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2017 DIWALI DHAMAKA



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AGENDA - SACO DIWALI DHAMAKA 2017

EVENT	11/11/2017	TIME
Appetizers		5:00 PM
Welcome, Diya Aarti & National Anthems		5:15 PM - 5:30 PM
Diwali Entertainment Program		5:30 PM - 8:15 PM
Sponsor Introductions		6:30 PM
President's Speech		7:00 PM
Dinner		8:15 PM - 10:00 PM
DJ MAVI & Open Dance Floor		9:30 PM - 11:59 PM

DIWALI ENTERTAINMENT PROGRAM		
TITLE	PARTICIPANTS	
1	Satiani Brothers	Roshan Satiani, Dhillan Satiani
2	3 Minions Dance	Anaisha Moolchandani, Dhyan Bharadwaj, Alina Eva Latta
3	Saco Little Divas	Saisha Sukhramani, Shivani Hinduja, Anvi Kapoor, Rhea Sethi
4	Solo Act	Ahren D'Souza
5	Diwali Stars	Archit Murali, Viven Pathak, Irika Shukla, Tia Vaidya, Lavishka Pathak, Anika Arunakumar, Ravit Shah, Abir Kumar, Navya Hasija, Anjali Stephens, Harshil Veturi
6	Disco Ninjas	Shivam Sadhwani, Akshay Batra, Samar Gupta, Ritika Chaba, Jiya Mishra
7	Diwali Rockstars	Veda Biju, Oviya Karthikeyan, Vidhi Patel, Siya Rao, Ryan Hasija, Tanav Pannala, Samiksha Ganesh, Kabir Rathod
8	Dancing Divas	Simran Vaswani, Rhea Kapoor, Anaisha Sarda, Swasti Katamble, Anya Agarwal
9	Rock Stars	Palak Chug, Nayana Paturi, Shruti Banerjee, Shriya Patnam, Siddhi Amin, Ishika Jaryal, Gargi Chavan, Sidra Knoti
10	Bala Ganeshas	Arshiya Moolchandani, Tiya Kotwani, Saina Sukhramani, Ria Batra, Janvi Anand, Jai Anand, Tanya Swarup, Ayana Mantro, Rohan Batra
11	Diwali Dancers	Hiya Chavan, Advait Krishnan, Jiya Arya, Sharan Kalyan, Shivi Tripathi, Ansh Arya, Vansh Arya, Pari Basant, Riona Rodrigues, Arnav Nawani
12	Fabulous Four	Prisha Kotwani, Ananya Swarup, Ishika Agarwal, Simran Grissom
13	Bolly Moves	Amita Narang, Sejal Jindal, Vaanika Jindal
14	Dancing Queens	Disha Jotsinghani, Kirti Chopra, Tanisha Dhankhar, Esha Kothari, Rithika Krishnan, Sonia Mehta, Krutika Mishra, Rhea Taneja
15	Desi Duo	Diya Chabria, Sheela Vaswani
16	Bollywood Dhamaka	Ria Jotsinghani, Eesha Batra, Naina Karnati, Vidhushi Shrivastava, Kritika Mahajan, Mohit Kankanala, Ojas Deshpande, Reisha Karnani, Anjali Ranga
17	Hot Dancing Beauties	Revathi Prasanan Lata, Sushmita Kumari, Priya Gupta, Minu Agarwal, Swati Pradhan, Tina Rathod, Nicey Vakasserli, Anu Nichani
18	Nachle North Orange	Kavita Moolchandani, Mansi Anand, Anna Mathew, Deepali Mohan, Maniprava Sarah, Bhavisha Batra, Shgufta Tayade, Rashmita Maharana, Soumya Vashista, Sesha Padma, Shilpa Sonar
19	Bollywood Beauties	Anu Parimala, Sujitha Kumari, Priya Chavan, Nishta Hasija, Dimple Singla, Anu Patle
20	Dazzling Divas	Shalini Jindal, Seema Swarup, Rakhi Chabria, Akta Malik, Niyam Gulati, Vidya Krishnamurthy, Payal Thakur, Niharika Saran
21	Fun Fab	Sonali Nawani, Jay Baliga, Annie Ghosh, Sona Mehta, Geetha Kumar, Mala Nagarajan, Madhavi Diwanji, Rinu Barua, Sandhya Agochiya



MESSAGE FROM OUR PRESIDENT

Aayo Lal Sabahi Chaho Jhulelal!

I, on behalf of the executive committee - **Welcome you to the annual Diwali celebration. Wish you all a Very Happy Diwali and a Prosperous New Year!**

I feel a lot of pride and gratitude in being a Sindhi and been endowed the opportunity to lead the Sindhi Association of Central Ohio (SACO) along with a very energetic executive group. Diwali celebration with our families and friends is a tradition that our elders started 18 years back here in Columbus and we are extremely proud to carry it forward.

2017 has been an exciting year for all of us. We have continued the journey of promoting our Sindhi culture through language, arts, music and cuisine. We have contributed towards betterment of our local communities through philanthropy and charity efforts. Our members are good standing and responsible residents of the city, state and country and come from various professional backgrounds.

Culture - We are a cultural organization and have given special focus to ensure our kids and youngsters get to know about the Sindhi language and culture. The Sindhi festivals we hosted in Spring - Cheti Chand and Summer - Thadri brought to the front the age-old traditions that our forefathers lived through and cherished in their day. We prayed, sang, danced and ate as an extended Sindhi family while educating our youth about the language and traditions.

Community - We are all extremely fortunate to be in the land of opportunity and freedom. 2017 saw some extreme weather patterns and storms that devastated many cities and disrupted normalcy in those areas. It brought forward the true human spirit and resolve to rise to the top in moments of loss. We consider it as a reminder from God to be thankful and also give back to those in need. We are partnering with charitable organizations in Texas and Puerto Rico to donate food and home essentials to families impacted by Hurricanes. In Columbus, we served breakfast at the Ronald McDonald House of Charities. We raised money for Mid-Ohio food bank and collected canned foods to donate to Good Will Ohio and Food Pantry.

Country - SACO along with many other cultural and non-profit organizations is an integral part of the Columbus diaspora. Our members are highly educated & well respected established individuals that contribute to the success of our local economy, neighborhoods and localities.

I am thankful for the support SACO has received over the past several years from all of you and it is heartening to see that support get stronger every year. This is my final year as President of the association and I am overjoyed with the progress we have made. I am excited and looking forward to the new committee taking over in 2018 that will continue SACO on its path of doing cultural and social good in the Central Ohio region.

Thanks & Regards,
Sumit Sukhramani

SACO President (2016-2018)

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- **High in Dietary Fiber** rivaling other fiber sources such as psyllium, wheat bran, oat bran, and rice bran. Coconut supplies an impressive 61% dietary fiber! Foods contain two types of carbohydrates - digestible and non-digestible. Digestible carbohydrates (soluble fiber) consists of starch and sugar and promote calories. Non-digestible carbohydrates (insoluble fiber) contains NO calories. Since the body cannot digest the dietary fiber in coconut, no calories are derived from it and it has no effect on blood sugar.
- **Low Glycemic Index (GI)** measures how fast available carbohydrates in food raise blood sugar levels. Coconut fiber slows down the release of glucose, therefore requiring less insulin to utilize the glucose and transport it into the cell where it is converted into energy. Coconut also assists in relieving stress on the pancreas and enzyme systems of the body, in turn, reducing the risks associated with Diabetes. Coconut Nectar and Crystals have a very low GI of only 35 (compared to honey with a GI of 55-83, and sugar with a GI of 65-100.)
- **Reduces Sweet Cravings** and improves insulin secretion and utilization of blood glucose. The healthy fat in coconut slows down any rise in blood sugar and helps to reduce hypoglycemic cravings.
- **Improves Digestion** and many of the symptoms and inflammatory conditions associated with digestive and bowel disorders, by supporting absorption of other nutrients including vitamins, minerals, and amino acids while also providing beneficial dietary fiber.
- **Quick Energy Boost** that provides a super nutritious source of extra energy. Coconut is utilized by the body to actually produce energy, rather than to store it as body fat. It supports improved endurance during physical and athletic performance. As well, it promotes healthy thyroid function and helps to relieve the symptoms of chronic fatigue.
- In addition, coconut contains **No Trans-Fats**, is **Gluten-Free**, **Non-Toxic**, **Hypoallergenic**, and also contains **Antibacterial**, **Antiviral**, **Antifungal**, and **Anti-parasitic** healing properties. Coconut helps to aid and support overall **Immune System** functions.
- **Coconut flour** is simply dried, ground up coconut meat. Coconut flour is *gluten-free*, low in carbohydrates, high in fiber, and ideal for baking.
- **Coconut Milk** is made by mixing shredded, fresh coconut meat with water, then squeezing it through a sieve or cheesecloth. The thick, creamy liquid that comes out is coconut milk and can be used for Thai curries and stews.
- **Coconut cream** is basically coconut milk without all the water. It is thicker and pastier. If you want to make a thicker coconut curry without all the added liquid, use coconut cream in place of milk.



The wonders of coconuts never cease to amaze. They add flavor, variety, and healthy nutrients to our diet. Coconuts fans are raving about the health and beauty powers that range from consuming coconuts both externally and internally.

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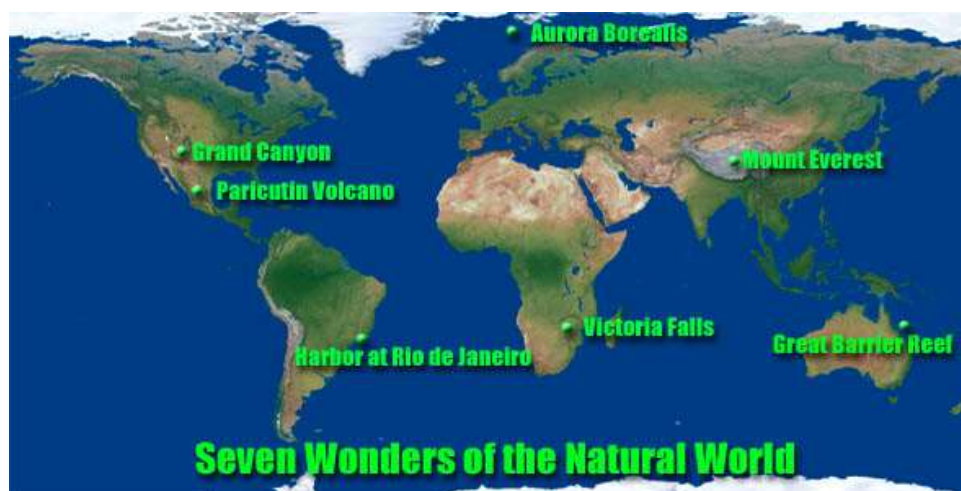


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SEVEN WONDERS OF THE NATURAL WORLD



Grand Canyon - Recognized as a natural wonder because of the overall scale and size combined with the beautifully colored landscape. 277 river miles long. Width ranges from 4 to 18 miles & depth is over 1 mile. Created by erosion of Colorado River. NOT the steepest or the longest canyon in the world. A number of lava flows are Cenozoic in age, and some of them spill into the canyon. The walls of the canyon are mostly cut into horizontal rock layers of Paleozoic age. There is an angular unconformity at the bottom of the Paleozoic layers. An angular unconformity is the result of tilting and eroding of the lower layers before the upper ones are deposited. These tilted and eroded layers are Precambrian in age.



Great Barrier Reef - Recognized as a natural wonder being the largest coral reef system in the world created by living organisms and supports a wide diversity of life, including fish, whales, dolphins and sea turtles. Referred to as the "rainforests of the ocean." Consists of over 2,900 separate reefs. Stretches over 1,600 miles spreading 133,000 square miles area located in the Coral Sea, off the coast of Queensland in northeast Australia. Supports many vulnerable or endangered species. Environmental pressures to the reef and its ecosystem include water quality from runoff, climate change accompanied by mass coral bleaching, and cyclic outbreaks of the crown-of-thorns starfish (which eat coral polyps).



Harbor of Rio de Janeiro – Means 'January River' in Portuguese due to its discovery on January 1st, 1502 along the Atlantic coast off Brazil. It is formed by the interaction of the Serra do Mar mountains with the ocean. Surrounded by protruding mountains that include Sugar Loaf at 1,296 feet, Corcovado Peak at 2,310 feet, and the Hills of Tijuca at 3,350 feet. This set of gneiss and granite stone peaks runs for 1,500 miles along the coast of South America. It is the interaction of the softer gneiss rock with that of the harder granite at the harbor that gives the mountains their spectacular shapes. Statue of Christ the Redeemer stands on top of the peak of Corcovado at 130 feet weighing 635 tons.



Mount Everest - Mt. Everest is the highest spot on the earth's surface & is part of the Himalaya Mountains in the central region of Asia, north of the Indian sub-continent bordering Nepal and China. Also called Qomolangma in China and Sagarmāthā in Nepal. Formed by an up-thrust at the collision of the Indian and Eurasian tectonic plates. Summit reaches a peak of 29,029 feet. The lifting of the mountains continues even today with the range gaining another two-inches on average, every year. Himalaya Mountains are 25 million years old. Everest has been the highest peak for the last half million. Despite the dangers it's unlikely that the adventurous will soon be dissuaded from attempting to conquer the highest mountain in the world.



Northern Lights - Also known as polar auroras. Appear as glowing sheets or dancing waves. Auroras are the result of the emissions of photons in the Earth's upper atmosphere (50 miles), from ionized nitrogen atoms regaining an electron, and oxygen and nitrogen atoms returning from an excited state to ground state. The chances of experiencing the northern lights will increase as one approaches the magnetic pole. The magnetic pole can be found in the Arctic islands of Canada. Best chances of witnessing the northern lights occur between the months of March to April and September to October (equinoxes). Oxygen emissions are green or brownish-red, depending on the amount of energy absorbed. Auroras are not limited to Earth, but have been seen on Jupiter, Saturn, Uranus and Neptune along with some of their moons. Venus also has an Aurora effect, but because the planet has no magnetic field, the lights are distributed in patches



Parícutin Volcano - Established as natural wonder because mankind witnessed its birth. It is a cinder cone volcano located in Mexican state of Michoacán. The Official height varies from 9,101 to 10,397 feet. Discovered by farmer Dionisio Pulido who saw it emerge out of his cornfield on February 20th, 1943, at around 4 PM. Eruptions occurred from 1943 to 1952. Parícutin is the youngest of more than 1,400 volcanic vents that exist in the Trans-Mexican Volcanic Belt and North America. The belt includes the Sierra Nevada mountain range (which is an extinct set of volcanoes) along with thousands of smaller cinder cones and volcanic vents. The soil, because of its volcanic origin, contains a wide variety of common elements which are easy for plants to absorb. This makes the land very fertile.



Victoria Falls - Located in southern Africa on the borders of Zambia and Zimbabwe. The Zambezi River serves as the falls' water source. Also called Mosi-oa-Tunya meaning "mist that thunders." It is the largest waterfall based on width and height. It is one mile wide and 360 feet high. There are two seasons to the Victoria Falls area. The rainy season runs from late November to early April and the remaining months account for the dry season. One would imagine that the rainy season with more water would make the falls more spectacular, but the additional water makes it impossible to see the base of the falls. The spray from the falls rises over 1,300 feet, sometimes even twice as high, and is visible from 30 miles away. Victoria Falls is roughly three times the height of Niagara Falls and well over twice the width of its Horseshoe Falls.



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DIWALI

Diwali comes every year with its promise of light, smiles and communal camaraderie. We, excitedly, scrub clean the forgotten corners of our homes, look up recipes for laddoos and shakarparas, light traditional diyas, and spill Rangoli colors on our festooned porches.

And we block our calendars for Diwali parties – a breath of fresh air to the tedium of our lives. We meet friends, compliment their sartorial choices, applaud their dance performances and exchange numbers of the caterers of gulabjamuns and samosas at the party.

Later, we go home and upload our most flattering pictures on Facebook, anxiously wait for likes, and then start commenting on our friends' festive pictures. The celebrations and reminiscences last for a full month, before receding into the winter frost.

My appeal to all of us this Diwali is that even after the wicks of our diyas run dry, let's keep ourselves illuminated from within. Let the essence of Diwali permeate deeper – sealing our hearts with the yellow tape of Lord Rama's goodness, cordoning off the malice of Ravana and designs of Surpanakha.

Being latitude and longitudes away from our families, each one of us is hungry for the flicker of empathy and understanding in a friend's eye. Let's pick up the phone and call our friends if we notice the faintest shadow behind their ready smiles at the Diwali party. Let's not pretend to sleep like Kumbhkarna when they are hurting.

Let's make a promise to seek out avenues for connection. Let's not abruptly change our paths from Produce to Dairy upon sighting a known face at The Kroger's. Instead, let's cross those aisles to hug and say hello. Let's not bend into our phones when we find ourselves parked next to a neighbor in The Lowe's parking lot. Let's roll down our windows and smile, bursting tiny anaars of joy within.

As we light the entrances of our homes for the footsteps of Goddess Lakshmi, let's also convey to our friends that though we might forgot to turn on the garage and porch lights on some nights, we are home, and they are always welcome.

While our Rangolis get smudged and need to be erased, let's not abandon color and flair from our lives. Let's keep our spirits uplifted and our outlooks optimistic.

And lastly, let's not pull out the festive light bulbs from the faces of our houses just yet. Let's leave them intact and flick them back on for Christmas so that our children learn to assimilate and embrace all cultures in equal measure.



- Sara Chansarkar

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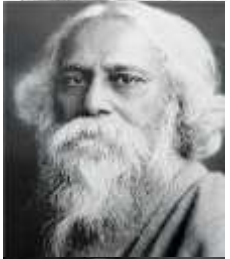
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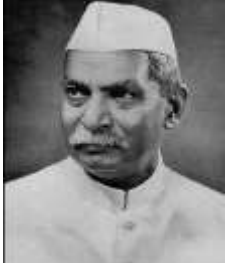
Swami Vivekananda: He was a Indian Hindu Monk born on January 12, 1863. He introduced Indian philosophies of Vedanta and Yoga to the western world. He's well known for his speech in 1893 in Chicago during Parliament of World's Religion. He died on July 4, 1902



Mahatma Gandhi: He was the leader of Indian independence movement against British rule. He was born on October 2, 1869. Employing non-violent civil disobedience, Gandhi led India to independence and inspired for civil rights and freedom across the world. He was assassinated on January 30, 1948 by a Hindu nationalist.



Rabindranath Tagore: A Bengali poet who reshaped arts and literature in India and was the first non European to win Nobel prize in Literature. Tagore was born on May 7th, 1861. He also wrote India's national anthem and Bangladesh's national anthem



Rajendra Prasad: Born on December 3rd, 1884, Rajendra Prasad was the first President of India between 1950 and 1962. He was major leader of Indian National Congress from eastern region of India, Bihar. He participated in Indian Independence Movement



Sarvepalli Radhakrishnan: Radhakrishnan was the first Vice-President of India and second President of India from 1962-1967. Radhakrishnan believed "Teachers should be the best minds in the country". His birthday, September 5th is celebrated as Teacher's day in India.



Swami Chinmayananda Sarswati: Born on May 8th, 1916, Swami Chinmaya was a Hindu Spiritual leader and teacher who founded the Chinmaya Mission to spread the knowledge of Vedanta in the world. He authored more than 95 publication and is inspiration behind over 300 centers in the world.

- Arshiya Moolchandani

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WHAT IS CHETI CHAND & THE ORIGIN OF JHULELAL

CHETI CHAND

The Sindhi New Year, Cheti Chand holds a lot of importance, as this is a day when friends and relatives come together to meet one another. Just being together, united and cared for, makes us feel secure, happy and warm. Amongst Sindhis, we celebrate this day in memory of 'Jhulelal', who was born on this day.



JHULELAL

In Sindh, this day was and is celebrated in a grand way with members of the Sindhi community, dressing up in their finest clothes and coming in large numbers for the grand 'Jhulelal' procession that is followed

Everyone participates in a 'satsang' called 'behrana' that is generally held on Cheti Chand in the name of Jhulelal, or at a beginning of a good deed like getting married or buying a home.

This virtually transforms the whole atmosphere into a divine experience, one that we all looked forward to.

The Origin of Jhulelal

The title of Jhule Lal is given to two individuals: Lal Shahbaz Qalandar (1177–1275), a Muslim mystic of the Suhrawardy Sufi order and to a Hindu water deity. Jhulelal title generally in Pakistan and particularly in Sindh is reserved for Muslim Sufi Lal Shahbaz Qalandar. Following the death of Lal Shahbaz Qalandar, Hindus within Sindh began to identify Lal Shahbaz Qalandar as an incarnation of their patron deity, Jhulelal. This connection was emphasized by the popular spiritual song Dama Dam Mast Qalandar which referred to Lal Shahbaz Qalandar by the name Jhulelal. Over time, the Jhulelal has become a nickname for him, among both Hindu and Muslim Sindhis.

- A Parwani



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15



NEW CRICKET RULE CHANGES EFFECTIVE 9/28/2017

- Each team can name **six substitutes** (previously it was four) in Test cricket.
- There are no changes to the permitted width and length of a cricket bat, but the **thickness of the edge can be no more than 40mm**, and the **thickness of the bat must not exceed 67mm at any point**. Umpires will have a gauge to check that bats meet the new regulations.
- The ICC has okayed the use of **bails tethered to the stumps** to prevent injuries caused by bails flying at wicketkeepers and fielders after the stumps have been broken. The mechanism used to tether the bails must not interfere with their ability to be dislodged; the implementation of such a system is at the discretion of the host board.
- In Test cricket, an interval will be taken if a **wicket falls within 3 minutes of the interval**. **Previously it was 2 minutes**
- In T20 internationals, if an innings is reduced to less than 10 overs, the maximum **quota of overs per bowler shall not be less than two**: meaning that if a match is reduced to five overs a side, 2 bowlers will be able to bowl 2 overs each.
- For **boundaries**, airborne fielders making their first contact with the ball will need to have taken off from inside the boundary, otherwise a boundary will be given. A boundary will also be given if a fielder in contact with the ball makes contact with any object grounded beyond the boundary, including another fielder.
- If the **ball bounces more than once** after being delivered by the bowler and before it reaches the popping crease of the batsman, it will be called a no-ball. Previously a ball was allowed to bounce twice. If the **ball lands off the pitch**, then the umpire will signal a no-ball. If a **fielder intercepts the delivery** before it reaches the batsman, the umpire will call no-ball and dead ball.
- **Any byes or leg byes scored off a no-ball will now be scored separately**. The bowler will have one no-ball put against his/her name, and the other extras will be scored as byes and leg byes. Previously, byes and leg byes scored off no-balls were scored as no-balls.
- If a batsman grounds his/her bat or part of his/her body behind the crease while regaining his/her ground before the stumps are broken, and then if he/she inadvertently loses contact with the bat, or if the grounded part of his/her body becomes airborne - while running or diving - when the stumps are broken, he/she shall not be run out or stumped.

- An appeal can be withdrawn, or the umpires can recall a dismissed batsman, at any time **before the ball comes into play for the next delivery**. Previously, a batsman could not be recalled once he/she had left the field.
- For a **catch on the boundary to be legal**, a fielder making contact with the ball must either be grounded inside the boundary or his/her last contact with the ground before first touching the ball must have been inside the boundary.
- A batsman can be caught, run-out, or stumped **even if the ball makes contact with a helmet worn by the fielder or wicketkeeper**.
- The **handled-the-ball dismissal has been removed** and included under the obstructing-the-field category.
- There are several tweaks to what now constitutes **unfair play**. If the fielding side tries to deliberately distract or deceive the batsman - through mock fielding for example - after he/she has received the ball, the umpires can penalise them. If a bowler bowls a deliberate no-ball, he/she can be removed from the attack for the rest of the innings. A batsman cannot take strike so far outside the crease that he/she is standing in the protected area of the pitch, just like bowlers are not allowed to follow through on the protected area. A catch-all law has now been introduced to give umpires the power to deal with conduct they believe is unfair but is not covered elsewhere in the laws.
- A **player can now be sent off the field** by the umpire for the rest of a match for serious misconduct. This will apply to most Level 4 offences, with Level 1-3 offences continuing to be dealt with under the ICC Code of Conduct.
- If an umpire's decision is referred to the TV umpire by a team, and the on-field decision remains unchanged because the DRS shows "umpire's call", the team will not lose the review.
- Because teams will not lose a review for "umpire's call", they will not have their two unsuccessful reviews replenished after the first 80 overs of the innings in a Test. They will have only two unsuccessful reviews for the entire innings. The DRS will now be used in T20 internationals as well - teams will have one unsuccessful review per innings.



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PROTEIN POWERHOUSE - NUTRITIOUS IDEAS FOR EVERY DIET

Cutting out fatty and fried sources of protein makes sense when you're trying to cut calories and eat healthy. But you still need nutritious forms of protein in your diet, according to Nutrition.gov. Here are five great protein sources you'll love when you want to add protein without adding a lot of calories.

1. The first is fish. Besides being low in calories, fish is low in saturated fat. Though varieties like sole, flounder and cod are lower in calories, fatty fish like salmon and mackerel also contain the healthy fats called omega-3 fatty acids. They're all delicious, even when steamed or slightly sauteed -- no breading needed.
2. Egg whites are another terrific option. One cup of egg whites has 26 grams of protein for under 120 calories -- perfect for turning into a scramble.
3. When you want a meatier mouth-full, choose chicken, a great source of lean protein. Breast meat and skinless thighs are low in fat. Or try turkey. Fat-free ground turkey and light-meat turkey both have about 100 calories in a 3.5 ounce serving.
4. Low- or non-fat dairy can be a rich protein source. A cup of non-fat cottage cheese or fat-free Greek yogurt supplies between 15 to 20 grams of protein for around 120 calories.
5. Experiment with unconventional ways to enjoy these options. Yogurt, for example, isn't just for breakfast. Topped with a medley of berries, it makes a creamy dessert. Or take a leftover fish filet and add it to a bowl of seasonal greens for a satisfying lunch. Or fill a four-egg-white omelet with sauteed vegetables for a fast and easy dinner when there's no time to cook a full meal.

THE FACTS ON FLAX - A NUTRITION POWERHOUSE IN A TINY PACKAGE

Though tiny in size, flax packs a big nutritional punch. These sesame-seed lookalikes are considered a functional food -- a food that goes beyond basic nutrients to provide health benefits and/or reduce the risk of chronic diseases, according to a report in the Journal of Food Science and Technology. Flaxseed gets the nod because it's high in the omega-3 fatty acid A.L.A. plus phytochemicals called lignans, and fiber. It's great for heart and digestive health and to support the immune system. It may even lower cholesterol and possibly blood pressure in some people, researchers report.

With all that going for it, the question is how to get more flaxseed into your diet, especially since one tablespoon has a mere 37 calories. First, to absorb all its nutrients, eat flaxseed in ground form, never whole. You can buy ground flax or, better still, buy whole seeds and grind them in a small coffee grinder right before you're going to use them. Keep flax in the fridge to extend its freshness. Flaxseed has a nutty taste, making it a great topping for hot or cold cereal, yogurt and cottage cheese, even fruit. Try mixing flax into salad dressings or into mayo or mashed avocado for a sandwich spread. Add it to the batter for pancakes, cookies, muffins, breads and other baked goods. You can even blend it into a smoothie. Start by adding 1 tablespoon a day to your diet and gradually work up to 5.



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STRETCHES: THE FORGOTTEN EXERCISE

Along with aerobic and strength training, stretching is an important part of every workout routine. But many people make the mistake of skipping this key step or doing certain stretches at the wrong time.

Stretching improves flexibility and helps maintain good range of motion in your joints. It may even prevent injury. Timing is important, though. Starting your workout with dynamic stretches can prep your body for the exercise to come, according to the American Council on Exercise (ACE). These are stretches that take your body through a range of motions and raise your core temperature. On the other hand, static stretches -- stretches you get into and hold for a certain length of time without moving -- before exercise can strain or pull a muscle. So, save such stretches for after your workout when your muscles are warm and loose, the ACE says.

It's important to keep safety in mind when you're doing static stretches in particular. Ease into each stretch and move slowly until you feel the targeted muscle or muscles gently extend. Try to hold each position for 10 to 30 seconds. Relax and then repeat the stretch two or three times. Breathe slowly and naturally. Be sure to stretch the muscles on both sides of your body. If you stretch one hamstring, don't forget to do the other. And to avoid tearing a muscle don't bounce. Remember to listen to your body as you stretch. If a move causes a muscle cramp or pain of any kind, stop doing it.

MAKE EXERCISE A WORK-IN-PROGRESS

Just as there are diet plateaus, your exercise routine can become, well, routine, causing you to stall out and lose interest. That can lead to backtracking and losses in your overall fitness level. Recharge your enthusiasm with small changes that can be as simple as taking a new route when running or biking or trying a new exercise discipline through classes at the gym. The U.S. Centers for Disease Control and Prevention found that, with its own employees, motivational signs made a difference.

You can go old school and print out a message that motivates you and tack it on your fridge. Or go high-tech with a free or low-cost interactive smartphone app, like My Fitness Pal, that offers motivational tips, sends reminders to keep you on track, and has progressive exercise programs that challenge you to aim for higher fitness levels. But it's better not to go it alone -- get social with exercise. Plan get-togethers with family and friends that are exercise-based, from a nature walk to a trip to a museum. Get creative with fitness ideas that are fun.

Exercising for a cause is a great motivator. Train for and participate in a run or bike trip that raises awareness and money for a nonprofit that has meaning to you and your family. It could be an organization funding research for a disease cure or one that assists the needy in your own community. Also take a few minutes to review your short- and long-term goals, the American College of Sports Medicine suggests. If you've already reached the fitness milestones you first set for yourself, challenge yourself by setting new ones. And don't forget to reward yourself as you accomplish each one.



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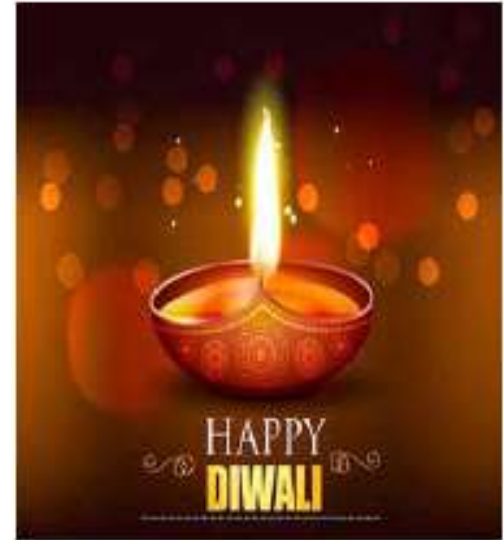
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HOW TO FIGHT FALL ALLERGIES

Take medication before symptoms flare, reduce mold exposure and avoid pollen, allergy expert says

People who suffer from allergies may start sneezing and wheezing in the fall, but there are things they can do to ease their seasonal misery.

"If it feels as though your allergy symptoms flare up earlier and earlier every year, you're probably not wrong," said Dr. Stephen Tilles, president of the American College of Allergy, Asthma and Immunology (ACAAI).

"Climate change may actually be causing an earlier and longer fall allergy season," he added in an ACAAI news release. "In addition, windy days can mean heightened allergy symptoms, because wind can carry the pollen from ragweed, grasses and trees up to 100 miles from its source."

Tilles provided the following tips to help people with seasonal allergies avoid flare-ups of their symptoms:

- **Plan ahead.** So-called "fall" allergens actually start to appear in mid-August. If you rely on allergy medication, start taking it about two weeks before your symptoms appear. It's also important to not stop taking your allergy medication until pollen counts have been down for about two weeks.
- **Minimize mold.** Mold is nearly impossible to eliminate. It tends to grow wherever there is water, particularly basements, bathrooms and near sinks. Mold also lurks outside, even in piles of dead leaves. The best way to limit the growth of mold is to minimize moisture. Use fans in the bathroom and clean up standing water right away. Scrub visible mold from any surfaces and ensure they are kept clean and dry. Keeping the humidity in your home below 60 percent and routinely cleaning gutters is also a good idea.
- **Avoid pollen.** Ragweed and other pollens that trigger allergy symptoms must not be brought into your home. Be sure to take your shoes off when you walk through your door. If you've been outside working, exercising or playing, take a shower and change your clothes to wash off any pollen that sticks to your hair or body. Keep your home and car windows closed and use an air conditioner, particularly when pollen counts are high. If you are doing yard work, consider wearing gloves and a NIOSH-rated 95 filter mask. Those with severe allergies may want to avoid outdoor chores entirely.
- **Seek help.** An allergist is trained to identify your allergens and provide an individualized treatment plan for you. Aside from allergy medication, these doctors can provide immunotherapy -- or allergy shots that target your specific triggers. This can dramatically ease your symptoms.



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HEALTH BENEFITS OF COMMON INDIAN SPICES

India is well known for spices with a wide variety and common recipes that are spice laced. Spices come with a number of benefits other than making great dishes at the end of the day.

1. **Ginger** - Used for centuries in Indian and other Asian cuisines, ginger root also has a long history as a home remedy for digestive problems. A 2008 study published in the "European Journal Gastroenterology and Hepatology" found a scientific basis for ginger's benefits to the G.I. tract, showing that it helps move food more quickly from the stomach into the small intestine for absorption. Steep a slice of peeled ginger root in a cup of hot water when you have an upset stomach. Ginger also appears to assist with inflammation, according to a report in "Arthritis Today." Participants in a study at the University of Miami showed a 40 percent improvement in osteoarthritis pain after taking ginger extract.
2. **Turmeric** - A relative of ginger, turmeric gives curry dishes a bright yellow color – earning it the nickname "Indian saffron." Ancient Indian and Chinese healers used turmeric for its anti-inflammatory properties, treating everything from menstrual pain to toothaches. Modern scientists, however, are interested in the benefits of curcumin, the active agent in turmeric, as a powerful antioxidant. The American Cancer Society notes that a number of studies have found curcumin kills cancer cells in vitro and reduces the size of tumors in animals. Research on humans with cancer is still preliminary, as researchers try to find safe, effective dosages of curcumin to produce similar effects. Make a turmeric-flavored side dish by cooking the spice into rice, then serving the rice with a stir-fry.
3. **Cumin Seeds** - Also known as Jeera, this is one of the most common spices in the home. It is used to prepare a wide variety of dishes and will work in almost anything. It is used to prepare Odiya in India which is a traditional dish. The health benefits of cumin seeds include a boost in the immune system, pain relief, relieving nausea, stomach pains and cramps, indigestion and diarrhea. It is also used as an iron supplements making it a good supplement.
4. **Cardamom** - Cardamom grows wild in India, Ceylon and Malaysia, and has been used by healers in those regions much like ginger, as a digestive aid. A 2008 study published in the "Journal of Ethnopharmacology" confirmed cardamom's use for gastrointestinal ailments such as diarrhea, colic and constipation, and also its benefits for lowering blood pressure in laboratory animals. Cardamom adds flavor to everything from sweet potatoes and squash to pastries. Combined with cinnamon, cloves and ginger, cardamom makes a delicious and good-for-you chai tea.
5. **Black Pepper** - The amazing health benefits of black pepper includes to cure illness such as constipation, diarrhea, earache, gangrene, & heart disease. It's native to south India and used antiquity for both its flavor & as a medicine.
6. **Cloves** - are known for their uniquely warm, sweet and aromatic taste along with medicinal properties for centuries. Clove has lots of healing properties and used for upset stomach and as an expectorant.
7. **Saffron** - are known as the golden spice of India for its expensive and exotic richness, so used on auspicious occasion and have the ability to improvement of digestion and appetite.
8. **Cinnamon** - is a spice with amazing health benefits and used in traditional medicine to control blood glucose levels and keeps diabetes under control. Cinnamon is known as dalcini in local India language.
9. **Mustard Seeds** - Most Indian households use mustard seeds or its oil for various purposes, It can help control symptoms of asthma, packed with B-complex vitamins and help to relieves rheumatoid, arthritic and muscle pain.
10. **Corriander** - India is one of the world's main producers of coriander, a spice that has been in use for at least 7,000 years, according to "The Encyclopedia of Healing Foods." The fresh leaves of this spice are called cilantro; the dried seeds are sold ground or whole in supermarkets. Like other Indian spices, coriander gains its fame for its anti-inflammatory properties and aid to digestion. A study, found that coriander seeds also lowered LDL, or "bad" cholesterol in rats, while also raising HDL, or "good" cholesterol levels. The antioxidants in coriander seeds help relieve oxidative stress in diabetes patients & used as part of the dietary therapy for this condition.
11. **Mint** - The smell of mint itself is refreshing. It is popularly known as pudina. The most popular use of pudina is the chutney. Packed with antioxidants and phytonutrients which make it great for digestion. It is also known to calm stomach cramps and helps in asthma.
12. **Fenugreek**: Popularly known as methi, fenugreek leaves are quite common in Indian kitchens. It is used for treating liver functions as well as helps in treating gastric problems.



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SOME INTERESTING FACTS ABOUT INDIA

A floating post office: India has the largest postal network in the world with over 1, 55,015 post offices. A single post office on an average serves a population of 7,175 people. The floating post office in Dal Lake, Srinagar, was inaugurated in August 2011

Kumbh Mela gathering visible from space: The 2011 Kumbh Mela was the largest gathering of people with over 75 million pilgrims. The gathering was so huge that the crowd was visible from space

Bandra Worli Sealink has steel wires equal to the earth's circumference: It took a total of 2,57,00,000 man hours for completion and also weighs as much as 50,000 African elephants. A true engineering and architectural marvel.

Shampooing is an Indian concept: Shampoo was invented in India, not the commercial liquid ones but the method by use of herbs. The word 'shampoo' itself has been derived from the Sanskrit word *champu*, which means to massage.

Water on the moon was discovered by India: In September 2009, India's ISRO Chandrayaan- 1 using its Moon Mineralogy Mapper detected water on the moon for the first time.

The first rocket in India was transported on a cycle: The first rocket was so light and small that it was transported on a bicycle to the Thumba Launching Station in Thiruvananthapuram, Kerala.

India is the world's second-largest English speaking country: India is second only to the USA when it comes to speaking English with around 125 million people speaking the language, which is only 10% of our population. This is expected to grow by quite a margin in the coming years.

The world's largest producer of milk: India overtook the European Union with production reaching over 132.4m tonnes in 2014.

Freddie Mercury and Ben Kingsley are both of Indian descent: Freddie Mercury, the legendary singer of the rock band 'Queen' was born a Parsi with the name Farrokh Bulsara while the famous Oscar winning Hollywood star Ben Kingsley was born Krishna Pandit Bhanji.

Snakes and Ladders originated in India: Earlier known as Moksha Patamu, the game was initially invented as a moral lesson about *karma* to be taught to children. It was later commercialized and has become one of the most popular board games in the world.

Largest number of vegetarians in the world: Be it because of religious reasons or personal choices or both, around 20-40% of Indians are vegetarians, making it the largest vegetarian-friendly country in the world.

A special polling station is set up for a lone voter in the middle of Gir Forest: Mahant Bharatdas Darshandas has been voting since 2004 and during every election since then, a special polling booth is set up exclusively for him as he is the only voter from Banej in Gir forest.

- Kavita Moolchandani



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A Diwali Miracle



"Bhaiya, it's gone!" he shouted, bounding down the stairs with one hand lifting the long hem of his ivory churidar—he loved the scent of his new outfit, it reminded him of "Nani's India"—his silky shock of hair opening and closing above him like the canopy of a parachute. The news was urgent, its delivery to the other party—top-priority, lest it implode within the carrier for being restrained too long. He jumped over the last set of steps, landing with a heavy thud just a few inches away from where I teetered on all fours filling my handiwork in all hues of the rainbow. I winced at the impact—partly imagining the fall and partly at the unpleasantness of sweeping a dusty heap of disheveled rangoli. He got right up and cried, "I'm Hanuman!"

I had seen similar scenes unfold before - *Bhaiya, Santa's cookies by the fireplace are gone. Bhaiya, Halloween treats on the porch are gone. Bhaiya, Elf on the Shelf is gone.* It was as if every time something went missing in the house, he had a reason to celebrate. The ethereal ebb and flow of piano notes from the adjoining room came to an abrupt halt and the neck of another kurta-clad boy craned out of the door.

"What's the matter?"

"You won't believe this, Bhaiya! It's gone...the spoon is EMPTY!"

"What? No way!"

"Come see it for yourself!"

The thundering hurricane picked up more speed with the addition of company as they both hurtled up the stairs. A brief pause ensued. I pictured them exchanging glances of disbelief, replaced quickly by a look of revelation; then they both cried in unison.

"Mommy, Bhagwan ji ate our halwa!"

"He accepted our prasad..." said one, gasping for air.

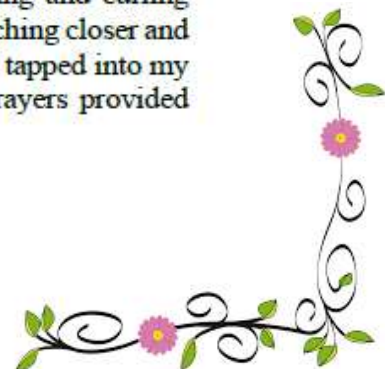
"...and listened to our prayer!" finished another.

"But can this really be true? Like he actually came here?" asked my 11-year old with more years of healthy skepticism under his belt.

"Well, why not?" I said. "Didn't Vishnu ji come for Prahlad?"

There is immense power in prayer, I told them, and when offered by sweet little children like you, it is sure to reach God's ears. You just have to believe. Oh, and one more thing, you cannot put a time limit on God to answer it. If you can do that, you'll have a direct line to God. Any time the connection gets choppy, you'll need to search your heart for better signal strength. The purer the heart, the better the signal. Full of innocence and devoid of guile, children are blessed that way, I said, as I settled beside them before the shrine.

The little one started humming and curling his fingers like spider legs, inching closer and closer to the bowl of halwa. I tapped into my memory for stories where prayers provided



strength, healing and deliverance and were answered in some form of hope, respite or miracle. I shared with them the time when Nani's musical rendition of the Hanuman Chalisa saved us from what could have been a really bad accident and the chanting of Gayatri mantra clearing the cobwebs of mind on a life-determining exam. I told them about the lost suitcase that found its way home through a good Samaritan, the car that drove itself on two drops of petrol when all gas stations in the city were on strike, the missing earring that showed up inside a vacuum cleaner, and the connecting flight that faked technical problems in our wait.

With a sweet lump clasped between its legs, the Itsy-Bitsy Spider had now begun its downward journey. Though all words, and sometimes words you may not even understand, a prayer is marked unique by the sincerity of the person who prays. If your faith is strong, your prayer is effective. The little one decided to put the theory to test immediately.

"I'm going to pray for something with all my heart," he said, smacking his lips. The lump had vanished.

"What?" I asked.

"That I win at Bingo tonight."

The evening ushered in boisterous Diwali celebrations and the nervous fluttering of one tiny heart as each number began to be called aloud...71...3...14. "Bingo!" yelled a voice.

The pattern of the diya had already made someone lucky. And now, just like that, the middle column was gone. Only the full house remained. The number caller continued...86...11...24...5...13...none of them crossed out, yet the boy's puny flame of hope showed no signs of fizzling out. He waited patiently for more...19...21...15. "BINGO!" he screamed, leaping out of his chair. With not a moment to spare, he dashed across the room to lay his claim on the eagerly-desired, much-prayed-for windfall. Eyes full of stars, face aglow with ecstasy—even the most spectacular firework in the sky paled in comparison to his radiance.

That night he wrote: Dear Lakshmi Maa: Thank you so much for listening to my prayers. Now, can you please double my money? Hushed voices and hurried steps brought Lakshmi Maa's answer to me the next morning. "In a few years..." she'd written on the note. Delighted at the prospect of becoming a "millionaire" soon, Lakshmi Maa's mighty devotee boasted about the incredibly fast turnaround time of his prayers. God was so attuned to his prayers, he must have his direct line. I wish I had such luck, I lamented. Pat came the advice.

"Mommy, you should really taste your halwa before offering it to God, and like Shabari, offer only if it is sweet. Perhaps he'll listen to you more."

-Yogyata Singh Davé



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POETRY

Weight loss: 'No Carbs after evening five is the key'

Said my doctor 'NO carbs after evening five'
If you want to be slim, healthy and aliui86ve
Adhere to this meal plan with maniacal drive
Avoid carbs addictive and stay briskly active

Said my doctor 'After evening five, avoid all grain'
To promote weight loss and to avert weight gain
'After evening five, no wheat, no bread, no corn, no rice'
It is OK to have white meat with some mild spice

Said my doctor 'After five NO beer, lager, pale ale or wine'
Small quantities of low calorie neat spirits are fine
'After evening five no sugars, no fruits, no soda, no potatoes'
But it is OK to eat green vegetables and tomatoes

Said my doctor 'OK to have white meat'
And some single malt whisky with some peat
After evening five, enjoy your chicken and turkey
To be slim, healthy and alive, low carbs after five is the key

The Indian Ascent

The Indian descent and heritage
Is a distinct advantage
The Indian heritage gives a point vantage
On the world's arena and stage

India's advantage is its solidarity, despite the heterogeneity
Distinctiveness, plurality and diversity
India's energy, vitality and collegiality
Propels it to stratospheric heights despite ethnic multiplicity

Adapting to constant change and variance
Gives Indians their advantage and radiance
With their warmth and brilliance
Energetic Indians wield soft power and puissance

To seize opportunity despite low probability
Is the Indian's canny ability
The strong entrepreneurial spirit and adaptable Indian accent
Has aided the Indian rapid rise and ascent

Looking Down At the Cell Phone

When I see my daughter looking down at her cell phone
In my mind I groan and moan
I much rather she reads a nice book
Instead of being on Whatsapp, SnapChat, Instagram or Facebook

I often wonder whether the cell phone is a boon or a bane
Whether the constant usage will make her a dufus or even insane
I am hoping the constant chatter of teenage matters arcane
Will expand her character in the social domain

Will the music streaming through those earphones make her hard of hearing?
Whether looking down at the screen, later on she will have difficulty seeing?
Will looking down at the cell phone result in a crooked neck or spine?
I sincerely hope she will just be safe and fine

I hope she will avoid using the cellphone while driving because it is unsafe
But I hope she has it switched on when she is out, hoping it will keep her inviolable and safe
I am hoping she will use her cellphone sensibly to enhance her productivity
And to improve, with friends and family, her connectivity

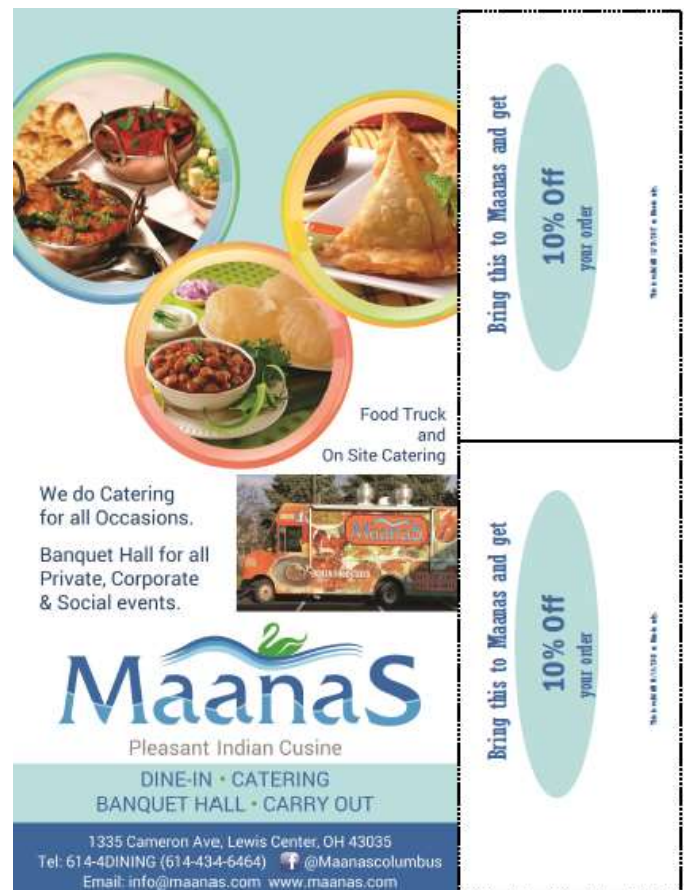
- Dr. Ragavendra Baliga



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WHY WE CELEBRATE DIWALI ?



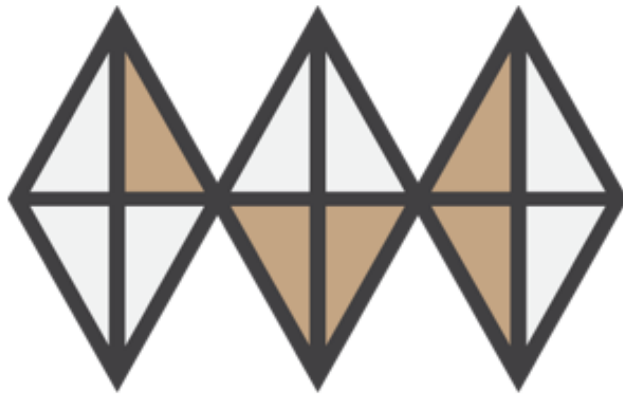
Why we celebrate **Diwali**? We celebrate Diwali as it is the victory of good over bad, which is also the victory of **Rama** - the good guy against **Ravana** - the evil guy who took away Rama's wife **Sita**.

First King Dasharatha had three wives Kaushalya, Kaikeyi and Sumitra. He had 4 sons - Rama, Bharata, Shatrughna and Lakshmana. Rama gets married to Sita. Kaikeyi sent Rama for an Exile of 14 years to the forest. Sita and Lakshmana went along with him. In the forest, Ravana kidnaps Sita. Rama and Lakshmana with the help of Hanuman and his team of nice monkeys fought and won battle against Ravana and brought Sita back with them to Ayodhya.

This Return of Rama, Lakshmana and Sita marks the festivities and celebration of Diwali.



- Saina Sukhramani



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