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## Inflation will be tamed, growth to top 9 percent: PM



Prime Minister Manmohan Singh

**New Delhi (HT Media):** India will return to a high growth of over 9 percent and may eventually emerge as the fastest growing economy, Prime Minister Manmohan Singh said Friday. He admitted price rise remains a cause for worry but said all steps are being taken to combat it. "The behavior of food prices in the last one year does worry us," the prime minister told the Lok Sabha. "The House has my assurance that if any practical method can further bring relief to our people, our government will always be sensitive to the concerns of the members," he said during his reply to a debate on the motion of thanks to President's address.

important to recognize that in 2009 we have had one of the most severe droughts in recent history -- the worst since 1972," he said. "As a result, production of foodgrain, pulses and oilseeds has been adversely affected. Production of sugarcane has also gone down. This was preceded by the economic slowdown, to respond to which the government had to stimulate demand."

The prime minister said while the federal government took several steps to tame prices such as release of more grain, oil, pulses and sugar, the states also needed to take action against hoarders. According to the prime minister, the Indian economy grew at 6.7 percent last fiscal and will end this fiscal at around 7.5 percent despite the twin impact of global financial crisis since December 2008 and the failure of monsoon in 2009.

"To put matters in perspective, it is

*Singh Continued on Page 4*

## Elite panelists at 14th Wharton India Economic Forum



Praful Patel, India's Civil Aviation Minister



Subhash Chandra, Zee TV founder



Ekta Kapoor, Creative Director, Balaji Telefilms



G. Raghavan, President, NIIT

**New York (SATimes):** Prominent businessmen, industry experts and professionals will fly down to Philadelphia, PA for a day of intent debate and discussions on the theme 'India: Breaking Boundaries' at the 14th Annual Wharton India Economic Forum (WIEF) to be held on March 27 at Park Hyatt.

The elite panelists are led by Praful Patel, India's Civil Aviation Minister, Aditya Puri, CEO-MD of HDFC, and Zee TV founder Subhash Chandra, and from

India's booming entertainment world, Ekta Kapoor and Shabana Azmi are scheduled to speak.

As in the past, WIEF has stimulated energetic dialogue between current and future leaders from various walks of economic, social and political life. With a number of panels hosted this year covering different aspects of growth in India, the event hopes to keep up with its tradition of being one of the leading business forums focused on India in the US.

While G. Raghavan, President, NIIT; Indraani Singh, CEO, NGO Literacy India; David Smith, Head of Accenture's Talent & Organization Performance Practice; Anand Sudarshan, CEO & MD, Manipal Education; K. Ganesh, Founder of TutorVista.com will be discussing on 'Education & Employment', Mathew Cyriac, Managing Director, Blackstone Group; Atul Punj, Chairman, Punj Lloyd Limited; ...'

*Wharton Continued on Page 4*

## Ex-Governor said to be plotting a comeback

By Parveen Chopra



Ex Governor Eliot Spitzer

**New York (SATimes)** Even as the beleaguered New York State Governor David Paterson vows that he will clear his name in the two scandals bedeviling him, his predecessor, Eliot Spitzer, is said to be attempting a comeback in politics. Spitzer is certainly back in news and back in circulation. His former confidante Lloyd Constantine has just published a tell-all 'Journal of the Plague Year' book on his former boss, and

this week Spitzer was on The Colbert Report. He is frustrated, restless and desperate to get back into the arena but unsure how to do it, says Time magazine. His prospects for a full-fledged comeback are indeed slim, considering the circumstances which forced him to quit as governor in 2008 after he had won the seat in Albany with a huge vote margin. Yet, he has remained a regular guest as a cable news talking head, where he comments about Wall Street and regulatory reform. The slipping popularity of Paterson, and the scandals inviting calls for his resignation has led to some nostalgia for Spitzer's onetime image of official competence. "Still, it's hard to imagine that most voters could stomach having him back," Time commented.

*Eliot Spitzer Continued on Page 4*

## India undeterred by Kabul attack, NSA reviews security

**New Delhi / Kabul / Washington (HT Media):** India Friday said that last month's terror attack in Kabul will not deter it from helping rebuild Afghanistan as National Security.

Adviser (NSA) Shivshankar Menon arrived in the Afghan capital to review the security of around 4,000 Indians working in that country.

Menon met Indian Ambas-

sador Jayant Prasad in Kabul and discussed the safety of the Indians engaged in a wide array of reconstruction activities, ranging from building roads, bridges and power stations to social sector projects.

Menon is the first top Indian official to visit Kabul since the Feb 26 attack that killed seven Indians, an important trip that underlines India's unwavering

resolve to continue reconstruction work in the violence-ravaged country for which it has already pledged \$ 1.3 billion.

The Indian government is contemplating a slew of steps to secure Indians in Afghanistan, including setting up protected venues where the Indians working on various reconstruction projects will be based.

*NSA Continued on Page 4*

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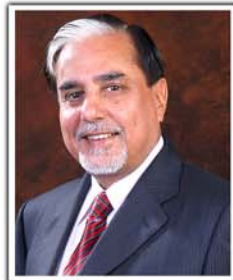
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**Subhash Chandra**  
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**Shabana Azmi**  
Actor, Five-time winner of National  
Film Award for Best Actress



**Praful Patel**  
Minister of State of Civil  
Aviation, Government of India



**Atul Punj**  
Chairman,  
Punj Lloyd Ltd.



**Sanjay Nayar**  
Chief Executive Officer,  
KKR India



**Vikram Chandra**  
Chief Executive Officer,  
NDTV Networks

some select featured panels

- Education and Employment
- Financial Services
- Infrastructure
- Media
- Energy
- India as an Emerging Market
- Arts and Literature
- Technology
- Entrepreneurship
- Healthcare
- Women in India
- Film

a selection of press comments from past forums

*"The event featured an unparalleled galaxy of Indian business luminaries and policy makers...in examining issues central to its theme of realizing the Indian Dream."* – Business Wire

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# Questions over Sun TV "expose" of Swami Nithyananda

By Prakash M Swamy

**New York (SATimes):** The alleged expose of Paramahansa Nithyananda, the young and crowd-pulling Hindu saint, shown with Tamil actress in a compromising position by Sun TV that was also telecast across the US in Dish Network has raised several questions.

South Indian viewers in Tamil Nadu, Karnataka and Andhra Pradesh had a rude shock last week when the popular Sun TV telecast video footage of what it called investigative sting operation. The footage aired repeatedly had shots of Swami Nithyananda lying in bed with Tamil actress Ranjitha and hugging and kissing her. The scandal created shock waves some people with the help of Dravidian outfits ransacked the Swami's ashrams.

The Tamil news channel didn't reveal the location and identity of the girl involved whose face was blurred in the video, but news media came up with the name of Ranjitha.

The Swami has considerable following in India and the US particularly and has been looked up as modern Vivekananda for his flawless oratory and mastery of Upanishads. Also, part of the "investigation team" is Nakkeran, a Tamil bi-weekly that claims to expose social



Swami Nithyananda and (right) actress Ranjitha said to be in aired sex tape

injustice and its publisher-editor Nakkeran Gopal shot into prominence during the sandalwood smuggler Veerappan era.

On March 3, 2010, Swami Nithyananda moved civil court in Chennai to restrain TV channels and newspapers from publishing further news about this matter.

The video footage shows Ranjitha giving the Swami some tablets, and at the end jumping on Swami without any provocation. After taking the tablet, he appears to be sedated and his face clearly changes in the next scene where he is shown to hug and kiss her.

Devotees and legal experts close to the ashram, feel that the sting operation is nothing but blackmail as Swami has assets and properties worth over \$1 billion. They feel

some fundamentalist forces inimical to the growth of Hinduism are behind the ugly episode.

"The video looks like he's been framed and he was drugged The tablets he was taking, actress Ranjitha trying to seduce him even when he is not interested, preventing him from turning off the lights and when he turns it off, switching on the emergency lamp or night lamp towards the end of the video all point out to one factor that he was not in his senses. He has been framed by someone who has given Ranjitha money to do this or else how could a camera with powerful lights be set up in the so called tight security zone of the Swami's bedroom.... But he (Swami) succumbed to this woman's seduction, which is bad publicity and bad rep-

utation in his way of life," said a police officer after closely watching the video.

Meanwhile, a New Jersey based Indian attorney is preparing her papers to file a case against Dish Network for telecasting Sun TV soft-porn clip watched by children at home. "Rules are different in the US and you can't show porn stuff during a regular program without any warning. Dish has done gross injustice to its viewers by telecasting this video watched by children across the US in Tamil homes," she said.

Meanwhile Swami's ashram has issued a rebuttal, saying: "At this moment, we feel that a mix of conspiracy, graphics and rumor are at play in these recent events that have unfolded. We are working on a legal course of action and will come up with updates in due course.

"For those who have experienced the blessings and grace of Swamiji, no further explanation is necessary. Yet we request you to recall the life solutions from Swamiji that continue to provide a powerful spiritual anchor for millions in these turbulent times."

## The godman goes missing

**Bangalore/Chennai (HT Media):** The Karnataka government Thursday promised "very strict" action against Swami Nithyananda, missing since Tuesday after a Tamil TV channel aired a video clip of him allegedly in bed with two women. Police in Karnataka and Tamil Nadu are searching for the 32-year-old, formerly named Rajasekaran.

The godman has not been seen in public since the telecast of the sensational video showing him fondling and kissing the women and also in a "compromising position" with them.

Karnataka Home Minister V.S. Acharya told the state assembly Thursday that "very strict" action would be taken against Nithyananda after getting information from Tamil Nadu.

Acharya said the land on which Nithyananda's ashram stands in Bidadi, about 30 km from Bangalore, was built appeared to be government land although its ownership is disputed.

Congress leader Siddaramaiah demanded that the godman be jailed.

The Bidadi ashram was ransacked by angry residents of the area Wednesday morning after Kannada TV channels began telecasting the video tape. State forest department officials Wednesday searched the ashram and said to have seized 26 kg of sandalwood.

# Zee Rishtey Awards aired across US

**New York (SATimes):** Zee TV beamed 'Zee Rishtey Awards 2010' into millions of homes across the US on Friday, March 5 evening. Stars from the network's popular shows such as 'Dance India Dance', 'Choti Bahu', 'Agle Janam' and 'Pavitra Rishta' came together in Mumbai to shine the spotlight on family values and relationships. They dazzled with live performances, on-screen anecdotes and more!

"The Zee TV family is truly appreciative of the growing support, encouragement and participation of its more than 2 million viewers in the US," said Subroto Bhat-

tacharya, CEO of Zee TV USA. "Zee Rishtey Awards 2010 gives us a chance to not only commemorate the year gone by, but also reward the talent, commitment and passion of our stars, who bring their colorful characters to life on the TV screen every day."

In the week leading up to the broadcast of Rishtey Awards, viewers got a glimpse into the real-life experiences of their favorite TV stars, hear behind-the-scenes stories about the shows and their castmates and much more.

The Awards telecast was carried on all major cable service providers in the US.



A performance by the cast members of 'Pavitra Rishta'



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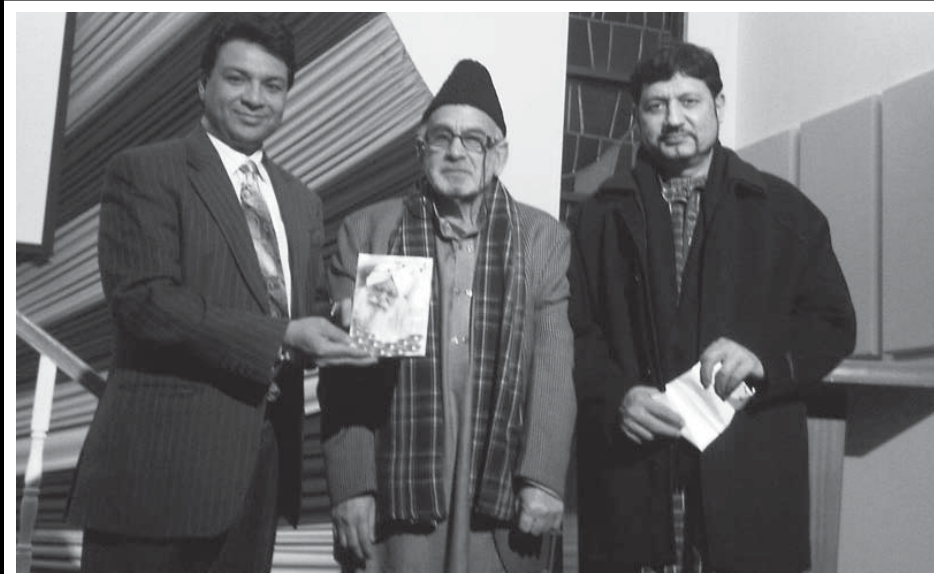
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**A book of Udru Sufiana poems of great saint of modern era Sant Darshan Singh ji Maharaj was launched on March 3 at the Science of Spirituality Meditation Center, Amityville, NY. Seen in the picture are Mr. Jerry Kohli, publisher of the book, titled Noor-e-Akidat, compiled by Quaseem Amrohi Sahib ji and Raza Hussnain ji.**

*Wharton Continues from page 1*

Roopa Purushotaman, Head of Research, Everstone Investment Advisors; Chitra Ramakrishna, Jt. Managing Director, National Stock Exchange of India; Shashi Shetty, CEO, Allcargo Global Logistics will debate on 'India as an Emerging Market.'

The 'Entrepreneurship' panel consists of Kartik Hosanagar, Associate Professor of Internet Commerce at The Wharton School; Anjan Malik, Founder and Director, eClerx; Shantanu Prakash, CEO and Founder, Educomp; Samir Patil, Founder and CEO, ACK Media, Vin Bhat, Co-founder and CEO, Saavn.

Shankar Mahadevan, Contemporary Musician; Unnikrishnan, Classical Musician; and Priyadarsini Govind, Bharatanatyam Dancer will discuss 'Performing Arts.'

Nonprofits will be the topic of discussion with leaders from prominent organizations participating - K. Srinath Reddy, Public Health Foundation of India; Sandeep Pandey, Asha for Education; Pradeep

Kashyap, American India Foundation; and A. Nandakumar, Brandeis University.

K. Srinath Reddy, President, Public Health Foundation of India and Bhargav Dasgupta, Executive Director, ICICI Lombard will be on the Healthcare panel while Jyotsna Suri, CMD, Bharat Hotels; Shweta Rajpal Kohli, Economic Affairs Editor, NDTV 24x7; and Vinita Jain, CMD, Bi-otique will be on the 'Women in India' panel.

*(To be continued next week... keep watching this space!)*

*Singh Continues from page 1*

"In the next fiscal year, I am confident of achieving a growth rate of 8 percent or more and the year thereafter, we will be able to return the economy over 9 percent growth."

He said if the government manages the economy well, creates the necessary social and physical infrastructure, improves governance and reduces the scope for corruption, there would be no barrier to double-digit growth.

## 'Oscars of Bollywood' to air on Sony Sunday



**New York (SATimes):** The Oscars of Bollywood, the 55th Filmfare Awards, are back again exclusively on Sony Entertainment Television (SET) Asia. SET Asia is the flagship channel of Sony Entertainment Network, one of India's leading Hindi general entertainment TV channels and is a subsidiary of Sony Pictures Television International.

The Filmfare Awards are presented annually by The Times Group to honor both artistic and technical excellence of professionals in the Indian film industry. The Filmfare awards ceremony is one of the oldest and most prominent film events in Bollywood.

The event will be hosted by the dashing duo of Shah Rukh Khan and Saif Ali Khan. Shahid Kapoor will be paying a tribute to Michael Jackson by giving a sizzling performance.

This star-studded Gala will include top-notch entertainment from Salman Khan, Kareena Kapoor, Katrina Kaif, Deepika Padukone, and many more.

This year's nominees for the Best Male Actor in a Leading Role include Aamir Khan for 3 Idiots, Amitabh Bachchan for Paa, Ranbir Kapoor for Ajab Prem Ki Ghazab Kahani and Wake Up Sid, Saif Ali Khan for Love Aaj Kal and Shahid Kapoor for Kaminey. The nominees for The Best Female Actor in a Leading Role are Deepika Padukone in Love Aaj Kal, Katrina Kaif in New York, Kareena Kapoor in 3 Idiots, Priyanka Chopra in Kaminey and Vidya Balan in Paa. The nominees for the Best Film Award are: 3 Idiots, Dev D, Kaminey, Love Aaj Kal, Paa and Wake Up Sid.

Tune in to watch the glitzy show, filled with glamorous celebrities and wholesome entertainment, only on SET Asia, on March 7th at 8PM EST!

Since its launch on the Indian subcontinent in 1995, Sony Entertainment Television has enjoyed rapid success, leading to the establishment of European, North American and African feeds known as SET Asia. For more information on SET Asia, please log on to <http://www.setasia.tv>

*Sptizer Continues from page 1*

Meanwhile, Sptizer's friends are said to be giving air to rumors that he may again run for office, hinting in the press that he is "considering" entering the race for Senator, state controller or even mayor of New York City. ("You Can't Keep a Bad Man Down: Spitzer Is Eyeing a Comeback," read a headline in the New York Post.) "Politics gets my heart pounding faster than buying a building and raising rents," Spitzer says. But on the question of his trying to return to office: "You have to understand what

my family would go through," he says. His wife was crestfallen when the prostitution scandal broke but has stayed with him.

*NSA Continues from page 1*

Deploying dedicated security personnel at places where Indians work is also being considered. Menon's visit comes amid findings of the Afghan intelligence that Pakistan-based Lashkar-e-Taiba, also suspected to be the prime mover behind the 26/11 Mumbai carnage, masterminded the Kabul attack.

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# Praise for growth-oriented Union Budget of India

By Prakash M Swamy

**New York (SATimes):** Finance Minister Pranab Mukherjee has done a good job of navigating all the issues in a difficult year and has given a flexible and reactive-to-change budget proposal, according to experts who had gathered at the Consulate General of India on a discussion on Union Budget.

Dharmesh Pandya, Northeast Lead of US India practice of KPMG, New York, said any budget need not necessarily be answer to all the questions but be used as a measure to introduce new proposals and wait for reaction from the business community so that there is no disappointment.

As far as taxes are concerned, the new direct tax code and Goods and Services Tax (GST) will have their impact on the economy. Both pieces of legislation are now being



L to R: Parag Saxena, Ajay Gondane and Dharmesh Pandya

debated by the business community. "This is not a fancy, flashy budget but one with long-term interests in mind."

He said the minister has put lot of disposable income in the hands of the middle class and at the same time expanded the tax base for more revenue collection. A wide range of services now come under the ten percent service tax bracket.

Emphasis has been given to research and development.

Parag Saxena, president of Vedanta Capital, New York, said budget is not merely a statement of accounts but policy pronouncements of where the nation is heading towards.

He said, however, more stress should have been given to opening of education and insurance sector

for private investments.

If it goes in the right direction, growth rate of 10 percent is not unattainable. The National Rural Health Mission has been doing a yeoman service by taking care of the medical care of the hapless section of the society. He talked about demographic dividend and how it would help India.

Dr. Ajay Gondane, deputy consul general said the Finance Minister had opted for consolidation rather than expansion and exercised caution on several fronts. India still has 60 percent of the population that earns less than \$2 a day income. Despite slight decrease in industrial growth, industrial production stood at 18.5 percent and is poised for growth.

Growth rate stood at 7.2 percent and the Budget has plans in place to increase it to nine percent in the 11th Plan Period and ultimately to

double digits soon. Government debts that stood at 50 percent are dropping and will come down in the next couple of years, he said.

Dr. Gondane said, foreign reserve, which stood at \$300 billion in 2008/2009 has come down slightly despite global economic meltdown and deficit in trade balance dropped from \$1.6 billion to less than \$78 million. FDI - the index of global investors' confidence has not been affected.

He said the Union Budget in addition to being a statement of account also serves as a reiteration of the principles of foundation of a nation and where are we heading. The budget was presented in the backdrop of global financial conditions, strictures by 13th Finance Commission, Sixth Pay Commission commitments, very adverse monsoon and rise in price of essential commodities.

## Perturbed Hindus ask for recall of puppet deities



Shiva and Ganesh puppets

**New York (SATimes):** A group of upset Hindus have asked for the immediate withdrawal of Shiva and Ganesh puppets and few other similar products sold by a Brooklyn based company, The Unemployed Philosophers Guild.

Calling it inappropriate, upsetting, and denigrating, Rajan Zed, a Hindu statesman from Nevada, issued a statement that inappropriate usage of Hindu deities or concepts for commercial or other agenda was not okay as it hurt the devotees.

Shiva and Ganesh were highly revered deities in Hinduism and using them as puppets was troubling for the devotees, because in reality the believers put the destinies of themselves in the hands of their deities, Zed, who is president of Universal Society of Hinduism, added.

Meanwhile, Bhavna Shinde of Forum for Hindu Awakening, in a communiqué to The Unemployed Philosophers Guild wrote: "We would like to bring to your attention that millions of Hindus around the world worship Lord Ganesh and Lord Shiva as their revered symbols of faith. Using the images of these deities in clocks/watches and making puppets and dolls of them, trivializes these revered symbols of faith. The concept of manipulating puppets and playing with dolls made after deities is downright deni-

grating, given that Hindus perform devoted worship and spiritual practice to experience the eternal truth that these deities govern the universe."

"Hence, we urge you to immediately withdraw from your website and shops these toys and materials made after our revered deities and in future not make such toys and materials that denigrate Hindu sacred symbols", Shinde added.

Earlier the same group had asked for immediate recall of the plush Hanuman doll sold by a Pennsylvania based company called Kridana. "Hanuman as a plush doll reduced him to a toy under the mercy of a child. This would send erroneous message to our highly impressionable children that they could control Hanuman and other deities," said Zed.

Seeking immediate recall Shinde wrote to the company: "Hanuman is highly revered in Hinduism, meant to be worshipped in temples or home shrines, and not to be thrown loosely around on the floor, cars, bathrooms, etc.; or squeezed; or hit by feet; or used as a play ball or pillow."

The company (Kridana), however, describes "Hanuman plush" as 'squeezably soft' and 'super-cuddly.' "Through modern toy technology, we're connecting our children with millenia of tradition and culture," it adds.

## Embarrassed Panjab University to probe Boston NGO

**Boston (HT Media):** Finding itself in hot water after 25 of its students managed to go on an educational trip to the US by showing bogus papers, Panjab University is now planning to verify the credentials of the American NGO that organized the conference. The issue came to light after one student was arrested on molestation charges while in Boston.

Nitin Jindal, 22, a student of the University Institute of Law Studies (UILS), went to the US to participate in the 56th session of Harvard National Model United Nations (HN-MUN), held in Boston during Feb 11-14.

The conference was organized by an NGO, Harvard International Relations Council (HIRC), which claims links with Harvard University in Boston. Jindal was arrested Feb 14 following a complaint of molestation by a Boston resident. He is out on a \$2,500 bail now.

Following this incident, Panjab University Vice-Chancellor R.C. Sobti constituted a committee to look into the matter. They were stunned when HIRC told them last week that two Panjab University teams -- one from UILS and the other from the University School of Law -- had participated in the conference. However, no department with the name of University School of Law exists in Panjab University.

This year UILS had officially sent 21 students to participate in the HN-MUN event but the arrested student was among 25 others who had applied online in their individual capacity.

Now the committee members have decided to verify the credentials of HIRC before deciding their further

course of action.

"The HIRC claims affiliation and close links with Harvard University. Therefore, the Dean University Instructions of this university will contact the officials concerned of Harvard University and check the past records and details of HIRC," a committee member said.

He added: "It is quite dubious on the part of HIRC to allow so many students from the same university to participate in a conference and that too without scrutinizing the authenticity of documents submitted by them. Depending on the circumstances a delegation from Panjab University can also go there to bring out the truth."

There were reports that students applying in their individual capacity had used letterheads of a fake department and submitted clearance letters obtained from Panjab University through unscrupulous means.

Dean Students' Welfare Naval Kishore said: "We are looking into this matter."

Strict action will be taken against all guilty, including any senior official found involved in this glitch, either directly or indirectly. Verification of the NGO is also necessary."

So far, Panjab University has identified 18 students who had participated in this conference on their own and issued them show-cause notice.

Jindal's passport and visa documents were confiscated by the Boston police and he has been directed not to leave the US till April 6, when the next hearing of the case is slated. He hails from Bathinda town in Punjab and is currently staying with his cousin in Boston.

# Indian Americans protest beheading of two Sikhs in Pakistan

Memorandums plural submitted to Pak and Indian authorities seek safety of minorities in the region

**New York (SATimes):** A delegation of Indian Americans, led by Master Mohinder Singh, General Secretary of American Sikh Gurdwara Prabandhak Committee, called on the Consulates of India and Pakistan March 2 to present a memorandum addressed to the Prime Ministers of both the countries, protesting beheading of two Sikhs in Federally Administered Tribal Area (FATA) of Pakistan on February 21.

The memorandum expressed shock at the brutal beheading of the two Sikhs, Jaspal Singh and Mastan Singh. While condemning the barbaric incident, the memorandum deplored that minorities in Pakistan had all along been subjected to various kinds of injustices. It said that besides extortions and killings, forcible conversion to Islam of members of minorities has been going on for years and gurdwara lands have often been unjustly taken away by government agencies.

The memorandum presented to the Pakistan government called on the government to safeguard the basic human rights of the minorities living in Pakistan and ensure protection, safety and security of their lives and property.

The Vice Consul at the Pakistan Consulate, Saqib Rauf, received the memorandum and assured the delegation that their concern and view would be conveyed to the government of Pakistan. He said Pakistan was faced with a tough situation of dealing with people who had no respect for law and humanity. He said it was not just the two Sikhs who were beheaded so cruelly, hundreds of Moslems too continued to lose lives. However, the government of Pakistan was fully aware of its obligation to protect life and property of all its citizens and would do everything possible to ensure safety of minorities, Rauf said.

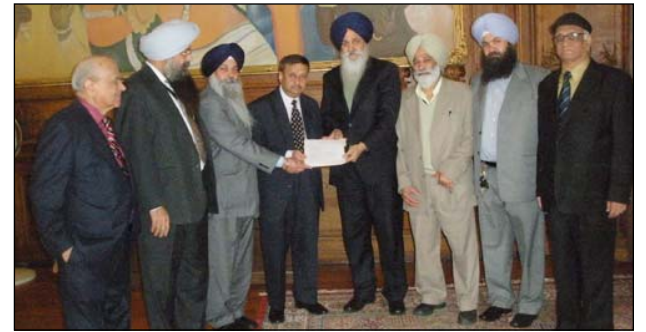


**Master Mohinder Singh, General Secretary American Sikh Gurdwara Prabandhak Committee presents, on behalf of the Indian American community of New York, the memorandum addressed to the Prime Minister of Pakistan, to Saqib Rauf, Vice Consul at the Pakistan Consulate, March 2. (L to R): Arish Sahani, Prof. Indrajit S. Saluja, Harnam Singh, Mohinder Singh, Saqib Rauf, Jarnail Singh Gilzian, Kulbir Singh Alampur, Raghbir Singh Babby & Narain Kataria**

The memorandum addressed to the Prime Minister of India, urged him to take up the issue with the government of Pakistan. "It is the worst kind of atrocity," said Prabhu Dayal, the Consul General of India in New York said receiving the memorandum. He added that the government of India is concerned for the safety of people of Indian origin in Pakistan and that the government of India had already taken up the issue with the government of

Pakistan and everything possible would be done to ensure the safety of people of Indian origin in Pakistan. When Master Mohinder Singh said mere protest would not help, the Consul General stated that all steps would be taken to get the desired results.

The delegation consisted of Master Mohinder Singh, General Secretary, American Gurdwara Prabandhak Committee, Jarnail Singh Gilzian, President Gurdwara Baba Makhan Shah Lobana, New York, Raghbir Singh Babby, President, Haryana Punjabi Association, Kulbir Singh Alampur, General Secretary, Gurdwara Baba Makhan Shah Lobana, New York, Harnam Singh, Secretary, Gurdwara Baba Makhan Shah Lobana, New York, Narain Kataria, President and Arish Sahani, General Secretary, respectively, of the Indian American Intellectuals' Forum and Prof. Indrajit S. Saluja, Chief Editor of The Indian Panorama.



**The group presents the memorandum addressed to the Prime Minister of India to Consul General of India, Prabhu Dayal (Pictures Courtesy: The Indian Panorama)**

## Imam pleads guilty in Zazi terror case

**New York (SATimes):** An imam pleaded guilty today to charges that he lied to the FBI while they were investigating a foiled suicide bomb plot against the city's subway system.

Ahmad Afzali, 39, appeared in Brooklyn federal court, saying "he had no idea" of how serious the plot was against the city.

"I thought they had perhaps fallen in with the wrong people," a tearful Afzali told a judge when speaking of the accused plotters. The feds arrested Afzali last year during the investigation of admitted al Qaeda

associate Najibullah Zazi. Prosecutors claim Afzali told Zazi that he was under surveillance when he arrived in New York last September.

"I just signed my death sentence," Afzali said, adding that he moved to this country from his native Afghanistan when he was 8. Afzali will be sentenced April 8. Under the deal, Afzali has to voluntarily leave the country within 90 days of his sentencing. Zazi has pleaded guilty to plotting to use homemade bombs last year in a "martyrdom operation" against the city.

## Rajiv Khanna joins K & L Gates NY office

**New York (SATimes):** Internationally-recognized corporate lawyer, Rajiv Khanna has joined the New York office of global law firm K&L Gates LLP as a partner in its corporate practice and co-chair of its South Asia initiative.

Before joining K & L Gates he chaired Greenberg Taurig, LLP's India practice group. Khanna concentrates his practice on crossborder corporate finance, M&A transactions, and real estate, with a focus on India.

He advises a range of Fortune 500, U.S., and international clients, including financial institutions, investment firms, pharmaceutical providers, and software and technology companies.

Khanna is president of the India-America Chamber of Commerce, a bi-national chamber dedicated to U.S. investment into India.

"K&L Gates is pleased to add Rajiv to our New York office," said Woody Collins, Administrative Partner of K&L Gates' New York office.

"His extensive international transactional and corporate experience will greatly benefit the firm's clients both locally and across our global platform."

K&L Gates Chairman and Global Managing Partner Peter J. Kalis said: "With Rajiv's arrival, K&L Gates' growing India practice takes a major step forward."

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# Spiritual channel, JUS One makes US debut on Dish Network

**New York (SATimes):** DISH Network L.L.C., the leader in international programming, launched Jus One, a spiritual channel from the JUS Broadcasting Group. The new channel, JUS One is available exclusively in the U.S. to DISH Network customers.

JUS Broadcasting Corp's President & CEO, Penny Yogiraj Sandhu, and Senior Executive Vice President, Karl Khandalavala II hosted a glittering Launch Party on Wednesday February 24, 2010 at the Empire Penthouse at 230 Fifth Avenue in Manhattan.

The launch event was attended by more than 300 people including members of the media, advertisers and sponsors, community leaders and the entire JUS team. Prabhu Dayal, Consul General of India in New York and his wife Mrs. Chandni Dayal graced the occasion and also celebrated their 32nd wedding anniversary at the event.

"The partnership between JUS One and DISH Network is very good for the community and I wish this great partnership all success,"



*Penny Yogiraj Sandhu-President & CEO-JUS Broadcasting, Corp.; Chris Kuelling-Vice President, International Programming-DISH Network; Ambassador Prabhu Dayal-Consul General of India, New York; Karl Khandalavala II-Sr. Executive Vice President-JUS Broadcasting Corp. at the Launch event of JUS One TV on DISH Network.*

said Prabhu Dayal in his remarks. "JUS Punjabi their first channel has already been doing a great service to the community; not just the Punjabi community but the entire community. It speaks volumes for Karl, Penny and the entire JUS team that they are conducting themselves with such electricity and energy and we wish the launch of JUS One on DISH our very best, our heartiest congratulations and much success."

"DISH Network is excited to add Jus One to our extensive lineup of international programming, providing our South Asian/Indian-American subscribers with our first South Asian spiritual channel," said Chris Kuelling, vice president of International Programming for DISH Network who attended the launch party in New York City on behalf of DISH along with several other marketing executives from the compa-



*Penny Yogiraj Sandhu, Chris Kuelling, Ranju Batra, Mrs. Chandni Dayal, Ravi Batra, Esq., Dr. Sudhir Parikh; Ambassador Prabhu Dayal and Karl Khandalavala II marking the 32nd Wedding Anniversary of Ambassador & Mrs. Dayal at the Launch event of JUS One TV on DISH Network on Feb. 24, 2010 in New York.*

ny from their Denver, New Jersey and New York offices.

In her remarks, Penny Yogiraj Sandhu explained the rationale behind the new channel. "JUS One fills the need for a spiritual channel on DISH Network.

As you know, most South Asians are spiritual or religious by nature and we have tailored the channel to meet their special programming interests covering all the major Indian

religions. JUS One is proud to be the first and only South Asian spiritual channel currently offered by DISH to all its millions of subscribers."

Karl Khandalavala II thanked DISH for its focus on the South Asian community. "Chris Kuelling's presence at this event sends a strong signal about DISH's ongoing commitment to our community."

## South Asians raise funds for Reshma Saujani's Congressional bid

**New York (SATimes):** On Thursday, South Asians for Reshma hosted a fundraiser for Congressional candidate Reshma Saujani (NY-14, Manhattan/Western Queens) at Vermilion restaurant in Midtown Manhattan. Saujani spoke to the crowd about growing up as the daughter of political refugees and how the experience motivated her to get involved in the political process. Saujani's bid is historic – if elected, she would be the first South



*Reshma Saujani*

Asian woman to serve in Congress. Saujani has already demonstrated strong grassroots support in the community in both Manhattan and Queens, and raised over \$403,000 in support of her campaign for the Democratic nomination. "I am a dedicated Democrat, a community activist, a Yale University legal scholar, and an attorney in New York City. But first and foremost, I am the daughter of political refugees whose story embodies the promise of life in America," she says on her website. Her parents, originally of Indian origin, barely escaped the brutal regime of Idi Amin in Uganda.

## Assemblyman Chivukula supports Elijah's Promise

**New Jersey (SATimes):** Combating hunger and empowering lives has been the sole mission of Elijah's Promise since its formation in 1989. In an effort to support the many opportunities and services that Elijah's Promise has bestowed upon the community, Assemblyman Upendra Chivukula (D-17) and Assemblyman Peter Barnes, III (D-18) joined with volunteers from Court Appointed Special Advocates (CASA) and volunteers from Elijah's Promise to serve dinner to those in need.

Due to rainy weather, 89 people came for this meal. Elijah's Promise's soup kitchen serves twice a day every day and once a day during the weekend. Volunteers serve an average of 300 meals daily. Usually, more than 120 people for the evening supper.

"Elijah's Promise is doing a great job, they have a good system of people volunteering; from churches, universities,

senior centers and the like," Chivukula said. The rising unemployment rate has called for more attention to the need for the provided by Elijah's Promises and CASA.

Therefore, in addition to the soup kitchen, Elijah's Promise offers three programs - social services, culinary school and catering. The courses offered by the culinary school give individuals needed skills that enable them to gain employment. "Growing up in Middlesex County, Elijah's Promise is very familiar to me," Barnes said. "Elijah's Promise has expanded the number of programs they provide. Because the economy is depressed, there is even a greater need. This is a wonderful program; that has been growing and adapting to the better serve the community." If you would like to donate or volunteer, contact Elijah's Promise at 732- 545-9002 ext. 117.

## Exhibition on scenes from Ramayana to open at Met

**New York (SATimes):** The Metropolitan Museum of Art of New York will host "Epic India: Scenes from the Ramayana" in the Florence and Herbert Irving Galleries for the Arts of South and Southeast Asia, Indian Painting from March 31 to Sept. 27. According to the museum web site, the story of Rama provides the subject matter for an important genre of Indian paintings. The exhibition will include paintings and sculptures about Rama, and a newly acquired painted cotton textile depicting a scene from the epic, the Web site said. The works on display will be drawn largely from the museum's collections, with loans from private collections, and will represent the major schools of northern Indian painting, from Mughal court manuscript folios to Hindu court painting commissioned for the rulers of the Punjab. A variety of educational programs will accompany the installation, including programs for teen audiences and a teacher workshop.

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## AAHOA visits India, explores investment possibilities

**Georgia (SATimes):** In January, the Asian American Hotel Owners Association (AAHOA) delegation to India visited major cities such as Chennai, Bangalore, and Mumbai, as well as the state of Gujarat. The more than 25 delegates who made the trip — including AAHOA Officers, Board members, members, vendors, franchisors and media — attended a number of important meetings with distinguished representatives of the Tourism Industry in India.

With the help of the Federation of Indian Chambers of Commerce and Industry (FICCI), the delegation attended interactive meetings regarding investment in hotel infrastructure in India with local ministry officials, real estate brokers, developers, bankers, consultants and prominent hoteliers. Agendas for each meeting included presentations and panel discussions about the investment opportunities regarding tourism infrastructure.

"In terms of our delegation, AAHOA brought a wide representation of the American hospitality industry to India, and it was a very informative and productive trip," said Tarun S. Patel, CHA, Chairman of AAHOA. "There are tremendous growth opportunities for all sides involved when it comes to getting involved with the hospitality industry in India."

A closed-door meeting with Gujarat's Chief Minister Shri Narendrabhai Modi was a major highlight of this trip for the AAHOA delegation. As many people already know, a majority of AAHOA's members hail from Gujarat, and they have a vested interest in its prosperity.

Modi listened to the concerns of the delegation on Floor Space Index (FSI) rules, incentives for hotel projects, liquor policies, high land costs, title insurance problems and single-

window clearances. He said he was proud to mention that Gujarat now has an energy surplus and has invited private investors for the power sector, excluding nuclear power. He urged everyone at the meeting to promote Gujarat in the United States and participate in the golden jubilee celebrations that will be held in May 2010.

During the delegation's visit to Chennai, a study compiled by the FICCI and Evalueserve was released. It suggested the creation of land banks for budget hotels, provisions for 100 percent Foreign Direct Investment (FDI), creation of civic amenities under the private-public partnership (PPP) model and single window clearances for hotel projects, which have not been approved. Currently, more than 421 hotel projects throughout India have been approved by the authorities, which will create approximately 72,000 rooms in the next five years.

Tarun S. Patel said his delegation sees the growth potential in India, and that AAHOA's members are experienced hotel operators who can successfully operate hotels in any environment. He also said that while he will relay this information to AAHOA members back in the United States, he is looking for strong and positive feedback from policy makers.

At the Chennai meetings, Indian government officials promised to lend support, as Rahul Chakravarty, joint director FICCI, suggested that the state government helps the delegation by processing applications more quickly.

The delegation also visited Mumbai, where they participated in the Hotel Investment Forum India (HIFI) conference, which took place January 12-14, 2010, at the Renaissance Mumbai Hotel & Convention Center. HIFI was co-hosted by BHN and Horwath HTL, India.

## Donovan to headline benefit concert for David Lynch Foundation

### The Foundation promotes Mahesh yogi founded Transcendental Meditation

**Los Angeles, CA (SATimes):** Legendary folk-rock-pop troubadour Donovan ("Mellow Yellow," "Sunshine Superman," "Epistle to Dippy," "There is a Mountain," "Wear Your Love Like Heaven," "Hurdy Gurdy Man," etc.) will headline a benefit concert for the David Lynch Foundation on Friday, March 19 at the El Rey Theater, 5515 Wilshire Blvd., in Los Angeles.

"The Beatles and I brought back from India the lost art of meditation. Now with David Lynch, we pass it on to thousands of students world-wide. Join us to help save the world. Change begins within," says Donovan as he prepares for the big night.

Donovan will be joined by his daughter Astrella Celeste and backing band Jerry Vivino, Scott Healy & Mike Merritt (from the Conan O'Brien late night band), Danny Saber (on guitar) with special guests Jack Maness (Sublime), Z (The Like), The Global Sound Lodge featuring Lanny Cordola & Matt Sorum (of Guns n Roses, Velvet Revolver, The Cult), Amrita Sen and more.



Donovan now heads the music wing of DLF

Mathew St. Patrick, from Six Feet Under, will host the evening performances.

"This will be a unique and heartfelt performance that every music lover will want to experience," said concert promoter Jason Rothberg.

Donovan was one of the few artists to collaborate on songs with Beatles Paul McCartney, John Lennon and George Harrison. Donovan has played with folk greats Pete Seeger, Joan Baez and Bob Dylan, as well as rock musicians Jimmy Page,

Jon Bonham & Jon Paul Jones of Led Zeppelin, Jeff Beck as well as Brian Jones of the Rolling Stones. Recently Donovan completed the successful album "Beat Cafe" as well as a new box set "Try For The Sun: The Journey of Donovan" and a book, "The Autobiography of Donovan: The Hurdy Gurdy Man" (Arrow Books).

Donovan is now heading the musical wing of the David Lynch Foundation, fulfilling his 40-year interest in Transcendental Meditation.

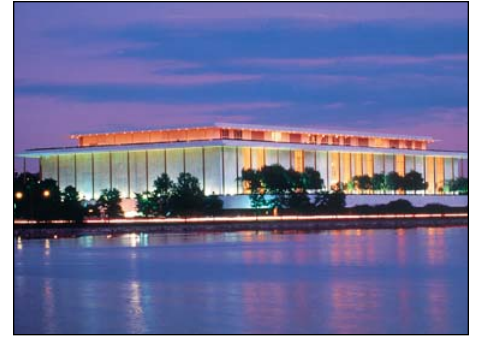
## Kennedy Center's 2010-2011 season includes tribute to India

The India festival, estimated to cost \$7 million, will bring work of eminent Indian artists to the capital

**Washington (SATimes):** To commemorate the 50th anniversary of President John F. Kennedy's inauguration, the Kennedy Center announced that it is mounting a large festival, "maximum INDIA," next March along with various other high-profile events such as recreating two famous concerts from that White House era, those of Pablo Casals and Grace Bumbry.

One of Jacqueline Kennedy's most famous goodwill tours as first lady took place in India in 1962. For three weeks, a cavalcade of Indian artists will visit Washington, from the classical Odissi dance of choreographer Madhavi Mudgal to the contemporary rock-and-roll of Parikrama, a band from Delhi. From all four corners of India, the festival will showcase the best of classical and contemporary music, dance, and theater; exhibitions will grace the halls and galleries of the Kennedy Center featuring contemporary visual art and the finest textiles, pottery, jewels, and more.

In recent years the center has become expert in developing encyclopedic international festivals, often enlisting hundreds of artists, many making their American debuts. "We have been tracing the Silk Road, with Japan, China, the Arab world, and this completes it," said Michael M. Kaiser, president of the center.



Kennedy Center

Highlights of the India festival, estimated to cost \$7 million, will be the work of choreographers Alarmel Valli, Malavika Sarukkai and Shantala Shivalingappa; music from sitarist Anoushka Shankar, a daughter of the legendary Ravi Shankar, ghazal singer Vatsala Mehra and drummer Sunny Jain; and theater from writer Ratan Thiyam and puppeteer Dadi Pudumjee.

Thanks to the India festival and a number of other offerings, the upcoming season has more international companies and artists than usual. "This is the right place," Kaiser said. "Washington is an international city, and a lot of other places have stopped bringing in international acts."

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## Sanjay Gupta named WEF's Young Global Leader

**Washington (HT Media):** Sanjay Gupta, an Indian-American senior executive, has been chosen by the World Economic Forum for its 2010 class of Young Global Leaders.

Gupta, a second-generation Indian-American, is the senior vice president and advisor to the executive chairman of Abraxis BioScience, a leading pharmaceutical and health-care innovator based in the US with offices throughout the world.

Commenting on his selection, Gupta stated: "I am deeply honored to be a member of the 2010 class of Young Global Leaders (YGL) and I look forward to working with the YGL community around the world to advance a host of innovative and socially-beneficial initiatives."

"We are delighted that Sanjay has been recognized for his past and ongoing contributions to social progress through his innovative thinking, vision, and leadership," said Patrick Soon-Shiong, executive chairman of Abraxis BioScience.

"We look forward to supporting his commitment to improving society and the ideals of the Young Global Leaders at the World Economic Forum."

The honor, bestowed each year by the forum, recognizes and acknowledges between 100 and 200 outstanding young leaders from around the world for their professional accomplishments, commitment to society and potential to contribute to shaping the future of the world.

Rachel Maddow of MSNBC, tennis player Roger Federer, and the co-founder of Twitter, Evan Williams, are among those selected this year.

Recipients in prior years include the co-founders of Google, Larry Page and Sergey Brin, the founder and CEO of Facebook, Mark Zuckerberg, and television journalist Anderson



*Sanjay Gupta, senior vice president and advisor to the executive chairman of Abraxis BioScience, a US pharma company with offices worldwide.*

Cooper.

Prior to joining Abraxis, Gupta served as the director of social enterprise at Intel Corporation. He has also served as the chief financial officer and director of strategy for Dossia, a social-enterprise sponsored by Intel, Wal-Mart, Pitney-Bowes, AT&T, Sanofi-Aventis, Cardinal Health, Vanguard Health, Abraxis BioScience, Applied Materials, and BP America.

Gupta was previously managing director and founder of Realstrategy, a boutique strategy consulting firm based in the US, and was also a partner at Geo Health Partners, an investment partnership which focused on health care investments domestically and internationally.

Gupta was educated at the University of Oxford, where he earned his MBA and was a member of Merton College. He studied Philosophy at Georgetown University and also studied Bioethics at the Kennedy Institute of Ethics.

## Indian MIT alumnus wins Innovator of the Year award

**Washington (HT Media):**

An Indian alumnus of Massachusetts Institute of Technology (MIT) has won the Innovator of the Year honor from Technology Review India by designing an ultra lightweight jacket to keep one cool in hot summers.

A postgraduate in Mechanical Engineering and Technology Policy Program from MIT, Kranthi Kiran Vistakula's jacket weighing 650-700 gm can keep a user's body between 18 and 40 degrees Celsius in temperatures ranging from minus 30 to plus 50.

Vistakula's "heat exchange" technology called ClimaCon has applications

beyond the apparel space, finding uses in infant incubators and cooling large spaces such as auditoriums.

But it was a personal need that saw him working on the jacket, says Technology Review, the oldest technology magazine published by MIT.

"While pursuing my Masters at MIT, I found the process of putting on and taking off additional layers of clothing in winter very cumbersome. To overcome this inconvenience, I started working on developing a jacket with the capacity to both heat and cool. I put the Peltier effect into application for achieving this purpose," says Vistakula.

But it was easier said than done. For Vistakula soon realized that a new technology would have to be developed to make the jacket lightweight and to both heat and cool.



*Kranthi Kiran Vistakula in his innovative jacket that keeps you cool in summers*

"I had to work on developing a new heat exchanger or heat sink in order to keep the jacket light. After three years' worth of effort and experimentation, the weight of the jacket stands at just 650 grams, almost equivalent to the weight of a regular pair of jeans," he says proudly.

Vistakula will be formally awarded the "Innovator of the Year" title as MIT's Technology Review Jason Pontin unveils the list of India TR35-innovators under the age of 35 in Bangalore next week.

Vistakula will be demonstrating his innovation to a packed hall of scientists and attendees from

MIT among others at the Emerging Technologies conference, EmTech India on March 8.

The heat exchanger was designed to make use of the breakage of hydrogen bonds for the dissipation of heat rather than the conventional methods of using a fan or cooled liquid for heat removal. A hydrogen bond self-recharging nanomaterial was used to work in extreme conditions.

"The jacket can be worn and carried around like a normal jacket with up to eight hours of performance on a single charge of batteries. It can also be cleaned and cared for like normal jackets," explains Vistakula.

Vistakula's venture, Dhama Apparel Innovations, was selected as one of the top 100 technology companies in Asia and top 200 technology companies in the world by Red Herring magazine.

## Deepak Chopra to produce India-based supernatural thriller

**New York (HT Media):** New Age guru and author Deepak Chopra and Liquid Comics will partner together on a film adaptation of 'Beyond,' a supernatural thriller about a businessman whose wife suddenly vanishes from a small store in India.

Liquid Comics Founders, Gotham Chopra and Sharad Devarajan will produce the film with John Garland and Michael Dufficy. Filmmaker Suri Krishnamma will direct the film currently in development as a UK production.

Announcing the deal, Deepak Chopra, who created the story and wrote the screenplay, said: 'Beyond is a story about reality being multi-dimensional and how we can take journeys to realms we never dreamed of by separating the veils that partition our minds.'

'As with all my work, I hope to open audiences' minds to the fact that all reality is a projection of a paradigm or worldview.'

Filmmaker, Suri Krishnamma,



*New Age guru and popular author Deepak Chopra*

said: 'I am thrilled to be working with Deepak, someone who has been an influential part of my family's life for many years and whose books I sincerely treasure.'

'Together, we have the opportunity of making a great action-adventure movie - the fantastic journey of a man in search of his missing wife -

realizing that he is in fact on a journey of self-discovery that transcends our own dimension and takes us into parallel worlds - an ordinary man who is thrust into these multiple dimensions and asked to take on the responsibility of a mythic hero.'

Beyond is a supernatural thriller about a businessman, Michael Mor-

ton who arrives in India with his wife Anna and son Ty on a vacation. While Michael is distracted on a phone call with an overseas colleague, Anna and Ty wander through a typically teeming Indian shopping bazaar. Then the inexplicable happens - Ty watches as his mother wanders into a small store but never comes out. She's vanished without a trace. Michael searches for his wife,

at first irritated by her elusiveness, but soon turns frantic, as he can't uncover any clue to her whereabouts.

Things then turn even stranger and desperate when Michael hears his wife's whispering, crying for his help. Tracking the sounds, Michael and Ty are led on adventure of both physical and metaphysical danger as they stop at nothing to reunite their family.

### US TV show launches Bollywood to Hollywood talent contest

**Washington (HT Media):** Hot Chaat, an online American TV show produced by an Indian American team, has launched a Bollywood to Hollywood talent search contest.

The contest is open to Indians and non-Indians of all ages, and open to any talent from musical performance, dramatic acting, dance, comedy, and anything else that demonstrates a talent and entertainment value. The contest runs until July 31.

'Our audience is a savvy, informed, edgy group of Indians living all over the world, and Hot Chaat showcases the best in Bollywood and Hollywood Entertainment,' says Executive Producer Amarish Dave.

## Governor Perdue, Ambassador Shankar to headline first USA India Business Summit

**Atlanta, Georgia (SATimes):** State of Georgia Governor Sonny Perdue and Ambassador of India to USA, Meera Shankar, will be among the many dignitaries attending the first USA India Business Summit (UIBS), which will be held in Atlanta, Georgia, USA on May 10th and 11th, 2010 at the Cobb Galleria and Conference Center with the theme of "Growing Business and Promoting Entrepreneurship." Other confirmed keynote speakers will include U.S. Senator, Hon. Johnny Isakson and Vice-Chairman of GE and President and CEO of GE Technology Infrastructure, John Rice. UIBS organizing committee has also invited Union Minister of Commerce & Industry, Govt. of India, Anand Sharma; Chairman and CEO of The Coca-Cola Company, Muhtar Kent; Chairman and CEO of Henry Schein, Inc., Stanley M. Bergman; Co-Founder and Director of Infosys Technologies, K. Dinesh; Chairman & Managing Director of Suzlon Energy Limited, Tulsi Tanti and Chairman of Hinduja Global Solutions Ltd., Ramkrishnan P. Hinduja.

USA India bilateral trade is growing leaps and bounds and is likely to double in the next five years. The goal of this premier bi-national level one-of-a-kind summit is to rapidly promote business and investment between USA and India in key areas of technology, agriculture, healthcare, infrastructure, supply chain, logistics, real estate and investment etc. Special emphasis is to connect small to medium size enterprises and entrepreneurs from USA and India.

UIBS 2010 is being organized by the Georgia Tech Center for International Business Education & Research (CIBER), US India



*Georgia Governor Sonny Perdue*

Business and Research Center (USIBRC), USIII with support of the Georgia Department of Economic Development, the Metro Atlanta Chamber of Commerce, the U.S. Commercial Service, Lufthansa German Airlines, CII India Business Forum and a host of sponsoring organizations.

## Obama names Indian American on arts body

**Washington (HT Media):** President Barack Obama has picked up an Indian American to serve on the US President's Advisory Committee on the Arts for the prestigious John F. Kennedy Centre for Performing Arts. Announcing the appointment of eminent Indian American attorney, Amy K. Singh, based in Obama's home town of Chicago, the White House on Monday noted she works to support the arts and youth, which develops civic leadership in the city's high school youth. Singh practises in areas of entertainment, advertising and marketing, and provides counsel to clients on event production and promotion, television production, talent and other matters.

Before starting her own practice, she held several positions, including as general counsel/senior vice president of DDB Chicago Inc, and as an associate in the Chicago office of the firm now known as Sidley Austin LLP. Singh was a member of the Junior Board of the School of the Art Institute of Chicago and is currently on the Board of the Mikva Challenge, an organization that prioritizes the development of civic leadership in underserved Chicago high school youth.

## Record no. of Indian Americans in race for US congress

**Washington (HT Media):** A record number of Indian-Americans, mostly professionals in their 30s and 40s, are attempting to enter the United States House of Representatives this year. Several are running strong campaigns, fuelled partly by a community flexing its financial muscle.

There is no Indian-American in the US Congress. There have only been two Representatives – Democrat Dilip Singh Saund from California and Republican Bobby Jindal from Louisiana. In 2008, there was only one serious Indian-American candidate, Ashwin Madia from Minnesota, who lost to the incumbent.

This year, it's getting serious — their numbers have touched double digits and three candidates appear to be front-runners in seats that the Democratic Party believes it can wrest from the Republicans even though the party overall may suffer losses in the House and the Senate. And there's one prominent candidate who is attempting to become the first-ever Indian-American woman Representative.

One major figure is Democrat Amerish Bera (44) better known as Ami. He has already clinched the party's nomination for the November contest. A physician whose parents came from Gujarat, he seeks to displace a Republican incumbent in California's 3rd district.



*Amerish Bera is running for California's 3rd district*

In an interview, Bera appeared confident despite the poor projections for Democrats because he believed that anti-Washington feeling could help him in his constituency: "It's never easy to win a mid-term election, but (Dan) Lungren (the sitting Republican Representative) has never been as vulnerable as he is now. If there ever was a year that people are angry with the status quo, this really is that year."

Bera also said his Indian-American roots could help: "I'm running as a Democrat but our values tend to be pretty conservative, traditional values that most people can relate to."

Bera raised nearly \$140,000 more than Lungren in 2009, and he estimates "over 50 per cent" may have come from the Indian-American community while the base of support has now "broadened."

## 'India needs more trained healthcare professionals'

**Washington (HT Media):** A leading Indian-American cardiac surgeon suggests a "lean healthcare" system model for India to attract larger private investments and widen its reach and says the country needs more trained healthcare executives to manage the growing industry.

"The best implementation of lean principles is optimizing of available resources directly reflected by visible increased productivity," says Dr. Mukesh Hariawala, 50, who has just completed a "Physician Executive Healthcare MBA" program at the University of Tennessee, Knoxville.

"This methodology, if implemented correctly, makes most hospital systems viable with augmented profitability," the Boston-based doctor said "This in India will attract and increase private sector participation including larger investments in the healthcare space."

"My dream is to see a vibrant Indian healthcare industry managed by trained educated professionals who can navigate India to the path of prosperity."

Hariawala, who did his MD from Topiwala National Medical School, Mumbai, said doctors in India too could do a better job of managing hospitals with a specialized management course like the one offered at Tennessee.

"Predominantly the culture of hiring CEOs in Indian hospitals is to seek retired defence personnel," he said. "The attraction is not experience or good finance acumen but



*Dr. Mukesh Hariawala*

simply their ability to bring in higher standards of discipline in the organization."

"Some excel with experience gained on the job," Hariawala said, but "it would be more desirable if healthcare executives go through a formal business education and the results would be exponentially greater."

Doctors in India particularly those in the pre-retirement age group phasing out from active clinical practice should consider an MBA program especially since there are US programs that are available which offer full internet distant e-learning, he said.

"This will lead to heightened career fulfillment and could open new revenue streams. This will also keep MBA graduate doctors actively engaged and productive longer in the Indian healthcare industry" Hariawala said. Many medical colleges in India, including D.Y.Patil College

in Navi Mumbai, had expressed interest in running combined MD/MBA programs to make the Indian healthcare system more efficient.

India has a dual track healthcare system with government-funded hospitals catering to lower income group and the private sector geared to the affluent and upper middle class. As both are integral parts of the larger Indian healthcare community, Hariawala said, mandatory basic management education to all levels of providers of service would help them understand the values of conservation of available resources and run them more efficiently.

A doctor with an Executive Healthcare MBA with a better understanding of corporate governance and strong clinical knowledge offers a perfect combination of talent to steer Healthcare corporations to a position of strength as they develop new products or educate other doctors about their products. Turning to the hot button issue of healthcare reform in the US, Hariawala said President Barack Obama had rightly given it top priority during his election campaign. But the timing of its push is not the best due to the current economic downturn, which dilutes the attention it deserves, he said, as American citizens want all energies to be focused on job creation and address other urgent matters.

Healthcare reform must also be accompanied by insurance reform for it to be a meaningful long-term solution, Hariawala said.

That's just me

By Pari

# Polish your wit with Twitter

I stumbled upon a few amusing facts this week. First, I came across an article in the Wall Street Journal about fashion label Gucci's legacy and learnt Mr. Gucci's first name; Guccio. The man was named Guccio Gucci! Interesting is all I could mumble. Then I caught an episode of ex-politician Rahul Mahajan's bride hunt show. What an amazing set of girls to choose from; none of whose IQ seems to be more than 79 (borderline deficiency). One actually thought Obama's full name was Obama Bin Laden. To think that someone needs to go on national TV to find that. Brilliant. Then I saw Karan Johar winning a 'Social Icon of the Year' award at the NDTV Indian of the Year award show simply for using Twitter extensively. It gives the rest of us hope when we're hooked onto seemingly useless addictions.

Which brings me to my most interesting experience of the week. Out of a desperate measure to do something entertaining on one dull evening, I logged onto Twitter after a good six months and got blown away this time around.

Being an ardent Facebook user, I believed I was doing a decent job of being virtually in touch with all



Bollywood star Priyanka Chopra invited at the Twitter headquarters in San Francisco.

my friends and family. It even bordered on obsessive-compulsive disorder on some days. Left me with little time and inclination to get into yet another relationship with yet another social networking site. I'm nothing if not loyal or so I thought until Twitter crushed that notion. I watched myself get entangled into a Twittiverse (Twitter universe) of tweets from a variety of names and faces, some I identified as popular from the world of politics/ literature/ movies/ fashion/ media and some others I didn't recognize because they were ordi-

nary virtual people, or Tweeple, just like me, but were interesting nevertheless. It's been three days since then and I haven't rested.

You probably know the real difference between the two already. Facebook is Facebook whereas Twitter is largely used by people to speak their minds mostly about current on-goings. Speak their minds in just 140 words. The best part, you can follow anyone and anyone can read what you have to say. No egos, social standing or stardom will come in the way. I've even got the 44th President of

United States following me. That's right, Barack Obama follows me on Twitter even when I don't follow him. And it's a verified account of his so don't you laugh it out. But it's no biggie because he follows some 700k people. See what I mean? It's a dangerous place though because it's so easy to lose your way if you have a tendency of getting swayed.

You've most likely heard the rest but here's what's got me hooked. Wit. I just see a lot more wit on Twitter than all the other sites I am on, combined. Attribute it to the restriction on the tweet length or the exemplar set by some on the site but it's hard to deny. The wittiest of them all to me is Rahul Khanna. He could easily be a popular writer if you ask me. Here's one from him. "Today I discovered there really is no dignified way to react when painters suddenly appear on scaffolding outside your bathroom window." It's also been amusing to discover how a sub-section of the Indian media, Indian politicians and Indian celebrities have started a mutual admiration society on Twitter. Barkha Dutt praises Karan Johar, Karan Johar praises Abhishek Bachchan, Abhishek Bachchan praises Shah Rukh

**I just see a lot more wit on Twitter than all the other sites I am on, combined. Attribute it to the restriction on the tweet length or the exemplar set by some on the site but it's hard to deny.**

Khan, Shah Rukh praises Shashi Tharoor, Shashi Tharoor praises Barkha Dutt and to be different, Shobhaa De trashes them all. I wonder if PR agents will be extinct in the near future since everyone talks to everyone on such platforms completely eliminating the need for a middle man.

For more wit, hit me up on Twitter (randomwalkers) and follow who I follow or give me a few suggestions. See ya?

*Parinda Joshi exclusively contributes to The SA Times from the west coast. You can reach her at [thatsjustmepari@hotmail.com](mailto:thatsjustmepari@hotmail.com)*

## A common budget for the common man

**The Indian budget 2010 has had most gurus voice a confidence suggesting that for India the recession is something it has put firmly in the past. That's an amazing feat considering that here in the US the after-effects of recession are being felt and the unanimous voice is that Americans are still coming out of the recession.**

By Meghna Pant

The budget in India is typically a national obsession instead of being just another event like in other countries. But this year India's 2010-11 Budget has tipped the scales a bit by keeping India's economy on more-or-less of a status quo. No surprise announcements from the Finance Minister and neither extreme criticism neither jubilation from the man on the street may actually be a good thing. It shows us that the Indian economy, Indian people and policy makers may actually be maturing.

The credit for this of course goes to Finance Minister Pranab Mukherjee and his team. Not only has he provided a shot in the arm for the private sector but made the government's involvement in business a more positive one. He has focused on growth that is led by the private sector and based on the markets. At the same time, he has committed the government to more business and investor-friendly policies by saying that the government "should create an enabling ethos so that indi-

vidual enterprise and creativity can flourish." He has emphasized inclusive growth that should trickle down to people in the bottom of India's pyramid.

Business leaders and entrepreneurs were happy with the policy decision. It has been a tricky business environment as the world is coming out of the recession that impacted India as well. But this budget has had most gurus voice a confidence that seems to suggest that for India the recession is something it has put firmly in the past.

As if the greatest recession since the Great Depression has already been forgotten. That's an amazing feat considering that here in the United States the after-effects of recession are being felt and the unanimous voice is that Americans are still coming out of the recession.

The high point of the budget for most people was that Mukherjee found a middle path between focusing on growth without triggering the fear of unwinding of government stimulus measures. He made a commitment to tackle the state and federal deficit. He

aimed to decrease fiscal deficit from current 6.9% of GDP. Steps were also taken to strengthen and expand the banking and financial sector including considering more banking licenses to private sector players including NBFC'S (Non Banking Financial Companies) which will help the banking system reach more corners of India. There was also the introduction of retail trade which will help make this sector more competitive.

In fact, the Indian budget has provided some relief to US industry leaders as well. It has emphasized simplification of FDI (foreign direct investment) procedures in many sectors. It had made positive changes to the Customs Code.

All of these are going to encourage the investment environment of FDI into India. India needs to attract long-term investment to help pay for its huge infrastructure goals and needs.

Of course, on the same subject, US Industry is not entirely pleased. Its wish list for an increase in FDI cap for many sectors, especially insurance, to 49% has not been ad-

ressed. There is an increase in excise taxes. And foreign investors still find dealing with Indian companies and industries a process riddled in meaningless jargon and red tape. This budget has not made it any easier on this front.

Our Indian countrymen are not entirely pleased either. The Minimum Alternative Tax (MAT) has been raised from 15 % to 18% which is going to deter infrastructure and energy investment.

On top of that a fuel levy has been imposed. This will create more government revenue, but at the cost of higher energy costs which will most likely trigger an increase in inflation.

All in all, the budget is one that did not inspire euphoria but definitely inspired confidence, and with the growth cycle India is in, the Indian Budget of 2010-11 is yet another feather in our country's cap.

*Meghna Pant works on Wall Street as a financial news correspondent for Bloomberg-UTV and writes for some other publications.*

*The views expressed in Op Eds are not necessarily those of The South Asian Times.*

# Kabul attack: Holbrooke remark creates furore

In the face of US media reports that Pakistani militant group Lashkar-e-Taiba (LeT) searched for Indians in last week's deadly attack in Kabul, US envoy to Pakistan and Afghanistan Richard Holbrooke has regretted his remarks suggesting Indians were not targeted.

"I regret any misunderstanding caused by my comments on the recent terrorist attack in Kabul, which claimed the lives of seven Indians and at least 10 citizens of other nations," US Special Representative For Afghanistan And Pakistan Richard C Holbrooke said on March 5.

"I did not say Indians were not targeted, but that initially it looked like the target was not an official Indian facility," he said. "Early reports on events like this are often unreliable, and I try not to jump to conclusions."

"We all know that Indian citi-



At a media briefing, Holbrooke had reportedly said: "First of all, in regard to this attack, I don't accept the fact that this was an attack on an Indian facility like the Embassy."

zens have and continue to be targeted by terrorists, including inside Afghanistan," Holbrooke said adding, "My heart goes out to the families of all of the victims."

"The Afghan people and interna-

tional community deeply appreciate the very substantial humanitarian and reconstruction assistance that India provides Afghanistan," he said in a bid to soothe any ruffled feathers in New Delhi.

"The willingness of India to take risks and make sacrifices to help Afghanistan is testament to India's commitment global peace and prosperity and a vital part of the international commitment to Afghanistan's future," Holbrooke said.

At a media briefing, Holbrooke had said: "First of all, in regard to this attack, I don't accept the fact that this was an attack on an Indian facility like the Embassy."

"There were foreigners, non-Indian foreigners hurt. It was a soft target. And let's not jump to conclusions," he told reporters when asked how Indians in Afghanistan could feel safe in the wake of last week's attack.

"I understand why everyone in Pakistan and everyone in India always focuses on the other. But please, let's not draw a conclusion which - for which there's no proof," he said.

Earlier, India had officially protested to Washington about Richard Holbrooke's comments about Indians not being the targets in the Kabul attack last week. Holbrooke had upset New Delhi by his remarks when the guest-house that was the target of the attack had only Indian guests and was the primary focus of the attacks in which seven Indians were killed.

The issue is likely to be raked up when Foreign Secretary Nirupama Rao travels to the US next week.

After the Kabul attack in which six Indians were among the 16 persons killed Holbrooke had said, "In regard to this attack, I don't accept the fact that this was an attack on an Indian facility like the (Indian) embassy."

They were foreigners, non-Indian foreigners hurt. It was a soft target. Let's not jump to conclusions."

## Highest importance to women's bill: Sonia

New Delhi: Congress president Sonia Gandhi told party MPs on March 4 that she accorded the "highest importance" to the women's reservation bill and it would be a "gift to the women of India if it is introduced and passed" in parliament on March 8, International Women's Day.



UPA Chairperson Sonia Gandhi. The proposal for providing 33 percent reservation to women in legislatures has been pending for over 13 years.

"Other than the Right to Food Security, I personally attach the highest importance to the women's reservation bill," Gandhi said while addressing the Congress Parliamentary Party (CPP).

"So many years have passed since Rajivji first unveiled his vision of empowering us women. It is a matter of pride that even though it has taken so long, it is our government that has cleared the legislation in cabinet."

"This year on March 8 is the centenary of International Women's Day. What a gift to the women of India, if on this important day this historic legislation is introduced and passed," Gandhi added. Gandhi also said that the government was ready to place the "draft Food Security Bill for discussion in the public domain". The proposal for providing 33 percent reservation to women in legislatures has been pending for over 13 years -- since 1996 when it was first brought to parliament by the H.D. Deve Gowda government. In its present form, the Constitution (108th Amendment) Bill, 2008, has the backing of the Congress, the Bharatiya Janata Party and the Left. But it is being opposed by the Samajwadi Party, the Rashtriya Janata Dal and the Janata Dal-United. For the bill to be passed, it has to be supported by two-thirds of those present and voting. This figure should also be at least 50 percent of the total number of MPs in the house.

## Kalam, Tata India's most trusted: Survey

New Delhi: Former president A.P.J. Abdul Kalam and industrialist Ratan Tata top the list of 100 most trusted Indians while artist M.F Husain is at 91 and Uttar Pradesh Chief Minister Mayawati is at the very bottom, a survey conducted for Reader's Digest has revealed.

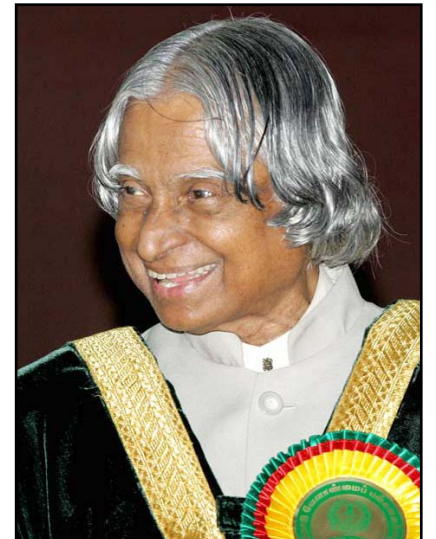
Prime Minister Manmohan Singh is ranked seventh, one place below chess grandmaster Vishwanathan Anand, Sachin Tendulkar is at number eight and Nobel laureate Amartya Sen at 10th place along with Wipro chairman Azim Premji and Indian Space Research Organization (ISRO) M. Madhavan Nair. Congress general secretary Rahul Gandhi is ranked 29th in the survey published in the March edition of Reader's Digest. Others in the top 10 list of India's most trusted Indians are former police officer Kiran Bedi (3rd), Infosys co-founder Narayana Murthy (4th), music composer A.R. Rahman (5th) and cartoonist R.K. Laxman (9th).

Among India's most trusted professions, teachers are at the top, followed rather surprisingly by firefighters and farmers follow at number three.

Scientists and members of the armed forces share fourth position, with doctors at sixth, pilots at seventh, surgeons at eighth, nurses at ninth and engineers at 10th.

At the bottom end of the scale of 40 most trusted professions are religious leaders (35), lawyers (36), police officers (37), government officials (38), realtors (39) and politicians (40).

"The survey was conducted online by market research firm Digital Edge that sent out 5,000 invitations, with 761 people responding by the cutoff date," Digest editor Mohan Sivanand said. "The survey covered 30 cities, with two-thirds of the respondents being under 35, possessing a bachelor's degree and three-fourth's male," he added. Given



Industrialist Ratan Tata and former president A.P.J. Abdul Kalam.

this, Sivanand has added a caveat in his editorial in the Digest. "Although we cannot claim this survey to be absolutely scientific, you'll agree with me that the overall results mirror public perceptions fairly accurately. Equally interesting are the views and explanations from experts. On a personal note, I don't have cause to rejoice, because journalists are ranked 30th among 40 professions, just below plumbers," the editorial says. Thus, the survey has more than its share of surprises, with cricket captain Mahendra Singh Dhoni ranked at 42nd, way below shooter Abhinav Bindra (25th), while tennis star Sania Mirza is at 81st. The respondents gave a massive thumbs down to politicians and sports administrators. Bharatiya Janata Party leader L.K. Advani is at 94, Railway Minister Mamata Banerjee at 96, Agriculture Minister Sharad Pawar at 97, Communist Party of India-Marxist general secretary Prakash Karat at 98 and former railway minister Lalu Prasad at 99. Indian Premier League commissioner Lalit Modi is just one notch above Advani. Bollywood and the small

screen have their share of places with actors Amitabh Bachchan and Aamir Khan at 14 and 18 respectively, with TV comic Jaspal Bhatti at 43, scriptwriter Javed Akhtar at 46, Shah Rukh Khan at 53, Sushmita Sen at 64, Rajnikanth at 67, Kamal Haasan at 71, director Anurag Kashyap at 78, Malayalam actor Mohanlal at 80, Aishwarya Rai Bachchan at 82 and TV serial producer Ekta Kapoor at 95. Among the other surprises in the list, President Pratibha Patil is ranked way below at 67, Planning Commission Deputy Chairman Montek Singh Ahluwalia at 41, Home Minister P. Chidambaram at 50, novelist Khushwant Singh at 51 and environmentalist R.K. Pachauri at 61 along with TV anchor Rajdeep Sardesai.

Congress president Sonia Gandhi is at 72, Finance Minister Pranab Mukherjee at 73, Minister of State for External Affairs Shashi Tharoor at 84, Leader of Opposition in the Lok Sabha Arun Jaitley at 86, Gujarat Chief Minister Narendra Modi at 87 and Jammu and Kashmir Chief Minister Omar Abdullah at 89.

March 6-12, 2010

TheSouthAsianTimes.info

## Pravin cremated, Mahajan clan keep away

**Mumbai:** Pravin Mahajan, who was sentenced to life for killing his elder brother Pramod Mahajan and died after a prolonged illness at a Thane hospital, was cremated on March 4 with only a few friends and some immediate family in attendance.

Other than his brother Prakash, members of the extended Mahajan clan or those from the family of Gopinath Munde, Bharatiya Janata Party (BJP) leader and his brother-in-law, were conspicuous by their absence. Munde, who is married to Pravin's sister, had expressed regrets over the death.

Political leaders from all other parties - except Maharashtra Navnirman Sena leader Ram Kadam - also kept away from the funeral.

A few personal friends of Pravin, 50, and relatives of his widow Sarangi were present when son Kapil lit the funeral pyre amidst the chanting of Vedic hymns at the Muktidham Crematorium in Thane.

Prakash Mahajan had told reporters in the morning that the Mahajan family would bear all the medical expenses during Pravin's 82-day stay in the intensive care unit of the Jupiter Hospital. Pravin's body was brought to Thane from the Sir J.J. Hospital in Mumbai where it had been taken for an autopsy.

Pravin, sentenced to life imprisonment in 2007 for



*Pravin Mahajan was sentenced to life imprisonment in 2007 for killing his elder brother and BJP leader Pramod Mahajan.*

killing his elder brother and Bharatiya Janata Party (BJP) leader Pramod Mahajan, died after remaining in coma for nearly three months. In a dramatic murder that shocked the country, Pravin had shot his elder brother and BJP leader Pramod Mahajan on April 22, 2006, in his Mumbai home. The high-profile BJP leader succumbed to his bullet wounds 11 days later on May 3. Shortly after committing the crime, Pravin walked down to the Worli police station and surrendered with his weapon. He was sentenced to life by a sessions court for fratricide on December 18, 2007.

## Stampede at UP ashram kills 63

**Mangarh (Uttar Pradesh):** As a pall of gloom hung over the Bhakti Dham ashram here a day after a stampede killed 63 women and children, an eyewitness said on March 5 that an electrocution rumor sparked off panic at the gate of the popular spiritual center.

Hridesh Tiwari, who runs a tea stall nearby, said the initial panic at the ashram gate was due to a rumor that a wire hanging nearby was "live" and had electrocuted someone.

"Once people heard that, they wanted to get away. Since there was no scope for turning back towards the road, everyone tried to rush forward, trampling one after the other," Tiwari said.

The ashram in this small town of Pratapgarh district run by popular godman Kripaluji Maharaj, which usually bustles with activity in the morning, wore an eerie look, with more cops than anybody else in and around the place.

The gate of the ashram that came crashing down under the pressure



*A relative of stampede victims cries in Kunda, Pratapgarh district in Uttar Pradesh.*

of the stampeding crowd was still lying on the ground. The open area around was still strewn with broken bangles, shoes, slippers, caps and shreds of the clothes worn by the victims who had converged to attend the bhandara (religious feast) organized by the godman.

The occasion, held annually to mark the death anniversary of his wife, had drawn thousands of devotees - largely very poor people - particularly in view of the announcement that along with food, the visitors would also be given some cash and two utensils.

The staff of the sprawling six-acre ashram remained silent and sullen, while they attended to their chores.



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# Your 2010 Census information is

# protected by law, regardless of your

# citizenship or visa status.

The Census must count every person living in the United States on April 1, 2010.

Before filling out this form, read the instructions on the back of this form and the instructions on the back of the form.

- Count all people, including babies, who live and sleep here most of the time.

The Census Bureau also conducts counts in institutions and other places, so:

- Do not count anyone living away either at college or in the Armed Forces.
- Do not count anyone in a nursing home, jail, prison, detention facility, etc., on April 1, 2010.
- Leave these people off your form, even if they live here after they leave college, the military, jail, etc. Otherwise, they may be counted.

The Census must also include people who do not live here on April 1, 2010, if they are in a place to stay, so:

- If someone who has no permanent home here on April 1, 2010, count that person. She may be missed in the census if you do not count her.

1. How many people were living in this house, apartment, or mobile home on April 1, 2010?

Number of people =

2. Were there any additional people staying here on April 1, 2010 that you did not include in Question 1? Mark  all that apply.

- Children, such as newborn babies or foster children
- Relatives, such as adult children, cousins, or in-laws
- Nonrelatives, such as roommates or live-in baby sitters
- People staying here temporarily
- No additional people

3. Is this house, apartment, or mobile home — Mark  ONE box.

- Owned by you or someone in this household with a mortgage or loan? Include home equity loans.
- Owned by someone in this household free and

5. Please provide information for each person living here who owns or rents this house, apartment, or mobile home. If the owner or renter lives somewhere else, still count him or her as living here. This will be Person 1. Write the person's name below.

Last Name

6. What is Person 1's sex? Mark  ONE box.

7. What is Person 1's age and what is Person 1's date of birth? Please report babies as age 0 when the child is less than 1 year old. Print numbers in boxes.

Age on April 1, 2010    Month    Day    Year of birth

8. What is Person 1's race? Please answer BOTH Question 8 about Hispanic or Latino origin and Question 9 about race. For this census, Hispanic origin includes Mexican, Puerto Rican, or Cuban, of Hispanic, Latino, or Spanish origin.

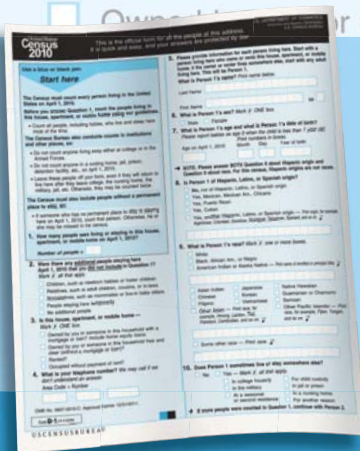
9. What is Person 1's race? Mark  one or more boxes.

10. What is Person 1's race? Mark  one or more boxes.

11. What is Person 1's race? Mark  one or more boxes.

12. What is Person 1's race? Mark  one or more boxes.

- Asian Indian     Japanese     Native Hawaiian or Other Pacific Islander
- Chinese     Korean     Guamanian or Other Pacific Islander
- Filipino     Vietnamese     Samoan
- Other Asian — Print race, for example, Hmong, Laotian, Thai, Pakistani, Cambodian, and so on. ↴     Other Pacific Islander — Print race, for example, Tokelauan, and so on. ↴



Every 10 years, the Census counts everyone living in the U.S. And it's not just a count. Filling out your 2010 Census form can help increase job training, improve education and more, for your community. And the law prohibits sharing your information with any other government agency. So don't worry and send back your 2010 Census form.

- The law requires everyone in your household to participate in the Census.
- The law will ensure that your information is confidential, even if you are undocumented.
- Help your community get its share of over \$400 billion per year in federal funds.

For an assistance guide in Hindi, please visit [2010census.gov](http://2010census.gov)

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HAMAARA BHAVISHYA,  
HAMAARE HAATH

## Big B, Balan shine at 55th Filmfare Awards

**B**ollywood stars Amitabh Bachchan and Vidya Balan were cited as best actor and best actress respectively at the star-studded 55th Filmfare Awards ceremony.

Bachchan won the award for his role in "Paa", while Vidya Balan claimed the trophy for her role in the same movie. As Bachchan was not present in the ceremony, Vidya Balan took the award on his behalf.

Hosting the gala night were Bollywood actors Shah Rukh Khan and Saif Ali Khan, whose one liners had the audience in splits. Their on-stage chemistry was much appreciated by the Bollywood stars present at the ceremony at the Yash Raj Studios.

"3 Idiots" was declared the best film, while Rajkumar Hirani claimed the best director award for the movie.

A.R. Rahman won the best music director for "Delhi 6".

Mohit Chauhan won the award for the best male playback singer for the song "masakali" from the movie "Delhi 6", while the female playback singer honours were shared by Kavita Seth and Rekha Bhardwaj.

While Kavita was awarded for the song "Ik tara" from the movie "Wake Up Sid", Rekha won the trophy for the song "Genda phool" from the movie "Delhi 6".

Among the other highlights of the evening was a tribute to legendary pop singer Michael Jackson by



Vidhya Balan.

Bollywood actor Shahid Kapoor, who charmed the audience with his perfect dance moves.

## Article on Bachchan Bahu slanderous: Big B

**M**egastar Amitabh Bachchan has defended his decision to boycott the Filmfare awards, where he was adjudged best actor for his role in Paa, saying he did it to protest against the "slanderous" media report about his daughter-in-law Aishwarya.

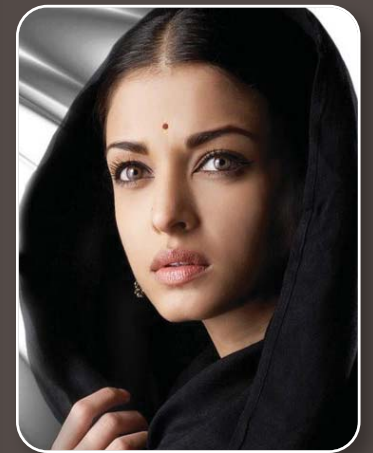
"The article was indecent and any man in the world must oppose if such an obscene article is written about a woman in his family," the 68-year-old actor said in his blog.

The veteran movie star termed the article in a city-based tabloid, as "slanderous".

Lambasting the report Bachchan said "the modesty of a lady in my house was slandered... the article slandered Aishwarya, so it was very difficult to participate in a function organized by the same media house."

No women would like her personal issues such as fertility or motherhood being discussed in this manner, he added.

An article published in a tabloid claimed Aishwarya, married to Amitabh's son Abhishek was suffering from stomach



An article claimed Aishwarya was suffering from stomach tuberculosis so can't conceive.

tuberculosis and this might be the reason that she had not yet conceived.

Amitabh demanded a public apology from the media house and since this did not take place, the entire Bachchan parivar boycotted the Filmfare award ceremony organized by the same group. Even Aishwarya, who was to perform at the awards, pulled out from the event and the Bachchans have served a legal notice to the newspaper.

## Warsi acting pricey post Ishqiya

**A**ctor Arshad Warsi has left Golmaal director Rohit Shetty in a lurch. The actor, an integral part of Golmaal — Fun Unlimited and Golmaal Returns has refused Golmaal 3 that goes on the floors next month. Reason: the actor has increased his market price after the success of Ishqiya, and demanded Rs 3 crore — double of what was being offered to him.

"Arshad was offered Rs 1.5 crore, but he made it clear that he would settle for nothing less than Rs 3 crores," says a source from the production team.

Arshad confirmed his absence from the film, reasoned his absence is due to his debut production, Hum Tum Aur Ghost. "I would've loved to be a part of Golmaal 3. I'm trying to work out a way to be associated with the film.



Arshad Warsi with Naseeruddin Shah in Ishqiya.

Money isn't bothering me at the moment." Asked about the money-related problems with Warsi, Shetty, presently doing a recce in Goa, says, "Will try to convince Arshad."

This isn't the first time Warsi has left a filmmaker stranded. When filmmaker Vishal Bhardwaj

offered Ishqiya to him, he had immediately walked out of the Amitabh Bachchan starer Teen Patti.

A unit source says Warsi left the film because he was getting a solo film, and did not want to be overshadowed by anyone.

"If Arshad was not adjusting his dates with that of Amitabh Bachchan, what could we do?" says a source from the unit. Teen Patti producer Ambika Hinduja says, "Whatever happens, happens for good.

When I see the film now, I can't imagine anyone but Madhavan (actor) do that part."

## Priyanka visits Twitter headquarter

**B**ollywood actress Priyanka Chopra, who is set to cross the 200,000 mark in Twitter followers, visited the headquarter of the micro-blogging website in San Francisco after being especially invited there.

Priyanka tweeted about her visit to the headquarter where she met Biz Stone, Twitter co-founder.

"My day was really interesting because I was invited to Twitter headquarter in San Francisco! Had a great time. Thanks Biz and team for the wonderful hospitality," she posted.

The 27-year-old, who has been shooting in US for Sajid Nadiadwala's "Anjaana Anjaani", is going to cross the 200,000 mark as far as her followers on Twitter are concerned. At present, she leads the Bollywood bandwagon on the site with 196,903 followers and has left stars like Shah Rukh Khan, Hrithik Roshan, Preity Zinta, Shahid Kapoor far behind.

"Priyanka was in the US for her movie shoot. She had to drop by at a studio for the NDTV Indian of the Year programme and there she met the Twitter team. She was invited to the headquarter office in San Francisco since she is so popular among the Bollywood celebs on Twitter," a source close to the actress said.



Priyanka Chopra's Twitter page.

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# Maths audaciously meets gambling in 'Teen Patti'

If you can get over the ludicrousness of a distinguished mathematician, whose god is Albert Einstein and who at the end of the film gets the 'Isaac Newton Award' for excellence in his field, masquerading as a seedy gambler, then "Teen Patti" is a surprisingly skilful and audaciously complex piece of drama.

The story of the eccentric mathematician's adventures takes the narrative from underground addas to high-class casinos where Professor Venkat Subramaniam, his junior colleague Madhavan and four students convert the professor's newly-discovered mathematical theory into hard cash on gambling tables.

The plot reveals layer after layer of conspiracy until we come to the core idea.

The story unravels through an extended dialogue in Cambridge between Subramaniam and a British maths professor Perci Trachtenberg played by Bachchan and Sir Ben.

Just watching the two distinguished baritones exchange notes on academia, life and their overlapping quirks is a pleasure that makes for full paisa-vasool viewing.

Alas, one of the baritones belonging to Ben Kingsley speaks in Boman Irani's voice. And that too in Hindi! Why are the two professors huddled together in

Cambridge speaking to each other in a language that suggests no tenability except a practical desire to make itself intelligible to Hind-speaking Indian?

Presiding over this world of infinite infamy is Bachchan. He portrays the ill-understood proclivities of the academic genius with a profound absence of brouhaha. Even as the world outside falls apart, Bachchan creates an unspoiled inner world for his character.

As for Sir Ben, the British actor's clipped tone is gone. What remains is half a performance... Good enough.

A poster of Teen Patti.



## It's been a wonderful ride so far: Katrina



Katrina Kaif in Rajneeti.

It's a departure in every which way for this Bollywood actress on the ascendant. She is playing a deglamorised politician and the Hindi has to be perfect too, but Britain born Katrina Kaif says her role in "Rajneeti" excites her more because she is now comfortable with the language.

Katrina, who has delivered a string of hits playing the urban hip young woman, gets a makeover in Prakash Jha's "Rajneeti". Dressed in cotton saris and speaking chaste Hindi, this is a challenging role that

she's looking forward to. But the Hindi is passe now for the actress, whose accented Hindi meant that her many early films had to be dubbed.

"I am excited about the part (in 'Rajneeti'), but I am not very excited about speaking Hindi because I spoke Hindi in my last 10 films. It's a great role and a great film and I certainly hope people enjoy it," Katrina said.

"Rajneeti" is Katrina's first political thriller and she says she wants to keep her options open by not restricting herself to any particular genre.

## 'Road, Movie' about discovering laughter

Having directed "English, August" and "Split Wide Open", Dev Benegal is back with his third outing after more than a decade. "Road, Movie", he says, is about discovering laughter and joy, with 'traveling cinema' and the Indian landscape as its backdrop.

"'Road, Movie' is about the journey of a young man driving a truck from a small town to a city by the sea. He has to cross a desert in between and eventually in the end of the journey he discovers laughter and joy," Benegal, 49, said.

"It's really about discovering laughter and happiness and about enjoying yourself and letting yourself go and going for the ride," he added.

The 95-minute outing is also about more. "I wanted to make a road movie about the Indian landscape which has a very raw, powerful and naked beauty to it," he said.

"I was really worried that before the entire country becomes a Special Economic Zone (SEZ), I wanted to go out there and somehow really capture the spirit of what India really meant and that's what 'Road, Movie' is all about," he added.

"Road, Movie" revolves around Vishnu (Abhay Deol), a young man desperate to escape a future working as a salesman for his father's hair oil business.

He relishes the chance to drive his uncle's 1940s Chevy truck across the desert to a museum. Along the way,



Abhay Deol and Satish Kaushik in 'Road, Movie.'

the cast of characters grows to include a cheeky sidekick in the form of a runaway boy (debutant Mohammed Faizal Usmani), a wise mentor in an old desert wanderer (Satish Kaushik), and a beautiful gypsy woman (Tannishtha Chatterjee).

Vishnu soon learns that the truck was once used for 'traveling cinema' - it involves screening movies in different locations through projectors that are carried to the spot in vans or trucks.

The concept is a reflection of the

director's own past working for traveling cinema in India. Vishnu's truck still contains projection equipment and reels of film, from vintage Indian cinema to the daredevil silent comedies of Hollywood.

Screening films in the middle of the desert provides them all with moments of salvation and reflection. "The inspiration for this film also comes from the many road trips I've taken as a teenager. All for me were a sense of escape and getting away and exploring something new," said the 49-year-old.

**New Delhi:** “She suckered us. Suckered us.....this woman suckered us.” So said an enraged US president Richard Nixon of the then Indian prime minister Indira Gandhi after learning that war had broken out on the subcontinent on Dec 3, 1971, and Indian forces had made a decisive push towards then East Pakistan that it recognized as Bangladesh three days later.

Nixon, who had met her just a month earlier in Washington, had sought assurances from her that India would not take any precipitate military action pending efforts by the US to find a political solution that would not “shatter the cohesion of West Pakistan” and end up “overthrowing President Yahya (Khan)” who was pivotal to America’s China initiative after 22 years of diplomatic freeze.

Nixon had then made it clear to Mrs Gandhi that “nothing could be served by the disinte-

gration of Pakistan” and even warned darkly that “it would be impossible to calculate with precision the steps which other great powers might take if India were to initiate hostilities”.

Nixon’s presentations were heard with “aloof indifference” by Mrs Gandhi, Secretary of State Henry Kissinger was quoted as telling author Kalyani Shankar in her just published book “Nixon, Indira and India - Politics and Beyond (Macmillan/Rs. 445).

Nixon’s frustration at not being able to make Mrs Gandhi back off from war reflected in his telephone conversation with Kissinger on Dec 6. Almost fumbling for words without breaking into expletives at the turn of the situation in the subcontinent at a time when Yahya Khan’s propping up was imperative for American foreign policy interests, Nixon wondered if he

## This woman suckered us, said Nixon of Indira Gandhi: Book

was “too easy on that goddamn woman when she was here”.

Even as Kissinger tried to pacify a fuming president by saying he was only following advice to be “gracious” to a visiting dignitary, Nixon agreed at one point with Kissinger that he should have probably “brutalized” her and followed up by threatening: “But let me tell you she is going to pay. She is going to pay.”

Nixon even asked Kissinger whether the Chinese would make threatening moves towards India. But the Chinese, much to the chagrin of the Americans did not agree to “intimidate the Indians”, as the author points out, because the Chinese thought that “independence for East Pakistan was a foregone conclusion.



Richard Nixon with Indira Gandhi

“It(China)waspreparedtoendorse UN proposal for a standstill ceasefire and forgo a demand for mutual troop withdrawal,” the book states. When even the Soviets refused

to put pressure on New Delhi for a ceasefire, Nixon ordered the Seventh Fleet into the Indian Ocean in a threatening gesture. The Fleet, consisting of an aircraft carrier and four destroyers, was to move towards Karachi with the publicly stated aim that they would stand by for “possible evacuation” of Americans although the intention was to browbeat India in case the government in New Delhi did not agree to an immediate ceasefire and withdrawal.

India did finally agree to a ceasefire, but that was only on Dec 17 after Indian forces marched into Dhaka (then Dacca). There was a ceasefire also in the west with India assuring that it had no desire to seize the territory of West Pakistan, an assurance it delivered to Washington via Moscow.

## Wine is the color of the season: Celina Jaitley



Celina Jaitley dressed in wine colors

**Mumbai:** Model-turned-actress Celina Jaitley announced wine as the colour of the season at the Lakme Fashion Week (LFW) here Friday.

‘Itisaprivilege to launch the colour of the season as Lakme has always predicted the coming trend rightly. This time, Lakme has predicted a colourful trend with the colour wine,’ Celina said after the launch of the color.

Asked if she uses the color personally, she said: ‘Yes, yes, I have used the color and I am really looking forward to use it in the coming season because for a long time the trend of very nude looks was on and little bit of color was required. I am so glad that it is wine because it suits the Indian skin tone best.’

Celina believes any trend reaches the people faster if it is triggered by an actor. ‘If a trend is started by any actor, it reaches the masses faster because people idolize actors,’ she said.

## Designer Priya Katariya pays tribute to Gayatri Devi at LFW

**Mumbai:** Designer Priya Katariya Puri, a big fan of Gayatri Devi, paid tribute to the late “Rajmata” of Jaipur, with her collection at the Lakme Fashion Week here Friday. She chose Mugdha Godse as the showstopper.

“I am inspired by Gayatri Devi from my childhood. As she passed away last year, I felt this was the right time pay a tribute to her and I created this collection in her memory. I am a very, very big fan of her style and her beauty...her entire style statement and the kind of person she was,” Priya said.

Priya’s collection saw use of bold digital prints in the hues of bold pinks, green and blue in kurtas, saris and tunics.

Model-turned-actress Mugdha sashayed down the ramp in a light pink dress with a lot of embellishment and “surface jewelry”. She said that the dress was perfect for a marriage function.

“You don’t have to wear much jewelry with this outfit. So it makes things a lot simpler. You just slip into the dress and you are ready for the function,” said Mugdha.

“I am feeling very honored and privileged to be a part of Gayatri Devi inspired collection,” she added.



The Showstopper and (inset) Rajmata of Jaipur Gayatri Devi with Jacqueline Kennedy



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# News TV: The age of extremes



By Rajdeep Sardesai  
HT Media

A few months ago, when Sarah Palin, the poster-girl of rightwing Republicans was contracted by Fox News to be a guest anchor, she remarked, "I am thrilled to be joining the great journalistic talent at Fox News. It's wonderful to be part of a place that so values fair and balanced news."

Ah! 'Fair' and 'balanced', those wonderful words that Fox News has made its tagline, words that every aspiring journalist is reminded are critical to professional credibility. Unfortunately, since I didn't go to journalism school (or perhaps because I didn't), I am still not sure what those words mean. After all, if the channel that has often been accused of being "the propaganda arm of the Republican party" can proudly claim to be 'fair' and 'balanced', then I guess we need to redefine the meaning of the words. When Robert Ailes, the Fox News chairman was asked on the criticism of the political slant of the channel, his response was: "We're not programming to conservatives, we're just not eliminating their point of view!"

We still don't have a Fox News equivalent in India — although a few channels have slipped dangerously in that direction. But the dilemma of what constitutes 'fair' and 'balanced' TV is universal. On Indian news TV, the escape route has been to ensure that any discussion program represents strikingly contrary viewpoints. So, if you have a rightwing voice who believes that Hindutva is the core of Indian nationalism, you must have a left-liberal view that is convinced that Hindutva is a communal platform. If you



To have two articulate speakers slug it out — let's say an Arun Jaitley from the BJP and a Kapil Sibal from the Congress — does make for terrific television.

have someone who condemns human rights violations in Kashmir, you must have someone who believes that human rights activists are apologists for militants. If you have someone who supports gay rights, you must have an opposing view that sees homosexuality to be a criminal act.

If there is one thing that contemporary news TV has done, it has accentuated the polarities in public debate. The limited discussion time on TV does place a premium on short, snappy sound bites. On TV, the moderate viewpoint that might qualify its responses with a considered 'on the other hand' is quickly discarded. By contrast, the

more direct, extreme view is celebrated because it leads to, let's be honest, a 'big fight'. As someone who has 'moderated' many such 'fights', let me say that the experience has been mostly enjoyable. To have two articulate speakers slug it out — let's say an Arun Jaitley from the BJP and a Kapil Sibal from the Congress — does make for terrific television: it can be edgy, dramatic and exciting. But also, at times, dare I say, a little predictable.

The recent debate over Naxalism typifies the problems associated with converting a highly complex subject into a binary black and white conflict. Much like a boxing

match, the participating pugilists are placed in their respective corners. On one side, you have the votaries of the strong state: for them, the Naxals are terrorists who must be eliminated. On the other, you have the so-called Naxal 'sympathizers' (or the 'overground face of the underground' as a politician once labeled them) who believe that the Indian state is brutal and repressive. Bring them into a TV studio, and the debate follows a familiar pattern: loud, accusatory and, in many instances, highly personalized.

Lost in the cacophony, there seems little space or time to discuss how a just and acceptable solution can be found to what is both a socio-economic and a security challenge. Why should every reference to alleged 'atrocities' committed by a local militia like the Salwa Judum in Chhattisgarh be seen as an exhibition of 'anti-national' behavior? On the other hand, why should unbridled criticism of Naxal violence be seen as state propaganda? What if, one were to suggest, that both sides are in danger of being victims of their own propaganda machines, that maybe the Salwa Judum and the Naxals are two sides of the same violent coin?

Post-script: If Fox News has chosen Sarah Palin as its brand ambassador for 'fair' and 'balanced' reporting, maybe we should also look for similar home-grown figures? Maybe, our tough-talking home minister is an option? Better still, why can't we have both Mr Chidambaram and author-activist Arundhati Roy on the same program on Naxalism? It would certainly make for fascinating television.

(Rajdeep Sardesai is Editor-in-Chief, IBN Network. The views expressed by the author are personal.)

# Budget: NRIs wake up and smell the coffee

By Kul Bhushan,  
HT Media

India's budget yet again demonstrates to NRIs that investing in their homeland is probably the best option right now. The West is still struggling to climb out of one of its deepest recessions and provides low returns, while India's growth story promises healthy returns. Surely, it's time to wake up and smell the Indian coffee.

Soon after the budget was read, the Indian stock exchange gave it a thumbs up sign without delay as the market climbed up by a hefty 175 points. The return on Indian equities in the past year has been calculated at 87.4 percent by The Times of India. If an NRI invested in real estate stocks for the last year, the returns would be a whopping 139 percent! The auto sector was not far behind as the returns on wheels was 184 percent. Again, consumer durables and the IT sector would have raked in returns at 150 percent and 125 percent respectively. Now, where would an NRI get his investment almost doubled in one year?

As far as returns on fixed deposits are concerned, NRIs can reap much higher returns of eight percent for term deposits if they convert their currencies into Indian rupees. This compares with two to three percent when they keep their funds in hard currencies in India or abroad. Considering that over 100 banks have failed in the US following the meltdown and a number of British banks were also shaken, NRIs hastily sent their savings to India and the country's foreign exchange reserves are hovering at a bulging \$280 billion now.

In the economic report card for the year, the Indian finance minister announced that the economy is growing at a healthy



NRIs are buying properties in India after the 2008 meltdown for rent or for use during retirement.

7.2 percent - one of the highest in the world. Except for agriculture, most sectors are doing well. Unlike most Western economies, India has begun to withdraw the stimulus.

Commented an NRI chartered accountant, S.K. Gupta: "A clear message has been given to the world at large about India's economic progress by expanding tax bands, thus lowering income tax. It conveys that India's spending power has increased a lot.

"One of my clients, Rahul Jaiswal, an Australian citizen earning over \$200,000 (combined with his wife's income), has decided to accept a job as president in Chennai with an inter-

national water treatment company. He told me he had a better future in India than in Australia."

NRIs will also benefit from the lowering of income tax rates announced in this budget if they file their returns in India. The norms for FDI (foreign direct investment) have also been eased and streamlined in this budget. NRIs are buying properties in India after the 2008 meltdown for rent or for use during retirement. Lack of job security in the West and lower prices in India are major factors.

From 2003 onwards, property prices rocketed as the economy boomed. In many cases, prime property in major towns rose over three or four times, making them out of reach for most overseas Indians. A small house in a small city in India would cost them more than a condo in Florida. Indian property prices stabilized in late 2008 as many developers had started real estate projects targeted at high income owners. When the buyers vanished, the prices came down by 50 percent in early 2009. By mid-2009, NRIs began to buy again.

So with all these goodies, where are the hurdles for NRI investment? Lots of paperwork. First, obtain a PAN or Permanent Account Number. This 10-digit number, issued by the Income Tax Department, is essential for all investments whether an NRI pays income tax or not.

To invest in direct equities, NRIs need to obtain prior permission from the Reserve Bank of India that a broker can obtain. Then you open a Demat or 'dematerialized' account for holding and trading shares. To invest in mutual funds, an NRI needs a PAN Card and complete the KYC or 'Know Your Customer' process. This paper chase takes about three months. Despite this red tape, has the aroma of Indian coffee tempted you?

The views expressed in Op Eds are not necessarily those of The South Asian Times.

March 6-12, 2010

TheSouthAsianTimes.info

# India urges Oz for action on racial attacks

**New Delhi:** India has pressed Australia to take "effective steps" to ensure the security of Indians in that country and sought a list of authorized agents recognized by Australian institutions so that students are not cheated by touts or dubious institutes.

Australian Foreign Minister Stephen Smith updated his Indian counterpart S.M. Krishna about measures taken by Australian authorities, including close surveillance of areas where Indians stay in large numbers, and emphasized his government's zero tolerance for racist attacks.

He also reiterated Australia's commitment to bring to justice those responsible for attacks on Indian students and promised "transparent and upfront action".

Krishna asked for quicker prosecution of those found involved in attacks against Indians, sources said. The two ministers also took up other bilateral issues, like counter-terror cooperation and



*Australian Minister for Foreign Affairs Stephen Smith with Union Minister of Human Resource Development Kapil Sibal, in New Delhi on March 3.*

prospects of a free trade agreement between the two countries.

Smith also discussed with Home Minister P. Chidambaram the security of the Commonwealth Games and expressed satisfaction

at the security for key sporting event to be hosted by India later this year.

The safety of students also figured in his discussions with Human Resource Development

Minister Kapil Sibal. "With regard to the desire expressed by the Australian side to develop a set of principles for the regulation of education agents recruiting Indian students to study abroad, Sibal requested the Australian side to provide to the Indian side, a list of education agents signed up by Australian institutions," the human resources development ministry said in a statement.

A signed list of agents will help Indian students not to fall prey to touts who promise students all kind of things before sending them to sub-standard educational institutes. Sibal emphasized the need of making suitable arrangements for Indian students who have been affected by closure of dubious institutes of vocational education recently.

Sibal and Smith also discussed India's plan to allow foreign educational institutions to open campus in India. Earlier in the day, Smith admitted that some of the

attacks on Indian students were racist in nature that caused considerable damage to Australia's reputation and standing among Indian people.

"We know that a number of these assaults are racist and have racial overtones. These are absolutely contemptible," Smith, who is on a three-day visit to India, told reporters.

Smith also said the Australian Institute of Criminology, a private body, was studying the attacks on Indian student and would soon come up with an exhaustive report to help the government deal with the issue. "There are 70 investigations underway on these assaults. We regarded that it is condemnable and we have zero tolerance that doesn't reflect the modern, tolerant and multicultural Australia," he said. There are around 120,000 Indian students studying in Australia. The Indian diaspora there is roughly 500,000 strong.

## Swraj dragged into British party funding row

**London:** Indian-born steel magnate and Labour Party supporter Lord Swraj Paul has found himself dragged into a controversy on who is allowed to fund political parties in Britain after a leading opposition contributor and strategist admitted his tax status is that of a non-domicile. Lord Michael Ashcroft, who is estimated to be worth some one billion pounds and is vice chairman of the opposition Conservative Party, declared on his website Monday: "My precise tax status... is that of a 'non-dom' - a status that allows the taxpayer to avoid paying taxes in Britain. "Two of Labour's biggest donors - Lord Paul (recently made a privy councillor by the prime minister) and Sir Ronald Cohen, both long-term residents of the UK, are also 'non-doms'," added Ashcroft, who used to live in Belize.

Alongside, Conservative leader David Cameron claimed Ashcroft's status "happens to be the same as Lord Paul, one of Labour's biggest donors, someone whom the prime minister made a privy councillor."

But the Caparo Group chairman dismissed the comparison, saying:



*Labour Party supporter Lord Swraj Paul.*

"It is really ridiculous for anybody to start comparing me to anybody. My view has been simple - I am one of the most open people (about the fact) that I am non-dom. That's what the law allows me and that's what I am. "I have never hidden the fact or said it was my own private affair. I don't know why they are using my name, except to cover themselves up." While Paul, a close friend of British Prime Minister Gordon Brown, has given 69,000 pounds to Labour - including 45,000 pounds to Brown's 2007 party leadership campaign - Ashcroft has given the Conservatives 4.5 million pounds.

## India urged to repatriate undocumented Indians

**Jeddah:** Prime Minister Manmohan Singh has been urged to ensure the repatriation of Indians who are living without legal documents here in Saudi Arabia.

A memorandum presented to Manmohan Singh by the editor of a Gulf-based daily has called New Delhi to take immediate action to repatriate undocumented Indians living under the Kandara Bridge in Jeddah.

"We request our government to take immediate action to repatriate these poor Indians to avoid possible deaths and the spread of chronic diseases among them.

They are living in terrible conditions in harsh weather without food or shelter," said Hamza Abbas, chief editor of Gulf Madhyamam. Saudi Arabia is home to some 1.8 million Indians.



*Prime Minister Manmohan Singh being conferred the honorary doctorate by the King Saud University, in Riyadh, Saudi Arabia on March 1.*

## Indians celebrate Holi in Trinidad and Tobago

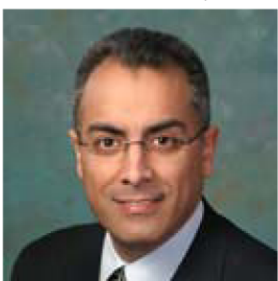
**Port-of-Spain:** Indians in Trinidad and Tobago celebrated Holi, rejoicing the performance of a folk dance troupe from Mathura and splashing colored powder on each other's face.

From early morning, thousands of Hindus came out in their vehicles decorated with banners and flags to greet the community members on the occasion.

Performance by the artists of Charuka Dance Academy of Mathura, Uttar Pradesh, was one of the main attractions at the celebration hosted by Indian

High Commissioner Malay Mishra. Scores of Indian expatriates working here attended the function which was organised by the Mahatma Gandhi Institute for Cultural Co-operation, Caroni. Winston Dookeran, leader of the Congress of the People (COP), in a message, said that Holi, also known as "Phagwa", has become a national festival as it provides "a sense of spiritual empowerment and social mobility". "Phagwa has a message of hope, truth, humility and a spirit of humanitarianism for all mankind," Dookeran said.

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# India-Pakistan meet in Washington?

**New Delhi:** Leaders of India and Pakistan are expected to meet on the sidelines of a global security summit in Washington next month in yet another bid to revive their stalemated dialogue, well-placed sources said.

Prime Minister Manmohan Singh is set to go to Washington to attend the two-day Nuclear Security Summit starting on April 12 that will focus on expanded global cooperation to prevent atomic material from falling into the hands of terrorists and non-state actors.

The conference, an initiative of US President Barack Obama, will be attended by leaders of 44 countries, including India and Pakistan.

It is not yet clear whether Pakistan President Asif Ali Zardari or Prime Minister Yousuf Raza Gilani will represent Pakistan at the summit. In Islamabad, Pakistan Foreign Office spokesman Abdul Basit has confirmed Islamabad's participation in the conference, but added that the composition of the delegation has not yet been decided.

If Gilani or Zardari goes to Washington, there is a strong possibility of a bilateral meeting on



*The February 25 talks between foreign secretaries of India and Pakistan did not lead to any breakthrough, but a tacit understanding has been struck to keep the ball rolling as it were.*

the sidelines of the security summit in Washington, well-placed sources said.

"Nothing has been decided yet. We don't know who is representing Pakistan," the sources added.

If the meeting does take place, it will be the first interaction between the leaders of the two

countries since they met in the Egyptian resort of Sharm el-Sheikh in July last year.

A positive meeting could create the right atmospherics for a more constructive interaction on the sidelines of the SAARC summit in the Bhutanese capital Thimphu towards April-end.

In Sharm el-Sheikh, Manmohan Singh had taken a calculated gamble to delink terrorism from the composite dialogue process and included a reference to Balochistan in the joint statement, leading to a strong domestic backlash against alleged capitulation by India.

This time around, the atmospherics are different. The February 25 talks between foreign secretaries of India and Pakistan did not lead to any breakthrough, but a tacit understanding has been struck to keep the ball rolling as it were. Manmohan Singh, who is widely seen to be behind India's initiative to invite the Pakistani foreign secretary for talks, has kept the possibilities of dialogue alive by saying that he is ready to

go the extra mile if Pakistan cooperates in addressing India's concerns over terror.

Days after the attack on Indians in Kabul, in which the Afghan intelligence suspect the hand of Pakistan-based Lashkar-e-Taiba, Manmohan Singh made it clear that although there was no alternative to engagement with Pakistan, any meaningful dialogue will depend on Pakistan's response to India's concerns over cross-border terror. "All problems between India and Pakistan can be resolved through meaningful bilateral dialogue if only Pakistan would take a more reasonable attitude in dealing with those terrorist elements who target our country," Manmohan Singh told reporters while returning from Riyadh.

## US arms supply to Pak worries India

**New Delhi:** The United States should ensure that the "latest tranche" of military aid to Pakistan is used only for countering the Al Qaeda and the Taliban, Defence Minister A.K. Antony said.

"Given our bitter past experience of how Islamabad used such aid against India, Washington should ensure that the latest tranche of military aid is used only for the purpose of countering Al Qaeda and Taliban terrorists and not against India," he said in a statement here.

## Pak should act against Saeed: Chidambaram



*Lashkar-e-Taiba chief Hafiz Saeed.*

**New Delhi:** Home Minister P. Chidambaram has criticized Pakistan for allowing Lashkar-e-Taiba (LeT) chief Hafiz Saeed to make provocative anti-India statements despite New Delhi having given clear information of his role in the 26/11 Mumbai attacks.

"We are very clear of the role of Hafiz Saeed (in the Mumbai terror attack). It is a role that deserves to be investigated. Any responsible government would have acted on the information. Far from investigating, the Pakistan government is allowing him to make provocative statements," Chidambaram told reporters. The home minister was presenting the monthly report of his ministry.

He said India was expecting Pakistan to take action against terrorists named in three dossiers that New Delhi handed over to Islamabad during foreign secretary-

level talks last week.

"Three dossiers prepared by the ministry of home affairs were handed over by our foreign secretary (Nirupama Rao) to the foreign secretary (Salman Bashir) of Pakistan. We expect Pakistan to take action against the persons mentioned in the three dossiers," Chidambaram said. The dossiers had information on terrorist leaders, included Hafiz Saeed, who masterminded the Mumbai terror attack in 2008.

Chidambaram said he also met Federal Bureau of Investigation (FBI) chief Robert Mueller on February 23. "Our discussions were useful and centered on the case of David Headley and on intelligence sharing," he said.

Headley, a Pakistani born US national, is suspected to have played a key role in the Mumbai attacks that killed 166 people in a three-day siege Nov 26-29, 2008.

## Indian media tycoon killed in Nepal

**Kathmandu:** Less than 24 hours after a media tycoon of Indian origin was shot dead by unidentified gunmen in southern Nepal, the Indian managing director of an Indian-owned medical college survived a daring attack on his life in the most secure area of the capital on March 3, police said.

Nagender K Pampati, an MBA from Boston University and the managing director of the College of Medical Sciences in Bharatpur town in southern Chitwan district, was shot at while he was traveling in his car through Lazimpat, the area in the capital where most embassies, including the Indian Embassy, are located.

Though the car suffered damage, Pampati was unhurt, police said. The medical college, started in 1996, has a strong Indian presence. It is owned by V. Natraj Prasad from Andhra Pradesh and headed by A.C. Patowary, former director of medical education, Government of Assam, India. The shooting triggered a manhunt in the capital with police stopping all traffic and beginning a check of passing vehicles.

However, no one had been arrested. The attempt on the Indian's life comes after Arun Singhania, the 50-year-old publisher of the Nepali daily Janakpur Today, published from southern Nepal, died Monday evening while on his way home.

Singhania, who belonged to the Marwari community of Nepal, received three bullets shot from close quarters by unidentified assailants who accosted him on two motorcycles, police said.

The attack occurred around 6.30 p.m. Monday



*Policemen tussle with journalists during a protest against the killing of Arun Singhania, publisher of the Nepali daily Janakpur Today, in Kathmandu on March 3.*

when Singhania, who had gone out to take part in the Holi festivities celebrated in the Terai Monday, was returning home.

Singhania, whose media group also ran an FM radio station as well as an Internet portal, had returned to Janakpur, the main town in Dhanusha district, on Sunday after a month-long sojourn in India where he had been on a pilgrimage.

Reports said his last port of call was New Delhi where he had gone to see his son Rahul, who is studying MBA in the Indian capital.

Janakpur, southern Nepal's famous temple town renowned for its Janaki temple, remained paralysed Tuesday after the Janakpur Chamber of Commerce and Industry called a shutdown to protest against the murder.

In Kathmandu, industrialists met Prime Minister Madhav Kumar Nepal to warn him that all industries and businesses in the country would be shut down if the security situation did not improve within a month.

They are urging for the formation of the Industrial Security Group the government had promised to provide security to industries, especially in the Terai, where violence has mushroomed since the fall of King Gyanendra's army-backed government in 2006.

The Federation of Nepalese Journalists (FNJ) also condemned the killing and held a sit-in before Home Minister Bhim Rawal's office in the capital.

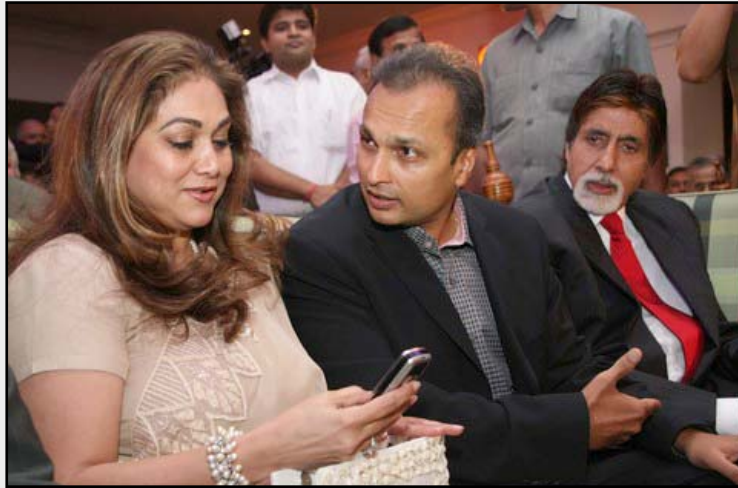
The FNJ said it would stage protest rallies nationwide from Wednesday seeking the immediate arrest of the culprits and security for Nepal's beleaguered media that remains under attack even four years after the end of the Maoist insurgency.

# REL Entertainment next game changer: Anil

**Mumbai:** Industrialist Anil Ambani, who feels movies speak a language that transcends borders, said that Reliance Entertainment will hopefully act as a game changer and help the best in the business to realise their hopes.

"Movies speak a language that transcends borders and boundaries. At Reliance Entertainment we are here to act hopefully as a game changer, as we are helping the best in the business to realize their hopes. We want to do movies that entertain, enlighten and elevate you. We want all of you to be in them, to direct them and write them," Ambani said at a function he hosted here.

"We hopefully want to make movies with a difference for audi-



From left, Tina Ambani, Anil Ambani and Amitabh Bachchan.

ences across the globe. We want to help you discover new dreams and new ideas. We want to be with you

on this very exciting journey of cinema where technological wizardry meets the craft and is able to

touch our lives.

"We hope that people have an unlimited appetite for anything with imagination and hopefully we will satisfy it. I believe a new world beckons, a Pandora, not of Greek mythology but the one that ushers in a big and wonderful universe that dazzles across all so let us fly into this exciting journey of future together."

Anil and Tina Ambani organized a party to celebrate the success of some of Reliance BIG Pictures' recent releases including "Paa" and "3 Idiots" as well as the honors that "Rock On!" and "Shob Charitro Kalponik" received at the National Film Awards.

Reliance Big Entertainment Limited (REBL) has partnered

with Hollywood biggies as well. It has collaborated with Steven Spielberg & Stacey Snider in the new DreamWorks Studios.

Additionally RBEL also has unique creative partnerships for film development and production with Brian Grazer & Ron Howard's Imagine Entertainment, Nicholas Cage's Saturn Productions, Brad Pitt's Plan B Entertainment, Tom Hank's Playtone Productions, George Clooney's Smokehouse Productions, Chris Columbus' 1492 Pictures, Jay Roach's Everyman Pictures, Jim Carrey's JC 23 Entertainment, Brett Ratner's Rat Films, Julia Robert's Red OM Films, Deepak Nayar's Kintop Pictures and others.

## A-I, IndiGo get new Airbus A320

**Hyderabad:** French aircraft maker Airbus Industrie has delivered one Airbus A320 aircraft each to national carrier Air India and low-cost private airline IndiGo here during the India Aviation 2010.

This is the 74th delivery of the 111 aircraft



The 140-seater A320 aircraft has a twin-class configuration - 20 seats in executive class and 120 seats in economy class.

and ordered by Air India for its domestic and international operations. The airline has ordered 43 Airbus aircraft, 20 A321, 19 A319 and four A320. Of these the carrier has now got 19 A321, 19 A319 and one A320 Airbus aircraft. "The remaining A320 and A321 aircraft are scheduled to be delivered by April," an airline official said. After being accorded a ceremonial landing, the A320 was received by Civil Aviation Minister Praful Patel and Andhra Pradesh Chief Minister K. Rosaiah. Airbus Executive

vice-president Kiran Rao handed over the title of the aircraft to Air India chairman and managing director Arvind Jadhav.

The airline has ordered 68 Boeing aircraft of which 35 -- eight B777-200LR, nine B777-300ER, and 18 B737-200 (for low cost airline Air India Express) -- have been delivered. Presently, Air India covers 51 international destinations across the US, Europe, Canada, East Asia, Southeast Asia and the Gulf. On the domestic network, it reaches 62 destinations, including the remote Ladakh, the northeast and the Andaman & Nicobar Islands. Airbus also delivered an Airbus A320 to IndiGo. The 140-seater A320 aircraft has a twin-class configuration - 20 seats in executive class and 120 seats in economy class.

## Obama aide denies role in Gatecrash

**Washington:** Days after quitting, White House Social Secretary Desiree Rogers has claimed her office followed protocol the night an uninvited couple gatecrashed President Barack Obama's State Dinner for Prime Minister Manmohan Singh.

Rogers also denied reports that her staff wasn't present at the main gate when the wannabe reality TV stars Tareq and Michaela Salahi got through layers of security to enter the White House and shake hands with both Obama and Manmohan Singh at the November 24 event.

It simply was not true that the social office veered from the Bush administration practice of stationing staff at the gates to vet people along with the Secret Service, she told NOLA.com, a New Orleans, Louisiana news website.

Rogers said that in keeping with established practice, a member of her staff of five was at the main entrance all night. According to White House procedure, she



Former White House Social Secretary Desiree Rogers.

said, the first point of contact arriving guests had was with the Secret Service, who would check all the names against the guest list.

It was up to the Secret Service to alert her staff to names not on the list, she said, and in the case of the Salahis, her staff was not alerted.

The notion that she was personally supposed to be at the door checking guests is "hogwash", she was quoted as saying. Her primary responsibilities that night were, she said, to see to the protocol needs of the president and first lady at the state dinner.

Rogers said she didn't know anything about the gatecrashers - who she said left before dinner - until the next day.

"It was brought to my attention the next morning when the Secret Service came to my office to apologize, and I said, 'What are you guys talking about?'" she was quoted as saying. "They knew immediately who the woman (Michaela Salahi) was."

## Now, Chandrayaan-I finds ice on Moon

**Washington:** Using data from a NASA radar that flew aboard India's Chandrayaan-1 spacecraft, scientists have detected ice deposits totaling at least an estimated 600 million metric tons near the moon's north pole.

NASA's Mini-SAR instrument, a lightweight, synthetic aperture radar, found more than 40 small craters ranging in size from 2 to 15 km in diameter with water ice, the US space agency announced.

"The emerging picture from the multiple measurements and resulting data of the instruments on lunar missions indicates that water creation, migration, deposition and retention are occurring on the moon," said Paul Spudis, principal investigator of the Mini-SAR experiment at the Lunar and Planetary Institute in Houston.

"The new discoveries show the moon is an even more interesting and attractive scientific, exploration and operational destination than people had previously thought."

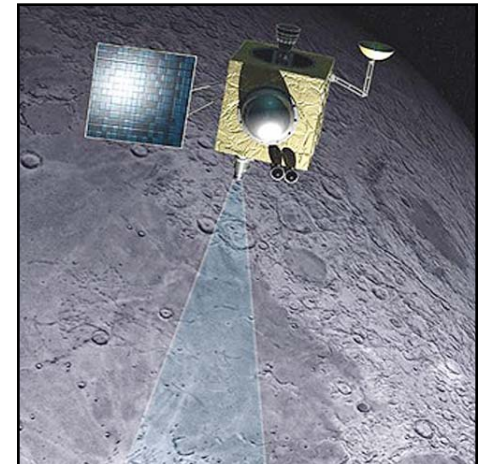
"After analyzing the data, our science team determined a strong indication of water ice, a finding which will give future missions a new target to further explore and exploit," said Jason Crusan, program executive for the Mini-RF Program for NASA's Space Operations Mission Directorate in Washington.

The Mini-SAR's findings are consistent with recent findings of other NASA instruments and add to the growing scientific understanding of the multiple forms of water found on the moon, NASA said.

The agency's Moon Mineralogy Mapper discovered water molecules in the moon's polar regions, while water vapour was detected by NASA's Lunar Crater Observation and Sensing Satellite, or LCROSS.

Mini-SAR, a lightweight (less than 10 kg) imaging radar, and Moon Mineralogy Mapper are two of 11 instruments carried by the Indian Space Research Organization's (ISRO) Chandrayaan-1.

The Mini-SAR has imaged many of the permanently shadowed regions that exist at both poles of the moon. These dark areas are extremely cold and it has been hypothesised



NASA's Mini-SAR instrument aboard Chandrayaan-I found more than 40 small craters with water ice.

that volatile material, including water ice, could be present in quantity there.

The main science object of the Mini-SAR experiment is to map and characterize any deposits that exist.

Numerous craters near the poles of the moon have interiors that are in permanent sun shadow. These areas are very cold and water ice is stable there, essentially indefinitely.

Fresh craters show high degrees of surface roughness (high circular polarization ratio - CPR) both inside and outside the crater rim, caused by sharp rocks and block fields that are distributed over the entire crater area, NASA said.

However, Mini-SAR has found craters near the north pole that have high CPR inside, but not outside their rims. This relation suggests that the high CPR is not caused by roughness, but by some material that is restricted within the interiors of these craters.

"We interpret this relation as consistent with water ice present in these craters. The ice must be relatively pure and at least a couple of metres thick to give this signature," NASA said.

The estimated amount of water ice potentially present is comparable to the quantity estimated solely from the previous mission of Lunar Prospector's neutron data (several hundred million metric tons).

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# Sachin brought technique back into game

Aakash Chopra,  
HT Media

Only the God of cricket could have made a daunting 200 look so effortless. Sachin isn't one for the game of numbers; he is past that. On February 25, Tendulkar didn't just break a record, he narrated cricket's lost story. The double ton, perhaps, brought 'technique' back into the game.

You would assume that a certain amount of slogging is mandatory to score a double-century in 50 overs. But Sachin proved that it could be done playing good cricket. The reason why Sachin doesn't need to slog is his impeccable technique.

Ironically, though, talking technique has almost become blasphemous in modern day cricket. No longer is it only about the number of runs you score, the strike-rate is equally important, if not more so, especially in the shorter formats. Perhaps, there is nothing wrong about thinking in terms of strike-rates, because that makes for entertaining cricket. Innovation is not an aberration anymore but a norm.



*Sachin Technique is perhaps one of the most important things that distinguish a good cricketer from a great cricketer. (Inset) Tendulkar.*

While most international cricketers are capable of changing gears and adapting to new demands, a whole crop of youngsters trying to break into their respective state under-16, under-19 teams are not. To a young mind, the easiest way to score quickly is to take the aerial route and play adventurous shots. The impression a youngster carries is that technique restricts you from playing all the shots and hence slows you down. Little do they realize that technique empowers you to play almost every shot in the book then some more. It's technical dexterity which enabled Sachin to score a double-century off merely 147 balls.

The role of a cricket coach is more important now than ever before. He ought to help a youngster find the right balance and ensure that he doesn't sacrifice technique for adventure. But are these coaches equipped to ensure that a youngster doesn't go astray?

The answer, unfortunately, is no. Only a few cricket academies in the country are run by qualified coaches. Others are merely organized net-practice facilities, which rarely produce good cricketers. We

may not be able to organize the cricket academy sector but we can always ensure that the coaches working with state teams at all levels are qualified. After all, the BCCI organizes coaching clinics on a regular basis, producing Level 1, 2 and 3 coaches. These coaches should be absorbed by state associations.

I watched a Ranji Trophy probable bowling big no-balls and all that the coaches around could possibly tell him was a feeble 'stop overstepping'.

No one would tell him how to do it. The poor kid kept bowling for nearly an hour with no success. I felt sorry for the boy because it wasn't his fault. It's the duty of the coach to rectify mistakes, but sadly, they couldn't. If this is the state of affairs at the first-class level, one can only wonder what things are like at lower levels. The way forward is most certainly a sound lesson in technique, for you can break a rule only when you know it. Technique is perhaps one of the most important things that distinguish a good cricketer from a great cricketer. And the God of the cricket told us just that.

# India, Pak lose to jeopardize World Cup hopes

**New Delhi:** India squandered chances and defended sloppily to go down 2-5 to a determined Spain as their Hockey World Cup hopes lay in shambles on March 4.

India's sub-continental neighbors Pakistan also seemed to be staring down the barrel after an identical 2-5 loss to an in-form England in another Pool B encounter at the Major Dhyan Chand National Stadium.

England lead the group with nine points followed by Australia and Spain with six each.

India and Pakistan have three points, but the hosts are fourth on better goal difference. A top two finish in the group for making the semis would be a tall task for the former Asian giants. Mathematically, both still have slender chances of making it to the last four stage, provided they win their remaining two ties. But even then their fortunes will heavily depend on the results of other matches in the pool.

In the other game on day five, Australia showed remarkable speed and agility, pummeling South Africa 12-0 to set a new World Cup record.

In a free flowing contest, India and Spain played a fast-paced attacking game but the hosts had to surrender to the better team on show.

Spain's Albert Sala scored the first goal while skipper Pol Amat added to the tally just at the stroke of interval. Sandeep Singh converted a penalty corner at the start of second half but Spain immediately struck in quick succession through Pau Quemada and Roc Oliva to increase the lead.

Gurwinder Singh Chandi narrowed the margin before Quemada slotted home



*Spain's Pau Quemada scoring a goal against India during their match at Hero Honda FIH World Cup Hockey 2010 in New Delhi.*

another penalty corner to take the match away from India. India lost their second consecutive match after going down to Australia by the same margin following their victory over Pakistan in the opener.

India's Spanish coach Jose Brasa conceded that he has given up hopes of a semi-final finish. "We have no chance of making the semi-finals now. Our main aim is to finish among the top five," said Brasa.

India converted only one of the six penalty corners with Spanish goalkeeper Francisco Cortes making some brilliant saves, while the host forwards failed to give finishing touches to the moves. The defense lapses also cost them dear.

England played a disciplined game to continue their relentless march towards the

semifinal.

Jonty Clarke (21st minute, 62nd) and skipper Barry Middleton (53rd minute, 64th minute) struck a brace each, while Ashley Jackson (32nd minute) chipped in with a solitary strike in the game which was exciting but marred by frayed tempers on both sides.

Down 0-2 at the breather, Pakistan played blitz hockey for the first 12 minutes of the second session to restore parity as Shakeel Abbasi (45th minute) and Rehan Butt (47th minute) scored within a space of two minutes.

However, James Tindall was seen lying injured when Pakistan scored the second goal, which was finally awarded despite a referral by England. As the on-field action

was halted for the referral and subsequent treatment of Tindall, the reserve benches of the two sides almost came to blows. The tempers continue to flare up for the rest of the match and Pakistan's Muhammad Irfan had to digest a blow from Iain Mackay.

The 47th-minute stoppage and on-field disturbances destroyed Pakistan's rhythm and helped England regroup as the European champions slammed three more goals to take their points tally to nine from three straight victories.

Post match, veteran Pakistani forward Rehan Butt asked tournament director Ken Read to have a look at the television footage of their match and take some action against the Englishmen for reckless play.

"What happened today was for everybody to see. If Mr. Read can punish Indian forward Shivendra Singh for 'reckless' play, then he should also see the footage of this match. Mohammad Irfan injured his nose today due to the rash act of English players," said Butt.

For Australia, Like Doerner (15th minute, 34th minute, 49th minute, 68th minute) scored four goals, three of them from penalty corners, while Jamie Dwyer (52nd minute, 54th minute, 65th minute) struck thrice and Glenn Turner (21th minute, 61st minute) twice.

Desmond Abbott (26th minute), Matthew Butturini (44th minute) and Fergus Kavangh (35th minute) scored once.

Australia's victory margin over South Africa is the biggest ever in the World Cup and surpassed Pakistan's 12-3 win over New Zealand in the 1982 World Cup in Mumbai.



# Tired in job? Take a break

There's no end to monotony. The human mind is always looking for renewal. Spend three years in a job, and only a few of us don't begin to feel edgy. But how do you manage to keep your mind and spirit as fresh as ever when the need of the hour is to remain patient and not lose hope? Here's how to keep going.

## Take an aimless walk

Exercise and walking – as most doctors will tell you – have always been good for your health, but an aimless walk can make a difference to your state of mind. It gives you the space to think your own aimless thoughts without planning your time. But don't do this too often, or rather, don't pencil it into your diary. As Dr Sandeep Vohra, senior consultant psychiatrist, Apollo Hospital, says, "Monotony happens because we get bored easily. If you schedule walks, you might get bored with those as well. So keep switching from one activity to another."

## Go out with friends

Socialising can be a mood lifter. All it takes are some rounds of conversation and laughter to wake you up. If you've spent a lot of time alone, you could get gloomy. Having people to listen to and get involved with can change your mood.

## Yoga, exercise, spa

Dr Rachana Singh, lifestyle management expert, says exercise helps break monotony by liberating your positive hormones. "I'd suggest that you exercise actively thrice a week actively, and passively thrice a week. Deep breathing for 15 minutes a day can work wonders – it helps settle the mind-body equilibrium and help you relax," she says. Dr Nikhil Raheja, head of the National Institute of Psychiatry, stresses the importance of yoga, exercise, relaxation and self-hypnosis. "It's easy to learn, and can work



*You don't always need to buy something big; just small things for the house can feel good.*

wonders," he says. "A good massage at a spa, or a pedicure, can also refresh you," he adds.

## Go shopping

Dr Raheja says that shopping can be a great stress buster. "You don't always need to buy something big; just small things for the house can feel good. Shifting things around, experimenting with colors, patterns,

and a few changes is always refreshing," he says.

## Browse books

Browsing in a bookshop or library can calm you. What's more, if it's a place with a good collection, there's the added pleasure of discovering new titles and ideas to rekindle your soul. Not into books? Try a music shop, check out DVDs, or wander through a

hobbies store.

## Indulge yourself

Eat, drink, do things that you love. Explore cravings and lusts – and when you're back to the real world, you'll feel refreshed.

Watch TV if you don't often do that, re-read an old favorite, indulge in a little comfort food, or best of all, lie back and listen to music. According to Dr Raheja, music can be a stress-buster and means for renewal.

## Try some adventure

Adventure mean many things. From learning something new or going rafting or learning a new art – there's challenge and there's thrill. Doing something new also opens up the mind as you stretch your limits. Dr Singh feels it's a good idea to indulge in a hobby. "Once or thrice a week is a good idea," she adds. "Listening to music, identifying one's interests – these can be really positive," she says.

## Play games

According to Dr Vohra, computer or digital games can be exercise for the mind. "These have been designed in a certain way and help people deal with boredom," he says. Indoor games all help relieve anxiety and stress.

"Or go bowling, visit amusement parks," says Dr Raheja. "Solving puzzles like crosswords and sudoku are also mentally challenging."

## Take a weekend trip

Going away to a new beach, or desert, or to a resort – with family or friends, or alone – can be not just a stress buster, but also bring in new, exciting experiences.

## Spend time with loved ones

Being with people you're comfortable with – or the ones you love – can be reassuring and remind you of the good things in life.

# Depression sparks obesity in girls

Depression raises stress hormone levels in teenaged boys and girls but may lead to obesity only in girls, says a new study.

Early treatment of depression could help reduce stress and control obesity - a major health issue.

"This is the first time cortisol reactivity has been identified as a mediator between depressed mood and obesity in girls," said Elizabeth J. Susman, professor of bio-behavioral health at Penn State University (PSU).

"We really haven't seen this connection in kids before, but it tells us that there are biological risk factors that are similar for obesity and depression," Susman added.

Cortisol, a hormone, regulates various metabolic functions in the body and is released as a reaction to stress. Researchers have long known that depression and cortisol

are related to obesity, but they had not figured out the exact biological mechanism.

Although it is not clear why high cortisol reactions translate into obesity only for girls, scientists believe it may be due to physiological and behavioral differences - oestrogen release and stress eating in girls - in the way the two genders cope with anxiety.

"The implications are to start treating depression early because we know that depression, cortisol and obesity are related in adults," said Susman.

If depression were to be treated earlier, she noted, it could help reduce the level of cortisol, and thereby help reduce obesity. "We know stress is a critical factor in many mental and physical health problems," said Susman. "We are putting together the biology of stress, emotions and a clinical dis-

order to better understand a major public health problem."

Susman and her colleagues Lorah D. Dorn, professor of paediatrics, Cincinnati Children's Hospital Medical Center and Samantha Dockray, postdoctoral fellow, University College London, used a child behaviour checklist to assess 111 boys and girls ages 8 to 13 for symptoms of depression.

Next they measured the children's obesity and the level of cortisol in their saliva before and after various stress tests, says a PSU release.

Statistical analyses of the data suggest that depression is associated with spikes in cortisol levels for boys and girls after the stress tests, but higher cortisol reactions to stress are associated with obesity only in girls.

*Early treatment of depression could help reduce stress and control obesity.*



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# When expectation equals frustration

**H**ave you ever felt bogged down by expectations from everyone around you? A feeling which always keeps you on the edge for fear of disappointing someone you love?

The stress of not being able to come upto the standards expected of you by those who matter — I've seen almost all of us go through this stress sometime or the other.

As a child, it's what the parents and teachers expect, as a young adult, peers, and as an adult, the spouse and kids.

'But that's what life is', you may turn around and say. And you are right. But what's worst about this stress is that with each stage of life that you pass, the expectations of one group do not get replaced by the other's; they just get added on.

When you get married, for instance, what your parents expect of you gets added on to what your wife or husband now wants from you — in terms of time, attention and a certain behaviour.

So, in the quest to find out how people around me deal with the

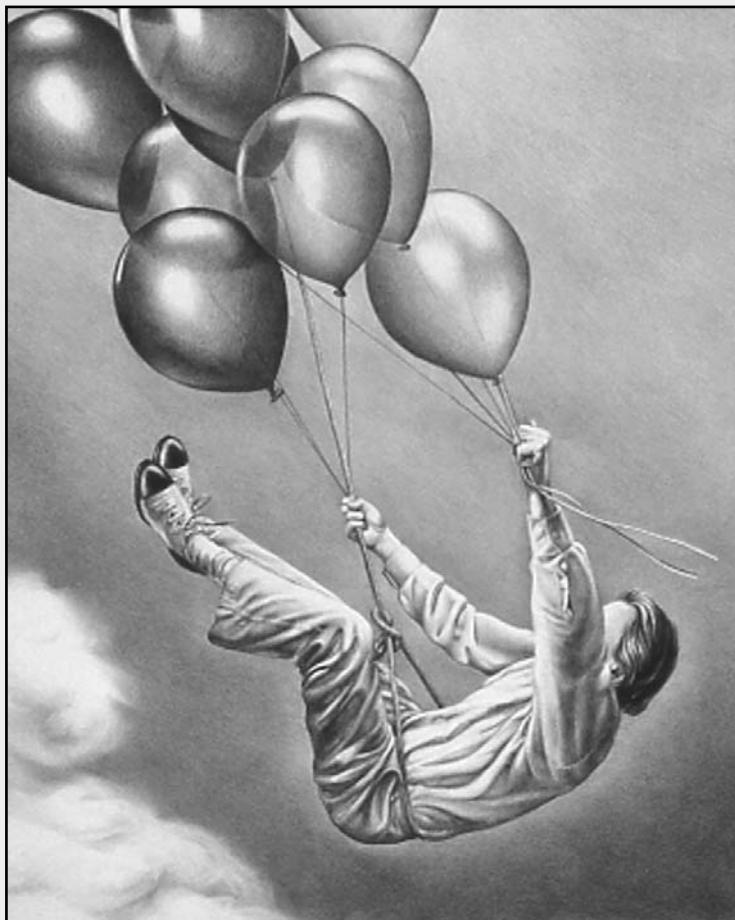
burden of expectations, I decided to ask some of my colleagues at HT City to share their mantra. This is what they came up with.

Neha in my team thinks that the biggest mistake she makes is to try harder and fulfil unrealistic expectations of others. "I keep trying harder and harder. But that makes the stress worse. It is best to know your own limit-point, beyond which you can't stretch or you'll break," she says.

Another colleague Aroma, when faced with a barrage of expectations, just locks her room up and does deep breathing. "Interaction of any kind with those who are giving me stress just makes me hyper," she says.

The seemingly calmest person in the team, Chetna, has a cool trick up her sleeve. "I fake happiness in front of my source of stress. This is my way of secretly torturing the person who's taken my peace of mind as they wonder why I'm not miserable," she says.

Rahul from my team has a more 'mature' answer when he says,



"Normally, I try to push myself hard for people who matter to me. But if I feel someone's demands of me are unreasonable, I confront them and tell them that I'm doing my best and they should accept me as such."

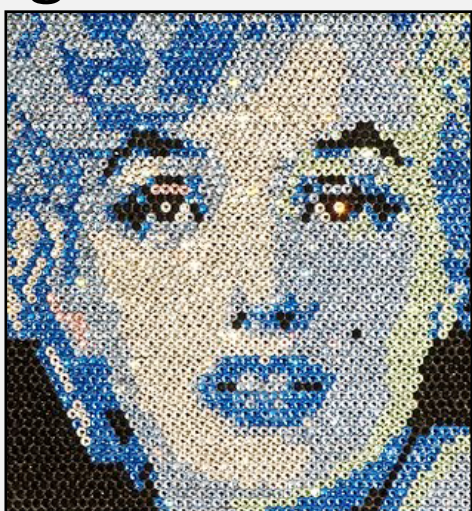
The last word goes to RP Singh, who drives me to work everyday. "Madam, vaise toh my family does not expect much from me. But when there is problem, I don't fight. I go alone to a park or Gurudwara.

Then I tell God — 'you have given this tension, now you give the solution'.

To each his own. I would say take a deep breath, put some music on, grab a glass of wine or a steaming mug of coffee, close your eyes and thank God for having given you people in your life who expect something from you. Better than not having anyone who cares. No?

*Thank God for having given you people in your life who expect something from you.*

## Marilyn Monroe goes to India!



**R**are vintage pictures of Hollywood diva Marilyn Monroe clicked by her photographer friend are now available for fans and collectors in India.

Seven portraits of Monroe from photo shoots by Milton H Greene have been reproduced on mosaic tiles by Italian design company Sicis to be sold as limited edition art pieces.

"Every shoot will be reproduced on a limited numbered edition of 25 pieces only. There are a total of 175 pieces and every mosaic portrait will be progressively numbered," Massimiliano Fancesconi, Manager, Sicis India, said.

The design house that specializes in bringing Italian mosaic art into all forms of interior design, has with Monroe embarked on a new form of limited edition portrait collection.

"We are looking at art dealers and gallery owners and also very wealthy clients who are interested in Monroe and the positive image she exudes. Marilyn Monroe has always been a collector's delight so we decided to introduce limited edition tiles with her photos embossed on it." says Fancesconi.

## New age games hipsters play



*A non-contact game, Ultimate Frisbee is one of the few sports where men and women play side by side.*

**A**rchis Patil spends hours in his room, balancing a football on his eyes, nose, cheeks and lips.

The 20-year-old mechanical engineering student isn't just killing time. He's training for his favorite sport: Freestyle football. "It's a performance sport, a one-man show — and it's my fitness workout," says Patil. "There are no rules. But individuals show off their tricks."

In rushed-for-time metros such as Mumbai and Delhi, where the workday leaves just enough time for a little leisure, youngsters are increasingly taking up newfangled sports that combine fun and fitness, with shortened formats that bend the rules — or do away with them altogether.

Among the new age games catching on are Ultimate frisbee, pickleball and 3-on-3 basketball.

A non-contact game, Ultimate is one of the few sports where men and women play side by side. The New Delhi team goes by the funny-sounding moniker of 'Stray Dogs in Sweaters'. Bharadwaj Jaishankar, a regular player, said: "The name was given by a bunch of expatriates in 2007, when they came across stray dogs wearing sweaters. The sight fascinated them and a team was born."

"These informal sports are apt for people whose long working hours don't permit them to be part of structured team sports like cricket or football," says Heath Matthews (30), physiotherapist to tennis star Sania Mirza and Olympian

shooter Abhinav Bindra. "In Mumbai and Delhi, with few open spaces, such sports can be modified to suit the facilities available."

"Showing off is part of the fun of these games," says Raoul Hirani (25), a fitness expert and basketball player. "3-on-3 basketball, for instance, is more of a solo sport for players to demonstrate their fancy dribbles."

Equally suitable for sedentary city folk is pickleball, introduced to Mumbai by insurance agent Sunil Valavalkar in 2007. An avid tennis player, Valavalkar (46) picked up pickleball in Canada and is spreading the word in clubs and gymkhanas, "because it's the perfect recreational sport for the non-athletic common man".

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## Numbers 'R' Us By Kris Pahuja

Sudoku is a single digit puzzle originated in Japan. Most people freak out when they see numbers and they associate it with Mathematics, which is NOT true. There is no math at all in these puzzles, it is purely logical thinking. Kris Pahuja of Hicksville, NY, has created a double digit puzzle to make it more interesting or harder, whichever way you look at it. The South Asian Times is publishing these puzzles from him weekly. For answer, look at left bottom.

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## Humor with Melvin Durai

# Unsung heroes of the winter games

Picture this: A Pakistani skier is hurtling down the slopes at the Winter Olympics in Vancouver. "Come on, Muhammad, you can do it," he says to himself. "Make your country proud." A gold medal would be terrific and so would a silver or bronze, but Muhammad Abbas is a realistic man and knows it would be a great achievement, as the first Pakistani to ever compete in the Winter Olympics, just to finish the course ahead of the skier from India.

Abbas, 24, completed the two runs of the giant slalom in 79th place, about 43 seconds slower than the winner, Carlo Janko of Switzerland, but 14 seconds faster than India's Jamyang Namgial, earning him a ticker-tape parade down the streets of Karachi. Perhaps even a date with Ayesha Gilani, Miss Pakistan World.

I'm not sure if Abbas was actually excited about finishing ahead of Namgial. Reporters didn't get a chance to interview him, as he was busy carving the words "Pakistan Power" in the snow.

Namgial, one of three Winter Olympians from India, was last among skiers who completed the giant slalom. But he has plenty to be proud of. Not only did he make it to the bottom of the hill, he crossed the finish line with his entire head above the snow.

Yes, he didn't fall on his face, sprain his ankle or suffer some other leg injury, like so many skiers who found themselves hobbling around Olympic Village on crutches, prompting one enterprising photographer to open a booth with a sign that said: "Get your Winter 'Oh Limp' Pics here!"

Just qualifying for the Winter Olympics was a major achievement for Namgial and cross-country skier Tashi Lundup. The Indian government doesn't invest much money in winter sports, just a few million rupees or so, barely enough to cover the cost of importing snow from Russia.

Actually India does get some flakes in the northern regions -- and not just when the backpackers run their fingers through their hair. But with little financial support and inadequate equipment, it was quite a challenge for Namgial to learn to ski. If you don't believe me, just try coming down a mountain slope with two cricket bats glued to your shoes.

Namgial deserves our admiration, as do the other Winter Olympians from warm-weather countries, athletes such as Kwame Nkrumah-Acheampong of Ghana, Leyti Seck of Senegal and Robel Teklemariam of Ethiopia. Not only do they have little, if any, snow in their native countries, people think they're

crazy when they pour dried potato flakes down a hill.

**Friend:** "Hey man, why you wasting all this food?"

**Athlete:** "I'm not wasting it. I'm pretending it's snow. The Ministry of Sports bought it for me."

**Friend:** "You better not let them see you. I don't think they knew what you meant when you asked them for training food."

For Skiwell Phiri of Zambia, going to the Winter Olympics was an experience he'll be telling his grandchildren about. I'm so glad he shared it with us through Twitter:

"Just arrived in Vancouver. It's so white over

here -- and I'm not talkin bout the people." "Brrrr ... It's freezin outside. I don't know what's crazier -- me coming here or Canadians complaining about global warming."

"Does anyone know if it's safe to defrost my brain in the microwave?"

"Whose idea was it to have the Winter Olympics in such a cold country anyway?"

"I just met the Olympians from Ghana, Senegal and Ethiopia. They were in the main lounge of Olympic Village, huddled around the fireplace."

"It's time to go home. I enjoyed the Winter Olympics, despite the weather. Maybe next time I'll come as a competitor."

## Laughter is the Best Medicine



Whose turn to keep mother this month? Next time, make sure I get in February. This time I kept her in July, and you know July has thirtyone days!

by Mahendra Shah

Mahendra Shah is an architect by education, entrepreneur by profession, artist and humorist, cartoonist and writer by hobby. He has been recording the plight of the immigrant Indians for the past many years in his cartoons. Hailing from Gujarat, he lives in Pittsburgh, Pennsylvania.

## Tech Life

# Apple sues Google-phone maker for stealing iPhone tech

**New York:** Apple has filed a lawsuit against mobile devices maker HTC. The suit claims infringement of 20 patents related to the iPhone's user interface, underlying architecture, and hardware.

In the release, Steve Jobs says, "We can sit by and watch competitors steal our patented inventions, or we can do something about it. We've decided to do something about it... We think competition is healthy, but competitors should create their own original technology, not steal ours."

Taiwan-based HTC was the first company to manufacture a cell phone based on Google's Android operating system, which has emerged as a significant competitor to the iPhone, AP reports. It's also making the Nexus One phone that Google is selling



directly to consumers. It looks like the Nexus One, and other HTC phones, may have hit too close to home for Steve Jobs.

Earlier, we supposed that Apple's multi-touch user interface could be the basis for the lawsuit. But after examining the complaint, it appears that Apple is NOT suing over multitouch, but rather a bunch of other software. (When Steve Jobs unveiled the iPhone, he touted its multitouch screen, then said, "And boy, have we patented it.")

Meanwhile, Apple is already tied up in a patent lawsuit with Nokia, claiming Nokia is stealing Apple technology. Nokia says Apple is stealing its technology. Kodak is also suing Apple claiming technology theft.

Basically, Apple's patent lawyers are going to be busy for the next year or so.

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By Dr Prem Kumar Sharma

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### Stars Foretell: March 6-12, 2010.

**Aries:** This week you will be benefited provided you take some bold decisions. New romance for some cannot be ruled out. You will find it extremely difficult to concentrate on your work, as your mind will be busy fantasizing about this special person who has just entered your life. You will learn valuable information if you keep your mind open to new cultures and religions. Money position will also improve as pending payments get cleared. During this period you should go out and build new relationship and contacts, but avoid strangers who behave extra friendly.

**Taurus:** Despite some tensions that you might have experienced in the last few days, this week starts on a bright note. Excitement and gaiety marks your days ahead. Plenty of gains stored for you in whatever you do. New ventures and assignments will lift your spirits and confidence. Your interest in outdoor activities will see you go out on short trips, outings and other entertainment activities. Spouse will keep you happy and you should try to plan something special with children towards the weekend.

**Gemini:** This week tempers will mount if you're too pushy at work or at home. There will be vast improvement in your business as well as professional skills. Opportunities to travel will bring desired results. Certain legal matters will need immediate attention, therefore seek advice of a lawyer if necessary. Financial gains are certain throughout the week, but your tendency to overspend will make it difficult for you to save. Friends and near ones will be helpful to complete pending jobs.

**Cancer:** This week you should set new goals for yourself and work towards them. Your confidence and ability to work on projects, which require high responsibility, will bring you benefits in the long run. This period is also good for building ties with influential people who will be helpful in implementing your projects. A short trip for pleasure later in week cannot be ruled out. Get involved in outdoor sports or activities that are challenging and will help you stay in perfect shape.

**Leo:** Distant trips will bring beneficial results, however hectic schedule will trouble your health. Financial gains are expected from new contacts. Uncertainty with regard to career opportunities for your children, seem to bother your mind, seek advice from an academic counselor if necessary. Empty promises are also evident from people you trust and respect the most. Don't expect anything from others and you won't be disappointed. Do not spend lavishly on friends and rather spend more time and money on family members.

**Virgo:** This week if you work quietly behind the scene, you will achieve what you plan. New jobs will dominate your days ahead. For those at service new opportunities or some sort of monetary benefits cannot be ruled out. Domestic happiness and romance will flourish. Despite such a prosperous time and financial gains, some tensions due to careless actions of your domestic servants, co-workers or working partners cannot be ruled out.

**Libra:** Take legal advice before you take

### Before you consult...

- i) **Accurate Data:** Please make sure Date, Time and Place of birth is accurate.
- ii) **Careful:** Did you check background of the astrologer before disclosing your secrets.
- iii) **Fee:** Discuss the charges before, don't feel shy. It's his business.
- iv) **Expectation:** Expect the best, if the outcome is not as desired, never give up.
- v) **Consult:** Take second opinion before spending thousands on cure/remedies.

action regarding important issues. You are likely to be appreciated by your partners and co-workers. Religious feelings will arise, forcing some of you to seek blessing from a spiritual person. Journeys and travelling that you undertake during this period will be highly rewarding and educating. Though gains from investment are foreseen, but few losses due to hasty speculation cannot be ruled out.

**Scorpio:** You will be emotional about changes that are going on around you. Your confidence and determination will be at all time high and you will win plenty of favors from members of the opposite sex. However deception from a close associate or losses due to hasty investment cannot be ruled out. Encourage children to spend their extra time into creative activities and sports. Your harsh attitude and derogatory comments could create uneasy moments at home.

**Sagittarius:** This week put in some extra hours and finish pending jobs before you venture out for some fun and entertainment. Work pressure might leave you irritated and exhausted, but you should remember that harsh words and erratic behavior will only bring disregard and criticism. Financial gains seem likely as you recover delayed and pending payments. Children will need careful handling and proper attention. Adopt meditation for mental peace.

**Capricorn:** Don't allow your partners to take advantage of your generous nature. Though work progress will be slow and not very rewarding on the financial front, some good news will bring happiness and will boost your morale. Close relative might make an unexpected visit bringing gifts and presents. These pleasant and memorable moments bring happiness and harmony at home. Your interest in religious and spiritual activities will make you seek divine knowledge.

**Aquarius:** Entertainment will be on your mind, but do not leave your office without completing your work, or you will be in serious problems. Anxiety and indecisiveness that has plagued you in the past seems to end, as optimism and confidence seems to take control. Financial gains seem likely, but you need to be extra careful before entering into any new partnerships. Housewives are likely to be more involved into embroidery, cooking or other creative activities. Children will cause bit disappointment, as they spend lavishly on friends and parties.

**Pisces:** This week you can make money through real estate investment. Your high energy level will bring enormous gains and enhance your reputation. Financially you will become more comfortable and have plenty of time for recreational and other activities. Members of the opposite sex will be source of inspiration and will help you in need of the hour. Some tension might arise with friends or relatives. Pleasure trip will be important for healing your emotional state of mind.

### Be Aware

Astrology, Numerology, Tarot are highly complicated ancient sciences, impossible to understand them completely. Over 99% astrologers are inaccurate in over 80% of their predictions & forecasts. Many of them are con artists taking advantage of blind faith & situation of God fearing people. Now-a-days many of them use all the state of the art, latest tools of marketing & excessive use of media to attract more & more people. Be careful before putting complete faith in the hands of un-known person who could be possibly a fraud.

Please check the back ground & testimonials of the Astrologer/Pandit /Swami/Guru/Muni/ Rishi before consulting them. Don't get influenced by their outfit, busy schedule and photographs with celebrities & high profiled personalities. More they spend on their self promotions & advertisements, more the chances of getting robbed by them.

### March 06:

Ruled by number 6 and the planet Venus. You are active, imaginative, honest, charming, energetic, and very fond of worldly pleasures. You have an in-built talent to heal people who are depressed and feeling emotionally down, but you need to control your tendency to behave moody, timid and spendthrift at times. Your stars promise you fame and good fortune. You shall gather knowledge, information and make new long lasting contacts during this period. Your efficiency will increase and you will manage your money much better, bringing you more gains. Chances of businessmen entering service industry or anything related with computers will be strong and beneficial. Meditation and Yoga should be practiced for spiritual as well as physical gains. Some exhilarating news from your children will bring happiness later in the year. The months of April, June, November and February will be highly eventful.

### March 07:

Dominated by number 7 and the planet Neptune, you are practical, trustworthy, imaginative, sensitive and a simple person. You don't believe in love at first sight and you take your time in developing trust but once you like somebody it lasts forever. You are highly systematic and methodical person, but you need to control your tendency to behave arrogant and dominating at times. This year you will be extremely receptive to new and progressive methods at work. Financial gains are certain and you will spend more on things to improve your style and living comforts. Businessmen will establish important contacts. You will benefit if you travel and get involved in clubs and other social events. Spouse and children will be supportive but behave demanding at times. Expecting mothers need to take special care of their health. The month of June, October and January will bring in desired result.

### March 08:

Influenced by number 8 and the planet Saturn. You are ambitious, authoritative, systematic, sober and practical person. You possess a charisma and personality that makes you a star at social functions, but you need to control your tendency to behave erratic, stubborn and vindictive at times. This year you will establish new contacts and sign new partnerships that will go a long way in your career. Everything you do you will do well. Social functions and events will be plenty but do not interfere in the affairs of others. Family members will be supportive and friends will be helpful. Minor tensions and stress will bother you especially concerning the health of your parents and increase in household expenses. The months of March, July, December and February seem to be highly productive.

### March 09:

Ruled by number 9 and the planet Mars. You are courageous, energetic, trustworthy, dash-

ing, independent and quick in taking decisions. You always welcome new ideas and are fond of increasing your knowledge and learn new things, but you need to control your tendency to behave quarrelsome, impatient and moody at times. This year you will work on new projects, which will ensure gains not immediately but eventually. This seems to be a good time to invest in stocks and property, but all investments should be made for long-term duration. A distant journey seems likely later in the year, most probably for attending some auspicious occasion or pilgrimage. Friends and relatives will promise more than they could deliver. The months of June, September and December will prove to be beneficial.

### March 10:

Influenced by number 1 and the Sun, you are smart, energetic, practical, dignified and highly sensitive person. You like an independent and free lifestyle for yourself, which allows you to move gradually towards your goals, but you need to check your tendency to behave spendthrift, dominating and restless at times. This year a promotion or an increase in responsibility will bring you reasons to celebrate. Those professionals looking for a career abroad will receive favorable response. New projects will add a touch of class to your profile. A healthier and loving atmosphere will prevail at home, which will bring good health and prosperity. Housewives will have to cope with regular arrival of guests and relatives. Traveling to a distant place for spiritual gains cannot be ruled out. The months of March, June, August and December will prove to be result oriented.

### March 11:

Ruled by number 2 and the moon, you are an honest, responsible, trustworthy, intelligent and broadminded person. You are fond of intellectual conversation and soothing music, but you need to control your tendency to behave extra nervous and restless during difficult times. This year you will benefit immensely if you listen to what your family members have to say. New sources of income will improve your financial position and your confidence will be at its peak. Career changes if any will prove to be beneficial. Your outgoing nature will work to your advantage. Spouse and other female members will do their best to keep you happy. Avoid standing surety or a guarantee for others, as it would lead to embarrassment and legal problems. Real-estate transaction towards the yearend should bring monetary gains. The months of April, July, October and January will be eventful.

### March 12:

Dominated by number 3 and the Planet Jupiter, you are energetic, charming, ambitious, talented, dignified and highly methodical person. You are independent by nature and people admire you for your ability to take bold decisions, but you need to curb your tendencies towards stubbornness, extravagance and dictatorial nature at times. This is the right time to take important business decisions. Investments made during this phase will bring in good profits. Matters related to property will bring gains. Distant travel, may be overseas, brings joy and happiness along with a possible reunion with an old contact. Renovation of the house or construction related activities would also be high on your agenda. Chronic patients definitely need to be more careful about their health. Preventive medicines should not be avoided at any cost. The months of May, July, September and February will prove to be highly significant.

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# Achieve Unity through Spirituality



By Sant Rajinder Singh Ji Maharaj

We all know about Isaac Newton and that many scientific developments are based on his insight. Once, when someone talked to him about his knowledge, which was helping many people all over the globe, he said that his knowledge was just like a pebble on the shore of an ocean.

Whatever heights we might attain in the physical, mental, or emotional arena, we have no real knowledge of the truth, and unless we are enlightened spiritually, there will be no unity between humans in the true sense.

What we first need to understand is that we, ourselves, are love. We are love because we are each a part of God, who is an ocean of all love. The second thing that we need is to accept that love in others. They might look different from us, belong to different faiths or speak different lan-

guages, but if we would learn the language of love then we would be able to communicate with others. If we love someone, we will care for them. We will never do anything to hurt them. So when we truly, truly love anyone, then we will take care of them, share in their problems, and make sure that the quality of their life is better. As we help each other, unity will definitely be a part of our existence.

As we look at our life, how do we really live? Most of us spend time during the day in pursuit of this materialistic world. We search for happiness, we search for truth, and we search to have unity, but the object of our search is on the outside. As long as the object of our search remains on the outside, we will never find eternal truth and unity, because everything of this world is perishable.

The only thing that is permanent is the divine treasures, God the Creator, and what has been called the Holy Word, Naam, Shabd, Kalma, Jyoti and Sruti, Sonorous Light, Celestial Music, or Harmony of all harmonies. These are different names given in different languages to talk about the creative force that emanated from the Lord and created regions after regions of existence.

When humans set foot on the moon and looked at the earth, it seemed like a small, insignificant speck in the universe. As science has developed, we know there are many, many other galaxies in the physical region. Likewise, the

great saints and mystics tell us that there are many, many other regions beyond the physical: regions that are more conscious and more spiritual than this physical region of ours.

As that realization sets in that we are only a part, then the desire in us is ignited to know the whole. It is natural that we all want to know who we are, and what is our relationship with the Creator. As that realization sets in, the passion to understand our true state comes to us. That passion is fulfilled only when we go within ourselves.

The great saints and mystics have always talked about being able to focus our attention within ourselves because this is where the treasure house of divinity resides. As we connect with the divine power, we will be transported to regions of love, peace, and bliss.

When we start on our spiritual journey, we will find that unity comes automatically in our lives because as our soul merges in the Creator, we realize that every living form is a spark of the Creator. When that happens we realize that we are not only a Sikh, a Hindu, a Christian, a Muslim, a Jain, or a follower of any other religion, but, in truth, we are soul. In truth, we are spirit, a part of God.

Generally what happens is that as a human being, we feel that we are not capable of making a difference.

Many of you might remember that it was Benjamin Franklin who

*As human beings, we feel that we are not capable of making a difference. Many of you might remember that it was Benjamin Franklin who put the first street lamppost in front of his house. When he did so, everyone said, "He is crazy. Why is he putting light in the area?" But he lit it up night after night. Soon everyone in the neighborhood started putting up street lamps and there was light for everyone to see where they were going.*

put the first street lamppost in front of his house. When he did so, everyone said, "He is crazy. Why is he putting light in the area?" But he lit it up night after night. Soon everyone in the neighborhood started putting up street lamps and there was light for everyone to see where they were going.

Similarly, if we were to connect to the Light within ourselves, we might think that it won't make a difference, but if we recognize the divine Light within ourselves, that Light is going to remove the darkness in our own surroundings, in our families, and in our work environments.

Soon, those with whom we come in contact will also follow our examples. As the great mystic

poet, Sant Darshan Singh Ji Maharaj, has said:

I started alone on the journey of love filled with faith and zeal. At every step, travelers joined me, and soon we were a caravan.

As we become peaceful within ourselves, let that peace radiate from us to everyone with whom we come in contact so that we will be living in an age of peace, of love and of harmony as we spend our time on this earth.

*Sant Rajinder Singh Ji Maharaj, an international spiritual leader and Master of meditation, affirms the transcendent oneness at the heart of all religions, emphasizing prayer and meditation as building blocks for achieving peace. www.jyotimeditation.org*

## Freedom from strife

By Sant Rajinder Singh Ji Maharaj

Life and strife seem to go hand in hand. We have all experienced this. Any happiness that we receive is often short-lived, for at any moment we may suddenly find ourselves in states of sorrow.

Disturbances occur at each and every stage of our life. Although existence in this world is turbulent, life should be more than a pendulum in which we swing back and forth between moments of joy and moments of sorrow.

The dictionary defines peace as "freedom from strife," a state of serenity, calmness, and stillness. Despite the obstacles, we can attain true peace in this lifetime, but to do so, we need to undergo a shift in our way of thinking. Our angle of vision needs to change.

We tend to look for peace in the outer world. We hope to find it in our possessions, positions, and relationships, but the loss of any of these causes us to become agitated and distraught. Our peace of mind is disturbed.

Everything in this world is subject to change and eventual decay. So long as we look to the transitory world for happiness, we will be disappointed. We need to change the way we look at this problem. An anecdote from the life of the Moghul Emperor Akbar can help us in this regard. Akbar is considered to be one of the most enlightened emperors of India. He had a number of advisors to help run his kingdom.

Among these great minds was Birbal, the wisest of them all. He was quite clever and could figure out solutions to difficult problems by looking at them from a totally different perspective.

One day Akbar wanted to test his

advisors, so he presented them with a puzzle. He took a stick and drew a line in the sand. He asked the advisors to try to shorten the line without erasing any part of it. Each counselor took a turn, but all were stumped. They could not figure out how to make it shorter.

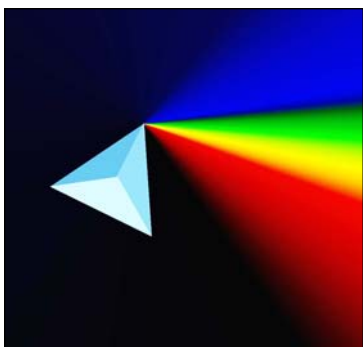
Finally, Birbal came forward, took the stick, and carefully drew a line next to the one the emperor had drawn, but Birbal made his line longer. By drawing the second line longer, it made the original one look shorter.

The solution to finding peace requires us to look at the problem from a new perspective. We cannot change the nature of the world or its

problems, but we can add a new dimension to life that will give us peace. Lasting peace can be found within us. Enlightened luminaries throughout history have had mystical experiences which verified for them the existence of an inner spiritual reality. Mystics from every religious tradition have described their inner spiritual experiences. They have spoken of heavenly realms that co-exist with the physical world. These are realms of joy and love which are within us. They are regions of eternal peace and bliss beyond time and space. Although we cannot change the fundamental nature of the world, we can become attuned to the worlds lying within us. In order to find peace in the world, we must first find it within ourselves. We can do this only by changing our perspective in life.

The way to reach the spiritual realms is to invert through a process known as meditation. Through meditation we can separate our soul from the body and voyage into the regions within.

We have within us an opening or door by which our attention can enter the higher regions. This entryway is located between and behind the two eyebrows. It is known as the seat of the soul in the body and has been referred to in many ways by various religions and philosophies. It has been called the single eye or third eye, the shiv netra, divya chakshu, daswan dwar, or tenth door. If we can withdraw our attention from the outer world and focus it at this point we will see the Light of the higher regions reflected therein. As our soul collects at this point, it rises into the beyond. We may spend our time seeking worldly enjoyments, but they last for only short periods of time. So long as our attention is identified with the world outside, we are faced with the problems and miseries that are inherent in physical existence. By inverting our attention and rising above the physical body through a process of meditation on the inner Light, we will find regions within which give us lasting peace. For more visit [www.sos.org](http://www.sos.org)



*The solution to finding peace requires us to look at the problem from a new perspective. We cannot change the nature of the world or its problems, but we can add a new dimension to life that will give us peace.*

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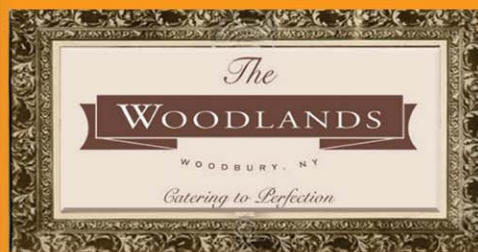
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