



ESTD: 1996 Edifying, Defining, Inspiring ordinary Individuals to Become Extraordinary Ones log on for our online issue : www.ustribuneonline.org

US TRIBUNE A LEADING **INDO-ASIAN NEWS PAPER**

SUBSCRIPTION \$ 50 YEARLY





Why God allows affliction in our lives

PAGE

PAGE

PAGE



Warns American Christians that more attacks are coming

We say to the defenders of the cross, the U.S., that future attacks are going to be harsher and worse. The Islamic State soldiers will inflict harm on you with the grace of God. The future is just around the corner," the terror group said in its message, according to CNN.

Special correspondent

...... The Christian Post previously reported that Sunday's event was hosted by political blogger Pamela Geller, president of the American Freedom Defense Initiative, in response to the controversial Islamic "Stand with the prophet" conference held at the same Texas location on Jan. 18 that featured New Yorkbased Imam Siraj Wahhaj, who was an alleged "co-conspirator" in the 1993 World Trade Center bombings.

What the Bible teaches about SCRIPTURES



Geller's event was held in response to, was a fundraiser to help "build a communication center for the Muslim community" to combat American media and "defend prophet Muhammad, his person, and his message

January's "Stand with in the U.S. where this the prophet" Sunni Musanti-Islam hate machine lim conference, which is based," according to a

post on the Sound Vision website, which has since been removed.

One of the suspects in the Texas attack was identified as Elton Simpson, a Muslim and U.S. citizen who was born at Dallas' Texas Health Presbyterian Hospital, and was once the sub-

Cont.. to page 2

KEEPEP **ROTHER'S KEE**

Obama Vows 'My Brother's Keeper' Will Be a Mission for 'the Rest of My Life'

Repeated attacks on Catholic institutions in India

Catherine

Police have arrested 16 people after roughly 60 slogan-shouting Hindu hardliners barged into two Catholic schools in eastern India on April 22.





gade with flags written ABVP barged into Holy Cross School, Hazaribagh, shouting slogans against the school to close down. The young men broke open the gate and

Cont.. to page 2



E-voting for NRIs too risky, say Rajya Sabha members

Special correspondent e-postal ballots.

DELHI: Cutting NEW across party lines, members of Raiva Sabha on Tuesday supported the calling attention notice

pointed out that gov-

Naresh Gujral of Akali Dal The members also said wider consultation is needed for the proposal ernment needs to do of e-ballot for NRIs as it something about millions may not be very secure of migrant workers who and advised the governare denied voting rights ment not to rush into amending the Representation of People's Act. They said supremacy of Parliament in fram-Cont., to page 2





Special correspondent

Eugene Lazarus told ucanews.com.

Suspected Hindu hardliners have vandalized church in Agra, the city known around the world for the Taj Mahal, a day after India's finance minister Arul Jaitly described a series of attacks on churches and Christians in recent months as criminal acts and not hate crimes.

Vandals broke open the gates of St Mary's Church located in the district of Pratabpura, and destroyed two statues on Thursday mornparish priest ing,

The priest said he was awoken at about 3:30am by his car alarm and found all four of its doors open and windscreen smashed. Later he saw the open church gate and destroyed statues, which had been housed in glass cases in the grottos of the church. "One

statue was made from fiberglass and they could not smash it. They seemed to have put a dog leash round the neck of the statue and pulled it from its stand," the priest said.

In 1 in 5 Families in U.S., No One Works

Special correspondent

New York: A family, as defined by the BLS, is a "group of two or more persons residing together who are related by birth, marriage, or adoption. In 2014, there were 80,889,000 families in the United States, and in 16,057,000 of those families, or 19.9 percent, no one had a job.



The BLS designates a person as "employed" if "during the survey reference week" they "(a) did any work at all as paid employees; (b) worked in their own Cont.. to page 4

by Leader of the Oppowithin the country. sition Ghulam Nabi Azad Bhupendra Singh, BJP about the risks involved member from Odisha, in giving voting rights and NDA leaders like Anil to Non-Resident Indians Desai of Shiv Sena and through proxy voting or



Evangelist Franklin Graham, megachurch pastor Joel Osteen, and producers Mark Burnett and Roma Downey have topped Newsmax's list of the 100 most influential Christians in America.

Your Health is in Safe Hands

Your heart deserves the best

The No: 1 Cardiac Surgical team in Kerala

- Globally acclaimed more than
- 10,000 successful open heart surgeries · Minimally invasive and Beating Heart CABG
- 24 hrs Vascular Surgery team
- State of the art Cath lab
- 24 hrs Primary Angioplasty facility
- Daycare Angiogram
- Philips Epiq 7 Echo machine



Keyhole Neuro & Spine Surgery Centre

- . No. 1 Neuro surgery team in South Kerala for key hole surgery for Brain & Surgery
- 24 Hrs availability of In house Neuro Surgeon
- Endoscopy base of Skull Surgery
- Neuro ICU with most advanced head injury management, intra craneal pressure monitoring and cerebral oxymetry management
- Stroke and Stroke
- Detection clinic 128 Slice CT and 1.5 Tesla MRI

SUT, Centre for Gastrointestinal Sciences

"Take control of your digestive health'

 Diagnostic Endoscopy Advanced Therapeutic Endoscopy including ERCP Advanced Laproscopic Surgery Hepato - Pancreato Biliary Surgery Interventional GI Radiology



SUT HOSPITAL, PATTOM Pattom Palace P.O. Thiruvananthapuram-695004, Kerala, India Tel: +91- 471 4077777, 4077888 Ambulance: 86068 11111 email: info@suthealth.com web: www.sutpattom.com

Emergency & Critical Care

A 34 bedded higher-end Emergency room with sophisticated equipment manned round the clock by trained Emergency Physicians skilled in all life saving procedures.



For any special assistance please call Senior Hospital Management directly on : +91 - 9526139700

Another truth paul learned is, having experienced

When we know God's favor and

faithfulness we come to know that

He works for good even through

affliction. Trials have a way of

drawing our attention downward

onto our circumstances, causing

further discouragements, anxiety or

3. GOD'S COMFORT RESULTS IN PATIENT

It's only natural to want the Lords to fix our

problem and heal our pain, but Paul says that God

enables us to patiently endure whatever we're go-

ing through. He may not change the situation but

He may change us t hrough it. Andthis is something

that shoud compel us to view our difficulties in a

completely different light. That's why the best re-

sponse to say is, "Lord, I am all yours, do whatever

You choose with me and my situation. I am trusting

it draw to the Lord. He will strengthen you with His

Word, shower you to trust that His grace is sufficient

Instead of letting anguish drive you to despair, let

You to encourage and comfort me through this."

President Obama Nominates New Military Leadership: Generals Joe Dunford and Paul Selva

President Barack Obama delivers remarks announcing Gen. Joseph F. Dunford, Jr. as the nominee for Chairman of the Joint Chiefs of Staff and Gen. Paul J. Selva, far right, as the nominee for Vice Chairman of



President Obama nominated Marine General Joseph Dunford to succeed Gen. Martin Dempsey as the next Joint Chiefs of Staff *Chairman – the principal military advisor to the President and his* national security team.

the Joint Chiefs of Staff, in the Rose Garden of the White House, May 5, 2015. National Security Advisor Susan E. Rice, Defense Secretary Ashton Carter and Vice President Joe Biden participated.

Tammy Templin (Lake Tra-

vis Builders), Jacquelyn

Goreman (Scott Felder

for his management and

business efficiency, mi-

grated with his family to

US more than ten years

ago and since then has

been climbing the ladder

Mr. Sijo, who is known

Homes).

of success.

Why God allows affliction in our lives? Lydia Paul



When we are hurting, we sometimes say, "Lord, I can't handle this anymore, I want out." But have we ever heard Him say, "Poor Child, you are right, this is too hard and no one appreciates you." The lord has a divine purpose for every hardship He allows in our life. Psalm 199:67-77 describes the few of the benefits that comes to us through trials. One may think how afflictions makes us closer to God:

a. Affliction draws us closer to God after we have gone astray, (v.67)

b. In our suffering, we learn God's statutes or principles (v.71), this means we gain a better understanding of His ways.

C. We recognize that the Lord's judgements are right and in faithfulness He has afflicted us. (v.75)

When we know God's favor and faithfulness we come to know that He works for good even through affliction. Trials have a way of drawing our attention downward onto our circumstances, causing further discouragements, anxiety or even anger. If we deliberately set our minds on the promises of God's Word, we will find assurance to sustain us in our affliction. When we gain a spiritual perspective of who God is and what He is doing, we are in a prime position to experience His aid. That's why Paul could call Him 'The Father of Mercies and God of all Comfort".

If Paul hadn't ever suffered, he would never had

cont.. from 1 st page **Repeated attacks on Catholic institutions in India**

jumped off the bound- would break the windows ary wall to get inside one and the equipment of school. They also threat- the school. Police arrived school is not closed they not much damage.

ened the school saying if on time and there was

Christian leaders say Jharkhand state, ruled by Modi's Hindu-nationalist BJP. has been witnessing a campaign against

for your need.

even anger.

ENDURANCE:

Christians ever since the BJP came to power in New Delhi a year ago following a landslide victory for the party in parliamentary elections.

SIJO VADAKKAN Shortlisted for 'Best Realtor Award' in Texas

Mr. Sijo Vadakkan, CEO of Trinity Group of Companies (Trinity Texas Real Realty Inc, Trinity Management,Inc. Trinity Travel & Tours Inc) has been shortlisted for of outstanding perfor-'Best Realtor of the Year' Award in Texas. It's consecutively the second time that this coveted award comes in search

of this young, ambitious business tycoon of Austin. He is the first ever Indian to be shortlisted Family Health Care, Inc. for such a prestigious Trinity Texas Property distinction as the HBA MAX AWARD, an honor reserved for persons mance in the Real Estate arena. Among the other nominees for this award are: Gayle Berkbigler, (Lake Travis Builders),



Mr. Sijo Vadakkan

ISIS Claims Responsibility for Texas Muhammad Cartoon Shooting

into the incident.

cont.. from 1 st page

cont.. from 1 st page

Texas officials have hibit and Cartoon Consaid that the suspects, test" was being held, Simpson alongside Nadir and opened fire. They Soofi, drove up to the wounded Bruce Joiner, facility.

ject of a terror inquiry, Curtis Culwell Events an off-duty Garland police FBI officials said as they Center in the Dallas sub- officer, was working the is the first time ISIS has launched an investigation urb of Garland where event as an unarmed sethe "Muhammad Art Ex- curity guard for the Garland Independent School District which owns the

The Texas shooting directly claimed responsibility for an attack on American soil, though it has warned of such intentions several times in the past.

E-voting for NRIs too risky, say Rajya Sabha members

Court.

voting will not be done said it was on the basis the Supreme Court," he migrant workers.

ing laws should not be by the NRIs. He pointed of that report that gov- said. Gowda also assured usurped by the Supreme out that the Election ernment went ahead. the House that he will Commission had held an "We know Parliament request the EC to talk to Law minister Sadan- all-party meeting and a is supreme. We are not all political parties on the and Gowda said proxy report was prepared. He doing this because of issue of voting rights to





Dany Call: 281 804 1833





SUMAN THOMAS, MBA, CPA Accounting and Tax Services.

Tel: 281-940-8857, Cell: 713-444-2816, Fax: 281-596-4461 2411 FM 1092 Road, Missouri City, Texas-77459 E-mail: info@sthomascpa.net

Notary Public

Near Apna Bazar

- Tax preparation for individuals and Business
- ► Sales Tax and Franchise Tax
- Income Tax Preparation for all States
- ► Free E-Filing
- Accounting, Bookkeeping and Payroll Services
- ▶ IRS and State Audit Representation
- License & Permits for Retail Business
- Incorporation and Formation of New Business

TOTAL SOLUTION FOR ALL YOUR ACCOUNTING NEEDS

THOMAS M. THOMAS, EA. CFP®

312 Bless Circle Richboro, PA 18954 TEL. 215-715-7399 * FAX 215-355-5744 Life/Disability/Long-Term Care Insurance and Income Tax Services



► TAX RETURNS AND E-FILING SERVICES

- TERM INSURANCE WITH FULL PREMIUM REFUND
- ▶10,15,20,25,& 30 YEAR FIXED LOW PREMIUM TERM INSURANCE. *Age 46 Female Sel. Pref. N/S \$250,000-30 Yr Fixed Term \$49.28/month *Age 56 Male Sel. Pref. N/S \$100,000-20 Yr Fixed Term \$46.11/month

CALL FOR FREE QUOTE & TAX PREPARATION SERVICE 215-715-7399 Eve. 215-355-7226

The Cockroach Theory for Self- development Response Vs Reaction

t a restaurant, a cockroach suddenly Aflew from somewhere and sat on a lady. She started screaming out of fear. With a panic stricken face and trembling voice, she started jumping, with both her hands desperately trying to get rid of the cockroach. Her reaction was contagious, as everyone in her group also got panicky. The lady finally managed to push the cockroach away but it landed on another lady in the group.

Now, it was the turn of the other lady in the group to continue the drama. A waiter rushed forward to their rescue. In the relay of throwing, the cockroach next fell upon the waiter.

The waiter stood firm, composed himself and observed the behaviour of the cockroach on his shirt. When he was confident enough, he grabbed it with his hand and threw it out of the restaurant.

Sipping my coffee and watching the amusement, the antenna of my mind picked up a few thoughts and started wondering, was the cockroach responsible for their histrionic behavior?

Reactions are always instinctive whereas responses are always well thought of, just and right to save a situation from going out of hands, to avoid cracks in relationship, to avoid taking decisions in anger, anxiety, stress or huny.

If so, then why was the waiter not disturbed? He handled it near to perfection, without any chaos. It is not the cockroach, but the inability of the ladies to handle the disturbance caused by the cockroach that disturbed the ladies. It is not the shouting of my father or my boss or my wife that disturbs, but it's my inability to handle the disturbances caused by their shouting that disturbs. It's not the traffic jams on the road that disturbs, but the inability to handle the disturbance caused

by the traffic jam that disturbs.

More than the problem, it's the reaction to the problem that creates chaos in our life.

We should not react in life, we should always respond. The women reacted, whereas the waiter responded.

Reactions are always instinctive whereas responses are always well thought of, just and right to save a situation from going out of hands, to avoid cracks in relationship, to avoid taking decisions in anger, anxiety, stress or hurry. The Problem is not the problem but the problem is about your attitude about the problem, get it?



MALIDA SWEET (A HEALTHY WHOLE GRAIN LADDU)

Malida is a traditional Afghan Sweet, made with whole wheat flour dough crumbled, sweetened and flavored with cardamom and dry fruits. Malida can also be made from leftover or fresh whole wheat Rotis or flat breads. The addition of Jaggery and dates to the Malida recipe, not only adds to the sweetness but also to the nutrition content of this wholesome sweet. Jaggery has the ability to cleanse your body, helps in digestion and also contains minerals that can be easily absorbed by the body to provide energy and vital nutrition.

Ingredients

- 8 medium sized Roti (Indian Whole Wheat Flat Bread)
- 1/4 cup jaggery, grated
- 1/2 teaspoon cardamom powder
- 1/2 almonds
- 1/4 cup pitted dates, finely chopped
- 2 tablespoons ghee

Directions for Malida Recipe

- 1. To begin making the Malida Recipe, tear the Roti to bite sized pieces. Process the roti to coarse texture using Food Processor. You would get about approximately 3 cups of the roti mixture. Keep this aside.
- 2. The next step is to process the dry fruits. First add the almonds and make a course powder.
- 3. Into a large mixing bowl, add the powdered almonds, chopped dates, cardamom powder and jaggery. Stir well to combine. Keep this mixture aside.
- 4. Our next step is to lightly roast the roti powder in ghee. Heat a heavy on low heat and melt the ghee. Add in the Roti powder and stir well.
- 5. Roast the whole wheat roti for about 5 to 7 minutes or until the powder is hot enough. The reason we roast on low heat, is so that it becomes crisp slightly and the heat also helps in binding the remaining ingredients to make the malida.
- 6. Add this toasted powder to the wide bowl with other ingredients. Combine all the ingredients together using your hand. Once mixture feels wet, start making small bite balls out of the Malida Mixture.
- 7. Malida would be little sticky while making balls but the jaggery will get hard and hold shape once it rests for a few minutes.





What would you have done if you were the girl? If you had to advise her, what would you have told her? Careful analysis would produce three possibilities:

1. The girl should refuse to take a pebble.

2. The girl should show that there were two black pebbles in the bag and expose the moneylender as a cheat.

3. The girl should pick a black pebble and sacrifice herself in order to save her father from his debt and imprisonment.

The above story is used with the hope that it will make us appreciate the difference between lateral and logical thinking. The girl put her hand into the



any hundreds of years ago in a small Italian IVI town. a merchant had the misfortune of owing a large sum of money to the moneylender. The moneylender, who was old and ugly, fancied the merchant's beautiful daughter so he proposed a bargain. He said he would forgo the merchant's debt if he could marry the daughter. Both the merchant and his daughter were horrified by the proposal.

The moneylender told them that he would put a black pebble and a white pebble into an empty bag. The girl would then have to pick one pebble from the bag. If she picked the black pebble, she would become the moneylender's wife and her father's debt would be forgiven. If she picked the white pebble she need not marry him and her father's debt would still be forgiven. But if she refused to pick a pebble, her father would be thrown into jail. They were standing on a pebble strewn path in the merchant's garden. As they talked, the moneylender bent over to pick up two pebbles. As he picked them up, the sharp-eyed girl noticed that he had picked up two black pebbles and put them into the bag. He then asked the girl to pick her pebble from the bag.

moneybag and drew out a pebble. Without looking at it, she fumbled and let it fall onto the pebble-strewn path where it immediately became lost among all the other pebbles.

"Oh, how clumsy of me," she said. "But never mind, if you look into the bag for the one that is left, you will be able to tell which pebble I picked." Since the remaining pebble is black, it must be assumed that she had picked the white one. And since the moneylender dared not admit his dishonesty, the girl changed what seemed an impossible situation into an advantageous one.

MORAL OF THE STORY:

Most complex problems do have a solution, sometimes we have to think about them in a different way.





Pastor Tommy O'Dell

at the Bible teaches about SCRIPTURES

Over a period of over 1600 years, some 40 "holy men" (1 Pet. 1:21) penned down the very words that God wanted recorded for mankind. The Bible is a LIBRARY of 66 books and yet it is ONE BOOK.

In our text verses, we see the Bible's CENTRAL THEME-SALVATION CENTRAL CHARACTER- CHRIST JESUS The Word of God is expressed in three ways: 1. The SPOKEN Word 2. The SCRIBED Word

3. The SHARED Word.

Exactly what do the Scriptures say of itself????????

1. It is a GIFT-"All Scripture is GIVEN....." A key word to describe this wonderful gift is "PRECIOUS". This has to do with its appraisal or value.

A. It is precious because it is FOREIGN- One of Webster's definitions of the word, "foreign" is "strange or unfamiliar". How then is God's Word precious and foreign? In I Sam. 3:1, we discover the vides for and inward transformation as seen in answer as we are told that the ".....word of the Lord verse 12 bringing joy and peace. It takes the sinwas precious in those days; there was no open vi- ner and makes him a saint. It takes the beggar and sion". In that day, as it is today, true bible teach- makes him the child of the King. It takes the slave ing and preaching are RARE. This is because of the and makes him a willing servant of the Savior. perversions which attempt to CHANGE it and the perverse who are afraid to PREACH it. The presence of the Spirit-filled preaching from a Spiritfilled preacher using a Spirit-given Book is indeed PRECIOUS today.

B. It is Precious because it is FRUITFUL- In Word- (Matt. 21:19), Ps. 126:6, we read that the sower goes forth... "weeping, bearing precious seed." Luke 8:11 teaches us that the "seed is the word of God". I Pet. 1:23 informs us that this seed is that which produces the new birth and that the seed is "incorruptible" and that it "liveth and abideth forever". Isaiah 55

is a wonderful chapter of God's Word and offers insight into the exactness of the fruitfulness of the Word. In 55:10-13, we have a great commentary on just how fruitful is this "gift" of His Word. And offers insight into the exactness of the fruitfulness of the Word. In 55:10-13, we have a great commentary on just how fruitful this "gift" of His Word is. It may be stated in two ways: (1) that of the change it makes and (2) the permanence that is attached to it.

1. God's Word is capable on endless transformations- In verse 10, we see the example of rain and snow which comes from heaven (God sent). Why do they come? The verse explains-"watereth the earth, and make it bring forth and bud, that it may give seed to the sower and the bread to the eater." This element-water- provides for an outward transformation bringing their flowers with their beauty for our admiration and the fruit for our consummation.. This element-God's Word- pro-

Further proof of its capability in the matter of transformation is seen by asking:

-Lazarus who by the Word received life to his four day old corpse (John 11:43,44),

- Ask the fig tree which was withered by His

- Ask the demon-possessed boy who was set

calmed at His Word- Mark 4:39.

2. God's Word is indestructible and effectual- regarding its indestructibility, let me quote a writer named R. Tuck: "What though rain falls onbarren ledges? Not a drop is lost; for the rain trickles down into the rills, the rills grow into brooks, the brooks swell into the rivers, and the rivers broaden into the sea, and the seas forms the international exchange of the world's commodities. What though snow mantles desolate land? Not a flake is a failure, for the snow melts, percolates the sands, feeds unseen springs, and re-emerges as the bearded wheat of autumn".

The simple truth is that the water that comes from the heavens comes with a purpose from a gracious God. Eventually, via evaporation, it returns to its source- the heavens- drawn up by the sun as it shines on sea and lake, on river and stream, everywhere. Thus it is indestructible. The same can be said of the Word wven to a greater degree than the rain as seen in Matt. 24:25-'Heaven and earth will pass away, but my words shall not pass away."

But not only is God's Word indestructible, but it is effectual. That is the truth presented in ls.55:11.

a)God's Word does not return to Him void-It is like God's word is sent on an errand. What is that errand? There are manifold answers. First and foremost, would be the errand of Salvation as seen in II Tim. 3:15. Other errands would include Judgement, Solace, Direction and sundry others. The point is that God's Word shall not return unto Him without producing any effect or being useless.

b)God's Word accomplishes that which pleases God-In Isa.55:8, we see that His ways and thoughts are not as our own. Thus, the Word goes forth with a Heavenly guarantee that it will be effectual. IT will do the job as it pleases the Lord. God's Word does not accomplish all that we might expect of it. The offer of salvation given freely to all brings an assured result from all- some accept and some reject. God's Word always accomplishes something that something is what He designed it to accomplish. In I Cor. 1:21, we see that "it please God by the foolishness of preaching to save them that believe."

c)God's Word, in every case, prospers in respect to the end for which He sends it. While on our side, we might seem to think that our witness is in vain, yet it is not if it includes God's Word. There may be foolishness, but there is NO folly in any presentation of God's Word. The message of salvation when presented may result in a man's salvation but it also when rejected leaves sinners without excuse in the day of judgement.

C. It's precious because it is FAVOURABLE- While the Scriptures tell of unfavorable things such as death, chaos, judgements, etc., yet it is still "favorable." In II Peter 1:4, we read of the great and precious promises" given unto those who "have obtained likeprecious faith.....through the righteousness of God and our Savior Jesus Christ". Through God's Word and favor (grace), we have the precious faith and attached to it are the precious promises which are given that we might reflect the Lord Jesus Christ in our lives. There are around 3000 promises given in the scripture. Thus, God's Word- Scriptures- is a GIFT. While His gifts are many, perhaps, Paul was alluding to this when he said in II Cor. 9:15, "Thanks be to God for his unspeakable gift."

TEMPER CONTROL



here once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks as he learned to control his anger, the number of nails hammered daily, gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence. Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The first day the boy had driven 37 nails into the fence. Over the next few weeks as he learned to control his anger, the number of nails hammered daily, gradually dwindled down.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said "you have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one."

You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there.

Make sure you control your temper the

free by the dumb and deaf spirit by His Word-(Matt. (9:25,26),

- Ask the man who had his withered hand made whole by Hos Word- Matt 12:13

- Ask the wind that ceased and the sea that was

next time you are tempted to say something you will regret later, coz spoken words once out never come back....so smile.

Authentic Ayurveda at it's best.

Ayurveda is an integral part of Indian Tradition. It has been the health keeper to the nation for the last 5000 years. After a period of dullness, the ancient Indian Medical Science is now coming back to prominence and has got followers all over the world. People are now rediscovering the virtues of Ayurveda; its holistic approach, its ability to produce results when other streams of medicine become helpless, and the power to add new life and glow to human life. People suffering from chronic diseases now find Ayurveda their last resort. Kerala Ayurveda has over the decades established itself as the true inheritor of their great ayurvedic tradition . its unadulterated adherence to the principles of Ayurveda, practiced in one of the world's most beautiful and salubrious locations, make it a favorite of people from all continents. Punarnava Ayurveda hospital has a tradition of several decades of practicing Precision Ayurveda. One of the most awarded Ayurveda institution for its efforts to integrate Ayurveda with advance of modern science including advanced diagnostic methods, punamvava has become a brand synonymous with Kerala Ayurveda. It has earned a name in Curative as well as Rejuvenating therapies:

We welcome you to feel the power of precision Ayurveda ... !!



Dr. A. M. Anva Chairman & MD







Edappally North, Kochi Pin: 682 024 Kerala, India Phone: +91 484 2801415 Fax: +91 484 2801424



ISO 9001-2008



Arthritis & Rheumatic Diseases | Osteo Arthritis Knee | Osteoporosis | Spine Related Disorders Multiple Sclerosis Management Psoriasis Management Program | Sports Injuries | Respiratory | Allergic Diseases | Degenerative Disorders Musculo Skeletal Disorders | De-addiction Program | Parkinson's Disease | Hemiplegia Supportive Therapy for developmental delay in children | Avascular necrosis of femur head | Liver Dysfunctions Digestive Diseases | Obesity Management | Age Related Diseases | Student Care Wing Wellness Programs Rejuvenation Therapy | Body Purification Therapy | Fem 40 Care (For Females of Menopausal Age)

Relaxation Program | Body Immunity Program | Healthy Spine Care | Slimming Program Sports Fitness Program | Special Package for IT Professionals (Solution for WRULD & Stress) Post Delivery Mother Care | Rasayana Chikitsa | Life Style Clinic | Beauty Care Program

Call Doctor: +91 94469 05065





Ayurveda Village

Vvttila, Kochi

Kerala, India

KIMS Ayurveda

& Research Centre

Thiruvananthapuram

Kerala, India

Punamava Ayurveda Hospital Edappally North P. O. Kochi, Kerala, India Pin: 682 024



Punamava Ayurveda Hospital Kaloor Kochi, Kerala, India

Pin: 682 017

Email: mail@punarnava.net | Website: www.punarnava.net

cont., from 1 st page

In 1 in 5 Families in U.S., No One Works

In 1 in 5 Families in U.S., No One Works



business, profession, or someone as not in the on their own farm; (c) or worked 15 hours or more as unpaid workers not actively seeking one. in an enterprise operated by a member of the tracking data on emfamily."

one. The BLS designates cent.

labor force, if they did not have a job and were

The BLS has been ployment in families Members of the since 1995. That year, 16,057,000 families in the percent of families which no one held jobs in which no one had a could have been either job was 18.8 percent. unemployed or not in The percentage hit an the labor force. The all-time high of 20.2 BLS designates a person percent in 2011. It held as unemployed if they steady at 20 percent in did not have a job but 2012 and 2013. In 2014, were actively seeking it declined to 19.9 per-

Edited, Printed and Published owned by LCCI Inc. PO Box-52120, Philadelphia, PA 19115 USA. Ph: 215 882 2385, 215 544 1233, 215 275 9688. Chief in Operations: Varghese Mathew. Editorial Director. Dr. Shiny Mathew. E-mail. info@ustribuneonline.org online issue:www.ustribuneonline.org