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Uniting all South Asians in the Valley

# Today

Monthly Newspaper

• Vol-IX • Issue-9 • Phone : 480-250-2519 • sales@asiatodayaz.com • September 2016

<p><b>6&amp;29</b> Janmastami Celebrations</p>		<p>The India Association of Phoenix organized the Independence Nite</p>	<p><b>3</b> Fashion Harpreet Maan</p>	<p>Would like to work with Amitabh Bachchan in future: Saiyami Kher</p>
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## South Asian Leaders' Reception to Support US Senator McCain for Re-Election



**August 26, 2016**  
by Deepa Kaur Walia

On August 26, 2016, influential leaders of the South Asian community – Dr. Gautam Shah, Dr. Dharendra Patel, Mr. Venkat Kommineni, Mr. Subhash Thathi, Mr. Anil Uppal, and Dr. Nina Maulik Shah with • **More on P16**

## Sri Krishna Janmastami Celebrations at the Hare Krishna Temple, Chandler

Hare Krishna Temple celebrated Sri Krishna Janmastami, the appearance day of Lord Krishna, on Thursday, August 25th, 2016, in a grand fashion. There were a lot of activities for everyone to enjoy. One could visit the Vrindavan Village on the south side with Tulsi Pavilion, Damodar Yasoda diorama, Govardhan Hill



diorama, Baby Krishna Jhullan, Haridas Thakur corner for chanting as well as lots of new books at the book table. You were greeted with tilak and sprinkling of holy water. We were happy to welcome some dignitaries: Barry Wong from the Governor Doug Ducey's office read the Sri Krish- • **More on Page 22 & 23**

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# The India Association of Phoenix organized the Independence Nite

The India Association of Phoenix organized the Independence Nite – an evening of food, fun, and festivities to celebrate the 70th anniversary of India’s Independence on August 20, 2016. The event was held at the Arcadia High School Auditorium in Phoenix, Arizona. It was a delightful night of Indian dance, music, and related festivities. The organizers had solicited from greater Phoenix area artists for performances focused on two key themes namely, patriotism and regional flavors. For the enjoyment of the attendees the gala featured a number of patriotic items and a cultural journey through different regions of India through dances, musical interludes, and short skits based on historic, patriotic, and regional themes. Offered by the very young to adult artists, close to

50 performances captivated an audience of around 1500 people. As expected, the program included a strong flux of Bollywood dance items along with patriotic, folk, traditional, and classical songs and dances. The audience was amazed by the rich variety of dance and music pieces as well as the colorful costumes. The organizers and audience both acknowledged the high quality

of choreography and creativity by various dance schools in the area that the artists belong to. The event offered excellent leadership and organizational opportunities for the youth. More than 30 High school students from around the valley formed the youth volunteers who managed the entire participant coordination. Their leadership, functional roles, enforcing rules and

regulations including “no food allowed inside the auditorium”, and backstage coordination ensured a seamless integration of 5 hours of programs without delay or boredom. This also offered a unique opportunity for some of the youth to exhibit their talents for public speaking through emceeing roles. One of the highlights of the event was the motivational speech by the Chief Guest for

the event – Mr. Sastry Durvasula who is a Senior Vice President in the Technologies Division of American Express. He encouraged the youth to focus on their education and preparation for their future higher education and career goals. Mr. Durvasula also touched on the importance of technology preparation for future success in this modern era. He was very appreciative of the India

Association for bringing the community together to celebrate this important event for people of Indian origin. The hoisting of both American and Indian flags followed his speech. The audience joined in the singing of the National Anthems. Mouthwatering foods and snacks were offered for purchase by the Indian Delhi India Palace restaurant, Phoenix that included vegetarian and non-vegetarian meals, samosas, pakoras, tea and mango lassi.

The organizers are thankful for the immense support from the community for this event to be a major success due to the variety of program and attendance. Of course, such a large event would not have been possible if not for the dedication of volunteers who manned the registration desk and the youth who managed participant registration and provided backstage support. The association is indebted to the Cultural Director Rashmi Menon for efficiently managing the event by screening and finalizing a beautifully orchestrated program for everyone’s enjoyment and the full support of the Board of Directors for yet another successful event.





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**Open the Doors in Your Path...**

When I looked at my mom, I always wondered where she found her strength. Holding a job, taking care of a household, raising her kids, doing community service, and always starting new ventures like this newspaper Asia Today Arizona or her Diwali Mela, she is always running a million miles an hour.

Sometimes you truly cannot appreciate an individual especially if you have known them your whole life until you see them from the lenses of another. Lately, I have been running into so many people that know her and when I meet them, the first thing out of their mouth is I know your mother and she is an amazing woman. At this age, parents are settling down and looking forward to being acknowledged by their children's accomplishments but not my mother and the owner of Asia Today Arizona. Her children are proudly recognized due to her success, hard work, and contributions.

As I take on new responsibilities at work and struggle to manage my commitments to her for the newspaper and the social events such as the Diwali Mela coming up in 2016 and try to figure out a way to balance that time with settling down and trying to run a house, I am now truly amazed at how easy she made it look. Where did this strength come from? Life hasn't been easy for her nor has it been filled with some overwhelming support to make it easier. Then, where did this strength and drive come from? And when I realize it came all from her alone, I am in awe of the strength it must have taken to do what she does.

This month, I also had the pleasure of meeting Lalitha Byra, another strong woman bringing Arizona its first Indian Women's Empowerment Forum – a much needed forum to bring women together to help and learn from each other to continue to grow. As I was writing up our column "Chai With..." an exclusive interview with Lalitha Ji and the upcoming empowerment forum, I realized I would not have



**Editor's  
NOTE**

had the opportunity to meet her had it not been for the Asia Today venture. A door my mother opened many years ago has opened so many more doors month after month and given us the ability to give back to greater causes like women's empowerment. Had she not conceived Asia Today Arizona, I would not have met so many amazing people and had the opportunity to give back to the community in so many ways.

Asia Today Arizona is a great success due to the support and love of our readers, supporters and advertisers for which we are humbly grateful. Our 6th Annual Diwali Mela coming up on October 22, 2016 at Kiwanis Park in Tempe, AZ has had continued success year after year due to same love and support from the community. All of that began with the strength of a woman willing to open that door. I encourage all of you to support Lalitha Byra in a new door she is opening in women in Arizona the same way you have supported us throughout the years. Please read our exclusive Chai With column for more details about Lalitha Ji and the Indian Women's Empowerment Forum being held on September 18, 2016.

There are many times we are at a crossroad where there is a door in front of us and we are afraid of opening it – it may bring too much work or disappointment or heartache. But we never give a single thought to the many doors that may be beyond that door which will remain closed forever if we don't take the first step. As I look at strong women like my mother and Lalitha Byra, I encourage all of you to open the doors in your path because as I have personally witnessed, it will lead to amazing things. Wishing you all the best and hope to see you at the Women's Empowerment Forum and Diwali Mela 2016!

**-Deepa Kaur Walia**

**Editor, Asia Today, editor@asiatodayz.com**

This month was full of festivals, we celebrated the independence day of India..the birth of Lord Krishna, the bond of love Rakhi, now i am looking for many more reasons to celebrate

And now the month of Ganesh chaturthi and navaratri, When my friend's 12-year-old daughter asked me to explain the significance of Navaratri, I embarked on a lengthy narrative of the various stories that revolve round the festival, before summing up succinctly, "Navaratri is a celebration of woman power, a festival of women, for women and by women."

Whether it is the exchange of vettalai paaku (auspicious exchange of betel leaves and nut) and sundal eating sessions down south or the myriad hues of Durga puja in the east, the graceful twirling of women's skirts as they dance to the rhythmic beat of the Garba in the west or the toasting of the symbolic victory of good over evil in the north, it is a show of women's strength all the way. What can be better proof than the fact that in all homes, during these nine days, girls are invited and treated as guests of honour and offered a variety of accessories ranging from nail polish to bangles to earrings and fancy necklaces, while their peer boys have to be content with a pencil or a chocolate bar!

My friend's husband disagrees: "What about the burning of Raavan's effigies in the north?" Isn't that a 'man-thing'?

"Maybe, but the cause of Raavan's death were two women, his nemesis Sita and his home-wrecking sister Soorpanakha. And, however powerful the mighty Ram was, he eventually needed the blessings of Mother Goddess to pull the final trigger (or arrow) on Raavan. So, isn't it a classic



**Marketing Director  
NOTE**

case of a woman coming to the rescue of a man in distress, I conclude.

As we propitiate Mother Goddess all the nine days, we are reminding ourselves that there can be no universe without a woman. When we distribute goodies to fellow sisters, we are asserting that 'a woman is a woman's best friend.'

The Garba brings out women from the confines of their home and hearth and lets them have a well-deserved break, sanctioned by religion, in an otherwise male-dominated society. When goddess Durga stands out majestically alone, separated from her consort Siva, she is demonstrating that a woman is a man's better half, she is capable of having her own identity, separate from a man. It is another matter that she chooses not to.

Idols and images of the Durga taken round in processions reaffirm what we have known all along, that the woman is the creator, the sustainer and the destroyer and that she deserves to be worshipped. "So, has a man no place in this scheme of things," asks my husband.

"Yes he does. Who will chauffeur us to the various houses as we go on our sundal collection spree, who will help us pack and unpack the kolu stands, who will answer phone calls and doorbells while we are engrossed in chanting the Goddess's name? For nine days, it is a role reversal of sorts. You take the back seat, while we assume charge as mistresses of the universe." I reply, trying to placate him.

**-Manju Walia**

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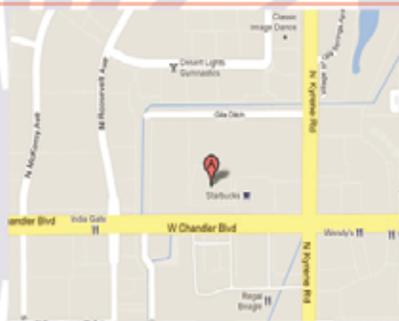
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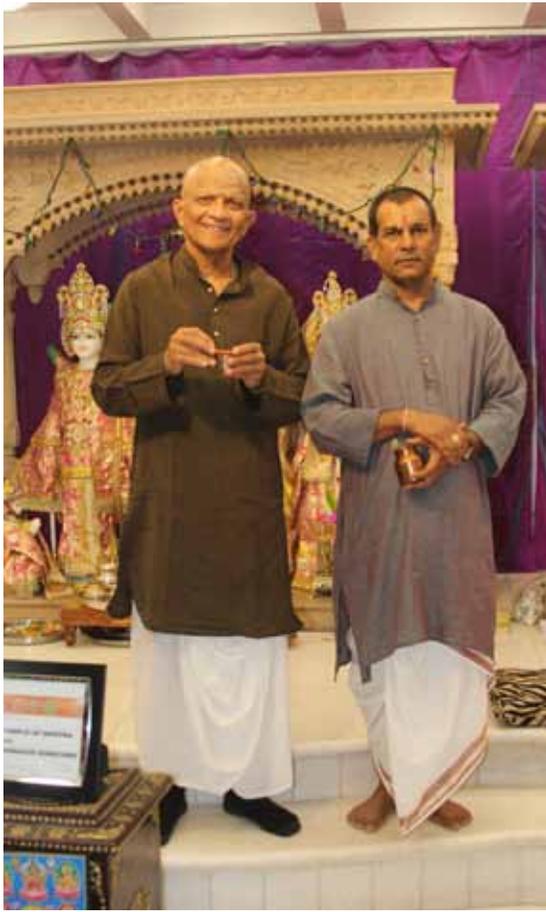
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# Glimpse of Hindu Temple Janmastami celebration





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TODAY

# Fashion

**Harpreet Maan**

**W**ho am I? An artist and a mother. A wife and a blogger. A dancer and a dreamer. A simple girl from New Delhi, India.

I was born into a family of artist-where creativity was my inheritance. Colors often spoke to me. My hands would answer by creating textures, paintings, portraits and life drawings. As I pursued my creative outlet, my life became a series of colors, hues, palettes and people.

At the age of 22, I married a wonderful man who introduced me to the western world. We settled in Arizona, where I pursued a career in web design at the Maricopa Community Colleges. Because of homesickness and the lack of family nearby, I began to binge on food. Before I knew it, I was overweight. Low self-esteem and unhappiness followed, until one day I decided enough was enough.

I decided to take charge of my life once and for all. This is where my journey truly began. I ate healthy, got enough sleep, and began working out. When I started feeling better and seeing results, I felt born again, and ready to tackle another challenge.

I began experimenting with fashion and makeup



to find products that enhance a woman's natural beauty, regardless of skin color. Three years ago, I started my blog, HMaan.com, to share my journey and inspirations with others.

Now I am very excited to take another step – an Arizona-centric monthly column that will cover local fashion trends, style,

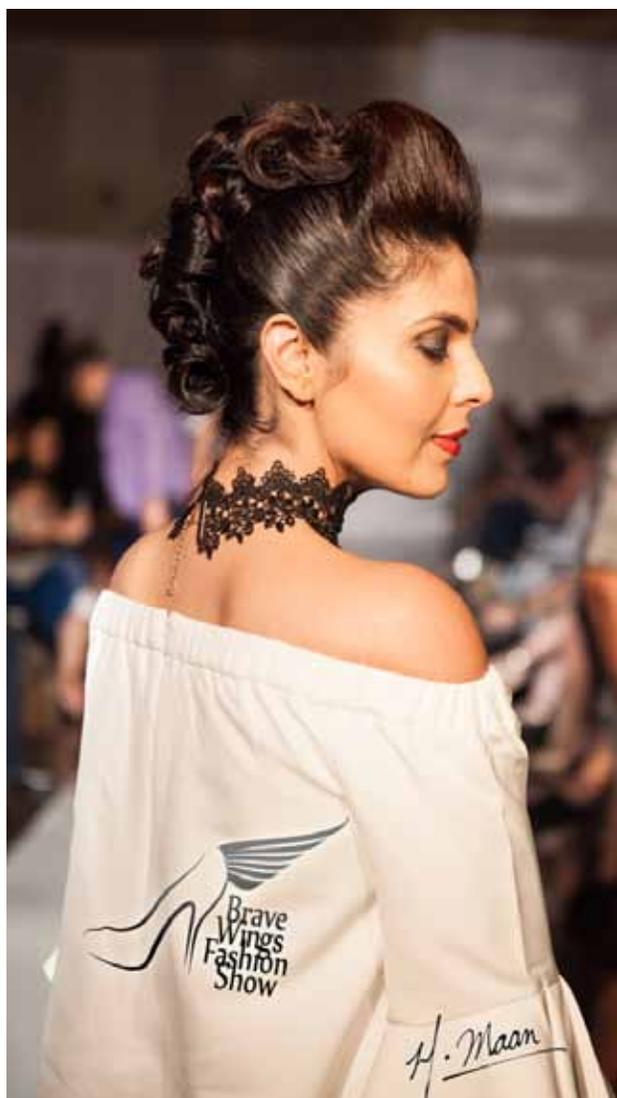


to wear. Lucky for you, this shoulder-showing trend lends itself well to your classic everyday bra styles.

**SLOUCHY SHOULDER**

Top: Chicwish.com // Choker: Forever21

Tip: There's no way around it with this style, so splurge on a high-quality, perfect-fitting strapless bra if you're baring or you can rock it with a sports bra showing one shoulder.



beauty, color, culture and more!

Along the way, I look forward to hearing from you, answering your questions and sharing your stories. Together we can inspire and enhance the way all women feel about themselves, both inside and out.

It's not a well-kept secret, but off the shoulder top is hot this season and is not a trend, it's a wardrobe essential. Complete your

look with a choker and bring out your edgy diva!

There are many ways you can rock this trend so you don't have to bare it all.

**COLD-SHOULDER TOP**

IMG: Cold Shoulder

Top: Zara.com/us

Tip: When it comes to flaunting your shoulders, there's one thing that's always top of mind: what bra



Find more fashion/beauty tips on Hmaan.com

**N**ishkam Seva Gurudwara Sahib commemorates the 16th Anniversary of Dr. Jasbir S. Saini. A man of many virtues leaves behind a legacy. Every year his wife Saranjit K. Saini along with Dr. Saini's parents Naurang Singh and Channan Kaur remember him by serving to the community with a Akhand Path (prayer). Time goes by but his memory is held close to our hearts and the community.



# Dysfunctionality of Religions

Religions have become futile and have stopped functioning. When such a thing happens to a religion, it happens due to lack of spiritual knowledge.

It is not the bodies which the religions address, rather, the religions provide your souls with activation and initiation of awakening and enlightenment. What you do in mosques, churches and synagogues is a customary, ritualistic performance of worship.

**The real worship which God has entwined with your souls can only be performed by your souls.**

When the religions happen to suffer from fallacy and inability to manoeuvre the souls of its followers, the religions become futile. They do not function in relation to awakening and enlightenment of the souls.

**Whether or not a religion is still valid totally depends on whether it is able to connect its followers with God.**

If a religion has thousands of followers and they perform a physical form of worship in mosques, temples, synagogues, churches and other worship places, however their hearts are still dark—their character has not been entwined with moral and ethical values; their souls have been unknown to the attributes of God; the souls have not learned to be compassionate; the souls are unknown to the most auspicious, powerful and supreme attribute of God: love—then the religion has become futile.

**Similitude of these religions are on the vital organs of a human being.**

The function of the heart is to pump the blood, oxygenate it and purify it. However, if the arteries around the heart have accumulated a lot of

cholesterol, toxins and free radicals, which release after the food is digested in the stomach, the performance of the heart decreases and with the passage of time, it deteriorates. A time comes when all the arteries leading to the heart become completely blocked. This is when the pulmonary valve that sits on top of the heart stops beating. The moment the heart stops beating, you expire.

To be honest with you, it is not about the 'bad' or 'good' of any religion. When Sanatan Dharma, the Hindu religion, was still alive, it was a good religion. When Judaism was still alive, functioning well and connecting people with God, it was good.

**Everything that God has created in this world is mortal.**

**Every mortal object has to expire at one point in time. In this phenomenal world, the bitterest of all truths is mortality. You cannot escape mortality.**

Sixteen years ago, I would walk on the treadmill with an incline of fifteen for two hours every day. Recently, I have tried to do the same again, but I couldn't do it. I realise that it is a lot to do with wear and tear. I do not have the same strength in my muscles and the same stamina in my body. The moment we take birth in this world, our journey to mortality begins.

**Everything is mortal—and so are the religions.**

We are mortal and the religion we follow is mortal. If religions were immortal, we would not need another. One religion would have been enough. The very fact that there are so many religions

tells us that every religion which has been established by prophets via revelation from God is a mortal religion. After some time, through the passage of wear and tear, the religion came to an end.

When you follow a religion and you reach nowhere, it should ring the bell. The voice of your conscience does



Article written by His Holiness Younus Aigoahar  
CEO of Messiah Foundation International

whistle in your heart, 'You're not getting anywhere. You're circulating around one fixed point.'

In the olden times, when people would want to extract oil from almonds and olives, they would put a round shaped pot with a stick in it and tie it to a bull; the bull would go in circles and grind it. The bull would make a thousand circles but not reach anywhere. In a similar way, we are following our religions, but they're not taking us anywhere because they are not making any journey. They have come to a total expiration.

Muslims shouldn't be astounded or taken aback by the fact that Islam can die. Islam is not greater than Prophet Mohammad. A time came when Prophet Mohammad departed this world. According to the Quran, everything is mortal except God. God has excluded

everything else for except him when he talked about immortality. Islam has come to an expiration. You cannot see Islam anywhere today. What you see today is Wahhabism, Sunnism, Barelvism, Shiaism; they are not Muslims, because the religion of Islam does not exist anymore.

Prophet Mohammad came and went back. Prophet Adam came and went back. If somebody comes and tells me, 'I am Adam,' I will say, 'Shut up. He came and went back.'

**Similarly, there is no rebirth of any religion.**

When Sheikh Abdul Qadir Jilani revived the religion of Islam almost a thousand years ago, Islam was still breathing. It was not completely dead. Now, however, Islam is

dead. There is no 'rebirth' of any religion. When the religion is completely dead, it is dead because God wanted it to be dead. If God wanted the religion of Islam to be revived again, then God would have sent somebody to help Islam before its demise.

There is no planning from God, according to which, the religion of Islam might have been revived.

All the religions are now expired. Humanity is on the brink of death. When the vital organs fail and do not function, either you simply close your eyes and die, or you go for the transplant.

**Messiah Foundation International has been blessed to announce to the world that we have a spiritual transplant. All the vital religions of the world which have expired are now being replaced with the Religion of God.**

A new system and religion. This religion is the Religion of God, therefore it is immortal like God. This religion does not apply to the bodies; it applies to your souls. The soul doesn't die and this religion does not die.

The Religion of God is God's lifestyle. You will become a member of the Religion of God as soon as you successfully adopt the lifestyle of God: the way God behaves and conducts himself. The way God manifests his compassion, showers his mercy on all human beings equally and opens the door upon humanity for his bounty. He is most forgiving, caring and loving.

You will become divine all of a sudden. You will not need to learn his attributes.

**When God comes inside your heart and your heart becomes an eternal dwelling of God, then God will manifest his attributes inside you. You will begin to live like God does. This is the Religion of God.**

All these religions have expired. The religion of Islam has been grossly subjected to mischief and religious corruption. Humanity is suffering at the hands of Islamists today. If an animal dies and it is lying there, after a couple of days, the place will stink and everybody will suffer. Similarly, the religion of Islam has died and people are suffering. The religions which were made by prophets have come to an end.

The Religion of God has not been established by any prophet or through any revelation. This religion existed even when there was no religion, prophet or messenger. The Religion of God is older than Prophet Adam and Prophet Mohammad.

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## RightToyota



**Nick Sharma**  
Senior Sales Manager  
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Scottsdale, AZ 85260

We teenagers aren't new to this term, Competition is a bitter reality that instigates different emotions in different people for the same cause. Once it steps into one area of life-let's assume sports-it does not abstain from stepping into the others. Gradually, it's everywhere: in school and college, standardized test scores, GPA, in physical and intellectual comparisons, between friends and families, and if not explicitly discussed, it obscurely manifests when your Mamaji says a 35 and Auntiji says 36 (on the ACT). But before anybody gets me wrong - I do believe in the concept of healthy competition, and some of us do a great job at it too, but for the other portion of us (teenagers), the word "healthy" is just a façade to hide what we are really going through. Somewhere, somehow, we're all looking for ways to be the better ones, it's an instinct of all motivated people.

So then how do you deal with competition if it's so ubiquitous, and if not as cruel to my readers as it is to me? We all have our own ways, and I would like to share just a few of the many I've liked to inculcate: Humility, Perseverance, and Consistency.

Some of you're really efficient in class and mostly listed on the top, Humility should primarily be your mantra. If you're "the overachiever" to your class then there can be two possibilities: one, you influence a lot of people, who wish to be your friends, or two, you irritate a lot of people, who envy your success. The only suitable path to take in both cases is to follow Humility. Stay as moderated as possible. You don't need your

# When Going Through Competition...

words to communicate, because your scores have already spoken who you're. Now, staying down-to-earth isn't my only implication; for those of you who know Hindi, there is a very famous maxim: "bada hua to kya hua jaise ped khajur, panthi ko chaya nahin, phal laage ati dur." Meaning, even if you grow as tall as the palm tree, but you can't provide shade to birds, and fruits to those in need, then you're worthless. When we hold huge hoards of knowledge, it's necessary to bend down and provide it to those who ask for help, because that'll foster respect in them toward us. Share as many tips as you can on Math, exercising, programming, anything, but remember there should be some conditions. Share your ideas as long as people find them useful, and not when they find you useful. If you're knowledgeable, you should respect yourself, because you work hard! Don't become a useful thing to people who don't deserve your knowledge. So stay calm and moderated.

Now, not all of us are as successful as the above mentioned, so Perseverance should be a part of our trait. If you're a motivated individual, then don't forget that once competition has stepped into your life. Stay motivated and keep trying to get ahead. You'll have to make huge efforts, but remember it has scientifically been proven that you can increase your brain power, if you keep giving it a perseverant exercise, so maybe one day, you'll be just as intelligent as your

competitor. Don't envy the ones ahead of you, ask them for help when you need it, and I understand there can be pride issues, I have them. But don't forget that your competitor has something that your efforts still haven't provided you. Getting their tips will complement your efforts of success. Again, there's a condition, go to them only if they speak with Humility. If you aren't as successful as them, then that should not reduce your self-confidence or self-respect, because you're working hard too, and maybe just as hard as them. Stay perseverant, and if your target is far enough to demotivate you, then look at your older self (you'll see how much you've improved) and get fired up once again! Stay calm and work hard.

The last one on my list is Consistency, and it's necessary for all motivated people who've become victims of competition. When you're part of the first group, never bring down the level of your efforts, because somebody's perseverance from the second group won't hesitate in surpassing all your efforts. And that's also why people from the second group should stay hopeful and persevering, because you never know where your opponent has left a loophole in their effort. So, be consistent and focused in your efforts at all times. If you don't see anybody in your competition, then make this your motto: "My goal is to beat my last performance," but don't ever lose uniformity for the sake of the strain your brain has been through to get you where

you are today.

Well, we've finally reached the end of this discussion, and I'd like to end with some positive notes. Since you've already done a courageous job of participating in the race of competition, it's important not to forget about yourself. You're a teenager and in the end a human being, don't sideline the little things that provide you happiness: listening to music, watch your favorite shows, eat your favorite food, and follow your passion. Competition can be the cause of different emotional eruptions in your life, but as long as you're happy, healthy, and still motivated, then that's all it takes to stay in this race. Most importantly, don't make your passions a burden on you, maybe Art is what you're most competitive and most passionate about, so let it be something that still provides you pleasure. If someone challenges your ability in Art, then don't let it be a burden, but be perseverant and happy that you've found somebody new to learn from. Sometimes you'll find Humility, Perseverance, and Consistency crossing paths with each other or with Time management, etc., so keep adding them to your character as well. That's exactly what competition wants from you: never give up, stay down to earth, so that you can garner all skills that come in your way.

I hope the article was relatable!  
**Bhavya Sharma,**  
 Paragon Science Academy,  
 Chandler, AZ



Waheguru ji ka Khalsa! Waheguru ji ki Fateh!

## GURDWARA MONTHLY

A Monthly digest of Gurdwara Programs and Events

### SEPTEMBER 2016 Programs & Events

17 Bhadon – 15 Asu, 548 Nanakshahi Era (NE)

**Sept 2 - 4 (Fri. – Sun.)**  
 Pehla Parkash Sri Guru Granth Sahib Ji (1604) (Actual: Sept. 2)  
 First installation of "Pothi Sahib" in Harminder Sahib.  
 Gurgaddi Sri Guru Angad Dev Ji (Actual: Sept 3)  
 Joti Jot Sri Guru Ramdas Ji (Actual: Sept 4)

**Sept 9 - 11 (Fri. – Sun.)**  
 Shaheedi Jaswant S Khalra (1952 – 9/6/1995)  
 Mela Kandh Sahib, Batala (Actual: Sept 8)  
 Birthday Baba Sri Chand Ji (Actual: Sept 8, 1494)

**Sept 11 (Sun) – Punjabi School Starts at 10:30am**  
 Fun & Learning for 5 and up  
 Please register for classes on the first day.

**Sept 16, Asu 1 (Fri.) – Sangrand Program**  
 9:00 AM – 10:00 AM.

**Sept 16 - 18 (Fri. – Sun.)**  
 Gurgaddi Sri Guru Ramdas Ji (Actual: Sept 14)  
 Joti Jot Sri Guru Amardas Ji (Actual: Sept 16)  
 Sun - Homeless Langar Seva. Call 602 741 8021 for more info.

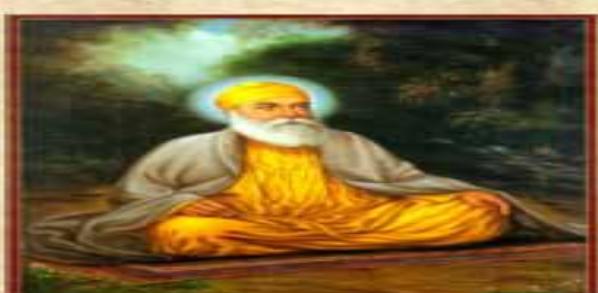
**Sept 23 - 25 (Fri. – Sun.) –**  
 Barsi / Anniversary Baba Buddha Ji (Actual: Sept 20)  
 Gurgaddi Sri Guru Angad Dev Ji (Actual: Sept 21)  
 Joti Jot Sri Guru Nanak Dev Ji (Actual: Sept 25)  
 Birthday Shaheed Bhagat Singh Ji (Actual: Sept. 28, 1907)

**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

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- » Full Body Pain Management
- » Headaches/Migraines
- » Infertility Problems
- » Muscle Aches
- » Nutrition
- » Sciatica
- » Sleep Disorders
- » Sports related Injuries
- » Sprains and Strains
- » Stress
- » Systemic Conditions



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# Farhana Shifa Ahmed- AZ GOP Asian American Coalition Chairperson

**F**arhana Shifa Ahmed- An artist, educator, author, community leader, and political activist of Arizona, who is attending the Class of 2017 of Dodie Londen Excellence in Public service series - Achieving Positions of Leadership for GOP women in 21st Century, currently announced as the Chairman of the Asian American Coalition of the Arizona Republican Party. Farhana is Bangladeshi American, served as Board member –Bangladeshi for the Coalition for past three years. Farhana is the first of Bangladeshi descent in Arizona to serve in this valuable position. She has a successful background in Fine Arts, Education, Mass Communication, and Project Management. She has been working in various capacities with the Asian communities with the vision of uniting, empowering, and improving the socio-political lives of Asian communities. Her initiatives to celebrate International Mother Language Day for past three years unified and represented more than 20 different language groups from five continents each year. Her mantra is "Celebrating diversity through unity". Her experience of recruiting Precinct Committeemen (PC), supporting GOP candidates, standing up for republican values and issues, educating and empowering communities by engaging them to political process made her a political catalyst among Asian communities. Farhana expressed her vision to reach out to all minor Asian communities and bring them on board to the coalition. AZ GOP Chairman Robert Graham, AZ GOP Asian American Coalition former Chairman Barry Wong (who was appointed as Chairman Emeritus) and coalition board members expressed their confidence and welcome Farhana as Chairperson. AZ GOP is excited to have her in the Republican community to work together to



**AZ GOP Asian American Coalition Chairperson Farhana Shifa Ahmed**



**AZGOP Asian American Coalition Chairperson Farhana Ahmed, Chairman Emeritus Barry Wong, AZ GOP Chairman Robert Graham, Coalition Vice Chair Kavin Dang**

promote liberty and prosperity for all.

**Kavin Dang**, President of Vietnamese Community agreed to serve as Vice Chair to enhance the strength of AZ GOP Asian American Coalition.

**AZ GOP Asian American Coalition:** Chairman Graham, upon his election in 2013, established as among his goals reaching out and connecting with the many ethnic and racial communities in Arizona

including the fast growing Asian American community. He created the AZ GOP Asian American Coalition and appointed Party officer and former legislator and corporation commissioner Barry Wong as its chair.

Working in collaboration with Wong and community board members of the Coalition, Chairman Graham in the past three years has met leaders and attended many community events of the diverse Arizona Asian communities including Bangladesh, Chinese, Filipino, Indian, Korean, Pakistani, Taiwanese, and Vietnamese communities.

**AZ GOP Asian American Coalition current board members:**

Founder: AZ GOP Chairman Robert Graham  
AZ GOP Asian American Coalition Chairperson: Farhana Shifa Ahmed

Vice Chair: Kavin Dang

Chairman Emeritus: Barry Wong

Bangladeshi: Raphael Ahmed, Filipino: Marie Cunning, Leo Aromin, Chinese: Bernard Wu, Garry Ong, Helen Zhang, Kevin Wang, Shiching Tao, Peter Chan, Indian: Venkat Kommineni, Korean: Jae Chin, Pakistani: Omar Hameed, Taiwanese: Shen-Yi Michelle Chang, Tony Kao, Vietnamese: Mai Le, Other Asian includes SE Asian: Astria Wong, Albert Lin



**Board members**

## Only Choice

By Saaz Mantri

Choices are a menace,  
We all know that it's true.  
Don't depend on others  
Do what's right for you.

I've spent my time with you all,  
But now the time has come  
To make a certain choice  
Which is way too far from fun

This choice of mine will lead me on  
A path of green grass  
We took it as we couldn't continue,  
The other wouldn't let us pass

This choice isn't what I desire  
From the bottom of my heart  
But somewhere in there someone  
speaks

"It's not the end, it's just the start."

"You have ahead of you, great years,  
Where you will see happiness,  
Don't get sad don't fill these moments  
With miles of darkness."

"Life puts forth such decisions  
Where you have an only choice

Take it and live life the happy way,  
Laugh, love, rejoice."

I'm packing my bags with teary eyes

Though this is not farewell  
I'm sure we'll meet again someday  
Those moments I won't sell.

Friends are the best I know because  
You all have made my time  
So much better joyful, happier That  
I wish I could rewind.

I never thought a day would come  
Where my path would diverge,  
This only choice is way too hard,  
I wish that they could merge

Life put forth a decision  
Where I had an only choice,  
I'm taking it, trying to live happily,  
To laugh love and rejoice...



**S**aaz Mantri is an 11th grader at Hamilton High School. Born here in AZ, she moved to India when she was 10 years old and moved back in 10th grade. She loves to read, write and play the piano.

**P**rimary Election Night 2016 was a big success for Asian American community who supported and celebrated winning of primary election for incumbent Senator John McCain at his campaign office, As well 30 diverse community members participated in phone banking at Arizona Republican Party (AZGOP) head quarter. The community also celebrated the election of two Asian American candidates to local councils according to Farhana Shifa Ahmed, Chairperson- AZGOP Asian-American Coalition, whose motto is celebrating diversity through unity.



# South Asian Leaders' Reception to Support US Senator McCain for Re-Election

support from Dr. Suvas Desai, Dr. Bharat Barai, and Krishna Srinivasa (Executive Director, US India Security Council) hosted a very successful reception at the residence of Mr. Anil Uppal to support US Senator John McCain for his 2016 re-election campaign for US Senate.

Subhash Thathi welcomed everyone. Senator McCain attended and spoke highly of the local South Asian community and their contributions both in Arizona and in the US as a whole. In addition to senator McCain, AZ Corporate Commissioner Tom Forese also attended the event. They both graciously offered his time to take pictures with many of the attendees as well as answer questions related to their specific questions and concerns.

In an effort to pass the torch and involve our upcoming generations in these crucial matters, the children of the hosts (Maulik Shah & Robbi Uppal) introduced Senator McCain to the crowd before handing over the microphone to him to address the crowd. From their words, it was clear that the upcoming generation had done their homework on the Senator and were well prepared to speak about him and his accomplishments.

It is inspiring to see so many of our South Asian Community leaders actively participate in the politics that will impact our lives moving forward in an effort to help guide it instead of standing on the side and letting things happen. It shows their overall commitment to ensure our community and its' needs are in the front and center of the candidates. It is further commendable to see the upcoming generation start becoming an active part in this critical effort.

The Hosts are grateful to community for supporting Senator McCain and community is thankful to Senator McCain and Tom Forese for taking the time out to spend with our community in Arizona.

Asia Today was once again pleased to cover this important even in the South Asian community and expresses their gratitude towards the hosts.

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# “Serving 3000 Homeless during Sravan Month 2016 at Saint Vincent de Paul Shelter in Phoenix”

The Indo-American Foundation of Arizona had an opportunity to serve 2 times in a week at the St. Vincent de Paul Society shelter during the 2016 sravan month. The service on Monday, August 8, 2016 to serve 2000 homeless with Mexican Vegetarian Meals during the auspicious Sravan Month was coordinated with Mohanbhai Patel and Family and on Monday, August 15, 2016 was with Dayaram Ahir and Family. Last Sravan Monday to serve more than 1000 will be coordinated with Mohanbhai Patel and Family on August, 29, 2016.



# Seniors Celebrate 70th India Independence Day



**Contributed by: Dr. Prakash V Kotecha & Bhagubhai Patel**

On 11th August meeting everyone was in joyous mood of celebration and the hall decorated in "Tri-Ranga" color decoration was having a pulsating feel of enthusiasm. Our guests of honors were Jagdish Sagar, chairman of IACRF Board of Trustees with his wife Geeta Sagar; Subhash Thati, President of IACRF Board of Directors along with his wife Manisha Thati and BOT Vice-Chairman Madhusudan Bhakta with his wife Ramila Bhakta. Also present were IACRF BOD member Mrs. Sita Raman besides Senior Group members who are also IACRF BOD members Prakash Deshmukh, Manhar Khatri and Jai Seecharran. They were offered tri color badges, Dupatta and Gandhi caps to highlight the event. Many Senior members were also draped in tri-colors and the whole environment in the hall was "Tri-Rangi".

Program started at 11:30am welcoming all the members and guests and greeting for Independence Day celebration. We then sang Indian national anthem and USA national anthem to respect each country. This was followed by salute to the Flag lead by Munnu Bajpai followed by wonderful parade lead by Shrikant Vaidya with all members joining and Vande mataram song being played in the background with participants shouting Jai Hind,

Bharat Mata ki Jai, etc. Srikant Vaidya then conducted the Independence Day songs program. We were lucky to have Madhusudanji agreeing to sing a song to kick off the session. This was followed by in-house talents presenting patriotic songs, Mahendra & Malti Devgania, Usha Gautam, Shrikant Vaidya, Prakash & Meena Kotecha, Uma Agarwal and Jayshree Kshatriya.

Bhagubhai then welcomed guests for the day, introduced President Subhash Thati as a man of action and would speak to the point and support the activities whole heartedly. He also introduced Jagdish Sagar the chairman as a person with vision and ensured that he would take the foundation a long way. He thanked Sita Raman, the young BOD member joining us for the celebration, she is also the chairperson for the IACRF August 15th event.

Prakash Kotecha then greeted everyone on 70th India Independence Day and highlighted India's economic and health achievements with various data and then focused on this year Independence Day celebration planned in India. He also highlighted that with Prime minister Narendra Modi influencing UN, AR Rehman has been invited to present his program to UN General Assembly on August 15th an event of respect to the nation where an Indian would be presenting in UN General Assembly after 50 years, first being by M.S. Subhalakshmi in October, 1966.

President Subhash Thati wished everyone greeting on Independence Day and briefed about Foundation activity and invited everyone to join on all Foundation activities and support in all possible ways. IACRF BOT Chairman, Jagdish Sagar started his speech with congratulating seniors for various activities, mentioned that 17 years back IACRF Seniors Program was initiated by a dedicated person Bhagubhai Patel and supported by others. They included Kishor Vyas, Indubhai Patel, Manubhai Patel, Dr. Ambalal Shah and Satish Bhakta. He appreciated the service and felicitated Bhagubhai & Jaya-ben Patel and all other founding members for their dedicated services. He also thanked all the members that are currently supporting the activities of the Senior Group that included Bhagubhai Patel, Kishorbhai Vyas, Manubhai Patel, Lalitbhai Patel, Meenaben Bhavsar, Dr. Prakash Kotecha, Dr. Rasik Patel, Shrikant Vaidya and Usha Gautam.

Lalitbhai Patel thanked Jagdish Sagar, Subhash Thati, Madhusudan Bhakta and all guests and then all those who helped organize, Shrikant Vaidya for conducting songs, Usha Gautam for conducting the program, Prakash Kotecha for Audio-Video and Meena Kotecha for decoration.

**Kargil War:** On July 28th Kargil Vijaya Divas was discussed which falls on 25th of July and how our brave soldiers fought this war against Pakistan

in May 1999 on the highest battlefield of 16000 feet and won it. The nation had to pay the high price for it. Our 527 brave soldiers sacrificed their lives. Usha Gautam asked everyone to pay homage to our martyrs by observing silence for one minute. Srikantbhai Vaidya sang a patriotic song to pay tribute to our soldiers.

**Hearing Aid Presentation:** On August 4, Mr. Raj Kapur and Rashmi Kwatra from Zounds Company gave a brief talk on different types of hearing aids, their usages and the prices. This presentation was followed by many questions related to hearing aid and Mr. Raj and Rashmi replied to all of them. Mr. Raj also mentioned that he would be happy to offer special discount to those who needed the hearing aid. Our visitors were Vimalaben and late Kantibhai Patel's daughter Rekha, son Dr. Pradeep and daughter-in-law Lata and Bhagubhai Patel's friends Jayant and Kokila Pate from Vadodara, India. Lunches for the month were sponsored by Vimlaben and her family, Kishor Vyas and Tara Patel and Sunita & Manmohan Gill.

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



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**RADHASTAMI - APPEARANCE DAY OF SRIMATI RADHARANI**

**FRIDAY SEPTEMBER 9TH, 2016**

**ABHISHEKAM NOON FOLLOWED BY ARATI, KATHA & PRASADAM**

**EVENING PROGRAM 6.00 PM ONWARDS -**

**KIRTAN, ARATI, KATHA & PRASADAM**

SRIMATI RADHARANI IS THE ETERNAL CONSORT OF LORD KRISHNA. FIVE THOUSAND YEARS AGO, WHEN LORD KRISHNA CAME TO THIS PLANET TO PERFORM HIS PASTIMES, SRIMATI RADHARANI ALSO APPEARED. THIS YEAR WE CELEBRATE HER APPEARANCE ON FRIDAY, SEPTEMBER 9TH.

THIS SPECIAL DAY IS KNOWN AS RADHASHTAMI.



HG DRAVIDA PRABHU SEPTEMBER 10TH - 14TH, 2016  
DAILY SRIMAD BHAGAVATAM CLASS, BHAGAVAD GITA CLASSES.  
SUNDAY FEAST CLASS SEPTEMBER 11TH, 2016 @ 5.00 PM.

DRAVIDA PRABHU IS A VAISHNAVA SCHOLAR, MUSICIAN AND POET. HE HAS EDITED BACK TO GODHEAD MAGAZINE AND OTHER BOOKS PUBLISHED BY THE BHAKTIVEDANTA BOOK TRUST FOR OVER 25 YEARS. IN ADDITION TO HIS EDITING WORK, HE TEACHES BHAKTI YOGA CLASSES AT THE LOS ANGELES AND SAN DIEGO ISKCON CENTERS. DRAVIDA DASA DEVELOPED A LOVE OF THE SANSKRIT LANGUAGE, AND ESPECIALLY THE ELABORATE SANSKRIT PROSODY OF THE BHAGAVATAM, PORTIONS OF THE CAITANYA CARITAMRITA, AND OTHER BHAKTI LITERATURE. HIS DEVOTION AND EXPERTISE IN CHANTING FORM A MARVELOUS COMBINATION HE IS A BRAMACHARI SINCE MANY DECADES. HE IS SRILA PRABHUPADA'S DISCIPLE.



APPEARANCE OF LORD VAMANADEVA  
TUESDAY, SEPTEMBER 13TH, 2016



HG SYAMASUNDARA PRABHU SUNDAY FEAST CLASS SEPTEMBER, 18TH @ 5:00PM SRIMAD BHAGAVATAM CLASS SEPTEMBER 17TH & 18TH.

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HH AMALA BHAKTA SWAMI SUNDAY FEAST CLASS OCTOBER 2ND 2016 @ 5.00 PM  
SRIMAD BHAGAVATAM CLASS SEPTEMBER 1ST 2016

HH AMALA-BHAKTA SWAMI WAS BORN IN NEW YORK CITY IN 1976, WANTING TO DEEPEN HIS REALIZATION OF THE DIVINE, HE MOVED TO WEST LOS ANGELES TO STUDY AT THE ISKCON TEMPLE VARIOUS ASPECTS OF BHAKTI UNDER HIS DIVINE GRACE, A. C. BHAKTIVEDANTA SWAMI PRABHUPADA. FROM THIS HIGHLY ADVANCED TEACHER, AMALA-BHAKTA SWAMI WAS INITIATED INTO TECHNIQUES THAT ENABLED HIM TO ATTAIN AND MAINTAIN INNER PEACE, JOY, AND STRENGTH. HE HAS WRITTEN FOUR BOOKS, AND HAS PRODUCED, DIRECTED, AND NARRATED HUNDREDS OF HOURS OF AUDIO BOOKS, MOSTLY WRITTEN BY HIS SPIRITUAL MASTER. AMALA-BHAKTA SWAMI'S BOOKS ARE ABOUT INDIA'S DIVINE INCARNATIONS AND SAINTS, AND ARE DESIGNED TO ASSIST TRUTH-SEEKERS IN VIEWING IDEAL DEVOTEES OF GOD TO MODEL THEIR LIVES AROUND.

## 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



Appearance of Sri Bhaktivinoda Thakur  
Wednesday, September 14th 2016  
12:00pm - 2:00pm  
Kirtan, Arati, Katha, Maha Prasadam



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# Sri Krishna Janmastami Celebrations at the Hare Krishna Temple, Chandler

na Janmastami proclamation from the Governor. It was a pleasure to also welcome Arizona Corporate commissioner Tom Forese as well as Commander David LeVoy who is the commander of the Desert Breeze Precinct. There was beautiful Darshan of the deities in the temple

room with lots of lovely fresh flowers and new wall decorations. Srila Prabhupada asana was decorated elegantly. There was continuous kirtan until midnight. On the north side, the cultural program had lots of participants presenting their talents in form of dance and bhajans. The high-

light was the little children's fancy dress competition with cute children dressed as Radha and Krishna.

Sumptuous prasadam was served to everyone. Abhishek (sacred bathing of Lord Krishna and SrimatiRadharani) was done just before the Maha Arati at midnight. Over two

hundred and fifty items were offered to the Lord. Ecstatic kirtan followed the Arati. We would like to thank all the sponsors and volunteers who made this a wonderful Sri Krishna Janmastami celebration. Blessings to every one from our presiding deities, Sri Radha Madhava Hari.





# Independence Day celebrated by Indo- American Cultural & Religious Foundation

On August 14th, Indo- American Cultural & Religious Foundation in Arizona (IACRF) and the Indian community and friends celebrated 70th India's Independence Day at its Community Center facility and religious facility Bharatiya Ekta Mandir. More than 900 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 and all attendees on the conclusion of program were accorded a cordial but very Indian hospitality with light vegetarian lunch and refreshments at the Community Hall.

The 70th 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 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 200 partici-

pants performed in more than 30 cultural programs with patriotic songs and dances depicting a 'Unity in Diversity' theme. A pre-program Debate/Public speaking event was held on Aug 13th at the Community Hall with 40 registered participants. There were 6 prize winners total for 5th – 8th grade and 9th – 12th grade groups respectively. The two age groups were given the opportunity to share their perspectives in both debate and public speaking format about topics relating to Indian culture. The outstanding speakers received a chance of presenting their views at the Independence Day event in the pres-

ence of Vice-Mayor Kate Gallego and the Arizona Corporation Commissioner Tom Forese and many other distinguished guests and members.

Honorable Mayor of Phoenix, Mr. Greg Stanton was the guest of honor for the 70th India Independence Day celebrations. Foundation Board thanks Mrs. Sita Raman for chairing the 70th India Independence Day Celebrations and Mrs. Rashmi Menon, for moderating the day's Program and Mrs. Neha Gupta and Mr. Rajesh Das for coordinating the programs. Thanks to HSS Phoenix for joining hands with IACRF to make this event a grand one.





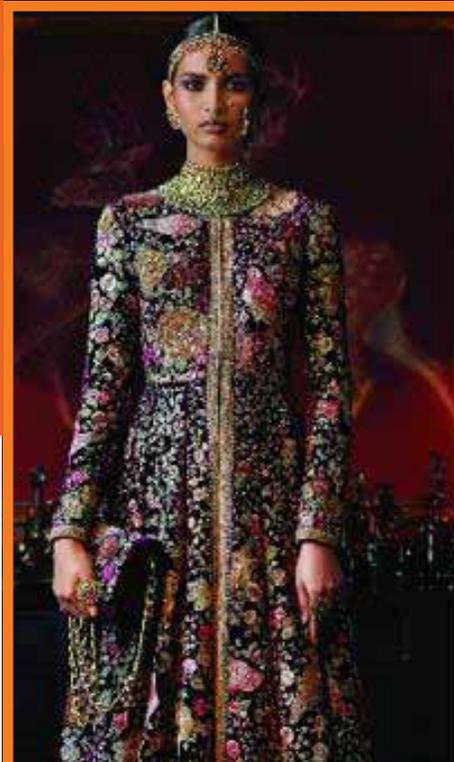
# Velvet

The luxurious material is the hottest trend of the season

Late Princess Diana was a fan, and design labels such as Emilio Pucci, Christopher Kane, Prada, Gucci, Fendi and Dries Van Noten can't get enough of it. Closer home, too, velvet is a hot topic and present in almost every Indian designer's recent collections.

Whether it is Masaba Gupta Mantena's velvet-bordered sari or Manish Malhotra's Bardot blouse made using the same fabric — the luxurious material is a must-have in one's wardrobe. "Velvet has a vintage feel to it. This is one of the main reasons why it has become hot again," says designer Swapnil Shinde.

Initially preferred by many as a winter fabric, velvet has, over the years, assumed great versatility. It can now be worn throughout the year, especially if it's used as part of an ensemble's detailing or added as an element in an outfit. Designer Mayyur Girotra, who often uses the material as part of his collections, says it works well with Indian wear. "It is apt for couture and bridal wear, as the real effect of zardozi



and zari work comes alive on velvet," he says.

Here, designers list ways of sporting this plush fabric.

### Wear it right

1. Velvet shoes are a smart way to show off the material
2. Velvet pencil skirts with slits look chic
3. Opt for a velvet double-breasted jacket during a night out
4. Velvet blouses with saris add a royal touch
5. Heavily embellished velvet lehengas are great options for wed-

dings

6. Fine silk velvet kalidar jackets can be mixed with Indian and western wear
7. Velvet bandhgalas look sharp on men
8. A short velvet dress in a muted shade amps up the glamour quotient
9. A gown with velvet detailing gives an edge to an evening look.

### Dos and don'ts

1. Ensure that your velvet clothes are ironed well. Folds and crimps make them look drab
2. Avoid flashy colours. Velvet is a

statement fabric on its own

3. Avoid wearing velvet in the daytime; it is more suited for evening wear
4. Avoid an overdose of velvet. For example, if you are opting for a velvet bandhgala, the pants should not be of the same material. Similarly, if your lehenga is velvet, then your blouse and dupatta should be in another fabric.
5. Be careful with the cuts of your outfit when using velvet; it can go horribly wrong otherwise
6. Typically, people stick to darker shades when wearing velvet. While it is a safe option, don't be afraid of experimenting with lighter colours.

Political fashion is not a new thing. There's the iconic Nehru Jacket, a mandarin-collared coat named after our first Prime Minister, Jawaharlal Nehru. Fast forward to today, and it's all about the Modi kurta — the half-sleeved variant made popular by PM Narendra Modi.

Away from home, a case in political dressing is being made in the US, by Hillary Clinton, the Democratic Party's presidential nominee. On her Twitter bio, she defines herself as a "pantsuit aficionado" and her first Instagram post featured a rack full of colourful suits captioned 'hard choices.'

In the past month, Hillary has also donned her signature monotone pantsuits in a flurry of colours including baby blue, bright orange, hot pink and even a pristine white, during her campaigns, as a run-up to the presidential elections. With American fashion editor Anna Wintour believed to be her style advisor, Hillary's suits are being spoken about constantly. While she has received both, brickbats and compliments for her sartorial picks, includ-

## How Hillary Clinton is making a style statement with her powersuits



ing the Twitterati, there's no denying that the 68-year-old's style is impossible to ignore.

Back home, experts think her pantsuit prowess is related to bending gender rules. "Hillary wants to break gender stereotypes and emerge as a strong woman with a serious flair for style. Her look is calculated and defines her image of a feminist front runner for the White House,"

says designer Anand Bhushan. Designer Rina Dhaka sees her style as unassuming. "While her look is very thought after, it is not there to make a loud statement. While it's clear that she loves bold colours, my only wish would be to see more experimentation."

### Why the white suit mattered

Hillary's white Ralph Lauren suit

that she wore last month to accept the Democratic Party's nomination for president has been labelled by international media as 'historic'. The suit is a stark departure from the traditional 'patriotic' convention of wearing blue and red to the event. Her choice of white is believed to be an ode to women's suffragist movement that fought for gender equality and saw the colour as a symbol of honesty and purity.



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



On July 26, 2016, ISAA celebrated Umaben&Surinderbhaiya's 50th Anniversary and their grandson Mikul's 5th birthday. Grandkids joined them in the celebrations. Jitubhai introduced the scholastic couple highlighting their accomplishments. The program started with prayer song in Punjabi followed by very inspiring poem, more romantic songs, Amazing Acrobatsm Hilarious Humors, and a ppt on Mosquetos by Dr. Mini Pandit. Chhotubhai briefed about EPA Rewards for Improved Refrigerants & compressors. We ended the program with cake-cutting ceremony and appreciation to the sponsors for the luncheon for the day— Aggarwals&Nikul.

On August 02, 2016, the Day began with sounds of a Flute and photo-show of the previous meeting. At the end of socialization hour, Jitubhai brought the house in order by extending warm birthday wishes to Umeshbhai. It was a unique day in which the formal program started with introducing today's six members, who were the sponsors of the luncheon. Kshatriya Family presented the musical and dancing program as planned, which included poem by Meenaben, singing by Kanubhai and Kshatriyas. Dr. Rasikbhai and Kshatriya's grandkids dance received the loud applauding as they performance was the highlight of the day. ISAA wished happy birthday to Mu. Magankaka, Umeshbhai and Pradyumanbhai with a candle light blow off ceremony! Amrutbhai&Sitaben; Dr. Rasikbhai; Vijyaben, Pradyumanbhai&Jayshreeben Kshatriya were the joint sponsors of today's luncheon, who served the Mexican Bhel with ice-cream.

On August 09, 2016, Jitubhai extended warm welcome to guest speakers –Daniel Rondberg, Senior Account Manager, Nation's First Financial with his father Randy Rondberg, who spoke on "Two Strategies That Leverage This Economic Environment to Save You - Tens Of Thousands Of Dollars In Retirement". Rondbergs outlined the seniors the path that matters during our golden years of aging. Subsequently, the Guests entertained people's questions pertaining to their talk on one-on-one basis maintaining individual's privacy. During this time, the rest of the attendees continued enjoying socialization. Home-cooked Indian full-meal luncheon was sponsored generously also by the Nation's First Financial, which was enjoyed by eighty-five people. A 'Letter of Appreciation' was presented to the guest speakers on behalf of ISAA for sharing their knowledge and experience offering to help the ISAA Membership and also for sponsoring the luncheon, where Umeshabhai&Lataben and Indravadanbhai&Ushaben were the winners of the raffle filled with pleasant surprises and lot of fun!. Daniel and Randy Rondbergs can be contacted on tel. # 480-981-7557 or at e-mail: danielr@nationfirstfin.com or agent@nationfirstfin.com, if interested to obtain more information or further advice from them.

On August 16, 2016, the Day began with Swaminarayan Dhooon and photo-show of the previous meeting. At the end of socialization hour, ISAA paid Tribute to HH Pramukhswami by celebrating HH's accomplishments, contributions and teachings to all mankind worldwide by summarizing

all in the form of a ppt presentation as attached. Over ninety attendees observed one-minute silence and joined in the dhooon as recommended by the BAPS leaders. ISAA celebrated the 70th Indian Independence Day by saluting the Triranga" with patriotic singing and an outstanding ppt presentation on the History of India by Dr Mini Pandit which was not only informative but was extremely educational for all age but in particular for benefit of second and third generations in this country. Surjit Kaur recited a patriotic poem that she had composed only on a previous night. ISAA continued celebrating Raksha Bandhan by presenting the history and relevance of the festive occasion with its importance followed by actual tying Rakhi to ISAA brothers by their loving sisters showing the bonding of their love.

Finally ISAA celebrated Gitaben & Shakuben's birthday with great dhama-chakdi i.e. blasted the floor with music and dancing and ending it with cake-cutting ceremonies for Independence Day and Birthday for both these lovely ladies. Thanks to Kanwalben for nice cakes which were beautifully decorated too. Overall, the day was full of lots of positivity with information, education, humbleness, patriotism, love and lots of fun and food that people would remember it all for long time for sure. Home-cooked luncheon was sponsored generously solo by Chhotubhai & Gitaben to all the attending guests and members.

On August 23, 2016, the Day began with Haveli Sangeet with photo-show of the previous meeting. At the end of socialization hour at a usual

1. Janmashtami celebrations
2. Aarti
3. Train-Dance by ISAA on Janmashtami
4. Ushaben chanting Krishna-dhooon
5. Sponsors of the luncheon on 08-23-2016
6. Happy Birthday to Gitaben & Shakuben
7. Rakhi-Bandhan
8. Independence Day celebrations
9. Retirement advisory by Nation's 1st Financial
10. Winners of the Gift Certificate presented by Rondbergs
11. Dancing kids with food sponsors
12. Happy 50th Anniversary

ISAA provided hot tea and thanks to Shashikantbhai for cookies, when. Deviben & Babubhai established a beautiful Haveli (temple) while the Haveli Sangeet and prayers were in progress. Ushaben commenced the 'Dhooon' program with prayers of Lord Ganesh, followed by a small medley of Lord-Krishna-dhooon, which were supplemented by Kokilaben, Shantadeviben, Gary Vaswani and Deviben. Sharp at 11:30 local time, which is mid-night in India, Deviben announced the Lord's birth chanting " Nand Gher Aanand Bhayo, Jai Kanaiya Lalki, Hathi Ghoda Palakhi, Jai Kanaiya Lalki" The ISAA Gop-Gopio 9devotees) blasted the Haveli (Hall) by dancing non-stop with the Lord's favorite traditional 'Garaba-Raas' for almost forty-five minutes. Everyone was given opportunity to perform "Hindola" darshan and also aarti of the Lord.

Overall, the day was full of spiritual divine love and lots of fun and prashad..Luncheon was sponsored collectively by Meenaben Bajpai, Rajaniben Bajpai and Santoshben & Sumanbhai.

# Glimpse of Ekta Mandir Janmastami celebration



## Yoga - Path to Self Realization

**Translation:** One must deliver himself with the help of his mind, and not degrade himself. The mind is the friend of the conditioned soul, and his enemy as well.

**Reflection by Chaitanya Charan:** A dog that barks ferociously can terrify passers-by. Their fear disappears, however, if they come to know that the dog barks loudly, but can't bite.

Our mind is that kind of dog. It susurrates, sweet-talks and screams, diverting us from important things and goading us to do things that have caught its fancy. If we yield to it, we end up doing unimportant, useless or even unconscionable things. To protect ourselves from this dog-like mind, the vital insight is: no matter how fiercely it barks, it can't bite – unless we let it bite.

How do we let it bite? By identifying with it and doing its bidding, thereby letting it harm us. If we can just avoid mistaking its voice to be our voice, we can take away its power to bite us, even if it keeps barking.

The Bhagavad-gita (06.05) urges us to elevate ourselves with the mind, and not degrade ourselves. This exhortation implies that we have the capacity to choose how the mind affects us. How can we access

The  
mind is  
like a dog  
that barks  
but can't  
bite -  
unless we  
let it



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*uddhared atmanatmanam  
natmanam avasadayet  
atmaiva hy atmano bandhur  
atmaiva ripur atmanah  
(Bhagavad Gita 06.05)*

that capacity? By applying the Gita's recommendation to practice bhakti-yoga.

By cultivating bhakti, we learn to focus our consciousness on Krishna. The more we busy ourselves in remembering and serving him, the more we enhance our capacity to neglect the mind. Thus, we can avoid its bites, even if its barks continue.

Over time, as we relish the sweetness of absorption in Krishna, the mind realizes that Krishna offers far greater happiness than all the things it has been

fancying for so long. Thereafter, it stops barking, and we attain lasting peace (06.07).

Even if we can't stop the mind's barks right now, we can still avoid its bites by remembering that we are not our mind and staying fixed in Krishna's service.

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

Pleasure trips should be on your agenda. Don't let situations get out of control. Plan to get together with someone special later in the day. Opportunities for love will develop while traveling or while attending religious functions. Your luckiest events this month will occur on a Sunday.

**ARIES**



Mar 21 to Apr 20

You might find group functions tiring. Don't invest too much of your own money. Get together with those you find men tally stimulating. An older loved one may be having problems. Your luckiest events this month will occur on a Sunday.

**TAURUS**



April 21 to May 20

Abstain from getting involved with married individuals. You will gain a lot if you listen. You may find that purchases or entertainment could be expensive. You can make major accomplishments while on short trips. Your luckiest events this month will occur on a Thursday.

**GEMINI**



May 21 to June 21

You're likely to encounter new partners if you take short trips. Your emotions will be touched off concerning recent encounters with your lover. Build on friendship rather than starting out in an intimate encounter. You need to look into some private matters before you can proceed with your plans. Your luckiest events this month will occur on a Sunday.

**CANCER**



Jun 22 to Jul 22

It will be all around you. This may not be the day to get involved in risky joint financial ventures. You will learn valuable skills if you sign up for seminars this month. A lot can be accomplished if you organize your time. Your luckiest events this month will occur on a Wednesday.

**LEO**



Jul 23 to Aug 23

Don't be too quick to judge others. Chances to express your ideas and beliefs can bring popularity as long as you're not arrogant. Your reputation may be at stake if you partake in gossip. Lowered vitality could affect your work. Your luckiest events this month will occur on a Sunday.

**VIRGO**



Aug 24 to Sep 23

Don't do something silly just to get back at your mate. Help elders with their concerns. Don't start a dispute unless you're prepared to accept irreversible results. Love relationships will flourish. Your luckiest events this month will occur on a Wednesday.

**LIBRA**



Sep 24 to Oct 23

Avoid confrontations with co-workers who aren't pulling their weight. You have to let go of your past if you wish to get out of any sentimental mood that might be hanging over your head. Do not lend money or belongings to friends. You will have no problem getting your point across to those in a position to help you. Your luckiest events this month will occur on a Tuesday.

**SCORPIO**



Oct 24 to Nov 22

Do you really want to start something with someone you can't reason with? Concentrate on spending quality time with children. Talk to someone with experience about budgets or consolidating debts. You can write beautiful love letters this month. Your luckiest events this month will occur on a Thursday.

**SAGITTARIUS**



Nov 23 to Dec 21

Expect temper tantrums on the home front if you haven't been letting someone have their way. You may find travel to be most rewarding. Don't be shy; if you want to spend more time with a special person, make a commitment. Money can be made if you are willing to take a chance. Your luckiest events this month will occur on a Sunday.

**CAPRICORN**



Dec 22 to Jan 21

Put your efforts into job advancement. Don't be too open or put your faith in unreliable coworkers. Your colorful conversation may attract new mates. You may want to get involved in financial investments presented to you. Your luckiest events this month will occur on a Sunday.

**AQUARIUS**



Jan 22 to Feb 19

You may find yourself in a heated dispute with a friend if you try to change your mind. You can expect the fur to fly on the home front. Make changes in your domestic scene. You may find that getting together with colleagues after hours will be worthwhile. Your luckiest events this month will occur on a Friday.

**PISCES**



Feb 20 to Mar 20

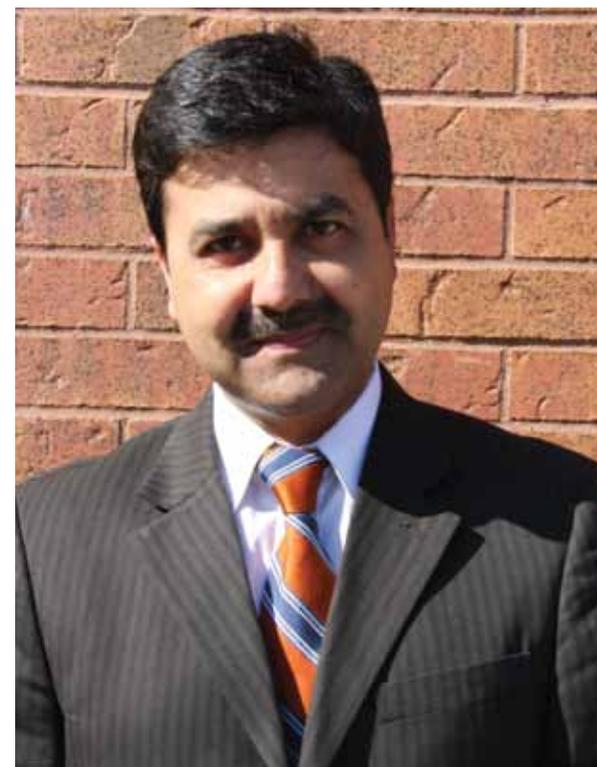
**September 1st - 30th, 2016 By KRISHNA PANDIT – 905-910-1441**

Sep.	Day	Muhurta
1	Thu	With no Chandra bal, count less on luck, more on hard work & proper planning
2	Fri	Favourable for business & trade, dealing with finances, grooming or undertaking new assignments
3	Sat	Day of confrontation with diminished results; beware of back biting and back stabbing. Minimize important activities
4	Sun	Shubha or favourable day, prayers offered to lord Ganesha are highly beneficial to start new work
5	Mon	Impulsive spending may result in loss of money and adverse financial results. Avoid monetary transaction.
6	Tue	Auspicious time before noon only, thereafter only focus on health, nutrition and diet regulations for self alone.
7	Wed	Day of financial recovery, engage in recovery of Bad debts, loans and outstandings
8	Thu	Success in financial, professional, career development, increase in money seen with doing corresponding activities
9	Fri	Conquest over enemies and difficult situations. Beware of falling prey to accusations and false pride this day.
10	Sat	Day of financial recovery, engage in recovery of Bad debts, loans and outstandings
11	Sun	Perform activities that bring domestic and family comfort. Day to perform soft activities.
12	Mon	Minimize important activities this day, Tithi, Vaara, Yoga and Nakshatra don't seem to be too promising.
13	Tue	Good for auspicious deeds, romance, friendship; one is set to get royal treatment activities.
14	Wed	Restrict all activities till 11 am after which it is an auspicious day to carry new activities
15	Thu	Harsh day; perform difficult tasks, confront difficult situations and emerge a winner
16	Fri	Initiations, business, Trade, religious ritual, travel, purchasing, creative activities can be performed on Purnima day
17	Sat	Perform merry making and light activities only. Avoid serious discussions or arguments.
18	Sun	It is a family day; Perform activities that bring domestic and family comfort. Day to perform soft activities.
19	Mon	The day looks promising, but only for light & soft activities, otherwise you may face obstacles & hurdles at every step
20	Tue	Favourable for religious activity, creativity, music, dancing, group work, celebrations, purchasing, travelling, lending money, spiritual, meditation, treating illnesses.
21	Wed	Day to get royal treatment, favours, respect, honour & recognition in circle of influence at work place or elsewhere too
22	Thu	Restrict doing important activities, stick to light & cheerful activities alone
23	Fri	Be prepared for confrontation and arguments after which you emerge as a winner achieving desired objectives
24	Sat	Minimize important activities this day, Tithi, Vaara, Yoga and Nakshatra don't seem to be too promising.
25	Sun	Spend time on spiritual development, family activities and try to be in a happy environment.
26	Mon	Beware of scheming and back stabbing by known people. Be aware of loss of money.
27	Tue	Harsh day; perform difficult tasks, confront difficult situations and emerge a winner
28	Wed	Victorious day in every sense. Confront difficult situations and emerge a winner.
29	Thu	Conquest over enemies and difficult situations. Beware of falling prey to accusations and false pride this day.
30	Fri	Amavasya day, only spiritual activities for the departed, prayer and meditation are desired. Avoid unnecessary expenses.

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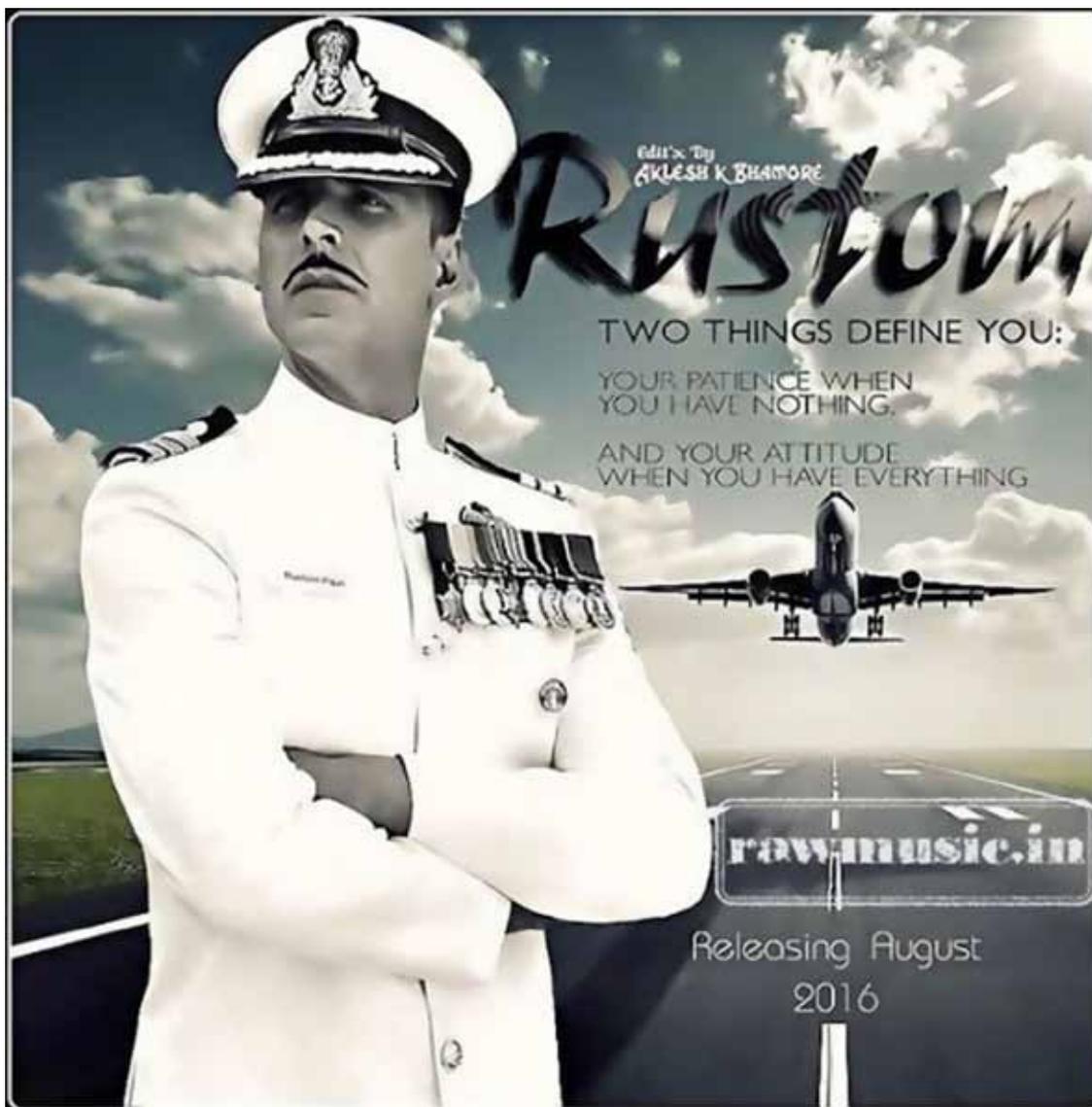
# Rustom review by Anupama Chopra: Shots misfired

**R**ustom is a baffling movie. The plot is taken from the sensational Nanavati case, which unfolded in Mumbai in 1959. The real-life story had love, heroism, betrayal, murder, honour, adultery. It also had such moral complexity and power that it has been reworked through

**Film Review**  
**Direction: Tinu Suresh Desai, Actors: Akshay Kumar, Ileana D'Cruz, Esha Gupta**  
**Rating: 2 / 5**

the decades for screen, stage and books. Two Hindi films – Yeh Rastey Hain Pyar Ke (1963) and Achanak (1973) – have already been made on it. Nanavati, rechristened Commander Sabarmati, even made an appearance in Salman Rushdie's *Midnight's Children*. But director Tinu Suresh Desai's take on this landmark crime is flat and uninspired.

Rustom begins by proclaiming that it's a work of fiction, but writer Vipul K Rawal unabashedly borrows the dramatis personae from the Nanavati case. We have Rustom Pavri, the decorated officer who comes home and discovers that his beautiful wife is having an affair with his friend. Just like Nanavati, Rustom fires three bullets into the man's chest and then surrenders. He is tried before



a jury. But public opinion, whipped up by a newspaper publisher, is on Rustom's side. He is, one of the jurors says, an honourable murderer.

Even details in the film come from the real-life crime. Nanavati's wife was Sylvia. Rustom's wife is Cynthia. Like the real-life lover Prem

Ahuja, Vikram Makhija in the film dies wearing only a towel. The officer in charge in the film is Vincent Lobo – the real guy was named John Lobo. The phrase honourable murderer was actually used in an interview by a juror on the Nanavati case.

Tinu and Vipul take the

framework of the Nanavati case and add a generous dollop of fictional tadka. It's a compelling idea but the result is a half-baked drama.

Rustom has flashes of power, which peter out too quickly. To begin with, the screenplay is inert, especially in the first half. The second

half, which is set almost entirely in a courtroom, has more vigour. Usha Nadkarni, playing Rustom's maid, gets a standout moment. But the world in Rustom never fully comes to life because the characters don't feel authentic.

The women – Ileana D'Cruz and Esha Gupta – flit around in Fifties fashions. I spent some time marvelling at the rigid curls in their hair. Esha, playing Vikram's sister, keeps narrowing her eyes and pursing her lips. I wonder if her inspiration was Angelina Jolie in *Maleficent*. For reasons I couldn't figure out, the film is saturated with lurid colours. Walls are bright green and blue, cheeks are red. Everyone looks a little ripe.

Still, Akshay cuts a dashing figure in his naval uniform. His erect spine is shorthand for a man of duty and determination. But his character doesn't have vulnerability or an arc. There is one nicely done jail scene when Rustom meets Cynthia for the first time after the murder. He grips his own arms so that he won't hug her. It's sad and moving. The film is brave enough to give us a man who is so evolved that he understands and forgives his errant wife. But instead of exploring the dynamics of this, we get lost in heroism, corruption and courtroom dramatics. And truthfully, the only thing Parsi about Akshay is his character's name. Rustom is an opportunity lost.

**Would like to work with Amitabh Bachchan in future: Saiyami Kher**

**Y**ou don't have to be an actor to idolise Amitabh Bachchan. So, it is only natural that Saiyami Kher, who makes her debut with Rakeysh Omprakash Mehra's *Mirzya* opposite Harshvardhan, wishes to share screen space with Bollywood star. "I am a big Mr. Bachchan fan and I would like to work with him one day," Saiyami said on the sidelines of Lakme Fashion Week (LFW) Winter/Festive 2016.

She also has a list of directors with whom she would like to as-



sociate. "I want to work with directors like Imtiaz Ali, Anand L. Rai, Zoya Akhtar and

beautiful zardoszi embroidery.

few others," she says.

"Although he is Mr. Kapoor's son, he is total non-filmy. He is a very hardworking boy. Just now I have invited him for the show but he is shooting for his second film. We got along really well on the sets and it was great fun working with him," she adds.

Saiyami graced the ramp in a rose pink silk off shoulder choli and lehenga edged with scalloped hemlines and



## Shruti Haasan to lend her voice for Tamannaah in new movie

**S**hruti Haasan, who is an actor and also a popular playback singer, has reportedly been roped in to croon a special song for Tamannaah Bhatia in the upcoming Tamil comedy **Kathi Sandai**, which also stars Vishal.

“Shruti has been approached and she has given her nod to sing. The recording will happen soon. It’ll be a special song on Tamannaah, and will be lavishly shot,” a source from the film’s unit told IANS.

## Jackie Shroff to play a musician in his Konkani debut, Soul Curry

**B**ollywood actor Jackie Shroff, who has acted in several regional language films in the past, will now be seen in a Konkani film titled **Soul Curry**. Produced by Michael Mascarenhas, it is Jackie’s debut Konkani film.

Apart from Hindi, Jackie has so far acted in films in Punjabi, Bengali, Kannada, Oriya, Malayalam, Marathi, Tamil and Telugu.



“I am doing a Goan (Konkani) film **Soul Curry**. It also has Seema Biswas.

I am playing a musician in the film and how due to influx of technology in the field of music, things have changed and I lose out work,” Jackie said.

In the film, Jackie plays the role of Philip, an arrogant saxophone player. “I have acted in films of different languages and it is always challenging and great fun to learn something new. I had someone on the sets to help me get the accent right (referring to the Goan film),” he added.

He said the film should release in next two-three months. Besides this, he will also be seen in a Punjabi film **Sardar Saab** and a Tamil film **Mayavan**.

“I play a Sardar role of a leader of truck driver union in the Punjabi film and in the Tamil film I have a negative role,” Jackie said.

## Bigg Boss 10 promo:

## Salman Khan is back, this time as an astronaut

**I**t’s back, and this time it promises to be bigger, more bitter, than ever before. The first promo of **Bigg Boss**, arguably the most controversial reality show on Indian TV, was released Saturday morning, and it has, Salman Khan

(who else?) as the host. What’s new in this season? Starting this year, **Bigg Boss** will lose its celebrity-only tag, giving a chance to the general public to gain entry into the house.

The 30-second-long video starts with Salman landing on moon, saying: “Jab chand par dikha insaan pehli baar, jab ande se nikli murgi pehli baar, tab create hua itihaas. Ab aam public aa rahi hai pehli baar **Bigg Boss**, to create hoga history par kya hoga mystery?”

The promo was shot a month ago at Mehboob Studio in Bandra, Mum-



bai. The show is likely to go on air by mid-September.

At the end of the last season in January this year, **Bigg Boss** producers invited general public to register for the show. However, with the TRPs falling for past few years, we are sure celebs and controversy creators will be brought in as wild-card entries and guests.

**Bigg Boss** is a reality TV show based on the lines of the British show **Big Brother**. The show’s format keeps participants locked inside a house for three months.

# Lalitha Byra of Indian Women Empowerment Forum



**Interview by Manju Walia, 8/31/2016**  
**A**sia Today had the heartfelt pleasure of spending some time with a remarkable woman, Lalitha Byra who is bringing Arizona its first Indian Women Empowerment Forum on September 18, 2016 at the Indo American Hall from 4 PM – 8 PM.

**A little history...**

Born in Tamil Nadu to a well-educated family of civil engineers and businessmen, Lalitha did her schooling in Chennai and has a Masters in Mathematics. After getting married to ShyamByra in 1991, they both moved to the city of love Paris. A transfer from Paris to Phoenix Arizona with a position of Director of Engineering in 1994 brought both of them to Phoenix in 1995. Her first few years, she was a home maker and blessed with two beautiful children Shruthi and Shravan. However, once they started school she had more time on her hands and could not deal with sitting idle.

Lalitha's role model is her mom. Even though her mother was from an orthodox family, her thinking was very forward. She brought the whole family up with good values and taught them not to be jealous or envious of anyone. Being a strong woman herself, she passed that on to her. Her greatest supporter is her husband, Shyam-Byra. Lalitha is proud to say she would not be where she is without Shyam's support and guidance!

**Professional Accomplishments**

In 1996, with help and support from a few friends, she started Vensoft Inc. – a software design company. As a women entrepreneur, Lalitha faced many challenges and was overwhelmed. Since it was a startup, she had to play all roles from marketing to finance to administrative duties like faxing and photocopying and taking

care of all aspects of an organization's dynamics. And of course the dynamics at home. Shyam, her husband, was a huge supporter always backing her up and guiding and mentoring her all the way. Later, he also joined her in the growing venture Vensoft. Today, it has grown into a multi-million dollar company that comprises of a group of companies diversified into multiple areas with employees throughout the US. The company also has an offshore development office in Hyderabad, India.

Vensoft works on many web portals dedicated to women and children's causes focused on children, mothers, parents, and women. Their women's ventures focused on women of all ages and mothers include Her Gamut, Glamor One, Active Moms Network, Active Kids Time, Yummy Food Recipes, and many more. Aside from the social cause ventures, there is also a focus on online marketplaces for finding and managing different services. An example of this is CampNavigator.com, one of the top four summer camps and teen programs search engine in the world with lofty goals to becoming number one very soon. They also have a strong global market presence with multiple news and informa-

tion portals for all walks of life under the brand "WisheshDigital Media."

Lalitha believes in hard and smart work and learning from everyone. This attitude of constant learning and jumping in head first is what has made her successful as an entrepreneur.

**Community Service**

Lalitha is heavily involved in community and social service and first got involved with volunteering in 2003 by helping Balagokulam, an organization dedicated to helping Indian children learn their culture, tradition, and build stronger personalities. This tradition of social service comes from the family. Her father-in-law, Mr. Byra Prasad Rao was a leading advocate and leader in Guntur district in Andhra and a strong supporter of women empowerment and giving back to the community. As a family, they continue this tradition. They have sponsored many children in India for studies, helped families that were poor with costs such as health-care and marriage. In memory of her father-in-law, they are also running a free hospital in Andhra since 2007 where free medical consultation and medicines are provided for all. Many of the patients that visit the hospital are poor women who cannot afford to go to

nearby towns to visit doctors.

**Indian Women Empowerment Forum (IWEF)**

Being a strong woman herself from a supportive family and having the luck of being married into a family that has supported her so much, she is definitely an empowered woman so it is natural that she would be the one to bring Arizona its first Indian Women's Empowerment Forum. Lalitha feels that they have helped with so many people with so many issues but always wants to do more for those women who do not know where to go seek help. There have been increasing stories of daughters, daughter-in-laws, or just married women being abused. This is where the idea started developing. Why not bring all women together on one platform to connect with each other and create a stronger force to help the community for the greater good. That is how IWEF was conceived. Women volunteers at Hindu SwayamSevak-Sangh, in collaboration with IACRF and other organizations are bringing this much needed forum to all Indian women.

IWEF's idea is to establish a support network for women to offer resources and help families in crisis.





Through various seminars and activities, IWEF will increase knowledge on topics such as immigration, health, and other relevant issues as well as recognize women who are giving back to the community. When asked how she would measure the success of IWEF, Lalitha fondly replied that the biggest success for them would be all women coming together and making this event a grand success. What would be better than women coming together and

supporting each other for the greater good?

**Future Plans and Message to the Community**

Lalitha's future plans are to help in whatever way she can and give back to the community. She is dedicated to strengthen the services of bringing Sanatana Dharma, our rich heritage and culture, and respect for India to the next generation of kids. She has a vision of a truly volunteer ased, non-

profit organization that helps children, women and the elderly by streamlining social services under one umbrella with a focus on Knowledge, Empowerment, and Service to help the needy with a goal of making sure 100% of contributions reach the needy with 0 overheads.

Her final message to the community is to focus and strive harder and don't stop if you hit hurdles. Don't waste your time bickering about the

negatives in your life and don't waste your time blaming others. That only contributes to wasting precious time so learn from your past, move forward, and work harder. We are so lucky to be in the land of opportunities; make the most of it and you will definitely succeed! Last, but not least, she encourages women to stand up for themselves and come out their shell. That would be the greatest progress for any woman and for the women's movement in general.

Asia Today is grateful for the opportunity to meet such an amazingly strong woman and hear her story and extremely proud of her supportive husband who has stood by her through all her endeavors. We wish Shyam and Lalitha Byra and their family all the happiness in the world and wish them success in all their professional and social ventures.

Please be sure to visit [www.IWE-Forum.com](http://www.IWE-Forum.com), call 602/770-3945, or email [hssphx@gmail.com](mailto:hssphx@gmail.com) for more information regarding the Indian Women Empowerment Forum. We look forward to seeing you at Indo-American Hall located at 2809 W Maryland Ave., Phoenix, AZ 85017 on September 18, 2016 from 4:00 PM – 8:00 PM (followed by dinner) to support this great cause!

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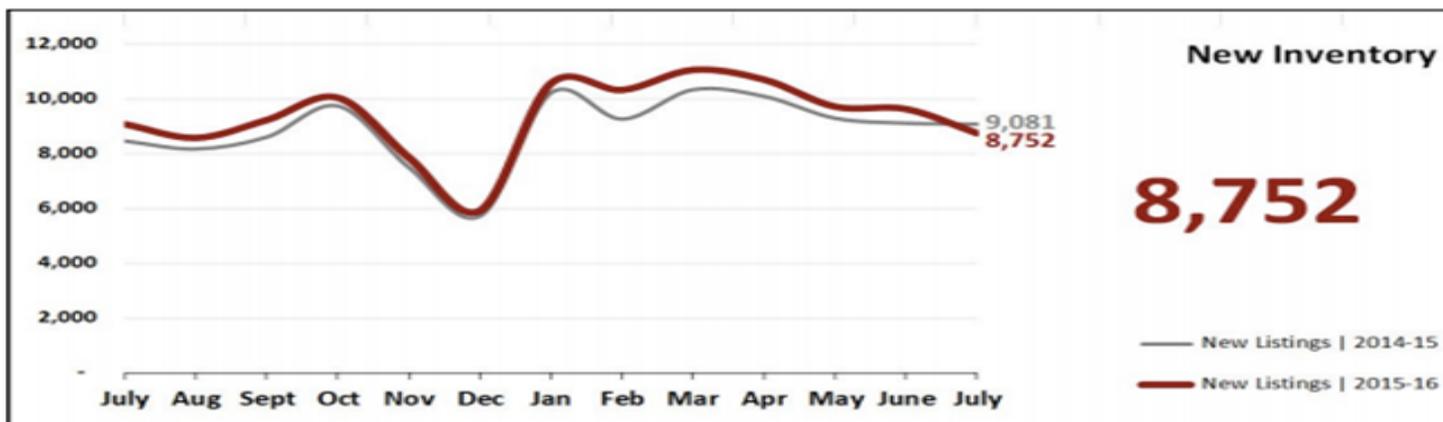
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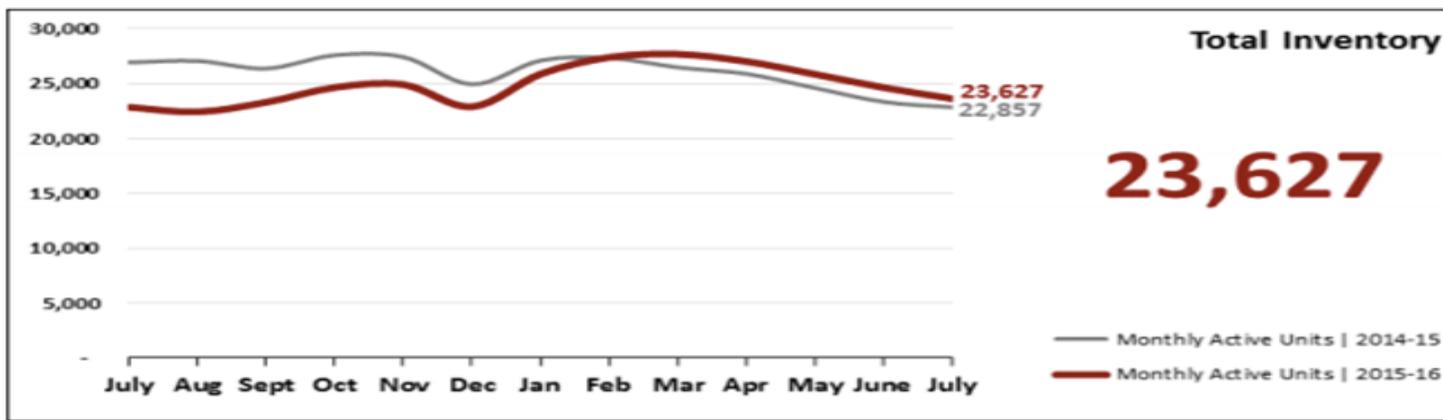
# Real Estate News of Arizona - September 2016



New inventory is down -9.2% month-over-month while the year-over-year comparison shows a decrease of -3.6%.

**8,752**

New MLS listings that were active for at least one day from 7/1/2016 to 7/31/2016, 0 day DOM sales removed



Total inventory has a month-over-month loss of -4.1% while year-over-year reflects an increase of +3.4%.

**23,627**

Snapshot of statuses on 7/31/2016

Hello Friends,

Weather is getting cooler, last month we had few dust storms like a kabob covering the valley, hopefully we get to have more rains. Festival season is starting, we see lot of events coming up in the valley, let's see how the real estate market is coming along....

Phoenix market is having a new trend of urbanized areas, nowadays this are getting popular. It's a community engagement and urban awareness about Phoenix. For so long, Downtown was neglected and only thought of as a place to catch a sporting game. But that is no longer true. People are now coming to understand that Phoenix is a viable and exciting place to live, work, play, and own a business. Downtown Phoenix continues to rise from the ashes to be re-born as a vibrant, walkable, bikeable, diverse, and interesting city.

Real estate pace is still going on however, it is not investors inhaling dis-tressed properties, but owner-occupant buyers fueling robust sales.

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

- Total Sales for Single Family, Town-home, Condos, for July are 7,622 whereas June were 7,853 and May was 7,688
- The Active listings for Single Family, Town-home, Condos, for July are 22,858 whereas June were 20,263 and May was 21,214
- Pending sales for Single Family, Town-home, Condos, for July are 6,579 whereas June were 6,749 and May was 7,217

The total home sales by financing were-

- Cash Sales - 1,452
- Conventional - 3,783
- FHA - 1,746
- VA- 570

Here are the July sales of Residential Properties in Pinal County-

- Total Sales for Single Family, Town-home, Condos for July are 735 whereas June were 796 and May was 787
- The Active listings for Single Family, Town-home, Condos for July are 2,092 whereas June were 2,228 whereas, May was 2,408
- Pending Sales for Single Family, Town-home, Condos, for July are 592 whereas June were 756 and May was 812

Now lets take a look on the commercial side- Leasing market in greater phoenix area strengthens the second quarter, with net absorption totaling nearly 1.5mil square feet. Additional improvements are forecast for the second half of 2016, although there will be a few more spec projects completed before the end of this year that could add some additional vacant spaces to the overall market inventory.

Amazon's 1,009,351-square-foot logistics and distribution center at Phoenix is getting sold for \$74.75 million or approximately \$74 per square foot, for the complex, which measured 604,678 square feet when it originally delivered in June 2007 before being expanded by 404,673 square feet in October 2011. Located within the Buckeye Logistics Center, the facility sits just south of I-10 and roughly 14 miles west of

Phoenix Sky Harbor International Airport.

Pacifica apartments in Mesa was sold for \$5.4 million or \$71,000 per unit. Built in 1980 the 76-unit multifamily complex totals 59,660 square feet on 2.5 acres is in Casa Mesa submarket of Maricopa County.

States Logistics Services Inc sold their industrial building in Tolleson for \$27.35 million or \$65.50 per square foot. The single-story industrial property was built in 2009 on 21.9 acres in the Tolleson Industrial submarket of Maricopa County.

Central shopping center in Tucson was sold for \$8.7 million or about \$367 per square foot. The single-story, multi-tenant retail property totals 23,734 square feet in Tucson submarket of Pima County.

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

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





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# The Boss is in a Meeting

In spite of all the religious sermons and moral codes of different world faiths, at one time or another, every human being ends up not telling the truth or what could be crudely stated as taking a shelter under a lie. The evasion of truth for malicious purposes is not acceptable at any cost, and cannot and should not be condoned. Yet the avoidance of the truth in certain benign situations is a common occurrence that finds its way in the vocabulary of almost all the Western secretaries. The word secretary here is used for the combined equivalent of an Indian clerk, babu and receptionist, all put in one.

In private businesses, corporations and public government offices, secretaries attending the front desk or manning telephone calls often have to take refuge under the umbrella of false pretenses in order to shield their bosses. Avoiding the truth is so pervasive in this profession that no one thinks twice prior to making an untrue statement about the availability rather non-availability of his or her boss. It should be stated here that these are not the secretaries who make the false statement. Rather, these are unspoken instructions from the boss of a company or person in command who calls the shots that ultimately make a secretary adopt this attitude to cover for him or her.

At one time or another we have all had the experience of trying to contact someone in any establishment worth the name and instead have been directed to the secretary or the

receptionist of the office who says, "The boss is in a meeting and cannot come to the phone right now. Would you like to hold or leave a message?" In fact the same is true at the doctor's office where the physician is reported to be busy attending an emergency, or at least that is what is projected and stated by the secretary always. The poor patients are usually asked to leave the message with the instruction that the doctor will get in touch. I can say this all without any hesitation cause I have been there. At times the boss may not even be that high-ranking on the totem pole supervising a big staff and carrying huge responsibility to warrant being busy all the time. But the secretary's response makes the boss seem like an international celebrity running the business of the entire world attending meeting after meeting and therefore, could not spare time to respond.

These statements are used so unintentionally and so frequently that such pronouncements are ingrained into office workers' psyches and no forethought is given prior to uttering the words. There are occasions when the boss may be standing round the corner or right next to the secretary and encouraging him or her to deliver such a response to a caller. Callers almost always understand that what the secretary is telling them may not necessarily be true, that there's a good likelihood that the boss is not in a meeting. They understand it fairly well that one who is running the business

could not be in the meeting entire day. And why wouldn't they understand this? Many among them in the past have been on the driver's seat in similar work situations in the past. Unfortunately there is not a whole lot that a caller can do if a road has been blocked under the instructions of the owner or the boss of the day.

With similarities in modern day office practices, the same methodology appears to be in vogue with the secretaries, clerks and babus of India. In India of the past, it was always tough to get to the boss directly because of the chapraasis, or peons, who used to act as bosses themselves and would never make a move unless their deep pockets were first filled to the brim. Ironically, the propagation of such behavior is totally contrary to the philosophy of the lands of many saints, massihas, and mahatmas, who spent their entire lives advising their followers to avoid making false statements.

Now, with the proliferation of answering machines and voicemail in offices and houses, the burden of screening calls has fallen to lifeless machines rather than secretaries. "Please leave a message and we will get right back to you," is the typical greeting. Whether one's message is acknowledged later on depends upon the attentiveness of the receiver of the message, but at least the secretary is spared from making up any more excuses for the boss at least to some extent.



From the boss' perspective, it's nearly impossible to respond to each and every call received because it would take so much time and space that the boss could not attend to the real business he or she happens to be in. In fact the very purpose of imposing a secretary between himself/herself and the caller is to screen unwanted calls. However, wouldn't it be better to simply come out with a statement, "The boss will call back at a more convenient time?" At least this honest approach prevents secretaries from lying one less time for the day and allows truth to reclaim one more lost opportunity. And it will also allow callers to feel more comfortable for they finally had an opportunity to know the truth. Of course, such advice may be considered risky, fraught with danger, and may not be the business norm.

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>

**N**amaste everyone. From the ashrams of India to the studio down the street, yoga has been gaining popularity in every corner of the world. Yoga asanas have numerous benefits. Regular practice of yoga boosts up body metabolism. It also helps fine tune digestion and makes you feel light and comfortable throughout the day. A small tip : Drink a glass of warm water first thing in the morning, it will launch the digestive system at the beginning of your day. As Vajrasana is a wonderful pose for digestion so lets focus on this asana this month.

**Vajrasana – The Thunderbolt Pose**  
Vajrasana or the kneeling yoga pose is also called the diamond pose or the thunderbolt pose. The name comes from the Sanskrit word 'Vajra' which means thunderbolt or diamond. In Thunderbolt Pose, the heels are together with the buttocks resting on top of them. Normally, Asanas should be performed on an empty stomach. But, Vajrasana is one of the few exceptions. This asana can be done immediately after the meal. In fact, Vajrasana is most effective after the meal and aids in proper digestion.

#### Steps of Vajrasana

- Kneel on the floor with the

knees close together.

- Bring the big toes together and separate the heels.

• Lower the buttocks onto the inside surface of the feet with the heels touching the sides of the hips.

- Place the hands on the knees, palms down.
- Keep your spine and head erect with closed eyes.

• Your knees should be touching each other.

- Avoid excessive backward arching of the spine.

• The back and head should be straight but not tense.

- After that inhale slowly and exhale slowly by both nostrils. (Normal breathing).

• When you breathe out try to assume that all your disorders are coming out from your nostrils.

- In the beginning try to practice Vajrasana for 5 minutes after lunch or dinner. Once you are used to it you may increase the time of asana about for 100



breaths.

#### Benefits of Vajrasana

- It is a one of the best asana for meditation and concentration.

• Helps in keeping the mind stable and calm.

- Cures indigestion, acidity, gas formation and constipation, increases digestion process.
- Helps in back

pain.

- Beneficial in urinary problems.
- Strengthens the sexual organs.
- Gives Strength to the thigh muscles.

• Vajrasana alters the flow of blood and nervous impulses in the pelvic region and strengthens the pelvic muscles.

- It is a preventative measure against hernia and also helps to relieve piles.

• It reduces the blood flow to the genitals and massages the nerve fibres which feed the making it useful in dilated veins of the testicles and hydrocele in

men.

- It alleviates menstrual disorders.

• It increases the efficiency of the entire digestive system, relieving stomach ailments such as hyperacidity and peptic ulcer.

• Vajrasana is a very important meditation posture because the body becomes upright and straight with no effort.

- It stimulates the vajra nadi, activates prana in sushumna and redirects sexual energy for spiritual purposes.

#### Contra-indications

Those people who are suffering from severe joint pain or knee injury should not try this asana. Increase the time of asana as much as you can or depending on your capability. People who have any spinal column ailments, especially on the lower vertebrae should not attempt this pose. Those with hernia, intestinal ulcers and other diseases of the small and large intestine should practice this pose under expert guidance and advice.

Compiled by  
Priyanka Madhukar

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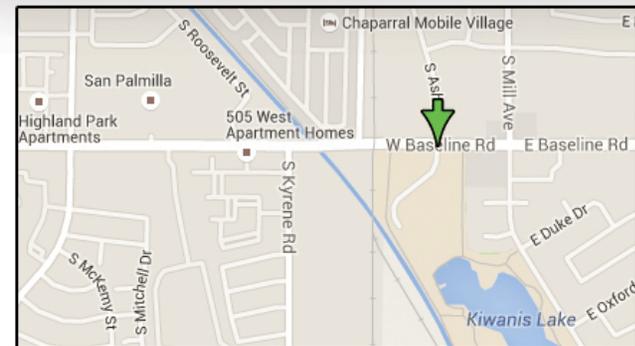
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