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Today

Monthly Newspaper

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Indo-Americans take to the street at the 2016 Rock 'N' Roll Half-Marathon!



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Top 10 Bollywood Divas and Their Most Prized Luxury Cars



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INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)- LA PRINCESA

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What? Mouni Roy to die in Naagin?



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Events of Sikh Awareness in February 2016 A Group of 90 Non-Sikhs Attend Sikh Awareness Class



Dr. Jaswant Singh Sachdev

With the efforts of few committed volunteers of local Sikh community, especially Mrs. Rangi and the author, an all informative 3 hours program was charted for a group of 90 Non-Sikh persons mostly women who expressed a desire to learn about Sikh faith. The

event was held on February 17, between 10:30 am and 1:30 pm at Gurudwara Sahib Nishkaam Seva located at North loop 101 and 51st Ave.

After serving snacks in Dr. Jasbir Singh Memorial Hall they were ushered in the class room where the author delivered one hour of extended Power Point pre- **• More on P16**

Kite Festival 2016 An event to remember!



Kite Flying-Uttarayan held on Sunday, January 17, 2016 at Estrella Mountain Regional Park, Good Year was a huge success with more than 3000 attending **• More on P22**

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Indo-Americans take to the street at the 2016 Rock 'N' Roll Half-Marathon!

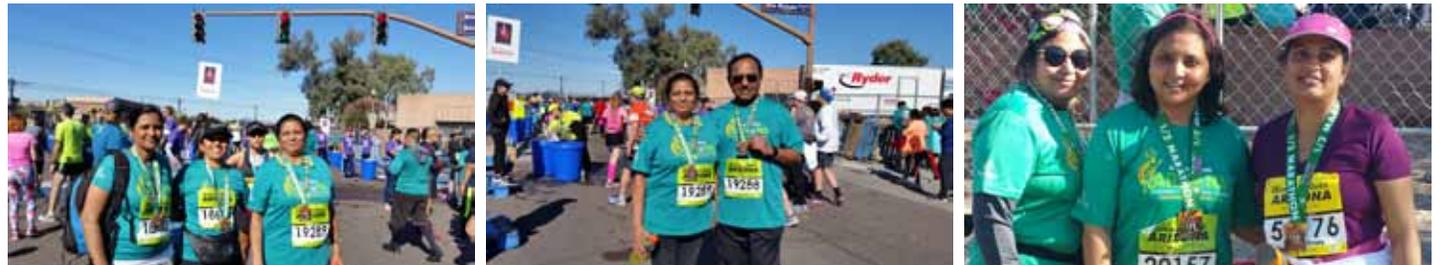
On Sunday, January 17, 2016, more than 20,000 runners turned out for the Rock 'n' Roll Arizona races in Tempe, Scottsdale, and Phoenix. Scott Bauhs won the men's half marathon race and set a course record with a blazing 1:02:23 finish. Kenyan-born U.S. citizen Janet Cherobon-Bawcom was the first female in the women's half-marathon in 1:11:49.

Marathon running and walking is gaining immense popularity. The Sunday races drew runners from all 50 states and 17 countries around the world. The races also had a very high turnout from our Arizona Indo-American community. This is a very encouraging sign, signifying an increased awareness to physical fitness within our Indo-American community. The participants walked or ran the marathon, 1/2 marathon and 10K races. Some were participating for the first time and some were veterans, having completed several races before. There were men, women, retirees and school children participating. The weather was perfect and the race routes were lined with spectators and music bands. It was a very festive atmosphere.

The runners were motivated to participate for various reasons – some did it for the exercise, some for the challenge, some joined training groups and made new friends and enjoyed the camaraderie, some did it to inspire and motivate another family member or a friend, and finally, some ran or walked to raise money for a charitable cause. Whatever were the sources for their motivation, everyone had the biggest smile as they crossed the finish line. People were walking around after the marathon with their completion medals displayed proudly around their necks.

Registration has already started for the January 2017 Rock 'N' Roll 1/2 marathon and 10K races. Anyone in reasonably good health can train themselves to successfully complete one of these races. To register, go to: <http://www.runrocknroll.com/arizona/>

Let us hope that the trend continues and more and more of our community members will participate in the 2017 half-marathon!





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Doing the Best You Can...

During this last month, I am not sure if I have become more observant to this or this has started occurring more frequently. A few times in the last few weeks, I worked extremely hard to complete something and I will be the first to admit, had there been more time available or better circumstances, the quality of what I completed could have been better. But given the constant pressure on my time and other factors, I did the best I could. I can honestly without a doubt say that I did the absolute best I could. However, I immediately received a lot of criticism on why not try it this way or do this or consider this, etc. Quite frankly, given the situations that I was in and the amount of effort that went into what I was able to do, the commentary was extremely frustrating. I got upset about it and moved on. And a few days later, I was unavailable for a few days and some modifications were needed to the work that I had completed. The person that was the most outspoken about criticism inherited the tasks at hand and really struggled with it. In fact, this individual came back to say “now I see why you did what you did.” And I have to admit it was extremely gratifying. But what it made me realize is that had I not been unavailable, this person would never have had to “walk in my shoes” and would have walked away with this opinion of how things should have been done. My unavailability forced this person into a situation to seek to understand my situation before judging or passing commentary.

My biggest learning from this experience was that



**Editor's
NOTE**

judging and passing commentary is easy. However, we as human beings, fail to seek to understand why things are done a certain way before we pass the judgment except in unique circumstances like this one where the seeking to understand part was forced. We cannot change this behavior in most individuals. However, what we can change is how we respond to it. And the only way to respond to it is

to understand that the only person that has the right to judge how you are doing is you. You are the only person that is aware of everything going on in your world that is impacting how you are reacting and no one can know that no matter how much you share with them – not your parents, not your children, not your spouse, not your coworkers, not your boss, not your friends. So the only judgment worth considering is your own. If you can look yourself in the mirror in each aspect of your relationship, whether personal or professional, and confidently and honestly say I did the absolute best I could, that is the only thing that matters. The world will continue to tell you how much better you can do and it is easy to say when you don't have to do it yourself, all you have to do is comment on it. The only thing that matters is doing the best you can and being able to look yourself in the mirror at the end of each day with that reality in your heart, soul, and mind.

Wishing our readers a fabulous March and a colorful Holi. Thank you for your continued support!

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

Another great month and another edition of festivities across the valley. Hope everyone had a beautiful Valentine's Day. I had the opportunity to cover great events and volunteer and contribute to great events such as Shiv Ratri. Amidst all this, I also had the opportunity to take a vacation in a very long time to the wonderful waters of Costa Rica. I pushed myself and went on a Rainforest tour, zip lining and many other great activities. If you ever have the opportunity to go, you should. In fact, even if you don't have the opportunity



**Marketing Director
NOTE**

to go, you should make the opportunity to do this and anything else your heart desires because that is what life is all about – living it up.

Hoping you had an amazing February.

I am looking forward to covering the

colorful events our community has to offer including the much talked about Festival of Colors Holi. Wishing you a colorful March. I am sure I will see many of you at the local community events.

**-Manju Walia (Marketing
Director)**

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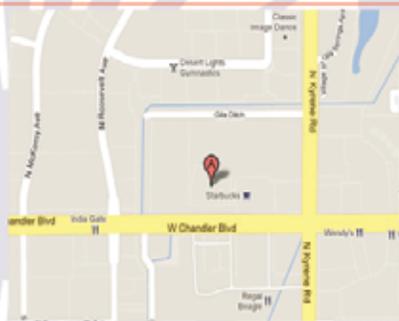
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Amma Sri Karunamayi Visit to Phoenix

The Divine Amma Sri Karunamayi will grace Phoenix with her Holy presence in March this year. During her presence, Her Holiness will be conducting three important programs, namely, Individual Blessings, a Silent Meditation Retreat and an all powerful Homa.

Revered around the world as an embodiment of unconditional motherly love, Amma Sri Karunamayi has dedicated her life to the cause of world peace and universal welfare. Her Holiness decided to tread on the path of helping the poor and the destitute and spreading the message of unconditional love.

Some of the many successful projects Her Holiness has started are, schooling, hospital services, housing, water treatment projects, treatment of leprosy patients, feeding and clothing the poor in India. All this is done free of charge. In addition, has initiated many successful projects to help the poor and under privileged in other countries and the United States of America.

Traditionally, it's the spiritual seeker who must travel with difficulty to reach the feet of a divine being. However, Amma Sri Karunamayi has taken the responsibility of visiting her beloved children, as she calls all of us, during this tour, to shower spiritual knowledge, guidance and abundant love. Today, Amma travels the world sharing her message of love and service.

The latest project which Her Holiness initiated is for 'Empowerment of Women', and has received international recognition. So much so, that she is invited to deliver talks on this subject at the United Nations.

Realizing this great opportunity, we only have to open our hearts to receive the profound blessings and her unconditional motherly love.

The program for Phoenix will be as follows:

INDIVIDUAL BLESSINGS -Friday March 11th - 11:00 am - 5:00 pm

DAY SILENT MEDITATION RETREAT - Saturday, March 12th - 8:00 am - 6:00 pm

HOMA - Sunday, March 13th - 9:00am - 1:00pm

ALL PROGRAMS WILL BE HELD AT: The Indo American Cultural Center, 2804 W. Maryland Ave, Phoenix AZ 85017

Contact: Dr. Krishna Kumari Reddy - (480)290-9546

Website: www.kaunamayi.org



Hindu Temple of Arizona Presents



Shivratri Celebrations

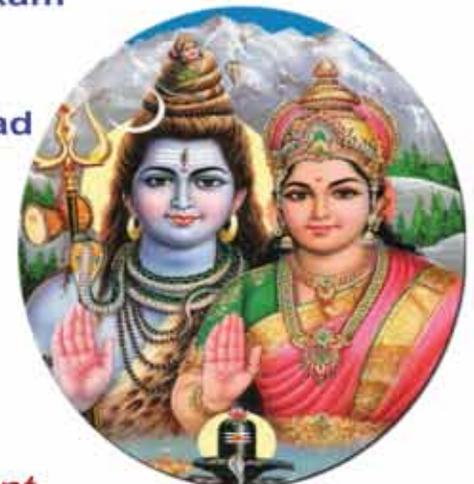
On Monday March 7th, 2016

8 am - 2 pm & 4 pm - 10 pm: Kalash Abhishekam

6:30 pm - 7:15 pm : Shiv Bhajan

7:15 pm : Thali Puja

8:45 pm : Aarti followed by Prasad



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Food Booths: Kulbhushan Chhibber 480 250 0779 & Srinl Gottipati 480 522 8649, Gabriel Martinez: 602 575 0066,
General Information: Mina Patel: 928 952 5062, Jagdish Sagar: 480 235 5001

Anniversary celebrations include Sarvadevata Yagna/Havan/Homa, Abhishek, Archanas, Special prayers to Deities, "DRONE Pushpavrushti and Dwajaroohan"

All are cordially invited for the

Ekta Mandir Pran Pratishtha 8th Anniversary

Saturday, March 5, 2016 from 9:00 AM - 8:00 PM at Ekta Mandir
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PROGRAMS

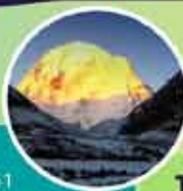
10:00am - 12:00 pm Main Balaji & Shivji Abhishek & Jain Puja
12:00 - 12:30 pm Krishna & Rama Shodshopachar puja
12:30 pm - 7:00 pm Utsavmurthi Abhisheka & Archana by devotees
04:00 pm - 5:00 pm Sarvadevata Havan
05:00 pm - 5:30 pm Dhvajaroohan & DRONE Pushpavrushti
07:30 pm Maha Arati

All are requested to sponsor programs & get divine blessings.

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Please Contact: Event Chair: KN Jagannath 602 867 0673/Lalit Patel: 480 286 0416/
Bipin Patel: 602 942 8322/Lokesh Joshi 480 438 6776, Priest Joshiji: 602 391 7760, Priest Sudarshanji: 602 320 3460, Mahendra Devgania: 602 708 0733, Venkatesh Gurumurthy 480 381 9976, Gautam Shah: 602 993 3625,
Mamta Vijay: 602 862 9956, Manish Gupta: 602 688 7011, Sudhir Kalra: 623 414 8248,
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MahaShivaratri Celebrations

on Monday, March 7, 2016

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10:00AM - 7:30PM Abhishek to Main Shivling by Devotees
10:00AM - 11:00PM Abhishek to Utsav Shivling
4:00PM-6:00PM - Bhajans
6:00 PM -7:00PM - Maha Mrutyunjaya Homa/Havan
6:00 PM -7:00PM - Sri Shiv Shodshopachar Puja/Rudrabhishek
7:00PM - Mahapasad at the Community Center
7:30 PM - Rudrabhishek by Priests
8:30 PM - Alankar & Cultural Programs
9:00 PM - Maha Arathi
12:00 Mid Night - SPECIAL Arathi to LORD SHIVA



Upcoming Events
Sri Rama Navami
on Thursday, April 14, 2016

Please contact:

Event Chair: Kamlesh Patel: 602 465 5728, Co-Chair:
Venkatesh Gurumurthy: 480 381 9976, Priest Joshiji: 602 391 7760,
Priest Sudarshan ji: 602 320 3460, Mahendra Devgania: 602 708 0733,
KN Jagannath: 602 867 0673, Lalit Patel: 480 286 0416,
Lokesh Joshi: 480 438 6776, Sudhir Kalra: 623 414 8248,
Mina Patel: 928 952 5062, Jagdish Sagar: 480 235 5001

Can You Hold For a Second?



How many times a-day are we asked “Can you hold for a second?” when calling someone at a government agency, a business, or other enterprise. The person on the other end of the phone utters these words immediately after responding, often before listening to what the caller has to say, and especially if the person answering is not the business owner itself.

If one is lucky enough, the listener may care to pay attention for a moment but more often than not, the person then put on hold is left hanging out there, for God knows how long. It is possible that the person on the receiving end may truly be busy with another task at that moment. In such a scenario there obviously will not be enough time to respond to the caller right away. However, too many secretaries and office employees are not that busy yet they find this technique to be a convenient method for not responding. Meanwhile, the person who made the call to begin with did so because he or she had a question or business matter that needed to be discussed and now that person must wait and wait.

Whenever I come across this kind of behavior, I find it most humiliating and discouraging. It doesn't take a rocket scientist to realize that if a person has been assigned to handle the phones, the phones are going to ring and messages have to be taken. Responding to callers with courtesy and in a timely fashion is a central part of the job description for secretaries and receptionists. So why is it that the task of answering the phones happens to be filled with so much hanky-panky? In fact this lack of responsibility leading to obstruction in performing the assigned jobs properly and in timely fashion is fairly frequent at many offices and businesses.

There was a time when the telephone system was non-existent and the messages

were delivered personally. Later on with the advent of conventional mail and postal system, the delivery of the mail became the responsibility of the postal departments. Then an enormous change in lifestyle and communications took place with the invention of the telephone which turned out to be one of the greatest scientific discoveries of nineteenth century. In fact, if one thinks seriously for a moment, the telephone has brought more change in our lifestyle than anything else especially in the matters related to the modes of communication. Messages could be delivered far easier than in the past because nothing had to be physically moved from place to place other than the voice.

Lately, the invention of Internet, email and text messaging has brought an additional dimension to our communication styles, affecting our daily lives in many positive ways. We now have started to ignore telephonic conversation almost to the extent that oftentimes it ends up getting a kind of step-motherly treatment. Interestingly, the telephone is now used for things other than conversation. One may notice two individuals sitting closely at an arm's length, in the same room, in the same building, with their cell phones in their hands yet avoiding to talk to each other directly and rather text messaging, emailing or instant messaging. However, what is important here to realize is that such communications are still dependent upon the telephonic system anyway.



One can understand that use of email is helpful in maintaining a record of what has transpired, but this may not be the case all the times. A careful perusal of all these technologies makes it obvious that nothing can surpass human contact, achieved on one to one basis via telephonic conversation or in person. Email and internet may have made life easier, but they have definitely turned the interaction and relationship among human beings distant and formal leading to a disintegration of telephonic manners.

A misuse or rather a poor use of the excellent mode of telephonic communication by not promptly responding to the caller at the moment of a call and instead putting him or her on hold, sometimes for an indefinite period of time and for no obvious reason, undermines the very purpose of this invention. One fails to understand why the person receiving the call couldn't respond right away rather than asking the caller to “Hold for a second.” Most of the time an important message that the caller wants to pass on

is shorter than the statement, “Can you hold for a second?” And even if it were not so, re-initiating the discussion after an unneeded hiatus, takes more time and effort on the part of both the receptionist and the caller.

A telephone receptionist could comment that when there are multiples of messages at a given moment, the telephone ends up ringing off the hook much to the annoyance of all. To avoid such a scenario, the receptionist while responding to one caller may simply ask the other in line to hold for a second. But if the receptionist allows a moment or so to the second caller to find out what this person has to say and how urgent the need happens to be, it might not culminate into a situation of asking to hold for a second. It may simply be that in the first few seconds or so the person could be satisfied and may not require holding after all.

I should make it clear that if a receptionist is already on the phone with a caller when a second call comes in on another line, then it is necessary and reasonable to put the first individual on hold. In most cases the first caller will understand the need to be placed on hold and will not be bothered. Rather, my concern is about situations where the receptionist is not necessarily busy but decides to dump off the caller by asking her or him to hold in the hopes that during the wait the caller will eventually hang up and disappear.

In talking to several other ethnic individuals, I have come to realize that such behavior on the part of receptionists and secretaries seems to be more

prevalent if the caller happens to have a foreign accent. People receiving calls in such situations end up presuming, improperly and without reason, that the caller is going to take up too much time before he or she says something of substance. In order to finish the conversation quickly, he or she may adopt this method to turn the caller off. Putting on hold and then abruptly turning the caller off adds insult to injury. Not only is one dumped off without being listened to but at the same times, it leaves the poor caller with a foreign accent off mood. It actually is a kind of discrimination that does not leave any tell-tale signs for the caller to report to someone with authority or even to talk about. This is certainly uncalled for and not necessary.

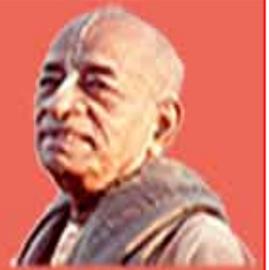
“Can you hold for a second?” a statement put forth by many receptionists is a habit that is in dire need of corrective action. Sooner or later, it undercuts and hurts the businesses or enterprises that depend upon the telephone messages, especially if customers are put on hold for unreasonable lengths. But government agencies may be a different story. Yet wherever and whenever it is possible, such behavior should be discouraged. Simply avoiding the use of “Can you hold for a second?” is the best policy. The sooner one learns to drop this casual habit, the better it will be for all of us.

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

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MITRASENA PRABHU AND MAHARHA MATAJI
DISCIPLES OF SRILA PRABHUPADA



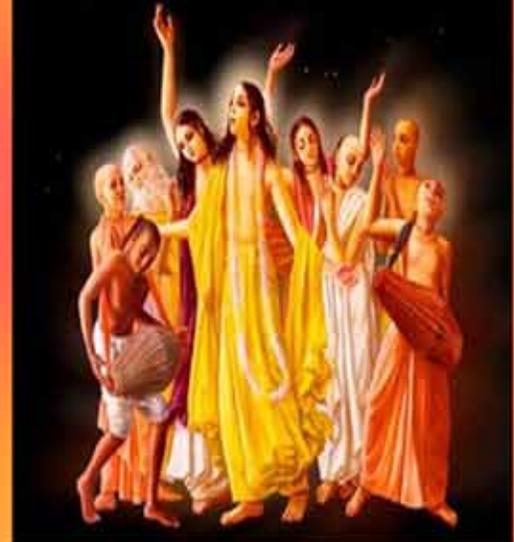
Sivtratri celebrations on
Monday, March 7th 2016
Abhishekam stars at
5:00pm - 8:30pm
Kirtan Katha, Arati & Prasadam

Please bring fruits, nuts, milk
and flowers

GAURA PURNIMA CELEBRATIONS
TUESDAY, MARCH 22ND 2016

5:00PM - 8:30PM
ABHISHEKAM, KATHA,
KIRTAN, AND ARATI FOLLOWED
BY MAHAPRASADAM.

PLEASE BRING FLOWERS, FRUITS, NUTS & MILK.



SRIMAD BHAGAVATAM CLASSES BY MITRASENA PRABHU 7:35AM - 8:15 AM
BHAGAVAD GITA CLASSES BY MAHARHA MATAJI 7:10PM - 8:00 PM
SATURDAYS ECSTATIC KIRTAN AND HARINAMA - PLEASE CALL TEMPLE FOR DETAILS.

**ISKCON 50th Anniversary
Celebrations continue.**

**Join us for Harinama,
Ecstatic Kirtana,**

**Book reading sessions, etc.
Please visit our web site for
up to date timings and Venues.**



RAMANAVAMI
APPEARANCE OF LORD RAMA
APRIL 15TH, 2016

March Ekadasi 4th and 18th

Yoga Classes
Adults & Children
every Tuesday
7:00pm to 8:00pm
and Saturday
9:00am to 10:00am



Monday to Saturday
Mangala Arati 4:30am
Rajbhog Arati 12pm
Sandhya Arati 4:30pm
Shayan Arati 8:30pm

Sunday Feast
4:30pm to 8:45pm
5:00pm Arati

Bhagavad Gita Study
Mon. to Sat.
7:00pm to
7:30pm

Book reading
every Saturday
5pm



Every Sunday
Sunday School
5:30pm to 6:30pm
Hindi Class
4:30pm to 5:30pm

Namaskar, and Sat Sri Akal to all my readers.

A long time ago there was one girl named Shama. She grew up with her grandmother because her mother passed away when she was very young.

Her grandmother was a devotee of Krishna. When she had a chance she visited the village Krishna temple with her granddaughter Shama. She offered milk to the statue of Krishna. When she offered the milk she closed her eyes and started to talk to the statue. Oh my Lord! When will you accept my offerings? Sometimes she even cried while praying.

The innocent child Shama was learning from her grandmother to worship Krishna.

When she became more than 12 years old, after visiting the temple and arriving home she asked her grandmother, "Why is he not talking to you and drinking your offered milk?"

Gujri (Milk Maid)

Grandmother replied to Shama, "One day will come when He will drink my offered milk." Shama asked "Can he listen to me?" Grandmother replied, "Sure he will, He lives in every hearth" He is an inner know-

Then Shama again asked her grandmother, "Dadi, do you know anyone whose prayer he answered?" Grandmother replied Yes! Draupadi, Wife of the Pandavas. He protected her from the evil King Duryodhana. And Rukmani, who devoted her-self to Krishan. He rescued Rukmani from an unwanted marriage, and married her himself.

The example and inspirations from grandmother changed Shama's life. Shama decided, "I will pray to him all my life, and devote to him my mind, body, and spirit." She began visiting the rishi's ashram and served the rishi's with milk. She spent many years of her life this way. During her visits she always requested stories of Krishna from the Rishis.



One day she was very late. The Rishi asked her, "What happened my daughter?" She answered, "Rishi Dev, my village is on the other side of the river and the river current was too strong and the boatman was waiting for the river to go

down." With a slight laugh the Rishi said, you can cross the river without a boat. Shama with curiosity asked "Maharaj, how can that happen?" Rishi replied, "Just close your eyes, chant Krishan, Krishna, Hari, Hari and walk. You will cross the river in a moment." Shama believed in the words of Rishi, and did as asked with

great reverence. By doing so, she crossed the river without a boat.

That was the greatest day of Shama's life, when she had a practical experience of Krishan. Krishna, had answered her prayer.

My dear readers, Human life is a priceless diamond. Don't waste it without reverence and meditation.

Please establish a little altar in your home. Worship your favorite Deity with faith and devotion every day. God will bless you with divine vision. You can chant any mantra, any name of god because this universe and everything in it belongs to him.

Please pray every day for Love and Grace.

Gyani Ji,
Harbhajan Singh Sandhu
GHSSandhu@gmail.com



AKSHAY KUMAR & JOHN ABRAHAM'S BROMANCE NOSTALGIA WITH AKSHAY KUMAR'S SPECIAL SHOOT FOR DISHOOM

Superstar Akshay Kumar joins the stars of 'Dishoom' in Abu Dhabi for a cameo role in the film.

Having Akshay Kumar and John Abraham share screen space leaves their fans feeling nostalgic as the pairing of these actors have always proved to be a grand success in the past. They have jointly delivered major hits like Housefull 2, Garam Masala and Desi Boyz.

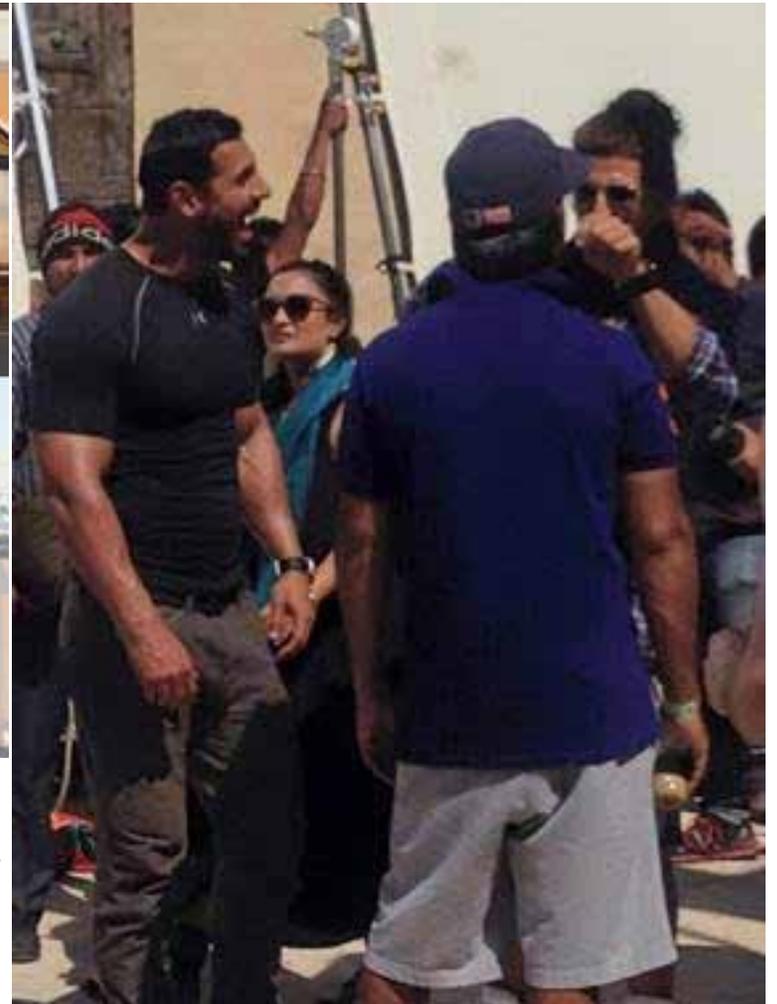
Akshay was seen riding on a bike and looks like we are in for a treat with some breath-taking stunts by the superstar. Akshay is no stranger to the emirates. He filmed Baby in Abu Dhabi in 2014 and a year later, he was in Ras Al Khaimah and Sharjah to film his recent box-office success Airlift.

When asked about his frequent visits to the UAE the actor said, "It's always nice shooting in the UAE," to The National earlier during a visit to Dubai to promote Airlift. "Plus, you just can't shoot like this in Mumbai. They won't close a part of the



street for you – they'd rather close down the shoot."

This news surely makes us wonder what Akshay's character will be in this movie that also features Varun Dhawan and Jacquelin Fernandez in lead roles.





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- » Depression
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Seniors Activity Report: February 2016

by: Dr. Prakash Kotecha and Lalit Patel

Future Events:

- Pran Pratishtha and Annual Function, March 5th.
- Maha Shivratri Celebration, March 7th.

Activities:

During the month of February we celebrated a successful completion of diabetes self management workshop on 11th February, valentine day celebration on 18th February and also enjoyed marriage anniversaries and birthdays of the members. Shree Jayantibhai Dholakia, Aruna Dholakia and Minaben Patel from Vadodara were guests visiting Phoenix and joined the senior group as visitors. Mr. B.M. Dalal and Lata Dalal joined as new members and they were welcome to the group. Rekha Gosalia and Bangalwala Abbas and Kaniza returned back after a break and they were welcomed back.

IACRF Diabetes Workshop: Summary:

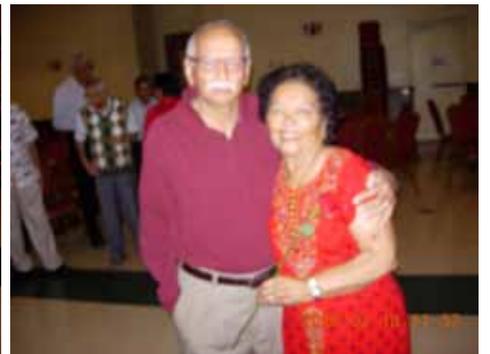
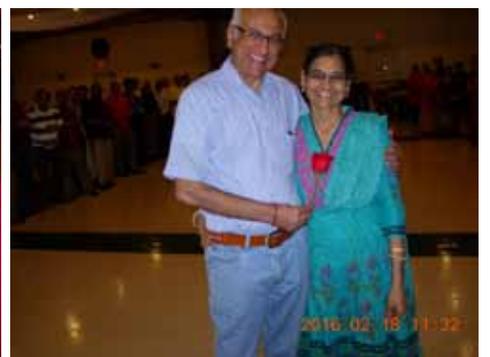
IACRF Seniors organized a Diabetes Self Management Workshop with technical support from Health Service Advisory Group. Workshop session lasted for six weeks on every Thursday and each session lasted for 2 hours starting from 7th January and concluded on 11th February. Yanet, Dr. Prakash Kotecha and Kiran Dulai facilitated the workshop.

Session of the workshop included fundamentals of self management of diabetes aiming at prevention of diabetes, controlling diabetes and it's complications by being more vigilant on the modifiable life style factors that includes modified diet, regular and moderate exercise of over 30 minutes a day, self monitoring of blood sugar level, avoiding stress and avoiding smoking. Total of 38 senior members attended sessions and benefited from the workshop.

The sessions included understanding of importance of diet in diabetes and how to modify the diet to control diabetes, heart disease and diabetes complications. Dietary guidelines Americans (2015-2020) published in Jan 2015 were the main basis for diet discussion.

Focus on culturally specific diet modification keeping in mind glycemic index for the food and adjusting it to blood sugar based on self monitoring was discussed with nutritive values of Indian Food hand outs shared for all the participants for referring them at their personal level preparations. Learning on various doable exercises made it a pleasure for participants.

HSAG representative Mr. Steve Wycle interviewed Manilal Devgania,



Meenaben Bhavsar, Lalitbhai Patel and Dinanath Trivedi for their feedback about the workshop. The interview is videotaped and a brief video on workshop proceedings would soon be made available. All the participants of the workshop then had a group photograph as a token of memory for diabetes self management workshop

Valentine Day Celebration

Valentine day was celebrated on 18th February as seniors meet on Thursdays only. Meenaben Bhavsar welcomed all the members and briefed about Valentine Day Celebration.

Roses were sponsored by Rajni and Munnu Bajpai for everyone. Red roses were presented to the ladies by their valentine spouse or brothers in different innovative ways. Every member showed his/her unique style, some singing, some dancing; some showing first date style and every member enjoyed the process. This was then followed by dance on great bollywood melodies for 30 minutes and members enjoyed dancing or watching those who danced in the spirit of love with no age boundaries. Dinanath and Hansa Trivedi were greeted by everyone as

they were celebrating their 41st Marriage Anniversary with seniors on this day.

Lunches were sponsored for the month by Indubhai, Sevantibhai and Sureshaben, Dinanath and Hansa Trivedi and Prakash Deshmukh and Pushpa Deshmukh.

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

Dr. Jaswant Singh Sachdev Invited to Speak Among the Leaders of Other Faiths in Scottsdale Diversity Event

On January 27, 2016 the Office of Diversity and Inclusion of the city of Scottsdale, Arizona offered an opportunity to the author to be one of the speakers for Interfaith discussion in a panel consisting of various leaders from different faith groups.

The event started at 9am with the opening remarks and ceremony by the Mayor of Scottsdale and attended by close to 75-100 people in the Scottsdale Center of Performing Arts Pavilion. Representatives from Christian faith, Judaism, Islamic Faith, and few other sects of Christianity were asked to answer questions posed by the event coordinator Dr. James Campbell. Officials from the Office of Diversity and inclusion section were all present.

At the end, all the participant speakers were awarded special prizes. The author feels privileged to represent Sikh faith among the leaders of the other faith. Snaps attached.



Mrs Bhagwant Kaur Rangi has been trying to contact different schools in Phoenix metro area to help the author in making their students learn about Sikh Faith and Sikh awareness. On Feb 22nd I was able to present a one hour power point presentation on Sikh Awareness, Sikh identity, Sikh History Sikh Articles of Faith, Sikh Philosophy and hate crimes against Sikhs to a senior class of Ironwood High School in Glendale, Arizona. This was followed by a documentary prepared by Department of Justice with the help of Saldef. The program was followed by an interesting interaction with the students through question answer session. Here is the snap



Class of high school getting training about Sikhs and Sikhs

A Group of 90 Non-Sikhs Attend Sikh Awareness Class

sentation dealing with Sikh principles, Sikh history, Sikh Identity and Sikh Articles of faith, Sikhs presence in U.S., Role of Sikhs in WW1 and WW11 and Hate crimes against Sikhs. This was followed by 15 minutes of a documentary prepared by department of Justice that further hammered these matters.

Once the presentation was over, they were all ushered back to the Langar/ community Hall again where freshly prepared hot Vegetarian delicious lunch was

humbly served in the form of Langar.

A good number of Sevadaars including Mrs. Saini, Mr. Ranghi, Rana Sodhi, Nirmal Singh, Harnek Singh Balbir Kaur, Rajinder Kaur, Mrs. Shavi Sachdev, Manju Walia Mr. and Mrs Malhotra, Tarsem Singh, Sona, Mrs. Khera and many more whose names I might have skipped were at hand to help serve this group of visitors and we are thankful for their Nishkaam seva.





Top 10 Bollywood Divas and Their Most Prized Luxury Cars

Apart from their acting skills, Bollywood celebrities are known for their lavish car collection. Previously, we presented you the list of most glamorous rides of B-Town megastars such as Salman Khan, John Abraham, Sanjay Dutt, Shahrukh Khan and so on.



And this time we have compiled a list of top 10 B-Town Divas and their glamorous hot cars.

The leading B-Town Diva on our list is the Miss World pageant of 2000 winner as well as National award winner, Priyanka Chopra. This one of the highest paid actress stands tall with her exclusive and luxurious long list of cars to her name. The most spendthrift car in her garages is Rolls Royce Ghost that has been customised as per her special needs which bought her the pride of being the first B-Town actress to own a Rolls Royce came with a starting price tag of INR 2 Crore. Moreover, this fashionable Bollywood Diva also owns a top-of-the-line BMW 7 Series, a Porsche Cayenne and a stylish Mercedes-Benz E-Class.

Katrina Kaif:



The second Diva to follow on our list is another highest paid actress and considered to be one of India's most attractive celebrities, Katrina Kaif. Apart from competing with Piggy Chops (Priyanka Chopra) on-screen, Katrina Kaif also contends with her by owning German machines in her garage. The actress owns Audi's flagship SUV Q7 as well as its younger sibling Audi Q3. Katrina's love for Audi machine and

Audi enhancing its machine fleets, we hope to see more Audi machines in her garage.

Anushka Sharma:



The third starlet on our list is Indian actress and producer Anushka Sharma and this starlet is also known for her most bubbly character. This B-Town Diva likes to drives off in her special Range Rover Vogue. Moreover, we might also spot this sensational beauty in a limited edition Audi R8 LMX, newly bought by her boyfriend and cricketer Virat Kohli.

Deepika Padukone:



The Next on our list is Bollywood's most popular and highest paid Indian actress, Deepika Padukone which derives her on the fourth position of our list. Deepika Padukone, Most Desirable Women 2012 and 2013 is also German engineering lover and this beauty owns two of the most popular luxury machines in her garage. Deepika Padukone owns a top-of-the-line Audi Q7 SUV and a spanking BMW 5 Series.

Shilpa Shetty:

Shilpa Shetty, a yesteryear actress and producer has a keen eye for the elite cars, thus deriving on the fifth position on our list. Shilpa Shetty, winner of Big Brother 5 is also amongst the most popular and high profile celebrities in the country. She owns two of the most exclusive cars in the India a Bentley Continental, a Lamborghini Gallardo and most likely



a Mercedes-Benz S Class.

Kangna Ranaut:



This talented Bollywood actress, a two time National award winner is well known for expressing her honest opinions has fetched herself with a sparkingly German car, BMW 7 series thus placing this Diva on the sixth position of our list.

Sonakshi Sinha:



Sonakshi Sinha, Indian rapper, singer and actress has managed to accomplish some great popularity. Moreover, daughter of actors Shatrughan and Poonam has found the best way to flaunt your success in Bollywood by owning a swanky new ride for yourself. This B-town actress owns a BMW 5 Series Gran Turismo (GT) which is considered as the most popular BMWs in India.

Aishwarya Rai Bachchan:



No one does it better, when it comes to making a style statement, Former Miss World, Aishwarya Rai Bachchan, is on the seventh position of our list. When it comes to luxury rides, this sensational beauty has a great eye and is a great admirer of Mercedes-Benz but that hasn't stopped her from also owning an Audi A8L. Moreover, the starlet also owns a Mini Cooper, particularly for her daughter.



Kareena Kapoor:

Kareena Kapoor, Bollywood Diva also known by her nickname, Bebo is recognized for her unique choices and that is what we have spotted when it comes to get her a special ride. This Bollywood beauty is known for owning a Lexus LX470, which is rather rare amongst well known Indian celebrities.

Sunny Leone:



Another B-town Diva to follow on our list is the newest Bollywood starlet, Sunny Leone who is also amongst the car lovers. This popular B-town face loves to travel in style in her Maserati Quattroporte, gifted by her husband and also own an Audi A5.

Rani Mukherjee

Rani Mukherjee, this Mardani actress known for elegant taste in selecting movies as well as cars, that can be recognized as she owns a Mercedes



Benz E-Class, which cost about INR 44 lakh. This impeccable vehicle is used by this Bollywood actress for her daily travel.

Bipasha Basu



This Bengali beauty like other Bollywood Divas is also amongst well known and highest paid celebrity that shares similar taste when it comes to cars. This B-town talented girl owns a Porsche Cayenne that cost from INR 70 lakh to 1.5 Cr.



India Association of Phoenix

Presents

HOLI 2016

10:30 AM – 3:00 PM on Sunday, March 13, 2016

At South Mountain Park

10919 S Central Ave., Phoenix, AZ 85042

* COLORS, DJ Music and FREE FOOD with Entry

* Only India Association colors permitted

Free Entry & Colors for Members.

Non-Members (Online): \$10 (At Venue): \$15 Students (with ID): \$7

Food, water, soda & extra colors for sale at venue

Ticket Sales start on January 31st at www.phoenixindiaassociation.org

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April 2nd, 2016
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For more information, please contact: 1-707-901-7372

For Booth Set up: Harpinder Saini: 602-430-7717



Kite Festival 2016 -an event to remember!

the event and enjoying the Colorful Kites, Delicious Food, DJ Music, Kite Workshop and Great Weather.

Event Chairs Dr Gautam Shah, Dr. Dhirendra Patel and Team Members from IACRF & GCA made the Kite Festival an event to remember

and making Phoenix, one of the Kite Capitals of the World! Great Job everyone!. IACRF Board

PS: Photo Credits: Mahendra Devgania, Bipin Patel, Mahesh Shah & Others



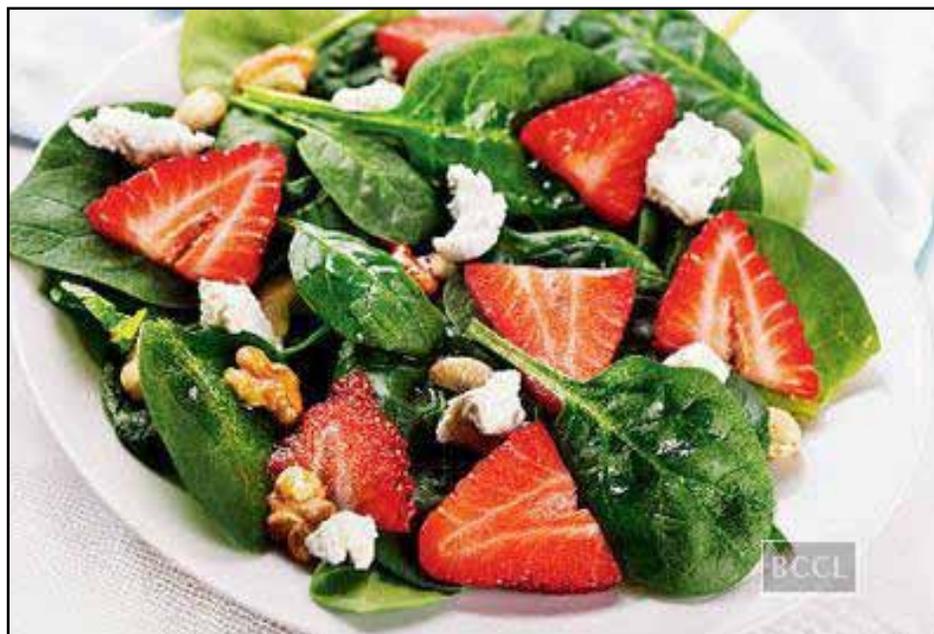


Get cooking with strawberries this winter

Plump and full of taste, strawberries are the fruit of the season. A member of the rose family, strawberry comes from the Old English word, strewberige. Have them raw, in a smoothie, grilled with chocolate or baked in a cake, there's a lot you can do with the vibrant fruit.

Health benefits

Strawberries are a source of vita-



min C — just one serving of strawberries has 51.5 mg of vitamin C — which amounts to half of a person's daily requirement. The antioxidant properties in strawberries are also said to help prevent cancer and cataracts. The fruit helps fight bad cholesterol (responsible for plaque build up in arteries). It also helps lessen inflammation of the joints and can lower blood pressure owing to its potassium content. For a healthy addition to your day, slice some of the fruit over your breakfast oatmeal or cereal.

Don't freeze

It's better not to freeze the fruit as once they are frozen then thawed, they become pulpy and flabby. Instead, make a puree of the fruit and freeze that.

Recipe: Grilled Marinated Fish Kebabs

This is a nice and simple way to prepare flavorful fish kebabs that are loaded with flavor. Serve these by themselves as appetizers or over rice with grilled vegetables for a complete meal.

Ingredients

Kingfish Fillets - 500 gms, cut into bite-sized cubes
Garam Masala Powder - 1 tsp
Garlic Paste - 1 tsp



Lemon Juice - 1 tblsp
Salt as per taste

Coriander Leaves -

handful, finely chopped

Wooden Skewers -

soaked in water for 30 minutes

Method:

Mix the garam masala powder, coriander leaves, salt, garlic paste and lemon juice in a bowl.

- Brush this mixture all over the fish cubes ensuring they are evenly coated.

- Keep aside in the fridge for 90 minutes.

- Remove and skewer the fish cubes (4 to 5 per skewer).

- Then place them on a preheated grill.

- Grill for 10 to 15 minutes, turning them every now and then, till it has a light brown colour.

- Remove and transfer to a serving plate.

- Serve hot with mint chutney and salad of choice.

Munch on with a cool drink

For all those who love to munch on with something cool, here's an interesting combination.

Masala tacos

For guacamole
150 g avocado

20 g onions, chopped
20 g tomatoes, chopped
5 g coriander, chopped
5 g green chillies, chopped
10 ml lemon juice
salt to taste

For tomato salsa

40 g onions, chopped
40 g tomatoes, chopped
10 g coriander, chopped
10 ml tomato juice
10 g green chillies, chopped
10 ml tabasco sauce
salt to taste n tacos

80 g sour cream
60 g cheddar cheese, grated
40 g onion slices

Serves: 4

Prep time: 15 minutes

To make the guacamole

- Scoop out the pulp of the avocado and mash it. 2.

- Mix it with chopped onions, tomatoes, coriander and chillies in a bowl. 3.

- Add lemon juice and salt. To make the tomato salsa 4.

- Mix onions, tomatoes, coriander, chillies and tomato juice in a bowl. 5.

- Add tabasco and salt. To assemble the tacos 6.

- Fill tacos with shredded lettuce, sliced onions and tomato salsa. 7.

- Top with guacamole and sour cream. 8.



- Sprinkle cheddar cheese.

- Serve cold.

Calorie count: 150 calories (per serving)

Tip: squeeze lemon juice over the tacos before eating; it enhances the taste of all

Kiwi frojito

Ingredients

8 mint leaves
3 lime wedges
20 ml sugar syrup
crushed ice as required

kiwi syrup as required

60 ml white rum n soda n as required

Serves: 1

Prep time: 10 minutes

Method

- Muddle lime wedges and mint leaves in a highball glass. Add sugar syrup.

- Fill with crushed ice. Top with kiwi syrup and rum.

- Pour soda over it and garnish with the remaining mint leaves.

Calorie count: 160 calories (per serving)

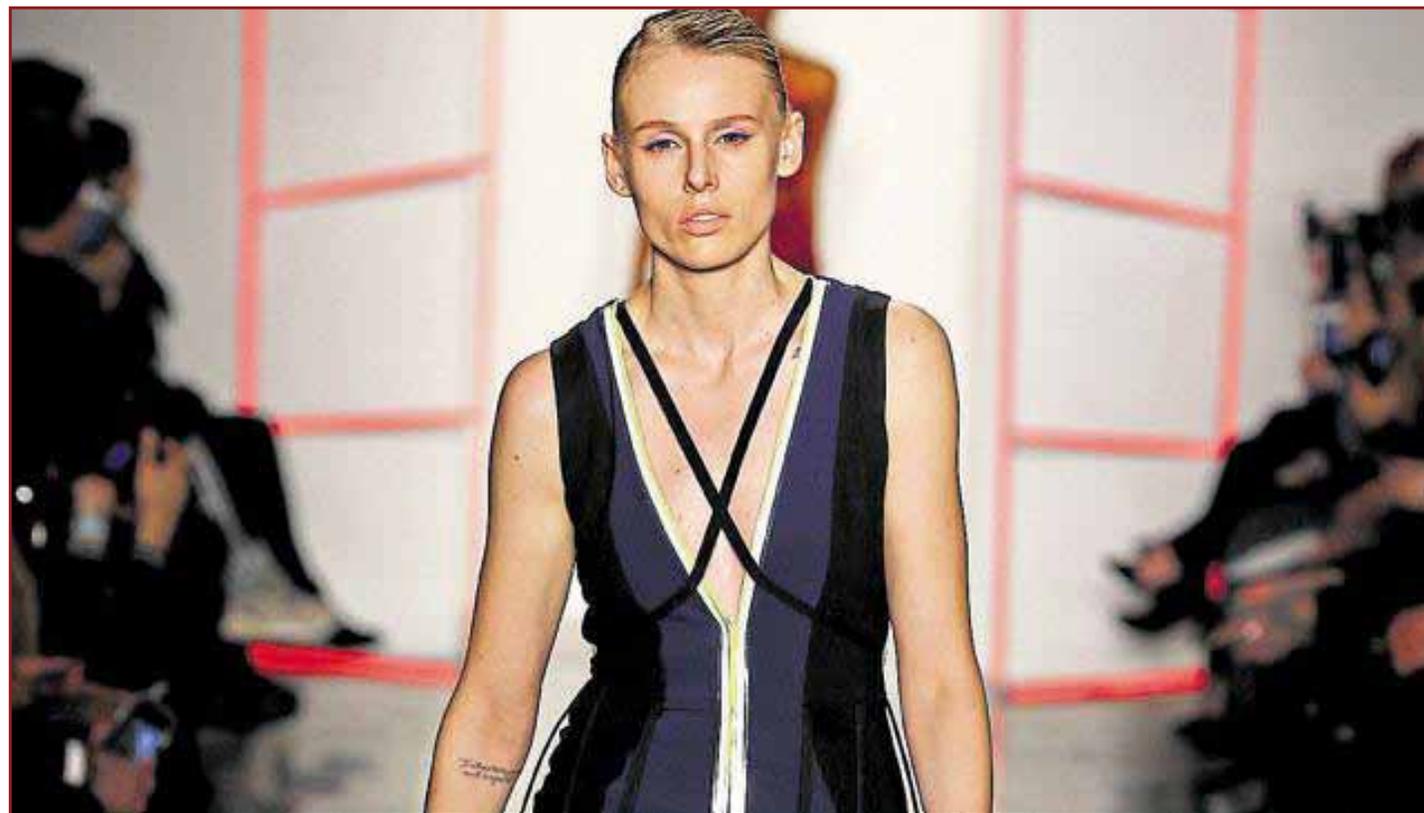
Tip: mint leaves should be muddled lightly for it to release its essential flavours.

When will we see this in India?

At the recently-concluded New York Fashion Week, model Lauren Wasser set an example for all those who think that disability is a curse. The 28-year-old model who lost her right leg to toxic shock syndrome in 2012 got back to the ramp this year again by sheer will force and the support from the fashion frat. Lauren made her catwalk debut after the accident wearing a gold prosthetic limb.

Interestingly, Lauren is not the only one, even as a host of amputee models are included in fashion shows in the West. But would our fash frat in India think of following suit, and give a chance to differently-abled people to walk the ramp, if they otherwise make the cut as models?

FDCI president Sunil Sethi says, "While the industry has certain parameters when we select models for our shows, we should also keep in mind that beauty has various forms and we



should celebrate that." A person so determined ought to be given a chance, feels Sethi. "We are the ones who set perspectives and therefore, only we can bring about the change," he says.

Couturier Nikhil Mehra also thinks on the same lines and says, "Design is about determination and we as designers believe in that. It doesn't matter if the person in an amputee. If the model

has that spark to pull it off, he breaks all the stereotypes." Designer Varun Bahl adds, "I think it is a beautiful thought and I would certainly like to try this in my shows."

Jat unrest almost nips model dreams



On Monday afternoon, almost 200 men from all over the country reached the Fashion Design Council of India office in Okhla for a rare audition for male models, for a menswear show at the upcoming fashion week. While Delhi and Mumbai-based aspirants were seen as a part of the contestant pool, a major chunk of the men belonged to Haryana, Rajasthan and other areas affected by the ongoing Jat agitation.

Chandigarh-based Tejeshwar Singh re-counted a night of horror as he hailed a cab to come to Delhi. "I had a really stressful time travelling to the city. The roads were completely jammed, we saw abandoned charred cars, there were tree branches broken and scattered on the highway that we manually removed – it was just a scary experience overall," he said.

We also discovered that one

of the judges on the panel, Jaipur-based fashion designer Rohit Kamra couldn't be a part of the auditions because he was unable to travel to Delhi owing to the unrest. Model Nitin Rao, who hails from Rewari in Haryana says that it was a tricky situation for some. "A large number of men who want to be models and are here to audition for the fashion week belong to various parts of Haryana.

So, a lot of those coming from the state and even those taking the Delhi-Jaipur highway had roadblocks to face, however, the situation was better for those who came in today (Monday morning) itself."

For Fashion Design Council of India president Sunil Sethi, it was heartening to see the turnout. "It's great to see the numbers and the spirit of the contestants who made it here despite the obstacles," he said.

Messy hair, don't care: Rock the carefree look like the stars

She hashtagged her recent Instagram post with #messyhairdontcare, and we couldn't agree more with Sonakshi Sinha flaunting her fun beach-perfect waves. New Delhi might be in the throes of winter right now, but there's nothing that can stop a girl from dreaming of Goan holidays and messy tresses to add fun.

Wavy locks go beyond the bed head look. Just like barely-there makeup, which actually comprises a tricky bit of base-work, hair that looks effortlessly yet stylishly shook-up, also includes work and product aid. Acing beach-fresh waves: Your flat iron can go a long way in creating a case for fashionably tousled hair. Divide the length of your locks into sections and wrap each section around the hot wand till you have loose waves lining your hair.

There's a teasing, backcombing and hair spray that also goes into perfecting the look, so keep your vanity case prepared. The beauty compan-

ion: Your wavy hair needs to be the perfect accomplice to your makeup. A jewel-hued lip and eyes with a nude waterline can look gorgeous with long, loose locks. If you are going for a messy lob (long bob), a dewy lip and peachy, fresh makeup like Sona can look terrific!

Here's some inspiration for you if you are hopping on to the wavy bandwagon:

Vlogger Beauty by Sara starts with poker straight hair to create her fashionable mess. After using a wand to flatten her bob, she uses a curling wand to lightly induce a wave at the ends. She uses her fingers to open up the tight curls and hair spray to seal the look. For those of you with ample length, this is the tute to follow. Vlogger Teni Panosian uses a curling tong to create waves and works on the hair with a volumizing mousse, starting from the roots. She completes the look by flattening the ends with an iron and finishes with a spray.



INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)- LA PRINCESA



Feb 02, 2016 was a chilly morning but as the guests arrived into the hall, there was hot tea waiting to greet, at least those who helped themselves. There was plenty of time to exchange "hello", "how are you" with all. To begin the morning, Narayanbhai offered a prayer tribute to Shashikantbhai's mother who passed away last week and observed a minute's silence. Minaben wished her mother- Bhanuba a happy birthday, her 91st. Kanubhai sang a couple of her favorite prayer bhajans too. Minaben then enlightened us with her beautiful narration on "mother and motherhood." That sure brought out some sweet memories for the audience. The luncheon, sponsored by Minaben and Kanubhai, was enjoyed by over seventy members and guests.



1. Happy Social-Time for the attendees at ISAA 2. Gohels & Vasvanis sponsored the luncheon on Feb 23rd. 3. Bhakta Family seen with friends as sponsors on Feb. 16th. 4. Valentines Day celebrations with these well-dressed ISAA ladies 5. Happy 90th Birthday Bhanuba 6. Picnic Sponsors on Feb 08th at Rio Vista Park 7. Happy out door activity at Rio Vista Park

On Feb 09, 2016, ISAA held their first picnic of the season at the Rio Vista Park. It was a perfect day for picnic, balmy temperatures with mild breeze. Once everyone had their fill of chai and bhajiyas there was entertainment by many of ISAA's talented members. Thanks to all singers and those who narrated entertaining jokes. Guests

participated too. Over eighty five members and guests enjoyed every moment. Birthdays of Shantiben and Vinay Kapadia (Kanchanben&Arvindbhai's son) were celebrated also. Many thanks to Niruben and Kanchanben who sponsored today's picnic. Along with many friends and helpers they cooked fresh khichadi, and shak on site. Chaas and pickle were included along with papad/papdi for luncheon. Jitubhai paid a moving tribute to Fakirchandji Dalal-a devout social worker who passed away some time back. His contributions were memorable

On Feb 16, 2016, as people enjoyed a cup of hot tea along with goodies brought by friends one could hear sounds of greeting with "Happy Valentine's Day". Thanks to Kanwal, Charanjeet and Shakuben for the de-

lights. It was also a happy "Union Day to Arizona" for its 104th anniversary as a part of the USA. A tribute was paid to "JawanShahids" with a moment of silence for those who sacrificed their lives in protecting freedom and safety of Bharat. Today's video presentations were enjoyed with a lot of laughter, some serious, and some worth noting. A special one was a heartfelt tribute to Jagjit Singh by many well-known artists. Today's sponsors were Gulabben and Satishbhai Bhakta. Over eighty five members and guests enjoyed the delicious home cooked idli sambhar, chutenys, bhakarwadi and gulabjamuns. ISAA thanks the sponsors. We welcome back some of the members who have returned from their short visits to mother India.

Initial "meet & greet" period has

become very popular over a cup of tea. On Feb 23, 2016, everyone just gets really absorbed. Those playing card games during this time are quite oblivious to their surroundings. As the formal program starts, Jitubhai has to remind about close attention. A number of video clips were shown per the agenda including Tips to get-up safely from Sleep, super third eye, live life-not just be busy making money, amazing circus, overview of Area Agency on Aging (AAA) and the services provided by them. ISAA has established a good relationship with AAA as they offer useful, beneficial and supportive services. ISAA therefore plans to invite AAA to present topics of interest that could be of value to our membership. Our sponsors today were Lisha & Gary Vasvani along with Deviben & Babubhai. Over seventy five members and guests had fun.

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From Vienna to Rome: Here's how you backpack across Europe on a budget

Imagine a typical European sight with winding cobblestone streets, cosy candle lit 'Trattorias', metallic antique street lamps and of course, Mediterranean-style windows adorned with flowers. Now add budget constraints, places to visit, intra-and inter-city travel; and you would realise travelling in Europe needs a lot more planning than guides or tour packages can describe.

So how do you backpack across Europe, a not-so inexpensive continent, without burning a massive hole in your pocket?

Here's one way to go about it:

Before you fly off into your European dream, make sure you choose the right cities – you don't want to end up visiting similar places with few or little difference. Try permutations and combinations; take your pick with varying eras, architectures, topographies and histories for a unique experience. The biggest advantage about Europe is that you can hop from medieval Prague to the epitome of modern history – Berlin – in just about a few hours, with a glorious sunrise to keep you company during your train journey. Sigh!

It is quintessentially European to walk – not because it costs nothing, but because you can't possibly get the gist of a city or bathe in its hues and map its contours without walking on the picturesque streets recognise their many idiosyncrasies. So tie up your shoelaces, wear your comfort clothes and gear up for walking more than you might have exercised in your entire life.

You also need a bed to sleep and a place to rest your heavy rucksack. Viola! Hostels are your answer. Pay just 15-25 Euros per bed every day, which includes WiFi, usually clean washrooms, a common room, a kitchen equipped with basic appliances and the opportunity to meet strangers/would-be friends.

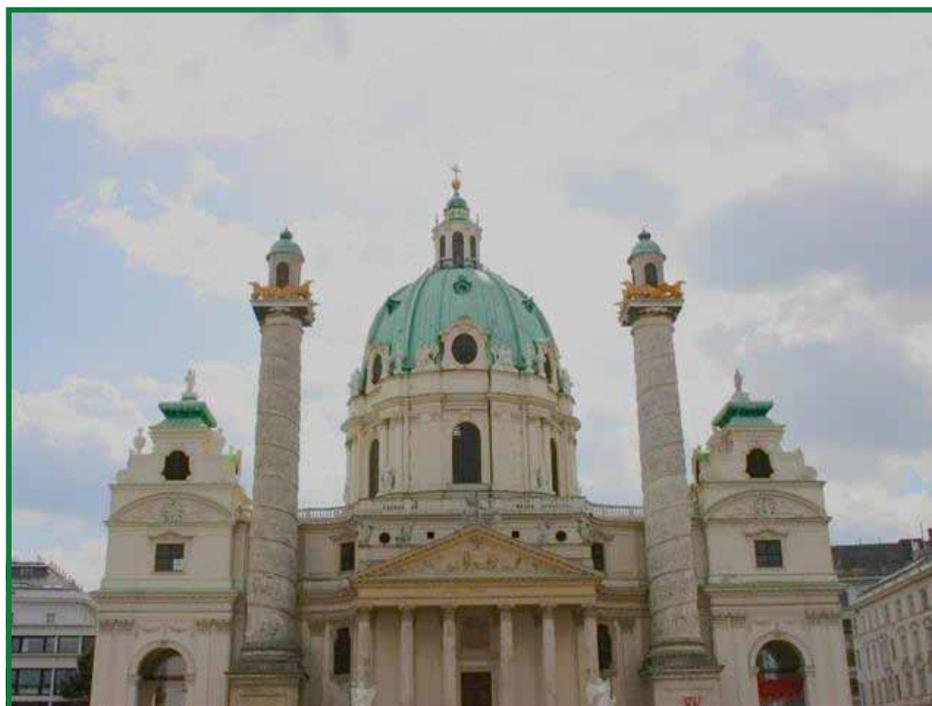
Trust your instinct and don't get too cosy – there's no such thing as privacy when you're sharing a bunk bed and staying with 2-8 strangers at a time.

First stop: Chic Vienna

What if your stacked itinerary allowed just one day in the Austrian capital? Don't fret over it; you'll love "Wien" by the end of the day.

Your first purchase in Vienna should be a 24-hour metro pass which will cost around 7 Euros, but will be your most-utilised and convenient mode of transport by the time you leave.

Situated 10 minutes from the city centre and approximately 500 metres from Hauptbahnhof subway station, Wombats Hostel may be your safest bet and possibly, one of the best in Eu-



Charming Vienna, blue Danube and much more

The Karlskirche church, also known as St Charles Church, is one of the most-visited tourist destinations in Vienna, known for its grandiose interiors and baroque...



rope -- also present in Berlin, London, Budapest and Munich. Rooms were tidy, the common room was warm and comfortable, sporting even a Christmas tree, book shelves and an old wooden radio just added to the charm. The hostel also houses a restaurant

bar, meant to be a cheaper alternative and if you're lucky, Wombats may gift a 'Free-drink' coupon while checking in.

Meanwhile, keep scouting through the pamphlets showcased in Wombats and don't miss the notice board – you

might discover some hidden jewels of the city. Don't forget to ask for a map of the city and the metro, and you can always bug the friendly staff to your heart's content over suggestions on places to visit, routes and timings.

Make "ooh" and "ahh" sounds in an early morning stroll through the 16th century-origin Naschmarkt just opposite Wombats. Outdoor restaurants blanketed with twinkling fairy lights, a faint smell of coffee in the air, varieties of breads you can barely count and a plethora of food stalls with spices and fruits -- is what will greet you. A very perceptive vendor might even cheerfully shout "Priyanka Chopra and Salman Khan" on noticing your nationality!

A 10-15 minute walk from Naschmarkt will take you to the posh city centre which has huge balls of red lights or giant chandeliers hung in the middle of streets during festive season. Feel free to gawk at the imposing gothic structure of St Stephens Cathedral which is juxtaposed with surrounding showrooms of famous brands, souvenir shops and occasional carriages with horses trotting by.

For a perfect respite from grumbling hunger pangs by then, savour an apple strudel with coffee -- definitely worth shelling out five Euros --from any of the numerous bakeries at the city centre. By midday, catch a metro to Kaisermühlen station from the city centre and sit on the bank of Danube. You might witness people feeding pieces of bread to very insistent swans that float on the calm waters with sunlight glistening off their graceful white feathers. The United Nations office too is minutes away and definitely warrants a visit if you're even a little bit curious about world politics.

It's best to save the baroque Schonbrunn Palace for the evening, also connected via the extensive metro network. Its sprawling gardens host markets during festivals, where you can admire the tiny wooden stalls selling trinkets and crockery. Once the summer home of the royal Hapsburgs, there's also a labyrinth inside the castle boundary and the oldest zoo in the world -- both are chargeable and open only on select days.

If it's been a long day till then, just sit near the gorgeous white statue of Greek god Poseidon and walk up to the hill behind the palace just when the sun starts setting to be spellbound by the magnificent view of Vienna enveloped in hues of orange and golden.

Exhausted, you can crash in your bed at night dreaming of your next destination -- Prague, just a few hours train-ride away.

MARCH 2016						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 * Free Meditation Classes * Grand India Festival 2016 * Ekta Mandir Pran Pratishtha 8th Anniversary * Carnatic Vocal - Amrutha Venkatesh
6 Maha Shiva Rathiri Celebrations Sikh Identity Awareness Day	7 Chinmaya Goloka Youth Camp MahaShivaratri Celebrations - Ekta Mandir Shivratri Celebrations Hindu Temple	8	9	10	11 a	12 Harish Sundaram's Percussion debut concert Basant Mela
13 India Association presents Holi 2016	14	15	16	17	18 Pt Kashinath Shankar Bodas Music Festival	19 * HOLI Festival of Colors Rain-Dance * Shirdi Saibaba Temple 5th Anniversary Celebrations * Pt Kashinath Shankar Bodas Music Festival * 21st ANNUAL Mawlid-Un-Nabi saws Conference
20 Pangui Uthiram Celebrations	21	22	23	24	25 9th Annual Indo-American GOLF TOURNAMENT	26 Hope in the Face of AIDS
27	28	29	30	31		

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Use discretion, especially if involved with someone from work. Do not trust others with important information. Deception is probable if you don't use discrimination. Try to enlist the help of those you trust in order to fulfill the demands being made of you. Your luckiest events this month will occur on a Wednesday.

ARIES



Mar 21
to
Apr 20

Entertainment should include your whole family. Don't vacillate about asking for assistance if you need it. Nagging has never been something that you could tolerate, and it's once again driving you into a lonely state of affairs. Direct your energy into physical exertion. Residential moves will be favorable. Your luckiest events this month will occur on a Monday.

TAURUS



April 21
to
May 20

Take matters in hand when it comes to dealing with clients or colleagues. You have a tendency to think that no one else will do things properly. Don't blow situations out of proportion. It's time you let your true feelings out. Your luckiest events this month will occur on a Sunday.

GEMINI



May 21
to
June 21

Travel could bring you the adventure and excitement you require. Time to deal with institutional environments, government agencies, and matters of a private nature this month. If you can put some work into home improvements, you should. Avoid purchasing expensive items. Your luckiest events this month will occur on a Tuesday.

CANCER



Jun 22
to
Jul 22

Your involvement in sports or entertainment will lead to new romances. You will gain valuable insight and knowledge through the experiences you have along the way. Be honest in your communication and don't lose your cool if someone backs you into a corner. Dealing with in-laws or relatives will not be in your best interest. Your luckiest events this month will occur on a Friday.

LEO



Jul 23
to
Aug 23

Be aware of any emotional deception. Do not sign legal contracts or documents this month. Take a close look at documents before signing on the dotted line. Use your creative talent in order to accomplish your goals. Social events will be favorable. Your luckiest events this month will occur on a Wednesday.

VIRGO



Aug 24
to
Sep 23

Go over their important documents and take the time to suggest alternatives. False information is likely if you listen to idle chatter or gossip. Drastic financial losses may be likely if you lend money. You might get behind if you spend too much time debating senseless issues. Your luckiest events this month will occur on a Sunday.

LIBRA



Sep 24
to
Oct 23

You may not be happy if members of your family are not pulling their weight. This month will be hectic. Sudden romantic infatuations could lead to a significant and prosperous connection. Someone you live with may feel totally neglected. Your luckiest events this month will occur on a Monday.

SCORPIO



Oct 24
to
Nov 22

Some of the best opportunities will crop up if you keep an open mind. Try to visit friends or relatives you don't get to see often. Travel will stimulate your need to experience exciting new things. Travel and entertaining conversation will be informative and uplifting. Your luckiest events this month will occur on a Monday.

SAGITTARIUS



Nov 23
to
Dec 21

You will easily blow situations out of proportion. You can receive recognition for the work you've done. Get busy doing all those things at home that you have been putting off for so long. Help elders with their concerns. Your luckiest events this month will occur on a Saturday.

CAPRICORN



Dec 22
to
Jan 21

You will have good ideas for home improvement projects. Focus on your own domestic problems. You will be in the mood for entertainment. Don't forget to read the fine print. Your luckiest events this month will occur on a Monday.

AQUARIUS



Jan 22
to
Feb 19

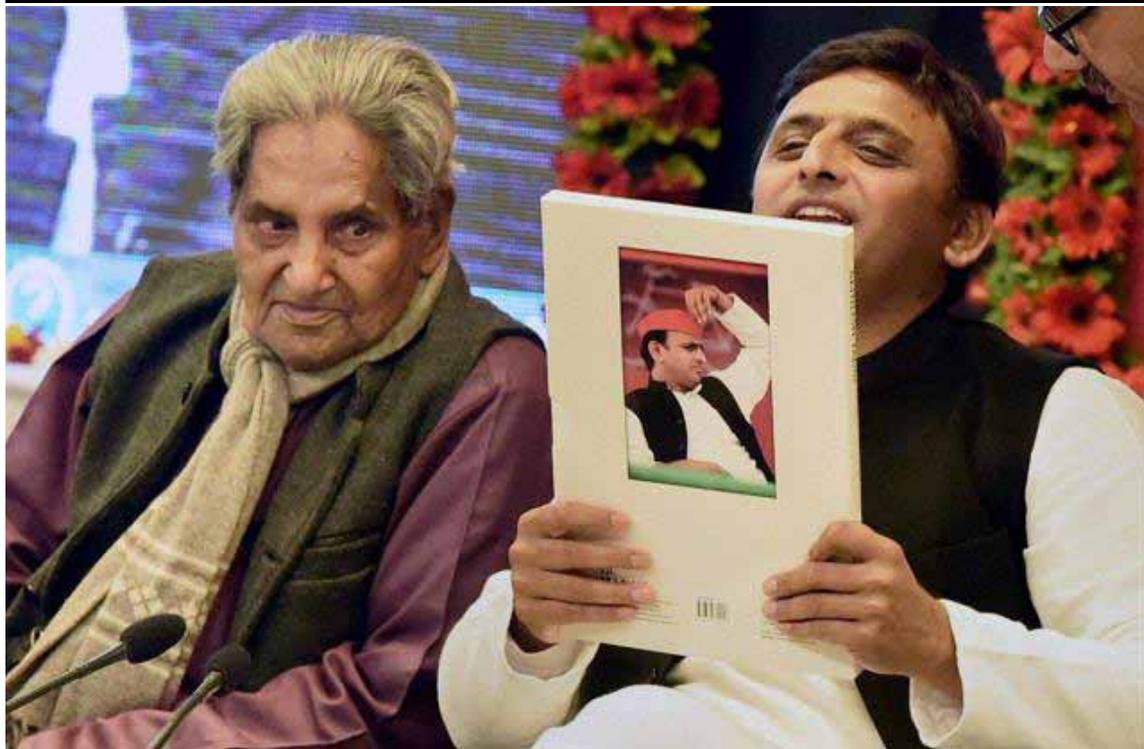
Your ability to be practical in business will help. You may have to take a short trip to visit someone who hasn't been well. You will find that social activities will be enjoyable and will promote new connections. Opportunities for romance will develop through group endeavors; however, the association isn't likely to last. Your luckiest events this month will occur on a Monday.

PISCES



Feb 20
to
Mar 20

Jana Gana Mana reminiscent of British rule: Poet Gopal Das 'Neeraj'



In this file photo from January 25, Uttar Pradesh Chief Minister Akhilesh Yadav releasing his coffee table book as eminent poet Gopal Das Neeraj looks on, in Lucknow.

Claiming that Jana Gana Mana is reminiscent of British rule in India, Hindi poet Gopal Das 'Neeraj' has said that 'Vande Matram' or 'Jhanda Ooncha Rahe Humara' should replace the song penned by Rabindranath Tagore as the national anthem.

The 92-year-old Padma Bhushan awardee said due to the colonial hangover some saw those working in English as "bade" (big) and others as "chhote" (small). "I have written in English also during my initial years as a poet. But, it was Harivansh Rai 'Bachchan' ji who asked me to focus on writing in Hindi. He told me 'Kavita maatribhaasha mein hi hoti hai' (poetry is done in mother tongue)," Neeraj said. He also recalled his acquaintance beginning in early 1940s with the legendary Hindi poet and father of Bollywood mega star Amitabh Bachchan, whom he says he has "lap-fed".

Asked if he felt there was a bias in the acknowledgement bestowed on litterateurs

based on the language in which they work, he said, "Now it is the trend that if someone writes in English, they are taken as big men while those writing in Hindi are small. We have been slaves (of British rule). Our national anthem is also from the era when we were a British colony. The Britishers have left, but some still continue to remain slaves (of English)."

He also said the national anthem was written by Tagore in 1911 at the coronation of George V, the King of United Kingdom. Asked if he was suggesting a change in the patriotic composition, he said, "Now that it is the national anthem what can be done. Why did we leave 'Vande Matram'... so many people were martyred for Vande Matram... Hindus as well as Muslims. In 'Jan Gan Mana Adhinayak', 'adhinayak' stands for dictator. 'Jayahe Bharat Bhagya Vidhaata', he is the creator of the destiny of Bharat. Punjab Sindhu Gujarat Maratha, where is the

Sindh now in India?"

"Even Jhanda Ooncha Rahe Humara was a better song. This is the good song to honour the national flag. But if Jan Gana Man is the national anthem, what can be done..."

When Jhanda Ooncha Rahe was used in a Rajinikanth-starrer film

He favoured Vande Matram as the national anthem. When asked if that was not in line with the RSS or the BJP, he said, "It is my own ideology. Nobody else has to tell me anything. I am a humanitarian poet. If you read my poetry you would know it. Sangh, BJP or any other... I have no relations with any political party. I have risen above things like these, politics is a third class thing."

"I have never written anything cheap. I still write and people invite me to programmes because I say what is right," he said, adding "poetry stands for humanism. There is no bigger truth in the world than human himself," Neeraj said.

POET OF MONTH

Linda Pastan

Linda Pastan grew up in New York City, graduated from Radcliffe College in 1954, and received an MA from Brandeis University. She has published 14 volumes of poetry, most recently *Insomnia*. Two of these books have been finalists for the National Book Award, one for *The Los Angeles Times Book Prize*. She taught for several years at American University and was on the staff of the Bread Loaf Writer's Conference for 20 years. She has won numerous awards, including The Radcliffe Distinguished Alumni Award and The Maurice English Award. In 2003 she won the Ruth Lilly Poetry Prize for lifetime achievement. Pastan lives with her husband in Potomac, Maryland. They have 3 children and 7 grandchildren.



The Collected Poems

They take you through my life
one poem at a time,
memory's beast raging
through the pages

inventing as it goes—
the slap that was really
a caress, the tears no more
than a mirage.

My actual childhood
was a sapling
in the forest of years,
yet it shadows these poems

so that my mother's death,
for instance, sheds its leaves
over everything.
So many leaves.

For years I wrestled
with syllables, with silence.
My stories were love
and its hazardous weather;

feathers of snow, of birds
ghosting the windows;
sharpened needles waiting
in every innocent haystack.

Now I rest
in a hammock of words, waiting
for the sun to rise again
over the horizon of the page.

Film Review

Neerja Review Round-up: What do critics think of the Sonam Kapoor starrer?

Courage – it's a virtue everyone possesses, but only a few choose to use it. Neerja Bhanot was one of them and that's what makes her life so remarkable. Ram Madhvani's film, named after the protagonist, is an

Film Review

Film: Neerja
Starring: Sonam Kapoor, Shabana Azmi, Yogendra Tikku, Shekhar Ravjiani
Directed by: Ram Madhvani
Rating: ****

intensely woven tale of the young airhostess who saved hundreds of lives when her flight was hijacked by terrorists in 1986. After walking out of a bad and abusive marriage, Neerja (Sonam) is taking a shot at rediscovering life through her work at Pan Am (which she "loves") and modelling.

A few days before her 23rd birthday, her flight gets hijacked in Karachi, putting the lives of all the passengers at risk. As her distraught parents (Azmi and Tikku) cope with the situation back home in India, Neerja is stepping beyond her own limits, displaying levels of bravery she herself didn't know existed within her. The film recaptures the drama inside the aircraft that continued for over 17 hours, in which Neerja sacrificed her life. She was posthumously awarded the Ashoka Chakra, the country's highest award for bravery and valour.

What's hot

It's really a surprise that a film on Neerja Bhanot's life took such a long time to be made – there couldn't be a



more heroic story than this. And the greatest part about the film is that director Ram Madhvani stays absolutely true to his subject without diluting any of the impact. Neerja is quite easily the finest film in recent times (on par with Talvar) based on a true story. From the first scene of the movie, Madhvani sets the mood for the entire film and not once does he lose his

grip. It's commendable that the producers and the director have treated the subject with all the dignity and respect it deserves – no unnecessary songs and parallel tracks for 'relief' (thank your stars this wasn't produced by T Series).

Every character is carefully crafted – Neerja's fan moments for Rajesh Khanna are a delight and their culmination in the climax is

a whopper. The relationship between Neerja and her mother is the most beautiful part in the film – it will choke you with emotion at every level leading to a crescendo as the film ends. In terms of screen time, Madhvani doesn't have much of it to establish the bond between Neerja and her 'close' friend (Ravjiani). In spite of that, the emotions are still in the right place – that's

the director's magic touch. From the time the screenplay gets inside the aircraft, every moment is edge-of-the-seat. Even though you know what's in store next, you are left guessing.

A film like Neerja can usher in a new era where films based on true stories are concerned – this is how they should be made. In terms of performances, it's a career-best portrayal by Sonam Kapoor. Neerja fits her perfectly and vice versa. Shabana Azmi is outstanding – she literally carries the film on her shoulders for the last 10 minutes. Yogendra Tikku as the father has a tough role but he makes it endearing. Shekhar Ravjiani is a revelation – he comes with good screen presence and the right notes. As a film, Neerja wouldn't be what it has turned out to be without the camerawork of Mitesh Mirchandani. He ensures this is one of the best shot films in recent times – his play with the lens is almost like the driving force of the film.

What's not

The only part of the film that's irritating is the interval break. These are the times when you wish it weren't there.

What to do

Neerja is 2016's best film so far and that makes it a must watch. But more importantly, in a country where heroes are easily forgotten, this one's for Neerja Bhanot – the bravest and boldest 23-year-old you've ever known.



Richa Chadda is dating this Bollywood actor and you won't believe who he is!

Richa Chadda recently broke up with her boyfriend Frank Gastambide. While many cite the long distance to have spoilsport between the two lovebirds, we hear there's a different story altogether. It seems Richa found love in someone else. Someone

closer to home. A leading online portal reported that Richa has now moved on and she's found solace in Saqib Saleem- Huma Qureshi's brother. And her close proximity seemed to have been the major bone of contention between Richa and her boyfriend.

The two had gelled well at the Katti Batti screening and has stayed in touch ever since. Off late, the two are often spotted spending quality time at Bandra's Pali Village Restaurant. Will they come out in the open about their relationship? We hope they do!

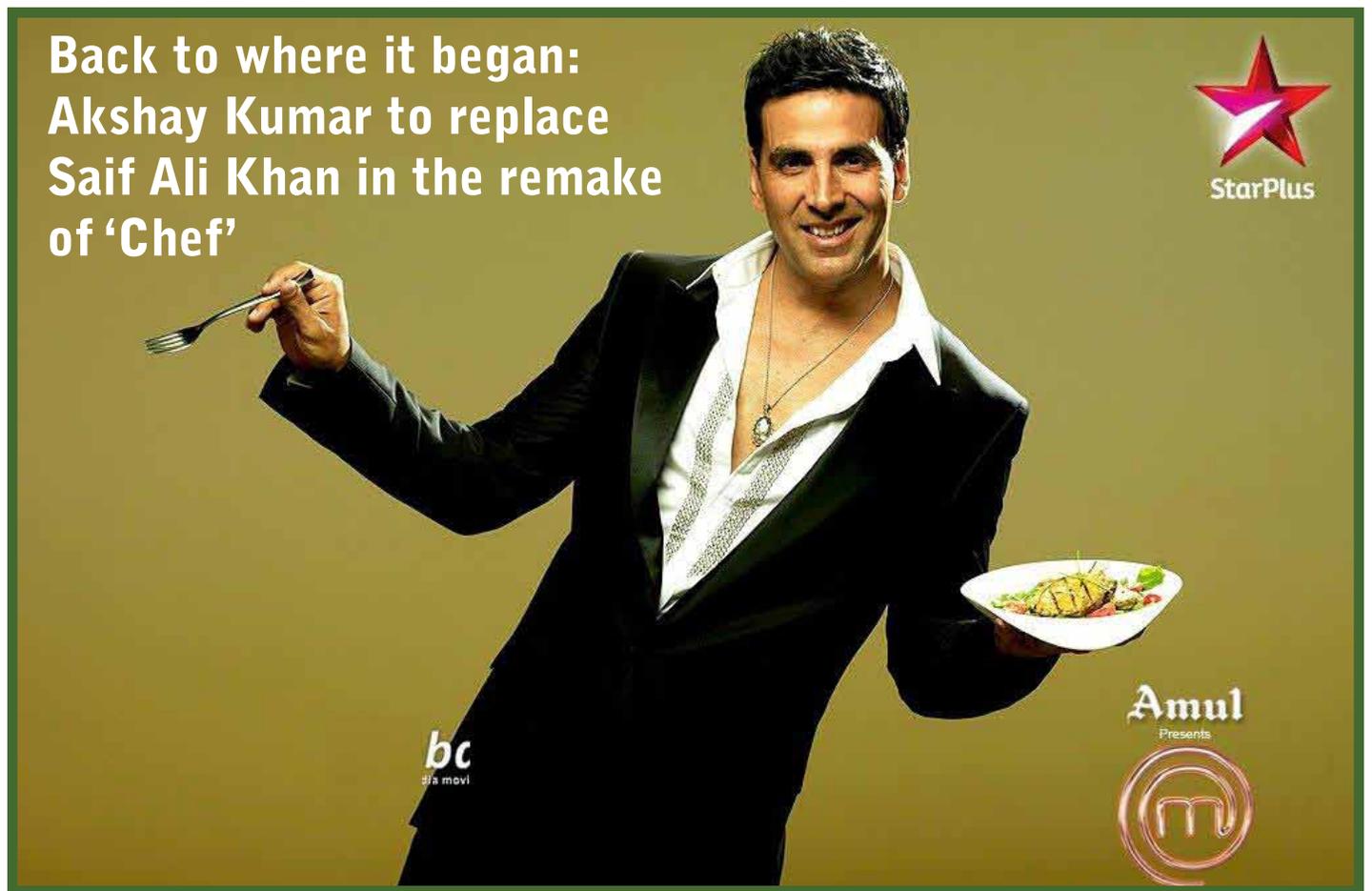
Looks like 2016 is Akshay Kumar's year. Starting the year with a bang, the Airlift actor is all set to rule this year. According to Oye Times, Akshay Kumar has been roped in for the remake of Hollywood movie 'Chef' directed by Jon Favreau.

Earlier, Saif Ali Khan was supposed to star in the movie. Akshay is yet to sign the film but a close source revealed that the makers of the film are planning on replacing Saif with Akshay.

Look like Akshay has got his perfect role. After all, he had started his journey as a cook in Bangkok. Who else can do justice to this role other than him.

Chef was released in 2014 starring Jon Favreau, Scarlett Johansson, Sofia Vergera and Robert Downey Jr. The film was written, produced and directed by Favreau himself. The film revolves around the life of a professional chef who quits his job at a popular Los Angeles restaurant after refusing to compromise his creative integrity to its controlling owner and later launches a food truck with his friend and son.

The remake of the film will be produced by Vikram Malhotra's Abundantia Entertainment, Eros International



and Alumbra Entertainment.

Well, we are all set to watch out for Akshay the 'Chef'.



What? Mouni Roy to die in Naagin?

One look at the small screen scanrio and the show that has been raining TRPs is Ekta Kapoor's Naagin. Yes, the Mouni Roy-Arjun Bijlani daily soap has been raging at the TRP charts for quite sometime now. So much that it even surpassed Bigg Boss 9's ratings at one point. But now, there's something we have heard which will shock you.

Mouni Roy who plays the character of Shivanya Raheja, the main protagonist aka Ichchadhari Naagin will be killed off towards the end of this season. Unlike other Balaji serials, Ekta Kapoor has planned Naagin to be a seasonal show with periodical breaks in between.

At a time when Naagin is topping all ratings charts, we don't know if this is going to be a great move by the makers but it's for certain that Mouni's character will die and won't return when the show comes back next season. Not just Mouni, even Arjun Bijlani and Adaa Khan's characters too won't be retained in the upcoming season.

The show will end sometime around May and will be replaced by Mangal Sutra which again is going to be a seasonal show.

Hrithik Roshan & Deepika Padukone to get paired... finally



Hrithik Roshan has worked with both Katrina Kaif and Priyanka Chopra. But one A-List actress he hasn't been paired with yet is Deepika Padukone. Now that is about to change. Trade experts are heard talking about how Sajid Nadiadwala's next with Hrithik Roshan might have the Bajirao Mastani actress as the lead.

Sajid plans to produce another film with Kabir after the Saif Ali Khan and Katrina Kaif starrer Phantom. Now, there is buzz that his next film will have Deepika as

the lead opposite Hrithik. A source says, "Sajid has been quite keen to work with Deepika. But that hasn't worked out due to several issues. However, there are chances that Deepika might sign up for his next production with Kabir."

Hrithik and Deepika will be a solid pairing given the fact that they both are not only great-looking actors, but have also proven their mettle at the box-office. It will also be the first time Kabir Khan is working with both Hrithik and Deepika.

Chai with... Dr. Reshmaal Gomes, Cardiologist, of Phoenix Heart

Interview by Manju Walia, Article by Deepa Walia

Born in Sri Lanka, Dr. Reshmaal Kumar-Gomes moved to England at the age of 11. Gomes is her maiden name while Kumar is her married name. She completed her medical school in England at the University of Liverpool and also did her post-graduate in medicine there. She came to the US and did her residency and fellowship in Cardiology on the East Coast in Connecticut. She came to Phoenix looking for warmer temperatures and has been with the Phoenix Heart group for 7 years. Her and her family love it here and definitely do not miss the East Coast winters.

Born to parents that were both doctors, they were good role models and she enjoyed watching them work. They never forced her into medicine, even though she knew her father's preference would be that she follow in his footsteps. She started doing engineering but after watching her father in his office and with his patients, she realized that medicine was her calling and she wanted the job satisfaction they had. Cardiology or a heart specialist is where she felt you could make the most difference short and long term. Short term a cardiologist can help with rhythm is-



sues etc. while long term you can assist by catching something early on changing someone's life.

Most people when asked if they could do start over and anything else with their life take a few moments to think and are still never certain of the answer, but Dr. Gomes not only knows the answer but has lived it and had to make that choice. When she moved to the USA from England, she knew life was an open book again and if she wanted to continue medicine, she would have to pass all the exams and boards and do her residency etc. over. Because medicine was her passion and she wanted to continue, when given the second chance, she picked the same profession again. So, she is very confident that if life gave her third or fourth chances, she would still be doing the same thing. It is rare and remarkable to see someone that truly loves what they do.

An impressive medical profession, Dr. Gomes does an inspiring job balancing her medical profession and her personal life with her husband (an education professional that works at ASU and has a background in educational technology) and children – a 5 year old son and 10 year old daughter. Her future



goals include watching them grow up and continuing to achieve the balance between being a mom and doing what she loves doing and helping it grow. She also hopes to educate women on their risks of heart disease and change the perception that heart disease is more common in men than women so more women will start taking their symptoms seriously. Her most significant accomplishments include evolving to be the managing partner of Phoenix Heart and working with great people, while still being able to go home and be the most important person to her children. That balance, which we all strive for, is her most significant accomplishment and source of joy.

She learned the ability to do this from her most memorable mentor, a cardiologist she met when doing her fellowship. An impressive woman and mother to a beautiful daughter, she taught Dr. Gomes that a woman can do and achieve as much as anyone else in their career as anyone else, especially in field where there are less women. She also taught her that you can achieve and excel and still keep a family and you don't have to let go of one to have the other. The balance that Dr. Gomes is most proud of was given to her by this amazing woman and mentor.

There are many memorable stories and people that have impacted her but she is most impacted by young woman that come through her door that have gone through hardship or have gone through supporting young spouses that have gone through a lot of medical hardship. Those patients to her are the hardest, because you now have young people whose life will completely change – both medically and from a family standpoint. Suddenly, at a young age, they are not on a lot of medicines and their life completely changes and some of them may even have to go on heart transplant lists but there is also a lot of positive in those stories – if they get the right care at the right time with aggressive physicians, they get better and lead rich, fulfilling lives.

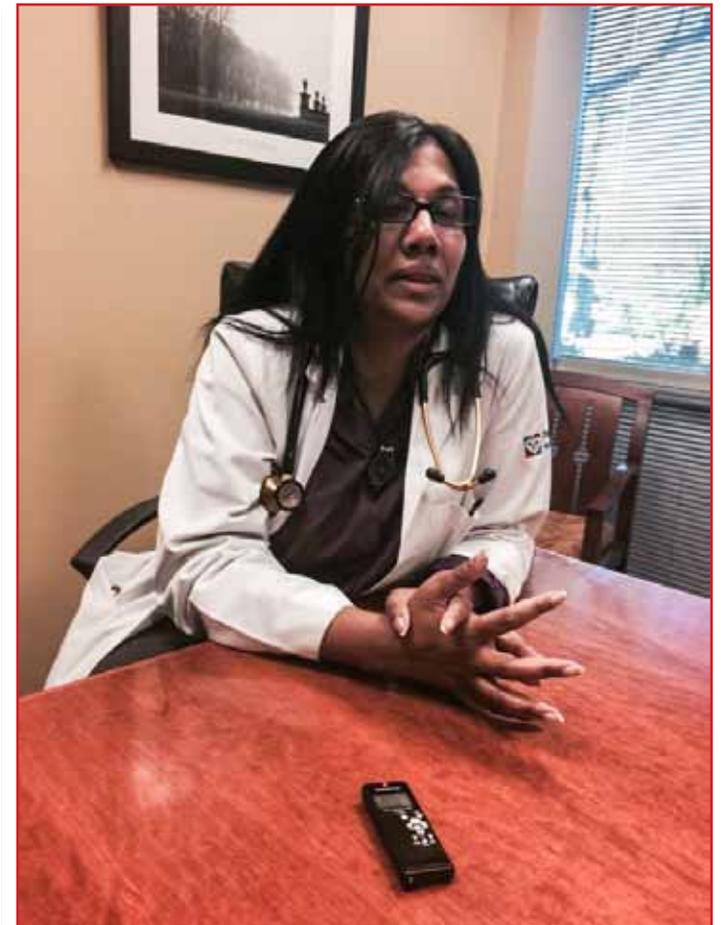
Dr. Gomes' final message to her readers is to start thinking about and calculating their risk factor for cardiac disease. If you have

diabetes, high blood pressure, high cholesterol, or a family history of cardiac disease go for regular check-ups and keep your doctor informed. Even if you don't have such history, notice changes in your body. Even though movies tell you heart dis-

ease is related to chest pain, many symptoms can be due to arteries getting narrow– are you starting to get short of breath easily when taking a walk at the mall? sweating heavily? do you have pain in your neck? Jaw? Arm? Women are more prone

to have different symptoms that are still heart related such as dizziness, light-headedness, etc. Many times people confuse heart related symptoms with indigestion and do not go see a doctor. Basically, anything that is out of the ordinary for your should be taken seriously. If you feel you have something that is sudden and different that is extreme like chest pain, arm pain, etc. go to the ER. If you have fatigue, sweating, swelling etc. that is coming and going, either go to your primary care and get a referral to a cardiologist or make a direct appointment with a cardiologist. If it turns out everything is okay, then that is fine but it is better to be safe than sorry because catching things early and preventative care is known to save lives. If you have symptoms, don't put it off because all people are good at doing that.

Asia Today appreciates the time Dr. Gomes spent with them and the invaluable advice she gave for our readers. We wish her much success as a Doctor, wife, and mother and are very proud of such a successful woman who has learned to balance her role in both her professional and personal duties. For more information about Phoenix Heart or to schedule an appointment with Dr. Gomes, please visit www.phoenixheart.com or call the office at 602/298-7777.



Real Estate News of Arizona - March 2016

Hello Friends,

It's the spring season! though I love to see greenery and colors blooming around, I feel it should be called as the allergy season with so much pollen in the air.

Arizona Real estate is getting better and diverted, we come to know of new technologies and new improvements in the housing developments. Just now read about the "Organic homes" this concept is pretty new to me! It's designs and architecture is different. Dorn Homes an Arizona builder, mainly they are from Prescott are doing this unique design. The Organic Home combines Exclusive Building Science and stateoftheart features that provide a safe and healthy indoor environment for you, your family, and your pets. Creating balance in life is important, so too in building your home. Using whole home ventilation systems, low or no VOC materials, and healthy home building techniques, Dorn Homes has pioneered a holistic system to create "The Organic Home" As they quoted "we care about you, and offer you peace of mind knowing that your house was built the way it should be". They are being offered as part of designs and floor plans at Dorn developments in northern and southern Arizona. Dorn also has contractors clean construction debris from home sites at least four times before buyers take occupancy. Dorn is offering the organic features across its home models and platforms.

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

- Total Sales for Single Family, Town-home, Condos, for January are 4,520 whereas December was 5,957 and November were 4,599
- The Active listings for Single Family, Town-home, Condos for January are 21,005 whereas, December was 18,647 and November were



20,368

- Pending sales for Single Family, Town-home, Condos, for January are 4,733 whereas December was 4,083 and November were 5,526

Many people have asked me to provide Pinal county stats, so here are the January sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-home, Condos, for January are 454 whereas December was 524 and November was 435
- The Active listings for Single Family, Town-home, Condos, January are 2,570 whereas December was 2,544 and November were 2,391
- Pending Sales for Single Family, Town-home, Condos, for January was 514 whereas December was 393 and November were 541

Lately many of my clients have been asking about, how should I get rid of my PMI (Private Mortgage Insurance) When you buy a home and you do less than 20% down, you pay a PMI. Usually PMI stays for 5 years, though when your loan balance reaches 78% then lender takes out the PMI. Talk to your lender and ask them, they will explain you the rules. Although, you can cancel private mortgage insurance, you can-

not cancel recent Federal Housing Administration insurance. Mortgage insurance reimburses the lender if you default on your home loan. You, the borrower, pay the premiums. Appraisal will help in getting the current value of the home. Other option is Refinance. Make sure, however, that your refinance costs don't exceed the money you save by eliminating mortgage insurance. Some lenders don't charge any cost to refi. Do more research and talk to few lenders.

Now let's take a look on commercial side-

Carlisle Cosigned a 46,503 square-foot lease to move its corporate headquarters to Kierland One in Northeast Phoenix. The lease is with Hines along with joint venture equity partner PCCP, LLC. Carlisle are manufacturer of wide range of products that serve broad markets including commercial roofing, energy, agriculture, mining, construction, aerospace and defense electronics.

HealthPort, an Atlanta area health care information management firm signed a long-term, 55,000 square foot office lease at Metro North Corporate Park, 13610 N Black Canyon Highway in Phoenix. The company is expected to occupy the space in March or April,

2016. Plans call for a back office space with a 500-seat call center.

Allstate Self Storage located at 4110 E Bell Road in Phoenix was sold for \$6.7 million or \$88 PSF and \$8,535 per storage unit to U-Haul International. The property was constructed in 1999 and consists of about 68,250 square feet and 785 storage units plus a 7,600 square foot, 2-tenant retail building.

ARM, Inc has leased 13,275 square feet of space for its new Arizona operations at The Park at San Tan, 3075 W. Ray Road in Chandler. ARM, headquartered in Cambridge, England, is the world's leading semiconductor intellectual property supplier. ARM licenses intellectual property to a network of partners, which includes the world's leading semiconductor and systems companies.

The Arizona family owned company, Potato Barn has locations in Scottsdale, Mesa, and Gilbert. The most recent deal included adding another 19,108-square feet to the pre-existing 35,000-square feet to its original outlet location at 596 E Germann Rd in Gilbert.

Hope this article gives you a peek in what's happening in our valley. As always, I love your questions, comments & feedback. Please keep them coming at arti@artiier.com or call me at 480-242-8573.



Disclaimer: This article makes no representation or warranties of any kind as to the accuracy of the data. The source of data has been taken from several sources such as Armls, cromford report, Better Homes and Garden, Costar, Globest, BizJournal, News-geni, Realty times, azcentral, wall street journal.

Sweet deal: Sugar may help detect cancer, says study

If the findings of a new study are to be believed, ordinary sugar may be used in imaging techniques to detect cancer. The study, conducted by Lund University in Sweden, suggests that found malignant tumours show higher sugar consumption than surrounding tissue.

"If sugar replaces metal as a contrast agent in the body, it can also have a positive psychological effect and make patients calmer," said Linda Knutsson, senior lecturer at the university.

A tumour's properties can be examined by injecting a small amount of sugar into it, and then measuring how much sugar the tumour consumes. The more sugar the tumour consumes, the more malignant it is.

Read: One more reason to love



chocolate: It makes your brain sharper. Knutsson is working with a team from Johns Hopkins University in the US, which has developed a new imaging technique for magnetic resonance tomography.

The collaboration has resulted in the new imaging technique being combined with the testing of natural sugar

as a replacement for metal in contrast agents.

It is the first time a non-synthetic contrast agent has been used in human magnetic resonance tomography examinations, and the results are promising, researchers said. The uptake of sugar is higher in the tumour than in healthy tissue according to the

results of tests carried out by researchers.

The tests were carried out on three persons with a brain tumour and four healthy persons. "Metal-based contrast agents cost more than sugar-based agents. Accordingly, this could lead to a reduction in medical care costs," said Knutsson

Less is more: Lose just 5% of body weight and see the benefits

A new study in the US shows that losing a mere five percent of your body weight will translate into big gains when it comes to your health. Forty obese men and women were randomly asked to either lose weight by having calorie-restricted diet, or to maintain their current weight.

Researchers at the Washington University School of Medicine in St. Louis took a close look at the differences between those who lost five, 10 and 15 percent of their body weight, and found that the smallest weight loss group saw significant changes that lowered their risk for diabetes and heart disease.

The five-percent group -- a total of 19 people -- lost total body fat, saw improved blood pressure, lower levels of triglyceride fats in the blood, less fat in the liver and had lower blood sugar. "Our findings demonstrate that you get the biggest bang for your buck with five percent weight



loss," said principal investigator Samuel Klein, director of Washington University's Center for Human Nutrition.

Those who lost 10 percent or more of their body weight saw continued improvements in some areas -- like muscle tissue -- but not in liver function or fat tissue, suggesting these "have pretty much

achieved their maximum benefit at five percent weight loss," added Klein.

According to current guidelines, people who struggle with obesity are urged to lose five to 10 percent of their body weight. "This study is good news for people who struggle with their weight as it suggests that even losing a small

amount of weight can have a positive impact on heart health," said Tracy Parker, a heart health dietitian with the British Heart Foundation.

"This study is a reminder of the benefits of gradually getting to a healthy weight," added Parker, who was not involved with the study. Klein

said more research is needed to see if people with diabetes might show similar responses to a five percent body weight loss.

In the meantime, less is more when it comes to setting realistic goals, he said.

"If you weigh 200 pounds (91 kilograms), you will be doing yourself a favour if you can lose 10 pounds (4.5 kilos) and



keep it off," he said. "You don't have to lose 50 pounds (23 kilos) to get important health benefits."

The findings were published in the journal Cell Metabolism.

'The Great Khali' suffers severe head injuries during fight, hospitalised

WWE wrestler Dalip Singh Rana, popularly known with the nomenclature 'The Great Khali', was severely injured during a promotional event in Haldwani on Wednesday.

Former WWE champion Khali was taking part in an event to promote his wrestling competition Continental Wrestling Entertainment (CWE) when two foreign wrestlers clobbered the giant with chairs.

Visibly shaken, Khali started to bleed and was immediately rushed to the ICU at a local hospital. He received seven stitches to his head due to the injuries and complained of back and chest pain.

With the hospital incapable of providing adequate care to once Punjab policeman, he was airlifted to Max Hospital in Dehradun. There he underwent CT Scans and received treatment for chest injuries.

Khali said he was in the max hospital in Haridwar and was waiting for the



doctors' call on the extent of his injuries.

"He was hit by Mike Knox and Brody Steel in the head and the chest which led to him getting injured. The medical care in Haldwani wasn't adequate so he was airlifted to Dehradun where he underwent further tests," said a source close to the event.

His younger brother Surender

Rana stated that the wrestler was now better and only kept in the hospital for observation.

"He is fine now. Yes he was hit in the head and chest during the event in Haldwani but luckily the situation is not bad. My brother was with him at the time and I am headed to Dehradun as well," said Surender.

The wrestler is scheduled to be in

the ring again on 28th February in Dehradun but that is subject to his recovery from now on.

"There is no definite answer on his involvement for the Dehradun event. We will only know the final word when the doctors tell us and there are no early synopsis either. Even if he doesn't participate, the event will go ahead as planned," added the source.

Ranji Trophy Final: On seaming track, ton-up Shreyas Iyer swings it Mumbai's way

IT was Shreyas Iyer's attacking approach that had made Rohit Sharma bring up comparisons with Virender Sehwag. It's not the batting style or the skill level for Iyer has quite a way to go before he can be compared with Sehwag but his aggressive mind-set that has caught everyone's attention this season. More of that was seen on Thursday in the Ranji final as he slammed 117 on a pitch that was helpful to the seamers to take Mumbai to 262 for 8, earning a 27 run lead.

However, Saurashtra, who were tottering at 108 for 7 at one stage on the opening day before they recovered to 235, would be happy that they are

still in the contest. Mumbai had reached 175 runs for just two wickets but Iyer's wicket triggered a mini collapse.

Iyer counterattacked and rode his luck, including a lifeline on 37 with Mumbai on 50 for 2, when he was dropped in the second slip by Arpit Vasavada off the bowling of Deepak Punia. It was low but not a difficult catch, and one that might prove all the difference in the Ranji final. Iyer's response to that drop was typical. Two balls later, he ran down the track to medium pacer Punia and thrashed him for a



straight six.

There were a few heart-in-mouth moments through his flamboyant knock as he played and missed a bit but he continued with his aggression to drag Mumbai ahead. Mumbai would have been happier had he not fallen at the end of the day, failing to clear mid-off, but it's been quite a season

for him: Four tons, 1,321 runs, match-winning knocks and lots of lavish praise.

Crucial partnership It was Iyer's 152 run partnership with a patient Suryakumar Yadav (48 from 112 balls) that helped Mumbai recover from 23 for 2 but Iyer's fall saw Mumbai slid from 175 for 3 to 262 for 8. He went for another big hit off Chirag Jani but was snapped up by Jaydev Shah at mid-off.

Saurashtra were left rueing that costly drop which could have significantly altered the result. After all, they had removed the Mumbai openers

through Jaydev Unadkat's double strike with just 23 on the board and if they had got Iyer, who knows what could have happened.

Iyer meanwhile continued to play his shots and whenever he found ball in his zone he was quick to dispatch it to the ropes. He jumped in excitement after reaching his hundred; a hundred in the final and on a pitch that had something for the seamers must have been very satisfying. Mumbai would have wished he had carried on a bit longer though as they could have really secured a firm hold on the match but as it turned out his wicket opened the gates for Saurashtra.

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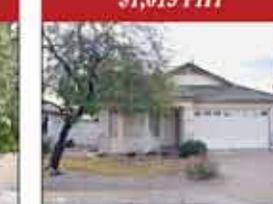
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