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# Today

Monthly Newspaper

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**INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)**

**Dr. Saini**  
Will Always Stay Alive in Our Hearts!

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**2015 Hemkunt International Speech & Kirtan Darbar**

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Ranbir deserves everything he wants and desires:

**Katrina Kaif**

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**“An ARIZONA Tribute to ‘People’s President’ A.P.J. Abdul Kalam”**

Indo-American Foundation of Arizona and Sister Organizations presented “An ARIZONA Tribute to ‘People’s President’ A.P.J. Abdul Kalam” on Sunday, August 9, 2015 at the IACRF Assembly Hall at 2804 W Maryland Ave, Phoenix, AZ 85017.

Dr. Avul Pakir Jainulabdeen Abdul Kalam, the highly respected “missile man” and ex-President of India passed away while giving a lecture at IIM Shil-

• More on P22

**Indo-American Foundation of Arizona celebrates 69th India’s Independence Day**

**and Donates \$15,000 to NAFA Inc. for Nepal Earthquake Relief Work on August 15, 2015**

On August 15, Indo- American Cultural & Religious Foundation in Arizona (IACRF) and the Indian community and friends celebrated 69th India’s Independence Day at its Community Center facility and religious facility Bharatiya Ekta Mandir. More than 250 people from all walks of life attended the event. The parade, flag hoisting, cultural program and addresses by the invited guests took place at the community center whereas all attendees on the conclusion of program were accorded a cordial but very Indian hospitality with light vegetarian lunch and refreshments at the Assembly Hall at Ekta Mandir.

The 69th India Independence Day Program started with the parade organized and led by senior members in the community. “Jai Hind”, “Bharat Mata ki Jaya” and similar patriotic vocal expressions echoed throughout

• More on P16-17

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# INDIAN SENIORS ASSOCIATION OF ARIZONA (ISAA)



On July 28, 2015's program was adjusted from the published agenda due to sudden passing away of the former president of India Dr. APJ Abdul Kalam instead a great tribute (shradhdhanjali) was paid to Dr. APJ Abdul Kalamji. Dr. Mini Pandit made a very informative PPT on Dr. Kalam's Biography. Jitubhai touched base on Dr. Kalam's childhood, and his professional development and people who impacted his life. Some remarkable stories on his humbleness included - Meeting with H.H. Pramukh Swami, Keynote address at the 50th anniversary celebration of EU, Bhopal tragedy lessons learnt, Team work- teachings learnt from space program failures, Authoring top seller books and his love for kids, His patriotism as a scientist/Missile Man etc. Jitubhai also showed a hair-raising video clip showing a speech by Dr. Shashi Tharoor, MP at Oxford debate dealing with "Why Does Britain Owe Reparations to India". Other clippings included seizing of 150 bags of Chinese "plastic" rice in Surat, A car run by water, positive side of "Amdavad Roshan" and its flip side with a clip on "cash for poop" in Ahmedabad. Today's sponsors were, Shardaben, Manjuben, and Bhartiben. Over all eighty people enjoyed the home-made luncheon.

On Aug 04, 2015, it was quite a celebration of Teeyan Da Mela. Thanks to Meenaben for organizing and successfully coordinating Punjabi folk dances including Bhangda. Many friends who had practiced at Kanwal's participated joyfully. Men couldn't help but join the fun. Garba dances became a part of the fun too as the jubilant mood of

music continued. Today's event was sponsored jointly by Amritaben and Pushpaben Dave. Over eighty people enjoyed the luncheon. It was nice to welcome the Aggarwals- Surinder and UmajiParsottambhai, Ashwinbhai, Meetben, Amritaben's daughter-in-law Rupal and her family. A surprise birthday cake was offered on behalf of RajnibhaiDamania by his family.

On Aug 11, 2015, it was India's 69th independence day celebration with our elders-Sarlaben, Bhanuba, and Shantibhai as guest of honors when ISAA saluted the flag with national anthem. Dr. Mini Pandit made an excellent PPT presentation on this occasion on "Ignite Unity" which covered historical background, and how Indians have suffered over the years. It's about time to unite and protect the future generations. This was followed by a patriotic qawwali composed and presented by Surjit Kaur and the group. This stirred up some emotions. Umeshbhai sang a patriotic song. Jitubhai showed two short video clips- one by the Pakistani writer who clearly saw India as a nation to watch in future. The other one showed how to bring back the Indian culture. The independence celebration was concluded with VandeMataram. ISAA also celebrated Gitaben and Harbans Singh's birthdays with cakes and fanfare. Jitubhai extended appreciation to all who help make ISAA's weekly meetings meaningful and happy. Chhotubhai thanked Kanwalben, Babubhai and Deviben for their selfless help on every occasion. Today's sponsors were Chhotubhai and Gitaben. Over sixty five members and guests

enjoyed the luncheon. A very remarkable statement was made by Sarlaben as to how her husband (Shri Panditji) spent time in performing top secret work hiding to escape the British. She, as a young bride, did not see or hear from him for over four years until India became free. This was quite a sacrifice for the country. Our hats are off to both.

On Aug 18, 2015, Dr. Kanubhai presented a great entertainment event from the past -BinacaGeetmalaof Ameen Sayani. Participants answered the questions pertaining to -singer, movie title and the year. Harshadbhai, Rajendrajai, Shobhanaben and Ushaben were the winners and were awarded prizes for their memories. It was truly a fun event. Jitubhai's menu on the video clips included- Britain got Talent by Seniors, Super brain Yoga, Happy Friendship, Acrobatic Performance and an English Class in Thailand. The last video was very hilarious. Today's sponsors were Meenaben and Kanubhai. Over seventy five members and guests enjoyed the treat. We wished ManjubenGovin a happy birthday. She treated all with a home-made "nankhatai". On Aug 25, 2015, as we celebrated RakshaBandhan today Narayanbhai briefed the importance of the occasion and enlightened the group with relevant information. Traditional bonding of rakhi by a sister to her brother was symbolized by Pannaben and Narayanbhai. Chandrikaben and Renukaben tied rakhis to Paddaji and Chhabrajai expressing that the entire Sardar community extended protection and security to the nation as a whole, especially women and children. The ladies want

1. Sponsors of Raxa Bandhan and Geetaben Vora's Birthday. 2. ISAA ladies tied rakhi to their ISAA brothers 3. Amritaben & Pushpaben Dave Families – sponsors of Aug. 4th 4. Binaca Geetmala memory winners were recognised by Kanubhai & Minaben 5. Cake cutting ceremony for Harbans Sharmajug. 6. Happy birthday to Geetaben – sponsors of Aug. 11th 7. Patriotic Quawali composed and performed by Surjit Kaur 8. Happy Birthday to Rajnibhai-Damania 9. Presentation by Dr. Mini Pandit on Ignite Unity 10. Shardaben, Manjuben, and Bhartiben – sponsors of July 28th

rakhi to protect with deep love and appreciation. Many other ladies took part and expressed their love to ISAA brothers. Chandrakantbhai played a number of Bollywood songs about rakhi on the happy occasion. Jitubhai surprised GeetabenVora by singing happy birthday to her through Skype. She was touched by the gesture. Sponsors today were Ameeta, Geetaben and Hemlataben. Harshadbhai sang a beautiful song on the occasion. Overall seventy five plus people enjoyed the treat. Renukaben shared the joy of her wedding anniversary as she distributed gajarhalwa. Jitubhai shared valuable information and entertainment video clips: \* no A/C in car until air is well ventilated to avoid toxic fumes; \* heart touching clip on a true patriot; \* Humor on how a wife is always right no matter what; \*Jaswantbhai shared a shockingly eye opening video clip of the audit reports of four major temples in India.



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**The only Constant is Change...**

This last month was filled with a lot of change for me – a new job, moving back to Phoenix, getting engaged, and many other things that are both exciting and scary at the same time because they are all changes. As nervous as I am about the changes, the one thing I have come to expect is that the only thing constant in life is change and the earlier you learn to adapt to it, the easier and less stress free your life will be.

It is easy to recognize the changes in your life and adapt (or not adapt) accordingly. One thing that is harder to recognize is the changes in people or their behavior when things in your life are changing. When things are tough or not at its optimal, people tend to start distancing themselves from you. To make yourself feel better, you may convince yourself it has nothing to do with the hardships in your life; they still care and maybe they are busy, etc., etc. However, as things are moving towards the positive, all those people will re-appear out of the woodwork to re-create distanced relationships. And this is where one must be careful – step back and recognize who was there for you in the long run – good and bad. And, more importantly, who turned away when the going got tough.

With the constant balance between work, family, and other own personal interests, there is limited time in the day



**Editor's  
NOTE**

as it is to cherish and maintain friendships. Then, we add acquaintances and those that are surrounding us because things are positive and they want to be part of the celebrations, but will venture back into their corners as things get tough. When there is limited time in our days as is, the easiest way to balance that time is to spend it with those that truly care – through thick and thin, through rain and shine, through it all. It gives us the ability to spend quality time and build quality relationships and takes the effort out of deciding who to build them with and who to avoid.

There was a time in my life where I said yes to everyone, aimed to please everyone, and was always running from one place to the next not really enjoying anything because I felt guilty saying no. Now that I have realized where I want to focus, each moment is a conscious choice to be in it and so much more meaningful than running from one place to the next. As your lives get busy with school season starting once again and the South Asian holiday season starting with Garba, Diwali, Karva Chauth, etc., take a step back and consciously start choosing where and how you give our your time. It will take a lot of stress out of your life and make everything you are choosing to do more enjoyable.

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



**Marketing Director  
NOTE**

This month was the month of bonding, a bond of protection', yes The chaste bond of love between a brother and a sister is one of the deepest and noblest of human emotions. 'Raksha Bandhan' is a special occasion was celebrated this month.

And 69th Independence Day of India was celebrated on 15th of August 2015, at Saturday. People paying tribute and remembering all

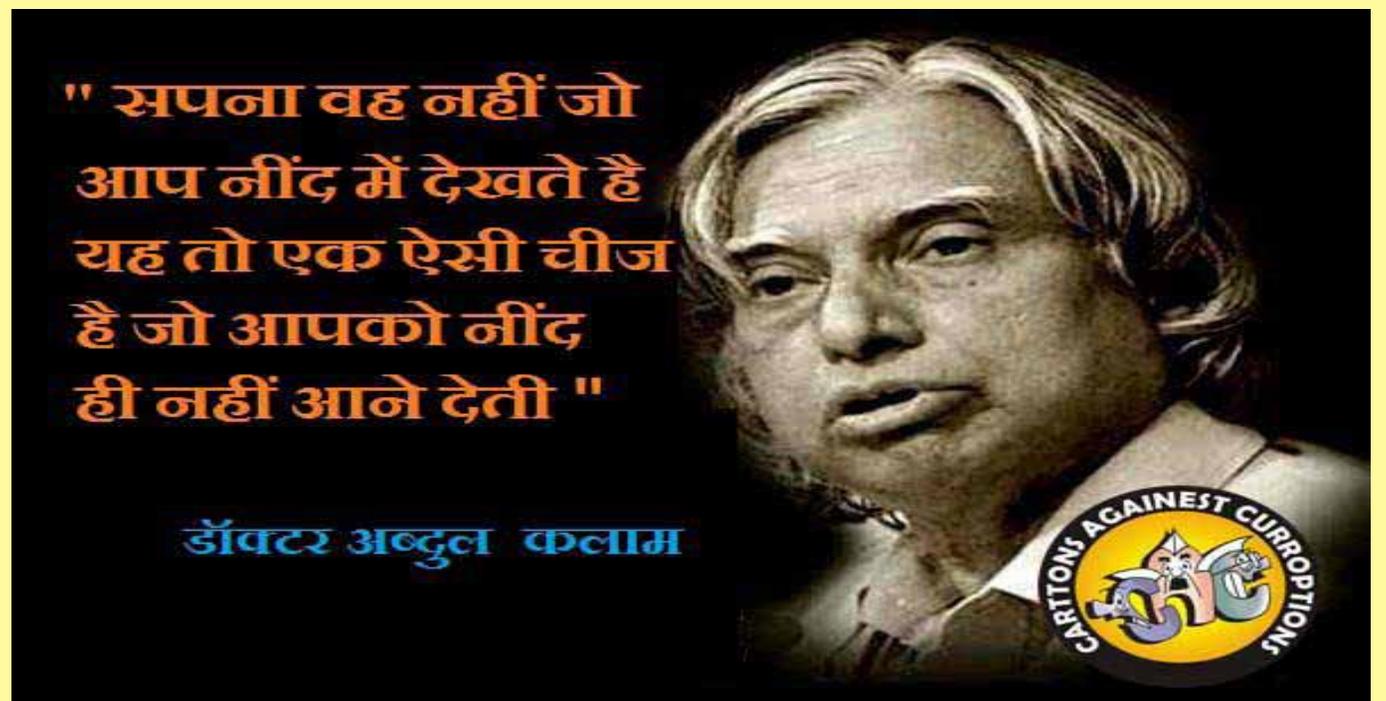
freedom fighters who contributed and fight for Independence of India.

I wish all my reader a very Happy janmashtami, May the festival bring happiness in ur life and hatred will be far apart from ur life.

Enjoy the festival with love on ur heart and good wishes for others.

JAI SHRI KRISHNA

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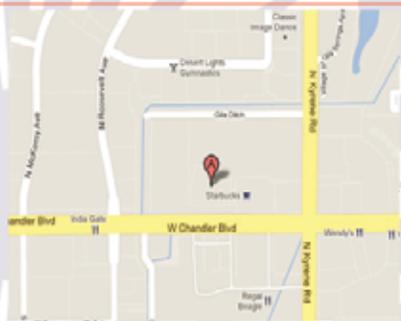
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September 1 to September 30

# Dr. Saini Will Always Stay Alive in Our Hearts!

## (In Celebration of his 15th Anniversary)

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

Since his heavenly demise in August of 2,000, the memory of Dr. Saini has always stayed alive and fresh in Phoenix Sikh Community members. The memory about most individuals slowly fades away after they pass on. Once in a while a true noble soul ends up gracing this earth whose deeds for the welfare of mankind makes their memory permanently etched in the minds of those left behind. Dr. Saini was one such rare and noble soul that left his body at the age of forty five but his deeds and actions are still alive and will always stay that way.

Every year in August during third weekend, his wife Bibi Saranjit Kaur Saini, along with Dr. Saini's parents and children as well as other family members nad Sangat, arranges and celebrates his anniversary in a way that the Community is left to wonder about her strength and spirit. This year again starting on Friday, August the 14th, Sri Akhand path was initiated in Gurudwara Nishkaam Seva Sahib. Langar Seva on entire Friday, Saturday and Sunday was continued.

At around 10:30 AM, on Sunday August 16th, final Kirtan Darbar started after Bhog of Sri Akhand path Sahib. More than 600-700 Sangat members from all over the Valley arrived to attend the services. Besides in-house Raagi Jethas of Bhai Gurbachan Singh Ji, Bhai Meg Singh Ji and Gyani Harbhajan



Singh Ji, a special Raagi Jetha of Bhai Jaswant Singh Ji Zeera was invited from Los Angeles. The later mesmerized the Sangat with their melodious Kirtan both on Saturday evening and Sunday main Kirtan Darbar. Dr. Saini was remembered by the author recalling the noble deeds of this great man. The need for preparation and funds for an International Hemkunt symposium to be held in July 2016 at Phoenix, with Nishkaam Seva as the main hosting venue was also discussed. Atut Guru Ka Langar of Breakfast followed by delicious day time Langar, was served

in plenty.

There are countless stars in the galaxy but it is only the Sun that has its own unique aura. Likewise there were, there are and there will be many physicians all around us, yet Dr. Saini was an entirely different brand of person. He was one such individual who by his philanthropic acts changed the landscape not only of the local Sikh community but the entire Indian Diaspora here in the valley.

It is only a few special and rare blessed souls that think beyond their own interests and do extraordinary

constructive things for the culture and community at-large in which they live. Through their good deeds, such individuals not only positively touch those who cross their paths but rather, they uplift their communities. The extraordinary philanthropic work, spiritual engagement, meditation service at the Guru's house and excellent professional work was what makes an ordinary person extraordinary. And such was a man among us, we called Dr. Saini

His life was cut short at a very young age, leaving his older parents, three little children and wife behind, yet, he was able to achieve so much in such a short span that one is only left to wonder about God's unique way. The statement, 'Good people are needed much more up there than down here!' sounds more than true in this case.

After his passing, achievements of Dr. Saini foundation for Sikh Community leave no space for any doubt about the blessings of a God-given charismatic energy at work? Personally, this author feels blessed to have served with with Saini Memorial foundation for planning and construction process for Gurudwara Nishkam Seva and Dr. Jasbir Singh Saini Sikh Community Center. On his fifteenth anniversary, the best tribute we all can pay is to remember what he did for all of us and then try to follow his acts of benevolence to the extent possible while fully supporting his foundation.



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# Nakshatra Yoga for September

Sep	Day	Muhurta
1	Tue	A good day to begin activities that bring long time permanent results
2	Wed	Be prepared for confrontation and arguments after which you emerge as a winner achieving desired objectives
3	Thu	Impulsive spending may result in loss of money and adverse financial results. Avoid monetary transaction.
4	Fri	Perform activities that bring domestic and family comfort. Day to perform soft activities.
5	Sat	Favourable for business&trade,dealing with finances,grooming,planting or harvesting.Undertaking diplomatic negotiations will be successful.
6	Sun	Day of success in important undertakings but before 2 pm, plan and excute well
7	Mon	Auspicious time after 3 pm only, initiate health, nutrition and diet regulations .
8	Tue	Day of financial recovery, engage in recovery of Bad debts, loans and outstandings
9	Wed	Success in financial, professional, career development, increase in money seen with doing corresponding activities
10	Thu	Day of confrontation with diminished results;beware of back biting and back stabbing. Minimize important activities
11	Fri	Conquest over enemies and difficult situations. Beware of falling prey to accusations and false pride this day.
12	Sat	Amavasya day, only spiritual acitivities for the departed, prayer and meditation are desired. Avoid unnecessary expenses.
13	Sun	Good for auspicious deeds, romance, friendship; one is set to get royal treatmentt activities.
14	Mon	Perform merry making and light activities only. Avoid serious discussions or arguments.
15	Tue	Great day for financial recovery of bad debts. Be assertive and confident in your actions while facing stiff opposition
16	Wed	A good day to begin activities that bring long time permanent results
17	Thu	Harsh day; perform difficult tasks, confront difficult situations and emerge a winner
18	Fri	Beware of scheming and back stabbing by known people. Be aware of loss of money.
19	Sat	Day to get royal treatment, favours, respect, honour & recognition in circle at work place or elsewhere too
20	Sun	The day looks promising, but only for light & soft activities, otherwise you may face obstacles & hurdles at every step
21	Mon	Minimize important activities this day, Tithi, Vaara, Yoga and Nakshatra don't seem to be too promising.
22	Tue	Restrict doing important activities, stick to light & cheerful activities alone
23	Wed	Favourable for religious activity, creativity, music, dancing, group work, celebrations, purchasing, travelling, lending money, spiritual, meditation, treating illnesses.
24	Thu	Spend time on spiritual development, family activities and try to be in a happy environment.
25	Fri	Day of financial recovery, engage in recovery of Bad debts, loans and outstandings
26	Sat	Harsh day; perform difficult tasks, confront difficult situations and emerge a winner
27	Sun	Purnima: Initiations, business, Trade, religious ritual, travel, purchasing, creative activities can be performed
28	Mon	Day 1 of Shraadh starts today. Avoid any new auspicious project next 15 days. Perform Pitri Tarpan for departed soul on Krishna Paksh Prathama
29	Tue	Day 2 of Shraadh. Avoid any new auspicious project next 14 days. Perform Pitri Tarpan for departed soul on Krishna Paksh Dwitiya
30	Wed	Day 3 of Shraadh. Avoid any new auspicious project next 13 days. Perform Pitri Tarpan for departed soul on Krishna Paksh Tritiya.

-Pankaj



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### SRI KRISHNA JANMASTAMI FESTIVAL

#### SATURDAY, SEPTEMBER 5TH 2015



*BRING FRESH FRUITS, DRIED FRUITS, NUTS, FLOWERS AND SWEET PREPARATIONS FOR LORD KRISHNA ON HIS BIRTHDAY!*

TUE, SEPTEMBER 8TH EKADASI  
THU, SEPTEMBER 24TH EKADASI

**PROGRAM 5:00PM - 12:00AM**

ARATI ECSTATIC KIRTAN  
CULTURAL PROGRAM  
LIVE MUSIC, DANCE  
KRISHNA PASTIME  
SUMPTUOUS PRASADAM  
MAHA ABHISHEKA BATHING CEREMONY  
SPECIAL MIDNIGHT MAHA ARATI  
MAHA PRASADAM 12:30AM  
VISIT VRINDAVAN VILLAGE

*Prasadam will be served 7:30pm onwards*



TAKE THIS OPPORTUNITY TO PERSONALLY BATHE LORD KRISHNA WITH YOUR SPONSORED KALASHES, HARINAM CHADDARS & OTHER SPECIAL GIFTS WILL BE AVAILABLE TO ALL THE SPONSORS OF THE FESTIVAL IN JANMASTAMI.

#### APPEARANCE DAY OF SRILA PRABHUPADA

#### SUNDAY, SEPTEMBER 6TH 2015

11:00AM - 2:00PM  
SRILA PRABHUPADA GURU PUJA, KIRTAN, VYASA PUJA OFFERING, ARATI AND MAHA PRASADAM.

GURU -DISCIPLE SEMINAR BY HG LAXMIMONI DEVI DASI, SENIOR DISCIPLE OF SRILA PRABHUPADA FRIDAY, SEPT 25TH - SUNDAY SEPT 27TH.  
SUNDAY FEAST CLASS BY HG LAXMIMONI DEVI DASI

**Temple Hours**  
MONDAY THRU SATURDAY:

Mangal Arati 4:30am - 5:00am  
Tulasi Arati 5:00am - 5:15am  
Darshan Arati 7:00am - 7:05am  
Guru Puja 7:05am - 7:30am  
SB Class 7:30am - 8:30am  
Balbhog Arati 8:00am - 8:15am  
RajBhog Arati 12:00pm - 12:30pm

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



**RADHASTAMI - APPEARANCE DAY OF SRIMATI RADHARANI**  
MONDAY, SEPT 21ST 11:00AM - 1:30PM  
KIRTAN, KATHA, ARATI & PRASADAM



Appearance day of Lord Vamanadeva and Appearance of Srila Bhaktivinoda Thakur  
September 25th 2015  
11:00am - 1:30pm  
Kirtan, Arati, Katha, Maha Prasadam



3RD MONTH OF CATURMASYA BEGINS SEPT 27TH

# UNDERSTANDING ANGER IN CHILDREN

**E**motions - both positive and negative, help us express ourselves. To be a living organism means to be a 'feeling' organism. When we deny our children from 'feeling' anything, we deny their existence and take away a part of themselves from living fully.

We must not stop children from 'feeling' angry, jealous, or excited. To say - "How can you be so angry", "Don't be angry", is to tell them that they do not deserve to 'feel'. A better way to deal with it would be to stay curious - "I can see that you are feeling angry, I wonder what caused it?" or "It is ok to feel angry, I am curious to know what we should do next?"

Anger is a mechanism to 'vent' out or remove what the body doesn't want within itself. If stopped, it will affect the mind, and the organs of the body. However, the way anger is expressed matters. 99% of the time, children express their anger the way in which they have LEARNT to express it by observing adults in their life. A loud command-



ing voice, harsh tone, screaming from far, or big eyes aren't the examples we want to set.

It is a misconception that 'Terrible Twos' is a part of a toddler's life. Not all children throw tantrums and the chief reason behind it is that they DID NOT SEE THEIR PARENTS THROW TEMPER TANTRUMS.

My illustrator - Kristin Wesley, has wonderfully depicted how we teach tantrums to our children. I call it 'PARENT TANTRUMS'.

Some parents may argue

- "But I NEVER speak to my child in an angry way".

Using the word 'never' highlights an irrational judgment of oneself. Several times we act subconsciously. Lack of self-awareness makes us use this defense mechanism to escape responsibility. Know that even if we were subtle with our children, yet they can learn harsh behavior by observing our attitude with strangers, shopkeepers, helpers, friends, etc. Any instance of aggression becomes a learning experience for the

child.

Often, even just our anger filled thoughts reach our children by the vibrations they create. Hence, when parents seek help for temper tantrums or terrible twos, the parents must be ready to make changes in themselves and their life-style. Anger often is a BY-PRODUCT of feeling Frustrated or Hurt. To get to the root cause of the anger, find out what caused the Frustration or Hurt. When the child expresses the reason behind his or her anger, it helps to re-

main patient and listen calmly. It can be tempting to justify oneself but it is not helpful. Remember that hearing someone out is not the same as agreeing with what is said.

By hearing the reasons for which our children feel angry we help them vent out their frustration or hurt. This means holding space for them. This will allow them to be healed which will help them be more aware of their feelings and allow for self-growth. Parenting is an Art, so become a creative, fun-loving artist in raising your child. Having fun through the journey is important!

Share your journey with me at rima.desai28@gmail.com



Contact my illustrator Kristin at: GreenLightToLife@cox.net

-Rima Desai

**Maata Jagran**  
Friday Sept. 11th, 2015  
7:00 PM-9:00 PM  
Contact: Shashi (480) 614-1322

**SatyaNarayanji Puja**  
Sunday Sept. 27th, 2015  
11.30 AM-1.00 PM  
Contact: Nirmal (480) 926-8835

**Hanumanji Puja**  
Every Tuesday  
7:00 PM-9:00 PM  
Contact: Sushma (480) 970-4439

**Venkateswara Swami Puja**  
Every Saturday  
10:00 AM- Noon  
Contact: Sriniji (602) 535-6989

**Sunday Puja**  
11:00 AM-1:00 PM

1<sup>st</sup> Sunday - Ram Parivar Puja  
2<sup>nd</sup> Sunday - Shri Jagannathji Puja  
3<sup>rd</sup> Sunday - Balaji & Krishnaji Puja  
4<sup>th</sup> Sunday - Shivji Puja  
Special puja: Rudra Panchamrit  
Abhishekam  
5<sup>th</sup> Sunday - Ganeshji Puja

Contact Temple Priest at (480) 874-3200 for any Information related to Temple Puja events. Contact Pandit Ji or Rohit Aggarwal at (248) 613 4615 if you need to schedule any Special Puja at Home

**Acknowledgements**  
HTA Board thanks Udupi Restaurant for providing Prasad during weekly, monthly, and yearly events and functions at the Temple.

I bow to the **HINDU TEMPLE OF ARIZONA**  
**Hindu Temple of Arizona**

**HTA Events September 2015**

Janamashtami Friday, Sept. 4th, 2015  
Ganesh Chaturthi Thursday, Sept. 17th, 2015




Ganesh Vandana and Thali Puja	7.00-8:00PM	Abhishek and Archana	7.00 PM 9.00PM
Krishan Abhishek & Archana	8.00 -8:30PM		
Aarti & Prasad	8.30 -9:00PM		
Bhajans by Jala Ram Mandal	9.00-11:00 PM	Sponsorship	
Ladoo Gopal Maha Abhishek	11.30 -12:00AM	Abhishek and Archana	\$51.00
Maha Aarti followed by Maha Prasad	12.00AM	Archana Only	\$21.00

Sponsorship:  
Grand Sponsor \$501, Thali Pooja \$101, Abhishek \$21

Mahaprasad sponsored by Udupi Restaurant  
For details and further Information Contact:  
Temple Pandit Ji 480-874-3200  
Madhu Aggarwal 480-703-1424

For details and further Information Contact:  
Temple Pandit Ji 480-874-3200  
Ashwani Bakshi 480-250-0903

Please donate generously for ongoing improvements of temple

Hindu Temple of Arizona  
3033 N Hayden Road,  
Scottsdale, AZ 85251  
480-874-3200

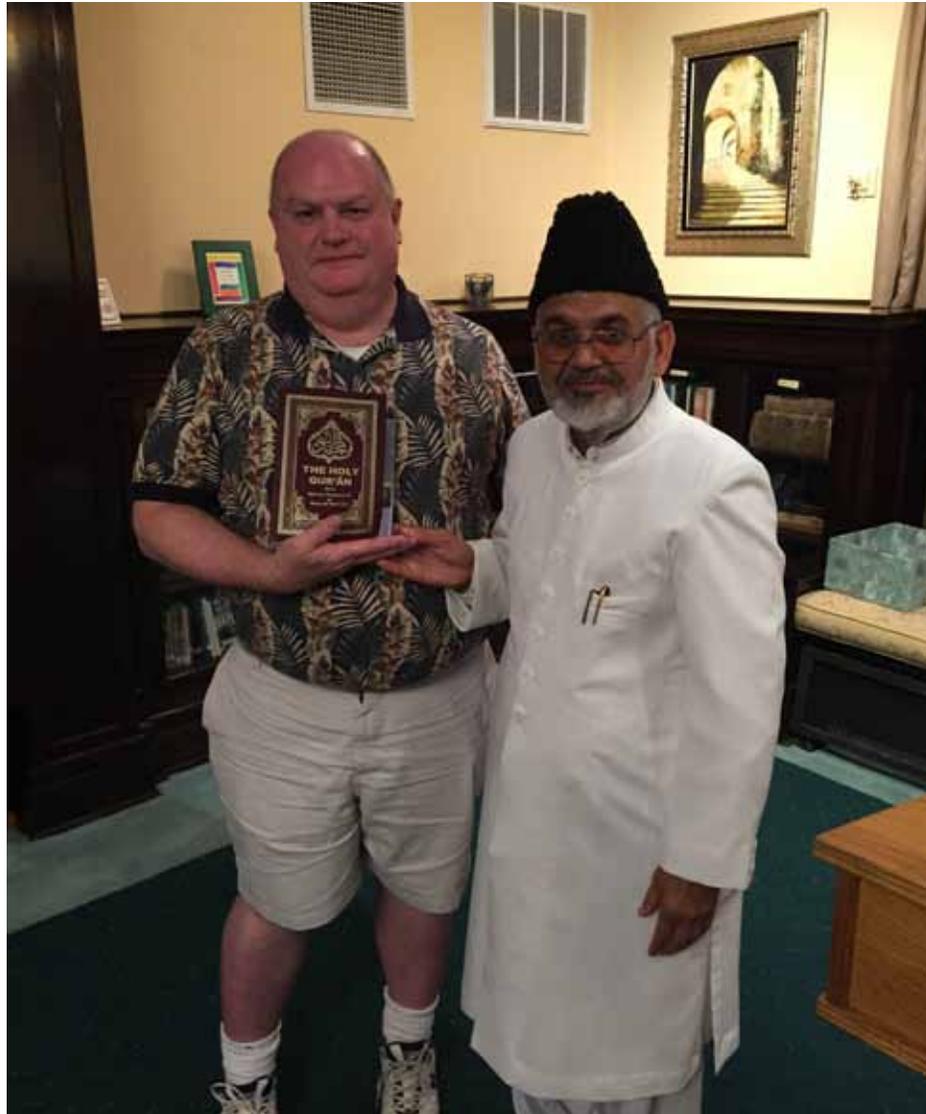


# Ahmadiyya Muslim Community is Peace full Community, we follow the Teachings of Holy Prophet Mohammad peace on him said Imam Shamshad

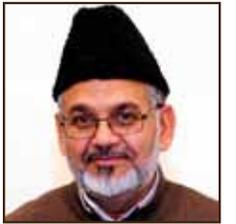
We were invited to Unity Church of Oak Park on July 22, 2015. Secretary Tabligh Chicago SW - Saiyed Kaashif A. Qaderi was in touch with Michael Korpan and John O'Rourke, dedicated members of the church over the past few months. This date was established for us to go to the church and speak on the Introduction of Islam.

Secretary Tabligh Mr K. Qadri first began by opening and asking members to join him in a silent prayer if they wished to do so. He then gave an Introduction to Ahmadiyya Muslim Community and spoke about how the youth organization is taking steps to condemn ISIS through peace events, blood drives, feed the homeless, etc. He then introduced the keynote speaker Imam Shamshad of Baitul Jammey of Glen Ellyn Chicago in detail and asked him to talk on Islam, Founder of Islam and Teachings.

After Imam Shamshad was introduced, he gave an excellent discussion on the Introduction of Islam. He covered the basics starting with the 5 pillars of Islam and gave a detailed account of each pillar. He also pointed out the system of Khilafat and how Ahmadi Muslims are benefiting from it. There was discussion as to why certain Muslims are causing problems. Imam Shamshad said just as when a doctor prescribes medication, if the sick patient doesn't take it, the patient stays



sick. The same can be said for the Islamic world who hasn't accepted the Messiah of the age who is the spiritual Doctor from God to cure and heal all sick spiritually and morally people. Imam shamshad Nasir also condemned all kind of terrorist activity which is taking place in the world and said that Islam means peace and Islam does not allow to shed blood of any person at all.



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

Imam pointed out how the Bible discusses that Jesus as only a man and not a God. God is one and has no partner. The church members seemed to understand and also appreciated the way Imam explained it. The question/answer session was lively and the entire program was 90 minutes. One member of the church said he was looking for an Islamic group that preaches peace and would like to attend our congregation in Glen Ellyn, IL. Moments later, Imam presented a Holy Qu'ran to Mr. John O'Rourke and the congregation happily took a picture with Imam, Secretary Tabligh Chicago SW, and Secretary Wassayya Chicago SW, Saiyed Burhan Qaderi.



Federation of Aligarh Alumni Associations of North America  
Arizona Chapter Presents



# INTERNATIONAL MUSHAIRA

On the occasion of SIR SYED DAY 2015

Friday, September 18<sup>th</sup>, 2015  
7:00 pm - Midnight  
(Dinner 7:00 - 7:45 PM only)

Tumbleweed Recreation Center  
745 E. Germann Rd.  
Chandler, AZ 85286

## Participating Poets



Prof. Sahar Ansari



Mr. Tahir Faraz



Mr. Sunil Kumar "Tang"



Mr. Rajesh Reddy



Fayyaz Uddin  
(Arizona)

## and accomplished poets from USA

Ticket \$25 - Only available at the gate or online

No tickets for children below 12 years

(Dinner Included)

Individual Sponsorship for the VIP tables available - Contact Shadab Hussain (480) 452-4852

Register in advance

Call the following numbers to reserve your ticket

Shadab Hussain (480) 452-4852

Arshad Ali (480) 540-4336

Abrar Chisti (602) 312-1007

Qadeer Siddiqui (623) 206-7295

Basil Farooq (480) 882-8079

Zia Ul Haque (480) 766-0063

It's a family event, food, lots of games for kids, early registration will help us to organize and manage this event better.



# India Association of Phoenix presents

## DISCOVER INDIA 2015

**Sunday**  
**Nov 1st 2015**  
**11:00 am to 6:00 pm**

*Bollywood*

*Medical tourism*

*Yoga & Meditation*

*Ahimsa & peace*

*Space Explorations*

**Contact:**  
**Satheesh Ambadi**  
**(480) 703-2000**  
**ambadi@cox.net**

**Venue:**

**Scottsdale Civic Center Park**

3939 N. Drinkwater Blvd Scottsdale, AZ 85251

contact: [president@iaphx.org](mailto:president@iaphx.org), [secretary@iaphx.org](mailto:secretary@iaphx.org), [cultural\\_director@iaphx.org](mailto:cultural_director@iaphx.org)

[www.phoenixindiaassociation.org](http://www.phoenixindiaassociation.org)

# Lotus Wellness Center

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We will be happy to answer any questions and provide additional information about our practice.

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Fax: (714) 637-2744  
E-mail: [info@mylotuswellness.com](mailto:info@mylotuswellness.com)



# Taste is the Other Name of Scarcity

Like expatriates from many other countries of the world, we, the immigrants from India oftentimes sit with friends and relatives and reminisce about the unique taste of foods that we enjoyed back home in the country of our birth. We tend to emphasize that regardless of the extraordinary efforts we make in our adopted homelands to duplicate the same taste, we usually end up failing. Even if the meals were prepared according to strict recipes from back home, using exactly the same spices and seasoning, the taste still turns out to be decidedly different. In fact, such a discussion, at times, tends to spill over to the other items of meals whether they happen to be desserts, fruits or something in between.

I have often wondered about the underlying reasons for the differences in taste. One of the important factors might relate to the kinds of ingredients and seasoning used in preparation of meals. Many of the spices and condiments used by Indians living anywhere in the world are usually imported from India. Yet there are subtle differences in taste between meals cooked here compared to those cooked back home that can be only detected by the discriminating tongue. Therefore, such an explanation doesn't turn out to be fully satisfactory.

For one, the bulk of add-on ingredients such as onions, tomatoes, chilies, and others used in Indian cooking are often grown locally under environments that may be essentially different from back home and as a result they impart their own regional tastes. The soil has an entirely different texture and chemical composition. The amount of water that a land in question contains and then imparts to these ingredients might well be entirely different. In addition, the nutrients that the roots of the plants suck from the soil are also not the same. All of these factors play an important part in the flavors and taste we finally end up perceiving.

Most importantly, the taste of Indian cooking is usually heightened by the slow and continuous mixing



and lengthy stirring of several kinds of spices with meat, vegetables, daal (lentils), or beans while they are being cooked. It is the spices and condiments that dominate and determine the dish's flavor at the end of day. On the contrary, Western cooking primarily emphasizes preserving the original taste of the main ingredient of the meal, such as meat or vegetable itself, rather than the spices. The add-on items are considered unimportant in the scheme or style of the cooking in the new world countries. Western culture is more concerned about nutritional value of the food rather than taste. The emphasis is usually on bigger sizes and larger portions, which results in an overabundance of nutrients and proteins. What's been overlooked is that overabundance, in reality, leads to morbid obesity, which has now become far more prevalent in most of the U.S. population including young children.

Yet intuitively speaking, I believe that the important reason for such differences between the taste of Indian and American meals could be the result of the scarcity that we all experienced to a degree back home during our formative years. Not having enough of certain food items due to scarcity may leave one with a desire to have more of the less. And this in fact, could be the reason behind the taste that we seemingly feel amiss.

Like a hazy dream, I still fuzzily remember the days immediately

after the partition of India. I was a young child then, in my developing years. Our family had just arrived as refugees from that part of country that is now known as West Punjab in Pakistan. Like many others, my family had left behind everything that we owned. As a result we were remaking our lives from scratch in East Punjab, the modern-day Punjab of India. Almost every Sunday, early in the morning my father would start cooking meat for the entire family. He mixed the condiments slowly while continuously stirring the meat over a slow wood fire or charcoal burner. The meal would always take him more than half of the day to prepare. Eating meat regularly on daily basis was an expensive proposition for a recently transplanted refugee family, which made Sundays a very special day indeed. On this day, the entire extended family would have that unique experience of enjoying a specially prepared dish.

Once the meal was ready, all the members of our family would gather together in the kitchen to partake of it. Given the number of people in our extended joint family, the cooked food would never be in the amount like we have it here. In keeping with the tradition of those times, the women were served after the men and children. At times, the elderly women of the house would gladly distribute some portions of their share so that children could have more of

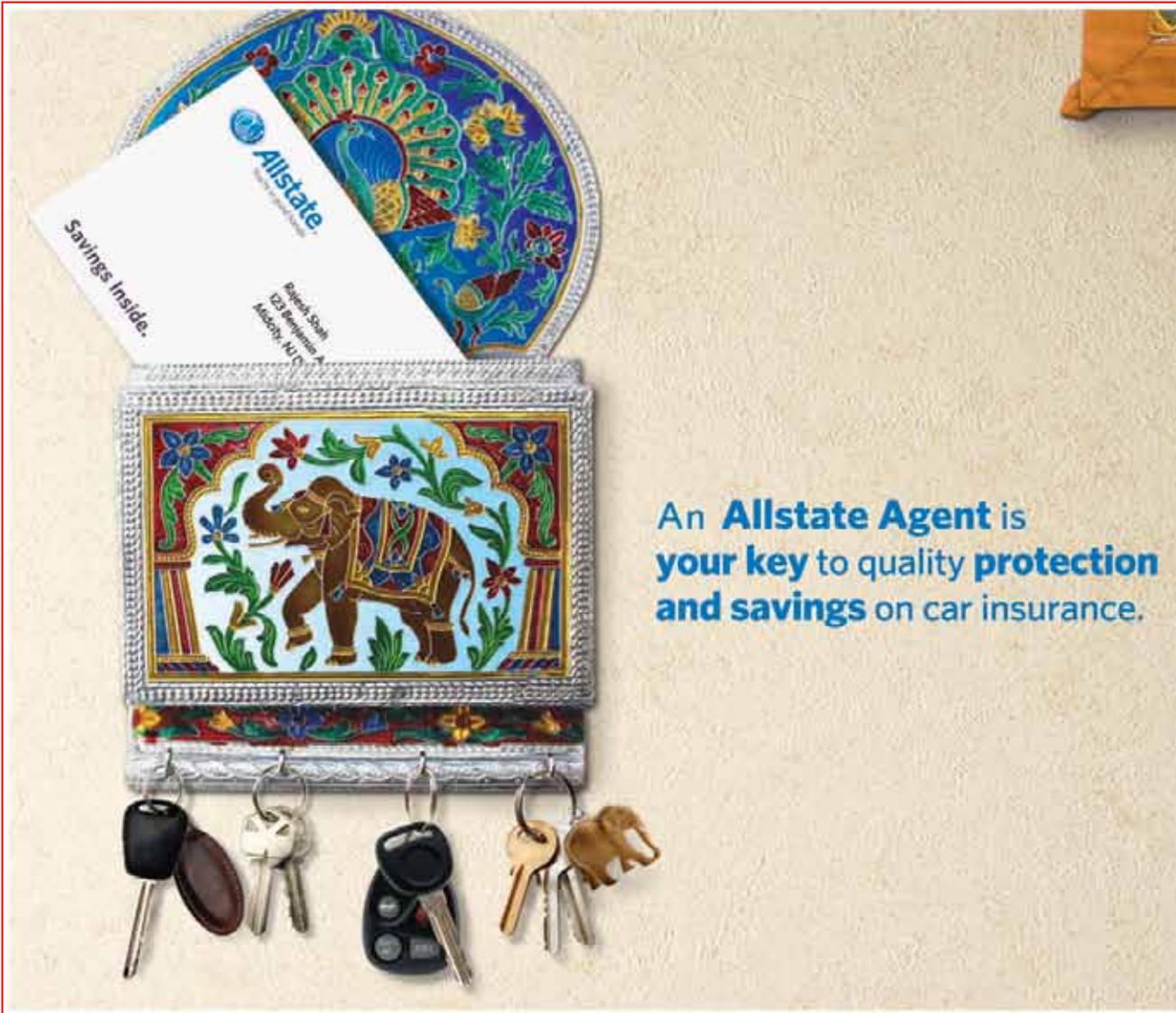


it. The taste of that scarcely available meal has not faded away and got permanently encrypted in the memory bank. It never became possible to create that taste again despite the abundance of meat available in my adopted country.

After settling in the West, we have all experienced that everything here is big, large, and in plenty, totally in contrast to what we were used to back home. From basic vegetables like potatoes, onions, and cauliflower to the fruits such as grapes, oranges, apples, and apricots, bread and what not, each item is mega-sized including the citizens of the West who tend to consume everything in excess. Over a period of time, our eyes have become so accustomed to the jumbo sized eatables that nothing appears unusual. But it is only on a visit back home, one realizes that items that looked normal at that time now seem to have shrunk in size.

Condiments and spices, slowly cooked over an extended period of time on a wood burning stove, as was common back home in yesteryears, created their own unique flavors. Scarce quantity of those delicious foods, ingrained in our taste-buds during our growth period left a constant yearning for more of those old flavors. Having grown old with us, these taste buds now find it difficult to acquire and accept bland taste of Western style cooking devoid of condiments and spices. In a way, therefore, it wouldn't be an overstatement if one were to state that "Taste" indeed, is the other name of "Scarcity."

*\*Author of 1. "Square Pegs, Round Holes" [www.SquarePegsRoundHolesBook.com](http://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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## Indo-American Foundation of Arizona celebrates 69th India's Independence Day

the parade with full vocal force like it was intended to cheer not only the attendees but the whole Phoenix Valley. The parade concluded with India flag hoisting and singing of Indian and American national anthems by seniors and local youths.

Every one enjoyed the local youths and artists' participation in the cultural program that followed flag hoisting ceremony. Over 35 participants performed in more than 12 cultural program with patriotic songs and dances. Over dozen children ages 5 through 12 participated in the fancy dress and poster completion to express their own version of joy of celebrating Independence Day. A full strength of IACRF's Art Class students' participation was highlighted with the display of their class work.

Honorable Vice-Mayor of Phoenix, Mr. Daniel Valenzuela was the guest of honor for the 69th India Independence Day celebrations.

In the presence of Honorable Phoenix Vice-Mayor Mr. Daniel Valenzuela, IACRF Board of Trustees Chairman Mr. Jagdish Sagar, IACRF Acting President Mr. Murugan Patham, IACRF Senior Group Members Mr. Jai Secharran and Mr. Bhagubhai Patel, Former BOT Chair Dr. Gautam Shah, Former BOT Co-Chair Dr. Dharendra Patel and many other distinguished guests and members, Foundation presented \$15,000 (Fifteen thousand) check to NAFA for Nepal Earthquake Relief Works.

Ms. Bishnu Malla, President of Nepalis and Friends Association (NAFA) in Arizona accepted the check and appreciated the generosity of Indo-American community and informed that the funds will be used in rebuilding schools in earthquake damaged areas. As we know, Nepal had suffered major earthquakes in late April-early May this year causing wide spread damages to the properties and loss of over



9000 lives.

The funds were collected with the generosity of IACRF community, senior members and friends who care and share the pain that Nepal and the people had to go through in such hard times.

Foundation Board thanks Mr. Murugan Patham for chairing the 69th India Independence Day Celebrations and Mr. Rohini Sharma, for moderating the day's Program and Mrs. Sangeetha Sethia and Mr. Charan Khurana for coordinating the programs.



# Indo-American Foundation of Arizona celebrates 69th India's Independence Day





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

## GURDWARA MONTHLY

*A Monthly digest of Gurdwara Programs and Events*

### SEPTEMBER 2015 Programs & Events

16 Bhadon – 14 Asu, 547 Nanakshahi Era (NE)

**Sept 4-6 (Fri - Sun)**

Shaheedi Jaswant S Khalra (1952 – 1995)  
Mela Kandh Sahib, Batala (Actual: Sept 1)  
Birthday Baba Sri Chand Ji (Actual: Sept 3, 1494)

**Sept 13 (Sun) – Punjabi School Starts**

Fun & Learning for 5 and up  
Please register for classes on the first day.

**Sept 11-13 (Fri - Sun) – Barsi / Anniversary Baba Buddha Ji**

(Actual: Sept 13)

**Sept 17, Asu 1 (Thur) – Sangrand Program**

9:00 AM – 10:00 AM.

**Sept 18-20 (Fri - Sun) –**

**Akhand Path:** Arambh: Friday, 10 AM.  
Bhog: Sunday, 9 AM.

Joti Jot Sri Guru Amardas Ji & Sri Guru Ramdas Ji (Actual: Sept 16)  
Gurgaddi Sri Guru Ramdas Ji & Sri Guru Arjan Dev Ji (Actual: Sept 16)  
Gurgaddi Sri Guru Angad Dev Ji (Actual: Sept 18)

**Sept 20 (Sun) – Homeless Langar Seva**

Phoenix Rescue Mission, Call 602 741 8021 for more info.

**Sept 25-27 (Fri - Sun) –**

Joti Jot Sri Guru Nanak Dev Ji (Actual: Sept 22)  
Birthday Shaheed Bhagat Singh Ji (Actual Sept: 28, 1907)

**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 Ramdas Ji*



*Sri Guru Nanak Dev Ji*



*NISHKAM SEVA GURDWARA SAHIB*

*& DR. JASBIR SINGH SAINI MEMORIAL HALL*

4950 W Tonopah Drive, Glendale, AZ 85308. (NE corner of 51<sup>st</sup> Ave and Hwy 101)

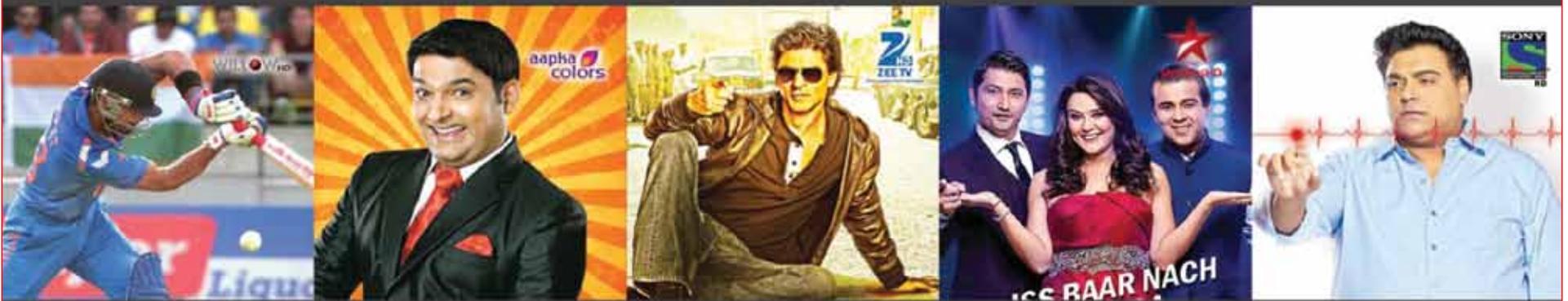
Phone: 623-516-1413. [WWW.NishkamSeva.org](http://WWW.NishkamSeva.org). [NishkamSeva@Yahoo.com](mailto:NishkamSeva@Yahoo.com)



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**\$30/mo. Credit for 12 Months Offer:** Valid for activation and installation of qualifying new DISH service. Requires subscription to a qualifying American or Dish/LATINO package in addition to Hindi Mega Pack. Must provide Offer Code at time of order. Receive a monthly credit of \$30 for the first 12 months.

**Important Terms and Conditions: Promotional Offers:** Require activation of new qualifying DISH service. All prices, fees, charges, packages, programming, features, functionality and offers subject to change without notice. After 12-month promotional period, then-current monthly price applies and is subject to change. **ETF:** If you cancel service during first 24 months, early termination fee of \$20 for each month remaining applies.

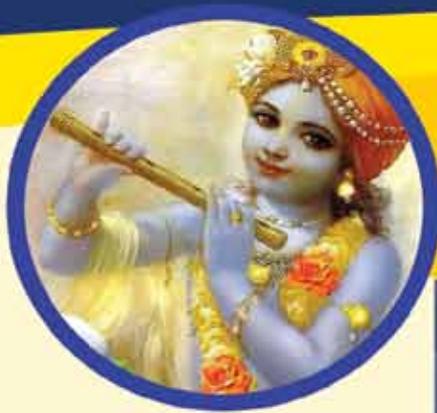
**Additional Requirements: Installation/Equipment Requirements:** A second dish antenna may be required to view both International and American programming. Free Standard Professional Installation only. Leased equipment must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. **Miscellaneous:** Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. Taxes or reimbursement charges for state gross earnings taxes may apply. Additional restrictions and taxes may apply. **Offers end 6/10/2015.**

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



## Indo-American Found

(Registered Non-Profit Organization)  
 Hindu-Jain Temple Ekta Mandir with Community Center, M



All are cordially invited for the Grand Festival of  
**Sri Krishna Janmashtami**  
 Saturday September 5, 2015 @ Ekta Mandir

### Special Attractions

- Krishna Jhanki (Tableaux) depicting Krishna Janam in Prison, Krishna going to Gokul, Makhan Leela, Shiv Darshan and Raas Leela
- Handi Fod Competition



### PROGRAM

7.00am	Temple opens
7.30am - 8.00am	Mangal Aarti
8.00am - 11.00am	Pooja, Abhishek, Archana
11.00am - 11.30am	Rajbhog and Aarti
11.00am - 5.00pm	Pooja and Archana by Devotees
11.00am - 5.00pm	Abhishek by Devotees
5.00pm - 8.00pm	Maha Prasad
5.00pm - 7.00pm	Cultural Programs/Fancy Dress
7.00pm - 7.30pm:	Krishna Janma Katha by Joshiji
7:30pm - 8:30pm	Maha Aarti
8:30pm - 11.00pm	Bhajans by Jalaram Bhajan Mandal
11.00pm - 12.00pm	Panchamruta Abhishek, Shringar and Janma pooja, aarti followed by darshan, palna (cradle swinging) and Nandotsav & Prasad

**PLEASE BRING YOUR CHILDREN DRESSED AS RADHA, KRISHNA. Prizes for best dressed Radha & Krishna**  
 ALL ARE WELCOME! DO NOT MISS!

**PLEASE SPONSOR:** Pramukh Yajaman: \$5001, Swagat Yajaman: \$2001, Vishist Yajaman: \$1001, Yajaman: \$501, Aarti - Gold/Silver/Bronze: \$501, \$101, \$51, Archana: \$11, Abhishek: \$21, Both: \$31, Mahaprasad: \$251

Please bring Flowers, Fruits, Prasad and Makhan Mishri, Burfi, Pheda, Bhoondi for offering.

Please contact: Priest Joshiji at 602 391 7760, Priest Sudarshan ji at 602 320 3460, Mahendra Devgania 602 708 0733, Chairs: Kinal Movalia 623 308 2909, Seema Shah 602 284 6314, Sudhir Kalra 623 414 8248, Pankaj Bakhda 623 628 2741, Madhusudan Bhakta 623 826 3972, Murugan Patham 480 510 3826, Jagdish Sagar 480 235 5001, Lokesh Joshi 480 438 6776, Mahesh Patel 602 971 5379, Joe Dodani 480 200 7127, Nate Bhadriraju 623 694 3640 & Dr Dharendra Patel 928 713 5757.



All are cordially invited for the

## Holy Sravan Mas Puja Program

Saturday, Aug 15 to Saturday, Sept 12, 2015 @ Ekta Mandir

**Last Sravan Monday Special Program**  
 Monday, September 7, 2015

### TEMPLE OPEN ALL DAY

1111 Clay Parthiv Shivling Nirman & Puja by Sponsors

"Parthiv Ling made of clay is the most supreme among all the Shiva-Lingas"

9:30AM - 7:00PM - Main Shivling Abhishek by devotees

7:30PM - Rudrabhishek by Priests

8:30PM - Maha Aarti and Maha Prasad

SPONSORSHIP \$101: Make 25 Parthiv Shivlingas with your own hands on Sunday September 6, 2015 from 3-5PM. Puja at 5pm on Monday September 7, 2015.

Please bring Flowers, Fruits, Prasad for offering.

Yajaman Sponsor \$101 for entire Sravan Mas Participating in Abhishek & Archana, \$31 for Shiv Sahasranama & Abhishek & Archana, \$31 for Main Shivling Abhishek on Last Sravan Monday, \$11-Archana, \$251 - Sarva Seva & Prasad

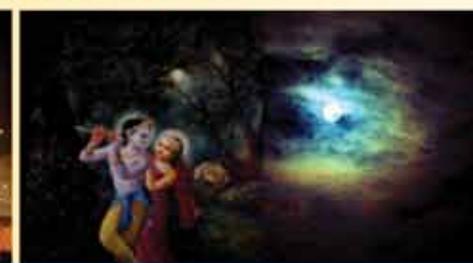
**Please contact:** Priest Joshiji at 602 391 7760, Priest Sudarshanji at 602 320 3460, Mahendra Devgania 602 708 0733, Venkatesh Gurmurthy 480 381 9976  
 Event Chair: Kamlesh Patel 602 465 5728

www.ektamandir.org Ph: 602 2-INDIA-0

## Navratri, Dusserah and



FREE ADMISSION! DO NOT MISS



### Upcoming Events

Sunday, Oct 25, 2015 - Charity Walk for Local Shelters  
 Wednesday, November 11, 2015 - Diwali Mela  
 Wednesday, November 18, 2015 - Jalaram Jayanti

# Foundation of Arizona

Under Section 501 (C) (3)

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**PLEASE BRING YOUR CHILDREN DRESSED AS GANESHA/GOWRI. Prizes!**



All are cordially invited for the

## *Ganesh Chaturthi Utsav* Thursday September 17, 2015 @ Ekta Mandir

### PROGRAM

9.00 am	Temple opens
9.00 am - 10.00 am	Ganesh Sthapana & Special Puja
10.30 am - 12.00 pm	Abhishekam, Archana, Rajbhog & Aarti
11:30 am	
5.00 pm - 7.00 pm	Abhishek by Devotees and Archana
6.00 pm - 7.30 pm	Fancy Dress by Children
Katha Sraavan, Ganesh Bhajan, Puja, Aarti and Mahaprasad.	

**Ganesh Murty Visarjan Ceremony, Saturday Sept 26, 2015 6pm-7:30pm**

**ALL ARE WELCOME! DO NOT MISS!**

**Children can bring Clay Ganesh idol for puja they made on Sept 13, 2015**

Please bring Flowers, Fruits, Prasad and Modakas for offering.

**Large clay Ganesh from Mumbai is on the way.**

#### **Ganesh Chaturthi Utsav Sponsor**

\$1001, \$501, \$251, \$101 (special archana for 11 days & Abhishek on Chaturthi included) Archana:\$11, Abhishek:\$21, Both:\$31

**Contact:** Priest Joshiji at 602 391 7760, Priest Sudarshan ji at 602 320 3460, Mahendra Devgania 602 708 0733, Event Chair: Murugan Patham 480 510 3826, Prasad Ravi 602 400 8629, Kalyan Raman 623 521 5265, Venkatesh Gurumurthy 480 381 9976, Jagdish Sagar 480 235 5001

## *Sharad Purnima Festivals 2015*

Tuesday Oct 13, 2015 through Sunday Oct 25, 2015

Please Bring Flowers, Fruits, Prasad, Laddu, Burfi, Halwa, Pheda, Bhoondi for offering.

Ganesh Sthapan, Sarvato Bhadra Mandal Sthapan, Kalash Sthapan. Sri Maha Kali, Maha Lakshmi, Maha Saraswati Swarupa DURGA Puja on First day of Navratri followed by Daily

9:00 AM - 10:00 AM - Jyoti and Kalash Sthapan for Sponsor Devotees for 9 days

10 -11:30 AM -Durga Saptashati Path, Raj Bhog & DURGA Aarti

6:00 PM - 7:30 PM - Durga Shakti Puja, Significance of Navratri, Mahishasura Mardini Stotra, Durgaji Ki Aarti

**Navratri Special Programs, LIVE MUSIC by Professional Artists everyday!**

1 6 Days on Oct 13, 14, 15, 18, 19, 21, 2015 7:45 PM - 10:00 PM - Garba and Dandiya Raas for all at the Ekta Mandir.

2 Friday Oct 16, 2015 and Saturday Oct 17, 2015

7:45 PM - 9:00 PM - Garba for Children @ Temple (Prizes awarded to Best Dress and Best Dancer)

9:00 PM - 1:00 AM - Garba and DandiyaRaas at Temple for ALL.

3 Sunday Oct 18, 2015 -Sangeet Sandhya from 5.00 to 7.30 PM at Ekta Mandir by Jaydeep Swadia

4 Tuesday Oct 20, 2015 - Atham Garba at Indo-American Community Center from 7.30PM to Midnight. By Jaydeep Swadia

5 Thursday Oct 22, 2015 -Dusserah- Ravan Ka Dahan. (Fresh Hot Jalebi available)

6 Sunday, Oct 25, 2015 - Sharad Purnima 7:30PM to Mid Night.

Sponsorship: Grand Sponsor: \$2501, VIP Sponsor : \$1008, Daily Sponsor : \$501, Daily Aarti - \$101, \$51, Mahaprasad-\$251, \$151

Please Contact: Priest Joshiji at 602 391 7760, Priest Sudarshanji at 602 320 3460 Mahendra Devgania 602 708 0733, Event Chairs: Kinal Movalia 623 308 2909, Seema Shah 602 284 6314, Sudhir Kalra 623 414 8248, Murugan Patham 480 510 3826, Gautam Shah 602 750 5122, Mina Patel 928 925 5062, Jagdish Sagar 480 235 5001, Pankaj Bhakda 623 628 2741 & Mahesh Patel 602 971 5379.

## “An ARIZONA Tribute to ‘People’s President’ A.P.J. Abdul Kalam”

long on Monday, July 27. He was 83. His place can never be filled.

The program included American National Anthem by Ms. Priyanka Sethia, Secular Prayer by Balagokulam Kids, a Documentary / Slide show about Abdul Kalam by Kalyan Raman and Murugan, a Speech by Dr. Mohan Gopalakrishnan Professor at ASU titled “Dr. Abdul Kalam in the academic perspective”, a Tribute to Dr. Kalam with a Dance to Vande Matharam by Ms. Miruthala Jegadeesan & group and Indian National Anthem by Kailash Raman.

Tributes from Community including Dr. Mohan G, Dr. Asan Ariff, Dr. Sachdev, Satheesh Soundararajan, Kalyan Raman, Jagdish Sagar, Achut Kumar, Krishna Shetty, Thammaji, Prasad Samak and many others who shared their direct and indirect experiences with Dr. Kalam was well received by the more than 200 attendees gathered to pay respects.

Here are some amazing things, that made Dr. Avul Pakir Jainulabdeen Abdul Kalam an extra ordinary man, that were brought out by the speakers and also with due credit to “TheBetter-India” article.

1. Born on October 15, 1931, Kalam came from a humble background. He sold newspapers to support his family financially when he was a kid.

2. Dr. Kalam is known as the father of Indian Missile Technology and has played a prominent role in India’s 1998 nuclear weapons tests.

3. He served as India’s 11th President from 2002-2007 and was one of the most loved politicians of the country.

4. Before becoming the president, Dr. Kalam worked as an Aerospace Engineer with DRDO and ISRO. He was called the “Missile Man” of India. While working as project manager at DRDO, he played a crucial role in the development of India’s first indigenous Satellite Launch Vehicle (SLV-III).

5. Dr. Kalam was much more than a political figure. He was a scientist, writer, inspirational speaker and motivational figure. He had written several bestselling books like Wings of Fire, Ignited Minds: Unleashing the Power within India and India 2020. He was also a great speaker and had inspired millions of people through his incredible speeches.

6. Dr. Kalam’s infectious personality had not just inspired Indians but



also people across the globe. Switzerland commemorates Mr.Kalam’s visit to their country (26th May) as Science day.

7. Kalam was nominated for Youth Icon of the Year award by MTV in 2003 and 2006. His age was 73 and 76 respectively then.

8. In 1998, he along with cardiologist Dr. Soma Raju developed a low-cost coronary stent. It was later named ‘Kalam-Raju Stent’ in their honor. They also designed a rugged tablet PC for health care in rural areas named ‘Kalam-Raju Tablet’.

9. Dr. Kalam had received several awards and recognition for his extra ordinary contribution to scientific research and modernization of defense technology in India. He was honored with the Padma Bhushan, Padma Vibhushan and even Bharat Ratna.

10. Dr. Kalam was a great colleague too and went an extra mile for his co-workers. One day, one of his co-

workers had taken permission from Dr. Kalam to leave early from work as he had to take his kids to the carnival. But for some reason he could not get free on time. When he reached home later in the night, his wife told him that Dr. Kalam had visited their house earlier that evening and had taken the kids to the carnival.

11. When Dr. Kalam first moved to Rashtrapati Bhawan, he asked all luxurious rooms to be locked up as he didn’t want to use them. He moved to a small room where he kept his bed. He used the same room to work and sleep. Not only this, the humble man also kept his dining room locked and often had his meals on the floor with the staff who worked with him.

12. Dr. Kalam was a great inspiration to many, especially kids, and always inspired them to dream big and achieve great goals in life.

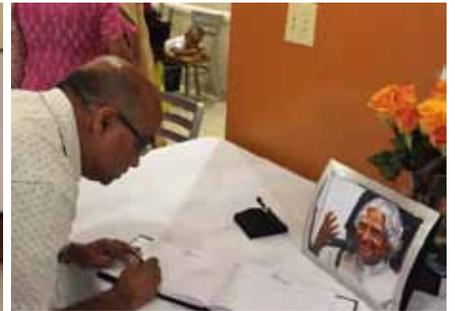
He was also a Veena player and was filled with energy. He loved stu-

dents and died doing what he loved the most: spending time with students and being among them.

The missing place of Dr. Kalam can never be filled but his inspiring words will forever be with us and inspire us to do more.

“I will not be presumptuous enough to say that my life can be a role model for anybody; but some poor child living in an obscure place in an underprivileged social setting may find a little solace in the way my destiny has been shaped.” – Dr. APJ Kalam

Thanks to Murugan Patham for initiating and organizing the “Tribute to Dr. Kalam” program in a short notice with all sister organizations. The program was well attended and well received. Thanks are also due to event team members Kalyan Raman, Sangeetha Sethia, Rohini Sharma and Jagdish Sagar, sister Organization leaders and Foundation staff for presenting the program successfully to the community.



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-Rishi Popat, DMD, DMSc.

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## Parents: Can your child read this?

*Do you know that cursive is no longer taught in school? Our beloved teachers are so busy teaching the required curriculum they no longer have time to teach our youth how to write cursive. Cursive writing has a long legacy - many historic documents, including our Declaration of Independence, were written in cursive.*

At Popat Orthodontics, education is the cornerstone of our practice. Therefore, we are pleased to be offering a complimentary cursive workshop for our community!

**When:** Saturday September 19<sup>th</sup> from 9-12pm

**Where:** Popat Orthodontics 635 East Maryland Avenue

**Who:** All ages are welcome to attend

**RSVP:** By Wednesday September 16<sup>th</sup> 602.265.0303

Lunch will be provided after the workshop. Parents and children are welcome to attend. Tell your friends and family! At Popat Orthodontics we are continually embracing our community, we are pleased to offer this cursive workshop as a first of many workshops to come! Lets get together and learn how to write in cursive!

# Spice up your cocktail with homegrown herbs

Ever wondered what's in your Mojito, Margarita or Martini? The secret ingredient in a truly unforgettable cocktail is often the herb used in it.

Whether muddled, minced or just used as a garnish, herbs add zing to your cocktail. But sadly, they have a short shelf life. So, why not grow your own cocktail garden? There's nothing more satisfying than planting your own herbs to use in your favourite drink later. Trust us, it can be fun, easy and cool. For herbs are the easiest to maintain -much easier than growing fruits or flowers. Also, they require very little space. You can get a fragrant kitchen or dining room by growing them indoors. So, here are eight cocktail-friendly herbs to get you started...

## BASIL

It's is another great herb you wouldn't expect to see outside of a pasta dish. It has a delicate licorice flavour it brings to drinks. Play around with its relatives, Thai basil or cinnamon basil, to create the perfect addition to your drink. Basil is a great all-purpose herb that adds great flavour to gin, tequila or rum drinks, among others.

**HOW TO GROW:** Buy a packet of seeds and sprinkle in a couple of pots. Place them on a sunny windowsill or in the garden where they get lots of sun. Harvest leaves from the top a few at a time so the plant has healthy growth throughout the year.

**WITH SPIRITS:** Strawberry Basil Martini, Blackberry Gin Fizz, Thai Basil Daiquiri

**VIRGIN:** Strawberry Basil Spritzer, Orange Basil Twist, Basil Blues, Mint and Basil Soda, Peach Basil Sweet Tea

## THYME

Thyme adds a sophisticated woody flavour to a really sweet drink. Then there's Lemon thyme, which has a slight hint of citrus. It is used to counterpart flavours that include lemons, pears and apples.

**HOW TO GROW:** Plant thyme in your herb garden, at the edge of a walk, along a short garden wall, or in containers. It does best in full sun and proper drainage. It's hard to grow from seeds because of slow, uneven germination, so better buy plants or cuttings.

**WITH SPIRITS:** Lemon Thyme Gin Sparkler, Raspberry Thyme Smash

**VIRGIN:** Thyme Lemonade

## MINT

Mint is considered the king of cocktail herbs. Its unique flavour makes it a versatile addition to almost any liquor. Mint even has a few sister plants, like chocolate mint and pineapple mint, that you can use in special drinks. Mojitos and juleps are well known for using mint, but it adds a refreshing flavour wherever used.

**HOW TO GROW:** Mint grows like weeds. Buy some seedlings from your local nursery and plant

them in a container that you can place in a partially-shaded or sunny spot.

**WITH SPIRITS:** Long Island Iced Tea, Pineapple Mint Mojito, Kentucky Colonel

**VIRGIN:** Mint Lemonade, Mint and Lime Soda

## LAVENDER

Its floral and woody undertones are similar to mint and rosemary. Its scent can be so strong that it's best to hold the herb in your hand, clap your other hand on top gently to release its oils and then sprinkle your drink with it. Lavender adds a taste of spring-time in drinks made with vodka or gin.

**HOW TO GROW:** Lavender is a great container plant. Water properly, but make sure it has good drainage and gets plenty of sunlight. Harvest as soon as it blossoms. It does well in hot climates and in pots that breathe. Cover the bottom of your pot with gravel. Add a good potting mix and then, place the container in sunlight.

**WITH SPIRITS:** English Lavender pairs well with sparkling wine

**VIRGIN:** Blueberry Lavender Fizz, Lady Lavender's Mocktail, Coconut Lavender Lemonade

## LEMONGRASS

The flavour is refreshingly tart and citrus with peppery notes. Freeze-dried lemongrass retains its aroma quite well, but air-dried lemon grass loses its volatile oils.

**HOW TO GROW:** Find the freshest lemongrass plants you can buy. After you get home, trim a couple of inches off the top. Take the stalks and put them in a glass of shallow water and place it near a sunny window. After a few weeks, you can see tiny roots at the bottom of the lemongrass herb stalk. Put the rooted stalks in a pot containing all-purpose soil. Put this pot in a warm, sunny spot. Water it regularly.

**WITH SPIRITS:** Far East Caipirinha, Bloody Mary, Martini

**VIRGIN:** Peach, pear, and other fruit-based mocktails

## ROSEMARY

Rosemary is a warming herb. If you love gin and want more juniper flavour, you can add this to your drink. It can be added whole or muddled in gin or vodka. It adds pronounced depth to

bourbon. Put a sprig in your next gin and tonic or whiskey sour.

**HOW TO GROW:** Start by taking cuttings of the plant in a pot. Place it in a sunny spot. Rosemary stands up well in drought conditions, which may prove helpful in different growing zones.

**WITH SPIRITS:** Gin Fizz, Capote Martini and Honey Cocktail

**VIRGIN:** Rosemary Mint Lemon Cooler

## SAGE

Earthy, woody and a tad bit peppery -sage has a wonderful distinctive flavour, but should be used sparingly. Muddled, infused into spirits or prepared in syrup, sage adds savoury complexity to cocktails, but the flavour can be overpowering for some. Try adding some leaves to your next gin fizz for an unmistakable garden taste.

**HOW TO GROW:** It requires little care and is tolerant of different soil types and conditions. The soil should be well-drained and plants should get ample sunlight. Prune plants whenever necessary. Cut the oldest branches to promote new growth.

**WITH SPIRITS:** Dark Chocolate Martini, Sour Apple Martini, Ginger-Sage Champagne Cocktail, Blackberry and Sage Spritzers

**VIRGIN:** Blackberry Sage Mocktail, Grapefruit Sage Mocktail

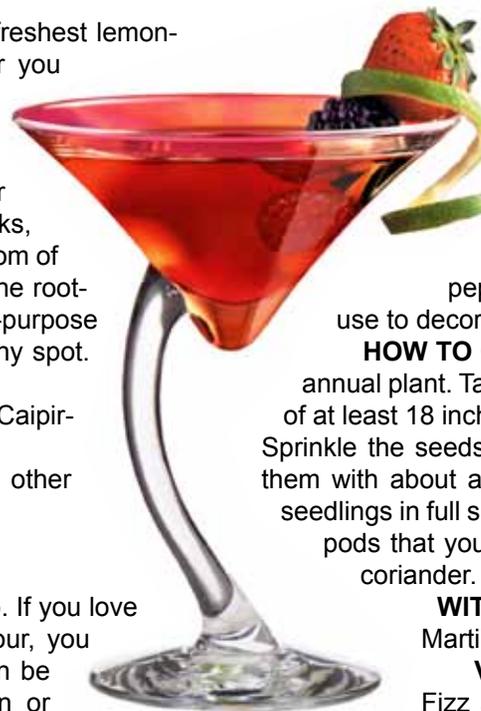
## CILANTRO

Leaves, roots, and unripe seeds -all have the same aroma. Some people are addicted to its refreshing lemony-ginger aroma with notes of sage; others find it disagreeable. The flavour is delicate yet complex, with a suggestion of pepper, mint, and lemon. Crush it or use to decorate it, flavour remains the same.

**HOW TO GROW:** Cilantro is a fast-growing annual plant. Take a wide, bowl-shaped container of at least 18 inches wide and 8 to 10 inches deep. Sprinkle the seeds in the container and then cover them with about a 14-inch layer of soil. Leave your seedlings in full sunlight. The blooms produce seed pods that you can harvest. The spice is called coriander.

**WITH SPIRITS:** Mojito, Margarita, Martini

**VIRGIN:** Lemonade, Watermelon Fizz and also used in avocado, coconut milk or cucumber-based mocktails



## In pics: How to choose jewellery that flatters your face cut

Choosing the most flattering jewelry for the shape of your face is just as important as selecting clothing to suit your body shape. And it's important to understand the shape of your face, before you begin jewellery shopping. If you have a round face, pick a long necklace that extends below the neckline or if you have a heart-shaped face go for shorter necklaces and chokers that lend a bit of roundness to your face, says an expert.

Experts shared tips on how to pick the right jewellery according to the shape of your face:

\* **Round:** Pick a long necklace that extends be-



low the neckline, along with chandelier earrings or long, straight earrings. Avoid round-shaped earrings, and even round-cut diamonds or gemstones. Lay your hands on earrings in different shapes and cuts, like square or oval. Teardrop earrings would look best on a round shaped face.

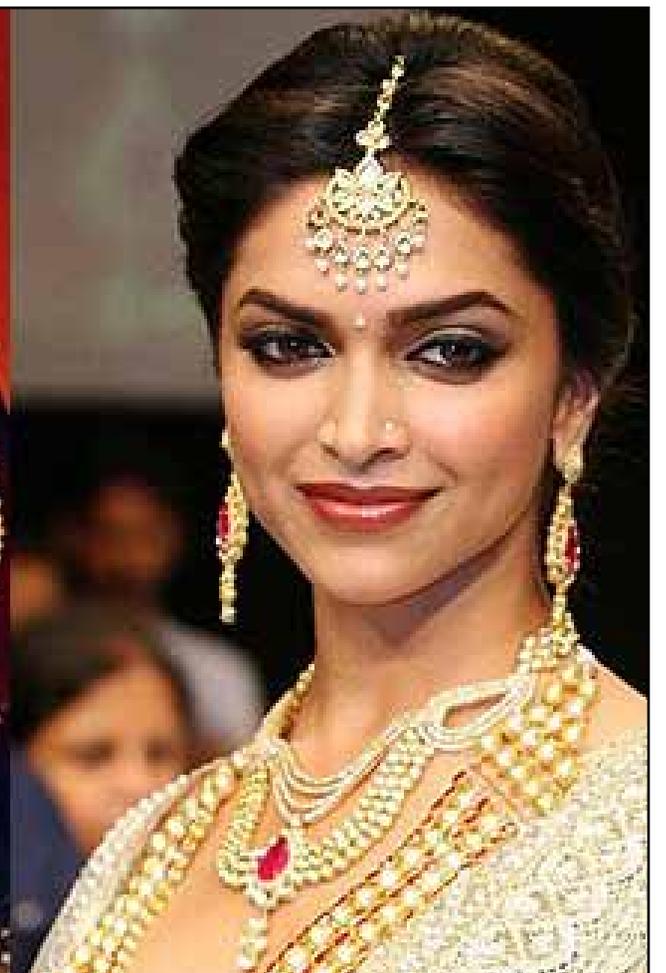
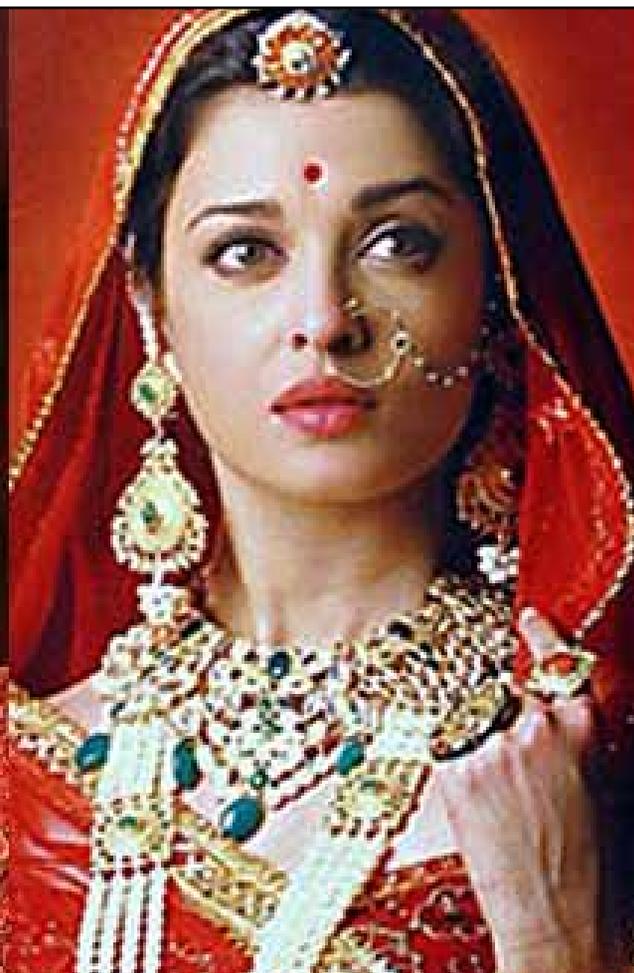
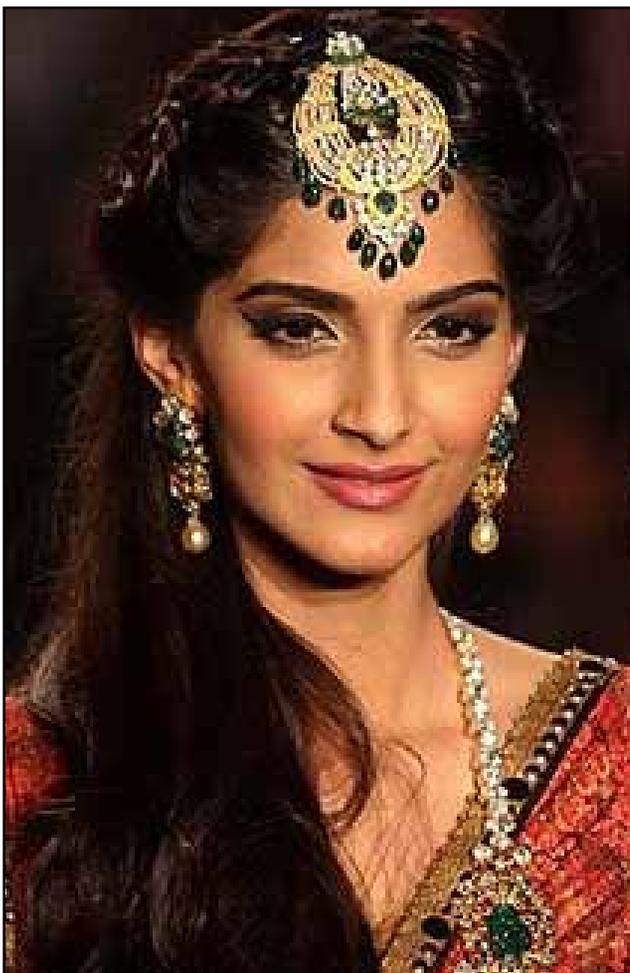
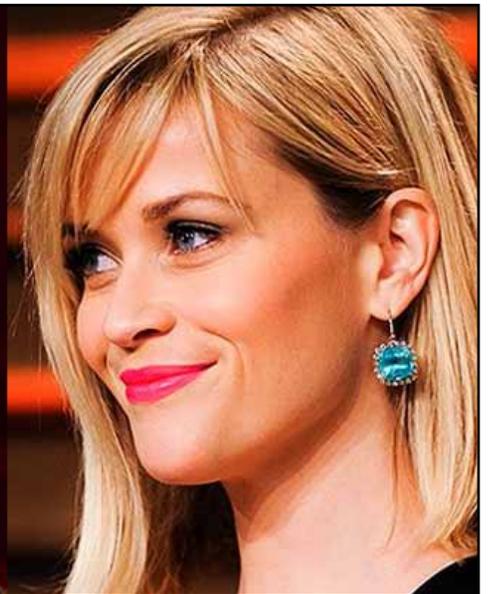
\* **Oval:** Neither round, nor long, this face shape is one where lots of versatility can be explored. You can

flaunt long and short necklaces with equal aplomb. Play around with different styles of earrings, like big hoops and dangles. While going for dangles, pick the ones that are angular in shape.

\* **Square:** Complement the length of your face with contrasting jewellery style. Choker-style necklace will look perfect on you, combined with short or round earrings. Even button earrings are a great choice.

\* **Heart:** Since your chin area is narrower, go for shorter necklaces and chokers that lend a bit of roundness to your face. Dangles and teardrop earrings will give an elongated look to your face, and also ensure that the jaw line does not look too sharp. Long cylindrical and triangular dangles are the ones you should be looking forward to.

\* **Tip:** While selecting maang tikas, keep the forehead in consideration. For a broad brow, heavier maang tika with a 'maatha patti' is recommended. For a small forehead, pick out a small tika, and go for a small 'bindi' along with it.



# 2015 Hemkunt International Speech & Kirtan Darbar Competition, New York

Dr. Jaswant Singh Sachdev, MD  
Phoenix, Arizona

Blessed were the 25-30 souls from Arizona who attended 27th International Hemkunt Speech and Kirtan Darbar Competition held in New York during the duration of July 30th through August 2nd, 2015. It is a unique program, where Sikh children compete against one another in speeches prepared from prescribed books related to Sikh history and philosophy. This year about 100 children from U.S. and England between the ages of 6 through 22 took part in speech competition. Likewise about 18 Kirtan Jethas of young children, each consisting of 3-5 participants divided in groups based on their ages ranging from 6 years to 22 years also competed. The interesting feature of this Kirtan competition was the mandatory use of one of the string instruments used by Sikh Gurus. Second, the Kirtan was to be performed in prescribed Raagas from Sri Guru Granth Sahib Ji. Five children from Arizona took part in the speech



competition. Their parents as well as 10 other Sikh community members attended the event in order to watch first hand as to how this massive function

is arranged given that next year's event is scheduled for Phoenix area. Everybody was so impressed with the grand scale program and are willing to

bite the bullet for next year. Major help from the community will be needed and hopefully our community will not fail us for such a noble cause.





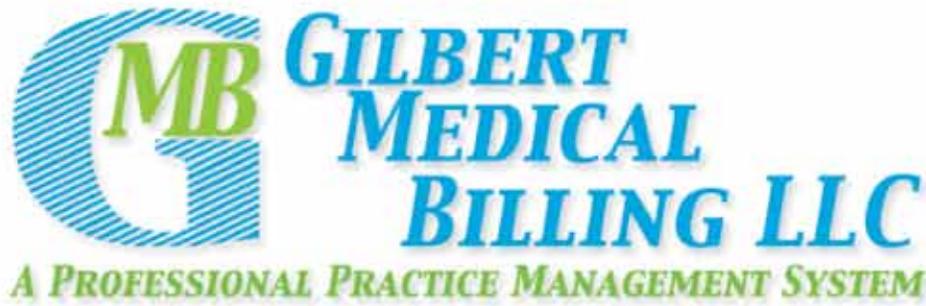


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# Real Estate News of Arizona - September 2015

## Hello Friends,

We are all getting to the end of summer and that means cooler days ahead, fall break planning and anticipation of festive season ahead. At the same time this is also a busy time for the valley real estate. Let's see how the real estate market fared during the summer!

As per Armls pending price Index, the median price fell from July to August. This has occurred seven times over the 14years, ARMLS has been tracking median home prices. Their last PPI projected a July median price of \$213,000 with the actual median coming in at \$212,000. It was an error rate of less than 0.5%.

Data from Fannie Mae's National Housing Survey suggest an additional factor that may be weighing down housing markets. Homeowners may be underestimating their home equity. In particular, if homeowners believe that large down payments are now required to purchase a home, then widespread, large underestimates of their home equity could be deterring them from applying for mortgages, selling their homes, and buying different

homes. The national real estate news outlets found more reasons to blame millennials for slow market growth this month. Freddie Mac Chief Economist, said in an interview with DS News that a slow job market, student loan debt and a hangover from the recession were slowing their entrance into the housing market.

For the fifth consecutive week, the 30-year fixed-rate mortgage has averaged below 4 percent, as home buyers and refinancers rush to lock in low rates. Housing markets have responded positively to low mortgage rates, says chief economist at Freddie Mac. "The latest NAHB/Wells Fargo Housing Market Index for August 2015 was 61, the highest

level in more than nine years. One-unit housing starts in July 2015 jumped to 782,000 units, up 12.8 percent from June and up 19 percent from last year. Overall housing markets remain on track for the best year since 2007."

Now let's look at the July sales of Residential Homes in Maricopa County-

- Total Sales for Single Family, Town-homes, Condos for July were 6,992 whereas June were 7,668 and May was 7,320

- The Active listings for July were 18,425 whereas June were 25,929 and May was 19,972

- Pending sales for July were 5,709 whereas June were 7,355 and May was 6,390

Nationwide Rents have risen 15 percent, on average, between 2009 and 2014, according to the National Association of Realtors data. Meanwhile, Renters income have grown by only 11 percent. An increasing number of renters are spending more than 30 percent of their incomes on rent what most financial analysts consider financially

more, a new analysis from Zillow shows that renters who spend more than 30 percent of their income on rent have a median savings rate of zero. The Median Lease price is \$1,295 and Average Lease price is \$1,499.

Here is a chart below showing past 5 years Closed Rental Units per Month- Now let's take a look on commercial side-

Foreign investor interest in U.S. real estate is growing as the U.S. economy strengthens and low interest rates prevail. A flood of foreign investments pouring into the U.S. commercial real estate market could reach a record high this year, according to real estate services firm JLL. They estimates that foreign investments in U.S. property totaled \$24.1 billion as of mid-year compared to \$23.6 billion during all of last year.

Investment Concepts, Inc acquired the Arrowhead Plaza shopping center at 20165 N 67th Ave in Glendale for \$14 million, or about \$166 per square foot, from Westwood Financial Corp. Built in 1990, the 84,389-square-foot

floor is occupied by Magellan Health Services, Inc.

A private owner sold 229 acres at Ocotillo Rd and Signal Butte Rd in Queen Creek for \$8.92 million, or about \$39,000 per acre, to El Dorado Holdings Inc. The development land is located in the Gateway Airport / Loop 202 submarket of Maricopa County.

Copper Glen Management, Inc sold the Copper Glen apartments at 3333 W Dunlap Ave in Phoenix, AZ to Bear Holdings III LLC for \$8.15 million, or about \$28,000 per unit. Built in 1973, the multi-family community totals 245,280 square feet 9.4 acres in Maricopa County. The property consists of 240 two-bedroom and 48 three-bedroom units.

Griffin Capital Essential Asset REIT II, Inc acquired the Aetna Life Insurance office building at 3535 E Valencia Rd. in Tucson from Aetna Inc for \$21.7 million, or about \$216 per square foot. Aetna immediately leased back the entire building from the new owner on a 10year, tripartite basis. The 100,273-square-foot office building is located in the South-

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Avg Units
2010	2,281	2,473	2,390	2,226	2,365	2,423	2,613	2,567	2,447	2,541	2,407	2,235	2,414
2011	2,363	2,595	2,499	2,563	2,626	2,937	3,050	3,005	2,774	3,146	2,888	2,819	2,772
2012	2,717	3,073	3,311	2,790	3,061	3,592	3,495	3,582	3,250	3,043	3,121	2,906	3,162
2013	2,859	3,660	3,862	3,542	4,028	4,017	3,993	4,209	3,422	3,311	3,297	2,911	3,593
2014	3,013	3,625	3,550	3,065	3,314	3,364	3,311	3,512	2,960	3,014	2,742	2,577	3,171
2015	2,620	2,847	2,729	2,571	2,715	2,808	3,144						2,776

burdensome to a household. About 46 percent of renters age 25 to 34 spent more than 30 percent of their incomes on rent an increase from 40 percent of renters 10 years earlier, according to a report by Harvard University's Joint Center of Housing Studies. What's

neighborhood center sits on 7.4 acres in Maricopa County. At the time of sale the property was 95 percent occupied.

3rd Ave Investments LLC acquired the 193unit Dwell Apartment Homes at 1923 N 70th St in Scottsdale from Fowler Property Acquisitions LLC for \$14.28 million, or approximately \$74,000 per unit. The 122,687-square-foot multi-family community consists of studios, one and two bedroom units across 32 buildings. It was built in 1963 and 1975 in the South Scottsdale submarket, and was 93 percent occupied at time of sale.

lasis Healthcare, a privately held owner and operator of community-focused hospitals and a provider of acute adult health care, has leased 33,273 square feet at the Red Mountain Corporate Center office building at 4801 E Washington St in Phoenix. The tenant will occupy five suites on the second floor of the 132,221-square-foot office building. The asset was built in 1999 on 9.9 acres in the Airport Area submarket, at N48th St in Maricopa County. The first

west Tucson submarket of Pima County.

The Corky McMillin Companies acquired the 128unit Pantano Park Apartments at 200 S Pantano Rd in Tucson from Brookfield Investments Partners for \$7.21 million, or about \$53,000 per unit. The property totals 100,570 square feet, constructed in 1981 on 5.5 acres.

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



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

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SEPTEMBER 2015						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> * Sri Raghavendra Swami-gala Aradhane at SVK Temple	<b>2</b> * Phantom (Hindi Movie)	<b>3</b>	<b>4</b> * Janamashtami Celebrations * Sri Krishna Janmashtami at SVK Temple * Sri Krishna Leela Tarangini - by Smt. Sudha Chandrasekhar	<b>5</b> * Sri Krishna Janmashtami @ Ekta Mandir * Sri Krishna Leelothsava at SVK Temple
<b>6</b>	<b>7</b> * Last Sravan Monday Special Program	<b>8</b>	<b>9</b>	<b>10</b> * The Happiness Program	<b>11</b>	<b>12</b> * Gunadarshan 2015 * Onam Celebrations 2015 * THANIMAI - A Full Length Tamil Play
<b>13</b> * Navarasa Krishna	<b>14</b>	<b>15</b>	<b>16</b> * Ganesha Brahmotsavam Begins	<b>17</b> * Ganesh Chaturthi Utsav * Maha Ganapati Abhishekam and Archana * Ganesh Chaturthi Celebrations	<b>18</b> * Maha Ganapati Abhishekam and Archana	<b>19</b> * Guru Poonnima 2015 * Garba 4 Good * Grand Ganesha Chaturthi Celebrations * Dancing with the Stars
<b>20</b> * Brahmotsavam Celebrations	<b>21</b> * Sri Maha Ganapati Abhishekam & Archan	<b>22</b> * Sri Maha Ganapati Abhishekam & Archan	<b>23</b> * Maha Ganapati Abhishekam & Archan	<b>24</b> * Maha Ganapati Abhishekam & Archana	<b>25</b> * Maha Ganapati Abhishekam & Archana	<b>26</b> * Ganesh Murthy Visarjan Ceremony * Grand Brahmotsavam Concluding Day
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>			

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Things aren't as they appear. Try to take care of the needs of those you love. Put your thoughts into action. Don't be critical or overly opinionated with dislikes; it could cause disapproval and unwanted opposition. Your luckiest events this month will occur on a Wednesday.

**ARIES**



Mar 21 to Apr 20

Get involved in jobs that require creative input. You can win points with both peers and superiors. After all, they may have valuable information to pass on. For now just do the best you can. Your partner's a little jumpy. Your luckiest events this month will occur on a Thursday.

**TAURUS**



April 21 to May 20

You will be able to get to the bottom of things this month. You will be in the mood to socialize. Drastic financial losses may be likely if you lend money. Compromise if you have to, to avoid verbal battles. Your luckiest events this month will occur on a Wednesday.

**GEMINI**



May 21 to June 21

Feeling under the weather may be a result of overindulgence. Think twice before you pursue an unrealistic endeavor. Do something together and you'll be surprised how sweet a deal you can make. Avoid friction with your mate. Your luckiest events this month will occur on a Thursday.

**CANCER**



Jun 22 to Jul 22

Go directly to the source if you want to know exactly what's been going on. Try to mix business with pleasure while traveling. Be sure to take advantage of the opportunities that exist. You will be overly sensitive when dealing with your personal life. Your luckiest events this month will occur on a Monday.

**LEO**



Jul 23 to Aug 23

You should be able to get a lot done. You can make money if you concentrate on producing services that will make domestic chores easier. Don't promise to deliver the goods if you aren't positive that you can meet the deadline. You'll find it difficult to control your emotions. Your luckiest events this month will occur on a Sunday.

**VIRGO**



Aug 24 to Sep 23

You need adventure and excitement in your life. Don't be too quick to judge others. Helping children may be rewarding and challenging. Fitness or weight loss programs will help your self esteem. Your luckiest events this month will occur on a Saturday.

**LIBRA**



Sep 24 to Oct 23

Confusion at an emotional level will cause you to make wrong decisions concerning your personal life. You will have the getup and go to contribute a great deal to groups of interest. Regardless of your first reaction, the outcome will be favorable. You will be able to work in fine detail and present the best possible proposal. Your luckiest events this month will occur on a Monday.

**SCORPIO**



Oct 24 to Nov 22

Make sure that you have all the pertinent facts before taking action. You may find yourself in an uncomfortable situation if you have overloaded your plate unintentionally. You will not be able to contain your emotions this month. You will have some problems with children, but if you are patient you will win their favor. Your luckiest events this month will occur on a Saturday.

**SAGITTARIUS**



Nov 23 to Dec 21

You will get along well in social situations. Look into making changes to your personal papers and don't neglect those bills that have been piling up. A trip to visit relatives should be rewarding. Mishaps due to preoccupation will be upsetting. Your luckiest events this month will occur on a Sunday.

**CAPRICORN**



Dec 22 to Jan 21

Pamper yourself; the self esteem it brings you will be most gratifying. You are best to sit back and think it through, rather than add to the ranting and raving. If you can include them in your plans, do so. Your charisma will no doubt attract a lot of attention. Your luckiest events this month will occur on a Saturday.

**AQUARIUS**



Jan 22 to Feb 19

Just be yourself. You must deal with an emotional problem with your loved one that you have been avoiding for some time now. You are in a high energy, get it all done, mood and you'll have little patience with those who are slacking off. Financial gains can be made through wise investments. Your luckiest events this month will occur on a Wednesday.

**PISCES**



Feb 20 to Mar 20

## Kumbh Mela: In the eternal pop-up city

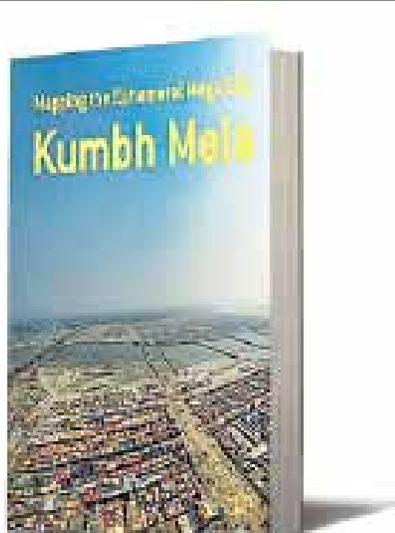
Ash smeared sadhus standing on one leg or lying on a bed of nails while subsisting on leaves; pilgrims who immerse themselves at the Sangam to wash away their sins, attain moksh and be free of the wretchedness of repeated rebirth; unfortunate stampedes that kill hundreds; colour, vibrancy and a desperate yearning to reach out to the Unknowable... the Kumbh Mela, held every 12 years at the confluence of the Ganga and the Yamuna at Allahabad, is all that.

It's also, in the words of Rahul Mehrotra, who has co-edited the excellent *Kumbh Mela: Mapping the Ephemeral Megacity*, "a pop-up megacity". A 20 sq mile-marvel, the nagari shelters about 70 million visitors on the dry flood plains for the duration of the Kumbh, after which everything is disassembled and the site returns to being rich agricultural land.

The product of a multi-year multi-disciplinary research project focussed on the 2013 Kumbh Mela coordinated by the Harvard University South Asia Institute, the book includes superb photos by Dinesh Mehta and Giles Price and illuminating essays on the significance of the Kumbh from the religious, architectural, public health, government and infrastructural perspectives. Both scholarly and accessible, it's stuffed with the kind of information that would induce salivation in fans of the BBC quiz show, *Mastermind*.

Like, did you know the site covers 1,936.56 hectares, that it has 99 parking lots, 30 police stations, 50 fire stations, 14 allopathic hospitals, 22,000 street lights, 35,000 individual toilets - that's probably more than the number of toilets in the capital - and that an estimated 200,000 people were lost at the last event?

But more important than the thrills it affords to the hoarder of statistical trivia is the fact that this work and the research projects out of which it grew will provide many insights to those pondering about the big ques-



**Kumbh Mela:  
Mapping the  
ephemeral Mega  
City**  
Edited by Rahul  
Mehrotra and  
Felipe Vera  
Hatje Cantz  
₹1995; PP448

tions to do with public health and rapid urbanisation. Can some of the dynamism evident in the building and administration of the Kumbh nagari be replicated in India's emerging cities? Could some of the methods of the megacity that vanishes almost completely - except, sadly, for the mounds of waste it leaves in its wake - be used to improve conditions in refugee camps?

What are the public health lessons that could be implemented at other mass gatherings, both religious and secular, across the world like the Haj and the Olympics? Could the methods used at the last Kumbh to track the spread of cold and flu and the digital cataloguing of complaints at clinics - Sachit Balsari of the FXB Center for Health and Human Rights, who co-authored the essay on Health and Safety

reckons the Kumbh is an epidemiologist's nightmare "in terms of disease transmission" - be replicated at other pilgrimage spots across the country? We already have the answer to the last question: medical students from Allahabad, who worked with the Harvard team in 2013, are now screening pilgrims at the ongoing Nasik Kumbh for hypertension, diabetes and oral lesions.

The book's strength lies in how well it explains both the spiritual and the temporal aspects of the world's largest gathering. 'Understanding the Kumbh Mela' by Diana Eck and Kalpesh Bhatt discusses the religious and mythic aspects of the event, explains the concept of tirtha, quotes Hsuan Tsang who, back in 643CE, already described the great mela as an "age-long festival", examines the politics of the akharas, and ruminates on the many-layered concept of sacrifice at Prayag - "the foremost place of sacrifice" in the words of a contemporary sadhu.

If you have any complaints about the book, it's to do with references to units of measure like hectares and miles instead of metres, and the naivety of the suggestion that a nominal ticket price be charged: "If the Kumbh Mela is to last and thrive in Allahabad for twelve, twenty-four, forty-eight or 1,200 more years, as India grows and as the rivers get more and more stressed, something like this may be implemented".

The Kumbh existed for millennia before the modern Indian state came into being and it'll continue to exist long after we are gone.

To a civilization that believes a "day of Brahma" is equal to 4.32 billion years, the idea of an impending environmental doomsday - even if it's entirely probably - seems absurd... as is the idea of charging for a dip at Sangam - even if it's entirely necessary. But these are mere quibbles about a book that is undoubtedly a fine achievement.

## POET OF MONTH

### Gregory Fraser

Gregory Fraser is the author of three poetry collections: *Strange Pietà* (Texas Tech University Press, 2003), *Answering the Ruins* (2009), and *Designed for Flight* (2014), both from Northwestern University Press. He is also the co-author, with Chad Davidson, of the workshop textbook *Writing Poetry* (Palgrave-Macmillan, 2008) and the critical writing textbook *Analyze Anything* (Bloomsbury, 2012). His poetry has appeared in journals including *The Paris Review*, *The Southern Review*, and *The Gettysburg Review*. The recipient of grants from the National Endowment for the Arts and the John Simon Guggenheim Memorial Foundation, Fraser serves as professor of English at the University of West Georgia.



### At the Degas Exhibit

The docent wends us to The Dance Class  
and it all flits back: the studio downtown,  
few bucks an hour, ragging off the finger

grease of toe-shoed cygnets, tutu-ed swans,  
who scudded hardwood blind to both  
of me—spray of acne, high-top Keds.

I would clatter on the local after school  
(weekends once the Christmas pageant neared),  
my face, at every stop, floating outside

the window by my seat—a mask  
tried on by stars in movie ads, commuters  
cooling heels for later cars. Then Windex,

buff, till six, waving hello, farewell,  
from glass to glass, plié to pointe—my hand  
emitting squeaks, eliding dainty prints and streaks.

In my knapsack: comics, *Catcher*, lunch  
untouched. And never once did I happen on  
the courage even to speak to one of those

sugar plums of Rittenhouse, Society Hill.  
Degas's girls, our guide informs, practice  
attitudes, inspected by their master

(one Jules Perrot) propped on his staff.  
Note the Parisian mothers dabbed  
on the wall in back. Yet I see only tights

that bear the stamp Massey Dance, hear  
gripes about third position, giddy talk  
of boys, and search the sides and corners

for my Old World counterpart—some  
sponge-and-bucket kid from a ragged edge—  
undersized, near-sighted, invisible to art.

Film Review

It makes you proud that such Indian lived among us and makes a compelling case against Indian politicians and the bureaucracy. But beyond that, it's simply a love story - a man tearing through a mountain to keep the memory of his wife alive.

Film Review

**Film:** Manjhi - The Mountain Man  
**Director:** Ketan Mehta  
**Cast:** Nawazuddin Siddiqui, Radhika Apte, Tigraj Dhanraj, Pankaj Tripathi  
**Rating:** \*\*\* (Three stars)

**What's it about:** Dashrath Manjhi refused to be a bonded labourer like his father. He wanted out of a life of drudgery in his forgotten-in-time village Gehlaur. He ran away to work in a coal mine and eke out something of a respectful life, something he'd never get back home. But years later, on his return, little or next to nothing has changed. Except that the girl he married as a child, Phaguniya has grown to be a beautiful woman. They soon elope and start a happy family, but that happiness doesn't last too long. A mountain comes between them and their happily ever after, when she slips and falls to her death, trying to cross it. That's when Manjhi decides to carve his way through the mountain - first as an avenger and then as a seemingly insane do-gooder.

**What's hot:** If you watch this film and stay in your seat for all of two hours it's because of some superlative acting by Nawaz and Radhika and some fantastic cinematography by Rajeev Jain. That and some memorable dialogues that really hit the right emotional spots. At the core of this film, is the Dashrath-Phaguniya love

# 'Manjhi The Mountain Man' review: Not quite 'Shandaar, Zabardast, Zindabad' as one would expect it to be



story and that comes shining through despite the short time they have together. It's heartbreaking to see Manjhi go from a devil-may-care to a man on a mission.

**What's not:**

If you're going to make a biopic on the enduring power of hope, love, courage and determination, you're going to be better off having fewer depressing moments than the ones that make you smile. Dashrath's father's character is irredeemable for the most part and even when he has his flashes of kindness, you really don't feel for the man who cares for the Mountain Man's son and daughter. Much time is wasted establishing the zamindar's son Raub's villainy. Many points in rural Indian history -- from Independence to modern-day -- are touched upon, but never fully explored, at least not until the point to make you care enough.

**What to do:**

Not quite 'Shandaar, Zabardast, Zindabad' as one would expect it to be. It makes you proud that such Indian lived among us and makes a compelling case against Indian politicians and the bureaucracy. But beyond that, it's simply a love story - a man tearing through a mountain to keep the memory of his wife alive.

## Tabu's a lucky charm, says Meghna Gulzar

The first promo of Meghna Gulzar's Talvar is out. And while Irrfan, Konkona Sen Sharma and other actors can be seen in the trailer, Tabu is conspicuous by her absence even in the credits at the end of the trailer.

This, despite it being widely known that the actress was brought on board by Meghna. An industry observer comments, "One wonders why her presence wasn't used to promote the film in the 2-minute 40-second trailer. It isn't as if she is the surprise element of the film."



# Singh Is Bliing: Akshay Kumar returns with a family entertainer

After testosterone-heavy films, Akshay Kumar returns with a family entertainer in Singh Is Bliing.

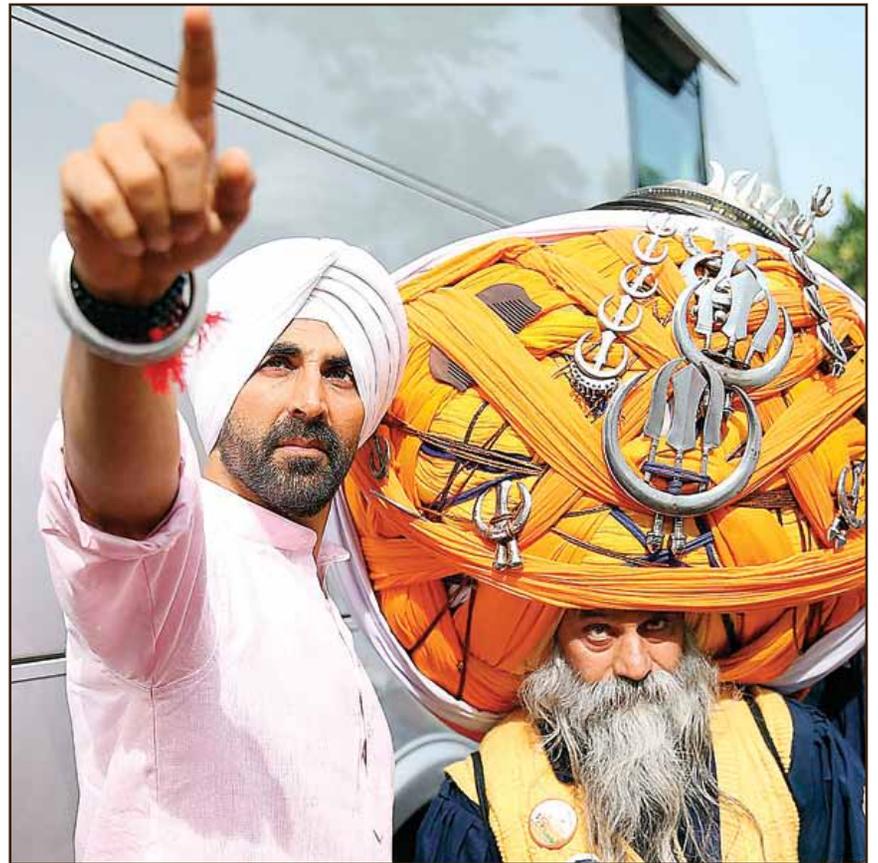
Three of Akshay Kumar's releases this year — Baby, Gabbar Is Back and Brothers, were action-packed, testosterone-heavy affairs, largely aimed at the male audience.

His year was dominated by kicks, punches and blood and with Singh Is Bliing, he returns with a clean, family entertainer.

SIB will also be his first romantic musical of the year and it will also see the actor in quite a few song-and-dance affairs.

Moreover, the actor was shown as a married man in each of his

releases this year. This, by default, reduced the scope of quintessential 'naach-gaana' tracks with his leading ladies. With Singh Is Bliing, he is seen wooing Amy Jackson with whom he is paired for the first time.



## Ranbir deserves everything he wants and desires: Katrina Kaif

The actress gets candid about ex Salman Khan, beau Ranbir Kapoor and holds forth on screen chemistry.

Katrina Kaif's Phantom releases this week and the actress is on a promotional spree. This is her first release of 2015 and she is paired with Saif Ali Khan for the first time. Her next film is with beau Ranbir Kapoor. Here, the actress talks about successful pairs on screen, ex-boyfriend Salman Khan, and why she hopes Deepika's film does great business in the box-office (Hint: Ranbir is the leading man of the film).

### Being voyeuristic

"In Ek Tha Tiger, there was so much hype and hullabaloo about my equation with Salman. I think we are a little voyeuristic, by nature. We imagine something and we think, 'Oh, Salman and Katrina were ex-friends and ex-lovers. Now they are working together in Ek Tha Tiger.'

We do talk like that. Tomorrow, if Salman and I announce a film, I am being presumptuous enough to say that there will again be... (pauses) interests in it. For YJHD, the same happened with Ranbir and Deepika and there was huge hype and interests, again."

### Like me, like my movie

Kat feels it's not just the chemistry between the lead stars that can drive a film to success. "That's not the basis of which films actually run. People come in, they want to see a nice film. Salim



(Khan) uncle once told me, "If the film is appreciated and people have liked the film, it means everyone's performances in the film was appreciated." It cannot be that you liked a film of mine and I was terrible," she points out.

### Flops are painful!

Having spoken her heart out on Ranbir-Deepika's chemistry, she wishes the Tamasha team success. "Do I hope Tamasha will be a good film? I hope and pray that it is a great film.

Because Ranbir deserves everything that he wants and he desires. As an actor, it might be painful when your films don't work.

But I am sure he'll be amazing in Tamasha like he always is."

# Chai with... Arti Iyer

I had the opportunity to sit down and have Chai with Arti Iyer. She is a successful Realtor in the valley and helped many to buy and sell real estate over the past ten years.

**Q - Tell our readers a little about yourself and your family**

I am a true Mumbai girl at heart, born and brought up in Mumbai. I hold a master's degree and studied fashion designing. I worked in that industry for a few years, and then moved into real estate. My husband is the founder and CEO of appsFreedom, a mobile software company with quite a few accolades to their credit. I have 2 beautiful kids, a 12 year old and 8 year old! They are my strength, motivation and give me the drive to do what I do.

**Q - Fashion !! That's interesting, Tell us a little more about it**

Well, I always had a creative eye and interest in design, so I decided to pursue fashion designing as a career. Soon after graduating, I was fortunate enough to start my own company. We used to design and manufacture women's ethnic and western wear and supply to exclusive boutiques in Mumbai. My core expertise was designing and I had a lot of fun coming out with creative designs, as it was a startup, I got a chance to do other areas of business like manufacturing, Sales and Operations. Although running a startup as a young girl in the male-dominated fashion industry in Mumbai was not easy, it was a successful venture and a dream run. I not only learnt a lot but thoroughly enjoyed it.



**Q - how did you land into Real Estate?**

While in US, I moved around a few places like California, Florida & Arizona. I was always intrigued by how varied each state was in terms of its topology, the nature and of-course the houses as well. Moreover my father has been in the real-estate profession, with our family owned business for over 50 years. So I grew up listening & seeing my dad, day-in and day-out in this business. Also my sister is in real-estate as well in Connecticut. Somehow I got very interested in Real-Estate after I moved to Arizona. I guess moving across the country helped and real-estate profession runs in my family as well. So it seemed very natural to me.

**Q - So you have a family history in this profession but that is not enough for someone to be in this profession for as long as you have been.**

Yes, you are right, Although family history helps, its not the sole reason why I have been doing this everyday for more than 10 years. The primary reason is I love what

I do. The biggest personal satisfaction, I get is when I see a family move into their new home. All the excitement of a new home, dreams of raising a family, a bright new future all sums up in a unique smile when a family, specially first time home buyers, gets the keys and step into their new home. That satisfaction I see in their face is all worth it. I absolutely enjoy what I do and I would not trade it for any other profession.

**Q - Why is that? What is so special about First time home buyers?**

First time home buyers have unique needs and being the first time for them, are not aware of the buying process in this country or the pit-falls and gotcha's in buying homes. Home buying is a big step for anyone and it is specially so when you are doing it for the first time. They have lots of questions and concerns, and need guidance in every step of the way. Now the reason I like working with first time home buyers, is for them, this is a unique and a one-time experience. When they find a home of their dreams and allow me to share their moment of joy, it



makes me immensely happy to be part of their joyous moment. There is nothing like that experience. It's not just about showing a house or signing, I try to be with them on their side during their complete process starting from educating them about the home buying process to actually being with them in every step of the way till closing. From Inspection till the final walkthrough I am involved and personally be there. I tend to exceed client-expectations, through real life experience, industry knowledge, effective and efficient thorough communication. Also after stepping into their new home is where their home owning experience starts and I support them in their home owning experience as well, until they are completely self sufficient. My clients still call me if they have any questions or need references, I still give my time and be there for them, irrespective of them being in the market or not.

**Q - What areas of real-estate do you cover?**

I specialize in residential and commercial properties, help in buying, selling and leasing.

In residential my expertise are in new homes and resale homes, in new homes I help them in selecting their interiors, my clients always like my choices and get that advantage of my designing sense. They appreciate and value my inputs and advice, as its a big step for them.

Commercial side, I have done gas stations, office space and Retail in grey shell and built outs. I have experience in Land deals, well it was more popular in mid 2000, so at that time many of my investors bought it around the valley, I handled investors portfolio who have multiple properties, help them flip and sell or convert into an income generating property.

**Q - What are your plans for the future?**

I like my profession too much, in fact am devoted to it:) I am full time into real estate and intend to be around for a long time to come. Would like to help our indian community as much as possible in getting the fruits of home ownership.

Thank you Arti for giving us wonderful insights into real estate....



**N**amaskar, and Sat Sri Akal to all my readers.

Today, we will talk about the five passions. How useful five passions are in our lives and also the destruction they create when not properly used. Many religious books and leaders talk about the five passions and refer them as the five enemies, the five thieves, the five evil sisters, or the five sins and on and on. I am not with them. I have a different view of the five passions.

Lets us take a different approach: If lust is not there, a very sweet relationship between male and female cannot exist. If anger is not there we cannot protect ourselves. But, if we use our anger in a violet way, anger becomes our worst enemy. Furthermore, if we are greedy and powerful we can cause great imbalance in the economy of our community or the country. Similarly, if we are egoistic we loose the patience and kindness of those around us. If we are too attached, it can create hate in ourselves against others and we become more selfish.

## Greed Killed Wisdom

Remember, the five passions are the foundation of this creation and are the five physical witnesses of the creator. Reason for our confusion, and misunderstanding of the five passions is because we are ignorant of the relationship between the creator and the creation. As long as we don't have spiritual knowledge we won't be able to understand the phenomena, connection between the creator and the creation. This concept has not been included in the practical curriculum of religious teachings because today religions are only interested in Ritual's and Dogma's.

Long time ago there was a king who was kind, wise and generous with everyone in his kingdom. In his court he had two great authorities to help him administer his kingdom. One was a priest and the other was his prime minister. The king was very devoted to his

priest.

As the king was ageing, the priest started becoming concerned and thought: "He always provides me with what I ask. What will happen with me when he departs to heaven?" For days, the priest was deeply concerned with theses thoughts. He finally came up with a clever plan and went to the king.

One day, the priest approached the king with a gloomy composure and suggested a special worship and prayer to extend the kings life because his astrology reveals that the king's would die in six months. The king replied " O reverent priest, please do what you think is necessary"

After the priest left, the prime minister asked the king concerning the priest's conversation with the king. The king was nervous about his death in six months. The minister told the king "we will sac-

rifice anything to protect your life but I need just one written word from you. What ever I do to protect your life, you won't punish me," The king answered "Yes."

After one week the prime minister surprisingly invited the priest to meet him. In that visit the minister asked the priest; "How can we protect the life of our king?" In this conversation the minister also asked the priest humbly, "How long are you going to live in this life?" The priest was excited to reveal and said, "I am going to live 30 years, 3 months, 11 hours and will die on such and such day and time." After hearing to the answers, the prime minister requested, "Sir, please write this down for the religious history of our kingdom." The priest proudly did as requested and gave the statement to the ministers.

Within minutes the prime minister ordered the behead-

ing of the priest, and after the priests beheading, disappeared for two days.

When he returned to the king's court, the minister humbly handed to the king the king's written promise that dictated his freedom from the punishment. Then, he showed to the king the priests statement of the priests' self-prediction of his own death.

The minister then explained to the king, "If the priests doesn't know the correct date of his own death, how can he predict your destiny, or death?" King was surprised of the rational given by the minister, and after the incident lived for another 20 years.

The moral of the story is that the greed of the priest killed his wisdom and he paid with his life.



My Love and prayers are with you.

**Gyani Ji Harbhajan Singh Sandhu**

GHSSandhu@gmail.com

## 5 cool makeover tips for your room

Interior designer Rakshita Singh gives some simple design tips that can add some drama in your bedroom decor.

When decorating your bedroom, you need to make sure that your aesthetics are in place and more importantly, you need to ascertain whether you want the 'me only' look for your bedroom or the 'we' look. Here are some simple design tips that can add drama to your bedroom decor...

Keep the magic alive: Dedicate one

wall of your room to your partner with a large number of tiny framed photographs in a heart shape. This will remind you of each other and the best times you have spent together. It will also help to keep the magic alive.



All about the 'we' not 'me': It's not about his or her, BUT it's about 'WE'. Opt for more neutral tones of colour like beige, purple and whites when renovating a room for a newly married couple.

Add some romantic drama: Add some extra canopy of cloth in your

bedroom to add some drama and closure. Choose and name your bed sides before you get hitched by putting the name above your bed heads.

Make a cozy nook: Adding a love seat in a bright and attractive colour to your bedroom decor can jazz it up.

Light it right: Add some drama by adding tea lights and lamps in the corner of your rooms. It does make it romantic.

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# Right click: Using technology to boost tourism

Sneha Mahale

Last week, Agra's Taj Mahal got its own Twitter account. And if the Uttar Pradesh Tourism Department is to be believed, it is "the first historical monument in the world" to have one.

The handle, @TajMahal, already has over 16,000 followers, and is part of a unique project that aims to boost footfalls to the famous structure. But, it isn't the first initiative to use technology to draw in the crowds. A number of online projects around the world, and in India, have or are in the process of being set up to create awareness about art and culture, help conservation efforts, and even boost tourism.

"Virtual reality has been around for some time now. However, online initiatives, like the Google Art Project, are now providing realistic 3D navigation of the world," says Amit Madhan, chief operating officer - IT & E Services, Thomas Cook.

## Culture calling

This year, Mumbai's Dr Bhau Daji Lad Museum is collaborating with Google for its Art Project. Set to go 'live' soon, users will be treated to panoramic images of selected galleries and exterior depictions of the museum. The same initiative also helps people explore thousands of Indian and international artwork in stunning quality, as well as digital exhibitions that tell the stories behind these treasures.

"By creating these images, we hope to form new ways of telling the stories of India's rich cultural history and sharing more of our heritage with people right here in the country and around the world," says Amit Sood, director, Cultural Institute, Google. Furthermore, such projects give everybody a chance to visit places they can't easily travel to. And it clearly has many takers. From August 1, 2014, to July 31, 2015, it has had 240 million page views by 41 million users across the globe.



Google Glass being used to bring art to life.

Then, last year, a research project was launched to bring art to life. It was trialed at the Manchester Art Gallery in the UK with the aim to explore how the Google Glass could be used in tourism. A prototype app was created that allowed visitors to find out more about a painting by taking a photo on the device's camera.

But it isn't just art galleries. Virtual reality has been increasingly making its way into the museum experience. Starting June, visitors to London's National History Museum could take in a 15-minute VR experience using Samsung Gear VR headsets, in which British presenter David Attenborough narrated a 3D journey depicting sea creatures from 500 mil-



lion years ago. Similarly, Europeana has enlisted the Dutch design agency ArchiVision to create a virtual tour of masterpieces from the Dutch Rijksmuseum, viewable with the Oculus Rift.

Karan Anand, head, relationship, Cox & Kings agrees, "Such initiatives can provide art and travel enthusiasts a flavour of what's in store for them even before visiting a museum or an art gallery. This makes potential travellers extremely curious to see the real thing up close."

## Sight seeing

These projects also push people to explore lesser-known destinations or even places that they may feel are not all that accessible. In May, Son Doong's "infinite cave" went online. Visitors can now check out 360-degree panoramic views of key sections of the cave that is located in central Vietnam's Phong Nha-Ke Bang National Park on a smartphone, tablet or desktop. Photojournalist Martin Edström, who clicked the images, hopes they will bring more people to this less-visited spot, which was discovered by explorers only in 2009.

Google's Street View, on the other hand, lets you check out the whole globe, from the summit of Mt Everest to the Great Barrier Reef, Australia. Launched in 2007, it quickly spread across the globe, now covering more than 50 countries. And the technology has several fans. "When I wanted to sell a trip to Cambodia to my wife, I showed her the Angkor Wat via Street View. She was convinced. We made the trip in February," says Taran Singh, 32, a media professional.

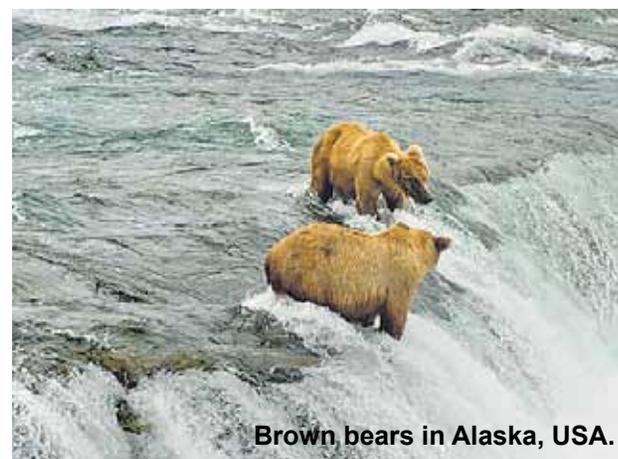
## Into the wild

Then, recently, to mark World Elephant Day (August 12), Vecotourism organised an online guided tour of Kitum Cave in Mt Elgon National Park, Kenya. The expedition covered five locations - from the park's front gates to the depths of Kitum Cave, where elephants have been mining salt with their tusks for generations. Similarly, on June 19, conservation organisations from around the world came together on social media to let virtual visitors experience the amazing diversity of life found in tropical rainforests. Sightings of species, from the orangutan to the hornbill, were shared with followers.

The aim of such tours is to boost conservation efforts offline, even as they create awareness about endangered species from around the world, and even underwater. The Catlin Seaview Survey on the Great Barrier Reef, for example, aims "to scientifically record the world's coral reefs and reveal them

all in high-resolution, 360-degree panoramic vision".

The data collected will be monitored over time, to understand what's happening to the reefs. When it was launched in 2012, the survey included 32 reefs. Over 1,05,000 geo-tagged panoramic images covering 150km were captured.



Brown bears in Alaska, USA.

And tourists are lapping it up. When Explore.org, a philanthropic multimedia organisation, set up nine cameras in 2013 that would live shoot brown bears as they converged near Brooks Falls at Alaska's Katmai National Park to catch salmon, the videos went viral. Anvesha Jha, 22, marketing executive, travelled to Alaska this year after watching them. She says, "I felt a bond with some of the bears. They had distinct personalities. So, I made the trip to see a few up close and personal."

## Time travel

With new technology coming in almost every year, usage of these tools gets increasingly innovative. Travel companies are already experimenting with live streaming. In June, Georama offered a four-hour real-time tour around Michigan's Mackinac Island in the US. It was billed as the first live-streamed tour of its kind in North America - and only the second in the world.

According to state tourism board, it was watched by 3,000 viewers from every continent (but Antarctica), and got about 845 interactions. Earlier this month, the British Museum allowed its visitors to explore a 3D Bronze Age site. The exhibit was based on a Bronze Age roundhouse within a settlement, showing how objects might have been used in the past. And with augmented reality labs being set up around the world to study how wearable technology benefits tourism, a lot more can be expected on this front in the coming years.

## Talk time: On Skype with the psychiatric

A signboard at Delhi's Select City Walk Mall reads 'Largest virtual mental wellness centre'. It points to a two-cubicle space with chairs, tables, computers and headphones where visitors can log on to seek help from a counsellor or psychiatrist. The month-old facility is already quite popular with mall-goers. It gets about 40 patrons a day.

They put on the headphones and pour their hearts out to the professional at the other end, discussing problems at work, problems at home, and homesickness. "If we can have spas and clinics in malls, why not a mental wellness facility," says Shipra Dawar, founder of ePsyClinic.com, the virtual behavioural well-being centre. "We offer patrons the option of discussing their problems with an online expert while out shopping."

The Delhi facility is a first of its kind, but across the country, stress, fast-paced lifestyles and limited access to quality psychiatric care are seeing patients turn to e-counselling, where doctors conduct sessions with patients via video links, live chat, email and even WhatsApp. Mumbai-based psychiatrist Harish Shetty, for instance, currently consults with 12 patients via WhatsApp, up from three in 2013. Of the 12, three live abroad and the rest are in high-pressure jobs that make it difficult to schedule an appointment.

"WhatsApp works well, especially for shy patients. I find that people express themselves more candidly on WhatsApp than they do in person," says Shetty. "In person, or even on Skype, they tend to be more careful about their language, for instance. On WhatsApp many vent without hesitation and are more honest." At Mumbai's Fortis Hospital too, of the 60 patients



Dr Parul Tank sees a month, at least six are counselled on Skype. "I still insist on meeting every patient at least once, but many prefer to do follow-ups online," Tank says, adding that such consultations also benefit patients in smaller cities and towns, where finding competent psychiatric care can be a challenge.

### TECH TONIC?

At the Delhi mall clinic, two psychologists and two psychiatrists are available online between 11.30 am and 9 pm. The first 20 minutes are free; prices for extended sessions start at Rs 200 for 30 minutes. "We in India tend to ignore our mental problems. In fact, seeking help from counsellors or psychiatrists is often stigmatised. A platform like this can make counselling and physiotherapy accessible to a larger number of people," says Kripi Malviya, a psychologist of the centre.

Elsewhere, e-consultations are helping busy professionals reach out where they otherwise wouldn't have, and ensuring continuity of treatment when people move away.

Uday Bakshi\*, 24, for instance, kept in touch with his psychotherapist, Mumbai-based Preeyal Bhagchandani,

via Skype while studying in the UK in 2014. A dyslexic who had been bullied through his childhood, Bakshi was nervous about joining the foreign university. "My weekly one-hour Skype consultations kept me going, especially in the beginning," he says. "It made more sense to reconnect virtually with a psychotherapist I trusted, someone who knew my history, rather than try to find a new counsellor in a foreign country."

For her part, Bhagchandani says she prefers to have patients visit. "Face-to-face consultation enables me to pick up on non-verbal clues and read a patient's body language better than I can on Skype," she says. "But continuing treatment, even if it's online, is better than no treatment at all." For Bhagchandani, Skype consultations evolved organically, mainly through word-of-mouth. It started four years ago, with one patient who had moved to the US. Today she says she conducts at least 16 Skype consultations a month. "Once you start a therapeutic alliance, you have to stay committed, even if it means online counselling at odd hours. Bailing on a patient is unethical," she says.

There are disadvantages beyond

not being able to read subtle cues, though. For one thing, the patient's own environment is not controlled. This could mean a breach of privacy as simple as someone walking into the room when they're talking, says Dr Shetty. The loss of a controlled environment also makes it largely unfeasible to conduct virtual sessions involving more than one patient - such as couples or family counselling. "How do you pacify a bickering couple over Skype?" says Dr Tank.

And medication without a face-to-face consult is a definite no-no, most mental health professionals agree. At ePsyClinic, psychologists and psychiatrists are also trained to distinguish between cases that would benefit from counselling and those that require more intense therapy. For the former, though, psychiatrists believe e-interactions could also ease some of the stigma associated with seeking help.

"In India, one doesn't approach a mental health expert unless it is a medical necessity, which isn't the case abroad," says Dawar. "That's why we call ePsyClinic.com a centre for mental wellbeing, not mental health. And that's part of the reason we decided to open a centre in a mall."

Most of us tend to over-indulge when it comes to junk food and aerated drinks. That, combined with stress and pollution, can make our bodies sick. This also interferes with the functioning of our body parts including our eyes. Although good nutrition is important for healthy vision, you also need to develop relaxation techniques, as they

## Follow these easy-to-do tips for healthy eyes

help increase blood circulation to the eyes, which is the key to any healing process.

### Good habits

\* Learn to blink while reading. It is a quick method to give your eyes some rest, and keep them moist. Those who have dry eyes will benefit

greatly from this

\* Dehydration can also cause dry eyes. So, drink adequate water

\* While reading, hold the book at an elbow's distance from your eyes or from where you can see it best

\* Do not lie down on the

sofa or bed and read. Sit on an easy chair

\* Do not read in a moving vehicle. Don't read in a room that isn't well lit

\* Always turn your head in the direction of where you are looking, instead of straining your eyes

### Eat right

Most green, yellow and orange fruits, and vegetables, are known to contain carotenoids, which are beneficial for your eyes. Listed below are some foods that you can have on a regular basis to improve the health of your eyes.

Most eye problems are related to nutrient deficiencies or toxicity.

# Fraser-Pryce matches countryman Bolt with 3rd 100m world title

Shelly-Ann Fraser-Pryce made it another Jamaican night at Beijing's Bird's Nest Stadium on Monday, sprinting to the 100-metre gold at the World Championships for a record-tying third time - a feat that matches countryman Usain Bolt.

Like Bolt, Fraser-Pryce came into the event with two Olympic and two world titles in the 100m event. And after Bolt ran to his third gold on Sunday, Fraser-Pryce did likewise. Unlike the thrilling come-from-behind win of the lunging Bolt in Sunday's final, Fraser-Pryce bolted from the blocks, powered through midway and was able to lift her right arm and index finger in victory as she crossed the line in 10.76 seconds. "Usain ran 9.7. I ran 10.7. It's not about upstaging anyone," Fraser-Pryce said. "In his own way, he is who he is and he has nothing to do with me. It's about what I want to do and what's important to me."

Behind her, former heptathlete Dafne Schippers set a Dutch record for silver in 10.81, edging Tori Bowie of the United States by 0.05 seconds.

Bolt is known around the world for his signature 'Lightning Bolt' pose, and Fraser-Pryce has made spectacular hairdos her specialty. She won the 2013 world title with bright pink hair, but it was all daisy and grass-green locks in Beijing. "I wanted green in my hair, so I did green. And I got my sunflowers to match," Fraser-Pryce said. "I've never done it before. Just said, 'OK,



I'm doing my hair green."

Fraser-Pryce is the only woman with three 100m world titles, matching Bolt and American runners Maurice Greene and Carl Lewis overall. Although the Jamaican dominance in the sprints has been overwhelming the past years, the Kenyan dominance in the 3,000-metre steeplechase goes back decades. And it was flaunted again on Monday as Ezekiel Kemboi won his fourth straight World Championships title, finishing it off with his trademark dance wrapped in the Kenyan flag.

"That is always the celebration," said the 33-year-old Kemboi, who is also a two-

time Olympic champion and still has his eyes on the 2016 Games in Rio de Janeiro.

Just as predictable as Kemboi was the victory of Caterine Ibarguen in the triple jump. The Colombian extended her unbeaten run to 29 events and retained her title with a winning leap of 14.90 metres. The Olympic silver medalist hasn't been beaten in three years.

In the biggest surprise of the night, Olympic champion and world-record holder Renaud Lavillenie again missed out on the world title, failing three times at 5.90 metres and leaving the gold medal to Shawnacy Barber of Canada.

In a tight competition, Barber scaled 5.90 meters and got the title on a countback over defending champion Raphael Holzdeppe. Lavillenie ended up tied for the bronze with two other competitors at 5.80.

After Jessica Ennis-Hill came back from motherhood to win the heptathlon title on Sunday, Vivian Cheruiyot of Kenya did similar in the 10,000, beating Gelete Burka of Ethiopia. "I was so happy for Jessica," Cheruiyot said. "It shows that everything is possible." In a tight finish behind the top two, Emily Infeld of the United States took bronze, overtaking teammate Molly Huddle, who was celebrating a medal too

early, on the line.

Although Bolt's stunning come-from-behind win over the favored Justin Gatlin in the 100 was a day old, it continued to make waves on Monday.

Standing on the podium just after receiving his silver medal, Gatlin gestured toward a heckler who was bothering his mother in the stands. He scowled and pointed at the offender. "I was like, 'Hey, chill out with that. Be a gentleman,'" Gatlin told The Associated Press. "No one has to talk disrespectful to anybody."

Gatlin has been a controversial figure in the sport since his return from a four-year doping ban in 2010.

## IndyCar driver Justin Wilson dies after crash during race

IndyCar driver Justin Wilson died on Monday after suffering a severe head injury during a crash in the final laps of Sunday's race at Pocono Raceway in Pennsylvania, IndyCar officials said. The British driver was 37 years old.

Wilson, a former Formula One driver and seven-time winner in IndyCar racing, had been in critical condition in a coma at a hospital in Allentown, Pennsylvania, before his death.

"This is a monumentally sad day for IndyCar and the motorsports com-

munity as a whole," Mark Miles, chief executive officer of Hulman & Co, the parent of IndyCar and Indianapolis Motor Speedway, said in a statement.

"Justin's elite ability to drive a race car was matched by his unwavering kindness, character and humility -- which is what made him one of the most respected members of the paddock," Miles added.



Wilson's family said in a statement that he was a "loving father and devoted husband, as well as a highly competitive racing driver who was respected by his peers".

Wilson was the first IndyCar driver to die following a race accident since fellow Briton, Dan Wheldon, was killed in a fiery crash in Las Vegas in October 2011.

Wheldon, who died aged 33, was

just one of two British drivers to win America's most famous race, the Indy 500, on more than one occasion. He won it in 2005 and again in 2011, the 100th anniversary of the race.

"We are deeply saddened by the passing of Justin Wilson," Wilson's Andretti Autosport team said in a statement.

"He was a tremendous racer, a valuable member of the team and respected representative to our sport.

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