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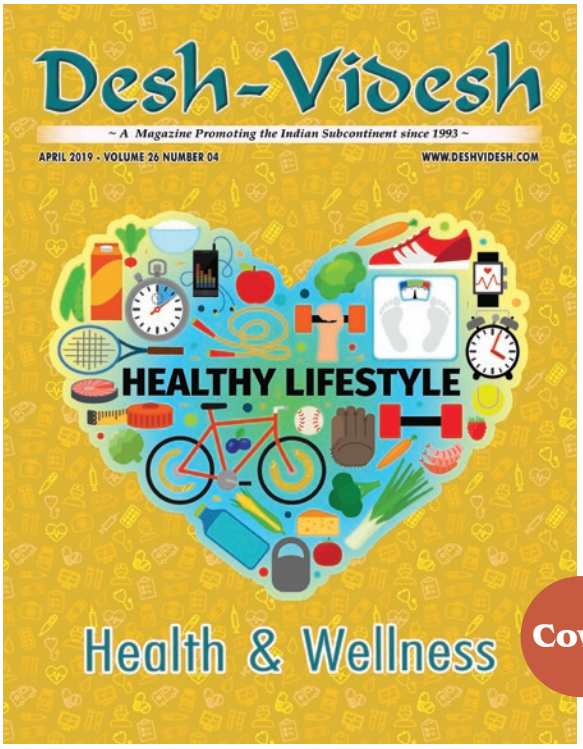


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To serve and support members of the Indian subcontinent community with an inspirational and educational magazine and to empower readers with an awareness of local, national and international news, events, and social happenings.

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Editor's View

Dear Readers,

"*My life is my message.*" Those words were written on a small piece of paper by Gandhi ji (my most favorite leader, hero and mentor) years ago when he was fasting and an American reporter asked what message he would like to convey to the American people. Those words are still true and applicable when you read any article or book written by Gandhi ji or written by anybody else about Gandhi ji. This year on October 2, 2019, we celebrate Gandhi ji's 150th birthday. As a board member of International Hindu University, I am very pleased to inform all of you that in collaboration with Florida Atlantic University, we will be hosting an International academic and cultural conference at the FAU Boca Raton and Davie campus in October 2019. Please continue reading *Desh-Videsh* magazine and checking the Desh Videsh website for further details.

I am also pleased to inform you that several Gandhian scholars have suggested that Desh-Videsh publish one article by a different Gandhian scholar in every issue to celebrate the leader's 150th birth celebration. It is our honor to present two such articles this month. The first is by Dr. Douglas McGetchin, FAU professor and Gandhian scholar, and the second article is by Prasad ji, also a Gandhian scholar who is from Hyderabad, India. Keeping in mind that this issue is a special edition about Health and Wellness, Prasad ji has written an article on Gandhi's view on health. Please give us your feedback and also share your suggestions for any Gandhi scholars to whom we should reach out.

Now let me turn to the topic of our special edition, Health and Wellness. We have several timely topics for readers this month! We all know eating healthy and exercising is a must, but what about other aspects of our health? This issue includes articles about getting enough quality sleep as well as how to disconnect from technology mindfully. Contributor Saira Gillani discusses the benefits of stem cell therapy over knee surgery - a common ailment for many in our community. And contributor Nisha Jani tackles a tough subject, mental health, and she encourages readers develop awareness in their own families and the community overall.

Before I leave, I want to thank everyone who joined us last month at our Atlanta and Raleigh MyShadi Bridal Expos. Aruna and I love meeting with couples as well as reconnecting with our vendors! The next show for the season will be in Orlando on April 28 at the Hilton Orlando. Our flagship show, the Orlando MyShadi Bridal Expo is not be missed! Join us from 12 - 5 pm to meet with event planning vendors and see the latest South Asian wedding trends in person. Register to attend online at myshadibridalexpo.com - admission and parking are both free! We hope to see all you newly engaged couples there!



Raj Shah
Managing Editor

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Stem Cell Therapy:
A Knee Surgery Alternative

By: Saira Sultan, ND

More than 600,000 knee replacements are performed the United States yearly. These include patients that have spent years skiing, running marathons, walking golf courses or just suffering from chronic arthritis. Many of these surgeries can be avoided by alternatively undergoing a minimally invasive state-of-the-art stem cell procedure.

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Stem cells are the master cells of your body that have the ability to morph or configure themselves into any healthy, specialized cell type to regenerate and reproduce healthy cells that actually heal. As we age, the number of stem cells our body produces decreases. As a result, the body is unable to keep up with the repair demand.

These stem cells are an injury's "first responders." Under normal conditions, they release a variety of healing factors that stimulate bone, skin and cartilage regeneration. Umbilical cord stem cell therapy simply provides your body with a targeted, non-invasive solution increasing regeneration capacity for a variety of debilitating conditions.

How Does Stem Cell Therapy Work?

Our bodies have naturally occurring growth chemicals that program stem cells to integrate with the body's existing cells to produce specialized tissue, ligament, tendon or cartilage as they repair damage in the targeted joint. This healing process begins when stem cells are transplanted and arrive (either through migration or direct injection) at the injured part of the body being targeted for tissue regeneration. Because stem cell healing is a natural process, a non-invasive procedure to inject a sufficient number of stem cells is done to focus on the damaged area.

Patients are typically able to return to normal activity after the procedure. Common side effects may include minor pain at the injection site, mild fever, mild headache or a low-grade fever. Some patients experience slight swelling or a feeling of fullness in the area around the transplant site, but this subsides within a few hours as the body moves fluids in its normal ways.

Researchers believe that stem cell therapy for the knee works by:

- Developing into essential cartilage cells
- Reducing the inflammation that can worsen arthritis
- Releasing proteins called cytokines that slow degeneration of cartilage and reduce pain

What is Regenerative Medicine?

Regenerative medicine is the amazing process of replacing damaged or injured cells with healthy, life- renewing cells and tissues that restore function and vitality. The key component to regenerative medicine is umbilical cord sourced stem cell therapy.

Over a million joint replacement surgeries are performed each year in the United States. These are often performed at the end of a long chain of painkillers, physical therapy, lubricating injections ... and finally surgery. While these treatments can mask the symptoms or slow the degenerative progression, they are not able to actually heal or correct the underlying problem.

Stem cells can be easily administered to problematic areas via injection. This procedure involves injecting the stem cells and a supporting fluid directly into an affected joint.

For more detailed information on this article or to view additional pictures, please visit www.deshvidesh.com/042019



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Side Effects

You will have little to no downtime and will be able to walk out of the office the same day on your own. Stem cell treatment for knees is noninvasive and rarely painful. Side effects are minimal. The most frequent experiences after the procedure include mild pain at the injection site, swelling, and some joint stiffness.

So if your doctor recommends a knee replacement, choose a different path. Avoid surgery, the long recovery, limited activity, and get back to living your life well!

About the Author



Saira Sultan, ND, is the Director of Operations of Progressive Medical Center located in Atlanta, Georgia. She is double board certified as a Traditional Naturopath and in Nutritional Wellness. Progressive Medical Center is the largest Integrative Medical Center in the Southeast and has been a National Leader in the field since 1998. If interested in our services, please visit our website at: www.progressivemedicalcenter.com or call to schedule at 770-676-6000.

This healing process begins when stem cells are transplanted and arrive (either through migration or direct injection) at the injured part of the body being targeted for tissue regeneration.





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Get your ZZZs:

Ways to Enhance Your Sleep Health

Sleep is an essential factor affecting human well-being in general. What keeps the human body functioning normal to a great extent is sleep! Have you gone a few days without much sleep and realized that it was a tough day at work after that? Sleep, even for a few hours, works wonders for your health, internally and externally. However, today for most of us find it is difficult to get the recommended eight hours of sleep. This lack of sleep is due to a constant exposure to media, gadgets and other environmental disturbances.

Here are a few tips to help your body refresh, get quality sleep and detach from the material world.

Schedule nap time

Napping is not just for children! It is important to actually schedule your nap time. A fixed nap time will help you sleep better and organize your life better as well. Be sure to set the mood right and calm your mind before the scheduled nap time. A fixed routine for sleep always works as your body sets its own clock based on the time table you set. Once this routine is established by your body, getting that cozy, quality snooze time will no longer be a problem.



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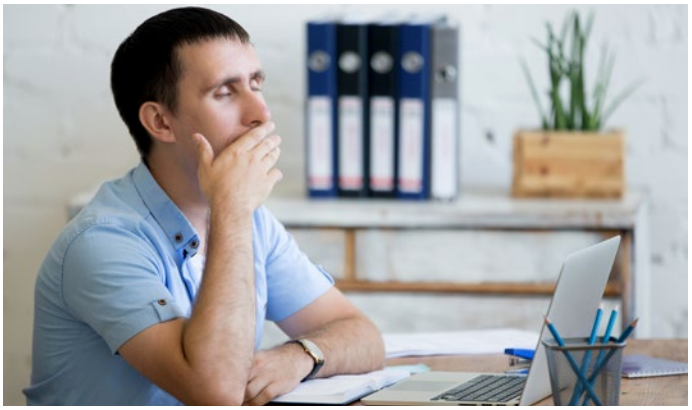
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Create the perfect sleep environment

As the saying goes, the best things happen at the right time and right place, and this is the case for sleep also. Be sure that your environment is conducive to sleep before you shut your eyes. Start by setting the correct temperature and dim lights for the room. Calm colors and clean bedding also create the mood. Add an element of coziness with a warm quilt. The correct body and room temperature helps you slumber deeply and longer.



For more detailed information on this article or to view additional pictures, please visit www.deshvidesh.com/042019



Prepare for the night

This may seem to be a big ordeal, but small and simple steps towards helping the mind relax will help you sleep better. Start by dimming the lights early in the evening, eating an early dinner, keeping your gadgets and phones away for at least two hours before sleeping, and reading a calming book. It is best not to read from a digital screen as the glare can awaken your senses making it difficult to sleep.

These simple steps will lead the way to quality sleep. Try working these steps into your routine and see if you notice a difference. Remember, changing your sleep pattern will take some effort, but sleep is crucial to overall health. Take a moment to make your sleep health a priority.



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Mindful Ways to Unplug from the Daily Grind



Depression, anxiety and stress have now become common words we use on a daily basis irrespective of race, gender, age, and nationality. Unfortunately, many of us understand these personality disorders and diseases of the mind to be ordinary and a part of the our daily lives. While this should not be the case, it is an unfortunate reality. What is the main reason that these issues have taken over mankind?

The crucial factors affecting and increasing such core issues is technology. Technology has taken over our minds hence adversely affecting our bodies too. However, there are a few ways in which we can take care of ourselves and help unplug from the chores and chaos of daily life that are being dominated by technology.

Family First

The easiest and best way to unwind from daily life issues is to spend time with family. Family time fosters love, strengthens familial relationships and helps family members bond. This means doing the tough job of keeping your phone and gadgets away at the dining table, planning more outings together, scheduling short and long family trips, and more. The main problem these days is that people are so engrossed in living a virtual life on social media that they have actually forgotten the feel of actual activities. Reality knocks at the door, but we can all take a step towards rejecting depression and daily tiredness with these effective strategies to ward of the daily clutter of life.



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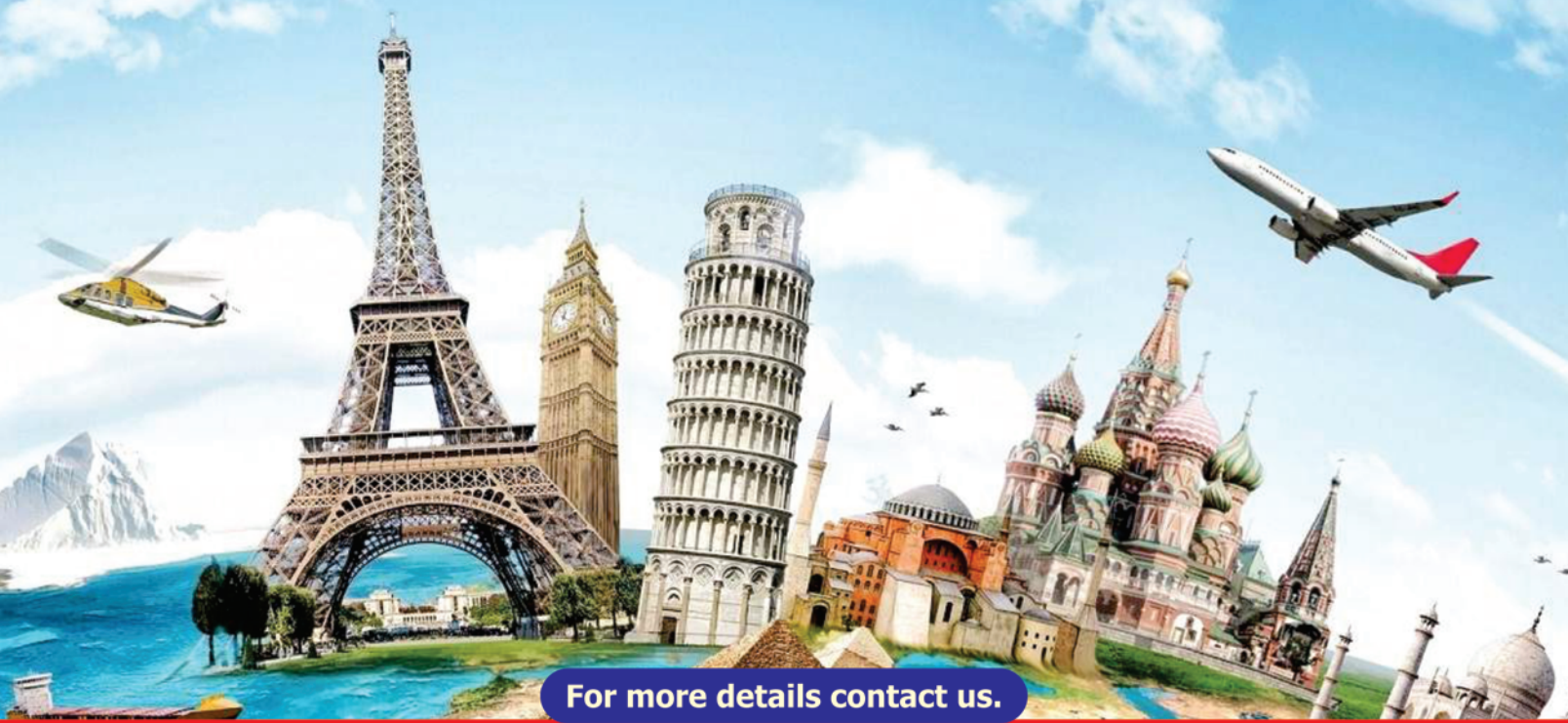
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This seems like a new fad, but it actually does work! Keeping yourself away from your phone,



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Small steps are needed to change any behavior and reliance on technology is no different. These steps will help to rid your daily life of stress. Unplug from the daily gruel with these basic pointers and see if life treats you a little better!

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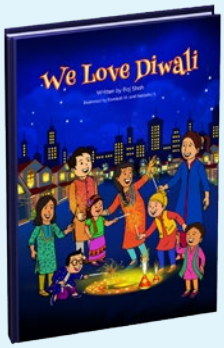


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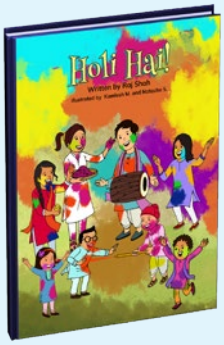
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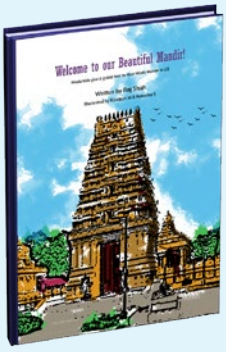
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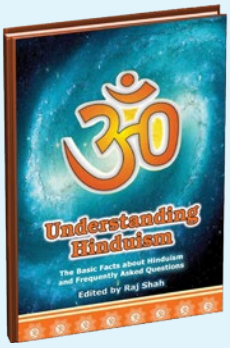
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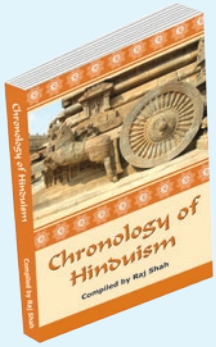
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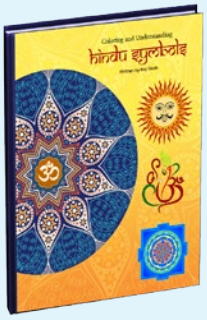
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Removing the Taboo - A Conversation on Mental Wellness

by Nisha Jani

Lashing out unexplainably on family members, suddenly crying by yourself, losing appetite or even gaining appetite to feel better – if any of this sounds familiar, you are far from alone. In fact, these are some of the most common signs of emotional stress. This is often what happens to the mind when forced under constraints created by social "norms" in our society. Health and fitness are topics I enjoy covering, encompassing many aspects such as nutrition, flexibility, and resistance training. However, it would be foolish not to incorporate mental health into this picture of wellness. Without mental health awareness, we are missing a key element in total well-being. It is the calmness of mind and clarity of self that creates a base upon which we may develop healthy habits.

In our Asian culture, we have many rich traditions such as yoga and meditation that aid in reaching this mental clarity. We can center ourselves through these tools that have been handed down to us generation after generation. Such tools have been made available to us now in modern trends (Bikram hot yoga, meditation focus groups, ayurvedic healing oils), and yet discussing mental health remains a taboo. As a society and community, we must approach mental health without the taboo that has encircled this topic. In order to do so, we must first understand the source.



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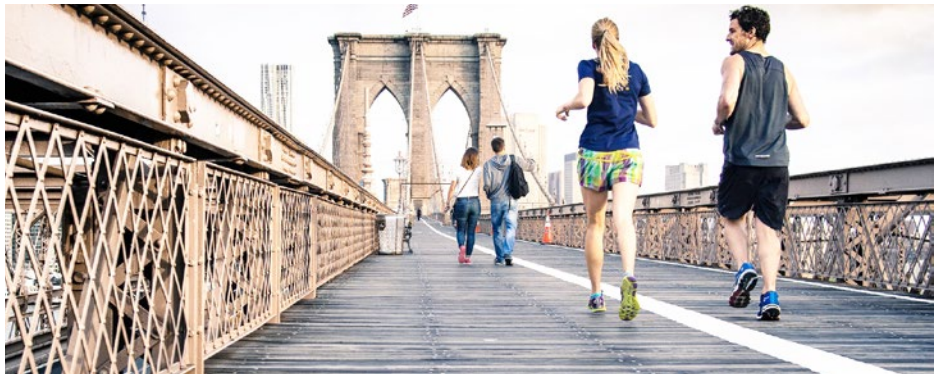




It is often difficult to speak about what ails us when there is such a pressure from our peers and mentors in the Asian community to succeed. To look perfect. To not complain when something just "feels wrong." This transcends many aspects of life including academics, marital status, and monetary growth. There is so much judgment passed between people. "He is 35 and not married? Must be something wrong with him." "She wants to work and hire a baby sitter full time? She must not care for her family." "She wants to sit at home all day? Well her husband earns money. She must be spoiled." Rarely can we say we've achieved perfection, and in the struggle to do so, we can develop negative self-talk and low self-esteem. When a negative thought begins to create a pattern of negative behavior, the inward effect can lead to generalized anxiety, depression, and other mood disorders.

No more shunning relatives and friends who seem "mentally aloof." We need less comparisons between each other's kids and more encouragement of a child's natural talents. We have to feel responsible and involved in the treatment of our loved ones ailments, physical *and* mental. Life is tough, & only gets more competitive with every passing decade. Job growth fluctuates, academic standards rise; it becomes difficult to stay afloat amongst responsibilities. In the East and South Asian communities especially, there has always been a strong sense of competition in order to become the best at all we set out to do, from children to adults alike. This need





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to "become better" must also include an awareness of our mental health along the way. A healthy, nourishing environment during the pursuit of our goals is what will help ease in reversing the taboo. It is important that we create a safe space for us to open up about how we're feeling, as often as one needs.

About the Author

Nisha Jani earned a Master's in Exercise Physiology and Sports Medicine from the University of Miami, where she also studied Psychology and Kinesiology. She uses her expertise in exercise & physiology to fuel her lifelong passions of dance, fitness, and teaching. She is passionate about bringing to the community an awareness about the benefits of preventative medicine in the form of exercise and diet, favoring a holistic approach to well-being. After working in cardiology, Nisha is now a Certified Strength & Conditioning Specialist, applying scientific principles towards improving athletic performance, injury prevention, and nutritional guidance.



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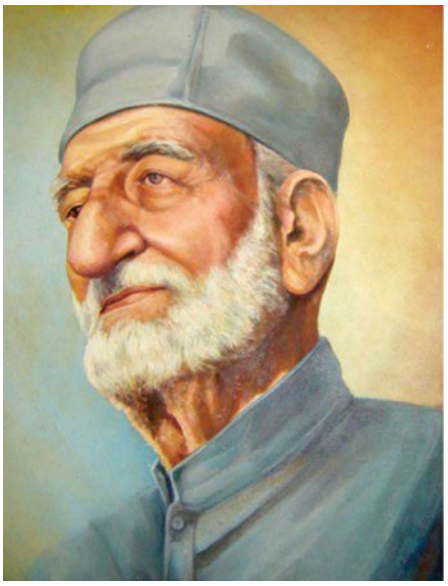
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The Muslim "Frontier Gandhi" Abdul Ghaffar Khan

By Elizabeth Siwica, History Major, Florida Atlantic University





Abdul Ghaffar Khan (1890-1988) was a Muslim nonviolent activist who sought the end of British rule in India from the 1920s until independence in 1947. He was a key ally of Mahatma Gandhi, and to many, their friendship represented Muslim and Hindu unity. The British feared Khan because he gained much support from Muslims, a lynchpin of British rule, as the British counted on the support of this religious minority against the Hindu majority.

Nevertheless, Khan struggled with the culture of violence and revenge that was prevalent in Pathan society. Khan believed that this culture of violence would only lead to the Pathans' own destruction. It was difficult to persuade people that nonviolence was the answer when they had been raised to believe the opposite. He was nevertheless able to be persuasive because he believed violence to be a result of ignorance, and he sought to educate Pathans. He believed they were capable of more than just violence, and he told them this. Khan approached the Pathans with an open mind and understood them. It was due to his understanding and his belief that they were capable of more that the Pathans began to follow him in his movement of nonviolence.

Khan continued to tour India, gather followers and promote education. He urged people to join his nonviolent resistance against British rule. He told them, "Rule yourselves, and as



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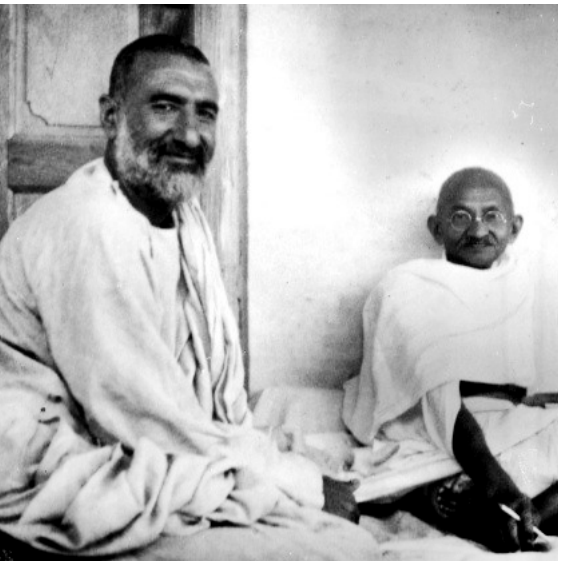
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long as you live, do not submit to the rule of anybody else. Be prepared to free yourselves from this oppressive rule." His words did not promote the use of violence against the British, or even the hatred of the British, only nonviolent resistance to their rule. However, The British still viewed him as radical and dangerous. They also feared his nonviolent army, the Khudai Khitmatgar ("Servants of God), known popularly as the "Red Shirts." Khan and his followers held nonviolent demonstrations and suffered the abuses of the British.

The British arrested Khan numerous times for his nonviolent actions. After the departure of the British, Khan continued to suffer persecution and arrests by the Pakistani government for speaking out against the newly independent government's rule. Throughout his life, Ghaffar Khan was feared and punished, first by the British and then by Pakistan. He was not intimidated, as up to his death in 1988, he never stopped his nonviolent efforts for peace.





About the Author

Elizabeth Siwica is a graduating senior majoring in history at Florida Atlantic University (FAU). She is writing a senior thesis on Khan and presenting her research at the FAU Undergraduate Research Symposium. After graduation in May 2019, she will be going to Benin, Africa to spend several years as a volunteer with the U.S. Peace Corps.

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GANDHI AND GLOBAL NONVIOLENCE

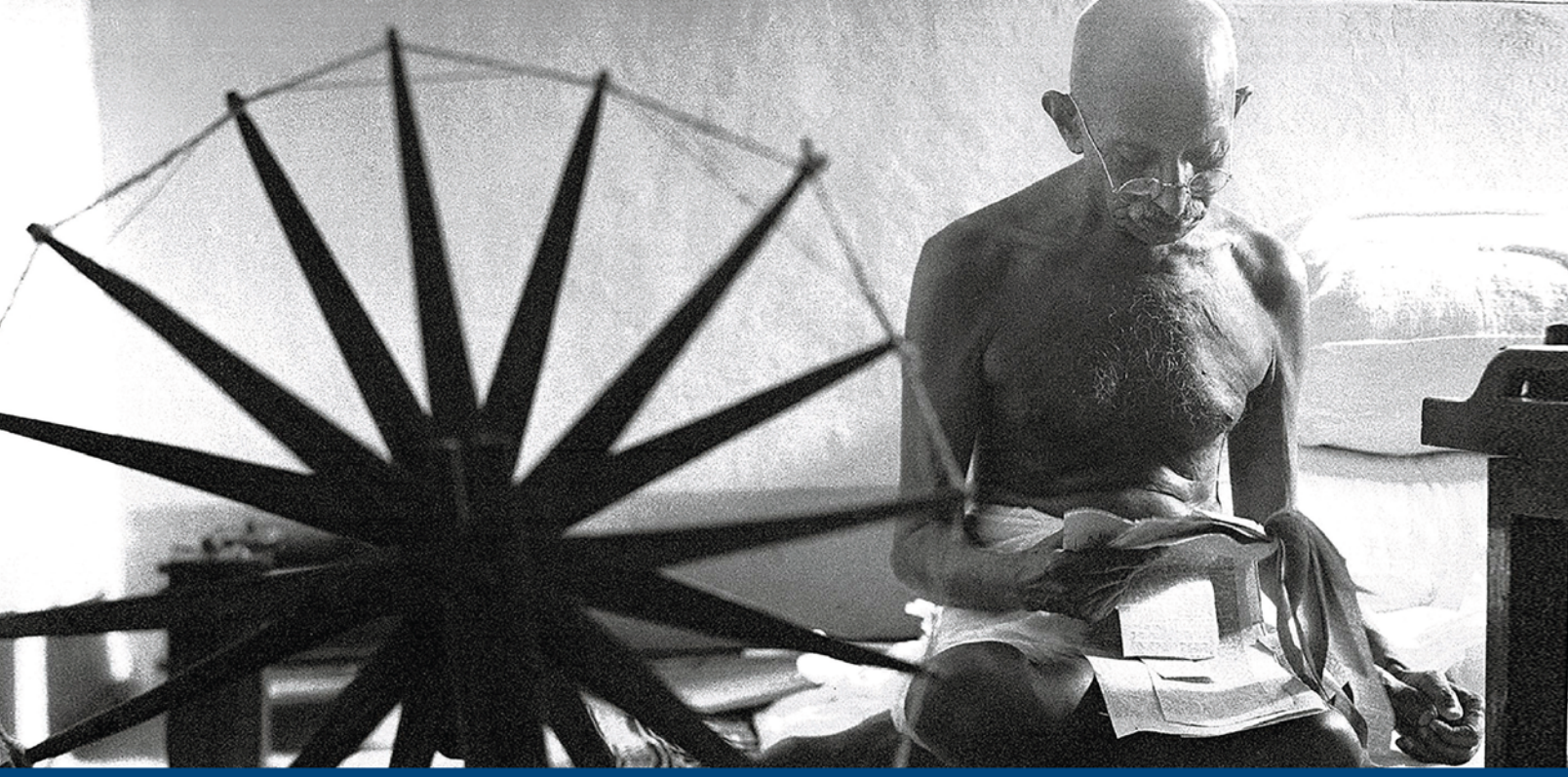
By Doug McGetchin, Associate Professor of History, Florida Atlantic University



International connections between India and the West (Europe and North America) have deep roots in the life and work of Gandhi, and in my career. I found South Asian thought and Gandhi through undergraduate classes at the University of Rochester some thirty years ago. "The Asian Search for Self" taught by Professor Douglas Brooks introduced me to the *Bhagavadgita*, *Upanishads*, *Gitagovinda*, and Buddhism. In another course on "Third World Lives of Struggle" for Professor Bowen, I wrote a paper on the nonviolence methods of Gandhi as contrasted with the violence of Algerian Frantz Fanon.







GANDHI AND GLOBAL NONVIOLENCE

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Doug McGetchin, Ph.D., Associate Professor, Department of History specializes in the history of connections between modern Europe and South Asia. He is the author of *Indology, Indomania, Orientalism: Ancient India's Rebirth in Modern Germany* (2009) and several edited volumes. His history courses include world, Germany, India, Gandhi, WW2, and Peace Studies. He is the Associate Director of the FAU Peace, Justice, and Human Rights (PJHR) Initiative for the Jupiter campus and holds the Osher Lifelong Learning Institute Professorship in Arts and Humanities, 2018-19.

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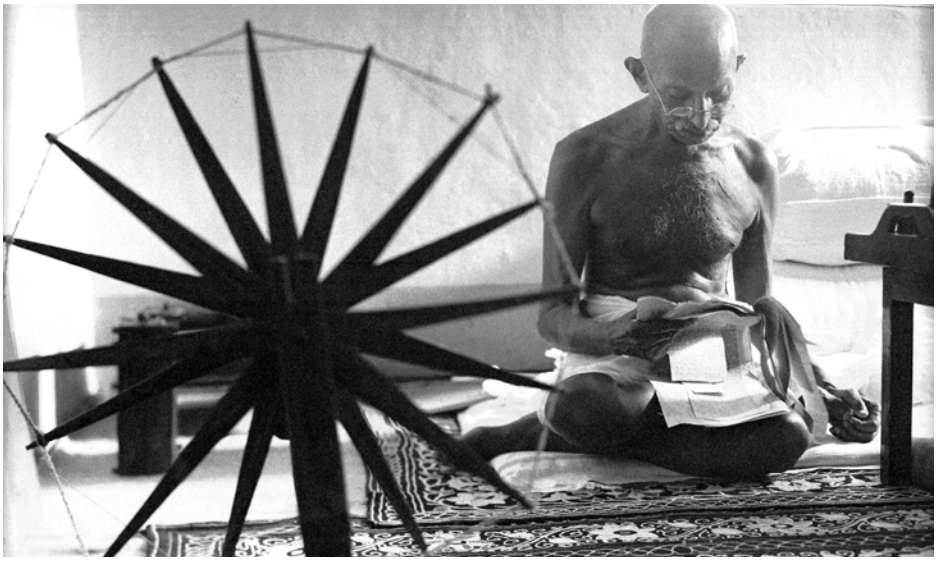
At the Ph.D. program in history with David Luft at the University of California, San Diego, I studied the German interest in India, including writings by Romantic poets, Indologists, as well as philosophers such as Schopenhauer and Nietzsche. The insights I uncovered doing research in Berlin and Leipzig, Germany, emerged in *Sanskrit and 'Orientalism'* (2004), *Indology, Indomania, Orientalism* (2009), *Transcultural Encounters between Germany and India* (2014), and *Gendered Encounters between Germany and Asia* (2016). While in San Diego, nearby Encinitas had Paramahansa Yogananada's Self Realization Fellowship gardens and Swami's State Beach. Connections have deepened in three visits so far to India, to Delhi and Agra in 2000, then to Kolkata (Calcutta) in 2008 and 2013-14, a Nehru-Fulbright scholarship stay with family, experiencing wonderful hospitality and festivals including Holi. As the Associate Director of the FAU Peace Justice and Human Rights Initiative for Jupiter, lately I've had the opportunity to teach classes on Gandhi and nonviolence, as well as host speakers.











The year 2019 is the 150th Anniversary of Mahatma Gandhi's birth on October 2, 1869. Florida Atlantic University has had an annual Gandhi speaker: in 2016 Gandhi's grandson Arun Gandhi spoke at Gandhi Square in Davie and FAU in Boca Raton, and in 2018 grandson Rajmohan Gandhi spoke in Davie. Events in 2019 will feature a keynote speaker as well as a panel of scholars presenting on various aspects of Gandhi's life and legacy.

In Summer 2019, Florida Atlantic University in Boca Raton will be offering a new class, "Gandhi and Global Nonviolence" that will examine the life of Gandhi, nonviolent resistance, and the larger global context–how others have adapted and applied his methods to their own struggles. Gandhi is well known for his leadership in the Indian independence movement and pio

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neering the nonviolent techniques of Satyagraha (holding onto truth, or nonviolent struggle) that helped free South Asia from British colonial control. The course will also examine Gandhi's profound impact around the world in social and political struggles, inspiring other activists including Dr. Martin Luther King in the United States, Lech Walesa in Poland, Nelson Mandela in South Africa, and Aung San Suu Kyi in Myanmar (Burma). The course will empower students to understand the techniques of nonviolent resistance and illustrate how it has changed the world from Calcutta (1947) to Cairo (2011), Montgomery (1956) to Manila (1986), Leipzig (1989) to Belgrade (2000). All these cases show the spreading impact of Gandhi's nonviolent global influence.

About the Author

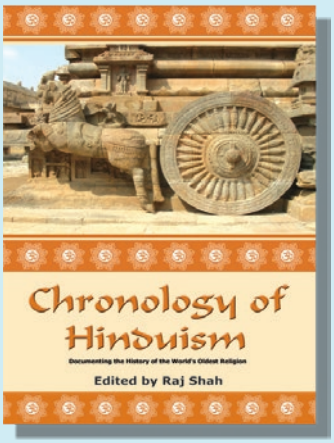


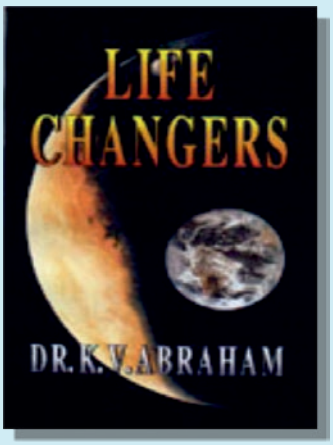
Doug Mc Getchin, Ph.D., Associate Professor, Department of History specializes in the history of connections between modern Europe and South Asia. He is the author of *Indology, Indomania, Orientalism: Ancient India's Rebirth in Modern Germany* (2009) and several edited volumes. His history courses include world, Germany, India, Gandhi, WW2, and Peace Studies. He is the Associate Director of the FAU Peace, Justice, and Human Rights (PJHR) Initiative for the Jupiter campus and holds the Osher Lifelong Learning Institute Professorship in Arts and Humanities, 2018-19.

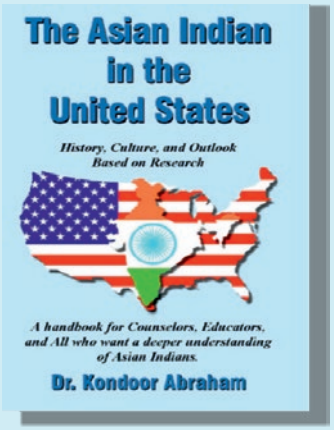
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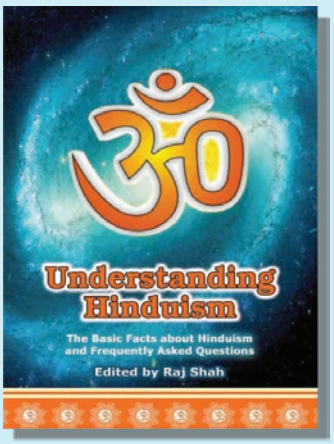


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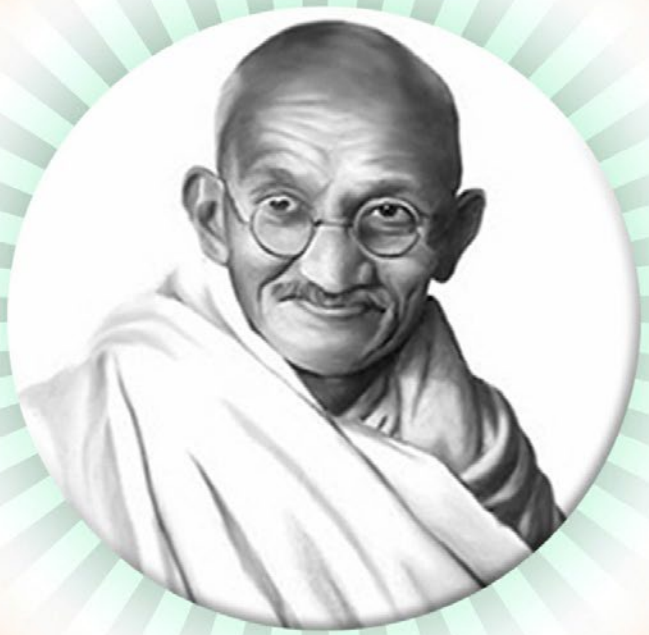
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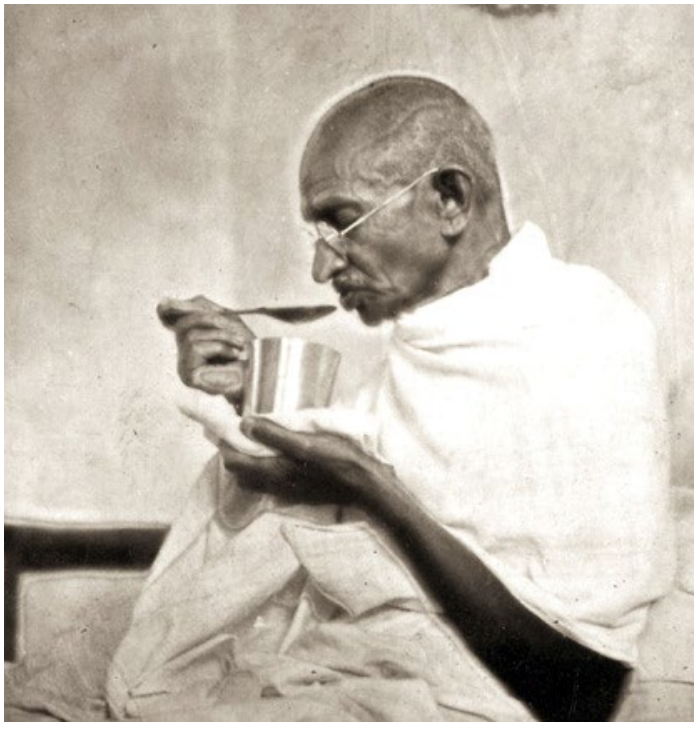
Mahatma Gandhi's Approach to Health

By Prasad Gollanapalli

Mahatma Gandhi's approach to health is simple and natural. It is based on reason, understanding and practice. Health and wellbeing covers human body, mind and spirit. Gandhi's approach to healthy life included disciplining the body and controlling mind. His experiments in dietetics began while he was in London. His understanding is:

"Man eats not for enjoyment but to live. Man's physical structure showed that he was not meant to be a cooking but a frugivorous animal, that he could take only his mother's milk and, as soon as he had teeth, should begin to take solid foods."

Many a health problem is our own making. We indulge more and invite illness. Self restraint is necessary. He would humorously ask, "would you like to become sick, because there is a Doctor?" He was a great walker and he attributed his



health to his walking habit. He would focus on naturopathy and yoga to keep fit. Control of the palate and proper food were part of the prescription that were one of the eleven vows of Mahatma Gandhi. Mostly we eat not because we are hungry, but for the pleasure of eating. Gandhi declared:

"*I stopped taking the sweets and condiments. The mind having taken a different turn, the fondness for condiments wore away.*"

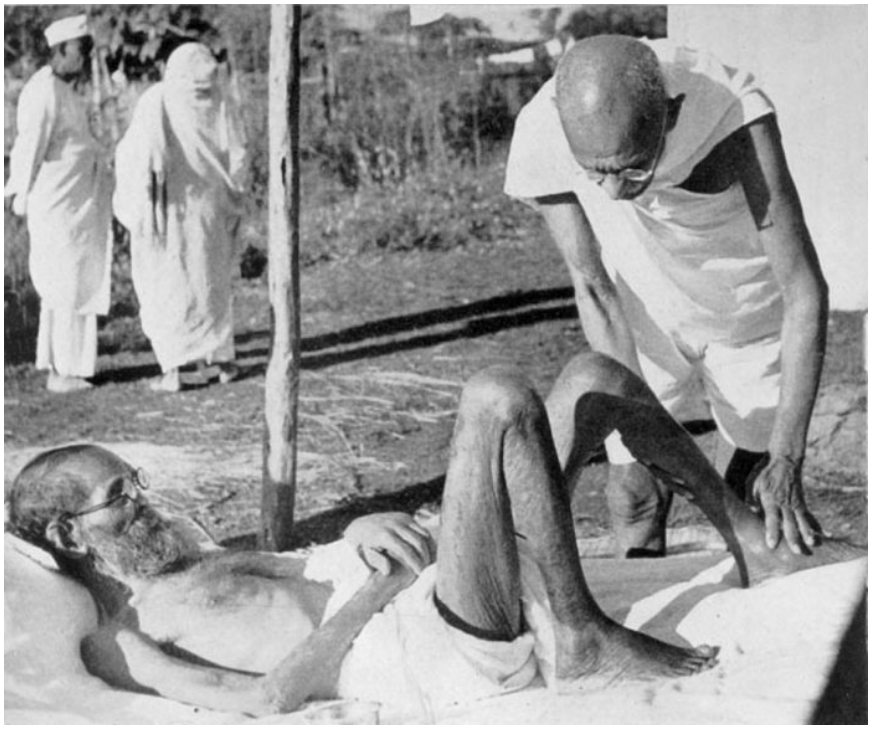
"*I was convinced that one should eat only articles that sustained the body, I gave up tea and coffee as a rule.*"

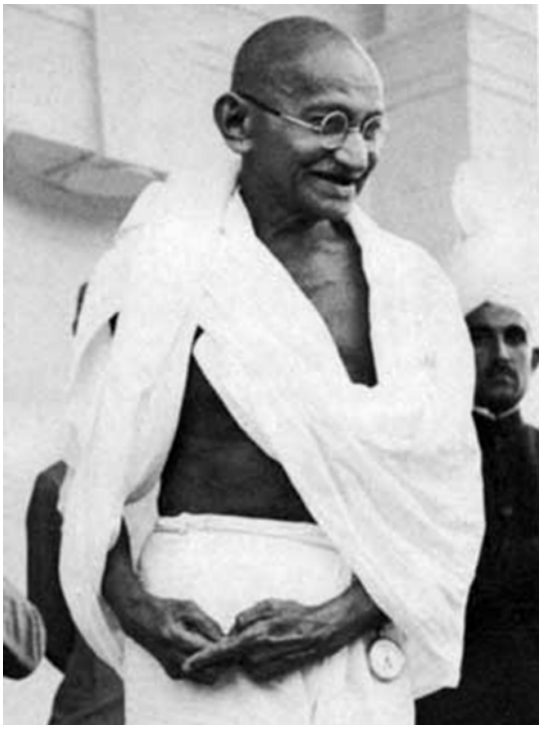
Food taking is a science and art. We have to cultivate proper food habits and tastes. For Gandhi, "*Taste is acquired, not born with us. All the delicacies of the world cannot equal the relish that hunger gives to food. Food should be taken as a matter of duty – even as a medicine – to sustain the body, never for the satisfaction of the palate.*"

In continuation to this approach, Gandhi would advise to go for natural, whole organic foods. Processed foods are harmful and do not contribute to the health of a person. We will eat rice, polished of its substance, and eat less nutritious sugar and pay more for it than more nutritious gur.



Gandhi would turn his attention to agriculture from where we get our food and nourishment. According to Gandhi, use of chemicals and trading in soil fertility is a short sighted policy. "*Organic manure ever enriches, never imporishes the soil. The daily waste, judiciously composted, returns to the soil in the form of golden manure causing a saving of millions of rupees and increasing manifold, the total yield of grains and pulses. In addition, the judicious use of waste keeps the surroundings clean. And cleanliness is not only next to godliness, it promotes health.*"







He emphasized personal hygiene, village sanitation and good habits. Liquor for him was an invention of the devil. "*We must not live in order to eat and drink and be merry, but eat and drink in order to make our bodies temples of God and use them for service of man.*"

Gandhi's thoughts on smoking: "*I have a horror of smoking as of wines. Smoking I consider to be a vice. It deadens one's conscience and is often worse than drink, in that it acts imperceptibly. It is a habit that is difficult to get rid of when once it seizes hold of a person. It is an expensive vice. It fouls the breath, discolours teeth and sometimes even causes cancer. It is an unclean habit.*"

Thus, Mahatma Gandhi took a holistic approach to health encompassing food, physical exercise, cleanliness, sanitation, organic farming and keeping away from vices. It is also the least expensive health system most suited to India and the world.

About the Author



Mr. Prasad is a Gandhian Scholar and functionary in Gandhian Movement in India. He has taught courses on Gandhian Philosophy at Stanford University, University of Nebraska and other universities in the US and in India.

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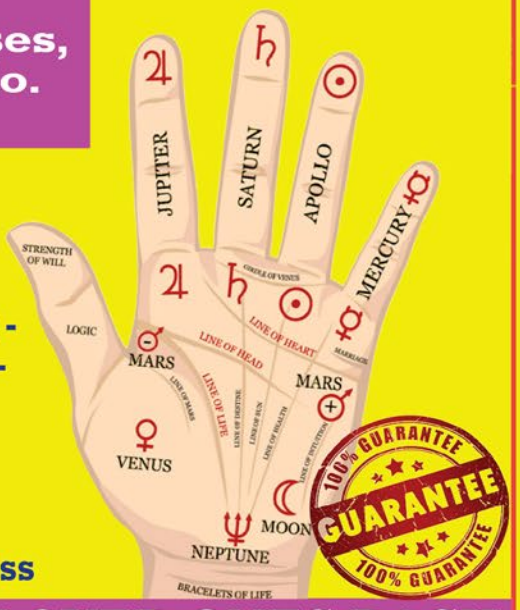
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Gandhi at 150: Symposium and Celebration in South Florida



Florida Atlantic University's Peace, Justice and Human Rights (PJHR) initiative and International Hindu University will host a Gandhi Symposium, tentatively on October 19-20, 2019, at Florida Atlantic University (FAU), Davie, Florida.

There have been a flood of important biographies about Gandhi and studies on his role in South Asian history, yet many questions remain about his life and legacy. Organizers are seeking scholarly examinations about the following possible topics:

- Gandhi's role in the application of Satyagraha and techniques of nonviolent resistance in South Asia, South Africa, and elsewhere
- Gandhi's leadership in the environment, sustainability, and economic and social justice; Gandhi's interests and transformations throughout his life
- Gandhi's interaction with Dalits and views of caste; Gandhi's views and actions on family, women, gender, and sexuality
- Critiques of Gandhi and his interactions with independence fighters advocating violence; Influences upon Gandhian thought and his influence on others
- Gandhi's impact on the growth of human rights and pacifism
- Gandhian communities and international connections
- Gandhi's religious views and their interaction with communalism (the mixing of religion and politics)
- Gandhi's legacy in South Asia and abroad
- Gandhi's idea of democracy and Nationalism
- An analysis of Gandhi's skill of writing using simple language;
- Gandhi as a Lawyer and reflection on his South African Experiences

This symposium and proposed volume are intended to examine Gandhi a century and a half after he appeared on this Earth and explore lingering issues of his life, providing a scholarly framework for further exploration of a world leader, who though he never won the Nobel Peace Prize, has inspired many who did, and also sought to make a better world.





Trailer of PM Narendra Modi Biopic Launched



The trailer of one of the most awaited biopics of the year, *PM Narendra Modi*, is finally out. Based on Narendra Modi's life, the film showcases different aspects of his journey to becoming the Indian Prime Minister. Omung Kumar, who made his directorial debut in Bollywood with another biopic *Mary Kom*, directed the film.

The movie traces Narendra Modi journey from his humble beginnings in childhood, days of becoming a tea-seller, time at RSS, rise in politics, and road from being the Chief Minister to becoming the 14th Prime Minister of India.

Vivek Oberoi plays the lead role of Narendra Modi. The film also stars Boman Irani, Manoj Joshi, Kishori Shahane, among others. Boman will be playing the role of Ratan Tata and Joshi will be seen as Modi's right-hand man Amit Shah. The movie will also feature members of Modi family, including his mother Baa, played by actress Zarina Wahab. TV actress Barkha Bisht Sengupta will also be seen in the role of Jashodaben (Modi's wife).

The film trailer officially released on March 20, and the film will be in theatres on April 5.

For more detailed information on this article or to view additional pictures, please visit www.deshvidesh.com/042019

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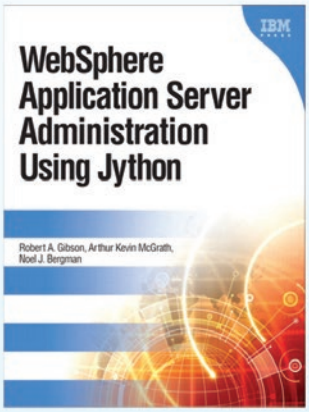
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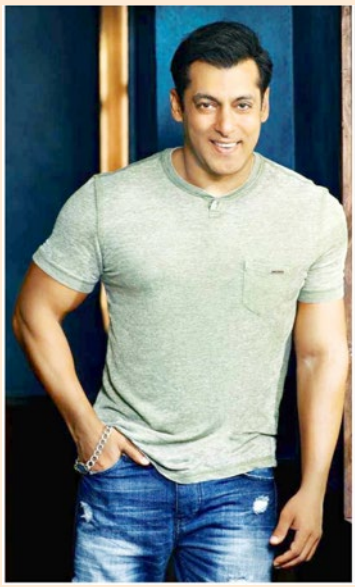
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Alia Bhatt and Salman Khan in Sanjay Leela Bhansali's *Inshallah*

From new movies to fresh pairings, March has been quite a month for announcements in Bollywood. The biggest was made by actors Salman Khan and Alia Bhatt, who will come together in director Sanjay Leela Bhansali's upcoming movie, *Inshallah*.

As soon as the pair was finalized, an overwhelmed Alia took to Twitter and revealed, "Dream with your eyes wide open they say and I did. Sanjay sir and Salman Khan are magical together and I can't wait to join them on this beautiful journey called *Inshallah*." Even Salman tweeted, "It's been 20 years but I am glad Sanjay and I are finally back in his next film, *Inshallah*. Looking forward to working with Alia and *inshallah*, we will all be blessed on this journey."

The romantic comedy will be co-produced by Sanjay Leela Bhansali Productions and Salman Khan Films. *Inshallah* brings Bhansali and Salman back together after two decades. Their last film together was *Hum Dil De Chuke Sanam* in 1999.

While not is known about the film as yet, it is expected to release on Eid 2020.



Kesari: Patriotic and Inspirational

Akshay Kumar is back on-screen with another tale of bravery and patriotism. *Kesari* is set against the backdrop of the Battle of Saragarhi, a stunning historical war of valor and freedom.

Set in 1897, *Kesari* follows the events in the epic battle where 21 Sikh regiment soldiers of the British army fought against thousands of Afghans at the outpost of Saragarhi in the Khyber Pass. Akshay plays the lead role of Havildar Ishar Singh, the man who led the battle. The film is about his sacrifice and martyrdom.

The movie is filled with a typical Akshay Kumar style of patriotic fervor, inspirational dialogue, and daring fight sequences. *Kesari* has received mixed reviews, but most critics and audiences have praised the film for bringing forth a lesser-told story of courage and nationalism.

Along with Akshay, the film also stars Parineeti Chopra. Anurag Singh, who is well known for Punjabi films like *Punjab 1984*, *Jatt and Juliet*, and *Yaar Annmulle*, directed *Kesari*. Released on March 21, the film did well and had a strong box office opening due to its Holi release.

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Karan Johar Teases Fans with *Kalank* Trailer



In early March, Bollywood fans were treated to a teaser of Abhishek Varman's upcoming movie, *Kalank*. The film has been getting some buzz since the character posters were released on social media. The two-minute trailer left audiences intrigued and excited for the epic saga.

Kalank is a period drama starring Madhuri Dixit, Sonakshi Sinha, Alia Bhatt, Varun Dhawan, Aditya Roy Kapur, and Sanjay Dutt. Karan Johar's Dharma Productions and Fox Star Studios produced the film. *Kalank* is especially close to Johar's heart as it was the last film he conceptualized along with his late father Yash Johar 15 years ago.

Kalank is set in the 1940s, pre-independence India. The period saga is described as a thrilling tale of eternal love and turbulent relationships. The film looks into the lives of six main characters – Alia as Roop, Madhuri as Bahaar Begum, Varun as Zafar, Sonakshi as Satya Chaudhry, Aditya as Dev Chaudhry, and Sanjay as Balraj Chaudhry.

This is Abhishek Varman's second film. He made his Bollywood debut with *2 States*, starring Alia Bhatt and Arjun Kapoor. *Kalank* will hit screens on April 17.

Kangana Ranaut to Play J Jayalalithaa in Biopic



After playing the role of historical freedom fighter Rani Lakshmi Bai in *Manikarnika: The Queen of Jhansi*, Kangana Ranaut will once again star in a biopic. Kangana will be portray the former Tamil Nadu chief minister J Jayalalithaa in the upcoming multilingual biopic *Thalaivi*. The film was officially announced on the actress' 32nd birthday.

The film will be directed by A. L. Vijay, who is well known in the Tamil industry. The biopic will be made in three languages- Hindi, Telugu, and Tamil. Kangana will begin shooting in April. Vijayendra Prasad, the writer of *Baahubali and Bajrangi Bhaijaan*, will monitor the film's writing team. Composer GV Prakash has agreed to compose the music, and Nirav Shah will be its cinematographer.

Kangana is currently riding high of the success wave of *Manikarnika*, which also marked her directorial debut in Bollywood. The actress will soon be seen on the big screen again in *Mental Hai Kya*, opposite Rajkummar Rao. Apart from the biopic, she is also working in a sports film, *Panga*, where she will play a kabaddi player.

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How to purchase a commercial property?

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To identify the ideal property for acquisition, an investor should be able to first determine the sector they would like to invest in. Second, they should create a budget for the acquisition based on their investment capital. Third, they should determine the market area they would like to invest in and fourth, they should be able to estimate the cash flow(s) from the property accurately.

For the purpose of this article we will focus on the estimating the cash flows from the property. More specifically we will focus on determining net operating income (NOI). There are several different methods to underwrite the valuation based on cash flow(s) and while all of them may be accurate, the most accepted method in commercial real estate is the capitalization rate method. Capitalization rate is the rate of return that is expected to be generated on a real estate investment property. For example, if the investment is one million dollars, ($1,000,000) and the NOI is one hundred thousand dollars ($100,000), the capitalization rate is ten percent (10%). NOI divided by the total investment. The method to determine net



operating income is determined as follows

Potential Gross Income
Minus Vacancy and Losses
Equals Effective Gross Income
Minus Operating Expenses
Equals Net Operating Income

We will look at each line item in great detail over the subsequent articles, but for now let's focus on Potential gross income. Potential gross income is based on the gross income of the property. Usually this number is derived from the lease document. Knowing the type of the lease, understanding the expenses related to the lease and the term of the lease are some of the basic elements you will require to estimate the potential gross income. But more importantly, you as the investor need to be able to predict what percentage probability exists of the lease being renewed. Also, as an investor it is very imperative to know the financial condition of the tenant. And most importantly, as an investor you should know if the tenant will continue to generate enough revenue over your hold period to support the lease payments. To estimate the potential gross income, you would add the estimated gross income from each tenant to determine the total potential gross income of the commercial property.

Knowing the potential gross income number allows the investor to estimate accurately the NOI of the property. The NOI assists the investor to determine the cap rate which in turn justifies the valuation of the property. Net operating income also assists the investor to determine how much debt service the property can carry.

Commercial property investment is a very involved process and requires extensive research and knowledge of market factors. You should always seek the assistance of a commercial real estate agent and a real estate attorney to assist you with any commercial real estate property.

For consultation on acquisition of commercial property and commercial property management contact Arif Amirali, CCIM, Broker Owner REMAX UNITY- 3350 SW 148 Ave, Suite 140, Miramar, FL 33027. Mobile: 305-962-2631 aamirali@remax.net.

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Indian Telly Awards 2019 held in Mumbai



The 15th Indian Telly Awards was held in Mumbai, India, on March 20, with a who's who from the television industry in attendance. Four talented stars from the industry, Karan Tacker, Nakuul Mehta, Meiyang Chang, and Gunjan Utreja, hosted the show. Nearly all big stars from the television world graced the show, including Divyanka Tripathi, Vivek Dahiya, Jennifer Winget, Anita Hassanandani, Hina Khan, Parth Samthaan, Erica Fernandes, Aditya Chopda, Vikas Gupta, Dheeraj Dhoopar, Shraddha Arya, among others.

Winners include:

Best Actor Female in Lead Role (Jury): Divyanka Tripathi (*Yeh Hai Mohabbatein*)
Best Actor Male in Lead Role (Jury): Mohit Raina (*21 Sarfarosh Saragarhi 1897*)
Best Actor Female in Lead Role (Fan's Choice): Jennifer Winget (*Bepannaah*)
Best Actor Male in Lead Role (Fan's Choice): Nakuul Mehta (*Ishqbaaaz*)
Best Actor Female in Negative Role (Jury): Hina Khan (*Kasautii Zindagii Kay*)
Best Actor Male in Negative Role (Jury): Mukul Dev (*21 Saragarhi 1897*)
Best Jodi: Parth Samthaan & Erica Fernandes (*Kasautii Zindagii Kay*)
Best Anchor in a Reality Show: Maniesh Paul (*Indian Idol 10*)
Best Daily Series (Jury): *Kullfi Kunar Bajewala*
Best Daily Series (Fan's Choice): *Kumkum Bhagya*
Best Continuing Show: *Yeh Rishta Kya Kehlata Hai* Best Dance Show: *Super Dancer*
Best Reality TV Show: *Kaun Banega Crorepati*
Best Comedy Show (Fiction): *Taarak Mehta Ka Ooltah Chashmah*
Best Mythology Show: *RadhaKrishn*

Indian-Origin YouTube Sensation Lilly Singh gets her own Late Night Show

YouTube and Social Media star Lilly Singh will soon be seen hosting her own late night show. The show, *A Little Late With Lilly Singh*, will feature comedy sketches as well as guest interviews. She will take over late-night host Carson Daly's time slot on NBC.

The Indian-origin Canadian Lilly goes by the stage name of *Superwoman* and rose to fame with a YouTube Comedy Channel of the same name. Her YouTube channel has more than 14 million followers. She made the announcement while making a guest appearance on NBC's *The Tonight Show Starring Jimmy Fallon*. Talking about the opportunity of hosting her own show on NBC, Lilly said, "An Indian-Canadian woman with her own late night show? Now that is a dream come true. I'm thrilled to bring it to life on NBC, and I hope my parents consider this to be as exciting as a grandchild."

The half-hour show will begin airing September 2019. With this show, Lilly will be the first woman to host a late-night daily show on a major network.

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Kumkum Bhagya Leaps a Generation with New Cast Members



One of the top-rated and longest-running television show's *Kumkum Bhagya* leaped a generation with new actors joining the cast. The previous plotline saw the lead pair Abhi (Shabir Ahluwalia) and Pragya (Sriti Jha) getting back together and Pragya giving birth to twin daughters. However, things worsen when their elder daughter Kiara dies, and the couple blames each other for the tragedy. The couple parts ways and decide to raise their daughters individually.

The new show begins 20 years in the future, focusing on the twin sisters Prachi and Rhea. Prachi who has been brought up by her mother is a mature, well-grounded girl, while Rhea is shown as a spoiled brat brought up by her rich and famous father.

TV actresses Mugdha Chaphekar and Naina Singh play the roles of Prachi and Rhea respectively. Mugdha is well known for her roles in the shows *Prithviraj Chauhan*, *Satrangi Sasural*, *Solhah Singaarr*, and *Dharam Veer*. Naina rose to fame with reality shows *MTV Splitsvilla* and *India's Next Superstars*.

As the show storyline will now focus on Abhi, Pragya and their daughters, some of the previous cast members have left the show.

The Kapil Sharma Show brings the Winning 1983 Indian Cricket Team Together Again

The Kapil Sharma Show gifted Indian cricket fans everywhere when he hosted the 1983 World Cup winning team together on his show in early March. The trip down nostalgia lane for television audiences was witness to a team that earned an iconic win that changed the face of Indian cricket.



It was a treat for viewers to see Kapil welcoming then cricket team captain Kapil Dev on the show. Other team members to attend the show included Sreekanth, Mohinder Amarnath, Sandeep Patil, Kirti Azad, Roger Binny, Dilip Vengsarkar, Madanlal, Yashpal Sharma, Balwinder Sandhu, and Sunil Valson. Sunil Gavaskar also joined the show but through video chat as he was in Goa with his family.

Kapil shared photographs of the iconic match, and it was a treat to see team members remembering the winning day and its glory. The cricketers also shared inside stories, trivia, and anecdotes from 1983, delighting fans.

For more detailed information on this article or to view additional pictures, please visit www.deshvidesh.com/042019

Mount Soma:

A Vedic Community for Ancient Spiritual Wisdom in Modern Life

Mount Soma is a Vastu Vedic community in North Carolina's Blue Ridge Mountains. Developed by visionary Dr. Michael Mamas in 2011, the 448-acre Vedic community was established with the vision to help humanity evolve by integrating ancient spiritual wisdom with modern life.

The mission of Mount Soma is to purify spiritual understanding and enliven each individual's innate wisdom. It also wishes to promote integrity, peace, and harmony throughout the world. It has been built with the idea to create a cultural, educational, economic and spiritual bridge that will unify all mankind. Mount Soma Center currently includes a meditation hall, a visitor's center, yagya shala for havans, a Student Union building for accommodations, and the Sri Somesvara Temple.

The Sri Somesvara Temple used 46 tons of hand-carved granite from India to create the shrines, entryway, and deities. It is an authentic Vedic Shiva temple that includes deities such as Shiva, Parvathi, Ganesh, Navagrahas, Karthikeya, and Nagadevatha. Its timeless and eternal feel makes it a perfect place of pilgrimage for those seeking spiritual knowledge. The temple grounds also have hand-carved black granite Navagrahas (nine planets).



Mount Soma also boasts two beautiful parks - Mahanandi Park and Sri Hanuman Park. The latter includes a 20-feet statue of Lord Hanuman, made with solid black granite.

For more detailed information on this article or to view additional pictures, please visit www.deshvidesh.com/042019



Choreographer & Actor Punit Pathak Wins *Khatron Ke Khiladi* Season 9



One of the most top-rated seasons of reality show *Khatron Ke Khiladi* has finally come to an end with Punit J Pathak taking the winner's trophy. Director Rohit Shetty, who has hosted four seasons of the show so far, hosted its 9th season as well. *Khatron Ke Khiladi* is the Indian version of the popular American show *Fear Factor*.

Punit was in the grand finale along with singer-actor Aditya Narayan and TV actress Ridhima Pandit. He not only won the coveted trophy, but also received a cash prize and a Swift car. Punit was appreciated throughout the season for giving a consistently amazing performance on the show. He won almost every task that he performed and was never in any of the elimination tasks. Bollywood star Akshay Kumar also graced the finale of the show.

Apart from Punit, Aditya and Ridhima, Bollywood actress Shamita Shetty and TV actor Aly Goni also reached the final week of the show. Other contestants who took part in this season included TV personality Bharti Singh and her husband Haarsh Limbachiyaa, TV actress Jasmin Bhasin, TV actor Zain Imam, producer-host Vikas Gupta, actress Avika Gor, and ex-cricketer Sreesanth.

Hina Khan to Leave *Kasautii Zindagii Kay 2* But Will Return

Hina Khan has been making headlines ever since she became Komolika in *Kasautii Zindagii Kay*. The latest rumor is that she quit the show midway. It was also rumored that the show producers are currently looking for an apt replacement to play the character. While the news of her taking a break from the show is true, she is definitely not being replaced.



Hina is taking a hiatus from *Kasautii* as she is working on her Bollywood debut. Putting the rumors to rest, Hina said, "I have not quite quit the show. I am taking a break post March for my films. I have heard rumors that I will be replaced in the show, but when I asked the makers, they said they can't think of replacing me."

Hina has a few projects coming up, including a movie with director Vikram Bhatt and an international film. The former *Bigg Boss* contestant will be filming back-to-back until August. In discussing her return to the small screen, she added, "I will be free in September and if I don't have any other project in hand, then I would love to come back to the show."



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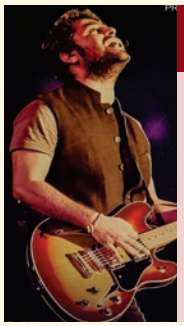
When: 04/05/2019, 6:00 PM
Where: Shiv Dham Hindu Temple
460 O'Berry Hoover Road, Orlando,32825
Contact: 407-380-2661
Host: Shiv Dham Hindu Temple

Fundraiser & Gala Dinner

When: 04/06/2019, 7:00 PM
Where: Apna Event Hall
9404 South Orange Blossom Trail, Orlando,32837
Contact: Tahira Qureshi 321-231-4118
Host: United We Reach

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When: 04/07/2019,
Where: Hindu Society of Central Florida Hall
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Host: Marathi Mandal of Orlando



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When: 04/27/2019 , 8:00 PM
Where: CFE Arena
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Contact: Krish Patel 407-454-3334
Host: Krish Patel

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When: 10/17/2019
Where: Chinmaya Mission Orlando
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Contact: 407-699-7331
Host: Chinmaya Mission Orlando

Shri Swaminarayan Jayanti & Shri Ram Navmi

When: 04/13/2019, 5:00 PM
Where: Baps Shri Swaminarayan Mandir
1325 W Oakridge Rd., Orlando,32809
Contact: 407-857-0091
Host: Baps Shri Swaminarayan Mandir

Hanuman Jayantii

When: 04/20/2019
Where: Chinmaya Mission Orlando
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Contact: Chandra Brahmasandra 407-699-7331
Host: Chinmaya Mission Orlando

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When: 04/27/2019, 7:00 PM
Where: GILT Nightclub
740 Bennett Rd, Orlando,32803
Contact: Ricky Walia 404-552-0566
Host: Walia Hospitality Group - Sammyk All The Way Up - Rishi Bector and Funson Event Planning

South Florida

Happy Ugadi!

When: 04/06/2019, 10:30 AM
Where: New River Civic Center Meeting Hall
6 Weston Road, Sunrise,33326
Contact: Priest Chakravarthy 954-608-3424 / 954-272-2194

Tamil New Year 2019
When: 04/20/2019, 4:00 PM
Where: Cooper City High School
9401 Stirling Rd, Cooper City,33328
Contact: 305-215-5684
Host: South Florida Tamil Sangam

Tampa

Tampa Regionals Contests
When: 04/06/2019, 8:00 AM
Where: Cooper Hall - University of South Florida
4202 East Fowler Avenue, Tampa,33620
Contact: Ramesh Vasudevan 813-701-7870
Host: North South Foundation

Prana Pratistha Mahotsav
When: 04/09/2019
Where: Sanatan Mandir
311 E Palm Avenue, Tampa,33602
Contact: 813-221-4482
Host: Sanatan Mandir Tampa

Ustad Zakir Hussain in Florida



When: 04/12/2019, 7:30 PM
Where: 11515 Bonita Beach Rd SE, Bonita Springs,34135
Contact: Shaila 262-366-9369
Host: Raaga

Carnatic Vocal Concert
When: 04/14/2019, 5:00 PM
Where: Hindu Temple of Florida Hall
5511 Lynn Road, Tampa,33624
Contact: 813-787-2265
Host: Swaralaya

TAF Ugadi Utsavaalu
When: 04/20/2019
Where: Florida State Fair grounds
4800 US 301, Tampa,33610
Contact: Lavanya Akella 813-428-4169
Host: Telugu Association of Florida - Tampa Bay

For more detailed information on this article or to view additional pictures, please visit www.deshvidesh.com/022019

Georgia

Atlanta Metro

Meditation
When: 04/05/2019, 8:00 PM
Where: Unity North Atlanta
4255 Sandy Plains Rd, Marietta,30066
Contact: 770-434-7200
Host: SRF Atlanta

SriramaNavami Celebration
When: 04/05/2019, 9:00 AM
Where: Hanuman Temple
390 Cumming Street Ste B, Alpharetta,30004
Contact: 770-475-7701
Host: The Hanuman Mandir

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www.myshadibridalexpo.com
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Ugadi
When: 04/05/2019, 8:00 AM
Where: 1637 Peachtree Pkwy, Cumming,30041
Contact: 470-253-7571
Host: Sri Maha Lakshmi Temple of Atlanta

Amit Tandon Comedy
When: 04/06/2019, 7:00 PM
Where: Berkmar High School
405 Pleasant Hill Road, Lilburn,30047
Contact: Imthiaz 425-786-7475
Host: People Media Productions

Shrimad Bhagavad Geeta
When: 04/06/2019, 4:00 PM
Where: Gokuldham
2397 Satellite Blvd, Buford,30518
Contact: Tejas Patwa
404-435-9548

Celebration of Arjuna
When: 04/06/2019, 5:00 PM
Where: Emory University Performing Arts Studio
1804 N Decatur Rd, Atlanta,30307
Host: Emory Gamelan Ensemble and Emory University Performing Arts Studio

Boishakhi Mela
When: 04/07/2019, 4:00 PM
Where: Berkmar High School
405 Pleasant Hill Rd, Lilburn,30047
Contact: Uttam Dey
404-395-5268
Host: Georgia Social & Cultural Org

Sunder Be Baaydiwalo
When: 04/12/2019, 6:00 PM
Where: Gokuldham
2397 Satellite Blvd, Buford,30518
Contact: Tejas Patwa
404-435-9548
Host: Gokuldham - Atlanta

Vaisakhi 2019
When: 04/27/2019, 6:00 PM
Where: J.P. Taravella High School
10600 Riverside Dr., Coral Springs,33071
Contact: Baljit Mann 954-856-3421
Host: Greater Punjab Cultural Society of South Floirda

Marathi Natak
When: 04/13/2019, 4:00 PM
Where: South Forsyth High School Performing Arts
585 Peachtree Pkwy, Cumming,30041
Contact: 678-250-4141
Host: Para Share Entertainment & Maharashtra Mandal Atlanta 2019

TAMA Ugadi Utsavalu
When: 04/13/2019, 2:00 PM
Where: Meadowcreek High School
4455 Steve Reynolds Blvd, Norcross,30093
Contact: Venky Gadde
770-624-1214
Host: Telugu Association Of Metro Atlanta

Hasya Kavi Sammelan
When: 04/13/2019, 3:00 PM
Where: Berkmar High School
405 Pleasant Hill Rd NW, Lilburn,30047
Contact: Sanjeev 203-442-3120
Host: Atlanta Hindi Association

Sonu Nigam & Neha Kakkar
When: 04/19/2019,
Where: 6400 Sugarloaf Pkwy, Duluth,30097
Contact: Rahim 404-576-8909
Host: Paracha Entertainment and Anand Entertainment

Yogasanas
When: 04/20/2019, 8:00 AM
Where: Hilton Garden Inn Windward
4025 Windward Plaza Drive, Alpharetta,30005
Contact: 678-390-4742

Gangaur Celebration
When: 04/20/2019, 6:30 PM
Where: Gokuldham Haveli
2397 Satellite Blvd, Buford,30518
Contact: Pallaviji 248-821-5290
Host: Rajasthan Association of Georgia

DJ Akbar Sami
When: 04/26/2019, 10:00 PM
Where: Opium Atlanta
960 Spring St NW, Atlanta,30309
Contact: Ricky Walia 404-552-0566
Host: Walia Hospitality group and Rishi Bector - 27th Investments



Sonu Nigam In Florida
When: 06/07/2019 , 7:30 PM
Where: Broward Center for the Performing Arts
201 SW 5th Ave., Fort Lauderdale,33312
Contact: Kash 954-214-3830
Host: Kash Patel Productions

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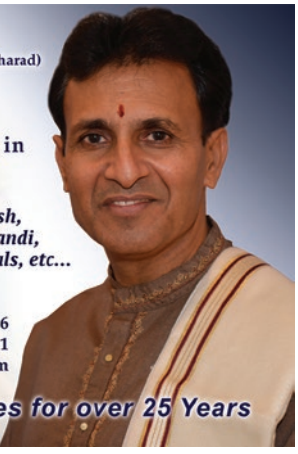
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