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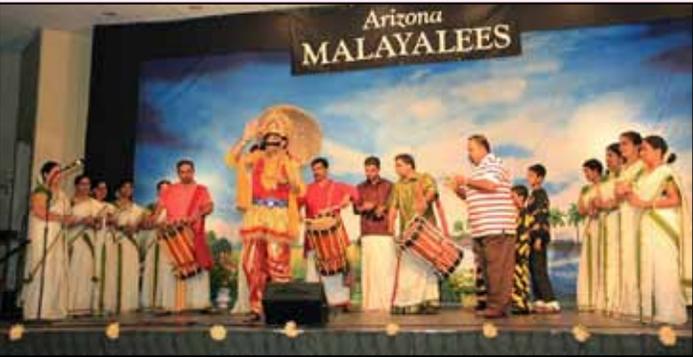
Today

Monthly Newspaper

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8th Onaghosham on September 20 at the Indo American Cultural Center



Onam, the harvest festival of Kerala came to the valley bringing with it joy, prosperity and oneness. This year Onam fell on September 7th. The Arizona Malayalees Association also came together for their 18th Onaghosham (Onam celebration) on September 20 at the Indo American Cultural Center, Phoenix, Arizona.

Nothing explains the people of a culture better than their festivals and celebrations. The Malayalee community is no different. This was an event for the children show off their creative talent; for adults to reminisce • **More on P03**

INDIAN COMMUNITY ROLLS OUT THE RED CARPET TO WELCOME CONSUL GENERAL AND TEACHER EDUCATORS FROM INDIA

Kalpna Batni

The Indo-American community of the greater Phoenix area hosted a welcome dinner reception in honor of 49 teacher educators visiting from India on a 3 month training program at the Mary Lou Fulton Teachers College at ASU as part of the USAID InSTEP program.

Community leaders along with Ambassador, Parthasarathi Nagesh Rao, Honorable Consul General of India, his wife Mrs. Geetha Parthasarathi, Dr. Mari Koerner, Dean of the Mary Lou Fulton Teachers College, ASU, Dr. Sethuraman Panchanathan, Senior Vice President, ASU and faculty members from the Mary Lou Fulton Teachers College were in attendance to welcome and greet the visiting teachers and wish them the very best as they begin their training.

The welcome dinner was organized by the Indo-American Cultural & Religious Foundation of Arizona (IACRF) with support from several sister organizations such as: Arizona Sikh Community, Arizona Telugu Association, India Association of Phoenix, Kannada Sangha of Arizona, Phoenix Metro Maharashtra Mandal, Orissa Asso- • **More on P18**



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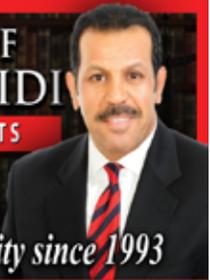
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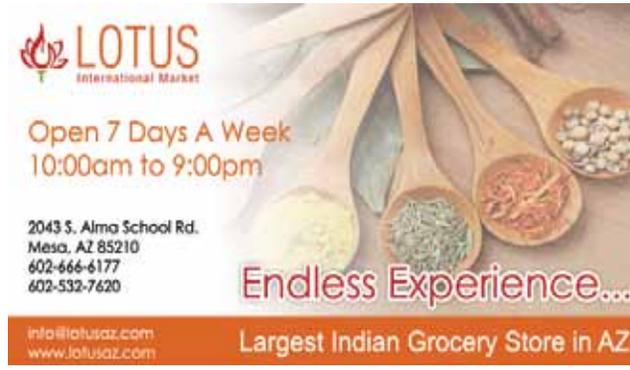
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8th Onaghosham on September 20 at the Indo American Cultural Center



about Onams past and for everyone to enjoy delicious Onasadya (traditional Onam feast).

The stage was set with a beautiful backdrop. And the pookalam (decoration with flowers) competition in the morning provided its own festive cheer. Intricate designs with flowers, fruits and vegetables were created and much admired.

Cultural Secretary, Sajith Thaivalappil, started the evening with a welcome speech. A prayer followed by a soulful rendition of the American national anthem, and we were off to a great start. President Jose Vadakara and Committee members lit the lamp invoking the blessings of the Lord. Thomas Apprem, Shilpa Binoy and

Karthik Nambiar were the Master of Ceremonies for the event. Hours spent practicing showed their results. Onam favorites were sung and new ones introduced. Instrumental melodies flowed on the guitar and violin. Bharatnatyam, Kathak, Semiclassical and folk dances rubbed shoulders with famous Mollywood and Bollywood numbers. Each item was beautifully choreographed and executed. Beautiful in the traditional Kerala attire of veshti-mundu, the ladies were poetry in motion as they performed the kai kotti kali (dance with hand clapping motions). There was a new twist to this graceful tradition – men with their version of the dance and they really did it quite well. The arrival of Maveli - the hero of Onam, was

heralded by the beats of the chenda (traditional drums of Kerala). Children lead the way by performing the puli kali (a vigorous dance dressed as tigers). In the midst, in all his splendor, was King Mahabali. This year also marked a very special milestone as the Arizona Malayalees released the first edition of their newsletter - Thanima. Capturing the spirit of Kerala and India, the newsletter promises to be a forum for all Indians in the valley. President of Indian Association of Phoenix, Murugan K Patham officially launched the inaugural edition of the newsletter.

It has been very aptly said "One cannot think well, love well, sleep well, if one has not dined well." Add to that, do anything well basically. So dine well

we did- with sadhya food comprising over 20 items served on traditional banana leaf. The unique feature being not just that the community comes together every year to prepare this sumptuous feast but that the men do the lion's share of the work. Srikumar Nambiar, Baiju Thomas and Madhuraj Panicker led the preparation of the delicious Onasadya.

The evening came to an end, as all such evenings have to, but with the promise of even bigger and better things to come. Committee members Joseph Vadakkal, Jayan Nair, Manju Pillai, Prakash Mundackel, Vidya Warrior, Binu Thankachan, Vinu Thomas and Kiran Kurain coordinated the overall event.



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Gain and Loss...

We, as a society, have been programmed to look at things with a notion of gain or loss. What we fail to understand is that both things go hand in hand. If you lose something, it will make room in your life to gain something so you really cannot gain something until you lose

something. However, we are so bent on looking at the two separately and concentrating on what we lost and that we fail to see what we gained as a result of that loss.

For example, when someone loses a job, they gain a lot of free time that their job was consuming – time that can be spent fulfilling forgotten dreams, reconnecting with friends and family, etc. However, we are so programmed to concentrate on the “loss” that instead of taking a step back to see what we gained and how to use that, we start working towards getting back what we have lost; in the scenario just described, that may be finding a new job. Same can be said of losing people – friends, family, or any other relationship. We are so upset about the loss that instead of cherishing the memories we had with the individual and realizing that we have gained some time to introduce new people into our lives, we waste that time being upset over what we lost instead of utilizing what we gained in a positive manner, only adding to our loss. Because now we have that individual as well as the time wasted being upset.

To make matters worse, not only do we waste time when a loss occurs, we also waste time taking extra, unnecessary precautions in fear of losing something. When motivated by the fear of loss, you will never output the same dedication and see the same success as you will if motivated by passion or desire. For example, a thought such as “I don’t want to lose my job so I have to put in time above and beyond” makes one work because they are forced to but the same thought stated as “I



**Editor's
NOTE**

want to see this thing succeed and want the recognition and feeling of accomplishment that comes with it” is done out of passion and desire. Clearly, when your heart and mind is aligned to the latter thought, there will be a higher commitment to the task at hand, increasing its change of success. Same concept also applies to people.

When you are a certain way with someone because you don’t want to lose them (“I have to do this because I don’t want to lose this person”), you are not being true to yourself and hence your actions will be short-lived and if that truly was the reason that person was around, you will lose them in the end or, worse, you will lose yourself. Now when you are with them because they truly bring joy to your heart and you want to reciprocate the feeling in their hearts (“I want to do this because I want to see the smile that will bring to this person’s face”), you are not doing it because you are forced to but genuinely from your heart and that can be sustained long-term.

As I look back at my life, maybe I didn’t realize it when it was happening, but every time I lost something in my life, I gained so much more as a result of that loss. Whenever I worked from a place of fear or did things I felt I had to do, whatever outcome I was trying to avoid always occurred. And I have finally learned, the only thing I can control is being true to myself and my feelings – everything else will work itself out. Living this way takes a huge pressure off of us – a much needed relief in a world filled with so many other pressures – and allows us to shine to our true potential. This festive season, I encourage all of you to do the same. Wishing our readers a very Happy KarwaChauth, Dussehra, Diwali, and all that the month of October has to offer.

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

The month of September passed with beautiful festivities to celebrate Onam. October is another month full of auspicious festivals such as Diwali, Dussehra, KarwaChauth and many others. On behalf of the team of Asia Today, I wish you a joyous festival season and look forward to seeing you all at our Annual Diwali Mela on



**Marketing Director
NOTE**

October 11, 2014. Once again, I hope you all enjoy the coverage from September and I am looking forward to covering all the festivities in October. Thank you once again for making me and Asia Today a part of your celebrations.

-Manju Walia
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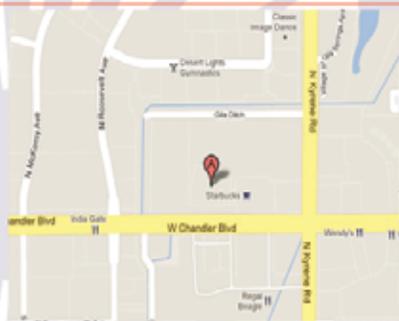
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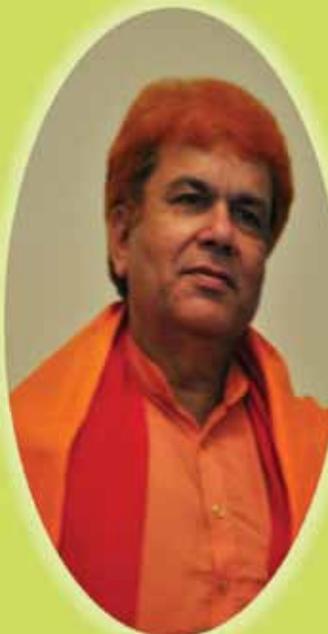


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A Conversation with Robert Graham...Chairman of Arizona GOP

Interview by Venkat Kommineni

Asia Today is thankful to Venkat Kommineni for taking the time to, on behalf of Asia Today, interview Robert Graham, Chairman of the Arizona GOP and to Mr. Graham for making the time to speak on the ties between the GOP and the Indian Community of Arizona.

Venkat asked Mr. Graham to talk about the relationships between GOP and the Indian Community in Arizona.

Mr. Graham promptly responded that GOP (short for Great Opportunity Party) has very similar principles and values that are engrained in the Indian community. An organization that is dedicated to helping all communities, regardless of whether they immigrated from another country or have been in Arizona their whole life,



Mr. Graham's personal experience with India, during which he visited New Delhi, Jasipur, Agra, and Hyderabad, he has seen the same set of values – personal suc-

cess and accomplishment, traditional family values, creativity, and innovation.

Mr. Graham personally goes out to connect with various communities because it is important for him to show the people that the party is filled with compassionate people that care about per-

sonal outcomes, instead of letting the media do that job.

When asked about his thoughts on the community, the words hospitality and humanness were iterated multiple times.

Mr. Graham stated that the Indian community has been remarkably embracing

to him and his family. It is easy for him and his wife to attend events because they feel loved and welcomes.

Religious freedom is a big thing in the US, as mentioned in the 1st amendment, and he sees religion as something that defines people, not divides them.

He and the committee is supportive of all the religious establishments in Arizona such as Temples, Churches, etc. and dedicated to their growth because they believe that when people are connected to God, the community is more service-oriented.

Mr. Graham's message also includes that of limited government, not to eliminate government, but to limit it so people can be innovating and successful without suffocating form the impact of government. That is the catalyst for success for all individuals and communities.



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Satyanarayanji Puja
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7:00pm-9:00pm
Contact: Nirmal (480) 926-8835

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HTA EVENTS October 2014

Durga Ashtami, Navami, Dussehra, Karva Chauth & Diwali






Durga Ashtami : October 1st (Wednesday 7:00 - 9:00 PM)
Navami & Ramayan Conclusion : October 2nd (Thursday 7:00 - 9:00 PM)
Dussehra & Maata Jagaran: October 3rd (Friday 7:00 - 9:00 PM, Jagran Sponsorship \$101)
Satyanarayan ji Puja : October 7th (Tuesday 7:00 - 9:00 PM, Sponsorship \$101)
Karva Chauth : October 11th (Saturday 4:00 PM – Moon Sighting)
Diwali : October 23rd (Lakshmi Puja Thursday 7:00 PM)

Please call for additional details:

Maata Jagaran:	Shashi Tuli @ (480) 614 1322
Satyanarayanji Puja:	Nirmal Chhibber @ (480) 926 8835
Ramayan recital	Madhu Aggarwal @ (520) 730 5764
Karva Chauth	Nirmal Chhibber & Madhu Aggarwal @ (520) 730 5764
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Happy Diwali from IACRF Senior Group



by Bhagubhai Patel
Looking Ahead: Senior Group Navaratiri Celebration is on Thursday, October 2 - Come in Garba costume and brings lots of Enthusiasm. Contact event leader: Shreekant Vaidya Vaidya, Tel. # 623-936-1321, Senior Group Picnic on Thursday October 16th, at Rio Vista Park, 8866-A W. Thunderbird Rd, Peoria, AZ 85381. Diwali Celebrations on Thursday, October 23. Guest welcome, charge \$15 pp. contact: Jagan Lingamneni Tel# 630-880-8734.

Las Vegas Bus Tour Sep 23-25:
 Fifty Seniors from all across Metro Phoenix enjoyed the Las Vegas bus tour for three days. They spent few hours Gold Strike Casino in

Jean, NV and stayed for two nights in Riveria casino on the Las Vegas Strip. The Casino gaming was enjoyed along with being together for three days. India Masala Restaurant, open for 24 hours in the Food Court of Riveria Casino added pleasure of having Masala Chai and all the tempting Indian snacks whenever we wanted, not to mention all the home cooked goodies that the participants bring along and share with fellow travelers. The bus ride was lots of fun with 50 people with common culture - the jokes, the singing and sharing of snacks. It was a memorable trip, thanks to Senior Group organizers Naryan Shah, Devendra Majmundar and Ramesh Patel.

Thursday Get-togethers:

On September 11 meeting in memory of mortars of 9/11 Terrorist attack, we held brief silence . We had a fantastic Antakaswari program. For one hour, the members belted away snippets of so many old Bollywood songs and some popular Bhajan lines too. All present enjoyed the event as seen by the attention paid. Thanks to Shreekant Vaidya and Meenaben Bhavasar for conducting the program and also thanks to all the participating singers.

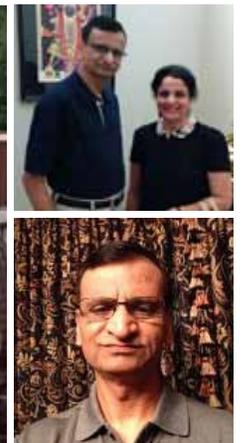
Meena & Prakash Kotecha got new title of "Young grand-ma and grand-pa". We all wish them to have lots of fun and enjoyment playing with new born Ananya, proud parents are Aditi and Ankur Kptecha. We all joined to have

ice cream to celebrate the new arrival. Sharadaben Manubhai Patel had a successful knee replacement surgery on Wednesday September 3rd, is recovering nicely and we wish her speedy recovery on behalf of all seniors. We welcome Ramesh & Deepa Bagai from Cleavland, Ohio and Mr. Parmar Chandrakant & Rekha from Phoenix as new members.

We will be celebrating Diwali on Thursday October 23rd. Sponsorship for the event is \$50, need about 12 sponsors, please contact Bhagubhai. For accurate count of attendance, please register with Jagan Lingamneni with a deposit of \$5, to be returned upon arrival on October 23rd. Guests are welcome, cost

\$15pp.
 Senior Group activity planning meeting was held on September 4th with twelve members participating. Special events dates were finalized for the remaining period of year 2014. We need leaders of the Celebration Events, to volunteer please contact Bhagubhai Patel. Lunch time is moved to 12:45pm to provide more time for socializing. Exercise period will be kept for 30 minutes.
 Lunch sponsors for the past month were Prem & Krishna Lahoti; Manhar & Manjula Khatri; Chandrikaben & Jaswant Patel; Gita Vora; Deviben and Babulal Gohel and Manjulaben Patel.
 Thanks to Sevanti Shah and Manohar Deokar for Photos.

Journey of Mr. Surendra Sheth from Gilbert Medical Billing LLC



Asia Today had the opportunity to share the Journey of Mr. Surendra Sheth from Gilbert, Arizona. Mr. Sheth is originally from Modasa Gujarat, India where he completed his Bachelor's Degree in Advance accounting and Auditing. He moved to Mumbai, India and lived there for 21 years and got married to Manisha Mody during that time. He has two daughters – Mansi and Nikita. He was also running his own very successful business: Conwed Metal Ceiling in Mumbai.

After 15 years of marriage he moved to Gilbert, Arizona with his family for better lifestyle and education for his daughters. Surendra continued his business back in India and for which he use to travel back and forth from USA to India for couple years. He has also travelled extensively to other countries like U.A.E, Europe, China, Singapore, Malaysia, and Korea for his business developments and achieved The ISO 9001-2000 Certification for quality management, contracting, customer services, etc. He has created the brand image of Conwed Metal Ceiling and his main competitor was the Multinational Company & Domestic Company where he achieved the same status in 3 years against 25 years old domestic company in the same production line. All government tender specifications are related with his brand name for the products.

Surendra has achieved a lot in India over the 14 years of stay. He has finally decided to stay permanently in Arizona for his daughter's education and to enjoy the company of his parents, who live with his elder brother, Pradip Sheth in Arizona. His father was his role model and a great support system for him. His father supported Surendra's decision of starting a new business in Arizona after moving to USA permanently in December 2006. But, unfortunately, his father passed away in January of 2007 – days after the decision which caused him to second guess himself. After the grieving period, Surendra decided to sell the

business in India with goodwill and invested into real estate and stock market here in the USA. He bought an office plaza in June 2007 and one retail strip center in Phoenix, Arizona. After his close of escrow, the retail plaza was running smoothly until the economy was affected in 2008. Real estate in Arizona as we all know was one of the most affected states in USA. The tenants had difficult time paying the rent and eventually the economy won.

After many years of struggle, Surendra never gave up or lost hope – he struggled through the tough times and supported his family. He came out of the crises with his head held high and his family was more proud of him than ever. After couple years of minor projects and jobs Surendra decided he wanted to pursue his dream of opening a successful business in Arizona. After many months of research the home base business in medical field really interests him. He went through extensive Medical Billing training in California and got the certificate for the same. Surendra decided to get in touch with Asia Today with the help of his daughter Nikita; to help him advertise and explore in this industry. At present Surendra is running his new business called Gilbert Medical Billing, Gilbert Medical Billing, is a professional billing service dedicated to meeting all the insurance and patient billing needs. His company offers a variety of highly personalized services that can improve your cash flow and lower your operating expenses. Their services are specially designed to meet the needs of individual and small business practices. GMB carefully balances client base in order to ensure that each client will receive their undivided attention! After one year of business Asia Today is a partner in marketing the billing company and is very proud of his achievements.

At present, Surendra is busy with doctors and their billing activities. He has 100% accuracy in claims submission without any rejections or denials from the insurance company. He is

using one of the best and latest 2014 practice management software called "Med Office" and has a backing and technical support from the principal manufacturer of medical billing software, "Claimtek Systems".

Asia Today further questioned Surendra about medical billing and had him answer some basic questions for our customers to get a better understanding of what services are provided.

- What is medical billing and coding?

- o When a patient has any medical exam or procedure, the medical office will work with the patient and the patient's insurance company for claims. The biller will submit and follow up on any claims in order to receive payment for services rendered by the health care provider.

- Why Choose Medical Billing and Coding?

- o There are a number of reasons to choose any career field -- most of them personal -- but here are a few top reasons why many people choose this rewarding profession:

- o It involves organization and detail-oriented work.

- o It does not require direct contact with patients or bodily fluids.

- o It's an easy transition from other fields, like the insurance or mortgage industry.

- o You can complete your training quickly and be working in the field in as little as one year.

- How often should we send our billing to you?

- o As often as you choose to! We personally recommend, however, that our clients send us their new billing consistently on either a daily or weekly basis.

- Do we have to report the insurance payments received in our office to you?

- o Yes! It is vital we receive this information, so that we can enter the insurance carrier's payments and generate the necessary patients statements for those accounts, which still

may have a balance due.

- We prefer to bill our own patient's, but we are interested in obtaining insurance claim processing services from you. Does your company offer this service?

- o We definitely do! Please keep in mind however, patient billing is best performed by your biller, who already has access to all account balances and other additional information. If we were already handling the insurance end of things, it only makes common sense to let our system automatically generate the claims on an as needed basis.

- How do you handle non-payments from a patient?

- o We will send out no more than four statements, and make follow up phone calls. After 120 days we recommend that the account be turned over to collection and that the patient be denied future treatments until their account has been paid. If you are not really affiliated with a collection agency near you, please let us know. We strongly recommended that an additional fee be applied to each account, which has not received a payment with a 20 day period.

- What are the Medical Billing mistakes you should avoid?

- o Physicians believing that their billing professional care a lot and will not be doing any mistakes is at the head of the list. Take a copy of patients Insurance card. Also, a second ID. Secure sign advanced Beneficiary notice when indicated.

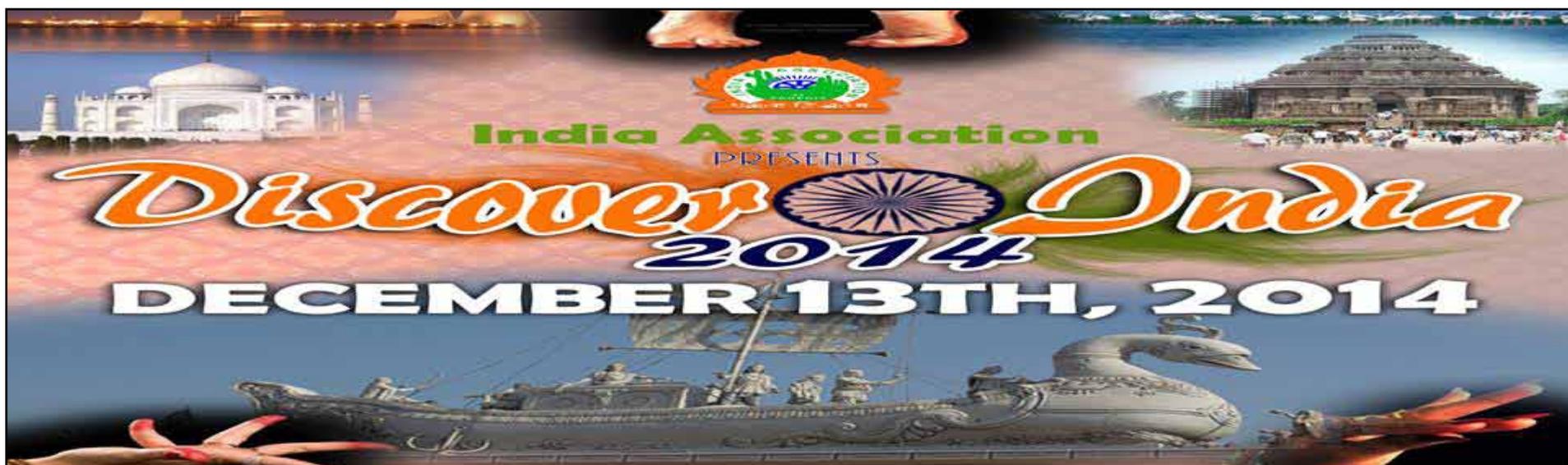
We are very grateful for Mr. Surendra Sheth and his time; we also would like to wish him continued success in his future endeavors. He has answered some basic and informational questions on medical billing for ready reference. Please visit the website below for more information.

Contact Information:

Web page: www.gilbertmedicalbilling.com

Telephone # (602) 814-9400

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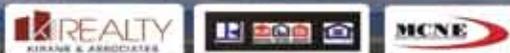
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ISAA -Wake-up call to Indians

This year ISAA celebrated the 68th Indian Independence Day. On this great occasion, an outstanding presentation on “Wake-up call to Indians” was made by ISAA member, Dr. Mini Pandit, with a message that it is imperative that Indians, i.e. Bharati’s—of all faiths—come together to celebrate what unites us—our ancient heritage.

Bharat’s Vedic culture dates back several thousand years. In the subcontinent people of all faiths lived peacefully together for centuries. Advaitya Vedanta states that Divine and self are one. It was the original monotheist concept. This Vedic monotheist tenet was incorporated into all major religions of the world. The auspicious Vedic symbol, the Swastika, that denotes the cosmic cycle, was used by cultures that extended well beyond the borders of current day India. Figure 1 summarizes the timeline and the evidence of the Swastika’s significance in the cultures of the time.



The Indian subcontinent was a haven for people fleeing religious persecution. The Jews who fled persecution in 500 BCE were welcomed and given the edible oil trade. Even today, as practiced in the past, edible oil is neither bought nor sold by Indians on Sabbath—all over India; edible oil stocks are not traded on the Mumbai stock exchange on Sabbath. Similarly, the Parsi’s, Sufis and the Bahias were assimilated.

European identity as a cohesive entity did not exist before the Middle Ages [500-1500 CE/AD]. During this period, after the fall of the Western Roman Empire, people of the continent struggled to create their identity. Not satisfied to learn that advanced civilizations and cultures existed far beyond their shores and borders, the dominant ethnic group—the Germans—created the concept of a superior race and coined the word Aryan. Arya is a Sanskrit word that denotes nobility, and signifies wisdom, experience, knowledge and culture. The word unfortunately was used to create the concept of superior race based on skin color, hair color and eye color. Worse yet, the Germans coined the word, “Indo-Aryan Race,” to basically steal the glory of the Indian subcontinent’s stellar culture and history, and elevate themselves as being superior. Studies of mitochondrial DNA [specifically, M20] have proven that the first Indians existed 30,000 years ago, and had little in common with the Europeans [The Journey of Man – Spencer

Wells].

During the middle ages, Christian bigotry was also getting a strangle hold in Europe. Meanwhile, Islam was gaining favor in the Middle-East during the Ottoman Empire. And it was the desire of these two religions vying for world dominance that led to religious wars that are still ongoing.

Sikhism was born in India to counter these religious wars and to protect the towns and villages from regular looting by marauders who came from distant lands, such as Mongolia to the north. The Sikh men were SantSipahis, to protect granaries and wealth of towns and villages, and protect women and girls from being kidnapped. In northern India, the oldest son of every family was raised to be a SantSipahi [sardar].

Meanwhile, sinister agendas were secretly implemented to undermine India’s strengths and religious diversity. In 1792, a British Baptist, William Carey published, “An Enquiry into the Obligations of Christians to use Means for the Conversion of the Heathens.” Carey taught English to Raja Ram Mohan Roy, and was instrumental in initiating Roy into a reform movement known as Brahma Samaj. Max Muller [~1850 CE/AD], a German Lutheran, based at Oxford, and renowned for translating the Vedas and Upanishads into English made some rather disturbing statements:

“Brahmo [Samaj] would engender an Indian form of Christianity, that they were in practice Christians, .. and that Hinduism would disappear.”

“India has been conquered once, but India must be conquered again, and that second conquest should be a conquest by education.”

“... The ancient religion of India is doomed- and if Christianity does not step in, whose fault will it be?”

Much later, Alfred Rosenberg, a Nazi German and Hitler’s right hand man said: “The Aryans of India are to be IMITATED and a warning of the dangers ... that arise from close proximity of races” [emphasis added]. If the Germans believed that they were of the superior [Aryan] race, then why does the question of imitating Indians arise?! They even stole the auspicious Indian symbol, the Swastika, and placed it on their Nazi flag—now, unfortunately, identified as a symbol of racism.

This desire to show European superiority did not stop there. Indian languages are termed, “Indo-European languages.” Hindi which uses the Devnagari script comes from the ancient Brahmi script used to write Sanskrit hymns, and dates back at least to the Maurya Empire centuries before the birth of Jesus. Sanskrit dates back more than 5000 years and Tamil more than 3000 years.

The evidence in favor of the ancient Vedic culture that predates European dominance is beautifully described by an American scholar, Stephen Knapp, in his book titled, “Proof of Vedic Culture’s Global Existence.” In his book he describes how Sanskrit and Vedic philosophy were pervasive beyond the borders and shores of the Indian subcontinent. For example, Muslims till today practice ancient Vedic rituals in Mecca: they shave their heads and beards, take a

holy dip, wear white dhoti and do parikrama around the Kabbah. Israel comes from the root Sanskrit words, Ishvar+Alaya, meaning the home of God—the seat of three Abrahamic religions [Brahma followers] in Jerusalem. The Jewish Talmud has Sanskrit root: Taal meaning palm leaf, and mud comes from mudra, meaning inscription, i.e., scriptures written on palm leaf. The Jewish Star of David comes from Devi-d which means ‘given by Devi’ [Goddess] is nothing but the Sri Yantra. In Catholicism, the word Pope comes from the Sanskrit paap-ha, the destroyer of sin; the Pope lived in the vatica, Sanskrit for humble abode, now the Vatican, a sprawling palatial complex. The word pontiff comes from the Sanskrit pandit.

India was also a cradle of higher learning. The concept of university existed millennia ago in Takshila and Gandharva in the 6th Century BC, renowned for Chankya’s wisdom who wrote Arthshastra—a treatise on macro-economics. Today, these centers lie in ruins—their names distorted to Kandahar and Taxila, located in present day Afghanistan [Figure 2].



Puspagiri – Mahavihara in Odisha was a center of higher learning on the east coast of India during the 2nd Century BCE [Figure 3]. Similarly, Nalanda University, a 5th Century center of higher learning lies in ruins today [Figure 4].



This systematic destruction of the ancient culture and plundering of wealth by marauders continued for centuries. A Devi temple from Kaura Bihar dating back to 108 CE/AD [Figure 5] is a case in point. The windows and base are so ornate, and yet it is missing its shikhar. Where is it? Who toppled it? The three thousand year old Jain temple in Dwarkalies in ruins today [Figure 6]. Where is its shikhar? Don't Indians deserve an answer?



Ajanta Ellora caves, dating back 200-600 BCE, have Hindu, Jain and Buddhist deities. They were re-discovered by a British trekker in 1819—completely covered in forest [Figure 7]. Angkor Wat in Kampuchea abandoned—a sprawling complex devoted to Vishnu and later Buddha [Figure 8].



Who is to blame for such destruction and plundering? Indians or outsiders? The Mongols invaded and ruled for centuries; they killed 80 million Indians over 500 years. That amounts to 1.6 lakh a year. Would that be considered genocide today?

Such fanatic religious fervor continues to plague the world even today in the form of terrorism. It is responsible for the destruction of the world heritage site, the Bamyán Buddhas as recently as 2001 [Figure 9].



arms to disgruntled individuals; 6) Academic scholarships given by august institutions to non-Indians who portray India and anything Indian as negative; 7) Aid that comes with strings attached. Every Indian ought to read the book, "Breaking India," co-authored by Rajiv Malhotra and Aravindan Neelakandan,

India is also threatened from inside. Its biggest internal threat is its quota system akin to affirmative action in the USA. It has been abused by politicians to divide and rule. The pseudo-secular media harp upon the caste system, but do not understand its historic relevance to Indians. The system was based on the ancient Varna System whereby social duties were divided in society. It was no different than the current degree and licensing system of the modern world. An extension of the caste system is untouchability which is another issue that is used as a ploy to instigate the Dalits. Its practice was a necessary evil centuries ago when in ancient towns in India human waste was hand carried from latrines to the towns' outskirts. The reason for not touching individuals who carried the waste was medical. The treatment of patients with Ebola virus is modern version of untouchability. Now with antibiotics, vaccines, antiseptics and sanitation, it should be only of historical interest; and Brahmins should take the lead in banning it—even in temples.

Bharati's—of all faiths—must remain mindful of their common heritage and once again become leaders in society. They must: 1) Not be perceived as pushovers. 2). Write to newspaper and magazine editors if they publish anything negative. 3). Be informed citizens and voters and write to elected leaders. Lastly, continue to build ornate monuments that can be the pride of future generations.

**Prepared by: Mini Sarla and Jitu C Patel, CPEA
Presentation at ISAA to mark Indian Independence Day**

Gracious thanks to contributors on Wikipedia.com

India continues to be threatened by outside subversive forces. They are designed to divide India: 1) powerful religious organizations that disguise their charity; 2) Political maneuvering; 3) Mainstream media that persistently portrays India in negative light; 4) Entertainment world of Bollywood that portrays India as dominated by sex and violence; 5) NGO's used as cover-ups for subversive activities that even provide

INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



1. ISAA recognized Renukaben & Kanwalben for their contributions of significance to ISAA, 2. ISAA celebrated Chandrakantbhai & Pannaben's birthdays, 3. ISAA celebrated Dr. Saigal's birthday on-board cruise at a dinner party, 4. Look at these handsome couples ready to dance all night on-board Imagination!, 5. ISAA gents looking forward to the Captain's Night on-board Imagination, 6. ISAA ladies dressed-up for a Captain's Night on-board Cruise to Baja Mexico, 7. ISAA seniors enjoying music and dancing on-board Carnival-Imagination, 8. ISAA seniors strolling on the street of Catalina Island, 9. ISAA celebrated Kiritbhai's birthday where Naik Family was the sponsors, 10. ISAA celebrated their 3rd Anniversary with a beautiful multi-lingual secular cake by Kanwalben, 11. Minaben reciting poems and sharing humors where she was a sponsor with Kanubhai, 12. ISAA pays "Tribute" to Lt. Dr. Dinubhai

On Aug 26, 2014, it was an "apni apni pasand" day. As if people had not met for weeks - everyone was busy socializing, Card playing had its own charm with some. The others were busy exchanging their greetings and listening to their stories where they had left off last time. The sponsor today was a friend of the ISAA seniors who preferred being anonymous. The delicious food was prepared by Deviben and enjoyed by over seventy members and guests. Many thanks to Deviben and our love to the well wisher. Jitubhai, back from a short overseas trip, showed some beautiful clips about India which made everyone a proud Indian. A short presentation was made highlighting what everyone should know and be prepared to enjoy the cruise

on Sept 14, 2014.

On Sept 02, 2014, congratulations, Minaben and Kanubhai! It was a beautiful tribute to late Dr. Dinubhai Patel. Important events in his life were weaved nicely through poetry recitation by Minaben, and, narration by Kanubhai of his experiences. Late Dinubhai was a devotee, social worker and a freedom fighter. Minaben also gave a taste of her short poems. Kanubhai complemented the same by singing sweet songs. Minaben and Kanubhai treated the

members and guests by sponsoring today's luncheon on the occasion of Minaben's birthday. Thanks and many happy returns to Minaben. Seventy attendees enjoyed the delicious food.

On Sept 09, 2014, we showed that Steve Jobs-the creative genius behind I-phone and other Apple products, was a dedicated devotee of Paramhans Yoganand? In the clip presented today his colleague talks about Steve's last wish on distribution of Autobiography of Yoganand. Mr Tamaku-

wala- a retired Air Commander from Indian Air Force talked about his early years at Jivan Bharati, his engineering pursuit at Vidya Nagar, and then joining air force that led him to a very satisfying career there. ISAA celebrated its third anniversary as the cake had imprints of the best wishes from almost all the states in India. The audience and the Naik family wished a happy birthday to Kiritbhai Naik. Vidyaben prepared the delicious meal at home and treated over eighty members and guests sponsor-

ing the luncheon.

FIVE-DAY SUCCESSFUL BAJA MEXICO CRUISE BY FIFTY GALLANT ISAA SENIORS

On September 14th, 2014 at 5.30 in the morning, fifty energetic, enthusiastic, excited ISAA seniors got together at our meeting place at Holiday Inn to board-on bus to Long Beach, CA, to embark on the Carnival Imagination for a four-night cruise to Catalina Island and Ensenada, Mexico. The bus departed 10 minutes before scheduled time of 6:00AM.

Soon various snacks – sandwiches, handvo, cookies, Indian sweets and savories began to pass around to everyone. Around 9.00AM, we stopped at Indio for a quick refreshment break and were on the road again. We arrived at Long Beach Port around 12.30PM and there she was – the majestic Carnival Imagination which was to be our home for the next four days. Baggage handling and check-in went very smoothly with friends helping each other. Soon fifty hungry seniors hit the buffet lunch area and feasted on the wide array of food, drinks, desserts and fruits.

The ship set sailed at 5.30PM. All of us settled in our cabins and freshened up for the evening after a short rest. Some of us watched the music and dance show and then all of us got together at the Spirit dining hall which was our group dinner destination during the cruise. We were served an Indian vegetarian dinner each day to soothe our craving for our spices.

On the second day, the ship docked at Catalina Island for the day and everyone was free to go and enjoy themselves as they wished. We enjoyed browsing through the little souvenir shops, picking up little trinkets. Some of us took a submarine ride and were fascinated by the underwater sea life which we were able to view through the glass window. Some of our mem-

bers had lots of fun in on-board swimming pools and hot tubs whilst others went to try their luck at the casino. After dinner, many of us enjoyed music and dancing while gulping the dessert buffet.

The third day was at sea, relaxed and everyone just lazed around. Some members were up early for their morning walk on the track on the 12th deck. Since this was the formal night, everyone dressed up in their finest evening attire and assembled at the pool area at 6.00PM for picture taking session. We also got our group picture clicked as a beautiful proof of a memorable extended family vacation.

At around 8.00AM on the fourth day, we docked at Ensenada, Mexico. A bus was chartered for our group to take a guided tour to La Bufadora - a marine geyser or blowhole located on the Punta Banda Peninsula in Baja California, Mexico. The spout of sea water with scenic dual rain-bows is the result of air, trapped in a sea cave, exploding upwards. Air is forced into the cave by wave action and is released when the water recedes. This interaction not only creates the spout, but a thunderous noise as well. The phenomena repeats every minute or so with its volume depending on the strength of the waves. Everyone enjoyed this unique spectacle and wandered on to shops

at the flea market. Our next halt was Riveria del Pacifico, a gorgeous hotel/casino built in the 1930's with magnificent chandeliers, beautiful hand painted ceilings and intricate tiled floors. This place also claims to have invented the Margarita drink. The remaining part of the day passed quietly, some of us were even sad since the cruise was coming to an end.

Keeping to our traditions, we even played antakshari and sang bhajans on the deck and also on our long bus rides. During our return journey, everyone was in high spirits, singing, telling jokes and believe it or not we still had our food –chevdo, thepla, cookies, nuts and more. As an icing to the cake, our group even managed to get each of us a credit of \$33! All in all, it was a very successful, enjoyable and fun-filled trip. Everyone seems ready for yet another ISAA adventure! Above all, the cruise togetherness proved what a wonderful group this ISAA Family is! We did not experience anyone falling sick or anyone suffering from any pains or aches. Hats off to all the volunteers extending their hands in making the trip not only event-free but creating such a warm and cordial family home on-board Cruise!

We extend our sincere appreciation to ISAA's Tours & Travel Committee for an excellent co-ordination, plan-

ning and visionary execution in general and we owe a lot to Renukaben who was instrumental in making this a reality!

On Sept 23, 2014, it was a day of almost non-stop socialization as we met after two weeks' gap. Of course the topic was - the cruise by fifty of the adventurous seniors between Sept 14 and Sept 18 to Catalina Island & Baja Mexico. Jitubhai presented several slides of the cruise where one could witness everyone was enjoying. Minaxiben was so overjoyed that she even composed a short poem about the cruise. The words were just fabulous. The ISAA recognized the volunteering services by Renukaben and Kanwal. We thank them very much. In addition to the slide show it was Chandrakantbhai, and Pannaben's birthday. What a celebration.

Pannaben, Nilam and Jitubhai planned sponsoring for the day. It was quite a treat for over eighty five guests and members. Jitubhai showed a couple of video clips which talked about how the West stealthily took away the beauty of Ayurveda and made billions on that.

Another video was about the Indians have paid a hefty price because of their inferiority complex. The Indian government after independence made the matter worse.



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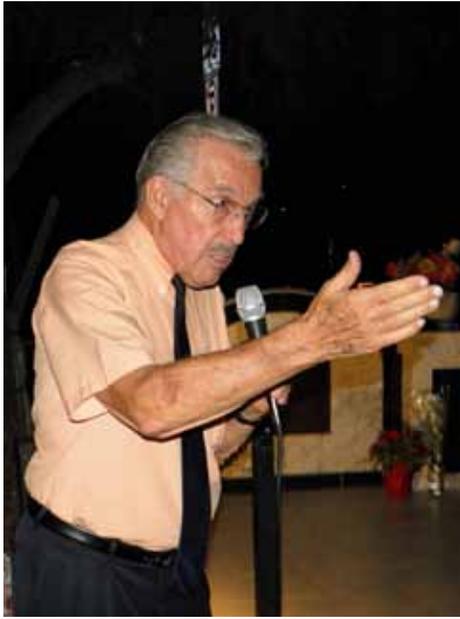
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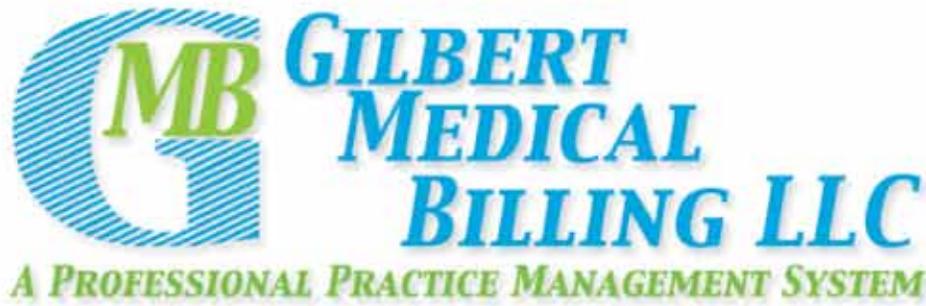
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One Coin, Two Sides



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

Working out in a health club in any city of United States, it is not unusual to find a good number of individuals showing up regularly for their daily routine of disciplined exercise. The majority of these health club members are usually White while some may be Black or Hispanic. They belong to all age groups including children, young men and women in their twenties, thirties, or forties, and even some in their seventies and eighties. The commitment and the interest of many Western individuals for regular exercise is something that is greatly impressive. On the other hand, one is hard-pressed to find people from the Indian subcontinent at the gym, proportionate to their relative numbers in the neighborhood communities, save for a few here and there. The involvement in health clubs or, for that matter, in any structured sport does not seem to be their cup of tea.

“Why don’t people from the Indian subcontinent, after having said goodbye to their native land maintain a desire to keep their bodies active like people of the West?” It is a question that often intrudes upon my mind. After all, Eastern styles of exercises such as group morning walks and yoga as well as laughing loudly in neighborhood parks at sunrise are common in India and have their own advantages. In fact a good number of people of India are deeply involved in such exercises back home.

Pondering over the issue, it appears that these kinds of behavioral artifacts are not the consequence of one single factor. A strong attraction as well as undue weakness for pounds and dollars is understandable among immigrants from economically weaker countries such as India. But the main reason for the lack of enthusiasm in first generation diaspora members about structural exercise in gyms and spas dates back to a rather relative unavailability of such facilities during their growing-up period back home. As a result, they didn’t have the opportunity to aggressively expose themselves to such efforts.

The central government of India and various state governments never showed the kind of interest in developing and promoting sports activities that Western countries do. Sharda Ugra, referring to the statistics provided by the Union Sports Ministry of India, mentions in the September 8, 2008, issue of “India Today.” “Of 70 crores (700 million) Indians under the age of 35, only 5 crores (50 million)

have organized access to any kind of sport.” Obviously with such a dismal availability of sports facilities, the interest for sports and a healthy lifestyle in our people is difficult to come by. A lack of funding makes it difficult to build needed numbers of gyms of equivalent quality to that of West. And even if the resources were to become available, these facilities will quickly become dilapidated thanks to lack of maintenance as is the case for other government structures in India.

Young students in India have other reasons that prevent them from becoming involved in sports activities. One obstacle is the amount of homework that must be finished each evening for academic success. Unfortunately its bar, tied to their parents and teachers’ expectations, is set fairly high. Almost all of us have seen the backpack of books and notebooks that each and every child has to carry to school. It is oftentimes larger and heavier than the child itself. For many middle class Indian parents, allowing their children to spend time in sports is considered wasteful. As a result, they do not bother to encourage their children to get involved in them. Those who don’t have homework and have time to spare after school or college are often found strolling purposelessly in the neighborhood streets and bazaars. Improving their fitness is the last thing on their minds for neither are they encouraged for it nor do they have the access to neighborhood parks or open spaces, thanks to poor planning by the development agencies of the government. The situation, to some extent, may be somewhat different now.

As a result these factors, the interest of youth for athletics and the development of athletic facilities in India lag far behind than other nations. Look at the results of the Olympic competition held in China in 2008: India had to satisfy itself with one lone Medal against China’s 51 gold medals. Shouldn’t it make one wonder? On top of it, rampant corruption from top to bottom in the government and the sports hierarchy including various commissions, federations

and selection committees, leads to promotion of mediocrity and failure of honest selection of the true Indian talent. This was further proved beyond doubt during Commonwealth games in New Delhi, India in November 2010.

Compare this scenario to what happens in the countries of the West. No doubt, homework is asked for but fortunately it doesn’t seem to burden the children as much as it does in India. As a result, children do have some breathing space that allows them to take part in sports and other activities at neighborhood parks and health clubs. A good number of teenagers also work part time in various food joints, convenience or grocery stores as well as in the restaurants in order to make a buck or two for their upcoming college fees and living expenses. Indirectly, it provides them with an outlet for some sort of physical exercise rather than to keep on cramming the books.

Yet if one were to sit down with a diaspora family, they always have something negative to say about the youth of the West. According to them, most of the teenage boys and girls are spoiled and are into sex and drugs. This may be true to some extent, but the point is when time comes to get our children involved in sports activities or health, we become careless and unconcerned, not only in India but even after settling in the West. Allowing and encouraging children to participate in sports and other such healthful activities wouldn’t have exposed them any more to undesirable behavior than what they otherwise now seem to confront during school or college.

Like a business assignment, most people in the West take their exercise seriously and with a total devotion. Those who cannot or do not avail themselves of such facilities for whatever reason, can often be found walking their dogs early in the morning when the majority of our people are still sleeping comfortably in their cozy beds. Many others take evening walks in their neighborhood once they return from work or after supper.

Indigenous parents have more children on an average than Indians



settled in West. Despite this, they are usually found heading toward their health facilities, often with their brigade of children, as and when they have time to spare. Many mothers take pleasure in serving as soccer or hockey moms in the evenings while many fathers drive their children to either evening ball games or camps arranged by Scout groups. They may be working full shift under stressful conditions, yet try to actively participate in the lives of their growing children. Like many of us, they try not to hide under the pretext of coming home late from a twenty four hour job in a Seven Eleven store, a motel or from full-time professional responsibilities at an office or hospital. Even the President of the United States, Barack Obama, will occasionally leave all the responsibilities of the world behind to attend to his daughters’ after-school activities.

A Western individual, more or less, envisions his or her life like a coin that always has two sides. He or she will not try to concentrate only on one side and ignore the other. Most of the people in the West understand that like a bike which requires two wheels to arrive at a destination, a balanced life demands both the elements i.e. physical activities as well as staying busy in our work schedules. Such overall involvement in both aspects of life ultimately leads us to live a satisfied and fuller stay on this earth whether that happens to be here in the West or back home. There is no need to ignore our health or that of our children for mere dollars and cents for without good health, any amount of wealth will not have real meaning. The sooner we learn to take care of our health and the health of our children while staying busy in our jobs, professions or businesses, better will be our lives in our adopted countries.

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



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INDIAN COMMUNITY ROLLS OUT THE RED CARPET TO WELCOME CONSUL GENERAL AND TEACHER EDUCATORS FROM INDIA

ciation of Arizona and the Rajasthan Association. IACRF Vice President Ms. Kalpana Batni and BoD member Ms. Sangeetha Sethia emceed the event superbly. The event started with Uma Raman singing national anthems of both US and India.

Mr. Natraj Bhadriraju, President of the Indo-American Cultural and Religious Foundation of Arizona welcomed the gathering and Mr. Jay Bansal, Chair of the Board of Trustees of the IACRF spoke briefly about the Foundation and its programs. Mr. Bhadriraju in welcoming the teachers, emphasized the role teachers play in molding the children and the respect they command in our Indian culture by quoting the phrase "Acharya DevoBhava". Natraj Bhadriraju noted that the teachers will become "the inspirational teachers" after the three month training at ASU to improve the teaching methods back home in India.

The Consul General in his speech talked of the long lasting impact the training would have in improving the education of children in India. The Consul General and his wife expressed how much they enjoyed the evening and felt the teachers would have been overwhelmed by this gesture from the community.

Dean Koerner in her remarks stated ASU looks forward to working with the community in the coming years as the Mary Lou Fulton Teachers College continues to build the In-STEP Program and work with teacher-educators to improve the education of those 230 million school children in India.

Dr. Sethuraman Panchanathan, Senior Vice President, ASU gave an inspirational speech in which he talked about how ASU has



grown exponentially to become one of the largest public schools in the nation with an enrollment of over 84,000 students. He highlighted the uniqueness of ASU in making high quality education accessible to all. He encouraged parents to send their high achieving children to ASU and assured them they will get a top quality education at ASU.

IACRF also showcased Arizona State University to the visitors by recognizing and honoring the accomplishments of 3 exceptionally talented Indo-Americans in the field of Science, Technology

and Sports at ASU. The three honorees were Dr. Sethuraman Panchanathan who was recognized in addition to his accomplishments in the fields of engineering and technology, for his nomination to the Board of the National Science Foundation by President Barack Obama. The other honorees were Mr. Shantanu Bala, who was recognized as one of 20 students nationwide to be selected as a Fellow of the highly prestigious Peter Theil Foundation and Mr. Sailesh Tumala, who was recognized for being the first Indian origin student to be selected to the ASU Men's Basketball team.

The invitation only event was attended by over 200 guests who were treated to delicious Indian food and great entertainment provided by Ms. Meghana Rajaram and the talented attendees of the event.

The community is thankful to Dr. Ara Barsam, Asst. Dean at Mary Lou Fulton Teachers College and Dr. Sarup Mathur, Associate Professor at Mary Lou Fulton Teachers College for initiating this partnership and providing an opportunity for the community to come together to welcome the teachers and invite them to participate in local community events which would make them feel 'at home' and welcome - a sentiment that was echoed by Ms. Shweta Sharma, who spoke on behalf of the group. She, said "The support of the local Indo-American community gives us an at-home feeling," and. "We won't miss our festivals." We are hopeful that teachers will take a few happy memories of Asian Indians living in metropolitan Phoenix and share with their family and friends in India.

IACRF wishes to thank all those who made this evening possible with their support and sponsorship.



NEW BAPS SHRI SWAMINARAYAN MANDIR OPENING THIS NOVEMBER

3620 N BLACK CANYON HIGHWAY, PHOENIX, AZ 85017

MANDIR INAUGURATION TWO-DAY EVENT



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SATURDAY, NOVEMBER 1, 2014 | 9:00AM - 12:00PM

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KIRTAN ARADHANA

SATURDAY, NOVEMBER 1, 2014 | 5:00PM - 7:00PM

MURTI PRAN PRATISHTHA

SUNDAY, NOVEMBER 2, 2014

VIDHI: 8:00AM - 10:00AM

CULTURAL PROGRAM: 10:00AM - 12:00PM

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Indo-American Foundation of Arizona

(Registered Non-Profit Organization under Section 501 (C) (3))

Hindu and Jain Temple Ekta Mandir and Community Center

Please Check Ekta Vision, www.EktaMandir.org & www.iacrfaaz.org for details



Happy Diwali & Sai Mubarak



Deepawali Events

Tuesday, October 21—Dhanteras—Coin & Dhanvantari Puja starting at 6:30 PM

Wednesday, October 22 —Kali Chaudash

Deep Lakshmi Puja, Kali Puja & Hanuman Puja Starting at 6:00 PM

Thursday, October 23—Diwali

Temple will be closed from 1:00 PM to 5:00 PM due to Solar Eclipse

Dhan Lakshmi Puja, Ganesh & Lakshmi Pujan, Chopda Pujan starting at 5:15 PM, Maha Aarati & Fireworks

Friday, October 24—Nutan Varsh

Maha Lakshmi Abhishek & Lalitha Sahasranamam starting at 10:30 AM

Annakuth & Govardhan Puja starting at 7:00 PM

Saturday, October 25—Bhaya Dooj

Yamanaji 's Puja & Brother's/Sister's Puja starting at 6:30 PM





Indo-American Foundation of Arizona

(Registered Non-Profit Organization under Section 501 (C) (3))

Hindu and Jain Temple Ekta Mandir and Community Center

Please Check Ekta Vision, www.EktaMandir.org & www.iacrfaz.org for details



Diwali Greetings

Dear Members of Indo-American Community in Arizona

On behalf of entire IACRF, we wish you and your family a Very Happy Diwali with lots of great health, happiness and prosperity. We would also like to take this opportunity to thank all of you for your continued support and patronage to the IACRF and the Ekta Mandir.

With Best Wishes,

Jay Ankur Bansal
Chair, IACRF Board of Trustees

Nataraj (Nate) Bhadriraju
President, IACRF



Indo-American Foundation of Arizona

(Registered Non-Profit Organization under Section 501 (C) (3))

Mailing Address: PO Box 35275, Phoenix, AZ 85069



Karwa Chauth

At Ekta Mandir



Saturday, October 11, 2014

Sun Pooja starts after 5:00 PM at every 30 minutes

Last Sun Pooja at 7:00 PM

Katha/Story Reading in English. Moon Pooja after the moon is visible. Bring your "thali & diya" for Pooja

Aarti after the Moon Pooja Followed by Maha Prasad (Dinner)

Suggested donation \$21 for Puja only and

\$35 for Puja & Dinner for the whole family

Please look at www.EktaMandir.org for registration information

For Sponsorship of Puja and more information please contact Priest Joshiji at 602-391-7760, Priest Sudharshanaji 602-320-3460 or Mr. Mahendra Devgania 602-708-0733

Sponsorship for the event will be highly appreciated

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

10th Annual Charity Walk 2014



Organized by:
INDO-AMERICAN FOUNDATION OF ARIZONA (IACRF)

(a registered non-profit organization under section 501 © (3))



Walk or Run for Charity

Registration Starts: 8:30am
Walk Starts: 9:15am
Date: November 2nd, 2014 (Sunday)
Venue: Fiesta Ramada, Kiwanis Park, Tempe
Admission Fee: Free

IACRF with AZ Tennis Ball Cricket, AZ Intel India and other Sister Organizations invites you for 5K Charity Walk Benefiting "New Pathways For Youth(NPY)"

- 1K Walk for Children & Families & Seniors
- Free Snacks & Beverages
- Free Admission, No Fee for Participation

Please Join the walk to help the fundraising goal of \$30,000 and 250 attendees.

All Donations are welcome and are Tax Deductible

Donate up to \$400 at zero cost (with tax credit) to help under privileged and feel good!

When you donate to the "New Pathways for Youth", the ARIZONA CHARITABLE TAX CREDIT allows you to receive a dollar-for-dollar tax credit on your Arizona state income tax return. You can receive a tax credit of up to \$400 when filing a joint tax return, or up to \$200 when filing a single tax return. Besides the tax credit, you'll receive the added satisfaction of knowing your money is going to help the youth, homeless and the working poor.

Organizers: Pankaj Likhmania, Jai Seecharan, Mehek Khandelwal, Mala Bansal, Nate Bhadriraju, Jay Bansal, Mayur Jain, Venkat Kommineni, Reena Marwah, Murugan Patham, Kushal Bandi

Email: nateiacrf@gmail.com

Phone: 602-246-3420

Website: www.iacrfaz.org



SUCCESSFUL YOUNG ASIAN EXECUTIVE PROFESSIONAL

NO CHILD LEFT BEHIND – EDUCATION REFORMER MAKING A DIFFERENCE

I have known Akshai and his entire family ever since my childhood through Lt. Mrs. Shardaben known as “Motiben” in Phoenix Indian Community. It is no surprise to me to witness Akshai inheriting the values from his grandmother. Akshai has devoted his life thus far to providing children with the strength of free quality education and a pathway to the future they deserve, regardless of their parents’ income. Akshai is such a down to earth and humble individual, but he does this with passion and without any expectations selflessly. He is not the type to blow his own trumpet. The following is Akshai’s success story from the perspective of his sister, attorney Anjali J. Patel, confirmed to me in our recent conversation:

QUOTE: My Brother, Ed Reformer...

In the words of our dad, the late Shardaben’s oldest son, “Education is the one thing no one can take from you.” My dad grew up as the third of six kids. They didn’t have a lot of money to waste and education was an undertaking by the whole family and community at large. After all, it takes a village to raise a child. Our Baa knew that. After moving to the United States, where I was born, my dad’s relentless commitment to our education never wavered. We grew up like a lot of members of this community, with strong educational values and well-developed support system from our parents and family members at home. It’s had a lasting impact on our successes so far. My Bhaiyah now carries Baa’s legacy to hundreds of school children in Phoenix.

The last time I visited my Bhaiyah, I noticed his screen-saver still says “One day all children...” It’s been like that since 2004, when he joined Teach For America, a national corps of outstanding college graduates who commit two years to teaching in high-need communities. He, like many, was moved by the startling statistics and moved by the simple mission. As their mar-

keting materials say:

“In America today, 9-year-olds in low-income communities are already three grade levels behind their peers in high-income communities. Half of them won’t graduate from high school. Those who do graduate will read and do math, on average, at the level of eighth graders in high-income communities.”

They believe that “one day, all children in this nation will have the opportunity to attain an excellent education.” And for the last decade, my brother’s been one of those education reformers; taking action on one of our nation’s most pressing concerns.

Just getting into Teach For America (TFA) is pretty challenging. 18% of Harvard’s graduating class applies and not even most of them get in. I know a lot of smart people that never make it, but if you’ve known Akshai even a fraction as long as I have, you know he’s always been pretty remarkable, even before he became an educator. But when he did, he took very seriously his commitment to join a national movement to end educational inequity in the US, particularly in our hometown. It made him that much more admirable to me. The best of us should do the most for others.

I’m flattered to have the opportunity to write about Akshai as one of the prides of our Phoenix-Indian community, especially this close to Rakshabhandan. My dearest older brother, even if he looks like my younger brother (or occasionally calls me didi), graduated summa cum laude from The Arizona State University with concurrent bachelor’s degrees in both Economics and Political Science. He was exceptional in college both academically and as a leader; taking particular care to find opportunities to give back to



**Akshai J Patel, M.Ed; MBA
Chief Operating Officer
Phoenix Collegiate Academy**

communities he felt he could help. He’ll hate for me to tell you, but I still have the pictures from his days as Homecoming King at ASU, an award he won in large part due to his community-minded nature. Though, he’ll tell you the cheerleaders voted for him.

Since 2nd grade he’s always told me he wanted to go to law school. He used to say that was what he’d do to help find a way to change the world. He sold me on law school, but he turned to education instead as a means for community impact. Although a third of them entered his classroom not reading, the average student in my brother’s classes in his first two years as a 5th grade teacher grew more than two grade levels in reading and had retained mastery of more than 80% of math concepts at the end of the year. And he hadn’t even studied education before that. At night he went to ASU and earned his M.Ed. in Curriculum and Instruction in those first two years. After that, he earned a Fulbright Scholarship to travel to Chile where he studied the impact of US history classes and their effect on the attitudes of Chileans toward American policies. He also taught English and pedagogy to education undergrads at the University of Concepción. All this, before the age of 25. He returned from his year abroad with a new zeal to

help change the face of education in the Valley, and a pretty amazing knowledge of South American wine.

Akshai taught several more years in South Phoenix, including the cutest group of 1st graders, and no matter the classroom or grade level, his students made dramatic academic progress. Beyond test scores, they grew personally and socially. Those first graders once dressed up in super hero outfits and walked around

ASU’s downtown campus registering people to vote—something I saw on the local news.

But he was never satisfied with the kind of education his students were getting. Kids in that high-poverty part of our city don’t have fair opportunities; the ones we’d expect for our own kids. To hear him tell it, “kids in our zip code have a 1 in 10 shot of completing a university degree.” Those kinds of odds would be unheard of in any Indian household I’ve ever been to and my brother wouldn’t stand for it there, or really in any classroom in Phoenix. Akshai wanted to pick every teacher his kids would have after him, so he could make sure they’d get the education they deserved. But that’s not something you can do from inside one classroom.

You might blame parents or teachers for what’s happening to some of our students here, but he believes it’s a system that ensures no matter how hard they work, the odds are stacked far against them. There’s no one most culpable party, whether teachers or principals or district and state leadership. He’s sure it’s not parents, though. You’ll hear him say “my students’ parents care about their kids’ education as much as our own did.” So he took matters into his own hands. My arrogant brother found an equally arrogant

(I say that lovingly) business partner, Rachel Yanof, another former TFA teacher in South Phoenix, and started their own school. “In our 20s we had the luxury of knowing everything,” they tell people on tours of Phoenix Collegiate Academy. After much planning, PCA opened its doors in 2009 with fifty-seven 6th graders. They planned deliberately to open with one grade level and get it right. It has since grown to serve over five-hundred 2nd through 11th grade students, just a few years from being the first K-College pathway in South Phoenix, where there are no unified school districts. PCA serves Phoenix’s neediest students: 97% qualify for free or reduced priced federal meals because they live below the poverty line. 95% are minority, predominantly Latino students. Anecdotally, the average new student comes to PCA three grade levels behind. But their original 6th graders will be seniors next year and Akshai says, “100% of them will go to a 4-year college or university. PCA will stick with them as long as it takes to prepare them to succeed in college and be leaders in our community.” PCA is a seamless path to college for South Phoenix students.

During the time he’s co-founded and co-led PCA, he’s earned an MBA from Columbia University, been named a finalist for Charter School Leader of the Year, helped PCA issue bond debt to build a second campus for its high school students, and helped a number of other school leaders start their schools. He co-founded an education technology startup in his spare time, DeansList Software, which helps high performing schools across the country collect and analyze school culture data to improve achievement for all students. And in that time, PCA has been named Charter School of the Year and one of its teachers Charter Teacher of the Year, it’s the only school to receive consecutive A-labels in South Phoenix, and provides more than just excellent

instruction—they train students to become leaders in the community by teaching Perseverance, Respect, Integrity, Discipline, and Excellence.

But they're rebels, and perhaps thought leaders, too. After several years of amazing test scores on AIMS, but no change in national percentile rankings on measures that indicate college readiness, which is what they thought was actually the most important for their kids, they decided they owed their kids better. They opted to begin teaching Common Core standards in 2011, before the nation even started politicizing it. And despite lower AIMS scores, which he says aren't a good indicator of college readiness, Akshai has seen an improvement that increases his students' chances

of success; a better life trajectory for them. As the true proof point approaches, those 11th graders prepare for college applications, we'll all be waiting eagerly to see the amazing results.

Every year, my parents, aunts and uncles, family friends, and I donate a little to PCA, whether time or money. It's not a lot (AZ allows all taxpayers to give a no-cost gift to public schools through the tax credit program), and I know it's not for Indian kids, but I want to support anyone willing to take on such challenging work. I'm proud that person happens to be my brother. My fiancé and I both feel our future children will be lucky to have such an amazing uncle. I've certainly been lucky to have his influence in my life. No doubt our

whole community is proud of him and his work. We're expecting big things, Bhaiya! UNQUOTE

Akshai's story is an evolution, developed from his passion for helping needy kids with a campaign to reform education in his community. His achievements are heart-touching and laudable. He is down to earth but engaging and passionate about his vision. He is an accomplished educator. It is with great pride and honor that I write about his enormous contributions to our community. I perceive him to be an outstanding human being, both highly knowledgeable and caring and his accomplishments are exemplary. He is the Chief Operating Officer of the Phoenix Collegiate Academy as well as its found-

er and pioneer. He has selflessly devoted himself to the betterment of the community at large. Panna and I are happy and proud to be connected with Akshai and his lovely attorney sister Anjali and their parents. Our continued good wishes and blessings to Akshai and his family.

I urge the Community to actively participate and play a significant role in shaping PCA's future leaders. Indians must be involved in making our city better, if we are to have a voice in policies that will help the Indian community at large. Action from our community to support this up and coming leader would generate more awareness and anything to help Akshai's school would be action to help the city overall. Our community should

be leading the charge by volunteering for appointment as board members to guide PCA's trajectory for overwhelmingly positive change for low-income students. The school also needs more tutors to volunteer for his students. Even just 15-30 min a week in a student's life can make a difference that will pay dividends over each child's life. Of course, anyone willing to donate to help the academy find the best teachers and provide the best resources for students is also welcome.

For more information about how you can help Phoenix Collegiate Academy, please contact the school at PCA@phxca.org or call 602-268-9900.

Submitted by: Jitu C. Patel, CPEA

Atharva's Corner

The concept of "home" is not to foreign to us; as humans, despite our perpetual forward motion, we delight in settlement and ownership. The land which we own, the life which we dictate, and the rules that so guide it, all suggest that humans are migrant, yet colonists in the natural state. We spend time searching for a place to plant roots so as to better the ability to sprout in the future. This can suggest an evolutionary significance to settlement, as having a static location from which one can obtain resources would allow one to save a significant amount of energy that would have otherwise been allocated towards constant motion. However, the details behind evolutionary value of settlement often assume a more primitive nature of human beings. That is, we are driven by a subconscious, sometimes undesirable, need to act in certain ways. Capable of conscious thought and a philosophical ability to perform and act upon complex judgment, we arguably have a much higher, more involved, agenda behind our "need" to settle.

We frequently label our hormonal reactions to

Settlement - An Argument for Localized Energetic Development

stimuli as our "emotions". Just as we note that our immediate, uncontrolled responses are innate, we justify our desires, reactions, decisions, and mental disposition towards abstract and concrete impetus with sentiment. Similarly, we adopt such affections for our surroundings; our comforts are as such due to our emotional stability about them. Settlements thus become a matter of familiarity. The understanding we have of the surrounding environment, the reliability of its stability, and the conservation of its relative state provide a "safety" from which individuals can draw from. The connections made to our establishments can encourage and induce positive energies; combined with the culture and community in an area, energy trends could be more relatable. However, location has as much to do with comfort and amenities as it does with interaction and synergy.

Recluse is one of the benefits of settlement; we surround ourselves with personal comforts in such an arrangement as to induce a state of calm and internal harmony. However, we permit a healthy stratum of discomfort in our own homes... why? Perfection is a sought after virtue which we con-

sciously allow ourselves to be withdrawn from. This induces a discomfort/pain which we submit ourselves to willingly with the understanding that the less-than-perfect situation prompts activity and development. In order to constantly "better" our situation, we allow ourselves to settle in displeasure; perfection is abstract and unobtainable, but speaking theoretically, it also allows for limited to no forward movement. It should then be understood that discomfort is not necessarily a matter of castigation, nor pleasure a matter of gratification. Settlement allows for growth in an environment not entirely expunged of discomfort, and also comfortably permeated with aegis.

The areas about which most of our energy is expended become increasingly attractive areas to settle. We acknowledge these localities as assured sources of obtainable scarcities. These scarcities include, but are not limited to, positive interaction, sustenance, educational and emotional development, and even the opportunities for career and familial foundations. As we aspire to acquire these scarcities, we note that many of these ambitions exist beyond our defined boundaries; the next option is look beyond

the walls of the home and stretch into the environment which we have surrounded ourselves with. We subsequently ask ourselves "which environment will allow me to, in the distant future, extend my reach the farthest while maintaining my comfort?" This question, with much satisfaction, varies between subjects; when multiple individuals find that their circles of influence and growth overlap, the label of competition if applied.

The successful settlement is established when an individual carefully recognizes his/her abilities to compete and thrive. When considering why we have grown to inhabit settlements, scrutinizing the impact of available niches is crucial. The environment must have available a niche to be filled for which the competition can be overcome. More importantly, this niche must be currently beyond the comfort reach of the individual seeking to introduce him/herself into an area. Should the location lack a role to be filled, then one can be overwhelmed with a sense of discomfort which arises from stagnation and passivity. Until we are thoroughly satisfied with our current state of comfort and degree of upward movement, we will subsist in a perpetual condition of dis-

comfort. An attractive region must provide nutrients for personal development which can only be attained through an acceptable level of struggle; without which, an individual literally has no business being there.

Home is the combination of emotional and necessary stimuli which direct energy. It allows us to establish a realm of security and stability with the assurance of a minimum state of being. The growth that a home permits is fostered by its promise of both discomfort and serenity. Likewise, the concept of home has also risen through our requirement of despondency with a state of mind, and the subsequent change which it induces.

While ones comfortable environment may extend beyond that of another individual, the fundamental existence of a communal-personal contract must be clear. Home fulfills personal needs but contentedly provides its own set of burdens. It is due to these burdens that we strive to resolve that we develop a more wholesome image of self and surrounding.



-Atharva Dhole

“MAKE IN INDIA” WITH HEALTH & SAFETY AWARENESS

In the coming decades, India will be faced with new challenges. With the “Make in India” campaign of Indian Prime Minister, Shri Narendra Modi, Indians must make health and safety matters their number one priority. In the USA, 16 workers die every day on the job; this, despite tough regulations. One can imagine the staggering numbers in a third world country like India. Economic progress must not be at the expense of declining health and deteriorating environment. This much needed and long overdue campaign is being spearheaded by none other than our esteemed Indian Seniors Association member, Jitu C. Patel, CPEA. He is not calling it quits yet, and has made health and safety in India his mission in life. The vision of Patel is to have the professional growth in India that will focus on the human and environmental issues as the core values in keeping with American Society of Safety Engineers’ (ASSE) mission of “Protecting People, Property and Environment.” The reasons for him to do so are compelling. Over 700 deaths and nearly 4000 serious injuries are reported daily on the roads. These do not include a massive number of accidents, which are not reported due to lack of accountability. Health related illnesses due to extremely poor hygiene conditions are rising exponentially!

At the behest of J.C. Patel, the India Chapter of ASSE was founded on the March 4th, 2012. Patel is the recipient of the prestigious Fellow Award, the highest honor granted by the ASSE, and is appointed as an ASSE Global Ambassador. Patel is one of the most active and effective leaders of ASSE, and a founder of several global chapters. The Indian Chapter started with only 51 members;

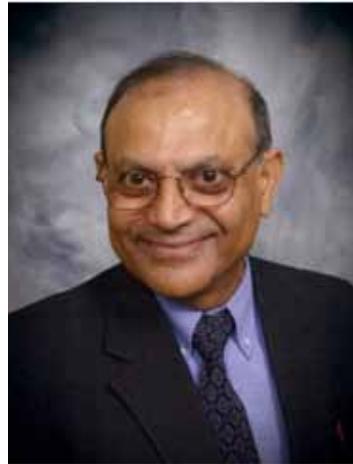
today it has grown to nearly six hundred members, and the number is rising. Below are some highlights of the events he has organized in India this year alone. He has been instrumental in starting international chapters namely in the Middle East, UAE, Kuwait, Philippines, Qatar and India, along with five post-graduate training chapters.

Chennai, Tamil Nadu: May 26th & 27th

ASSE, Chicago, arranged a conference where Patel was not only the key speaker but was also an honored guest and a Lead Steering Member. The event was attended by 350 delegates, including, US Embassy Attaché to India, Chairman of Indo-American Chamber of Commerce, India’s major industry executives, members of regulatory authority, and Health, Safety and Environment (HSE) managers from all over India.

Pune, Maharashtra: May 30 2014

The Pune symposium turned out to be a huge success! Objectives of holding the event were fully met in providing an update on National and International Trends in HSE & Sustainability to establish ASSE Maharashtra Chapter. The event fetched quality delegates who represented major industries. For example, Suresh Tanwar, VP, HSE, TATA Motors; JC Sekar, Mg Dr., ME & Asia Pacific, UL; Rahul Datar, Sr. VP, Env. Mgmt. Center (EMC); Sonal, Kaushik, Associate VP, EMC; Vijay Bukkavar, Director, Indian Chemical Council; Mangesh Kate, Sr. Manager, Forbes Marshall; Vijay Hiremath, Asst. GM, John Deere; Ashok Kumar, Div. Mgr., General Motors India; Nisha Gadge, Head, Clide, among others. The delegates were convinced of the benefits of joining ASSE and



expressed the need to form the ASSE Maharashtra Chapter.

Vadodara, Gujarat: June 07, 2014

The event was attended by delegates from chemicals, petrochemicals, oil & gas, auto, construction and other industries not only based in the state but outside as well.

Some notable delegates included: Dr. P T Shah, Hon. General Secretary, Gujarat Safety Council; M. M. Shah, Jt. General Secretary, GSC; PK Mukhopadhyay, Ex-Dy Director, Chief Controller of Explosives, Nagpur; Pravin Trivedi & N. M. Parekh both of Trivedi Associates; Himanshu Patel, CEO, Complete Fire Design Solutions [Expert on Fire Prevention and Life Safety]; Sheela Mistry, CEO, Insight Associates, GRI raining Partner; Manoj Kamaliya, VP, HSE, Reliance Industry Ltd.; K.L. Katiyal, Rtd. Chief Engineer, ONGC; Ajay Sachdeva, Mg Dr., Corporate Governance Advisory, New Delhi, Ashok Garlapati, Sr. Env. Engr. Kuwait.

Patel received a standing ovation and the chief delegate stated, “we salute Patel for this badly needed initiative and bringing ASSE to Gujarat and other states for awakening the nation for the correct use of the knowledge for increasing the health and hygiene and the general fire & safety awareness throughout India.

Additionally, Patel has created post-graduate training opportunities for university MS & PhD students and to HSE professionals to make a difference locally and globally by providing guidance to industries in focusing for the prevention rather than crisis management.

Gurgaon/Delhi: June 17, 2014

Patel’s last International HSE Symposium was in Gurgaon. The event was the first ASSE major launch in the North Capital Region (NCR), India. It received great support from the likes of Ms Sangeeta Robinson, Founder & CEO, Enduring Value Advisory & Practice LLP; Dr. G. P. Bhagat, National President; Guru Vishram Vridh Ashram; Dr. A.K. Saxena, Empanelled Assessor, National Accreditation Board for Education & Training; Mr. V. S. Mathur, Expert, Corporate Social Responsibility; Dr. S. Mudgal, WHO & World Bank Specialist, Occupational & Environmental Health, Vice Chancellor and the faculty from the well-known Amity University; and Dr Deepak Kumar, President, Bharati Foundation [consisting of over forty-thousand students in rural district schools].

All these events gave a rare opportunity to Indian HSE professionals to gain an insight into the aspects of Sustainability and Corporate Responsible Care, as well as widen their professional competence. The event gave the members access to ASSE database and expertise.

India has a long way to go. Industrial accidents, road accidents and other preventable disasters occur almost on a daily basis. Laws and regulations exist on paper, but workers and executive alike lack the understanding of the value of compliance with Building,

Fire & Safety Codes.

Fortunately young Indians are eager to learn all there is to know. For example, in the State of Maharashtra many professionals have joined ASSE, and are eager to form the ASSE Maharashtra Chapter. Likewise, Indian professionals and leaders wish to start health & safety campaigns throughout India starting at locations such as in Kolhapur, Aurangabad, Mumbai, Coimbatore, Surat, Ahmedabad, and Kochin.

With the “Make in India” campaign of Indian Prime Minister, Shri Narendra Modi, it is even more urgent that young executives are fully equipped with the challenges that lie ahead. Of note is that Patel has encouraged a team of executives to participate in a “Movement for Change” in “Health & Safety with Sustainability” and for playing an active role in the formation of ASSE Gujarat Chapter. This would provide Gujarat state another feather in the cap of “Total Transformation on Environment, Health & Safety” in addition to being one of the fastest growing economic states in India. Patel hopes to charter the Maharashtra and Gujarat Chapters at the same time.

Even academic institutions are joining the awareness band wagon. For example, Amity University, Delhi, sought help and guidance to introduce degree courses in the field of HSE and to have the Student chapter of their own in Delhi.

Patel also has IIT Gandhi Nagar involved, where he was also a speaker and a workshop initiator, and assisting in establishing the safety center. He succeeded on his own also in launching the student chapters in different parts of India, including one that was supported by Dr RK Elangovan,



1. Jitubhai with the Executive Board of ASSE India Chapter 2. Jitubhai lighting the lamp at the Opening of the Chennai Summit. 3. Opening Ceremony, Vadorada 4. Symposium participants at Gurgaon (New Delhi) 5. Jitu Patel with Dr. Kakodkar – Chairman, Atomic Energy and IIT- Gandhi Nagar, Gujarat 6. Jitu Patel with ASSE UPES Faculty Steering Committee, Dehradun

Mr KN Sen & the Executive Board of the ASSE India Chapter. The academic institutions are:

University of Petroleum Energy Studies (UPES) in Dehradun

National Institute of Construction Management and Research (NICMAR) in Hyderabad Hemchandracharya North Gujarat University (HNGU) in Patan, Gujarat

Tarapore Management Association (TMA) in Tarapur/Dahanu

Regional Labour Institute, Chennai.

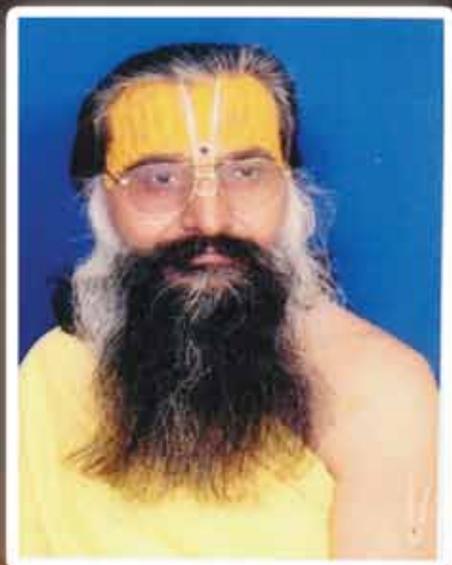
One of the problems in India is the lack of adequate and accurate record keeping. Disasters and accidents are under-reported.

There is much room for improvement for reporting and record keeping

systems. In general, as low as 7% of industries in India are organized and the remaining 93% are either totally ignorant or suffer severely from lack of or poor safety culture. This pervasive lack luster culture also afflicts the upper management that has no commitment to safety; they are more focused on production and profitability, with total disregard for human life.

If you are touched, encouraged and inspired, join Patel by contacting him at pateljc2002@yahoo.com to speak about the ASSE's mission of protecting people, property and environment and how to make a difference.

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'SWACHH BHARATH' - A Mission of the People, by the People and for the People of India

This quest for a clean India initiative renders itself in a more meaningful way when it comes through as India's self-expression and so India speaks thus.

Please make this not just about the government's vision, but a mission to exercise your own rights in a democratic India and in turn I am empowered. Please make this not just about remembering Mahatma on his birthday but honoring his exemplary leadership and principles with a mindset to do a national service. Please do not make this about sensitizing the people of India in a meagerly here today, gone tomorrow fad, but make this about instilling a sense of responsibility and accountability for all time to come. Nor make this just a feel good exercise, but certainly a consolidation into a mass movement. A Clean India is the way to go because it is about the health and quality of life of more than a billion of my humanity whom I continue to nurture amidst all adversities. Equally important are the attitudes and perceptions of my people with domiciles outside of the nation. My honor and dignity lies as much in the role they play in my progress. The act of cleaning up can gain top priority after being viewed as a mission. Being consciously aware of this and contributing at your own limited levels is the need of the hour because this is an issue of basic rights of mankind. And it can be resolved only by the mankind, the only difference being that specific mankind that is facing this adversity. No other person or society can know this better until it is experienced by the same person or society and this is the reason this by all means becomes a human rights issue, a social issue and certainly a national issue. Pages of information and statistical figures can be put out with respect to the ways of managing and disposing the garbage, but the most important thing is to convert theories into actions. Non-transparency in the systems is one of the reasons for dis-

empowerment and the general attitude is lax and filled with a mindset to ignore. Before long, the issue balloons up into a major health hazard, owing to which it becomes a crisis that needs to be juggled with unpreparedness. I know not an end in sight to my this state of distress, but I am also the motherland of a billion plus of humanity, who by all means are not bound to ignore me, because by doing so they are ignoring themselves. Creating a powerful awareness and compelling yourselves to push forward and commit to this mission is by all means a possibility. It can be as simple not littering the roads or any public spaces, not throwing away garbage at undesignated areas, or try to reduce unnecessary consumption at a personal level. Other simple ways around the home is to find ways to compost the wet waste reuse or recycle the materials in any possible situation.

With intent to foster a thoughtful mindset at a personal level, the waste woes can be expressed in terms of numbers (Source - Wikipedia). India has a substantial growth in plastic consumption and 47percent of the total plastics are recycled currently, but is much higher than the share of recycling in most of the other countries.(This means the capacity of recycling has to be tremendously expanded, in spite of best efforts ,so a smart technology to bring about economies of scale in recycling is very important).The recycling sector alone employs as many people as the plastic processing sector, which employs about eight times more people than the plastic manufacturing sector. Moreover, the share of recycling is supposed to decrease to 35 percent over the next three decades because of the increasing share of long-life products in the economy, and consequently in the value of waste generated. Excluding the recycling, the total disposable waste is said to increase at least tenfold up to the year 2030 from its current level of 1.3 million tonnes. These numbers

are hard to digest at a personal level, although you choose to ignore and move on. Having said this, there is also a certain point in time when the current generation has left its future stakeholders (children and children's children) a solid carbon footprint as one of its legacies quite unlike to its rich cultural heritage. If countries like the United States could be emulated in certain aspects of living, why cannot it be made true in the case of developing environmentally conscious attitudes and cleanliness in the country's spaces? It is desirable to keep in mind the factual information about India's growing population which limits the resources considerably, but this human resource with a youth majority would surely suffice to build a clean nation. And until the time we witness a slowdown in the population growth, India's situation will be quite contrary to countries like United States, and so it becomes imperative to know that all facets of leading a comfortable life cannot be equated with the conveniences of a specific geographical makeup and the reverse is also true.

This mission is not something that is possible only with government programs or interventions nor is it possible only if the citizens pitch in without

any fruitful policies from local, state or central government. Taking inspiration from Lincoln's Gettysburg address 150 years ago, Swachh Bharath has to be a mission of the people, by the people and for the people of India. Speaking comprehensively, governmental and non-governmental organizations, agencies, public and private sectors, independent businesses big and small, the city municipal corporations, the district level councils, to the very local panchayat samitis, the gram panchayats in villages, to the common citizen, the rich, the poor, and the millions of netizen advocacy groups, people with their domicile outside India, and any person that is associated with my progress is game for this because this is the spirit of a true Indian.

I cannot conclude on this mission until I can see it to believe it. Swachh Bharath initiative is patriotic, hugely admirable and worthy of being talked about extensively as I look forward with hopes and dreams of a Clean India in the very near future.



-Deepa Badrinath

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Real Estate News of Arizona - October 2014

By Arti Iyer ABR, CFS, CSSN

Hello Friends,

Lower temperatures with some heavy and un-usual rains and floods! Thats a good sign of reminding us we are in the short but sweet Fall season and getting closer to the holidays. Going by our past performances, the valley real estate sales volume will decline in coming few months. Phoenix market is so cyclical, we see drastic changes from 2012 to 2013 and now 2014. There has been a measurable shift away from a market once dominated by distressed sales and investor purchases to a much healthier and more traditional sales.

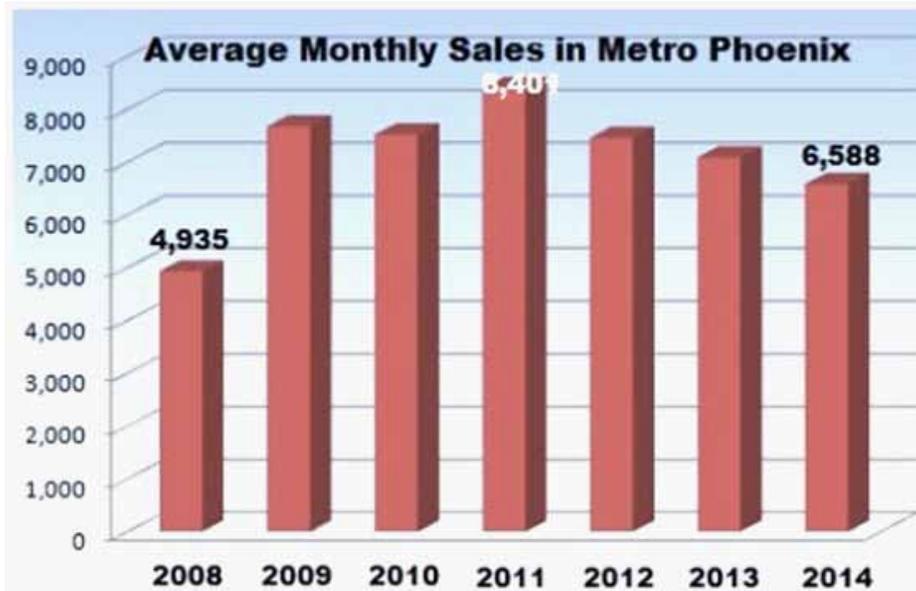
Phoenix foreclosures have returned to normal levels. Foreclosure type sales (comprised of bank homes and short sales) have accounted for 10% of all sales in the Phoenix real estate market. As a matter of information, foreclosure type listings have been under 8% of total, active listings in the Phoenix MLS since March 2014.

let's look at the August sales of Residential Homes in Maricopa county-

- Total sales for Single Family, Town homes, Condos for August were 5,702 whereas July was 5,996 and June were 6,390
- The Active listings for August were 26,905 whereas July was 22,062 and June were 22,917
- Pending sales for August were 4,904 whereas July was 5,445 and June were 5,846

Now let's take a look on commercial side-

A \$150 million hotel and office development is due for the southwest corner of Mill Avenue and Rio Salado Parkway, according to a report by Business Real Estate Weekly of Arizona. A 274room Kimpton Hotel could land on the Tempe parcel which is adjacent to the US Airways building, according to the real industry newsletter. Hensel



Phelps Construction and San Diego-based Douglas Wilson company are the developers of the proposed project. There are a number of other commercial, hotel and multifamily projects slated for Tempe. That includes a new Marriott hotel on Tempe Town Lake and an Omni Hotel near Mill Avenue and University Drive.

Rover Techs LLC acquired the freestanding retail building at 15455 N 83rd Way in Scottsdale for \$1.25 mil-

lion or about \$195 per square foot from Greulich's Automotive. The buyer is an owner-user who specializes in repairing and servicing Land Rovers. The single-story 6,400-square-foot auto garage was built in 2004 on 1.3 acres in the North Scottsdale Retail submarket of Maricopa County.

Interstate Holdings acquired Watson Marketplace at 441-733 SWatson Rd in Buckeye from the center's developer Scottsdale-based Desert

Troon Companies for \$22 million, or about \$244 per square foot. The sale represented a 1031 Exchange for the all-cash, San Diego-based buyer, and closed at a 6.8 percent CAP rate. The 90,000squarefoot shopping center sits on almost 10 acres in the South Buckeye Retail submarket of Maricopa County, 30 minutes west of Phoenix. It features monument signage at the ramp to I-10, a main artery of Phoenix, and is directly across the street from Sundance Towne Center.

Amargosa Palmdale Investments LLC purchased a portion of Southern Plaza at 6036 S7th Ave in Phoenix from Park West Development for \$11.9 million. Built in 2007 Southern Plaza totals 75,233 square feet and sits on 10.1 acres. The shopping center was 95.3 percent occupied by such tenants as Food City, Payless Shoes, Pizza Patron, and Rapido Tax.

The select top industrial lease signed during the second quarter of 2014 in the Phoenix market was on WRio Salado Parkway in the Tempe Northwest Industrial submarket. US Airways renewed its lease totaling more than 204,000 square feet there. HBI International leased 88,488 square feet at 3401 W Papago St in the SW South of Buckeye Road Industrial submarket.

Hope this article gives you a peek in what's happening in our valley. As always, I love all the questions, comments & feedback.



Please keep them coming at arti@artiiyer.com or call me at 480.242.8573

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

Awareness

Awareness a very simple word to say and understand. As a human, awareness has a very important significance in our life. Be aware. In other words it's a key step to a successful life. Without awareness we are taking each breath carelessly like throwing priceless gems into the river as we would rocks. Remember, life is going very fast and the time and moment spent won't return at any cost. Thus, spend every moment of your life carefully

and wisely.

If you are a student, use the time carefully. This is a chance to establish the future of your life. As a householder, live with your partner gracefully. If you both have a conflict, work to understand each other with love and grace. Ask yourself, are your misunderstanding due to lack of awareness of the other's needs? Is there a wall of mistrust, ego, or duality? Solve the problems with cooperation and compromise.

Unconditional love can solve all the problems of the universe. If you bring uncon-

ditional love into your relationship, it will bring peace, joy, and happiness into your life. Treat each other like a rose flower that gives a unique smell and tenderness of fragrance to everyone without condition.

If you are religious there are many challenges. Many people believe religion consists only of ritualism. Be aware! This is a religious trap and it doesn't matter to which religion you belong. If your religion is not teaching you unity, commonality and love for humanity without duality you are missing the first step in religion

because religion is a source of realization of the reality.

Reality is the true religion of humanity because all human beings are equal. The true goal of religion is to teach the spirituality. If you are not aware of the meaning of spirituality you can never have an experience of divinity.

Remember, when someone speaks of spirituality, they are talking about soul. Be aware, soul is a part of the supreme soul (Parmatma.) Your soul is a divine temple. Divinity is the deity of your temple. As long as you are not aware of

this, you are missing the destination of the human life. As a human, as long as we don't enter the divine temple, liberation is not possible. Prayer and meditation are the keys to open the door of the Divine temple. God Bless you with a glimpse of the divine.

My Love and prayer are with you.



Gyani Ji Harbhajan Singh Sandhu

GHSSandhu@gmail.com

October 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 * Sri Durga Navaratri Celebration at SVK Temple * Govindudu Andarivadele @ Pollack Tempe Cinemas - Telugu Movie (Starts @ 7:30 PM)	2 * Sri Durga Navaratri Celebration at SVK Temple * Kanya Puja @ Ekta Mandir * Govindudu Andarivadele @ Super Saver Cinemas 8 - Telugu Movie (Starts @ 7:00 PM)	3 * Sri Durga Navaratri Celebration at SVK Temple * "TriShakthi" - Thematic Bharatanatyam Recital * Navratri 2014 * Dusserah Celebrations @ Ekta Mandir * Dussehra & Bathukamma Sambharalu 2014 @ IACRF Hall * Saraswathi Puja @ Ekta Mandir	4 * Navarathri Golu Celebrations BOMALU GOLU - Traditional Doll Display @ MGTOA * Navratri 2014 * Durga Puja @ Chandler Community Center * Bathukamma and Dasara Sambaralu organized by AZTGA
5	6	7	8	9	10 * Pratham Gala Event * Navratri 2014	11 * 2014 Public Speaking Contests * Navratri 2014 * Diwali Mela @ Kiwanis Park
12 * BAPS Charities Free Flu Shots	13 * Jnana Yagna-Geeta Chapter 7 -Jnana Vignana Yoga	14 * Jnana Yagna-Geeta Chapter 7 -Jnana Vignana Yoga	15 * Jnana Yagna-Geeta Chapter 7 -Jnana Vignana Yoga	16 * Jnana Yagna-Geeta Chapter 7 -Jnana Vignana Yoga	17 * Jnana Yagna-Geeta Chapter 7 -Jnana Vignana Yoga	18 * Welcoming Of 6 Feet Bhaktha Anjaneya along with Ram Parivar @ MGTOA 2 PM * Jnana Yagna-Geeta Chapter 7 -Jnana Vignana Yoga * PICO - Consular Services and Visa Camp * Garba & Raas 2014! @ SUN devil Fitness Complex
19 * Jnana Yagna-Geeta Chapter 7 -Jnana Vignana Yoga YUVA UTSAV @ Hal Bogle Theater	20	21	22	23	24 * Happiness Program @ AOL Center	25 * Saravedi 2014 - Annual Diwali Celebrations Walk for Water @ Papago Park
26	27	28	29	30	31	



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Driving too fast or double parking will result in difficulties with officials. Investments concerning your residence will be profitable. Entertainment could be pleasing if it is of an energetic nature. Fitness or weight loss programs will help your self esteem. Your luckiest events this month will occur on a Thursday.

ARIES



Mar 21 to Apr 20

You can discuss your intentions and ideas with your colleagues or friends this month. Your creative input will be appreciated by your boss. Confronting a situation will only result in indignation and misunderstandings. Romance will develop through work. Your luckiest events this month will occur on a Wednesday.

TAURUS



April 21 to May 20

Get out and enjoy some entertainment. Romance will develop through work. Don't make accusations unless you are completely sure that you are correct. Stick to your work and avoid emotional confrontations. Social events should be the highlight of your day. Your luckiest events this month will occur on a Thursday.

GEMINI



May 21 to June 21

You can make financial gains if you are prepared to take a risk. Lovers may not be truthful. Accommodate others but not before you do your own thing. Do the proper safety checks before you go out. Travel opportunities must be taken advantage of. Your luckiest events this month will occur on a Thursday.

CANCER



Jun 22 to Jul 22

Your temper could be short if someone criticizes your efforts. You can make money if you are wise in your choices. Take some time out. You're in the mood for love. Your luckiest events this month will occur on a Monday.

LEO



Jul 23 to Aug 23

Don't let friends convince you that you should contribute to something you don't believe in. You can meet potential new mates, but make sure that they aren't already committed to someone else. Try to be patient with their inability to accept your new beliefs. This is a turning point. Your luckiest events this month will occur on a Sunday.

VIRGO



Aug 24 to Sep 23

You may want to have a heart-to-heart talk with a close and trusted friend. Take your time; do not make any decisions in haste. Work on legitimate financial deals that may enable you to bring in some extra cash. Make sure that all your legal papers are in proper order. Your luckiest events this month will occur on a Wednesday.

LIBRA



Sep 24 to Oct 23

You can make positive changes in your home. Anger might lead to carelessness and minor injuries. Avoid lending money or belongings to friends. You should put a little extra effort in at work. Your luckiest events this month will occur on a Monday.

SCORPIO



Oct 24 to Nov 22

Don't share your dilemma with those you work with. Unfortunately, your personal life may suffer from a lack of spare time. Your emotional partner will push all the right buttons this month. Delve a little deeper if you really want to know the score. Your luckiest events this month will occur on a Tuesday.

SAGITTARIUS



Nov 23 to Dec 21

You can learn a great deal if you listen to those who are older or more experienced. Your ability to converse with charm will entice someone you may have had an interest in for some time now. Upheavals may occupy your day. Think of joining a health club that will benefit your physical appearance. Your luckiest events this month will occur on a Monday.

CAPRICORN



Dec 22 to Jan 21

Opportunities to upgrade your living standards will come through your lover or through joint financial investments. Real estate investments could be to your advantage. Romantic encounters will develop through colleagues. Take time to do some writing, whether it's correspondence, poetry, or keeping a journal. Your luckiest events this month will occur on a Wednesday.

AQUARIUS



Jan 22 to Feb 19

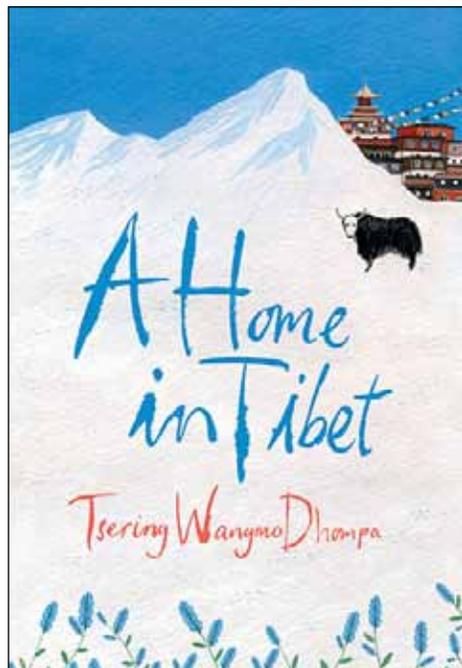
Your sensitive, affectionate nature will capture the heart of anyone you are attracted to. Difficulties with children will surface if you try to break a promise you made. You will have the stamina and the know how to raise your earning power. This is a great day for a family outing or just a drive. Your luckiest events this month will occur on a Wednesday.

PISCES



Feb 20 to Mar 20

Book review: A Home in Tibet by Tsering Wangmo Dhompa



Buddhist monks riding motorcycle decorated with katoks and prayer flags in Kham, East Tibet. Getty Images



It is not easy to classify Tsering Wangmo Dhompa's debut book, *A Home in Tibet*, into any genre. How should we read her book, as a memoir or a travelogue? Perhaps, it is both and in this sense, is evocative of Colin Thubron's *To A Mountain in Tibet*. Both writers' journey to Tibet was set off by the death of their mothers, leaving the two writers bereft and spurring them to recount their contrasting experiences in two different but compelling stories with the same motif of death, memory and life.

In Thubron's case, his mother died in a hospital ward, perhaps of natural causes. But this sets him off into meditation and on a journey to Mount Kailash, the Precious Mountain, in western Tibet. As Thubron explains, "You cannot walk out your grief, I know, or absolve yourself of your survival, or bring anyone back... Then you go on a journey (it's my profession, after all), walking to a place beyond your own history, to the sound of the river flowing the other way. In the end you come to rest at a mountain that is holy to others."

In Dhompa's case, her journey to Tibet was triggered by the death of her mother in a tragic road accident in the growling and choking traffic of north India in the early 1990s. Dhompa recounts the tragedy. "A man emptying his bowels in a field witnessed the collision on the highway. A truck is a powerful beast, he would comment later to a police officer. He saw a jeep spin like a dizzy house sparrow. The man's peaceful morning ritual had been shattered by the intrusion of death."

Dhompa's haunting *A Home in Tibet* is an intensely personal journey to Tibet to discover her late mother's homeland and the roots of the author's identity. It is a journey to redeem, remember and reclaim her mother's memory. At the heart of Dhompa's memoir and her journey to the Land of Snows is the love of Tibet bequeathed to the daughter by her mother. While alive, the author's mother had waited years to end her suffering. "She gave her suffering one name: exile" Her mother had been long gone but her memories

of Tibet stayed with the daughter. This prompted the author to make her own way to Tibet's wild east, a land of brigands and swagger, of immense personal courage, unending tribal feuds and fine horsemanship or, these days, of bikemanship. It is a journey to find herself by reliving her mother's memories through connecting with her remaining family members, her homeland's landscape, the mountains, rivers and lakes and the gods and spirits who reside in them. By doing this, the author hopes to experience Tibet as lived by her mother.

As Dhompa says, "We travel with ease as fresh snow crackles under the vehicle. The mountains surround us so that I feel I am carried within them. I am watched over by the deities of the land. I tell myself a story so I remember. A long time ago, the mountain deities of Tibet and the mountain deities of China went to war..."

"And because beautiful daydreams are made of mountains, home and freedom, I dream a different ending. "Lha Gyalo. May the gods be victorious." *A Home in Tibet* is the first book written by a Tibetan woman born and educated in exile. With this book, Dhompa joins the ranks of Rinchen Lhamo of *We Tibetans*, Rinchen Dolma Taring of *A Daughter of Tibet* and Jetsun Pema of *Tibet: My Story*, all towering women who have told their personal stories and in doing so told Tibet's story to the world. Rinchen Lhamo, Rinchen Taring and Jetsun Pema were born in the cultural and social milieu of old Tibet and the last two witnessed the upheaval caused by the Chinese presence in Tibet. Their books are with us to explain that great disruption and what was disrupted. Dhompa's is to learn and discover the old Tibet and explain the new. And she does it with a sensitivity and keen observation that enlivens and sustains her considerable narrative skill. Thubten Samphel is the director of the Tibet Policy Institute and author of *Falling Through the Roof*, a work of fiction.

Thubten Samphel is the director of the Tibet Policy Institute and author of *Falling Through the Roof*, a work of fiction.

POET OF MONTH

Rick Barot

Rick Barot attended Wesleyan University and the University of Iowa Writers' Workshop. He has received fellowships from the National Endowment for the Arts, the Artist Trust of Washington, the Civitella Ranieri, and Stanford University, where he was a Wallace



E. Stegner Fellow and a Jones Lecturer. He has published two books of poetry with Sarabande Books: *The Darker Fall* (2002), and *Want* (2008), which was a finalist for the Lambda Literary Award and won the 2009 Grub Street Book Prize. His poems and essays have appeared in numerous publications, including *Poetry*, *The Paris Review*, *The New Republic*, *Ploughshares*, *Tin House*, *The Kenyon Review*, *Virginia Quarterly Review*, and *The Threepenny Review*. He lives in Tacoma, Washington and teaches at Pacific Lutheran University, and in the Program for Writers at Warren Wilson College. His third collection, *Chord*, will be published by Sarabande in 2015.

THE WOODEN OVERCOAT

It turns out there's a difference between a detail and an image. If the dandelion on the sidewalk is mere detail, the dandelion inked on a friend's bicep is an image because it moves when her body does, even when a shirt covers the little thorny black sun

on a thin stalk. The same way that the barcode on the back of another friend's neck is just a detail, until you hear that the row of numbers underneath are the numbers his grandfather got on his arm in a camp in Poland. Then it's an image, something

activated in the reader's senses beyond mere fact. I know the difference doesn't matter, except in poetry, where a coffin is just another coffin until someone at a funeral calls it a wooden overcoat, an image so heavy and warm at the same time that you forget

it's about death. At my uncle's funeral, the coffin was so beautiful it was like the chandelier lighting the room where treaties are signed. It made me think of how loved he was. It made me think of Shoshone funerals, where everything the dead person owned

was put into a bonfire, even the horse. In that last sentence, is the horse a detail or an image? I don't really know. In my mind, a horse is never anywhere near a fire, and a detail is as luminous as an image: the trumpet-vine, the fence, the clothes, the fire.

Film Review 'Khoobsurat' will surely connect with girls of all ages

Khoobsurat does not have the same plot as the original Hrishikesh Mukherji film. It borrows bits and pieces from the Rekha-Rakesh Roshan starrer -- the discipline, the home run by the matriarch and the girl who comes and changes the

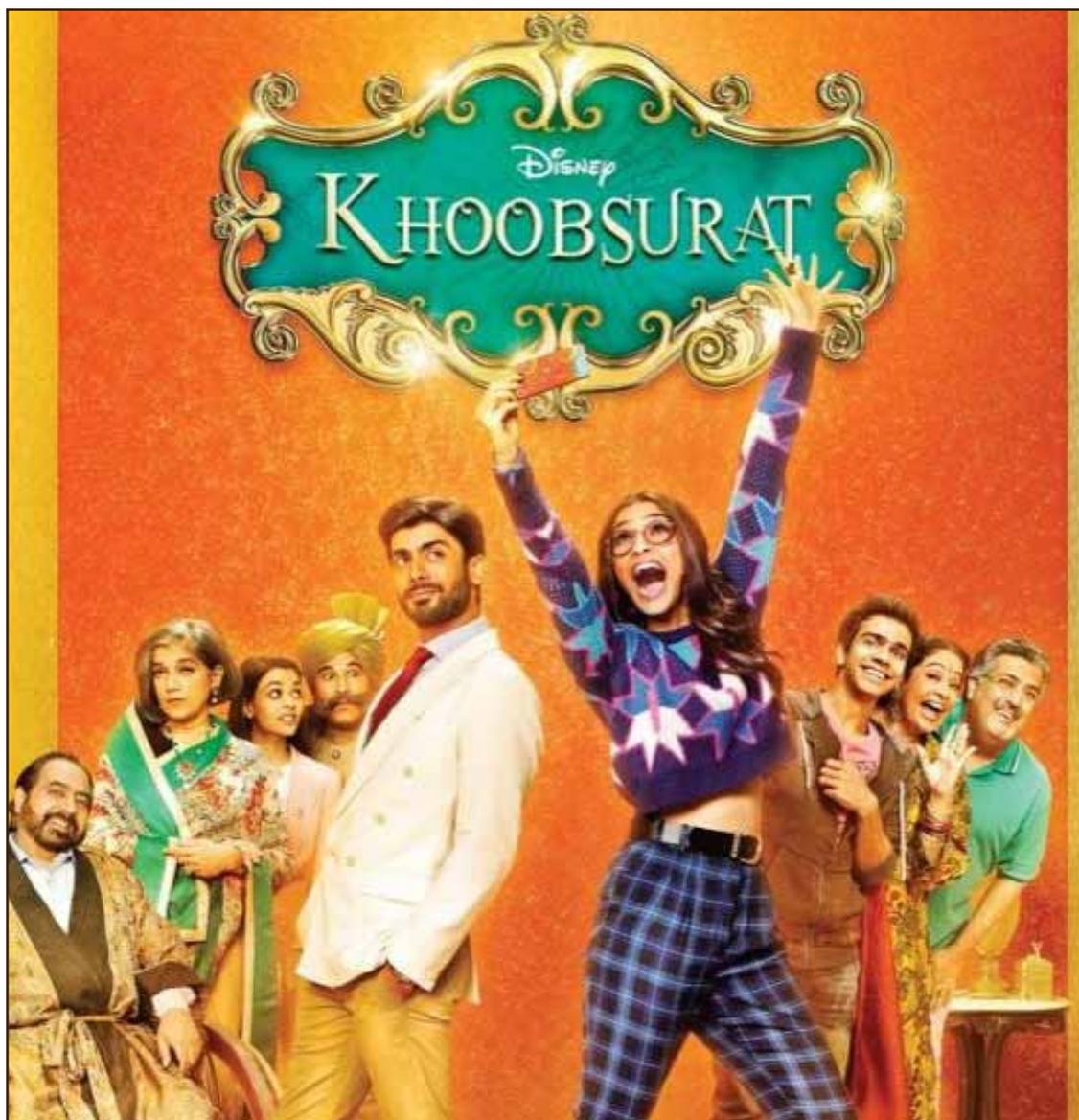
Film Review

Cast: Sonam Kapoor, Fawad Khan, Kirron Kher, Ratna Pathak Shah and Aamir Raza Hussain
Director: Shashanka Ghosh
Rating:***

atmosphere from gloomy to happy. Khoobsurat is modern day Cinderella, there is the prince and the common girl but instead of the evil step mother, there is a hyper real mother Manju (Kirron Kher). Dr Mili (Sonam Kapoor) moves into the palace to treat the king who has no intention of being cured. Things get complicated when the prince Vikram Singh Rathod (Fawad Khan) who is engaged to be married soon, falls in love with Mili.

What's good:

Khoobsurat is a charming film essentially for young girls



in love or the idea of love -- classic Disney blueprint. But

there's enough for the grown ups too, as they can relive the

memories of their first stolen kiss and awkward adolescent

anxieties. This good, clean and refreshing rom-com has Sonam as her most inhibited avatar. From fighting with Manju over Skype, or fighting her own feelings for Vikram, she nails it. The lead pair has great chemistry. Fawad is impressive. He wins you over despite your classic prejudice -- good looking men can't act. Both the mothers -- Kirron Kher and Ratna Pathak are brilliantly cast and throw in their own magic in the mix. Aamir Raza Hussain deserves special mention.

What's not:

I don't understand why our writers keep making their female protagonists extra chirpy and clumsy which is even less likeable a quality in a doctor. Some parts are a bit overdone, for example Mili's connect with the housekeeping staff is a bit overdone. Drinking and dancing with Ramu kaka, really? The Rekha starrer has universal appeal, while the 2014 is more of a chick flick, which may not necessarily be a bad thing. While the romance is bang on, the comic scenes could have been more sparkly.

What to do:

Khoobsurat is sure to connect with the hearts of girls of all ages.

Ranbir Kapoor's 7 best romantic flicks

Though Ranbir Kapoor doesn't look that old, the Bollywood heart-throb has turned 32 today!

Following the familial profession of acting, the prodigal Kapoor has shone by proving his mettle in the entertainment industry. Less than fifteen movies old in the business, the actor is already counted among A-listers.

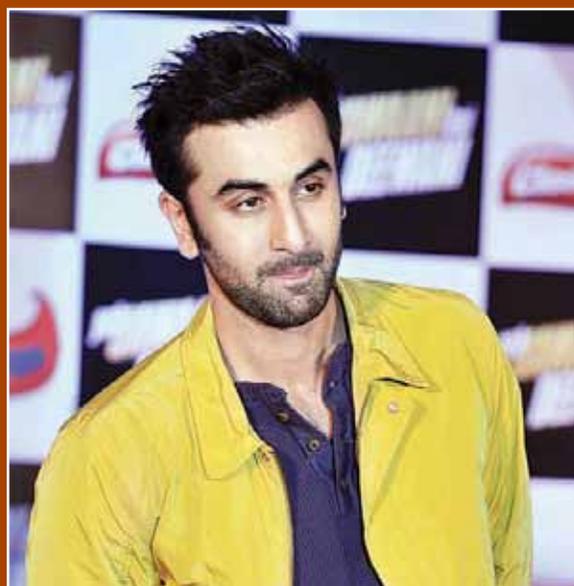
The actor has become a notable celebrity not only for his chocolaty looks but also by winning critical acclaim for his acting talent as well. Out of all the movies that Ranbir has done so far, a major chunk remains the romantic ones that have made him the lover-boy of Bollywood, and girls seem to have been going head over heels.

On account of 32nd birthday of 'mumma's boy' (as he calls himself), dna compiles 7 of his romantic roles that have made him the Rockstar of today, have a look:

Yeh Jawani Hai Deewani:

Ayan Mukherji's Yeh Jawani Hai Deewani was a blockbuster in 2013. The actor was seen sharing the screen space with ex-girlfriend Deepika Padukone for the first time

after the split. Playing the role of thrill-seeking Bunny, Ranbir justified the role of a youngster who doesn't want to lead a boring life, instead, he wants



to travel the world.

Rockstar: With Imtiaz Ali's Rockstar, Ranbir left no stone unturned to prove himself as the real Rockstar of Bolly-

wood. He played the role of a musician who is advised to become successful by suffering a heart-break, which leads him to become a rockstar but at the same time, to feel unfathomable pain and misery of not getting the love of his life.

Ajab Prem Ki Gazab kahani: Rajkumar Santoshi's romantic-comedy directorial featured Ranbir against Katrina Kaif. Here again,

Ranbir essayed the role of a lover boy, Prem whose unrequited love for Jenny, played by Katrina, gets him to suffer a heart-break.

Barfi: Anurag Basu's romantic-comedy drama Barfi was a blockbuster. Although, Ranbir had no dialogues in the movie, his love story with Jhilmil and Shruti, played by Priyanka Chopra and Ileana D'Cruz respectively, won him accolades!

Wake Up Sid: Ranbir essayed the role of a rich spoiled youngster who finds love in the woman who helps him find his real worth.

Saawariya: Ranbir's made his foray into the Bollywood industry in 2007 with Sanjay Leela Bhansali's romantic drama Saawariya. Though the movie couldn't win over the box office, it got him the deserved recognition. The actor won Filmfare's Best Male Debut Award for the same.

Deepika Padukone and Varun Dhawan in Hindi remake of 'The Fault in Our Stars'

After the success of recently released film Finding Fanny, director Homi Adajania is all set to team up with Deepika Padukone once again for a mega project. If reports are anything to go by, then the filmmaker has roped in the actress and Bollywood's young sensation Varun Dhawan for the Hindi remake of Hollywood film The Fault in Our Stars.

According to reports, Varun and Deepika have given their consent to be a part of the film. However, as of now there is no official announcement from either the makers of the actors. This will be the third film for which Homi Adjanian and Deepika Padukone will come together. Earlier, the duo has given two superhit films -- Cocktail and Finding Fanny.

Originally a bestseller book by John Green, The Fault in Our Stars was adapted into a Hollywood film by the same name. The film will reportedly go on floors in March, 2015.



Rihanna may do cameo in next 'James Bond' film



Singer Rihanna is reportedly set to make a special appearance in the 24th James Bond film.

The 26-year-old "We Found Love" hitmaker has been approached by the film's producers and is really excited to appear on the big screen, reported the Daily Mirror.

"Rihanna is a big fan of the Bond films and has always loved the idea of appearing in one. She didn't even need to think about it, she knows she wants to do it. She's really excited," a source said.

Filming for the new Bond film, which is code-named Bond 24, is expected to start later this year with director Sam Mendes at the helm. The film is due for release in November 2015.

I will be working with Fawad Khan again: Sonam Kapoor

Bollywood actress Sonam Kapoor, who is riding high on the success of 'Khoobsurat', says she will work with her Pakistani co-star Fawad Khan again. Sonam, whose chemistry with Fawad in the remake of Hrishikesh Mukherjee's 1980 'Khoobsurat' has been appreciated, says she cannot wait to work with the actor again.

"People have loved our performances and also our chemistry in the movie. They are going crazy over the romance. Fawad and I are working together again for sure," the actress told PTI.

The 'Raanjhanaa' star said she is shocked at the audience's response to 'Khoobsurat' and now feels the film should have been released on a bigger scale.

"We released it on 900 screens because we did not expect this kind of reaction. People thought this will be another 'Aisha' but



said her co-stars feel she is lucky for them.

"All my heroes have been my friends even after the completion of the films so maybe it is true that I am lucky for them. I think even they feel the same. But keeping jokes aside, I don't think I should give myself that much credit. I feel I select the right projects and the correct heroes," said the young star, who has started shooting for her next film with superstar Salman Khan.

Sonam, who first shared the screen with the 'Dabangg' star in her debut movie 'Saawariya' in 2009, says she is over the moon about romancing him in Sooraj Barjatya's family drama film 'Prem Ratan Dhan Payo'.

"I am living a dream right now. The shooting of the movie has started. Salman is so handsome and such a fantastic and amazing person to work with. I am on cloud nine," she said.

they were surprised with the film. People have given a lot of love to our movie. They are praising me so much and I feel weird because I don't think I have done something really great. It feels surreal," Sonam said.

The actress, who has had back-to-back hits with 'Bhaag Milkha Bhaag', co-starring Farhan Akhtar, 'Ranjhanaa' with Dhanush and now 'Khoobsurat',

I was hesitant to do '3 AM': Anindita Nayar

Actress Anindita Nayar says her fear of supernatural elements made her doubtful about signing for the horror film 3 AM.

Anindita co-stars with VJ-actor Ranvijay Singh in the film, which released on Friday. The actress says the script and director Vishal Mahadkar's narration made her take up the movie.

"I had reservations about doing the film because I am scared of such films. In fact, I would not have even watched a film like 3 AM but the way Vishal narrated me the script that got me in. I really like the story of the movie," Anindita told PTI.

Anindita, who made her Bollywood debut with Vir Das-starrer 'Amit Sahnki List', says she feels happy that Vishal was keen on working with her.

"Vishal wanted to work me from the beginning and if things had taken different turn I would have made my debut with his film Blood Money. Though that did not happen, he showed interest in working with me. This also became one of my reasons to sign 3 AM," she said.

The 24-year-old actress is looking forward to her next film which will be a satire. "I want to be versatile and give something new to my audience every time I can come on screen. My first film was a romantic comedy, 3 AM is a horror and the next will be a satire, so that's quite a variety," Anindita said.

Chai with... His Holiness Younus Algohar of Messiah Foundation International

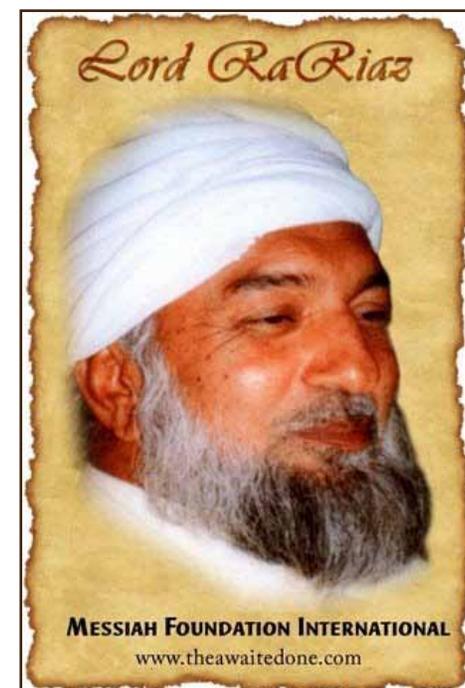
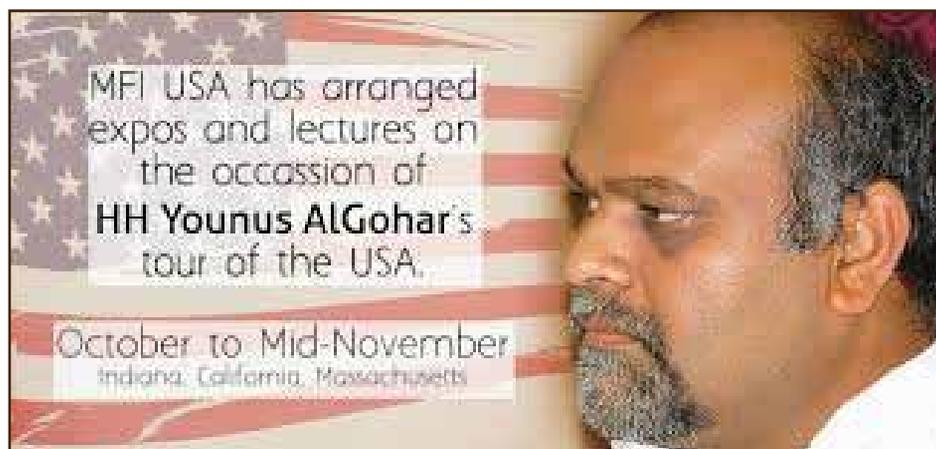
Interview by Manju Walia,
Article by Deepa Walia
September, 2014

This month, Asia Today had the pleasure to speak with His Holiness Younus Algohar, co-founder of Messiah Foundation International, a religious organization that states Riaz Ahmed GoharShahi is the Messiah and advocates Shahi's mystical teachings.

About Messiah Foundation International and His Holiness' Message...

This started 34 years ago in 1980 in Pakistan. There are many religious organizations in Islam, Hinduism, Sikhism, as well as many other spiritual organizations in the world with various sects, denominations such as the Shias and Sunnis in Islam. Then there are people like Sai Baba, Kabir Das, Hari Lal, Baba Farid, Bulleh Shah, who come from different religions and love all religions. Just as these people did, according to His Holiness Younus Algohar, His Divine Eminence Riaz Ahmed GoharShahi started this organization as a non-religious movement dedicated to raising awareness of spiritual knowledge and to give people the opportunity to spiritualize their life and purify their heart and behavior. Even though it was started in an Islamic country, the nature of his teachings is so simple and universal that it will benefit people of all faiths and religions.

His Divine Eminence GoharShahi began by telling Muslims that the core message of Islam is purity of the heart and they go to mosques and are entangled in the practice of rituals and entangled with differences in interpretation of the religion and are killing each other. This was not the original message of the prophet of Islam. At



the time, when the Prophet of Islam came to Arab, people were fighting and would bury their daughters alive and then the religion of Islam was introduced – the very meaning of the word Islam is peace but today it is opposite and it is very unfortunate. His Divine Eminence GoharShahi tried to pass this message across all denominations in Islam and Pakistan but the religious leaders went against him because they didn't like his message since he was promoting Sunnis and Shias to follow the original nature and message of Islam, which is peace, love, and harmony. To stop his messages, many went against him saying that he is an agent of America, or an agent of the Jews, or an agent of the Hindus. His Holiness always claimed that his message was a message of love. His ultimate message was that all religions believe in the same God and why should they be fighting with each other. Whether you read the Quran, the Bhagvad Gita, the Bible, or anything else – they all sum up to the message of God's love and love for humanity. This message is universal for all religions and all the saintly people no matter what religion

they came from are friend of God. We should respect them equally and that is the main thing of this message.

The message also states that love cannot happen as an order; it is not like I will ask you to love everybody and you will start loving them. There is a spiritual mechanism or science behind this. There are so many devils inside your heart that you need spiritual knowledge to take the negativity out, to cleanse your heart. This is not a simple thing nor is it complicated, but a very rational and logical thing. This message of love, peace, and harmony is reaching across the globe and the organization has members of all different religions and societies.

About His Holiness Younus Algohar...

His Holiness Younus Algohar was born and brought up in Pakistan and was 15 years of age when he met His Holiness. He was a very religious boy who would wake up early in the morning and go knock on everybody's door to come for the time of prayer. He regularly prayed five times and read the Quran with the goal of understanding it. Looking for love, he would go to

the Mosque but all they would preach is hatred. One day, someone told him that he could not find what he was looking for in the Mosque and to come with him and took him to see His Holiness. His holiness initiated his heart and the path of spirituality began and he joined the organization five years after its initiation in 1985. Truly grateful for the meeting and the happiness this path has brought in his life, he is happy to share this message.

His Holiness says that the way people worship in every religion is different but God's love does not change. The place of love is in one's heart and when your heart is purified and you start to feel God's love, it doesn't matter which method you practice to worship God; you can worship God in a Church, Temple, Mosque, or go nowhere at all and worship from your heart. He is very happy at the success



of the organization and the message. There are thousands of people from different religions around the world that don't change their religion, but just add the path of spirituality to their religion. Meditation is one small portion of spirituality but not everything. For example, if you are hungry and you think about food, if you open your eyes after half an hour will the hunger go away? No. That is meditation. But spirituality is when you are hungry and you put food in your stomach; it will energize your body. In order to do that, we say God's name in whatever religious language we believe like Ram, Allah, Jesus Christ, Waheguru. This name has power and divine light. When people go to pray, they don't know how to do it spiritually to get the benefit from the name. According to spirituality, when God's name is inserted into the beating system of the heart, that is the true power. God gives this power to some people like Guru Nanak Dev Ji, Sai Baba, Kabir Baba who stated God's name with such purity that even when they were sleeping, their heart was beating God's name with every breath producing divine energy, an energy that will intermingle with your blood stream and reach all corners of your body giving you the strength and power of

self-healing and performing miracles. These were people that had the power to do this and to initiate other people.

When you are diseased or have an illness, every organ in your body has a soul or spirit. When that energy is lost, that organ malfunctions. You can resolve this by obtaining energy from herbs, also known as ayurvedic. The organ will receive energy from the herbs and the healing process will start. Another way of resolving this is for those that are enlightened and connected with God – those with divine energy in them. Those individuals will not give you herbs; they will spiritually transmit divine energy to heal the organ without taking any medicine. Younus himself has felt such energy. In 1987 when he was still in Pakistan, he found himself connected with everything being able to see Angles, God. He met Guru nanak Dev Ji, Sai Baba, and other people with this divine en-



ergy with his eyes open.

The organization does not ask for donations as this is a mission for humanity. If somebody wants to donate, they can donate to the cause by helping with getting the books printed because they are given as free literature. If someone wants to donate from the heart, they tell them that you can print some leaflets and distribute but nothing goes into anyone's personal pocket. In many countries in the world, there are also Healing Rooms set up but no

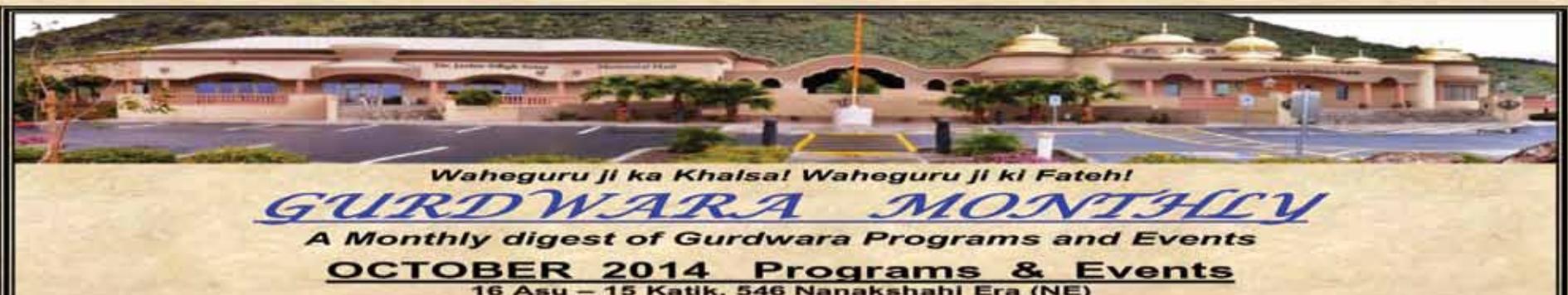
mosques set up by the organization as this is a spiritual organization and not religious.

His Holiness

attempted to explain spiritual knowledge by giving an example. When God's name enters your heart, that practice is inside the heart and you are not doing anything physically. The heart pumps 3000 to 6000 times every hour. In 24 hours, the heart pumps 144,000 times. But if your heart is

beating with God's name every single second, you will be so breathless that you will have vibrations in your body. You will not be able to walk so it is up to God, how many times a day he wants your heart to say his name. Today, I can initiate your heart and go back to England and never see you gain. The name which has entered your heart will stay there forever and you will constantly progress as your heart grows up to completely be an adult. The message also states that there is an image of the Divine Eminence in the moon. Look at the moon and the image and ask the image for help whenever you are in trouble. Whether you look at the moon in the sky or in a picture of the moon, ask a question and you will get an answer.

Asia Today is grateful to its Holiness for spending time with Asia Today sharing his personal thoughts and the message of the organization and wishes the organization with a message of peace and love much success in the coming years. For more information, please visit <http://www.goharshahi.us/> or on Facebook at <https://www.facebook.com/messiahfoundationinternational>. You can also request more information via email at info@goharshahi.com.



Waheguru Ji ka Khalsa! Waheguru Ji ki Fateh!
GURDWARA MONTHLY
 A Monthly digest of Gurdwara Programs and Events
OCTOBER 2014 Programs & Events
 16 Asu – 15 Katik, 546 Nanakshahi Era (NE)

Oct. 3 – 5 (Fri. – Sun.) –
Founding of Singh Sabha Movement (1873). (Actual: Oct. 1)
 Teachings of Bhagat Pipa Ji (Born 1425)
 Mela Beed Baba Budha Ji (Thatha) (Actual: Oct 6)

Oct. 10 – 12 (Fri. – Sun.) –
Parkash Sri Guru Ram Das Ji (1534). (Actual: Oct. 9)
 Akhand Path – Arambh: Friday 10 AM; Bhog Sunday 9:00 AM
 Ardās: Shaheedi Bhai Sukhdev Singh Sukha & Bhai Harjinder Singh Jinda. (Actual: Oct 9, 1992)

Oct. 17, Katik 1 (Fri.) – Sangrand & Monthly Sehj Path. 9am – 10am.

Oct. 17 – 19 (Fri. – Sun.) –
Joti Jot Sri Guru Har Rai Ji (1661) (Actual: Oct 20)
Gurgaddi Sri Guru Har Krishan Ji (1661) (Actual: Oct 20)

Oct. 19 (Sun.) – Homeless Dinner Seva. Call 602 741 8021 for more info.

Oct. 23 (Thurs.) – Bandi Chhor Divas (1619) and Diwali.
 7pm - 8:30pm Deep Mala, Kirtan Darbar... (See separate flyer).

Oct. 24 – 26 (Fri. – Sun.) –
GurGaddi Sri Guru Granth Sahib Ji. (Actual: Oct 25, 1708)
Birthday Baba Budha Ji (Katthu Nangal, 1506). (Actual: Oct 23)

Oct. 31 (Fri.) – Joti Jot Sri Guru Gobind Singh Ji. (Actual: Oct 28, 1708)
Saka Panja Sahib (Actual: Oct 28, 1922)
 Ardās: Shaheedi Bhai Beant Singh Ji (and Bhai Satwant Singh Ji)
 (Actual: Oct 31, 1984)

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



Sri Guru Ram Das Ji



Bhagat Pipa Ji

NISHKAM SEVA GURDWARA SAHIB
& DR. JASBIR SINGH SAINI MEMORIAL HALL
 4950 W Tonopah Drive, Glendale, AZ 85308. (NE corner of 51st Ave and Hwy 101)
 Phone: 623-516-1413. WWW.NishkamSeva.org. NishkamSeva@Yahoo.com

Five **free** things to see and do in **Edinburgh**

Scotland has made headlines lately with voters rejecting independence and choosing instead to remain part of the United Kingdom. Visitors will naturally be curious about the centuries of history that led to Scotland's distinct culture. And a visit to the country's capital, Edinburgh, with its historic 16th century tenements and grandiose 19th century town houses, is a tale of two cities in one.

The Old Town, dominated by the imposing medieval battlements of Edinburgh Castle, runs downhill along the Royal Mile stretching from the castle to the Queen's official Scottish residence of Holyrood Palace.

Exploring the narrow lanes and footpaths between some of the world's tallest 16th- and 17th-century merchants' houses feels like a return to the days of Daniel Defoe, the 18th-century author of *Robinson Crusoe* and English spy, or the 19th-century murderers Burke and Hare.

In contrast, the neoclassical New Town area built between 1767 and 1890 is a masterpiece of city planning, a Unesco World Heritage Site and a monument to the Age of Enlightenment which put Edinburgh at the heart of intellectual and scientific accomplishments

1. MUSEUMS

Edinburgh is full of free museums within a short walk of each other, including the National Museum of Scotland and its vast array of artifacts from

across the world.

Nearby the Edinburgh Writers Museum celebrates the lives of famous Scots writers such as Robert Burns, Sir Walter Scott and Robert Louis Stevenson while the Museum of Childhood, Museum of Edinburgh and The People's Story provide an informative and entertaining history of the city and its people.

For those with a slightly more macabre interest, the Police Information Center and its museum of crime contains a business-card holder made from skin of infamous body-snatcher William Burke.

2. ART GALLERIES

In addition to numerous museums, Edinburgh is also home to several free art galleries, including the Scottish National Gallery in the middle of the city; the National Portrait Gallery and the Scottish Gallery of Modern Art. Old Masters sit alongside the work of some of the world's leading Impressionists and Post-Impressionists in addition to temporary exhibitions, which create a smorgasbord of culture for art lovers.

3. GO FOR A WALK

Edinburgh is ideal to explore independently but for those who prefer a guide there are a couple of operators, such as Sandeman's Free Walking Tour and Edinburgh Free Walking

Tours, which take visitors along the Royal Mile. Typical routes take in the views of Edinburgh Castle and St. Giles Cathedral, which has over 200 memorials to notable Scots, and the historic Grassmarket and Cowgate areas.

No walk would be complete without a visit to Greyfriars Kirkyard and the statue of Greyfriar's Bobby at the corner of Candlemaker's Row, celebrating one of Edinburgh's most famous tales about the tiny 19th-century skye terrier who spent 14 years guarding the grave of his owner.

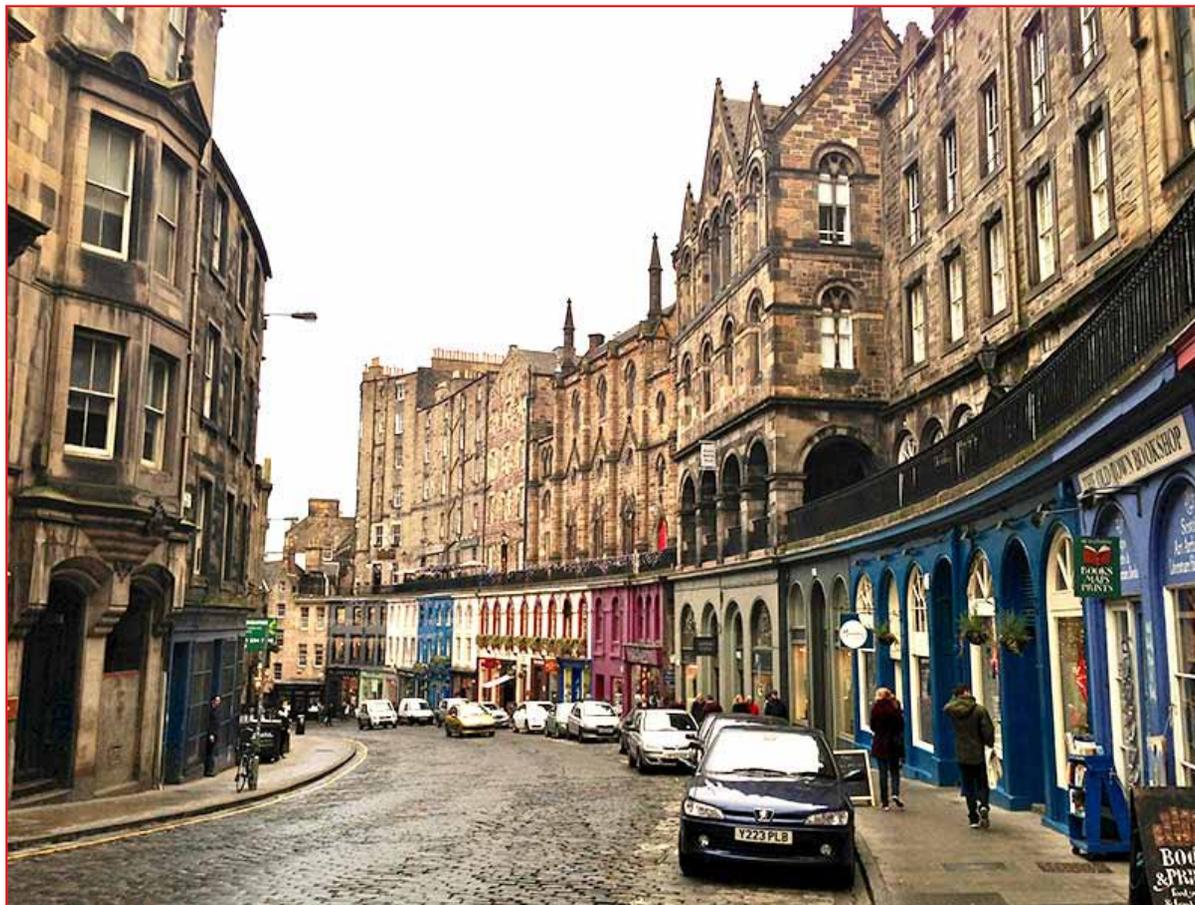
4. ARTHUR'S SEAT

For the more energetic, Arthur's Seat, a dormant volcano which sits 251 meters (825 feet) above sea level, offers a unique vantage point. No other city in the world has an extinct volcano in its limits and as the highest point in

the 640-acre (260-hectare) Royal Park adjacent to Holyrood Palace, it also offers a chance to explore the remains of a 2,000-year-old hill fort.

5. SCOTTISH PARLIAMENT

At the foot of the Royal Mile, in the shadow of Arthur's Seat, is the award-winning building of the Scottish Parliament. Designed by Catalan architect Enric Miralles, it has been hailed as both a modern architectural marvel and an over-priced blot on the landscape. You can make up your own mind with a free guided tour and access to a permanent exhibition about the Parliament or even sit in on the debates and watch democracy in action.



And the most expensive city in the world is...

London has overtaken Hong Kong as the world's most expensive city to live and work in, as a new study has suggested it has turned nearly twice as pricey as Sydney and four times more expensive than Rio de Janeiro. India's Mumbai was found to be at the bottom of the 12 most expensive cities report.

The combined typical cost of renting accommodation and leasing an office to work for a year in London had

risen to almost 74,000 pounds per employee. That puts the British capital city well ahead of other global hubs such as New York, Paris and Tokyo, the Guardian Tuesday quoted estate agent Savills as saying.

Savills' 12 Cities report is designed to help companies assess the costs of relocating employees. It measures the total cost per employee in US dollars of renting living and working space in some of the

world's global hubs.

The annual cost per employee in London was put at \$120,568 (73,800 pounds), with Hong Kong close behind at \$115,717. New York and Paris were in third and fourth place, at \$107,782 and \$105,550 respectively. Sydney came eighth at \$63,630, Shanghai 10th at \$43,171 and Rio 11th at \$32,179. Mumbai was bottom of the table at \$29,742 (about Rs.18,13,000).

London's rise to first place in the rankings was blamed on the big increases in office rents, plus the pound's strength against the dollar, prompting Savills to warn that it risks becoming less competitive as a result.

Whereas falling residential rents and a weakening currency contributed to Hong Kong, which had previously topped the ranking five years running, dropping to second place.



Yoga can train your brain to control computers better!

People who practice yoga and meditation can better use their brains to control a computer, a new study has found.

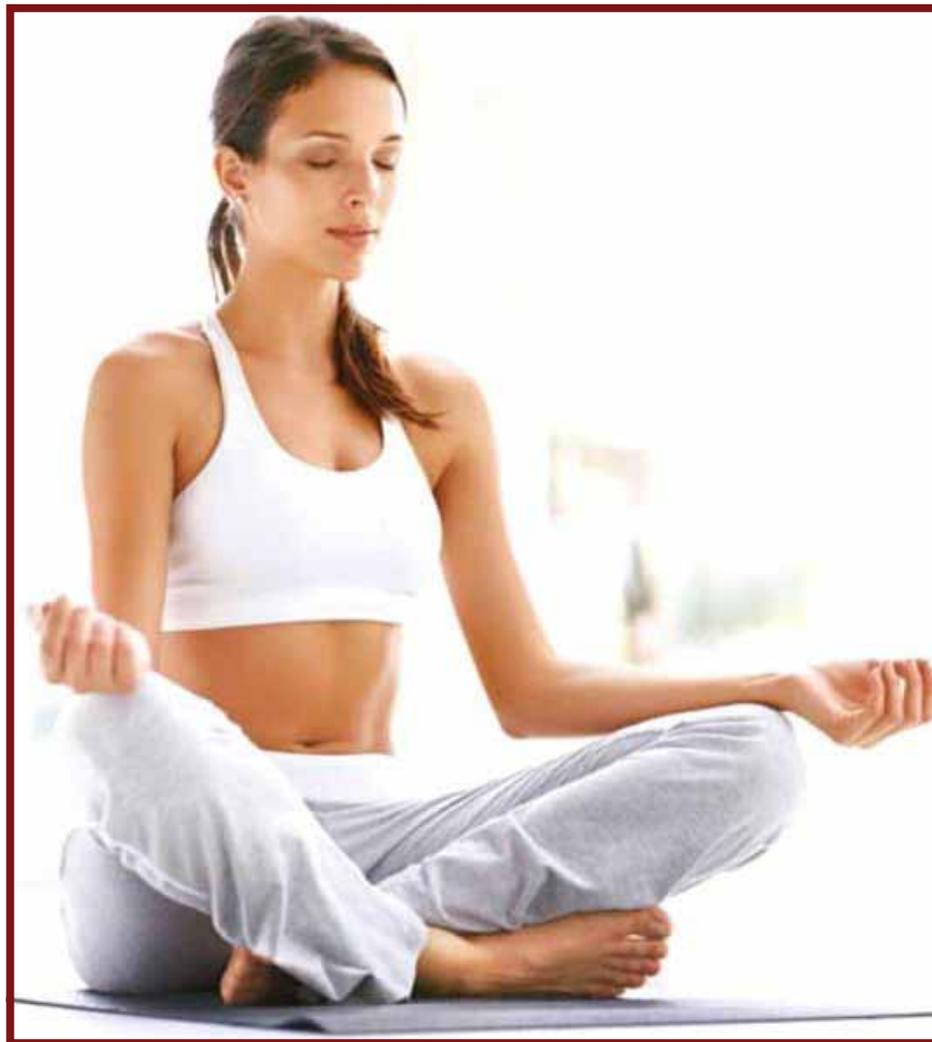
Researchers at the University of Minnesota found that people who practice yoga and meditation long term learn to control a computer with their minds faster and better than people with little or no yoga or meditation experience. The findings could have major implications for treatments of people who are paralysed or have neurodegenerative diseases.

The study involved a total of 36 participants. One group of 12 had at least one year of experience in yoga or meditation at least two times per week for one hour.

The second group included 24 healthy participants who had little or no yoga or meditation experience. Both groups were new to systems using the brain to control a computer. Both groups participated in three, two-hour experiments over four weeks in which they wore a high tech, non-invasive cap over the scalp that picked up brain activity.

The participants were asked to move a computer cursor across the screen by imaging left or right hand movements.

The participants with yoga or meditation experience were twice as likely to complete the brain-computer interface task by the end of 30 trials and



learned three times faster than their counterparts for the left-right cursor movement experiments.

"In recent years, there has been a

lot of attention on improving the computer side of the brain-computer interface but very little attention to the brain side," said lead researcher Bin He, a

biomedical engineering professor in the University of Minnesota's College of Science and Engineering.

"This comprehensive study shows for the first time that looking closer at the brain side may provide a valuable tool for reducing obstacles for brain-computer interface success in early stages," He said.

Researchers have been increasingly focused on finding ways to help physically disabled individuals who are paralysed, have lost limbs, or suffer from diseases such as Amyotrophic lateral sclerosis or cerebral palsy.

In these cases, brain function remains intact, but these people have to find a way to bypass muscular control to move a wheelchair or control an artificial limb.

He gained international attention last year when members of his research team were able to demonstrate flying a robot with only their minds. However, they found that not everyone can easily learn to control a computer with their brains. Many people are unsuccessful in controlling the computer after multiple attempts.

A consistent and reliable electroencephalography (EEG) brain signal may depend on an undistracted mind and sustained attention. Meditators have shown more distinctive EEG patterns than untrained participants, which may explain their success, researchers said.

Siblings conceived after 5 years at higher risk of autism

A new study has revealed that children who are conceived either less than 1 year or more than 5 years after the birth of their prior sibling are more likely to be diagnosed with autism than children conceived following an interval of 2-5 years.

The study found that the risk of an autism diagnosis among children conceived less than 12 months following a sibling's birth was one and a half times as high as those conceived following an interval of 24-59 months.

Children conceived following an interval of 60-120 months were almost 30% more likely to be diagnosed with autism. For intervals of more than 120 months, the risk of autism was over 40%



higher. Cheslack-Postava said that it was intriguing to see that the risk of ASD diagnosis was higher in both closely and distantly spaced pregnancies.

It is important to realize that we can't say from this study that spacing of pregnancies per se is a cause of ASD; this is most likely a proxy of other factors that are more directly related to the chance of the child's developing ASD.

In other words, the importance of this finding lies in the clues that it can provide in terms of understanding how the prenatal environment is related to outcomes after birth.

The study was published in Journal of the American Academy of Child and Adolescent Psychiatry.

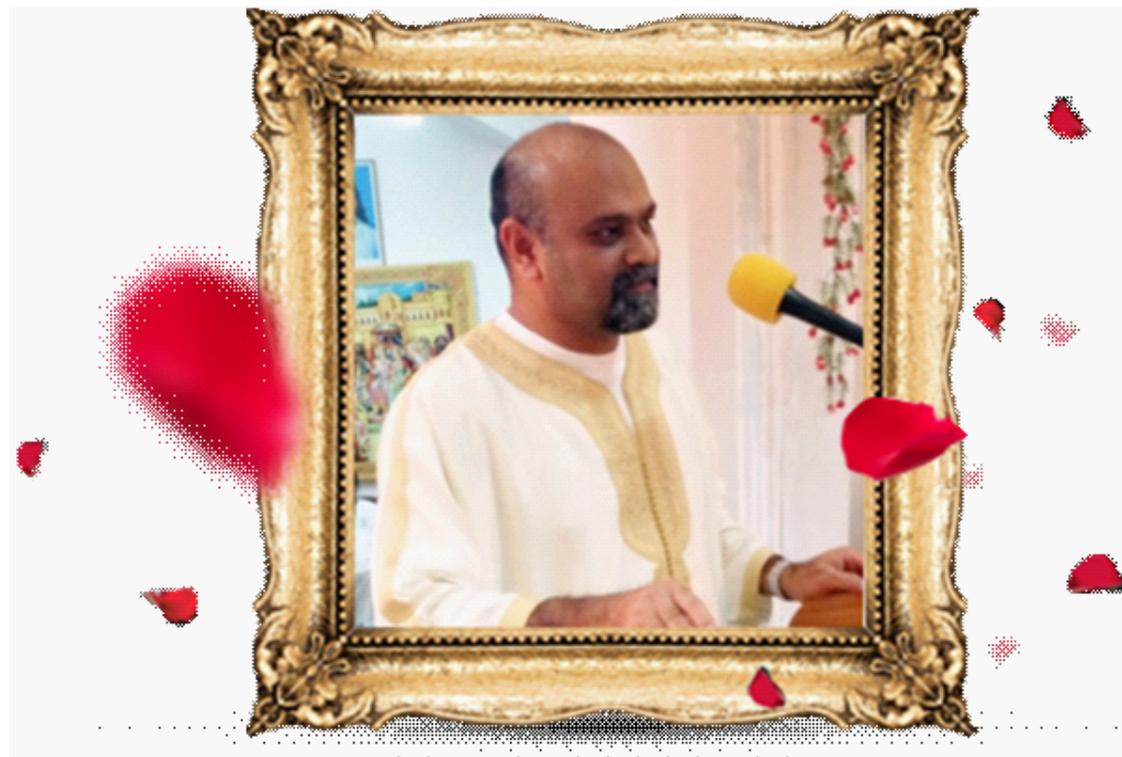
His Holiness YounusAlGohar

A bit about the spiritual journey and mission of the Representative of Kalki Avatar His Holiness YounusAlGohar is the Official Representative of Kalki Avatar Lord Ra GoharShahi, and Co-founder of Kalki Avatar Foundation. He is a recognised advocate of divine love and tolerance. He holds eleven Master's degrees in various subjects.

As the Representative of Kalki Avatar, His Holiness has many miracles attributed to Him, including spiritually healing patients of incurable and fatal diseases.

His Holiness was born in the Indian Sub-continent, and grew up practising Sufism. From childhood, His Holiness was interested in spirituality; however, the thirst for the truth was not quenched until He met Lord Ra GoharShahi as a teenager.

On meeting Kalki Avatar GoharShahi for the first time, His Holiness stated,



When I first looked at the comely face of GoharShahi, I felt instantly that I knew GoharShahi all along, long before we had even come to this world.

After this, His Holiness YounusAlGohar became a close disciple of Lord Ra GoharShahi and commenced His spiritual TRAINING. During the lengthy period of spiritual

self discipline, His Holiness's Self was purified and mortified, and His soul (Atma) and heart were enlightened. Following enlightenment, Lord Ra GoharShahi invested in

His Holiness YounusAlGohar a great amount of spiritual authority and power. Soon after Kalki Avatar Ra GoharShahi appointed His Holiness as His official representative and assigned him to spread the message and teachings of divine love introduced by Lord Ra GoharShahi to all humanity.

I shall meet only Younus now, and Younus will meet the world on behalf of me.—Kalki Avatar Lord Ra GoharShahi

Then, His Holiness YounusAlGohar co-founded Kalki Avatar Foundation and Messiah/Mehdi Foundation International under the instruction of Kalki Avatar Ra GoharShahi to spread the mystical doctrine of Lord Ra GoharShahi.

His Holiness travels worldwide on promotional tours for His organisations. He has been invited to speak in various worship-places and is well-received around the globe.

KHA celebrated Onam with much fervor & gaiety



By Manu Nair

Kerala Hindus of Arizona (KHA) celebrated their Onam festival with traditional fervor and gaiety at the Indo American Cultural Center on Sunday, August 31, 2014. Onamis celebrated to honour King Mahabali, who according to legend ruled the state once, under whom the people were equal, prosperous and happy. People believe that it was on this particular day of "Thiruvonam" in the Malayalam calendar month of Chingam when Lord Mahavishnu took his fifth avatar as Vaamana, appeared in the kingdom of King Mahabali and sent him to nether world. However, Lord Vishnu blessed Mahabali, and permit-

ted him to visit Kerala once in a year as long as the world exists. Kerala people celebrate this day as Onam.

The Event started at 11AM with Onam Sadaya (grand feast) comprised a lavish lunch of not less than 25 South Indian delicacies, including Kuthari (Kerala Matta rice), pachadi, pickles, banana chips, pappadam, parippu, saambhar, avial, kichdi, pulissery, elissery, kaalam, olan, payassam, etc.

A colourful 'Pookolam', a 'flower carpet' made with



flower petals, was made at the celebration venue. While the women were seen in a mix of traditional 'sett-sari' (off white saris with gold borders) saris and men flaunted the customary 'mundu' and shirts. "It is all vegetarian preparations which are prepared solely by volunteers.

The Cultural and traditional mela was inaugurated by

Sh. T. N. Nair, President of Kerala Hindus of North America at 2pm with lighting up of lamp (bell metal traditional lamp) followed by prayers marked the beginning of a remarkable festivity.

The main attraction of the celebration was Mahabali Procession (welcoming Mahabali). A person chosen from the organization royally costumed Mahabali with a grandeur look of an imaginary emperor. Association members welcomed him roy-

ally with Muttukuda, Chenda (drum) melam, Vanchipattu (special songs sung during boat races), pleasingly and traditionally dressed women with flowered thalam in two rows slowly moved in to the hall and Mahabali walked at the end of the line.

The occasion was filled with variety of traditional entertainment presentations including thiruvathira (a folk dance form performed by women, dressed in typical Kerala style with mundu and neriyathu and the hair bun adorned with jasmine garlands, to the accompaniment of Thiruvathira paattu (folk song) in honor of the emperor.



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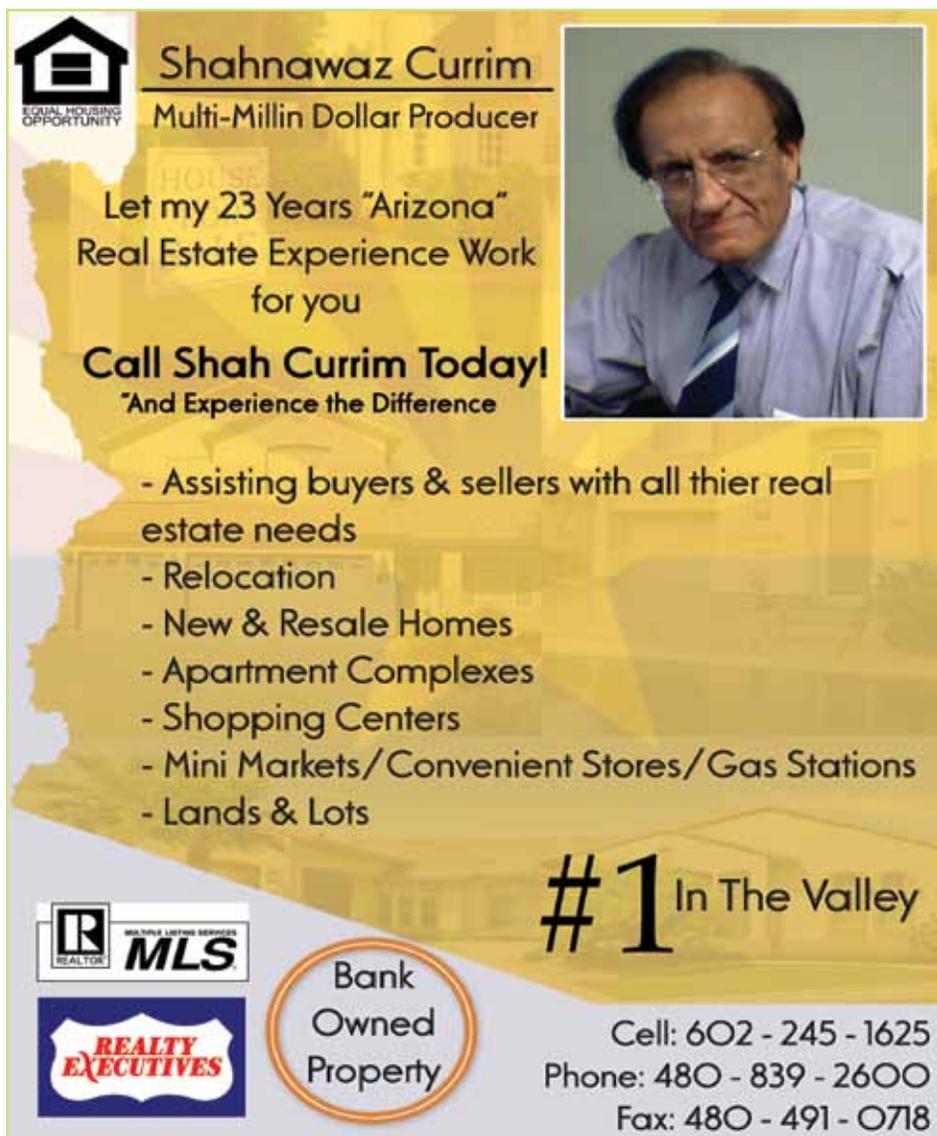
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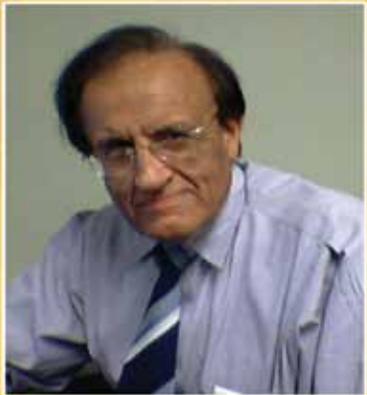
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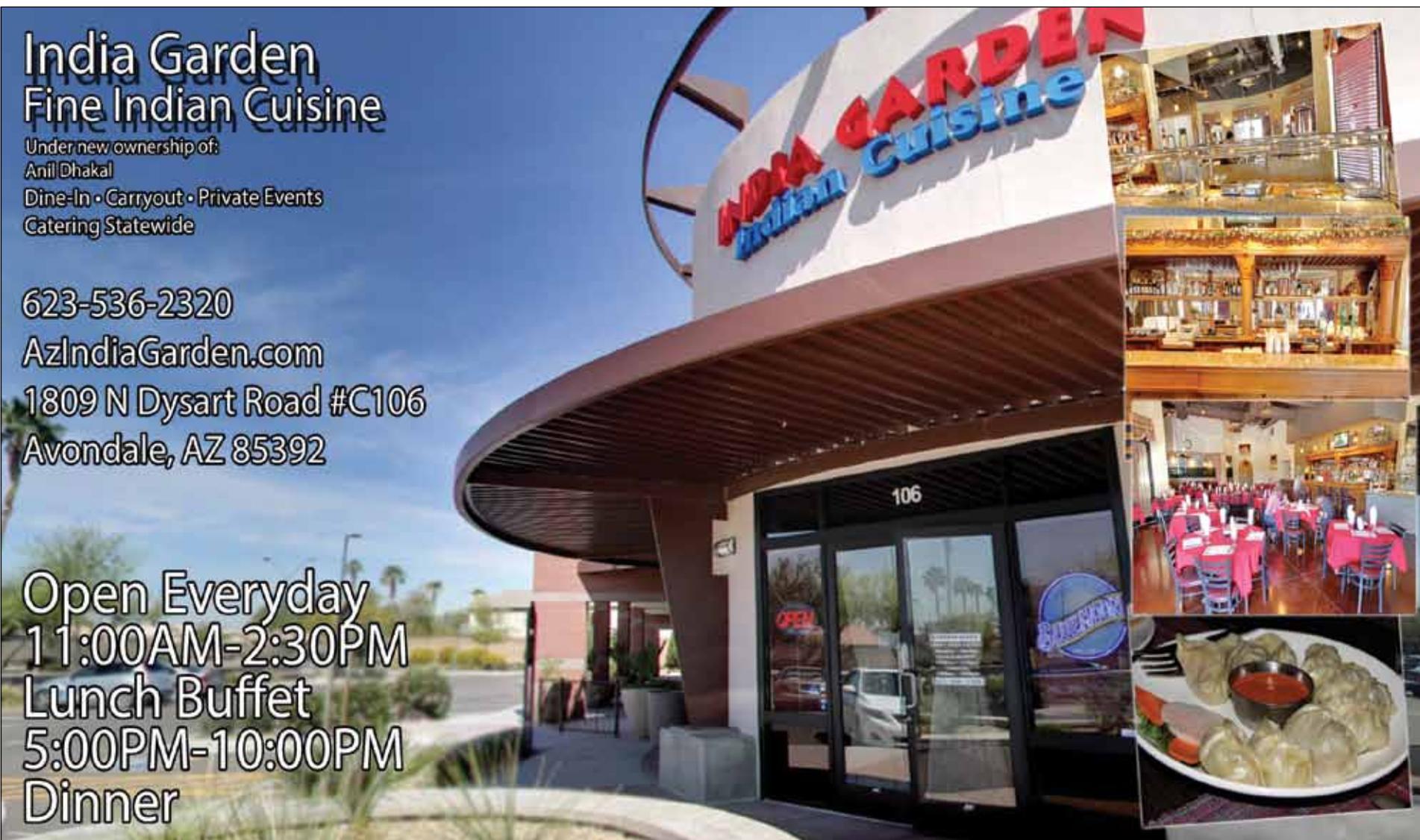



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