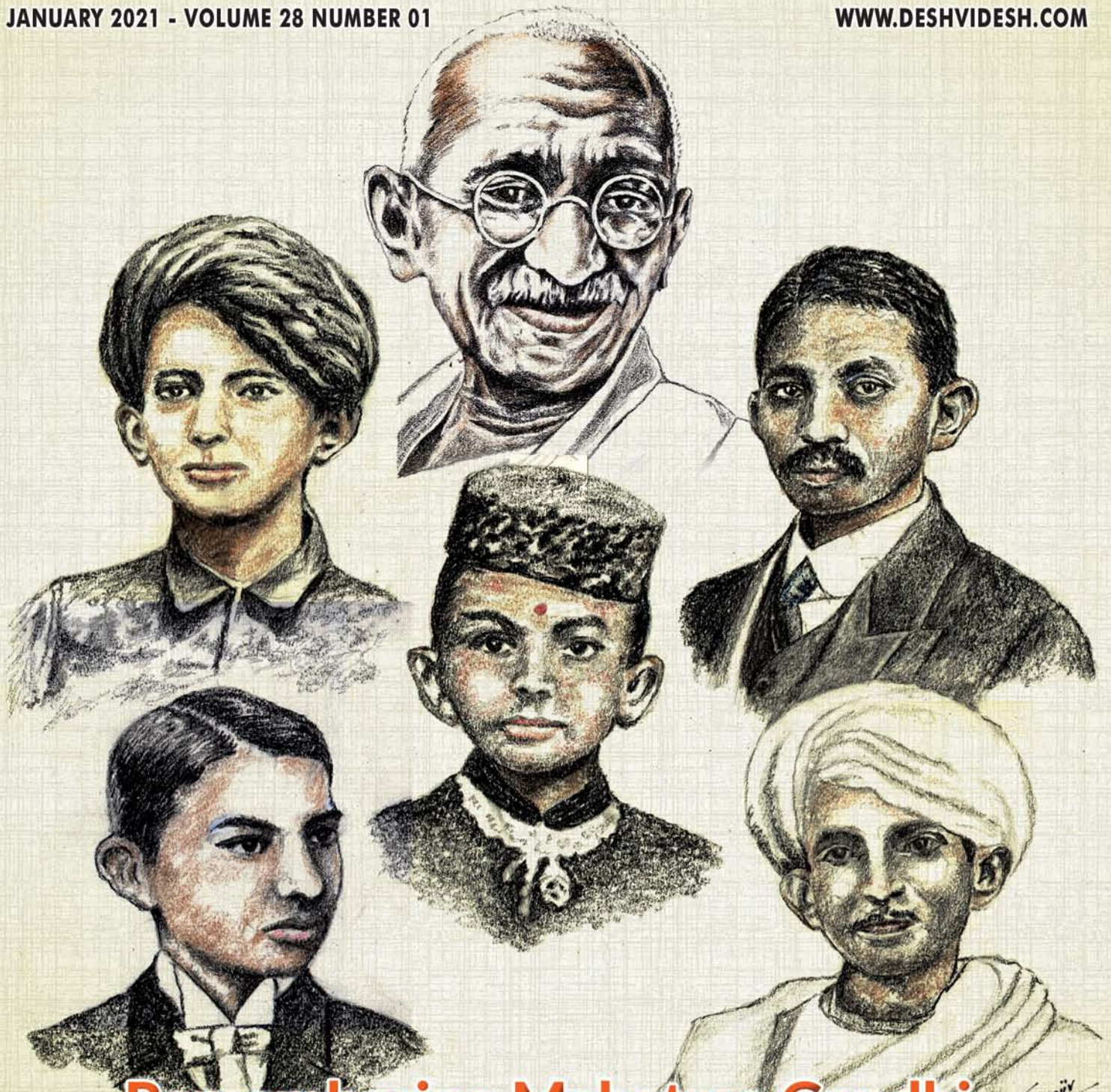


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**Remembering Mahatma Gandhi
on His Punyatithi**

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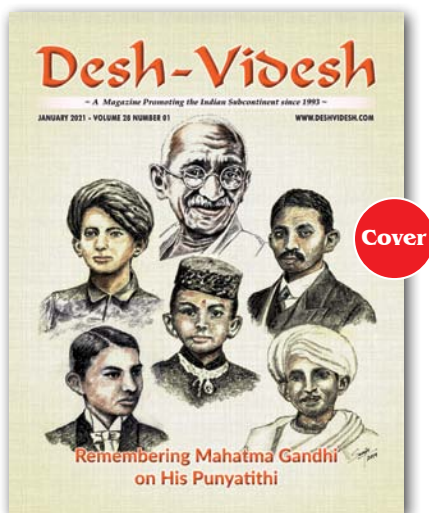
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Remembering Gandhi ji 42

In this issue, we remember Mahatma Gandhi on his Punyatithi (Death Anniversary) with a series of articles on his life and principles. It is also our honor to present the unique accomplishments of our own Sanjiv Anand, an architect, building designer, dreamer and soft spoken leader from South Florida. This month's cover features one of his charcoal sketches that was on display in an exhibition in Delhi January 2020.

How to Invest If You're Worried a Recession is Coming 16



Although the U.S. economy continues to grow and add jobs, talk of a recession is increasingly in the air due to a number of worrying signs.

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Financial Resolutions for the New Year 34



Instead of hauling out those familiar New Year's resolutions about eating less and exercising more, how about focusing on your financial well-being? Here are 12 resolutions that can help ensure your financial confidence in retirement.

Ahimsaa (Non-Injury) 54



The word *ahimsaa* means non-injury. We understand it as a Universal value, saamaanya dharma. No human being wants to be hurt by another in any manner. In fact this is true for any living being.

The Ayurvedic Way to End Your Day 58



Happy New Year! We just wrapped up a super long year. Are there any changes you would like to see in life for 2021? Why not better sleep or a more restful evening?

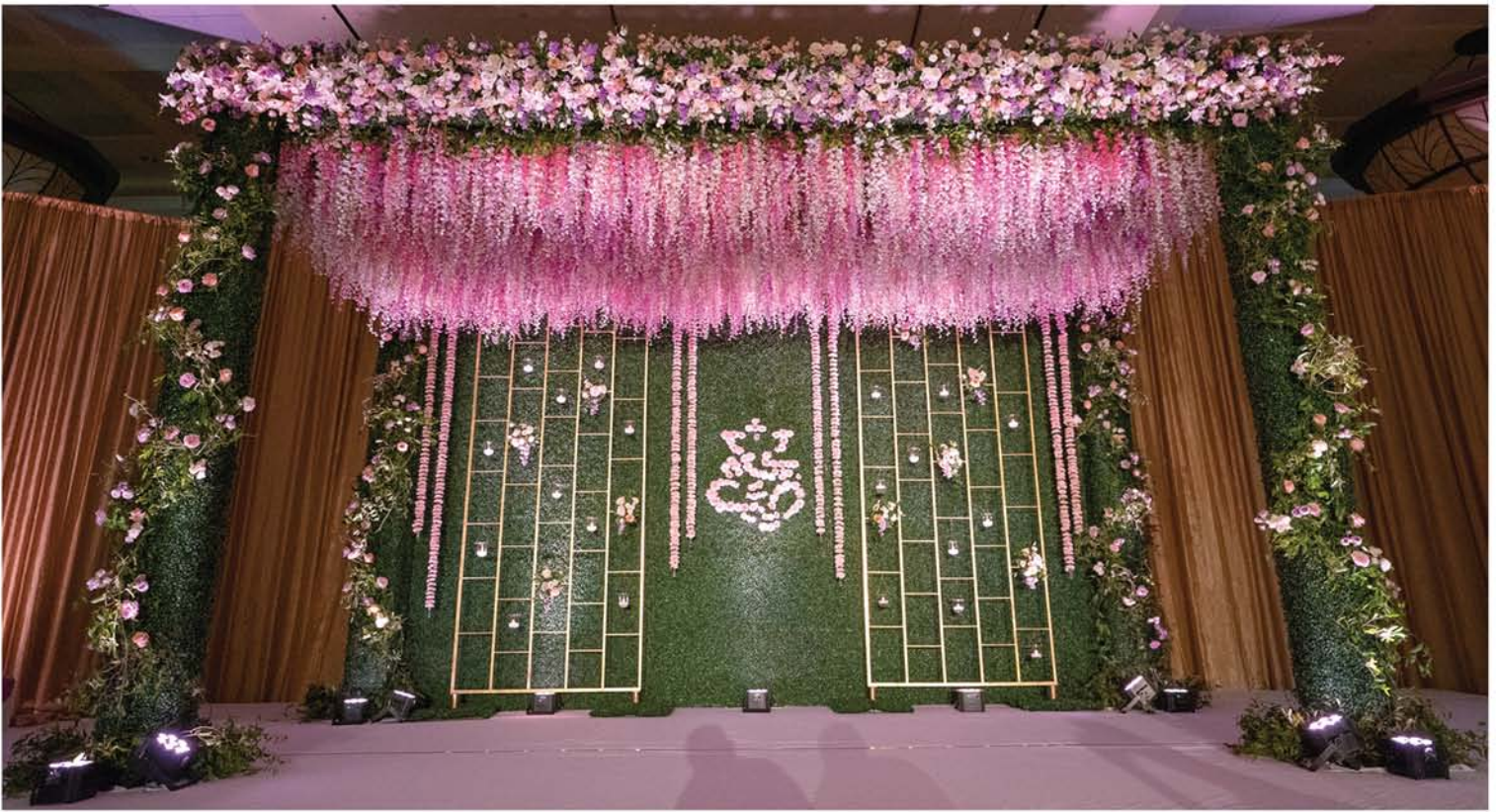
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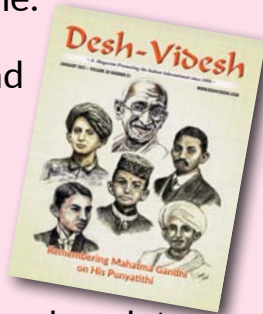
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MANAGING EDITOR

Raj Shah

DIRECTOR OF SALES

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SALES MANAGER

Nikhil Koshti

ART DIRECTOR

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CORPORATE HEAD OFFICE

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Telephone: (954)784-8100
info@deshvidesh.com

INDIA OFFICE

Sardar Patel Stadium Road, Ahmedabad.

ATLANTA OFFICE: K. Javed

atlanta@deshvidesh.com

BOSTON OFFICE: S. Kumar

boston@deshvidesh.com

CHICAGO OFFICE: Arun Sharma

chicago@deshvidesh.com

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Editor's View

Dear Readers,

I am pretty confident that I am not alone when I say that I'll be glad to bid goodbye to 2020. The most depressing and worrisome year gave us both a global pandemic with the highest unemployment rate and a financial crisis. It's probably fair to say that this has been one of the worst years in recent times, with COVID-19 registering more than 82.8 million cases, 1.8 million deaths and 58.6 million people recovered as of December 30, 2020, worldwide according to www.worldometers.info. But the good news is that it is almost over. Most of you who know me, know that I am an enthusiastic and positive person and I definitely look for a ray of hope in everything. Not only do I see the glass half full, but I also see that the water is clean and nutritious. Some of you may ask what is there to be happy about. Well, let me start with analyzing the numbers I just gave you. More than 70% recovered from the virus, and the recovery rate in India is as high as 96%. All along we all were concerned about the spread of this deadly virus in India. We all know that in some of poor communities in India, keeping socially distant is nearly impossible and so called "experts" were predicting a record number of deaths. But that never happened. Now whether you call it blessing from Lord Rama, the strength of Indian immune systems, or the fact that most Indians still believe in joint families and taking care of their elderly parents at home rather than enrolling them in nursing homes the way it is done here.

Now let me talk about some other positive news by asking you when was the last time you saw that a vaccine for a deadly virus developed in less than one year? Well, we witnessed it this year with the COVID-19 vaccine. Of course this happened due to multiple reasons, including President Trump's Warp Speed operation and perseverance of multiple pharma companies. I can go on and on and report many other positive news that happened in 2020, but let me stop here otherwise it will be a five page article.

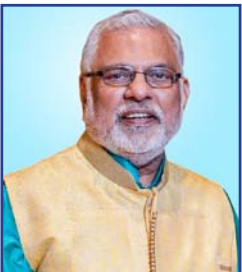
Now, let's move on to the first issue of 2021, which remembers Gandhi ji on his punya tithi. This issue includes three articles on Gandhi ji, and I have put some of my thoughts in the beginning of each article so I will not repeat here. But I do want to take this opportunity to congratulate my good friend Sanjiv Anand for his spectacular exhibition in Delhi.

As you know at the beginning of every year we cover some articles on financial and tax planning. We have two articles in this issue from leading experts, one in academia and one in the industry.

On behalf of the entire team of Desh-Videsh Media Group, let me take this opportunity to thank all of you for your business and support during 2020. Your loyalty and support are much appreciated. We look forward to continuing to serve you in 2021.

Let me end my column by reiterating a universal prayer from the Hindu Scripture *Brihadāranyaka Upanishad*:

ॐ सर्वे भवन्तु सुखिनः	Om Sarve Bhavantu Sukhinah	Om, May All be Happy,
सर्वे सन्तु निरामयाः	Sarve Santu Niraamayaah	May All be Free from Illness.
सर्वेभद्राणि पश्यन्तु	Sarve Bhadraanni Pashyant	May All See what is Auspicious,
मा कश्चिद्दुःखभाग्भवेत्	Maa Kashcid-Duhkha-Bhaag-Bhavet	May no one Suffer.
ॐ शान्तिः शान्तिः शान्तिः	Om Shaantih Shaantih Shaantih	Om Peace, Peace, Peace.



The shloka prays for everyone to be happy, everyone to be free from all diseases, everyone sees goodness and auspiciousness in everything and may none be unhappy or distressed - such an altruistic shloka from our ancestors. How broad their minds were!

Once again, a Happy, Healthy and Prosperous New Year to you all!

Raj Shah
Managing Editor

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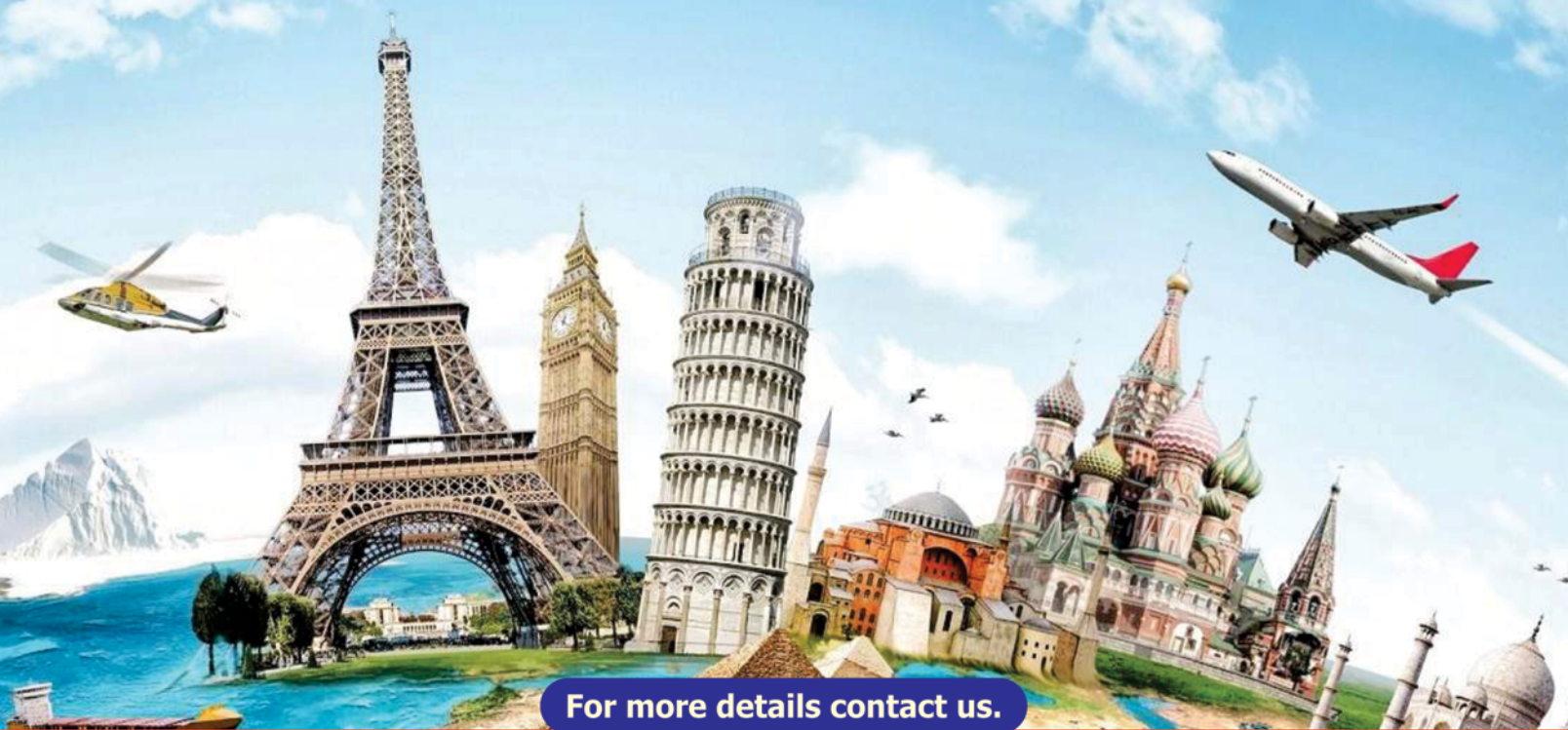
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How to Invest If You're Worried a Recession is Coming

By Alexander Kurov

Professor of Finance, West Virginia University





Although the U.S. economy continues to grow and add jobs, talk of a recession is increasingly in the air due to a number of worrying signs.

Business investment and consumer confidence are taking a hit due to the growing economic jitters and uncertainty over the ongoing trade war with China. An important bond market recession warning – known as an inverted yield curve – is spooking investors. And policymakers are actively taking steps to bolster the economy, such as the Federal Reserve’s recent decision to lower short-term borrowing costs. The Trump administration is even mulling a payroll tax cut to avert a downturn.

A question I’m often asked as a finance professor and a CFA charterholder is what should people do with their money when the economy is slowing or in a recession, which typically causes riskier assets like stocks to decline. Fear causes many people to run for the hills.

But the short answer, for most investors, is the exact opposite: Stick to your long-term plan and ignore day-to-day market fluctuations, however frightening they may be. Don’t take my word for it. The tried and true approach of passive investing is backed up by a lot of evidence.



Most of us have money at risk

While we usually associate investing with hotshot Wall Street investors and hedge funds, the truth is most of us have a stake in financial markets and their ups and downs. About half of American families own stocks either directly or through institutional investment vehicles like mutual funds.

Most of the invested wealth average Americans hold is managed by professional investors who look after it for us. But the continued growth of defined contribution plans like 401(k)s – which require people to make choices about where to put their money – means their financial security increasingly depends on their own investment decisions.



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Unfortunately, most people are not good investors. Individual investors who trade stocks underperform the market – and passive investors – by a wide margin. The more they trade, the worse they do.

One reason is because the pain of losses is about twice as strong as the pleasure of gains, which leads people to act in counterproductive ways. When faced with a threatening situation, our instinctive response is often to run or fight. But, like trying to outrun a bear, exiting the market after suffering losses is not a good idea. It often results in selling at low prices and buying higher later, once the market stress eases.

The good news is you don't need a Ph.D. in finance to achieve your investment goals. All you need to do is follow some simple guidelines, backed by evidence and hard-earned market wisdom.

Investing checklist

First of all, don't make any rash moves because of the growing chatter about recession or any wild gyrations on Wall Street.

If you have a solid investment plan in place, stick to it and ignore the noise. For everyone else, it's worth going through the following checklist to help ensure you're ready for any storm on the horizon.

1 Define clear, measurable and achievable investment goals.

For example, your goal might be to retire in 20 years at your current standard of living for the rest of your life. Without clear goals, people often approach the path to getting there piecemeal and end up with a motley collection of investments that don't serve their actual needs. As baseball legend Yogi Berra once said, "If you don't know where you are going, you'll end up someplace else."

2 Assess how much risk you can take on.

This will depend on your investment horizon, job security and attitude toward risk. A good rule of thumb is if you're nearing retirement, you should have a smaller share of risky assets in your portfolio. If you just entered the job market as a



20-something, you can take on more risk because you have time to recover from market downturns.

3 Diversify your portfolio.

In general, riskier assets like stocks compensate for that risk by offering higher expected returns. At the same time, safer assets such as bonds tend to go up when things are bad, but offer much lower gains. If you invest a big part of your savings in a single stock, however, you are not being compensated for the risk that the company will go bust. To eliminate these uncompensated risks, diversify your portfolio to include a wide range of asset classes, such as foreign stocks and bonds, and you'll be in a better position to endure a downturn.

4 Don't try to pick individual stocks, identify the best-performing actively managed funds or time the market.

Instead, stick to a diversified portfolio of passively managed stock and bond funds. Funds that have done well in the recent past may not continue to do so in the future.

5 Look for low fees.

Future returns are uncertain, but investment costs will certainly take a bite out of your portfolio. To keep costs down, invest in index funds whenever possible. These funds track broad market indices like the Standard & Poor's 500 and tend to have very low fees yet produce higher returns than the majority of actively managed funds.

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6 Continue to make regular contributions to your investments, even during a recession.

Try to set aside as much as you can afford. Many employers even match all or some of your personal retirement contributions. Unfortunately, most Americans are not saving enough for retirement. One in 4 Americans enrolled in employer-sponsored defined contribution plans does not save enough to get the employer's full match. That's like letting your employer keep part of your salary.

7 There's one exception to my advice about standing pat.

Let's suppose your long-term plan calls for a portfolio with 50% in U.S. stocks, 25% in international stocks and 25% in bonds. After U.S. stocks have a good run, their weight in the portfolio may increase a lot. This changes the risk of your portfolio. So about once a year, rebalance your portfolio to match your long-term allocation targets. Doing so can make a big difference in performance.

Always keep in mind your overall investment plan and focus on the long-term goals of your portfolio.



For more detailed information on this article or to view additional pictures, please visit deshvidesh.com/Jan2021

Many market declines that were scary in real time look like small blips on a long-term chart.

Turbulence ahead

In the long run, this approach is likely to produce better results than trying to beat the market – which even pros tend to have a hard time doing.

Billionaire investor Warren Buffett demonstrated this by easily winning a bet that a simple S&P 500 index fund could beat a portfolio of hedge funds – supposedly the savviest investors out there, at least judging by the high fees they charge.

In the words of legendary investor Benjamin Graham: “The investor's chief problem and even his worst enemy is likely to be himself.” Graham, who mentored Buffett, meant that instead of making rational decisions, many investors let their emotions run wild. They buy and sell when their gut – rather than their head – tells them to.

Trying to outsmart the market is akin to gambling and it doesn't work any better than playing a lottery. Passive investing is admittedly boring but is a much better bet long-term.

But if you follow these guidelines and fasten your seatbelt, you'll be able to ride out the current turbulence.

About the Author



Alexander Kurov is the Fred T. Tattersall Research Chair in Finance and Professor of Finance at West Virginia University. Dr. Kurov's research interests are in financial market efficiency, futures markets, and commodity markets. His work examines price discovery, informed trading and the effect of public announcements on asset prices. He teaches primarily graduate courses on derivative securities, quantitative investment analysis, and a doctoral seminar in market microstructure. Dr. Kurov is an associate editor of the *Journal of Commodity Markets* and holds the Chartered Financial Analyst designation.

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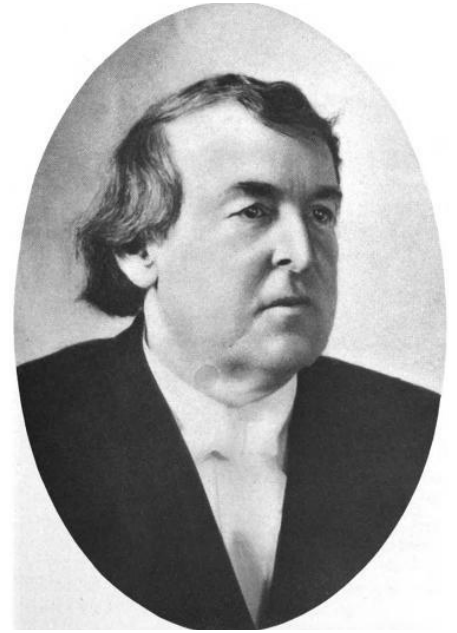
Gandhi's ideas of nonviolence for Americans

By Professor John Charles Wooding





Discovering Gandhi



My own interest in Gregg was something of an accident. I'm a political scientist with interest in peace activists as agents of change. I learned of Gregg a few years ago from a colleague, who told me that dozens of Gregg's personal notebooks were moldering in a yurt on a farm up in northern Maine. These journals soon became the subject of my scholarship.

January 30, Mahatma Gandhi's death anniversary, is marked as Martyr's Day. Gandhi ji gave Indians the vision, courage and confidence that they were as good if not better than the Britishers and showed that they can defeat the greatest power of the world through non-violence and non-cooperation.

In this issue we will be covering a few articles on Gandhi ji 's principles and his influence on world leaders.

As one of the 20th century's most iconic figures, Mahatma Gandhi's legacy defines how many people think about peace, self-reflection and the path to a more just world.

Much less celebrated is Gandhi's friend and follower, the American pacifist Richard Bartlett Gregg.

Gregg never made any significant speeches, so no grainy newsreels feature his words. And his books are not required reading in college courses.

Gregg has nonetheless been an influential figure in taking forward Gandhi's message regarding the power of nonviolence. Gregg explained Gandhi's ideas in a way that made sense to a Western audience. His books even influenced Martin Luther King Jr.'s understanding of nonviolent resistance.

Raj Shah
Managing Editor



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Gregg was born to a Congregational minister in 1885. It was a time of rapid industrial growth and industrial conflict, as railroads and industrialization proceeded quickly.

Gregg discovered Gandhi in a journal article he read in a bookstore in Chicago in 1924. Deeply impressed by Gandhi's philosophy, at the age of 38, Gregg, a largely self-taught scholar, resolved to study with him in India.

In a long letter to his family explaining his decision to move to India, Gregg said he was so profoundly disenchanted with the violence of American labor relations and the American system that he sought alternatives.

As I write in my forthcoming book, Gregg arrived at Sabarmati Ashram in the western Indian state of Gujarat in early February 1925. Gandhi, just released from prison, returned to his home at the ashram a few days after Gregg arrived.

During an evening walk, Gregg writes in his notes about what he told Gandhi why he had come to India:

"I felt at first awed by his presence, but he listened attentively to what I said and made me feel entirely at ease," Gregg recalls.

It was the start of a 23-year friendship that ended only with Gandhi's death on Jan. 30, 1948.

Understanding nonviolence

Gregg spent those years traveling, teaching and studying in India.

At the time, a pacifist movement was emerging around the world. Pacifists are those who believe in confronting both domestic and international violence with peaceful resistance.

Gregg learned more deeply about Gandhi's strategy of nonviolence. He wrote an important book, *The Power of Nonviolence*, in his first four years with Gandhi, which provided guidance on how to make pacifism more effective.

Gregg argued that onlookers should see the violent assailant, when confronted by nonviolent

”

Gandhi had used with enormous effect during the Salt March against Britain's domination of India in 1930. The march demonstrated Gandhi's ability to mobilize tens of thousands of Indians, who were forced to pay a salt tax to the British colonialists.

”

resistance, as “excessive and undignified – even a little ineffective.”

This was a tactic that Gandhi had used with enormous effect during the Salt March against Britain's domination of India in 1930. The march demonstrated Gandhi's ability to mobilize tens of thousands of Indians, who were forced to pay a salt tax to the British colonialists.



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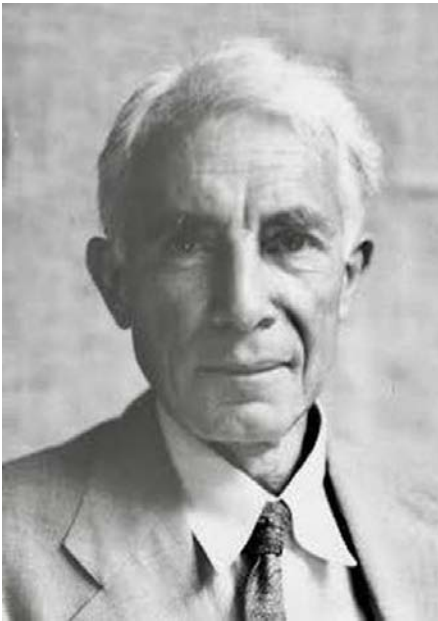
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The peaceful demonstrators, who followed Gandhi to the Arabian Sea Coast to make their own salt, were beaten up and more than 60,000 arrested by British troops. The world watched, appalled at the repression of the British colonial rule.

Learning from Gandhi, Gregg also wrote that nonviolent protests should serve as a media spectacle. He knew nonviolence was not passive resistance: It was an active planned strategy that required intense – even military-style – training, both physical and spiritual.

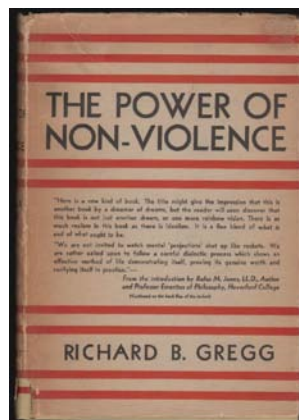
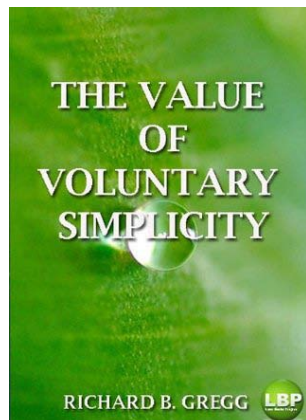
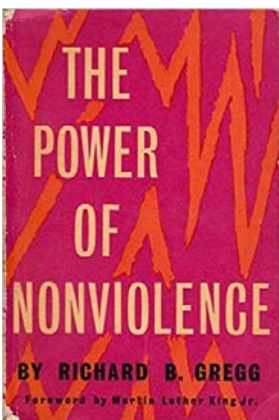
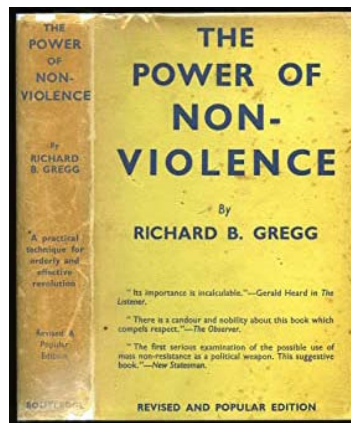
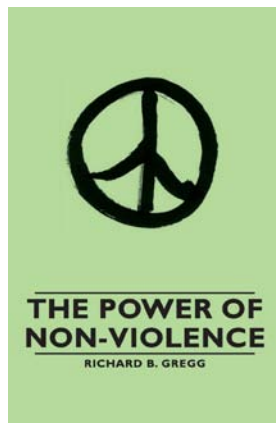
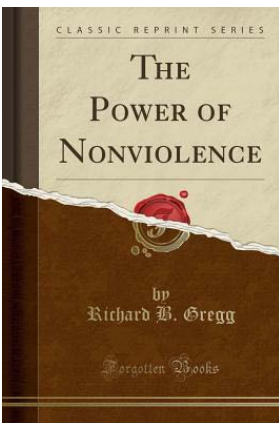
This was controversial and shocking to many pacifists. But Gregg insisted that nonviolent protest represented a war of its own.

Simplicity and harmony

Gregg learned Hindi during his time with Gandhi and came to understand the Gandhian values of simplicity, self-reliance and how to live in harmony with the world.

Gandhi encouraged each home to have its own spinning wheel so Indians would not have to depend on cloth made in British factories. Gregg embraced the philosophy behind each Indian home spinning its own khadi cloth and became a leading advocate of organic farming and simple living.

Like Gandhi, Gregg believed that a peaceful world could only come about as humans developed inner peace and recognized their harmony with nature.



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In 1936 Gregg published *The Value of Voluntary Simplicity*, a term he coined while serving as director of the Quaker retreat at Pendle Hill in Pennsylvania. In that post, he continued to build on Gandhi's belief in simple living and harmony with nature as part of the true path to peace.

He was not, however, a Quaker; he remained deeply Christian.

Although he rejected Marxism and Soviet-style socialism, Gregg came to believe that the only solution to violence and injustice lay in a complete transformation of production and consumption.

What Gregg brought to America

There is no doubt that Martin Luther King Jr. was aware of Gandhi's ideas from other sources. But Gregg's book, *The Power of Nonviolence*, deeply affected how he thought about passive resistance. Gregg put these ideas in a context that more closely fit the American civil rights struggle.

I argue, King's writing during this period carried very similar themes and perspectives to those laid out by Gregg. King made the distinction that nonviolent resistance was not cowardice but rather a brave act that required great training.

In 1959, King wrote the foreword for *The Power of Nonviolence*, having already become deeply familiar with Gregg's earlier editions of the work. It went on to be published in 108 editions in six languages.



On the 150th anniversary of Gandhi's birth, Gregg's role in translating the Mahatma – meaning a great soul – for a Western audience and in being an early advocate of simplicity is worth commemorating, too.

How deeply he understood Gandhi's ideas is evident in Gandhi's own words, recorded in a personal letter to him from a friend in India:

“If you understood me as well as Richard Gregg does,” he once said to a group of Indian independence leaders, “I would die happy.”

About the Author



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University of Massachusetts, Lowell. He earned his undergraduate degree from the London School of Economics and a doctorate from Brandeis University. He was tenured as an associate professor in 1996, and became Chair of a new interdisciplinary master's program and department in 1997. He was awarded full professor in 2000 and served as UMass Lowell Provost from 2003 until 2007.



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Financial Resolutions for the New Year

By Suresh Attal, Financial Advisor, Raymond James

Instead of hauling out those familiar New Year's resolutions about eating less and exercising more, how about focusing on your financial well-being? Here are 12 resolutions that can help ensure your financial confidence in retirement.

1 GET YOUR BALANCE SHEET IN ORDER

You can't expect to reach a goal without knowing where you're starting from. Using December 31 as the effective date, update your personal balance sheet. Everything proceeds from this first step.

Although some budget items are fixed, a sharp pencil can produce significant savings on other costs.

2 REVIEW YOUR BUDGET AND SPENDING

How closely did last year's spending match what you'd planned? Were unexpected increases one-time items or ongoing costs? Where can you trim expenses?

3 REVIEW YOUR ACCOUNT TITLING

Account titling often occurs haphazardly, which can create problems down the line. Titling has implications across a range of estate planning issues, as well as other situations such as Medicaid eligibility and borrowing power, too.





- 4 DESIGNATE AND UPDATE YOUR BENEFICIARIES**

Update your beneficiary listings on anything that will affect your heirs. An estate attorney can help walk you through various scenarios.
- 5 EVALUATE YOUR CASH HOLDINGS**

A certain amount of assets should be set aside in cash accounts that can be readily accessed – talk with your advisor about whether your current allocation strikes the right balance.
- 6 REVISIT YOUR ASSET ALLOCATION**

Appreciation in one asset class or underperformance in another can leave your portfolio with a different allocation than what you originally intended. Revisit your current and ideal asset allocation at least annually and rebalance as needed.

Consider, too, whether you're comfortable with your portfolio's current level of risk. Risk tolerance isn't static.
- 7 EVALUATE YOUR RETIREMENT INCOME SOURCES**

Most retirees have several income sources, such as Social Security, pensions, retirement portfolios, rental properties, etc. Think about how secure each source is. If too much of your retirement income is from less-than-solid sources, it may be time to reposition your assets.
- 8 REVIEW YOUR SOCIAL SECURITY STATEMENT**

If you're not yet retired, go online and establish an account with the Social Security Administration. Review your statement, and be sure all your earnings over the years have been recorded.
- 9 REVIEW THE TAX EFFICIENCY OF YOUR CHARITABLE GIVING**

Think strategically about your contributions – for example, consider whether or not it'd make sense to donate low-basis stocks in lieu of cash, or learn about establishing a donor advised fund to take an upfront deduction for contributions made over the next several years.
- 10 CHECK WHETHER YOUR RETIREMENT PLAN IS ON TRACK**

What changes are needed given your current lifestyle and the market environment? Don't fixate solely on your retirement assets' value – instead, drill down into what types of assets you hold, what your expected cash flow will be, and what your contingency plans are. Retirement plans have many moving parts that must be monitored on an ongoing basis.
- 11 MAKE THE INDICATED CHANGES**

You should now have a good idea of your cash flow situation, what your retirement income picture looks like and where other challenges lie. Go after any problems areas – or opportunities – systematically and promptly.

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About the Author



Suresh Attal is a Financial Advisor with Raymond James, following a 15 year career working on Wall Street. Suresh graduated from the Leonard N. Stern School of Business at New York University with a degree in Finance and International

Business. He is a Chartered Financial Analyst® (CFA®), a unique designation which has been rated as one of the toughest exams globally by the Wall Street Journal. The end result for clients is an elevated level of service as we work collectively to achieve your goals.

12 CHECK IN WITH YOUR ADVISOR

Your advisor can help offer specialized tools, impartiality and experience earned by dealing with many market cycles and client situations. Establish a regular meeting schedule to review your portfolio and retirement plans.



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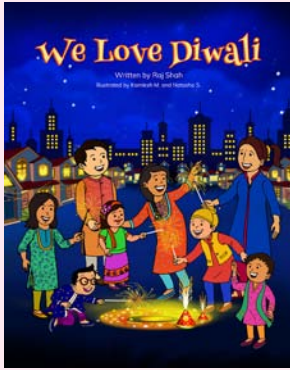


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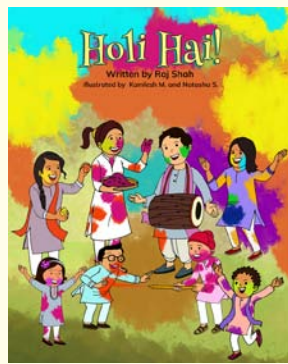
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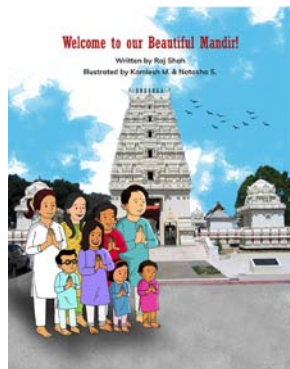
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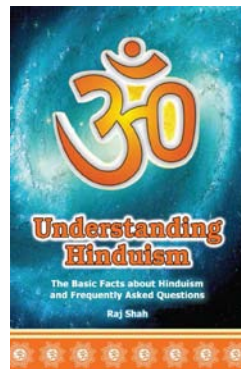
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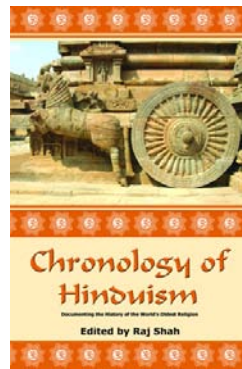
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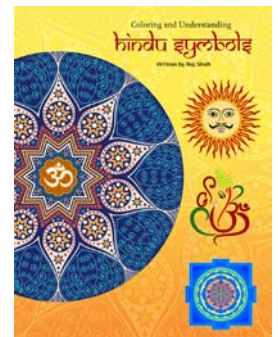
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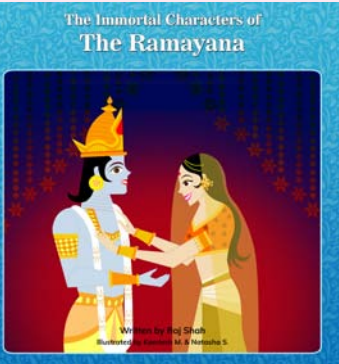
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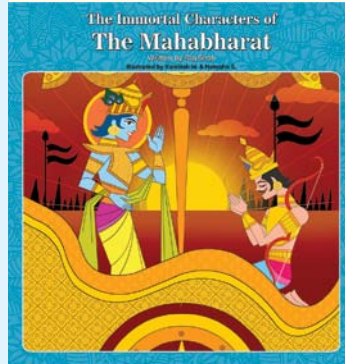
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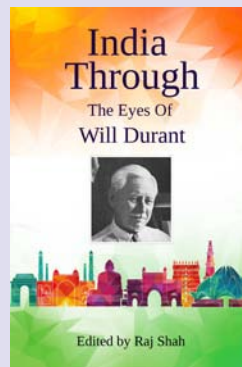
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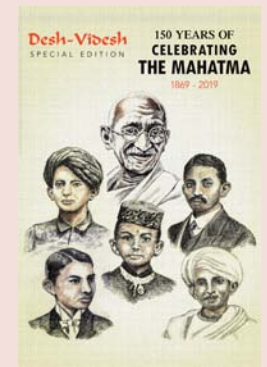
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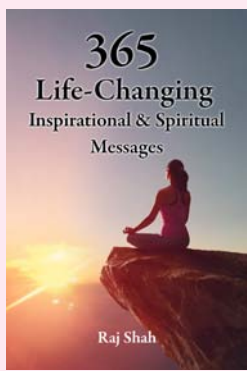
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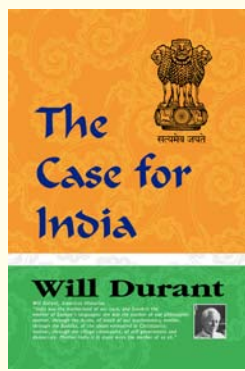
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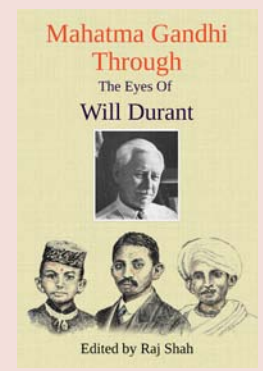
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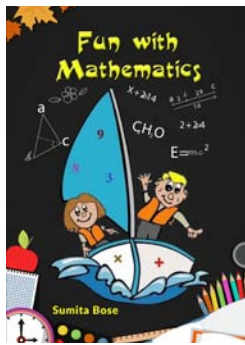
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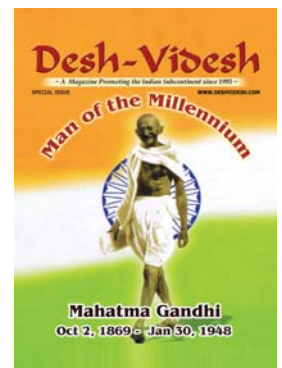
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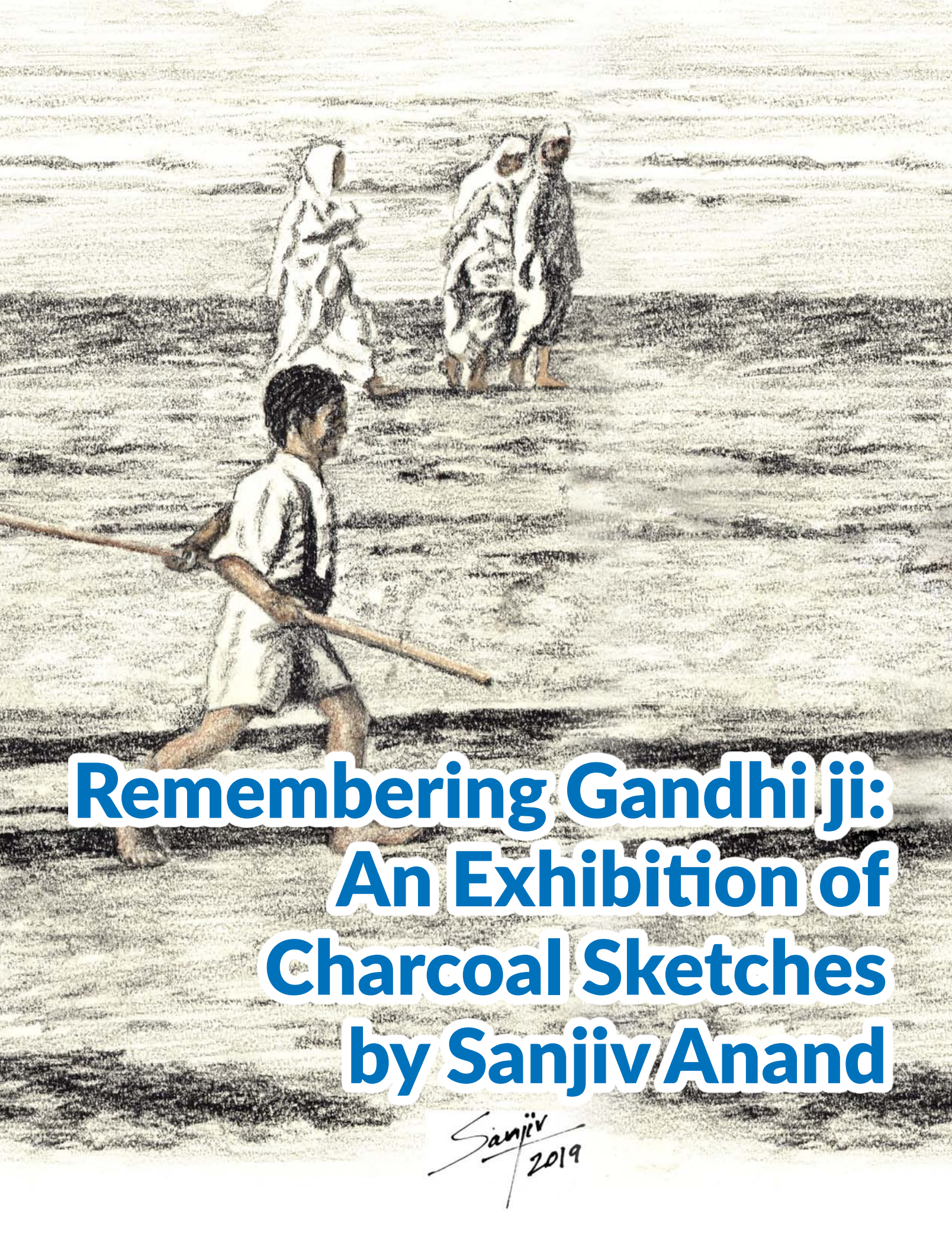
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**Remembering Gandhi ji:
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It is our honor to present the unique accomplishments of our own Sanjiv Anand, an accomplished architect, building designer, dreamer and soft spoken leader from South Florida. With his exhibition of Gandhiji's sketches, he has accomplished something many of us can only dream of. The exhibition took place on January 30, 2020, Gandhiji's Punya Tithi (Death Anniversary) at Kirti mandap, a few feet away from where Gandhiji took his last breaths.

Smt. Tara Gandhi Bhattacharjee, former Vice Chairperson Gandhi Smriti and Darshan Samiti (GSDS) and present Chairperson of National Gandhi Museum inaugurated a fifteen-panel exhibition of free-hand charcoal sketches on prominent historical incidents from Mahatma Gandhi's life in Kirti Mandap, Gandhi Smriti. Director GSDS Shri Dipanker Shri Gyan, Programme Officer, Dr. Vedabhyas Kundu, Dr Manju Aggarwal and a host of other dignitaries along with the artist Sanjiv Anand were present at the inauguration.

Desh-Videsh had the opportunity to sit with Sanjiv and discuss his new passion.

Raj Shah
Managing Editor

How did you come up with the idea of creating Gandhiji's sketches and the exhibition?

Not only for me, as a Gandhi admirer but for millions of people, 2019 and specifically October 2, 2019, was a memorable year and day. It was the 150th Birth anniversary of a saint, Mahatma Gandhi ji, freedom fighter and Father of Nation (India).



Not only for India, but also the entire world was preparing for the celebration of the 150th birth anniversary of Gandhiji. Florida Atlantic University (FAU) in collaboration with several South Florida organizations also coordinated for this event. For me this was a perfect opportunity to present my skill and my admiration of Gandhiji.

My daughter, Sonali, who recently came to know of my childhood hobby of portrait sketching, gave me the idea of creating freehand sketches of Gandhiji instead of photographs and developing an exhibition.



What was the next step in your new adventure ?

After experimenting with various drawing tools like sketch pens, pencils, watercolor and acrylic paints, I decided to try black and brown charcoal sticks. I had a feeling that charcoal black and brown sketches would give the right feel to these historical images.

I decided to create 15 sketches based on the most memorable events in Gandhi's life and write corresponding text to go with these sketches.

October 9, 2019, was a big day for me. It was the first day of the 150th Birth Anniversary of Gandhi celebration at FAU along with my exhibition of 15 sketches of Gandhi ji.

How did you end up taking the exhibition to Delhi?

At the end of 2019, I was planning a trip to India to visit my family. I explored the idea of putting this exhibition in an art gallery in Delhi. I found that almost every art gallery was booked for months in advance. Meanwhile a friend suggested that I talk to Gandhi Smriti and Darshan Samiti (GSDS). I began my correspondence with the GSDS Director, Mr. Dipankar Shri Gyan, and he welcomed the idea of my exhibition. He agreed with the proposal to have the display start on January 30th, the day of Gandhi's martyrdom and in the hall next to the place of Gandhi's assassination. What could be a more appropriate place!



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He made a proposal to have it co-inaugurated by none other than Gandhi's granddaughter Mrs. Tara Gandhi Bhattacharjee and Padma Vibhushan Sangeet Martand Pandit Jasraj who would be there singing prayers and devotional songs. At the event, Indian Prime minister Mr. Narendra Modi, Vice President, Mr. Venkaiah Naidu, former PM Dr. Manmohan Singh, and former Vice President Mr. Mohammad Hamid Ansari were to be the guests of honor.



Mrs. Tara Gandhi

I landed in Delhi on January 17 and made my first visit to the Gandhi Darshan on January 19. I realized that I had only five working days to manage the graphic design of all the panels, including verification of written material, its Hindi translation, sending the images to the printer and the panel's delivery.

Please explain the steps you went through to convert your small sketches to large 6 ft. x 4 ft. panels.

The GSDS Director told me that my exhibits should be received at the venue by January 28 after which the control of the complex would be given to the PM's security team, and there would be no movement of any goods in the complex.

I had my work cut out as there were a lot of things I needed to carry out. Finalizing the English text, translating the English text to Hindi, and creating high resolution 6 ft. x 4 ft. panel graphics for the printer.

Thanks to all the dedicated workers at GSDS my task became very easy. All along I was really surprised and honored that my sketches are going to be displayed at Kirti Mandir. So I could not help asking one of the employees at GSDS the real reason why they decided to display my exhibition at such a prestigious place and on such a memorable date. His answer was that they have seen a lot of exhibitions of pictures and posters, but this is the first time they saw sketches that resembled the real Gandhi. Wow what a great honor!

To my surprise all fifteen 6 ft. x 4 ft. panels were delivered to the venue on January 29.

Please describe the day of prayers and the opening of your exhibition.

Finally the long awaited day came - the day the whole world remembers Gandhiji and all of India remembers Martyr Day.

The day began with prayers. Soon after the completion of prayers and devotional songs, the





time came to meet the chief guests of the day, Mrs. Tara Gandhi and Pt. Jasraj. I had an opportunity to chat with Pt. Jasraj and I offered him as a token of appreciation a set of postcards with Gandhi's Sketches. Mrs. Tara Gandhi and various officials walked with me to the Kirti Mandap where the exhibition was held. She expressed her admiration of every panel expressing her own views about the incidents depicted in these images. She was very much surprised to see the sketch of Gandhiji with Charlie Chaplin since she had never seen that photograph.

The next day she invited me to an informal meeting over tea and snacks at her home. I was curious about her childhood and memories of her grandfathers: Mahatma Gandhi and Mr. C. Rajagopalachari. She very passionately described the life in the ashram where she witnessed being in the presence of many freedom fighters all of which I had only known through history books.



For more detailed information on this article or to view additional pictures, please visit deshvidesh.com/Jan2021

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What do you plan to do next?

After receiving such a big honor, the sky's the limit. Raj Shah, Managing Editor of *Desh-Videsh*, encouraged me and joined my dream project and explained that we should show

Gandhi's fight for India's independence through my sketches to every Indian child living in the US. With his help, we are creating a travelling exhibition we will bring to every big city in the US.



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About Sanjiv Anand

Sanjiv Anand was born and raised in Delhi. He graduated from the School of Planning and Architecture, New Delhi in 1984. After his graduation, he worked as an architect and was in charge of an exhibition of Vernacular Indian Architecture in Paris, France, under the auspices of Festival of India initiated by then Prime Minister Mr. Rajiv Gandhi.

In 1987, Anand was hired by the Government of India to design and manage the Indian Science and Technology exhibitions in Leningrad, Moscow, and Tashkent. In 1988, he joined the Master of



Architecture at State University of New York at Buffalo, NY. Before coming to Florida, he worked as construction manager in California. In 2005,

he started a private practice in building design. One of his projects is Shantiniketan – a senior Indian community in Orlando, Florida.

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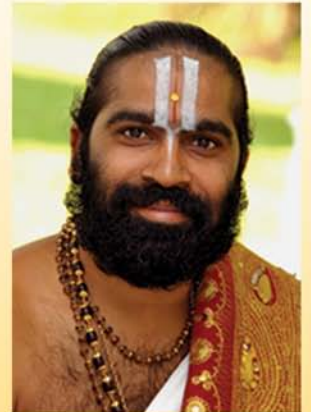
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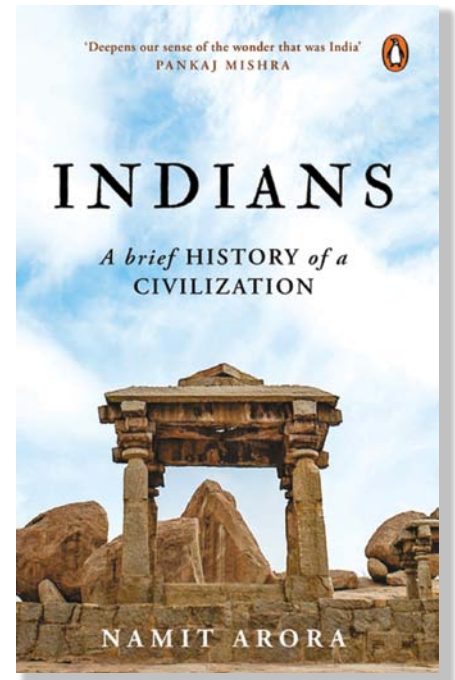
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Indians: A Brief History of a Civilization by Namit Arora

Indian civilization is an idea, a reality, an enigma. In this riveting book, Namit Arora takes us on an unforgettable journey through 5000 years of history, reimagining in rich detail the social and cultural moorings of Indians through the ages. Drawing on credible sources, he discovers what inspired and shaped them: their political upheavals and rivalries, customs and vocations, and a variety of unusual festivals. Arora makes a stop at six iconic places—the Harappan city of Dholavira, the Ikshvaku capital at Nagarjunakonda, the Buddhist centre of learning at Nalanda, enigmatic Khajuraho, Vijayanagar at Hampi, and Varanasi—enlivening the narrative with vivid descriptions, local stories and evocative photographs. Punctuating this are chronicles of famous travellers who visited India—including Megasthenes, Xuanzang, Alberuni and Marco Polo—whose dramatic and idiosyncratic tales conceal surprising insights about our land.

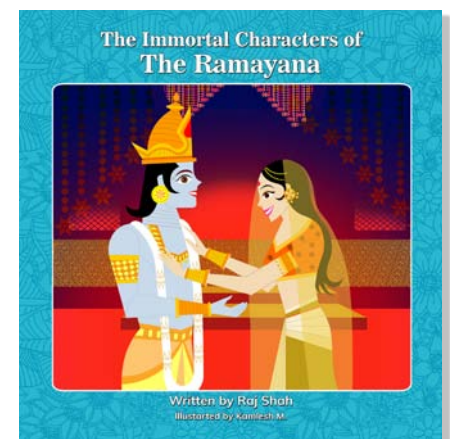


In lucid, elegant prose, Arora explores the exciting churn of ideas, beliefs and values of our ancestors through millennia—some continue to shape modern India, while others have been lost forever. An original, deeply engaging and extensively researched work, *Indians* illuminates a range of histories coursing through our veins.

Namit Arora worked in the Internet industry before choosing a life of reading and writing. He is the author of *The Lottery of Birth*, a collection of essays, and the novel *A California Story*. For more information visit shunya.net.

The Immortal Characters of *The Ramayana* by Raj Shah

The *Ramayana* is among the greatest of Hindu epics. However, it is also a wonderful story for all children as it is interesting and filled with events, and also has plenty of lessons to teach. In keeping with the times and the trends of the millennium, we bring the story of Rama in a simplified form for children to understand, presented as the Immortal Characters of the most important moments of the story.



Sovereign Self: Claim Your Inner Joy and Freedom with the Empowering Wisdom of the Vedas, Upanishads, and Bhagavad Gita

There's a reason that the Vedas, a 5,000-year-old collection of celebrated verses from ancient India, have given rise to several world religions and influenced Western thinkers from Emerson to Ram Dass—they provide us with a uniquely accessible and effective path to liberation and sovereignty.

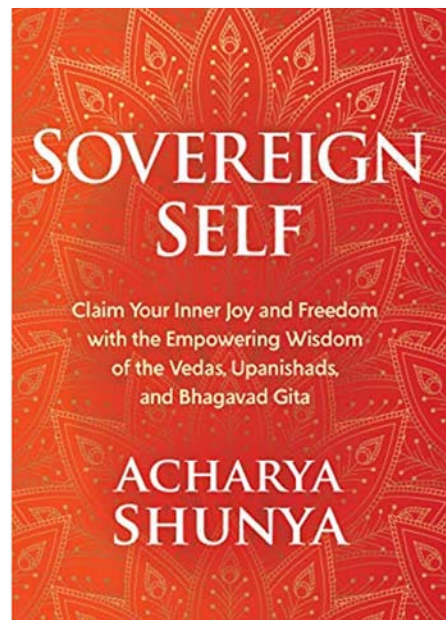
With *Sovereign Self*, Acharya Shunya shares a groundbreaking guide to the wisdom of these classic texts so that each of us may emancipate ourselves from restrictive belief systems and discover our true nature—that which is always whole, joyful, and free.

As the first female lineage holder in a 2,000-year-old line of spiritual teachers, Shunya provides a rare opportunity to receive these authentic teachings from a genuine Vedic master—one with a distinctly down-to-earth, feminine flavor who never lets us forget that our humanity is to be embodied and enjoyed.

Throughout *Sovereign Self*, Shunya adeptly guides us through the core concepts and practices of the Vedas, demystifying and contextualizing sacred concepts for modern life. In this masterful guide, you'll explore:

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Acharya Shunya is an internationally recognized spiritual teacher who awakens health and consciousness through Ayurveda lifestyle and Vedic spiritual teachings. She is founder of Vedika Global, a wisdom school and spiritual community in California, and is President of the California Association of Ayurvedic Medicine. For more, visit acharyashunya.com.



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Filled with hidden insights and engaging guidance, *Sovereign Self* will help you awaken and recognize your potential to be joyful, resourceful, abundant, limitlessly expansive, and sovereign.



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Ahimsaa (Non-Injury)

By Sri Dhira Chaitanya

In the November 2020 issue of Desh-Videsh, we published the article written by Chaitanya ji titled "Addressing and Overcoming Enemies Within You." It was the first of a multi-part series of articles. In this issue, we feature the second part of this series, "Ahimsaa." Most will recognize it as one of the most important principles Gandhiji followed throughout his life. As we remember Gandhi ji on this Punya Tithi, we pay respect to this principle.

Raj Shah
Managing Editor



The word *ahimsaa* means non-injury. We understand it as a Universal value, *saamaanya dharma*. No human being wants to be hurt by another in any manner. In fact this is true for any living being. We thus have a natural tendency to seek to be free from being hurt.

The practice of *ahimsaa* as a discipline is mandated in the Vedic statement *himsaam na kuryaat* - do not cause injury. *Dharma Shaastra*, which are the codes of ethics and conduct we are advised to live by says *ahimsaa paramo dharmah*, non injury, is the foremost value. It is also the first value identified among the several listed in Patanjali's Yoga sutras. In this work he defines *ahimsaa* as *vaanmanahkaayaih bhootaanaam anabhidrohah* - not hurting or bearing malice to any being by speech, mind or action.

We can be hurt by someone or hurt another physically by causing pain or injury. Others can be hurt directly or indirectly such as by stealing, cheating, exploitation and so on.

Use of hurtful speech, which may or may not be deliberate also is meant to and does cause pain to another. It may be born of anger or used as a means to punish, exercise control, subjugate or coerce another individual. Many times the pain caused by speech far outlasts the pain caused by physical *himsaa*, injury.

The most common response to being hurt is to immediately retaliate. This results in a domino effect and breeds ill feelings. Reacting impulsively is more often than not, unproductive. It takes considerable effort to be deliberate in one's actions. It may be acceptable to hurt another in self-defense when one's own well being is threatened and imminent but to do so in order to cause pain to another is wrong. One can also cause hurt by the mind by entertaining

hurtful thoughts and bearing malice towards another. What is cultivated in one's mind often becomes the potential which manifests in the form of verbal or physical action. Additionally it does not help the person who entertains such thoughts either. A mind consumed with anger and vengeance is not a mind that is relaxed or at peace.

Ahimsaa as a spiritual discipline is remarkably seen in the Jain and Buddhist monastic order. Jain monks avoid eating after sunset to prevent accidentally hurting tiny creatures that appear at dusk. In all actions including walking, talking, Jain monks make a conscious effort to avoid hurting even the smallest organisms. They cover their mouths with a piece of cloth, may sweep the ground they walk on and so on being careful not to hurt any living being including plant life. Hindu sanyaasis take a vow called 'abhaya pradaanam' whereby they declare to all living beings that henceforth they need not be afraid of being hurt by the sanyaasi.

Vegetarianism as a spiritual discipline of *ahimsaa*

A unique expression of *ahimsaa* as a spiritual discipline seen in our tradition is the practice of vegetarianism. It is the value of *ahimsaa* combined with an appreciation of sanctity of life and sensitivity to all living beings that is the motivation for choice of vegetarianism in Vedic tradition.

Whether one grows up in an environment where one is

accustomed to eating only a plant-based diet or a combination of plant and animal-based diet, there are many individuals who make a deliberate choice to live only on a plant-based diet.

Why is there more *himsaa* involved in eating an egg than an eggplant, or a chicken more than a pumpkin? All living beings require food to survive. And life depends on life! Organic life lives upon organic matter. One form of life lives upon another form of life. What is dinner for the hunter is a tragic end for the hunted. The eater survives at the expense of the eaten. This being the case why is it not acceptable for humans to eat other animal forms of life?

The key to understanding this value lies in understanding that what a human being consumes in order to live is a matter of choice, an exercise of free will. A human being is not in the same category as a canary eating cat, born with and living by an instinct to eat what it is programmed to eat. Not being programmed a human being is

endowed with the privilege to choose the kind of food he eats.

All living beings have a value for life. In fact survival is a basic instinct. Anything alive tries desperately to stay alive, plants and the simplest forms of life included. However, it is also plain that all living beings do not appear to have the same level of self awareness. Creatures in the animal kingdom are closer to human beings than are plants. Animals, birds, aquatic animals all run away attempting to escape when they sense someone trying to catch or harm them. When they are caught, they cry out, struggle, try to escape the first chance they get and fight desperately to not be killed. Thus, it is quite obvious that they do not want to be hurt, much less be killed.

Since a human being is given the free will to choose his food, he must do so based on some norms that guide his choice. This may be based on taste, upbringing, environment, availability of food, affordability and so on. The gift of free will



Gandhi's Thoughts on Ahimsa

It is an irony that Gandhi ji, one of the biggest promoters of ahimsa (non-violence) in the world was killed by a violent Hindu fanatic. It was a cold blooded murder while Gandhi ji was heading for peace prayer.

Let me pay my humble tribute to Gandhi ji by presenting his thoughts on ahimsa.

Raj Shah
Managing Editor

- *The most distinctive and largest contribution of Hinduism to India's culture is the doctrine of ahimsa.*
- *Ahimsa is an attribute of the brave. Cowardice and ahimsa don't go together any more than water and fire.*
- *Women are more fitted than men to make explorations and take bolder action in ahimsa.*
- *Woman is the incarnation of ahimsa.*
- *Ahimsa is my God, and Truth is my God.*
- *Ahimsa is the highest ideal. It is meant for the brave, never for the cowardly.*
- *Ahimsa means infinite love, which again means infinite capacity for suffering.*
- *Ahimsa must express itself through the acts of selfless service of the masses.*
- *If the lambs of the world had been willingly led, they would have long ago saved themselves from the butcher's knife.*
- *Love and ahimsa are matchless in their effect.*
- *Love, otherwise ahimsa, sustains this planet of ours.*
- *My ahimsa would not tolerate the idea of giving a free meal to a healthy person who has not worked for it in some honest way.*

carries with it the responsibility to follow a norm of Dharma for one's choices. If one has to make a choice of food the preference is for a form of life that is the least evolved, namely plant life. Additionally, consuming vegetables and fruits does not destroy the plant or tree. This is not the case in consuming animals wherein the whole animal's life is taken. A life that is as dear to the animal as it is to the person who consumes the animal. It is difficult to do this if one truly recognizes the sanctity of life and how precious it is.

For one who makes a decision based on their personal free will to respect the sanctity of life and right of living beings to live out their lives as determined by their own will and or as nature intended *ahimsaa* in the form of vegetarianism becomes a religious discipline.



For more detailed information on this article or to view additional pictures, please visit deshvidesh.com/Jan2021

The value of *ahimsaa* requires alertness in all areas of one's life. It finds expression in one's attitude and relationship towards plants, animals and humans. In living this value, one develops finer appreciation of the feelings of others. One comes to see beyond one's own needs to the needs of others and treats all beings with sensitivity and appreciation. All these characteristics lead to maturity and spiritual growth in an individual.

About the Author



Sri Dhira Chaitanya, also known as Dr. Sundar Ramaswamy, is a teacher of Vedanta as well as a board certified doctor in child psychiatry. He currently conducts classes in South Florida. He is the co-author of Purna Vidya, a twelve year program for teaching children in Hindu Tradition and culture. He has also written Bereavement and Final Samskara in Hindu Tradition. His unique background allows him to teach about Hindu scripture while also addressing the role of psychological growth and maturity in spiritual pursuit with insight and authority.

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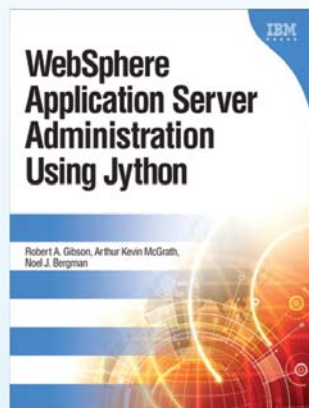
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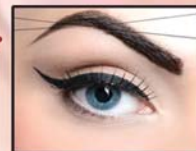
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The Ayurvedic Way to End Your Day

By Chahna Tailor

Happy New Year! We just wrapped up a super long year. Are there any changes you would like to see in life for 2021? Why not better sleep or a more restful evening? If you had a chance to read last month's article, you read that *dinacharya*, daytime routine, was the way to Ayurvedically start your day. Just like there is a way to start your day, there is a way to wrap it up!

Ratricharya is the combination of two words: *ratri*, which means night or nighttime, and *charya*, which means regimen or routine.

Eat a Warm, Cooked Meal

If you are having issues with digestion, before you start your meal, you can eat a slice of ginger with some rock salt or vinegar to start up the digestive fire. Make sure that the meal you have for dinner is warm, and cooked. Cold foods at night are not recommended. There are times of the day where the quality of cold is more prominent. Kapha time is upon us from 6pm

- 10pm, so we want to combat its cold effects by eating something heating. Eat salad and raw vegetables during lunch time; this is when your digestive fire is at its highest. Your dinner meal should not be very heavy either. A relatively light but filling meal is perfect to end the day. Dinner



should ideally be around 6 to 7pm. After dinner, chewing some fennel seeds is a great way to keep digestion going as well as freshen your mouth!

Take a Walk



Go for an evening walk. Sitting down right after eating can cause a bit of stagnation to happen in digestion. A nice walk can help to promote movement and stimulate digestion.

Shower and Abhyanga

Oleation of the whole body (abhyanga) is perfect for winding down. Different types of oil can be used depending on each dosha but refined sesame oil is great for everyone! It is suggested that you leave the oil on for a minimum of 15 minutes. I like to leave it on overnight but if you do not like it, you can always take a shower after. Take a nice, warm shower and end with giving yourself a foot massage and head massage (maybe with some oil!) to relax.

Wind Down

If you have trouble sleeping, you can have a nice warm tea [chamomile, CCF tea (Coriander, Cumin, and Fennel), lavender, lemon, lemongrass, or mint) or even make a glass of golden milk (turmeric + milk or non-dairy milk). In order to get the mind



to a restful place, aim to turn off electronics at least an hour before bed. You can put yourself in good spirits by reading anything that makes you feel at peace or something spiritual.

Prepare Yourself for Bed

Leave a glass of water on your bedside table for you to drink out of in the morning (preferably in a copper cup - will go more into detail about why to use a copper cup in another article!). Take a moment to show gratitude for the day and have a few moments of stillness and silence or even meditate. If you have trouble sleeping, you can also do a relaxing yoga flow or some pranayama techniques right before bed (as long as it is about an hour or two after your dinner meal). The best time to head to bed is around 10pm because this is the beginning of pitta time. Pitta time (10pm - 2am) is when the body does a lot of digesting and rejuvenating. These are the prime hours that you want to be asleep!



The way you end your day can determine the quality of sleep you have at night as well as how refreshed you feel when you wake up the next day. It can also determine the way that your digestion will function in the morning. This list is not

If you had a chance to read last month's article, you read that *dinacharya*, daytime routine, was the way to *Ayurvedically* start your day. Just like there is a way to start your day, there is a way to wrap it up!

exhaustive, by any means! There are so many little techniques you can include that can help end the day perfectly. Are there any other techniques that you include? As I said last time, everything can be modified to fit your life - so, mix and match as you please! Find your own Ayurvedic way to end your day!

About the Author



Chahna Tailor is a Yoga Instructor and Ayurvedic Health Counselor with a

background in occupational therapy. Chahna completed her yoga training in Rishikesh and recently completed an Ayurveda internship in Kannur, Kerala. Chahna's company, Namaskar To You provides yoga, pranayama, meditation, and Ayurveda services. She is currently pursuing a doctoral degree in Ayurvedic Medicine.



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Did Mahatma Gandhi See His End Coming?

By Raj Shah

“I shall not live to be forty years old.” That was the statement made by Swami Vivekananda long before he died. He then passed away at the age of thirty-nine years, five months, and twenty-four days, thus fulfilling his own prophecy. So is it true that living saints are given some intimation of their own mortality? Let us examine some facts about Mahatma Gandhi’s last 48 hours. Gandhi ji may not have said in exact words as Swami Vivekananda did, but in the last few days what Gandhi ji said to others indicated he may have seen the end of his own life.

Gandhi often said that he would live 125 years or more. But on January 29, one day before his

assassination, Margaret Bourke-White, a photographer for *LIFE* magazine, asked Gandhi ji in an interview, “Do you stick to your desire to live to the age of 125 years?” He replied, “I have lost that hope because of the terrible happenings in the world. I don’t want to live in darkness.”

Right after the interview, a troubled member from a group of villagers who were homeless due to communal riots came to see Gandhi ji. One angry villager told him, “You have done enough harm. You have ruined us utterly. Leave us alone and take your abode in the Himalayas.” In the past, many people disagreed with Gandhiji and expressed similar thoughts. But he took

these words very seriously and thought this was an indirect message from God that his end is near. Later that day, he told one of his good friends, Brij Krishna Chandiwala, “You should take that as a notice served on me.”

Gandhiji also shared his feelings with his grandniece Manuben Gandhi while walking to his evening prayer. He shared, “The pitiful cries of these people is like the voice of God. Take this as a death warrant for you and me.”

He repeated his feelings in front of everyone at the prayer meeting: “I have become what I have become at the bidding of God. God will do what he wills.



He may take me away. I shall not find peace in the Himalayas. I want to find peace in the midst of turmoil or I want to die in the turmoil.”

Manuben Gandhi in her book *Last Glimpses Of Bapu* cited a similar incident that occurred when Gandhi ji fell ill and was coughing.

Bapu began to cough. Tears welled up in my eyes to see his condition. Alas! Bapu’s anguish is growing day by day. For him there is now no one to fall back upon except God, While he was coughing, I asked quietly, “Why not take a lozenge of penicillin? Sushilaben has left some with me. Otherwise, you may get an attack of influenza.” As I said this, Bapu felt more distressed and said, “You alone are my partner and helper

in this sacrifice. Till now I have not given such motherly counsel to anybody except you. I struggled through life for your sake. I threw you in the sacrificial fire and you emerged safe and sound. The virtues I saw in you, I did not find in any other girl. Therefore, I want to tell you what I have told a number of times before. If I were to die of disease or even a pimple, you must shout to the world from housetops that I was a false mahatma. Then my soul, wherever it might be, will rest in peace. People might well swear at you for my sake; yet, if I died of illness, you should declare me a false or hypocritical mahatma. And if an explosion took place, as it did last week, somebody shot at me and I received his bullet on my bare chest, without a sigh and with Rama’s name on my lips,

only then you should say that I was a true mahatma. This will benefit the Indian people.”

One more incident worth noting. At 4 pm on January 30, his last day on earth, two leaders from Kathiawar Rasikbhai Parikh and Dhebarbhai had come to meet Gandhi ji. They arrived while he was in the meeting with Sardar Vallabhbhai Patel. Manuben told Gandhi ji about the visit of Kathiawar leaders. Gandhi ji said, “Tell them that, if I remain alive, they can talk to me after the prayer on my walk.” Unfortunately, that discussion never happened.

Gandhiji also shared his feelings with his grandniece Manuben Gandhi while walking to his evening prayer. He shared, “The pitiful cries of these people is like the voice of God. Take this as a death warrant for you and me.”



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More than 70 years have passed since Gandhi ji took his last breath. We will never be sure whether Gandhiji had an indication of his end. But his life journey will be remembered for years to come. In the article “The Last Hours of Mahatma Gandhi,” Stephen Murphy, co-ordinator of the International Gandhian Movement, writes:

Gandhi had journeyed through a lifetime from Porbandar to Delhi. He had journeyed from a struggle against disenfranchisement in Natal, to one against British rule of India, to one for peace and justice in free India. He had journeyed from ordinary young man to Mahatma. He had journeyed “from untruth to truth, from darkness to light, from death to immortality.” His teachings had journeyed from India to the four corners of the world. Gandhi, the soldier of Truth, lay on the soft, moist earth, his body sacrificed. But Gandhi had never fought with the body but with the spirit, and that remained untouched.

Let me end this article with a quote from Gandhi ji himself on death: “Death is a celebration... death is God’s eternal blessing. The body falls and the bird within it flies away. So long as the bird does not die, the question of grief should not arise.”

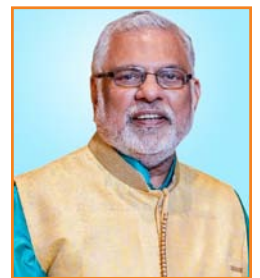
Indeed the bird flew away, but it never died. Dr. Diwakar sums up Gandhi ji’s thoughts in a few words: “The four words, truth, nonviolence, Sarvodaya and Satyagraha and their significance constitute Gandhi and his teaching” These are indeed the four pillars of Gandhian thought.



His is the One Luminous, Creator of all, Mahatma
Always in the hearts of people enshrined,
Revealed through Love, Intuition and Thought
Whoever knows Him, Immortal becomes!!!
Bless us O Bapu, so that we may attain Success in all that we do!

About the Author

A software engineer by profession, Indian culture enthusiast, ardent promoter of Hinduism, and a cancer survivor, Raj Shah is a managing editor of *Desh-Videsh* Magazine and co-founder of *Desh Videsh* Media Group. Promoting the rich culture and heritage of India and Hinduism has been his motto ever since he arrived in the US in 1969.



He has been instrumental in starting and promoting several community organizations such as the Indian Religious and Cultural Center and International Hindu University. Raj has written two books on Hinduism titled *Chronology of Hinduism* and *Understanding Hinduism*. He has also written several children books focusing on Hindu culture and religion.

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4 South Indian Movies Nominated for Golden Globe Awards

The Golden Globe Awards are the first of the many prestigious events of 2021. Before the Los Angeles based award ceremony, lists of the foreign films that are to be screened were released. Four South Indian movies are included in the Golden Globe movie nominations this year.

Soorarai Pottru features Aparna Balamurali in the title role. The movie is directed by Sudha Kongara and narrates the life of Captain Gopinath. *Soorarai Pottru* released in Amazon Prime in November.

Asuran features Manju Warriar and Dhanush in the titular roles. This 2019 movie under the direction of Vetrimaaran claimed four national awards and is a cinematic representation of Poomani's novel *Vekkai*.

Tanhaji was one of Bollywood's highest grossing movies of 2020. The Om Raut directed war epic is an ode to Shivaji's right hand, the underrepresented Tanhaji who was a valiant warrior. The movie stars Ajay Devgan, Kajol, Saif Ali Khan and Sharad Kelkar in lead roles.

Jallikattu is India's official submission for the Oscars. This is a Malayalam movie directed by Lijo Jose Pellissery. The movie stars Antony Varghese, Sabumon Abdusamad, Chemban Vinod Jose and Santhy Balachandran in the lead roles.

Here are a few other Indian movies to be screened during the award ceremony:

The Disciple is a Marathi drama movie edited, directed and written by Chaitanya Tamhane.

The film features Arun Dravid, Kiran Yadnyopavit, Aditya Modak and Deepika Bhide Bhagwat in title roles. The movie was featured at many international film festivals including the Toronto International Film Festival and the Venice International Film Festival.

Harami, directed by Shyam Madiraju is a modernistic translation of Charles Dickens' novel *Oliver Twist*. The movie is a statement on the serious power struggle amongst different classes of people in the society.

Anurag Basu's *Ludo* is a black comedy film that deals humorously with the subject of crime. The movie features Sanya Malhotra, Pankaj Tripathi, Abhishek Bachhan, Fatima Sana Shaikh, Pearle Manney and Rohit Saraf.

Aise Hi is the first work of debut director Kislay. The movie narrates the tale of an old Indian woman who decides to live life for herself.

Trees Under the Sun is a Malayalam movie that is directed by Bijukumar Damodaran. The film stars Prakash Bare and Indrans in title roles. The movie is called *Veyil Maranangal* in Malayalam.



Varun Dhavan Denies Rumors of Engagement



Kareena Kapoor, the current host of popular chat show *What Women Want*, recently gushed over how Varun Dhavan is set to tie the knot with long-time girlfriend Natasha Dalal in 2021. She also introduced Natasha Dalal on her show as “Varun’s fiancée” and stated that the two were officially engaged.

Varun, however, had a different opinion and he reportedly went on record saying that there has been no formal engagement ceremony and when people are in a long term relationship, such statements are taken for granted. He also clarified that he and Natasha were in a long term, serious and committed relationship, and he had no doubts that she was his life partner. However there has been no formal engagement ceremony according to the actor. Varun also said that Kareena calling Natasha his “fiancée” was absolutely okay as both Natasha and Varun are deeply committed to each other!

The actor who has starred in movies *Judwaa*, *Student of the Year*, *Badlapur*, and others, is amongst the hottest lead actors of Bollywood. He was also in the news for the nepotism controversy that involved Alia Bhatt, Siddharth Kapur and Karan Johar. On the work front, Varun is anticipating the release of the classic Govinda David Dhavan hit *Coolie No 1*. The current version of the cult classic movie stars Varun Dhavan, Sara Ali Khan, and Paresh Rawal in titular roles.

Varun negates any soon to be wedding plans saying that there had been a recent death in the family. The COVID-19 pandemic has also made the couple stall their wedding plans. The actor assures his fans that he will keep them informed of any major announcement about his personal and professional life.

Veteran Actor Mithun Impresses Director Vivek Agnihotri

Famous actor Mithun Chakravarty is as serious and dedicated to his profession as ever according to recent reports. The veteran artist suffered a harsh bout of illness while he was shooting for the *Kashmir Files* in Mussoorie. The movie is directed by Vivek Agnihotri who was all praise for the senior actor’s commitment to his work.



According to the director, Mithun Chakravarty plays the central role in *Kashmir Files* and he was filming for an action sequence that totally banked on him. Suddenly, he was caught by a harsh wave of infection that badly impacted his health. According to Vivek Agnihotri, the infection was bad enough to take away the ability to stand. Mithun, however, remained stoic in the face of illness and took a short break to steady himself before coming back and resuming work. He kept on enquiring whether his illness was not hampering the flow of the shoot sequence and that really impressed the director.

According to director Vivek Agnihotri, Mithun’s dedication is unmatched by any of the younger actors of this generation. Heaping compliments on the senior actor, Vivek said that Mithun super charged everyone with his enthusiasm and energy when he resumed shoot the next day and motivated everyone to work fast. The senior actor made sure that all backlogs were covered.

The series *Kashmiri Files* is about the exile of pandits from their hometown in Kashmir in 1989 and 1990. Vivek revealed that the series will dispel myths and will only work with facts. *Kashmiri Pandits* also includes the testimonials shared by a lot of first generation survivors and their stories shape the content. The movie was slated to hit the theatres August 2020 but the COVID-19 pandemic delayed the release. The film is expected to release in 2021.

Kartik Aaryan Shares Intriguing First Look for *Dhamaka*

Kartik Aaryan is appearing in a dashing new look in Ram Madhvani's brand new movie *Dhamaka*. Incidentally, Ram Madhvani shot to fame after his biopic *Neerja*. Aaryan will play the role of Arjun Pathak, a top shot journalist in Madhvani's latest movie.

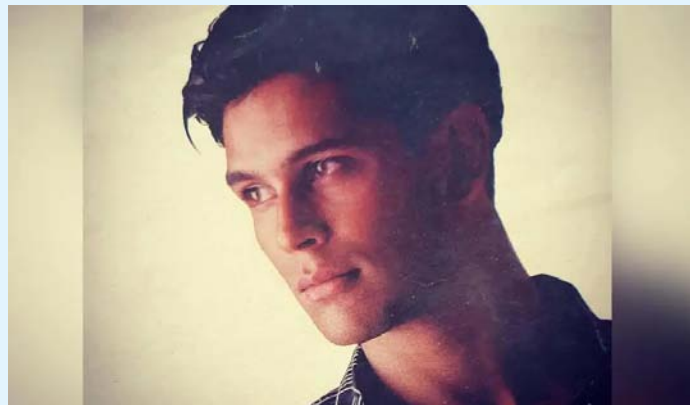


The actor shared the first look of his character on social media introducing his fans to his character Arjun Pathak with relevant hashtags. Aaryan has long hair in the movie ... unlike any of his previous films. He also sports heavy stubble and a moustache making him look different from any of his earlier characters. Though the actor is seen donning a formal western suit, his light blue shirt has droplets of blood on it. The actor looks quite intriguing and fans will have a great time raving about his "different look." *Dhamaka* is a realistic film that tells the story of the inner mechanisms of TV houses during the coverage of some high profile live events. On his birthday in November, Karthik announced his comments about the movie sharing a poster. The actor also shared a side profile picture of his character staring at a burning bridge on the horizon.

Kartik calls the script of *Dhamaka* a miracle script and confesses that he was practically sitting on the edge of his seat all through the narration. He confessed that this was an opportunity for him to express his versatility as an actor. He was also excited to collaborate with Ram, RSVP and Ronnie.

The actor has been previously known for his comic roles in movies like *Sonu Ke Titu Ki Sweeti* and *Pati Patni Aur Woh*. He also essayed romantic roles like Akash Vaani's Akash but *Dhamaka* will see Karthik foraying into a completely different genre.

Milind Soman Posts First Modeling Shoot Picture



Famous model and actor Milind Soman recently shared the picture of his first ever modeling assignment. The actor made fans nostalgic when he shared the picture back from 1989 - revealing that in those days he was really shy and had no clue that modeling was a career option. Milind shared that the only reason he took that first modeling assignment was because he was offered 50,000 INR for an hour's work. Milind got an unexpected phone call when he was tempted to say yes because of the huge sum offered.

The actor revealed that his first shoot was only a few hours long. Milind was born in Glasgow, Scotland, and he came back to Bombay in 1973 with his family when he was seven years old. He holds a diploma in electrical engineering as well as a commerce degree. The actor was married twice and his current wife is Ankita Konwar. The couple recently married in Alibaug on April 22, 2018.

After achieving stupendous success in modeling, Milind Soman forayed into a television career. He acted in shows like *Captain Vyom* and *Sea Hawks*. Milind also played the lead role in movies like *Formula*, *Chef*, *Jurm* and *Bajirao Mastani*. Many will remember Milind Soman being featured in the famous 1995 music video titled "Made in India."

The actor is all set for his web series debut produced by ALT Balaji. The series is titled *Paurashpur* and will be streaming soon.



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Episode Update: *Taarak Mehta*

Taarak Mehta ka Ooltah Chashmah continues the saga. The latest episode showcases Dr. Hathi using his guile to trick Tapu Sena into revealing who ate the pizza. No one is willing to admit to the great crime. Dr. Hathi uses his wits and tells the gathering that he has got hold of a special stethoscope that can reveal the contents of the examined person's stomach. It will help to pinpoint the culprit he claims. He says it is a top secret mission and that he is testing the stethoscope and now is a good time to put it to test.

One wonders why they could not have got a lie detector. Anyway he starts the check routine by submitting Taarak to an inspection with the stethoscope. Taarak is pronounced not guilty. Likewise, Jethalal is declared innocent. He continues with the exam, stating that everyone should submit to the test to find out the culprit. Goli, the real culprit, gets the jitters and hides. He refuses to undergo the check. Everyone catches hold of him and he breaks down. He admits to eating the pizza along with Tapu Sena.

Dr. Hathi now reveals his ruse. He says he suspected Goli right from the start since he and the Tapu Sena members were sporting a band. The band was displayed on the pizza flyer that he had seen in the morning. Tapu Sena and Goli agree to any punishment. Bhide wants to know who was responsible for bringing the pizza



inside, but the Tapu Sena will not reveal names. However, Abdul states that he helped the Sena.

Right then a member of a neighboring housing colony walks in and everyone disperses, scared that the visitor is from a corona declared micro containment zone. However, the visitor reveals it is some other colony that is declared a corona zone, his colony from where he comes and everyone is relieved.



For more detailed information on this article or to view additional pictures, please visit deshvidesh.com/Jan2021

Gauahar Khan & Zaid Darbar Celebrate Pre-Wedding with Dhol



Gauahar Khan and Zaid Darbar married on December 25, and they began the festivities with a pre-wedding celebration each day prior. In one of the events, the celebration includes the couple dancing to the beats of the dhol, a rather traditional way since others would have opted for full-fledged DJ or a band.

Gauahar wore a yellow lehenga topped with floral jewelry. Zaid matched her with a yellow kurta for the Chiksa ceremony. Gauahar always believes in being well-dressed and some consider her a true fashionista in addition to her acting talents that led to her being the winner of *Bigg Boss 7*. Family and friends were in attendance. Gauahar's mother showed a bit of emotion while her daughter danced with her father. As is to be expected, photos and videos are doing the rounds of social media and are being shared by friends, fans and admirers. Gauahar met Zaid at a grocery store and it was love at first sight.

One thing led to another and now they find themselves getting married with great anticipation. COVID-19 dampened the spirit, but the two and their few friends in attendance are quite ebullient. Still many others wish they too were part of the invitees!

The charming and affable Gauahar had earlier bonded quite well with Zaid's sister, as photos from their Dubai trip show. The couple is sourcing wedding finery from Manish Malhotra.

Grumpy Kapil Longs for Butter Parathas



Kapil Sharma is on a diet. It is no joke. The famed comedian is all set to lose weight in readiness to film something new. So far he has lost 10 kilos and will lose some more if he keeps at it. He chose to highlight his plight by sharing a photo showing him dismally staring at a dish of morning salad proteins. He says he would much prefer to drive away morning blues by eating parathas with butter and we cannot argue with that! But you have to eat your morning greens if you want to become slim and trim.

His workout videos certainly show a marked improvement. He did tell Archana Puran Singh that he was down to 81 kgs from 92 kgs. Weight reduction is a trend now. His TKSS costar Krushna Abhishek too is on a weight losing spree and has become slimmer and possibly more handsome. However, one man's poison can be another man's bread.

To be more precise, another woman's bread and butter. Sumona Chakravarti, his costar, saw his tweet and found the morning salad yummy, and asked Kapil to get one for her pronto. Was her wish fulfilled? Balraj Sayal posted a reply to the tweet requesting Kapil to head over to his pad since he had gobi parathas ready. It is not known if Kapil accepted the offer. Kapil currently is on the Kapil Sharma show but he has been hinting at something new. Wait, watch and see. If not the new show, the new Kapil Sharma

Twists and Turns in Kumkum Bhagya



Indian TV episodes meander along from one incident to another and you have twists and turns in the plot. In the latest episode of *Kumkum Bhagya*, we have something different but not entirely unexpected.

This time around Rhea reminisces about her mother and is all praise for her. However, Alia, to whom she is singing paeans of praise for her mother, plays the devil and instigator against Pragya and Prachi. Rhea is convinced that Pragya loves Prachi and does not love her. The actual situation is that Pragya and Abhi are glum in their respective houses. In a talk with Savitaji, Pragya reveals that she never expected that Abhi would decide to remarry.

Over at Abhi's place his grand mom prays and hopes that Pragya and Abhi will maintain good relations. She makes it a point to visit Pragya to check and see if she can do something. Abhi is feeling or may be wondering how to break it to Pragya that he intends to remarry and that all arrangements are finalized. This is where the story takes a twist. Abhi goes to visit Pragya. He takes along the wedding card. He tells her that nothing will ever be normal between them and hammers the nail by handing over his wedding card announcing his wedding with Mira.

Naturally, Pragya is shocked and hurt that Abhi has forgotten their marriage and relations so soon and has decided to remarry. Prachi overhears them. What happens next? You will have to wait for the next episode to find out.

Bumps for Bigg Boss 13th Winner Siddharth Shukla



Pandemic or not, celebrations must go on, especially to show that we are not going to be cowed by a tiny virus. Siddharth Shukla obviously belongs to this school of thought and got together with his friends and family to celebrate his 40th birthday with gusto.

Though the *Bigg Boss* 13th winner did not or could not share photos, he did share a video of the December 12th celebrations. The video was shared on Instagram with the message, "I couldn't celebrate my birthday with you all... so here's an insight!"

One sequence in the video shows Siddharth held fast by his sisters and brothers in law while they administer 40th bumps to him, one each for the year he has lived so far and you can take vicarious pleasure at seeing him scream. It was fun and totally enjoyable for everyone. In a parody of the Manna Dey song "Kisne Chilman se Maara" Siddharth quips "Kisne itne khunnas mein maara?" To which his sister asks him to cut the cake. Siddharth's mother lovingly watches her offspring with a smile on her face, laughing at their antics. Appropriately, Siddharth's T-shirt displays the legend "Legends are born in December."

Along with his family Siddharth had his friend Shehnaaz Gill and others to light up the event. The only dark spot was when some goons tried to threaten the actor on his way back. Siddharth lodged a police complaint. Apparently matters are resolved. Police arrested the people when they harassed his brother-in-law's staff members in Versova. Anyway, here's a big happy birthday to the boy with a big heart. He considers it the best one so far with lots of wishes pouring, numbers of cakes gifted to him and tons of blessing.



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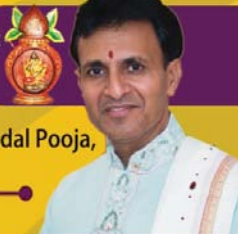
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