



She Nags, He Snores!

Daya Hosts Educational Seminar on Communicating without Conflict

By KALYANI GIRI

HOUSTON: Quirky title aside, several couples got more than they expected when they attended Daya's Annual Seminar for 2011, *She Nags, He Snores*. Aside from being taught how to navigate differences and maximize strengths within significant relationships, they were guided in a one-on-one interactive workshop on how to communicate without conflict. The non-profit organization devoted to promoting healthy family relationships in the South Asian community invited a diverse group of panelists, each experts in their fields, to share their wisdom with attendees at the event held on September 17, 2011, at the Hilton Southwest Hotel. University of Berkeley psychology lecturer Parijat Deshpande, attorney/dating coach and columnist Jasbina Ahluwalia, chief psychologist at the Depelchin Children's Center Dr. C. Patrick Brady, and marriage counselor Damian Duplechain, also offered insights on online dating and identifying the keepers amongst them, inter-racial relationships, and seeking and getting the approval of parents on one's choices.

The program began with an update on Daya's multifarious projects by board member Dr. Shaila Patel; the organization will again this year, organize a community gathering *One Voice Against Domestic Violence* on Saturday, October 15 on Hillcroft in observance of October being domestic violence month. Life coach, founder of Indrani's Light and Daya board member Indrani Goradia served as compère and moderator for the seminar.

Deshpande, who started the mysahana.org website that exhorts South Asians to take charge of their emotional wellbeing, gave insights into effectively meeting Ms./Mr. Right at online sites, and talked of precautions that one has



Daya board members and staff at the educational seminar.

to employ when negotiating relationships over the web.

Ahluwalia, an attorney turned matchmaker, tackled the subject of inter-racial marriages.

"There has to be dialogue and openness between parents and their grown-up kids," said Ahluwalia. "Parents must respect their kids' values and sit back and ask themselves why they object to the relationship. And kids must meet their parents halfway and listen to their concerns," she added.

All panelists offered suggestions on parenting. To be a better parent partners should communicate with each other, set parameters, and pose a united front. Committed couples in powerful relationships generally do raise healthier, happier children, they said.

When parents have problems among themselves, children pick up on the tension, said Dr. Brady, who has over 30 years of experience in child/parent counseling.

"What do tell your kids when you're having your own marital issues? Be honest with them as they are highly perceptive," suggested Dr. Brady. "The truth will remove a lot of anxiety because they will feel like their world is shaking. It is not the child's job to fix the par-

ents' problems."

A question raised by an attendee was about empty-nesters and cop-

ing strategies.

"You learn to cope with it like you learn to cope after two years of marriage when the reality of life sets in," said Duplechain. "Change is inevitable."

Duplechain and Deshpande led the informal and educational workshop on how to resolve conflict effectively. Taking the roles of husband and wife, they demonstrated an imago dialogue process for couples called "mirroring". The spouse that has something bothering her/him politely requests for a time to talk. Then speaking only with "I" statements, with connecting language, and without acrimony or leveling blame, tells of the issue in a non-combative tone. The partner listens intently and responds by asking "did I get you?"

and by caring and asking for more information until the conflict is resolved and intimacy re-established. Couples in the audience enthusiastically participated in the exercise and many found it to be an effective tool in fostering healthy communication.

An upcoming event in the Daya calendar is the *One Voice Against Domestic Violence* community gathering to be held at the Hillcroft Shopping Center at 10.00am - 1.00pm on October 15, 2011. The community is invited to show their support of Daya's stand of zero tolerance against domestic violence.

For more information about Daya, visit www.dayahouston.org or call 713-981-7645 for help.

Bollywood Late Night Party Draws Record Crowd at Moghul's

By KALYANI GIRI

HOUSTON: On Friday, September 16, 2011, popular local DJ Arshad Virani, aka DJ AV, garnered a record number of over 400 late night revelers who took to the dance floor at Moghul's Lounge on Westheimer, and wore their heels skinny until the wee hours. The event was further enhanced to the level of spectacular by the advent of India's leading female disc spinner, DJ Rink. The celebrity DJ, on her second nationwide tour of the US, was invited to display her talent in this city by Virani who made her visit possible.

"DJ's in Houston have great talent, no doubt about that, but every once in awhile it's nice to have an artist from overseas come display their talent and give the people in Houston a new vibe and energy," said Vi-

rani. "DJ Rink is India's premier female DJ and is very well known for her Bollywood remixes, movie launch parties, and major club events where crowds average around 8,000 to 10,000 people," he added. Virani is the founder/director of DJ AV Entertainment.

In a city replete with events that often overlap sending patrons into an indecisive frenzy, why was there still the need to host a Bollywood party?

"Absolutely a need, as we have such a vibrant younger set in this city who only get to let loose and dance to their favorite music at weddings and other private events," said Virani. "The parties I organize gives people in Houston a chance to have fun, socialize, network, and get out of their regular routine all in an upscale and classy environment," he added emphatically. He enjoyed interacting with

DJ Rink who he has since become good friends with; she was very cooperative and humble, said Virani, who hopes to bring her back to Houston in 2012.

Mumbai-born Virani, 27, is a graduate in Business Administration from the University of Houston. He has been entertaining at other events such as weddings and parties since 2008; six months ago, he started doing club events and has built up a consistent client base that ensures full houses at all his soirees. Social media such as the iconic and ubiquitous Facebook helps; but with a celebrity of DJ Rink's ilk in town, Virani didn't want to take any chances and advertised extensively on the local *desi* radio programs. He is very grateful for the support friends and family have shown him. He

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