



SAMAJ NEWS !!



DALLAS/FORT WORTH
TEXAS

March 5, 2014
Volume 1, Issue 1

DFW Bhakta Samaj E-Newsletter

AGM/Diwali Show 2013

DFW Samaj was proud and honored to host the Annual General Meeting and Diwali Show on November, 16th 2013 in Garland. It was an overall success. This was also a bigger Diwali show compared to the past; and we enjoyed the participation of varying age ranges whom shared their spectacular talents.

We hope that you share the DFW Samaj Committee's dream in continuing this Diwali event annually and making it bigger and better this year. The Committee is always open to hear your comments and please feel free to contact your Samaj Committee.



Announcements

Ethan Patel (Son of Deven/Chetali Patel)
Born December 28th, 2013.

(Please send us any announcements you would like to share with the community)

Professional Corner

To introduce this section of the e-newsletter, think about those things in your own lives that you know about so well, and desire to share with the rest of your community. This is your platform to do just that...whether it is about health, finances, property ownership, gardening, raising a family, etc.

Send us your column of professional advice and please limit it to about 150 words; so we may easily fit it into this quarterly newsletter without the need for editing. Since we are planning on coming out with this newsletter four times a year, the Samaj Committee shall be faced with the grueling task of deciding which entry will go with the upcoming e-newsletter.

With that said, in this initial issue I will discuss a common ailment found amongst most people...low back sprains.

Low back sprain is one of the most common complaints in a doctor's office and is a frequent cause of lost work for most young adults. Most symptoms are short lived, with about 85% of patients recovering from their episodic symptoms and a smaller percentage requiring more conservative care and/or surgery.

Low back sprain is an injury to the muscles and/or ligaments attached to the lumbar spine region, thus causing inflammation and swelling and pain. Repeated lifting/twisting/ operating vibrating equipment; poor physical

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It most commonly begins after a lifting episode, with pain radiating in the low back, buttocks, even to the back of the thigh, sometimes. Difficulty standing straight and changing positions frequently for comfort is common.

Treatment focuses on symptom relief utilizing rest, pain medication, anti-inflammatories for about a couple of weeks. After the pain has been relieved, even more important is to initiate aerobic exercise like physical therapy and strengthening exercises.

It is important to know that if you think you are experiencing a low back sprain, then you should consult a doctor for further treatment.

Reminders to BHAKTAJANS

- Sign up for Volunteering for events
- MARK your calendars for upcoming events
- AWAIT the soon arrival of the DVD from the Diwali Show

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Last Year's Highlights

Annual General Meeting	16 Nov 2013
Janmastami	17 Aug 2013
Perot Museum Kid's Trip	03 Aug 2013
Spring Picnic	11 May 2013
Baseball Game Event	06 Apr 2013

UPCOMING EVENTS

MAY 10 - Rangers Baseball Game

May 18 - Magic Show

AUGUST

-Dallas Samaj Basketball Tourney (Aug 2)
- AGM & Janmastami

SEPT/OCT - Garba Events / Navrati

OCTOBER - Diwali Show

DECEMBER - Holiday Party Event