrishna which was diagnosed to be cancer of the throat. In September 1885 Sri Ramakrishna was moved to a house at Shyampukur, and a few months later to a rented villa at Cossipore. In these two places the young disciples nursed the Master with devoted care. In spite of poverty at home and inability to find a job for himself, Narendra joined the group as its leader.

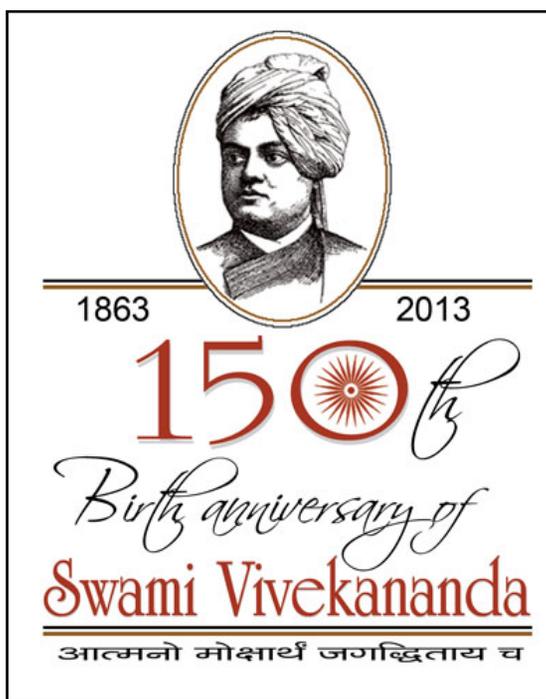
## Beginnings of a Monastic Brotherhood

Sri Ramakrishna instilled in these young men the spirit of renunciation and brotherly love for one another. One day he distributed ochre robes among them and sent them out to beg food. In this way he himself laid the foundation for a new monastic order. He gave specific instructions to Narendra about the formation of the new monastic Order. In the small hours of 16 August 1886 Sri Ramakrishna gave up his mortal body.

After the Master's passing, fifteen of his young disciples (one more joined them later) began to live together in a dilapidated building at Baranagar in North Kolkata. Under the leadership of Narendra, they formed a new monastic brotherhood, and in 1887 they took the formal vows of sannyasa, thereby assuming new names. Narendra now became Swami Vivekananda (although this name was actually assumed much later.)

## Awareness of Life's Mission

After establishing the new monastic order, Vivekananda heard the inner call for a great-



er mission in his life. While most of the followers of Sri Ramakrishna thought of him in relation to their own personal lives, Vivekananda thought of the Master in relation to India and the rest of the world. As the prophet of the present age, what was Sri Ramakrishna's message to the modern world and to India in particular? This question and the awareness of his own inherent powers urged Swamiji to go out alone into the wide world. So in the middle of 1890, after receiving the blessings of Sri Sarada Devi, the divine consort of Sri Ramakrishna, known to the world as Holy Mother, who was then staying in Kolkata, Swamiji left Baranagar Math and embarked on a long journey of exploration and discovery of India.

## Discovery of Real India

During his travels all over India, Swami Vivekananda was deeply moved to see the appalling poverty and backwardness of the masses. He was the first religious leader in India to understand and openly declare that the real cause of India's downfall was the neglect of the masses. The immediate need was to provide food and other bare necessities of life to the hungry millions. For this they should be taught improved methods of agriculture, village industries, etc. It was in this context that Vivekananda grasped the crux of the problem of poverty in India (which

had escaped the attention of social reformers of his days): owing to centuries of oppression, the downtrodden masses had lost faith in their capacity to improve their lot. It was first of all necessary to infuse into their minds faith in themselves. For this they needed a life-giving, inspiring message. Swamiji found this message in the principle of the Atman, the doctrine of the potential divinity of the soul, taught in Vedanta, the ancient system of religious philosophy of India. He saw that, in spite of poverty, the masses clung to religion, but they had never been taught the life-giving, ennobling principles of Vedanta and how to apply them in practical life.

Thus the masses needed two kinds of knowledge: secular knowledge to improve their economic condition, and spiritual knowledge to infuse in them faith in themselves and strengthen their moral sense. The next question was, how to spread these two kinds of knowledge among the masses? Through education – this was the answer that Swamiji found.

## Need for an Organization

One thing became clear to Swamiji: to carry out his plans for the spread of education and for the uplift of the poor masses, and also of women, an efficient organization of dedicated people was needed. As he said later on, he wanted "to set in motion a machinery which will bring noblest ideas to the doorstep of even the poorest and the meanest." It was to serve as this 'machinery' that Swamiji founded the Ramakrishna Mission a few years later.

## Decision to attend the Parliament of Religions

It was when these ideas were taking shape in his mind in the course of his wanderings that Swami Vivekananda heard about the World's Parliament of Religions to be held

in Chicago in 1893. His friends and admirers in India wanted him to attend the Parliament. He too felt that the Parliament would provide the right forum to present his Master's message to the world, and so he decided to go to America. Another reason which prompted Swamiji to go to America was to seek financial help for his project of uplifting the masses.

Swamiji, however, wanted to have an inner certitude and divine call regarding his mission. Both of these he got while he sat in deep meditation on the rock-island at Kanyakumari. With the funds partly collected by his Chennai disciples and partly provided by the Raja of Khetri, Swami Vivekananda left for America from Mumbai on 31 May 1893.

## The Parliament of Religions and After

His speeches at the World's Parliament of Religions held in September 1893 made him famous as an 'orator by divine right' and as a 'Messenger of Indian wisdom to the Western world'. After the Parliament, Swamiji spent nearly three and a half years spreading Vedanta as lived and taught by Sri Ramakrishna, mostly in the eastern parts of USA and also in London.

## Awakening His Countrymen

He returned to India in January 1897. In response to the enthusiastic welcome that he received everywhere, he delivered a series of lectures in different parts of India, which created a great stir all over the country. Through these inspiring and profoundly significant lectures Swamiji attempted to do the following:

- \* to rouse the religious consciousness of the people and create in them pride in their cultural heritage;

- \* to bring about unification of Hinduism by pointing out the common bases of its sects;

- \* to focus the attention of educated people on the plight of the downtrodden masses, and to expound his plan for their uplift by the application of the principles of Practical Vedanta.

# 7 cocktail recipes to perk up your summer

Let the taste of summer get better with IICE vodka, a 100% grain based vodka recently introduced to the Indian market by Jagatjit Industries Limited. Besides the basic vodka, it comes in two other flavours - orange and green apple, that lend a refreshing taste to your drink.

Experiment with the versatility of IICE vodka and shake up seven exceptional cocktails to beat the heat.

## Long Island IICE-d Tea

### Ingredients

- 30 ml IICE Vodka
- 15 ml Gin
- 15 ml White Rum
- 15 ml Tequila
- 15 ml Triple Sec
- 15 ml Sour Mix

Preparation: Pour the spirits and sour mix into a Collins glass. Stir them well. Top with cola and garnish with a lemon wedge.

## IICE-anator

### Ingredients

- 60 ml IICE Vodka

3 tbsp Ginger Syrup  
1/4 cup squeezed Lemon Juice  
Rimming sugar (optional)  
Preparation: Add ingredients to a shaker filled with ice. Shake and strain into chilled Cocktail Glass (rimmed with sugar if you'd like).

## Mango Creamy Buster

### Ingredients

- 45 ml IICE Vodka
- 60 ml Mango Juice
- 30 ml Club Soda
- 30 ml Mango Ice Cream

Preparation: Mix "IICE" Vodka, Mango Juice and Club Soda and mango ice cream in a shaker. Shake well and serve.

## IICE Splash

### Ingredients

- 30 ml IICE Green Apple Vodka
- 30 ml Coconut Water
- 60 ml Apple Juice
- 148 ml Lemon Syrup

### Preparation

Pour the "IICE" green apple vod-

ka, coconut water, apple juice, lemon syrup into cocktail shaker filled with ice cubes. Shake well and strain into high ball glass & garnish with pineapple.

## The IICE - berg

### Ingredients

- 45 ml IICE Vodka
- 30 ml lemonade
- 60 ml Club soda
- 60 ml Mint syrup

Preparation: Mix "IICE" vodka, mint syrup, club soda, lemonade & crushed ice in a glass.

## The IICE sunrise

### Ingredients

- 45 ml Orange IICE Vodka
- 40 ml Orange juice
- 40 ml Club Soda

### Preparation:

Mix the "Orange IICE" Vodka, orange juice and club soda in martini glass.

## Mesmer-IICE'r

### Ingredients

- 60 ml IICE Vodka



60 ml Lemon Soda

30 ml Mint Syrup

Preparation: Add ingredients to a shaker filled with ice. Shake and strain into chilled cocktail glass which has crushed ice.

## Flavour of the month? The best of Parsi food

This spring, feast on authentic Parsi cuisine with your loved ones. In an effort to uphold and celebrate the Parsi heritage of Kolkata, ITC Sonar has organized a 10-day food festival this month, from February 15 to 24.



Says Zubin Songadwala, general manager of ITC Sonar, "The Parsi community in Kolkata is pretty prominent and, therefore, in an endeavour to celebrate the culture, we have organized a Parsi food festival. We had hosted a fund raising dinner on February 7, in which members of The Time and Talents Club showcased the rich heritage of the community by turning up in exquisite embroidered garas or saris."

The festival will combine the best of Parsi cuisine (nuts, dry fruit and sweet flavours) with spicy Indian flavours. Adds Songadwala, "The buffet dinner (which will be available from 7 pm to 11.45 pm) will give our patrons a taste of authentic Parsi cuisine." What's more? While non-vegetarians can choose from Gosh-Nu-Dhansak Ne Kabab, Saasni Machhi, Jardaloo-Ma Murghi and Bharruchi Akure, vegetarians can indulge in Tarkari-Nu-Dhansak Ne Kabab, Kharo Papeto and Athelu Paneer. Finish off with the delectable desserts.

## Recipe: German style pork Krakauer



To feed a hungry stomach in a hurry, you don't need an elaborate recipe with hours spent in the kitchen.

Quick hands, easy to gather ingredients and the willingness to experiment are usually the key ingredients needed. That's why we have for you today a special recipe with a touch of Germany. Delicious, healthy and satiating, it will keep your taste buds buzzing for a long time.

### Ingredients

- 6 Pork Krakauer
- 6 Seed potatoes
- 1 Capsicum
- Thyme, oregano and rosemary
- 1 Garlic clove (hacked)
- 1/2 Onions

2 Tablespoon olive oil

### Preparation

Boil seed potatoes for 8 minutes  
Spread olive oil, garlic and onions in heated pan-fry

Grill Pork Krakauer for 4 minutes on each sides

Pour thyme, rosemary and oregano of sausage

Oil the potatoes, roll in thyme, rosemary and oregano and roast in the oven at medium heat.

**Recipe credit:** Bon Appetit Food Chain is a new brand by Arthur's Food Company, German manufacturer of German meats and sausages in Bangalore. Their products are without soya, lactose, artificial colourants and gluten.

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