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L to R: Chief Justice of India Honorable K. G. Balakrishnan with GIACC President Ritesh Desai, GIACC board member Roop Singh and Supreme Court of India Judge Dr. Arijit Pasayat. Photo by Prashant Kollipara, Bytegraph.

India's Chief Justice Heads High-Level Team's Atlanta Visit

BY JYOTHSNA HEGDE

Atlanta: A powerful delegation from India headed by the Honorable Justice K.G. Balakrishnan, the Chief Justice of India was in Atlanta this April. The Georgia Indo-American Chamber of Commerce (GIACC), along with TIE hosted an eloquent reception in his honor on Friday, April 3rd at the Four Seasons Hotel.

In his address, Justice Balakrishnan said he was very encouraged by the Indo-American ties in all aspects and hopeful of its expansion into the legal field as well. The Chief Justice praised the talented Indians in the legal field and noted most of the Ivy League schools such as Harvard and Yale consisted of students of Indian origin. He was also very pleased with the NRI community for their investments back home in India.

Justice Balakrishnan extended his appreciation to all Indians who he said worked with utmost dedication and was happy that Indian population was well received by the American community. When asked about his visit to Atlanta, the Chief Justice said that he had a good time and that he had enjoyed his visit to the Swami Narayan Mandir earlier in the day. The Chief Justice and his delegation were in Atlanta and Athens, GA taking part in various events in these

Continued on Pg 4.....

West End Store Clerk Shot Dead

BY RATI KUMAR

Atlanta: Living by the principles of non-violence and peace, Hari Kirtan Das a.k.a. Harish Roy, 24, a devout member of the International Society for Krishna Consciousness was shot and killed in a robbery on the evening of March 22, whilst working as the sales clerk at the West End Stop N Shop in the 700 block of Lee Street.

The surveillance cameras showed two men, later identified as Yusef Cantrell, 27 and Damian Grover, 28, entering the store. Cantrell allegedly, asked to buy something off the shelf behind Harish. As Harish was procuring the item, the gunman jumped over the counter through the opening in the cashier's cage.



Harish Roy

He then shot and killed Harish, and made his getaway with the stolen cash.

"It was like a nightmare", recalls Akhilatma Priya Das, Prayer Director of ISKCON Atlanta and a childhood friend of Harish. Akhilatma learned of the fatal shooting at around 11 p.m. from a fellow devotee. He remembers a feeling of dread and fear – "I feared someone was coming to shoot me too", he remarks. He attributes this irrational fear to the complete shock of hearing of a dear friend's death.

Having come to America in 2005, Harish was an active member of the ISKCON community and a very active young man. Akhilatma notes, "Harish was deeply involved in sports and physical fitness and was a

proponent of activities like Karate and Yoga." The strength and patience Harish derived from these activities translated into hard work and helpfulness at his second home - the ISKCON temple.

An alumnus of ISKCON's Mayapur gurukula school in India, Harish was the only bread-winner in his family and regularly sent money home to his mother and brother. To aid Harish's family in India, funds are being collected by the ISKCON temple of Atlanta.

The funeral service for Harish was held on March 28, and was attended by several devotees and friends. On June 5, the Atlanta Temple Panihati Festival will open with a 24 hour Bhajan session in Harish's honor.

The three suspects involved in the murder Cantrell, Grover and the getaway driver Xstavius Shreve, 30, are currently in police custody. When asked about the perpetrators of the crime, Akhilatma says, "I wish I could preach to them about what a big loss it is to take another person's life. I wish I could change their consciousness."

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India's Chief Justice Hopes For Better Indo-US Ties In Legal Field



Photo by Prashant Kollipara, Bytegraph

Continued from Pg1.....

The Chief Justice and his delegation were in Atlanta and Athens, GA taking part in various events in these areas, including a visit to the

Gandhi Statue at the Martin Luther King Center, where he delivered the closing remarks on the occasion of the 41st anniversary of the assassination of Dr. Martin Luther King, Jr.

The Chief Justice was accompanied by Justice Dr. Arijit Pasayat, Judge, Supreme Court of India, Honorable Mr. G.E. Vahanvati the Solicitor General of India, Mr. Sanjiv Arora the Consul General India to Southeast USA, Dr. S.K. Thorat the Chairman of University Grants Commission (UGC) of Govt. of India, Mr. Sunil Kumar, IAS, Secretary, Ministry of Higher Education, Govt. of India, Mr. T. K. Viswanathan, IAS, Law Secretary, Ministry of Law and Justice, Govt. of India, Dr. S. Sivakumar, Officiating Director, Indian Law Institute, New Delhi, Mr. Rakesh Munjal, Executive Member Governing & Academic Council, Indian Law Institute and Mr. Dalip Kumar, Registrar, Indian Law Institute, New Delhi.

Ritesh Desai, the President of GIACC thanked all of their sponsors and members. Sanjiv Arora, the Consul General of India in Houston introduced the eminent members of the delegation

to the audience. He also briefed the illustrious employment history of the Chief Justice, K.G. Balakrishnan which started in 1968 where he enrolled as an advocate in the Kerala Bar Council. He was later appointed as a Munsif in the Kerala Judicial Services in 1973. In 1985, he was appointed as a judge of the Kerala High Court, and was transferred to the Gujarat High Court in 1997. He became the Chief Justice of Gujarat High Court in 1998, and in 1999, he assumed charge as the Chief Justice of the High Court of Judicature at Madras. On the 8 June 2000 he was appointed a judge of the Supreme Court. He was sworn in as the Chief Justice of India on 14 January 2007 by then President A. P. J. Abdul Kalam.

An elegant dinner befitting the prominent delegation was organized by GIACC. The relaxed delegation retired into the night as Atlanta awaits more days to host such distinguished personalities in the future.

Holi Hai: Riot Of Colors At IACA

BY VEENA RAO

Atlanta: The Indian community in Atlanta welcomed spring with a riot of colors at the India American Cultural Association's (IACA) facility in Smyrna recently.



"The weather is so unpredictable during this part of the year," said Dr. Anant Kamath, current president of IACA. "This year, we celebrated 15 days after holi. Maybe we ought to have it a month later."

"We expected around 300-400 people, but because of the cold weather, around 200 people turned up," added Padma Rallapalli, executive vice president.

Luckily for the revelers, heavy rains stopped just the night before the event. They did not seem to mind the chill. Adults turned children as they smeared vibrant hues on friends, family and strangers, until everybody present was a riot of reds, yellows, greens and blues. There were as many Americans as there were Indians.

DJ Bobby, who is a regular at the IACA holi celebrations, set the mood with foot tapping Bollywood numbers, while a live dhol player added extra beat to the celebrations. The best dancer in the crowd took home a surprise prize.

There was also moonwalk for children, popcorn and food from Saravana Bhavan.

The new IACA team led by Dr. Kamath took over in the third week of January.

"In the nine weeks since we took over, we have had five different programs," said Dr. Kamath. "The annual IACA banquet in the first week of March; three plays and the holi celebrations."

"In the coming months, we have the Ms India GA Beauty pageant, the Festival of India, the India Run with Georgia Tech to raise funds for American Cancer Society. Also on the anvil, is the Anup Jalota

ghazal and bhajan night," he added. Dr. Kamath urged the Atlanta Indian community to keep visiting the IACA website www.myiaca.org where all the forthcoming events are posted.

Although the cloudy, cold weather put a damper on the turnout, over 100 people reveled in colors, food, dance and fun. A large outdoor tent on the IACA grounds was the venue for the holi celebrations.

Team Vyoma: Aiming For The Skies

BY JYOTHSNA HEGDE

Atlanta: Team Vyoma (Sanskrit for Infinite Covering Surrounding the Earth) is a group of seven young Engineering students from R.V.

sensors. They ranked 20th among the 40 teams in the Open Class category. Participants are given an option of competing in one of 3 different categories namely, the Open, Regular and Micro Class. The objective of Open

Class is to design an aircraft that can lift as much weight as possible given the gross weight design constraint. Open Class teams will simulate a heavy-lift aircraft taking off from an undeveloped airstrip with limited power.

Team Vyoma overcame several challenges such as lack of vendors supplying aeronautical

components, specialized wood, lack of wind tunnel, lack of air fields to test the prototypes etc. The significance of the effort lies in the fact that the entire airframe design was simulated on a computer with no wind tunnel testing and yet worked flawlessly.

The team tells us that they had participated in the competition in 2008 also. At the time, they were the first team from Asia to be part of this global event and Vyoma I was adjudged for outstanding performance by SAE AERODESIGN and ranked 18th among the 40 teams. Naveen, the only member who was also part of Vyoma I is glad to have a room assigned for them at RVCE which he tells us is a nice upgrade from the garage they used last year. The team has all its info on their website www.projectvyoma.com

In meeting the team after the competition, it did not seem like they were down in any way. No first place, no problem. They had learnt from their mistakes and were looking forward to do a better job next time. They also expressed their gratitude to the hospitality they received by members of Kannada Koota during their stay in Atlanta. NKK offered them souvenirs in appreciation of their dedication and team work.

A spirit of innovation and the motivation to successfully participate in international competitions with nations that have the best of the facilities is a testament to the will of the young Indian generation and a reflection of rapidly developing and confident India.



College of Engineering (RVCE) in Bangalore, India. The team led by Dr. Ravi Kulkarni was in Atlanta to participate in an international aero-design contest conducted by AERODESIGN, the student chapter of the Society of Automotive Engineers (SAE), co-hosted by Lockheed Martin and NASA held between April 3rd and 5th. The first day of the competition at Kennesaw State University involved lecture demo while second and third days which comprised of flying the aircraft with different loads was at flying field in Acworth, Georgia. The amazing truth behind the team is that none of the students belong to aeronautical engineering but hail from different disciplines. Students from other colleges in Karnataka and Delhi also participated in the competition. Nearly 65 teams from all over the world took part in the event.

Doo Technologies is the major sponsor of Team Vyoma donating about 12000 dollars followed by RVCE which donated about 4000 dollars. Nrupatunga Kannada Koota (NKK) members volunteered food and transportation services to all members of team Vyoma during their stay in Atlanta.

Unmanned Aerial Vehicle (UAV), Vyoma II, the brain child of Team Vyoma was created keeping in mind its scientific relevance in the global scenario as a research and development project. The design technology can be used in a variety of applications such as disaster management and atmospheric sampling. Sridhar, a team member explains that Avionics was also incorporated on the UAV to improve controllability and other testing

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Shirdi Sai Idol Consecrated At New Temple



BY VEENA RAO

Atlanta: Heavy rains and cold weather notwithstanding, several thousand devotees thronged the newly opened North America Shirdi Sai Temple of Atlanta (NASSTA) in Suwanee, GA during the weeklong celebrations in March.

On March 15, Sunday, the celebrations culminated in the installation of the larger than life sized, pristine marble statue of Sai Baba. Over 5000 people waited patiently in line, in spite of the wet weather, for a darshan of the Baba. Volunteer teams worked tirelessly, especially with the queue and the shuttle services from various off-site parking areas to the temple, to ensure that everything moved smoothly.

Built at a cost of \$ 4 million, the 15,000 sq ft NASSTA temple is situated in a picturesque 13.2-acre plot, which currently houses the main temple, a library and a cultural hall. Phases two and three will see the construction of associated facilities including a yoga center and quarters for the temple priests. The temple architecture has been inspired by the original temple at Shirdi.

Nine Hindu priests conducted the ceremonies over the week. Priests from the Hindu temple of Atlanta, Riverdale, Florida, Huntsville, Nashville and Columbus, Ohio, joined the two resident priests Suresh and Ravi in the ceremonies that culminated in the installation of the idol.

State Senator Curt Thompson (D- District 5) was the chief guest on the final day's ceremony. Talking to this reporter, Thompson said the sights and sounds of the celebrations, the music and firecrackers, the organized chaos,

were all an interesting experience. He said he was appreciative of fact that the temple stood for integration of different faiths and tolerance of diversity.

Thompson said he respected the Hindu way of bringing in the calf to bless the structure and (people waiting for the) first darshan of the statue. He said he had seen this in pictures, but to be actually present during a consecration ceremony was a once in a lifetime experience for him.

He said, the message of tolerance and diversity is a message that really resonates now, as our state and country becomes more diverse.

"Historically in Suwanee, until the early 1900s, non-whites were not allowed to live here," he said. "In my lifetime, I have seen large civil rights demonstration here in the 80s. To go from all of that to having an Indian temple, is an amazing testament to the power of diversity and change and hope."

Thompson added that there were three temples in his district (District 5), including the BAPS temple in Lilburn.

Temple executive committee vice-president Ramesh Gude said the NASSTA is a non-denominational temple where people of any religion, color or race can come.

"Baba lived an exemplary life and did not discriminate between people," he said. "He did not even discriminate against animals."

Executive committee member Srinivasa Nimmagadda apprised this reporter of the arrangements for the ceremonies. "We have four big tents. Homams were conducted in one of them. Several local restaurants donated food to the public in the food tent." A tent was also reserved for local vendors to sell their wares, mostly religious books and items.

Elaborate arrangements were made for parking, said Nimmagadda. Apart from the 100 capacity parking facility at the temple, the nearby Publix and Kroger complexes were utilized, as also were the nearby subdivisions. Devotees were asked to car pool. Continuous shuttle services to and from the temple to the parking areas made things easier for the thronging devotees.

Gude requested the community to avail of the temple's facilities and support it in moving on to the next phases of completion. "We have a close to \$2 million loan that needs to be paid off before we move on to phase 2 & 3," he said. "The community's support towards this goal is requested."

The North America Shirdi Sai temple of Atlanta is located at 700 James Burgess Rd, Suwanee, GA 30024-1133. For more information, please visit www.AtlantaSaiTemple.org or call 678-455-7200.



Top: Nine priests performing the consecration rituals.

Middle: NASSTA's Ramesh Gude felicitating temple builder Scot Worley.

Bottom: State Senator Curt Thompson (D) with NASSTA committee president Madhavi Duggasani. Photos by Veena Rao.

SAI & Hearts Health Fair Receives Huge Response

BY MAHADEV DESAI

Atlanta: Despite cold and rainy weather, thanks to the rising popularity of SAI Health Fairs, the SAI and Hearts Health Fair, held at the Hearts to Nourish Hope Inc. premises, Riverdale Georgia, on Saturday, March 28, 2009 elicited a huge response. The Health Fair, was, as always, spearheaded by well-known physician, Dr. Sujatha Reddy and was organized as a tribute to the life and legacy of Mahatma Gandhi and also to promote his and Dr. Martin Luther King's philosophies of Non-violence, community service and Social justice.

On the rainy Saturday morning, over 200 people of diverse nationalities and cultures from all over Atlanta availed themselves of the free consultancy and tests services provided by 30 dedicated physicians representing 16 specialties, 14 nurses and technicians and over 35 service-oriented volunteers who attended to the various health related concerns of the people after they registered for blood tests, free EKGs; free glaucoma screenings; audiogram- hearing screenings, preventive Cardiology tests, free Bone Density tests to detect osteoporosis and Free Consultancy in, dermatology, endocrinology, Internal Medicine, Cardiology, Pediatrics, Podiatry, ENT, gastroenterology, urology, ophthalmology, orthopedics, dentistry, and physical therapy, chronic pain, Vascular Surgery, and Psychiatry.

Many including elderly and disabled people lined-up as early as 7.45 a.m. The spacious and well-lit hall and rooms at the venue had neatly laid out tables, where over 85 EKGs were provided by Southern Heart Specialists, Riverdale, Georgia for males, and Commerce Cardiology Group, Commerce, Georgia for females. Three Fellows- Emory University School of Medicine carried out over 35 the Cardiovascular Risk Assessment tests. Over 25 audio screening (hearing tests) were conducted by Dr. Sridhar Krishnamurthy, Girish Enterprises, from Auburn, Alabama, many of which showed abnormal hearing problems. Over 75 Glaucoma screening and vision tests were done by Dr. Indira

Menon from the Eye physicians and surgeons, Decatur, Georgia and Dr. Ajit Nemi from Lotus Vision, Alpharetta... Bone Mineral Density screening tests were in big demand About 70 plus bone-density tests were performed by Madhusudhana Siddagunta, Roger Allen and Elizabeth Allen and AMScan Radiology Associates, Conyers, Georgia. Blood tests too

doctors, nurses and volunteers whereas delicious lunch for all the doctors, nurses, health care professionals and volunteers, was provided by Sean Sims and Larry Jones from the Bridge bistro, Alpharetta. SAI Health Fair publicity and coverage was carried by Khobar magazine; India Abroad, Little India, nripulse.com, and Atlantadunia.com. In addition, Presidents of several local Associations



Physicians, Nurses and Volunteers with Dr. Sujatha Reddy (center)

were in big demand. Over 175 cost-effective, basic quality comprehensive Chemistry profile of blood tests with PSA, HBA1c, and were carried out at a nominal fee of \$15 per test. The lab work was provided by Medical Center of Central Georgia Lab., Macon. It is noteworthy that the results of the blood work were mailed within 48 hours! The test results helped identify some Life threatening results which were immediately notified to the participants. Education and advice on diabetes, smoking and exercise was provided by Keith Spencer of Georgia Medical Care Foundation, while Dr. Rohini Reddy gave helpful hints on stress management. Liberty Medical kindly gave out free Glucometers, after demonstration, to the participants. Neil Heim and Galen Hurl from 'Discover Chiropractic' at Stockbridge, Georgia too kept busy throughout.

Mohan Reddy arranged for the complimentary breakfast for participants,

also helped to notify their members about the Health Fair. Digital video and Photography services were provided by Mahadev Desai.

Dr. Sujatha Reddy thanked Deborah Anglin and staff of Heart to Nourish Hope Community Center for their generosity in providing the accommodation and help to stage the Health Fair and (USHA) for lodging at Sleep Inn and suites, Riverdale for out of town nurses and Jacqueline M. Wright for providing dinner on Friday, for out-of-town nurses. She further thanked supporting sponsors; the team of physicians, nurses, students and dedicated volunteers who together helped make the Health Fair a big success. The mission of the SAI Health Fairs is to create an awareness of the importance of preventive health care among the public-detection, prevention and cure. "Cure the patient today and protect the community tomorrow. Too often we hear of illness that could have been prevented if it had been detected earlier" is its guiding motto.

SAI Health Fairs are shining beacons of outreach of medical services and vehicles of social service and welfare for the disabled, aged, needy and neglected in the society. Inspired by Dr. Reddy's compassion, dedication and commitment, many selfless physicians, Health Care professionals, volunteers, Community and Faith-based organizations have joined their hands in successfully staging these Health Fairs. Most of the physicians, nurses and volunteers on her team have been participating over and over again. Dr. Shanthi Sitaraman, of Emory University, Research Department, lauded Dr. Sujatha Reddy, saying, "Dear Sujatha- Thank you very much for organizing the clinic and inviting me- I feel like a human being when I do this clinic. You are such a selfless person and so dedicated to humanity".

In her laudatory comments, Executive Director, Hearts to Nourish Hope Inc. Deborah Anglin said, "The Health Fair at Hearts to Nourish Hope on March 28th was a huge success for the Clayton County community! This Health fair in collaboration with Sai Health Fairs was attended by 200 plus community members. Blood work ups, EKGs bone density testing, fitness check ups, and a variety of medical specialists were on hand through out the day to offer health services and diagnostic services. Even with the bad weather the turn out was great. This program was sponsored by the Hearts of Clayton After School Program hosted at North Clayton High School. The youth in this program wanted to assist the community in becoming healthier. Everyone learned a lot and will be able to make positive changes in their lives regarding their health. Thanks to all of the medical professionals that participated and the community for their participation."

Restless and driven, self-effacing Dr. Reddy is a living proof that even one person can make a difference. She has perceived the acute need for such Health Fairs, in view of the rising numbers of people without health insurance and is striving relentlessly to contribute all she can in meeting the immense need in current phase of economic downturn. She is already planning for three more Health Fairs this year!

Vedic Temple To Organize Rigved Mahayajnya For Peace & Prosperity

Atlanta: The world has become a unified wholesome body and no longer exists in parts. Hence, the essence of all problems including the current economic crisis gripping nations is as much an integrated one. Any effort to solve it, therefore, by isolated measures would only threaten to alienate the parts and worsen the situation.

It is also important to understand what causes such chaos, while one would logically surmise that human greed has everything to do with this debacle.

It is thus essential to appeal to the divinity embodied in the energy of God to absolve us of the menace. We need to beg penance and implement self righteous corrective measures so we can emerge from this mess unscathed rather than get devoured by our continued pursuance of stupefying acts or live in denial.

With this basic purpose, Greater Atlanta Vedic Temple proposes to organize, like every year, this year's Annual Mahayajnya (unique

collective Vedic prayers to propagate world divinity). These collective prayers would be performed at Atlanta Vedic Temple on April 19th



2009 from 8 AM to 12.30 PM. This will give all participants and attendees an opportunity to appreciate how the simple process of Yajnya endeavors to bring hope by ushering in the divine energy within each and every human being so a

massive trajectory correction ensues and leads to saving the world from economic collapse. With the rhythmic resounding recital of selected Vedic hymns, this mega-prayer will be conducted in the same manner as in ancient times and will truly favorably impact individual and coalesced economic uplift. The main goal of this large platform prayer meet is to strengthen synergic physical, mental, and spiritual prowess, leading to spiritual divinity. The herbal ingredients offered into the sacred fire have the capacity and power to emancipate the 'conscience' leading to noble thoughts and deeds aimed at prosperity.

The prayers will be jointly conducted by Pandit Sahadeo Hariprasad and Acharya Vedshrami Ji.

Pandit Sahadeo Hariprasad, a scholar & Vedic visionary is one of the founders of Arya Samaj

Florida. He performs Yajnas and the sixteen sanskaars with aplomb and is versatile with shlokas, musical instruments, bhajans being blessed with a melodious voice. His spirited sermons are a treat and they draw people from far and near. He takes pride in researching and cross-referencing from a plethora of books to prepare his updesha at the Sunday morning temple services

Acharya Vedshrami Ji is a selflessly dedicated to the cause of spreading righteous awareness and adherence to Hindu ethos. He is very meticulous and aggressive in urging people to follow the ethical standards for leading a fulfilling life. His forceful study followed by equally compelling delivery of remarks on religious scriptures enable listeners to self reflect and improve. He has an influential persona with a friendly demeanor.

To know more about the Mahayajnya please contact Dharendra Sharma at 678-581-1189 or visit www.vedictemple.org

Techie Kills Five Members Of Family In Suicide-Murder

Washington: (IANS) US police has ruled out financial problems as the motive behind the apparent murder-suicide of six Indians in California, suggesting the crime was likely related to 'family dynamics and personal relationships.'

Santa Clara, California police Tuesday identified the victims and alleged gunman in the grisly murder-suicide Sunday night and provided

killed the couple's son and daughter, 11-year-old Akhil Dev and 4-year-old Negha Dev.

He also shot and killed his brother-in-law, Ashok Appu Poothemkandi, 35; Poothemkandi's wife, 25-year-old Suchitra Sivaraman; and the couple's 11-month-old daughter Ahana Ashok, Cooke said.

Kalathat shot his family members with two .45-caliber semi-automatic pistols he had bought recently. Both guns were purchased legally, one in February and one about two weeks ago, Cooke said.

Police are still investigating the motive but Cooke said the murders didn't appear to be rooted in financial problems and that the motive was likely related to 'family dynamics and personal relationships.'

Kalathat worked in information technology at Yahoo and there was no reason to believe his job was in jeopardy, Cooke said.

Kalathat and his wife had just moved to the town home, which is part of the Rivermark development, from Sunnyvale, where their son and daughter were enrolled in fifth grade and preschool at the Challenger School.

The wife's brother, Poothemkandi, and his family were visiting from India and Poothemkandi was looking for work, Cooke said.

Meanwhile, Geeta George, the president of 700-member Malayalee Association of Northern California (MANCA), said she was trying to raise money to send the bodies home to India. Information can be found on mancaonline.org.

In Santa Clara, the Rivermark neighbors didn't know the family well. But some pitched in to help when they heard the sounds of children crying Sunday night, Mercury News said.

One of those neighbors was Sergei Severin, who along with another neighbour, helped the wife of the shooter who had run outside her home.

They debated about moving her because when they lifted her arm, she moaned loudly. They decided to leave her be until police arrived minutes later. By then Severin had placed sheets under the bleeding woman's head.



a glimpse into the family situation that spiralled into violence and claimed six lives.

Police were called to a town home at 4350 Headen Way around 8:30 p.m. Sunday after a woman stumbled bleeding from the home and asked a neighbour to call for help, saying her husband had shot her and that other victims were inside.

Six people, including the alleged gunman, were found shot in the home's kitchen and dining room area. All six died of their injuries, and the woman remains hospitalised in critical condition.

Police Lt. Phil Cooke Tuesday identified the alleged gunman as 42-year-old Devan Kalathat, also known as Raghavan Devarajan, according to KTVU News. Police did not identify the only survivor, Kalathat's 34-year-old wife, who was shot several times. But relatives identified the wife as Abha Devarajan.

Kalathat is believed to have shot and injured his wife, whose name has not been released, and

What Happens If An H-1B Worker Loses Her Job?

Email immigration related questions to chandler.sharma@nripulse.com. Your questions will be answered personally by Chandler Sharma.

BY CHANDLER SHARMA

The troubled economics of our time are well documented. As if bad economic news is now the new weight loss formula, only this morning more jobs were reported lost and more are predicted for the same fate in the near future. The unemployment rate is currently at 8.5 per cent. It is predicted to crest at 10.0 per cent by the end of 2009. It is not unreasonable to guess that H-1B workers will be affected by these high job losses. What choices do such workers have should they be unfortunate to be affected?

First, we need to know that the employer of H-1B workers has an obligation to pay her the regular monthly pay until the termination takes effect. Failure to honor such as contract is actionable and the H-1B worker can recoup their pay from the employer. Sometimes the Department of Labor is invited to "persuade" the failing employer to honor this contract with a fine or where the violation is serious, the may be barred from using H-1B workers.

Second, where the H-1B worker loses her job (fired) before the period authorized for her to work expires, the employer is also required to pay reasonable cost of transportation for the H-1B worker to return to her last country of residence. If the H-1B employee chooses to remain in the U.S., the employer may be let off the hook but where the employee is terminated before the time authorized for her to stay, the employee may make a complaint to the Department of Homeland Security if the employer refuses to pay. The problem with such complaints is that the status of the H-1B worker is technically terminated as soon as the job is terminated. There is no grace period for H-1B visa as there is for F-1 visa holders. I ask you to forget about a rumor that H-1B workers have ten days to look for another job or change status or leave the country. There is no such rule. This rumor originated from a misreading of another rule which allows immigration officers to admit H-1B workers 10 days before the effective date of the visa. This rule allows an H-1B worker (who takes advantage of this rule) to receive an I-94 that adds ten days to the period already authorized in the approval notice/visa. It is not a 10-day grace period. In any event, it will not help any H-1B worker whose employment is terminated.

Third, the H-1B employer is required to inform the U.S. Citizenship and Immigration Services (Service) of the termination of the visa accorded an H-1B worker. What this does is that it puts the H-1B worker in jeopardy of not being able to benefit from extension of H-1B status (should the worker be lucky enough to obtain employment with another employer) or change status to another visa category for which she is eligible or return to the U.S. within three or ten years depending on how long she remained out of status before departure from the U.S. The risks can be enormous. We know that the Service accommodates short periods spent out of status particularly if the worker can show that it is through no fault of hers but is suggested that H-1B workers have backup plans should a termination occur. What is possible?

First, we suggest that the H-1B worker tries to get another employer to petition for her immediately so that she can continue to maintain H-1B status. In the current climate, this may be easier written than achieved. But there are still employers who need certain skills that are not easily available even in the current economic climate.

Second, where it becomes difficult to find another employment, the H-1B worker should consider changing status to another visa category for which she is eligible. A lot of people are eligible for B-2 visa. I have had clients who have been in the U.S. for four years and have never visited any of the historic sites in the U.S. All they have ever done is move from project to project and then two weeks in India and then return to the U.S. to move from project to project. If the H-1B worker can afford it, this would be an opportunity to sight-see and learn what she may have otherwise not known. Other people who can afford it have found it rewarding to return to school to enhance their skills-set by changing status to student visa, F-1. This is often very beneficial because while learning new skills, a "former H-1B worker" turned student can return to H-1B (if she has not used up her six years without filing a Labor Certification Application or immigrant petition (Form I-140)). That is to say, while the former H-1B worker is still a student, she can always change to H-1B if she finds employment provided she still has time left on her 6-year (H-1B) term or where she no longer has time left, she can still take advantage of such a job if she filed a Labor Certification Application or Form I-140 that has been in existence for one or more years. Much as I do not fancy J-1 visa when tagged with the two-year foreign residency requirement, it is an option.

Where everything else fails, the H-1B worker will have to leave the country. Remaining in the U.S. without status is not recommended. It is also no fun. As I have stated above, if you remain in the U.S. out of status for more than six months but less than a year and you leave the country, you will not be allowed to return for three years unless you benefit from applicable waivers or you seek the cooperation of the government before you leave. If remain for a year or more and you depart the U.S., you will not be allowed to return for ten years unless you benefit from any applicable waivers.

Third, let us understand that an H-1B worker who has benefitted from an approved Labor Certification application and an approved Form I-140 and whose Form I-485 has been pending for at least 180 days from the date of approval of the Form I-140 is in a much better position. The prevailing rules allow such an individual to change employment/employers provided the employment is same or similar to that for which a Form I-140 has been approved. In some circumstances, such a worker is allowed to port to self-employment. This is one beauty of these employee-friendly rules that H-1B workers should seek to explore should the unexpected happen. However, if there are any signs that an H-1B job may be in danger of elimination, we suggest that the worker consults with her immigration lawyer to explore the options that are open to her. Circumstances differ between individuals. A worker's specific circumstances should be discussed with her representative. That way she can chart a course that is best for her.

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Obama Counsels 'Effective Dialogue' Between India-Pak

London: (IANS) India and the US said they will step up counter-terrorism cooperation even as President Barack Obama counseled "effective dialogue" between India and Pakistan after his meeting here with Prime Minister Manmohan Singh.

Both leaders spoke, but with different emphasis, on the need for increasing cooperation in meeting the challenges of terrorism after their first meeting on the sidelines of the Group of 20 (G20) summit.

"We did discuss the issue of terrorism - we

discussed it not simply in terms of terrorism emanating from Pakistan, although obviously we are very concerned about extremists and terrorists who have made camp in the border regions of Pakistan, as well as in Afghanistan," Obama said at a press conference.

"But we spoke about it more cooperatively, in terms of how we can coordinate effectively on issues of counter terrorism."

"We also spoke about the fact that in a nuclear age, at a time when perhaps the greatest enemy of both India and Pakistan should be poverty, it may make sense to create a more effective dialogue between India and Pakistan," the American leader added.

With developments in Pakistan and Afghanistan figuring prominently in the discussions, Manmohan Singh made it clear that Pakistan must show absolute sincerity in bringing

the perpetrators of the Mumbai attack to book before the talks can be resumed between the two countries.

"We discussed development in Afghanistan and Pakistan. We both agreed that our two countries must work together to counter the forces of terror," Manmohan Singh said at his press conference.

"We have a global strategic partnership with the US. We both have agreed that there are enormous opportunities to strengthen this relationship and to make it more productive and durable."

The prime minister described the meeting as "useful and productive" and said the two leaders focused on development of bilateral relations and how problems of the region can be resolved through interaction between India and the US.

The two leaders also discussed other bilateral, regional and global issues such as energy security and climate change.

Obama, in a detailed account of the discussions on climate change, offered US and European technological help to India in its efforts to tackle climate change.

"We're going to have to combine the lower-hanging fruit of energy efficiency with rapid technological advances - to the extent that in some case we can [forge] international cooperation and pool our scientific and technical knowledge around things like developing coal sequestration," he said.

"That could be extremely helpful," he added.



Reliance, TCS Among Questionable Contributors To Obama Advisor

New York: (IANS) Two Indian companies were among global organizations that paid thousands of dollars as speaking fee or for advice to a top aide of US President Barack Obama, with possible conflicts of interest now with government programs, says a leading Internet newspaper.

Mukesh Ambani's Reliance Industries and top IT firm Tata Consultancy Services (TCS) are among the firms that gave the money to Obama's Chief Economic Advisor Larry Summers, says Huffington Post.

Quoting from the personal disclosures of high-ranking administration officials, the paper says Reliance paid \$187,500 toward advisory board compensation to him, while TCS paid \$67,500 as speaking fee as on Sep 21, last year.

The documents were released by White House late Friday and show that these firms, which paid hundreds of dollars to Summers, "have direct financial interests before the government or are intimately involved in the White House's bank relief programs."

"The document provided for Summers, who serves as one of the president's closest confidants, underscores just how close some of these officials are to the industry over which they now have oversight," it says.

"The speech payments will undoubtedly raise questions as to the impartiality of the economic advice Summers is providing to the president," the paper says.

"Already viewed as too favourably disposed to Wall Street interests, the lavish payments for speeches will provide further fodder for those who think the administration has been forgiving in their approach to the banking industry."

The website of Reliance Industries lists Summers as a member of its innovation council that has the stated objective of providing vision to the group. When contacted, the company's spokesperson said he could only comment on the report

only after getting the full details.

Citibank, JP Morgan Chase, Goldman Sachs, hedge fund DE Shaw, Lehman Brothers and PricewaterhouseCoopers are among the companies that made payments to Summers running into millions of dollars.

Even though the issue has raised a major controversy in the US, White House spokesperson Ben LaBolt defended Summers.

"Given that Dr. Summers is widely recognized as one of the country's most distinguished economists and formerly served as treasury secretary, there was considerable interest in hearing his economic insights from companies across various industries," he said.



Mukesh Ambani

Seven Indians Among Finalists In Time's List Of Most Influential 100

Washington: (IANS) Seven Indians, including Congress party president Sonia Gandhi, industrialists Ratan Tata and Mukesh Ambani and media mogul Ronnie Screwvala are among the finalists in Time magazine's list of 100 Most Influential People of 2009.

Time would publish the final list later in the year. But in a continuing online poll on Time's website, the list of 203 finalists is currently headed by "moot", the founder of 4chan.org, a website for posting images and discussions

anonymously. Barack Obama, the first African-American president of the US, is ranked 13th.

Gandhi, who is leading the ruling Congress party's bid for re-election in the parliamentary polls, is ranked 43 - ahead of Tata (102), the maker of the world's cheapest car Nano, and Ambani (169), who the publication referred to as "petrol prince".

The other three Indians in the finalists' list are PepsiCo chief executive Indra Nooyi, public face for Washington's Troubled Asset Relief

Program Neel Kashkari, and Harvard-educated management consultant Ram Charan.

Screwvala is currently top-ranked among Indians at 33rd overall place, Nooyi is at 89, Kashkari 187 and Charan 193.

"Slumdog Millionaire" fame British filmmaker Danny Boyle, who hit the headlines with the Oscar-winning movie shot in Mumbai's slums, is also among the finalists.

On Gandhi, 62, who has figured on Time's 100 Most Influential People list twice before, the publication said that the "the Italian-born head of India's most influential political party is beloved by her

constituents, not only because of her family history (she entered politics after her husband Rajiv Gandhi was assassinated) but also because of her efforts to combat poverty".

However, in a negative for her, the Congress party president "has been bogged down by a public spat with one of her rivals," it said, without specifying who the rival is.

Among the Indians, Ratan Tata, who has been on Time's annual list once before, has been

described as having "introduced the Tata Nano, the world's first \$2,500 car. Set for release in India this spring, the 'people's car' could be a boon for low-income communities".

On the negative side, Nano's low price could make the car too accessible, flooding streets with even more CO2-spouting vehicles, Time said.

Naming 51-year old Mukesh Ambani as the "petrol prince", Time said the billionaire chairman of Reliance Industries steers one of the biggest conglomerates in India, with interests in not only oil, but also clothing and kitchenware.

However, he is still mired in a public spat with his billionaire brother, Time said, while advising him to "duke it out using pillows stuffed with \$1,000 bills".

About PepsiCo CEO Nooyi, who has twice made to its annual list, Time said that as head of one of the world's most far-reaching food conglomerates, "she has pledged to steer the US away from junk food and toward healthy eating...(however) profits took a hit last year. And while healthful snacking is nice and all, there ain't nothing wrong with Funyons".

Time Running Out For Pakistan: NYT

New York: (IANS) With Pakistan's politicians apparently unprepared to take up the new US strategy of a partnership to defeat the Islamist insurgency, analysts in Washington and Islamabad have suggested that the South Asian nation could collapse in six months to a year.

In a news analysis from Islamabad published Monday, Jane Perlez of the New York Times suggests "time is short as US presses Pakistan, a reluctant ally" as "Pakistan's politicians and people appear unprepared" to take up President Barack Obama's new strategy.

Officially, Pakistan's government welcomed Obama's strategy, with its hefty infusions of American money, hailing it as a "positive change."

But as the Obama administration tries to bring Pakistanis to its side, large parts of the public, the political class and the military have brushed off the plan, rebuffing the idea that the threat from Al Qaeda and the Taliban, which Washington calls a common enemy, is so urgent, the Times said.

"Some, including the army chief, Gen. Ashfaq Parvez Kayani, and the president, Asif Ali Zardari, may be coming around. But for the military, at least, India remains priority No. 1, as it has for the 61 years of Pakistan's existence," it said.

Some analysts in Islamabad and in Washington are already putting forward apocalyptic timetables for the country, the Times noted.



Ratan Tata



Neel Kashkari

What Recession? Political Parties Flush With Funds

New Delhi: (IANS) It may be recession time for the world, but Indian political parties appear to be awash with money as they plunge into the world's biggest electoral battle.

There is no official estimate how much money is being spent by political parties on the staggered April-May elections for which campaigning has already begun.

What everyone seems to admit, unofficially though, is that the Election Commission bar on the maximum amount a candidate can spend in his or her constituency is invariably breached. But few get hauled up.

According to unofficial estimates, the Congress, India's oldest and now the ruling party, is set to splurge a whopping Rs.20 billion (Rs.2,000 crore/\$400 million) in this election.

A senior Congress leader however told IANS: "We would be spending almost Rs.10 billion (Rs.1,000 crore) in the next three months."

A high level source in the Bharatiya Janata Party (BJP) said his party too had a similar budget. Under the law a candidate can spend between Rs.1 million (Rs.10 lakhs) and Rs.2.5 million (Rs.25 lakhs) in a Lok Sabha battle.

The house has 543 elective seats.

But almost all political parties also shell out on advertisement and media blitz.

The Congress has roped in Percept, Crayons and James Walter Thompson (JWT), three leading ad agencies to prepare the party's campaign strategy.

The BJP has hired ad agencies Frank Simoes-Tag and Utopia.

With the Election Commission outlawing the traditionally popular — and cheaper — wall writings and graffiti, the major political parties have no option but to spend big money.

Even parties with limited influences but with national aspirations are not short of finances.

"I cannot tell you our budget but our party does not want to lag behind any other in the election campaign," asserted Munqad Ali, a Rajya Sabha MP of the Bahujan Samaj Party (BSP) that rules Uttar Pradesh and is dreaming of winning at least half of the state's 80 Lok Sabha seats.

Film clips showing the achievements of the BSP government in Uttar Pradesh and its Chief Minister Mayawati, who has not hidden her prime ministerial ambitions, have been on the air for weeks.

The financially more prudent Communist Party of India-Marxist (CPI-M) is not ready to reveal how much it spends on the election but insists that it never breaches the Election Commission rules.

The party hasn't roped in any advertising agency. But it has plans to come up with CDs and audio and video cassettes featuring election songs in West Bengal in particular.

So where is the money coming from — amid the financial downturn?

"Most major political parties get donations from big business houses," Vinoj Abraham, associate professor of economics at the Centre for Development Studies in Thiruvananthapuram, told IANS.

"Since almost all major business houses are going through difficult times, they might cut down their campaign budget. However, this may in turn attract a larger share of unaccounted black money to support the political campaign," he added.

Abraham said the main beneficiary of the huge spending would be the media sector.

"Yet, given that such a large amount of money is going to be pumped into the economy during campaign, it is going to trigger some demand within the economy," he said.

"The sectors that would directly benefit would be mainly media, be it print, audio or visual, communication and transportation," Abraham added.



Why Is Amitabh Missing From Campaign Scene?



New Delhi: (IANS) Noticed something? Bollywood superstar Amitabh Bachchan is conspicuously absent from the Samajwadi Party campaign scene.

With party general secretary Amar Singh being a close friend, Bachchan had campaigned extensively in the assembly elections of Uttar Pradesh in 2007. He had even featured in the party's ads. But it suffered an embarrassing defeat at that time.

And now Bachchan seems to be nowhere around the heat and dust of politics even though his wife Jaya Bachchan is a party MP. Although it is still unclear whether he has distanced himself or the

party has dropped him, his absence is surely another star, Sanjay Dutt's, gain.

Dutt, who cannot contest from Lucknow after the Supreme Court refused to suspend his conviction for owning illegal arms, has become the star campaigner of the party.

The party has already appointed Dutt as its general secretary and has declared that he will be campaigning throughout the country.

Maya, Maneka Duel Over Varun's Detention



Varun with mother Maneka

Lucknow: (IANS) Bahujan Samaj Party (BSP) supremo and Uttar Pradesh Chief Minister Mayawati slammed Bharatiya Janata Party (BJP) leader Maneka Gandhi, saying she should have brought up her son Varun better rather than defending him. Varun Gandhi is in jail, facing a charge of delivering campaign speeches vilifying Muslims.

Addressing a press conference here, Mayawati tore into Maneka Gandhi for her remarks that only a mother could understand her feelings.

Terming Maneka Gandhi's remarks 'insinuating', the BSP chief said: 'Let me tell Maneka that even Mother Teresa did not have children but understood the feelings of millions of children.' Mayawati is unmarried. She continued: 'Rather than teaching her son some manners and telling him how to behave, she is going about defending him, which is condemnable.'

Mayawati demanded that Maneka Gandhi should seek pardon from her and the entire country for the remarks made against her. Citing rules of the jail administration, the authorities had Friday asked Maneka to not meet her son Varun in Etah jail. Following this, Maneka had said that if Mayawati had been a mother she would have understood a mother's pain.

'I want to say that Maneka is mother of one (Varun), while I take care of hundreds and understand the pain of crores of mothers,' Mayawati said.

Defending her decision to slap the stringent National Security Act on Varun Gandhi, Mayawati said the action was 'fully justified'.

'I am fully justified in taking the most stern action against him because what he did was unpardonable, and anyone indulging in such acts, no matter how high and mighty, would receive the same treatment in my regime and will not be spared under any circumstances,' the chief minister said.

Sanjay Dutt Caused His Dad Agony: Nirupam



Dutt with Amar Singh

Mumbai: (IANS) Senior Maharashtra Congress leader Sanjay Nirupam hit back at Bollywood actor and newly-appointed Samajwadi Party general secretary Sanjay Dutt for criticizing him and holding him 'responsible' for his father Sunil Dutt's death.

Responding to the allegations made by Dutt at his first press conference after taking over as general secretary of Samajwadi Party, Nirupam, the Congress candidate from Mumbai North, said that the late Sunil Dutt was deeply aggrieved by his only son's wayward behavior and his addiction to drugs.

'It was only because of Sanjay that the legendary Sunil Dutt had to go and sit for hours at the feet of Shiv Sena chief Bal Thackeray. I have personally witnessed his agony,' said Nirupam, a former Shiv Sena Rajya Sabha member who joined the Congress a few years ago.

Speaking to the media in the capital Thursday morning, Dutt had said that his father was unhappy with Nirupam's entry into the Congress.

Sanjay said that his father had publicly opposed Nirupam's entry into the party since the latter had viciously criticized him and other senior Congress leaders when he was with the Shiv Sena for almost 10 years.

Sanjay claimed that since his father had a weak heart he was disturbed by these developments and died later, indirectly holding Nirupam responsible for his death.

In a sharp retort, Nirupam said that if Sunil Dutt's heart was so weak he would have collapsed and died long ago because of his son's behavior, so it was not correct to blame him (Nirupam).

Claiming that Sanjay Dutt was merely mouthing the words of 'a particular Samajwadi Party leader', Nirupam said that it would be better if the actor steered clear of that leader who was responsible for 'breaking up many families and creating rifts among the best of friends'.

Ekta Choudhury Crowned Femina Ms India Universe

Mumbai (IANS): Ekta Choudhury, a 22-year-old from New Delhi, was Sunday night crowned Pantaloons Femina Miss India Universe 2009. She will represent the country at the global beauty pageant later this year.

She received the crown at a grand ceremony here. Pooja Chopra was crowned Miss India World and Shriya Kishore is Miss India Earth 2009. The ceremony also



featured performances by Bollywood stars Priyanka Chopra, Kangana Ranaut and Genelia D'souza, choreographed by Shiamak Davar.

The contestants dazzled the event in beautiful creations by designers Ritu Kumar, Rocky S., Pantaloons (designed by Rajesh and Anirban) and Prasad Bidappa.

The show was choreographed by Marc Robinson and hosted by Bollywood beauty Malaika Arora Khan and star R. Madhavan.



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India Will Be Big Technology Innovator In Next Decade

BY PRADEEP GUPTA

Economists have been predicting it, stargazers have been forecasting it, and now the technology trend watchers are saying it - the coming decade is surely going to belong to India.

Jason Pontin, the charismatic editor and publisher of MIT's "Technology Review" - the publication of the Massachusetts Institute of Technology (MIT) - confidently proclaims that India is going to dominate the innovation space.



This is why the 109-year old magazine has launched an edition in the country. "I want to be the first to tell the world about the action in the labs here," says Potin.

Economists may predict superpower status for India based on its growth figures and the economy's resilience in the face of global downturn. But the motor of this growth will be investments in science and technology, believe experts.

At EmTech2009, an emerging technologies conclave recently hosted in New Delhi by Technology Review and CyberMedia, the exciting forecast is that India's knowledge superpower domain is all set to extend beyond the field of IT.

Areas where India is seen making major inroads include healthcare, education, biomaterials and nano-technology. From being a service providing nation, India is finally heralding its arrival as a knowledge-creating nation, as befitting a country that centuries ago was the original fount of all knowledge.

Tantalizing glimpses of how technology that is developed by Indians is already empowering and enabling millions were provided at the conclave. Pontin talked about how Technology Review's annual list of technologists who could change the world is increasingly being dominated by Indians.

In 2004, there was Vikram Sheel Kumar, founder of Dimagi - a unique combination of engineering and medicine. Kumar is an alumnus of the Indian Institute of Technology in Delhi and the Harvard Medical School. His software products have encouraged compliance from diabetic patients and removed stigma from HIV/AIDS testing.

Then in 2007, Tapan Pareek's work, which helped Kerala fishermen keep track of market prices on their cell phones, was highlighted. This year, it's the turn of computer science professor Vivek

Pai to turn out a technology that will help store web content to enable poor students in developing nations beat bad net connections.

As can be seen from the examples above, the nature of the technologies emerging from innovation labs around the world today is completely democratic, having the power to touch billions - the literate and the unlettered, the affluent as well as those at the bottom of the pyramid.

If the Indian innovators, tuned to the needs of the less advantaged in their country, are coming out with technologies to address this space, then large multinational corporations, admittedly driven by marketing compulsions, are also now focusing on this segment.

Companies in the IT, mobile and electronics space, looking to expand their market to the next billion "non-premium" users, are tweaking the characteristics of the new technology so that it is in sync with the needs of their new target base.

So, poor farmers in the hinterlands can now use technology to broaden their markets, women in shantytowns of Bangalore can use mobile applications to avail themselves of micro-finance, and rural youth use new models of tele-learning and e-learning to receive education.

In fact, today, it is the cross play of technologies from different fields that is making a difference to the lives of many.

At a macro level, IT and mobile telephony are powering healthcare delivery as seen in the health superhighway envisaged by Apollo Hospital's Prathap Reddy.

And then at a micro level, advances in camera technology is helping doctors make an effective diagnosis as it helps improves CT scans to unimaginable levels.

"The new emerging technology is part of an ecosystem. It reduces information asymmetry. It makes time and geography irrelevant," says Vivek Mohan, president of Alcatel Lucent, a company whose mobile applications are transforming lives at the bottom of the pyramid.

The question: Is India ready to accept this technological boon conferred on it? The short answer to that is: Yes. This answer must also be seen in the context of the experiences of companies like DuPont and mChek, which found rural India not just willing to accept but often two steps ahead!

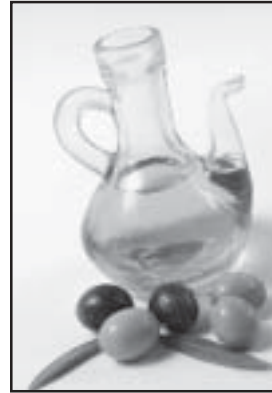
Significantly, as more and more individuals are taking technology by its reins, configuring devices to suit their own unique needs, they are also setting new parameters for innovation.

In the words of Ramesh Raskar, brilliant MIT computational photography whiz who is working on a next generation camera for the people by the people: "The emerging technology is distributed, adaptive, democratic".

Hordes of MIT researchers are also descending on the country to use it as their experimental field, and not just because of the scale, size, the lower cost and stratified society alone. Those are the old reasons. "India is an amazing test bed for us because it's so ready to experiment and adapt," says Raskar.

It's perhaps fitting that the largest democracy in the world should be the one taking a lead in democratising technology. Innovations by the people, for the people, are all set to take India to the next level.

'Olive Oil Offers Best Protection From Heart Attack'



London: (IANS) Portuguese scientists have identified an anti-oxidant in olive oil that offers the greatest protection from heart attack and stroke. Their study shows that the anti-oxidant in question, DHPEA-EDA, protects red blood cells from damage more than any other part of olive oil.

"These findings provide the scientific basis for the clear health benefits that have been seen in people who have olive oil in their diet," said Fatima Paiva-Martins of the University of Porto, who was part of the team that conducted the study.

Paiva-Martins said the findings could lead to the production of "functional" olive oils specifically designed to reduce the risk of heart disease.

The researchers said they have come by evidence that this compound is the major source of the health benefit associated with virgin olive oils, which may make up as much as half the total antioxidant component of the oil.

Heart disease is caused partly by reactive oxygen, including free radicals, acting on low density lipoprotein (LDL) or "bad" cholesterol and resulting in hardening of the arteries. Red blood cells are vulnerable to oxidative damage because they are the body's oxygen carriers.

What You Drink May Add More To Weight Than What You Eat



Washington: (IANS) What you drink may contribute more to weight gain than what you merely eat, according to a study.

Researchers at Johns Hopkins Bloomberg School of Public Health, examined the link between beverage consumption among adults and weight change.

They conducted a prospective study of 810 adults, aged between 25-79 years old participating in the PREMIER trial, an 18-month randomised and controlled study.

They found that weight loss was positively associated with a reduction in liquid calorie consumption. Conversely, this kind of intake had a stronger impact on weight than solid calorie intake.

"Both liquid and solid calories were associated with weight change, however, only a reduction in liquid calorie intake was shown to significantly affect weight loss during the six-month follow up," said Benjamin Caballero senior study author and a professor at Bloomberg School.

Sports Drinks Can Cause Tooth Erosion



Washington: (IANS) Sipping sports drinks may boost your energy levels but they have a flip side - they may erode your teeth. In a study, researchers found that their prolonged consumption may be linked to erosive tooth wear, in which acids eat away the tooth's smooth hard enamel coating and trickle into the bonelike material underneath, causing tooth to soften and weaken.

The condition affects one in 15 Americans and can result in severe tooth damage and even tooth loss if left untreated.

"This is the first time that the citric acid in sports drinks has been linked to erosive tooth wear," said Mark Wolff, professor of cariology and comprehensive care at New York University College of Dentistry, who led the study.

According to Wolff, brushing teeth immediately after consuming a sports drink can compound the problem of tooth erosion, because softened enamel is very susceptible to the abrasive properties of toothpaste.

"To prevent tooth erosion, consume sports drinks in moderation, and wait at least 30 minutes before brushing your teeth, to allow softened enamel to re-harden," Wolff advised. "If you frequently consume sports drinks, ask your dentist if you should use an acid-neutralising remineralising toothpaste to help re-harden soft enamel," he said.

Insomnia Is Related To Poor Health, Obesity

New York: (IANS) Insomnia goes hand in hand with poor health, including weight gain and even obesity, say a study done by an Indian American psychiatrist.

Sarosh Motivala, assistant psychiatry professor at Semel Institute, University of California Los Angeles (UCLA) and colleagues looked at two hormones that regulate the body's energy balance and our hunger pangs.

The study, based on 38 male participants divided into two groups - 14 insomnia sufferers and 24 healthy subjects, found that chronic insomnia disrupts one of these two hormones.

Ghrelin, a peptide secreted by the stomach, stimulates appetite and increases before meals. Leptin, which affects body weight and is secreted primarily by fat cells, signals the hypothalamus (in the brain) regarding the degree of fat storage. Decreased leptin tells the body there is a calorie shortage and promotes hunger, while increased levels promote energy expenditure. Researchers compared healthy sleepers with those suffering from chronic insomnia and measured the levels of the two hormones at various times throughout the night.

India To Seek \$5.2 Billion From World Bank

London (IANS): Assured a greater say into the affairs of multilateral lending institutions, India will seek additional assistance of \$5.2 billion from the World Bank for its financial sector and infrastructure projects, officials said.

The main component of this assistance is for recapitalisation of state-owned commercial banks over the next two to three years, Indian officials here said.

The rest of the amount is for infrastructure finance companies and power grid corporations.

India normally gets assistance worth \$3 billion from the World Bank annually of which half is given in concessional form.

At the G20 summit that concluded on Thursday, Prime Minister Manmohan Singh was assured that developing countries like India will have a higher voting right in institutions such as the International Monetary Fund and the World Bank.

Leaders at the G20 on Thursday pledged a \$1.1 trillion package alongside measures for a



tighter regulation of the international financial system to help bring the world out of recession.

The measures were also designed to prevent future shocks.

The leaders agreed to negotiate a speedy conclusion of the Doha trade round and put some \$250 billion more into trade finance — key demands from India, represented by Mr. Singh.

Out of the \$1.1 trillion pledged for various institutions, \$250 billion will be given to the IMF to lend at cheaper rates to needy countries in the form of special drawing rights (SDRs).

The leaders agreed to another major Indian demand by deciding to sell IMF gold reserves to raise \$6 billion that will go toward helping out the world's poorest countries with cheap loans over the next two to three years.

Besides India, Britain and the U.S., the G20 comprises Argentina, Australia, Brazil, Canada, China, France, Germany, Indonesia, Italy, Japan, Mexico, Russia, Saudi Arabia, South Africa, South Korea, Turkey and the EU.

Microsoft Takes The Bite Out Of Apple

San Francisco: (DPA) Can the tight US economy help Microsoft beat back the cavalry charge of its much smaller, but much cooler, competitor Apple?

The software giant from Seattle seems to sense a whiff of opportunity in the air, bombarding the trendy maker of Macs, iPhones and iPods in ads and executive comments for being too expensive in these penny-pinching times.

The latest salvo comes in the form of widely screened TV ads, which show what Microsoft says are real life computer users shopping for new machines.

In one ad a bubbly, red-haired, 20-something named Lauren goes looking for a 17-inch laptop with a \$1,000 budget. She walks out of the Apple store empty handed, proclaiming that she's obviously "not cool enough to be a Mac person", since the appropriate machine there would cost \$2,000.

But Lauren finds several dream machines at a PC retailer, where she squeals with delight as she

pays \$699 for her new laptop and pockets \$300 in change.

The ad ends with the tagline, "I'm Lauren, and I'm a PC", an unabashed reference to Apple's famous ads where an uber-cool actor portrays an Apple computer while a super nerd plays a hapless PC.

Even before the latest ads, signs were emerging that Apple's exclusive cachet and relatively higher prices were hurting it in the market.

Unit sales for Apple computers were down 16 percent in February while the overall computer market increased by 10 percent, according to a research report by Morgan Stanley. Revenues at the iconic Silicon Valley company were down 22 percent compared to an



11 percent decline for the overall market.

Media experts are divided on whether Microsoft's new campaign can blow a hole in Apple's mythical status, especially as the company's worldwide success with its iPhone and iPod products continues to draw customers into the Apple firmament.

"I don't know what took Microsoft so long," advertising executive Josh Barsch told E-Commerce Times. "The biggest chink in Apple's armour has always been its price tag.

"In flush times, the young and hip can afford to shell out more for a trendy machine. When they no longer have jobs and can't pay their rent, it's a different story."

That message is reinforced by other Microsoft ads that feature kids performing all kinds of multimedia wizardry on their PCs.

But some say that Microsoft's ads will ultimately backfire because they bring Apple into every purchase consideration. When users compare features, they could well find that the elegance, functionality and integrated software that are part of the Apple package are worth the extra money.

Recent Mac convert Greg Willis says he has no regrets about the switch. "Everything works smoothly right out of the box because it all comes from the same company," he said. "I'm glad I paid the extra money. I got a quantum leap in quality."

Others are not so sure that the extra expense is worthwhile. They argue that with less money to spend, they can forego the luxury of the Apple experience to save a few bucks. One of them is Jay Siegel, who has owned Macs for 25 years but recently bought a Windows PC as his main work computer.

"I'm getting my work done, using Windows. Surfing the Internet, using a web browser and a graphics programme all work on this computer," noted the self-described Apple fan on Examiner.com.

"It may not be elegant or refined but it's getting the job done for me. And it cost so much less. I'm sorry Apple, I just couldn't justify those extra dollars right now. When the economy recovers and I have a bit more cash to spare I'm going to run, not walk, to buy another Mac."

Motorola's Sanjay Jha Is Top Paid CEO

Washington: (IANS) With a \$104 million pay packet in 2008, mobile phone maker Motorola's India-born chief Sanjay Jha has emerged America's top paid CEO, while Citigroup's Vikram Pandit tops the league among bailed out banks.



In a survey published Friday by the Wall Street Journal, Pandit is ranked fourth overall with a payout of \$38.2 million, while PepsiCo's Indian American CEO is at the 36th slot with a pay package of \$13.98 million.

With his over \$104 million package, Jha is the only CEO to get a compensation package exceeding \$100 million, with Occidental's Ray Irani at a distant second with \$49.9 million. Irani is followed by Walt Disney's Robert Iger (\$49.7 million) at the third slot.

Among the bailed out banks, Pandit is followed by JP Morgan Chase's James Dimon (\$20.9 million) and Wells Fargo's John Stumpf (\$8.8 million) at the second and third spots, respectively.

Bank of America's Kenneth Lewis was paid \$1.5 million. John Mack of Morgan Stanley got \$0.8 million and Lloyd Blankfein of Goldman Sachs received a total compensation of \$0.6 million.

The median salaries and bonuses for the chief executives of 200 big US companies fell 8.5 percent to \$2.24 million, according to an analysis for the Journal by Hay Group, a management consulting firm. The analysis examined proxy statements for companies with more than \$5 billion in annual revenue.

"Oil Scarcity Will Spell End Of Globalization"

Toronto: (IANS) The world may no longer be flat very soon.

Contrary to what Thomas Friedman told us after his analysis of globalization, the world will indeed become a "whole lot smaller" very soon, if a top Canadian economist is to be believed.

Jeff Rubin, who quit as chief economist of Canadian Imperial Bank of Commerce (CIBC) here Friday to promote his book 'Why Your World Is About to Get a Whole Lot Smaller,' said the coming oil scarcity will change the world more profoundly than any other crisis.

He added, "We have all got our eyes right now on the global financial meltdown, but I believe that oil scarcity will change the global economy even more profoundly and in the process change all of our lives - from where we work to where we live to what we eat."

The Canadian economist said his analysis of the oil economy for over 20 years led him to believe that its (oil's) scarcity will be the end of globalization.

He said, "Though the book grew out of my experience as an economist on Bay Street (financial district of Toronto), this is not a book about financial markets.

It is a book about the way the world is about to change."

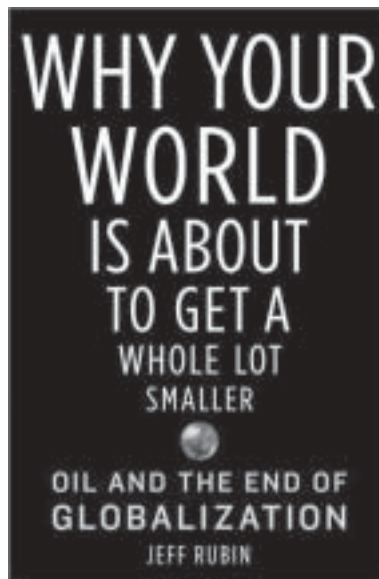
The economist said he would travel to deliver his book's message in as many places as possible so that the world has a grasp of the kind of future stares it.

"Jeff Rubin has spent two decades on Bay Street, but he has always thought outside that box," said his publisher, Random House Canada, in a statement.

"When he realized that his analysis of the oil economy was leading him to believe that we could be looking at the end of globalization as we know it, he knew that he had to find a way to get that message out, and he needed the scope a book would give him in order to develop his argument,"

the publisher said.

The book will be launched in May by Random House Canada, along with Random House in the United States and Virgin Books in the United Kingdom.



Sonam Ready To Bend Rules For De Niro, Shah Rukh



Mumbai: (IANS) Sonam Kapoor may be just two films old, but she is choosy about her roles and has drafted strict guidelines for herself to sign movies. The young actress is, however, willing to make exceptions if the man opposite her happens to be Robert De Niro or Shah Rukh Khan.

"Well, why would one actually ask questions if paired opposite Robert De Niro?" asks Sonam with a mischievous smile. "You should consider yourself plain fortunate to just share a common frame with him. In fact, I will be happy to even walk past a frame featuring him. No questions asked. Period." Sonam teamed up with Ranbir Kapoor in her debut vehicle "Saawariya" and she was seen with Abhishek Bachchan in her second film "Dilli 6". She is now looking forward to a movie with superstar Shah Rukh.

"He is another man for whom I will be so very willing to ignore my rule book. I would be more than happy to go ahead and sign a film if Shah Rukh happens to be my hero," says Sonam, a self-confessed Shah Rukh fan.

"There are exceptions that one makes about the size and content of the role when it comes to working with legendary actors; De Niro and Shah Rukh just fit the bill," she said.

However, when it comes to working on films with anyone lesser, Sonam certainly has her do's and don'ts in place.

"I don't intend to do films where all I am required to do is to dance in four songs and enact a couple of emotional scenes. By no means am I looking at that kind of cinema," she said.

Though the formal announcement of her next film is yet to take place, reports are that Sonam's next will be for her dad's production house. The film is called "Ayesha" and is based on Jane Austen's novel "Emma".

I'm The First Indian Face Of Barbie: Katrina



Mumbai: (IANS) British-born actress Katrina Kaif, whose face will now adorn Barbie dolls, says contrary to what people believe her Barbie is not an Indian counterpart of the international brand. She also feels that in many ways it's an endorsement of how kids connect with her.

"I'd call it a fun honor. To have your face on dolls that you've played with from childhood is quite flattering. We've been in negotiation for nearly six months. It finally came together for the 50-year celebration of Barbie," Katrina told IANS.

"Contrary to what people believe my Barbie is not an Indian counterpart of the international brand. It's an honor because I'm the first Indian to be the face of Barbie. I'll be dressed the way the Barbie is all over the world.

"And I think in many ways it's an endorsement of how kids connect with me. You can't be the face of an international doll unless kids like you. I like that. The thought that kids like me enough to make me a part of their doll collection is very gratifying," the 24-year-old said.

The actress walked the ramp as the showstopper at a special show dedicated to Barbie at the Lakme Fashion Week here. She sported a small pink dress that the 'Katrina Barbie' will be

wearing from September. With the Barbie image coming to the surface, Katrina is a little worried about the bubbly-girl image that she'd like to change.

"So much for my attempts to move to more mature level as an actor," laughed the actress. "I guess Prakash Jha's 'Rajneeti' will take care of that. But I'm very happy being the clean healthy Barbie-girl next door."

Shilpa To Marry Raj Kundra In October?



London: (IANS) Bollywood actress Shilpa Shetty will probably tie the knot with beau Raj Kundra in October this year, the Daily Mail online reported. The couple have set a tentative date in October and plan to have a traditional ceremony in India, the report said.

"I have very traditional views of marriage. I've seen my parents maintain a 35-year marriage and I really believe marriages are made in heaven. I've always said that the day I decide to tie the knot it is going to be for good," Shilpa said.

"I have often wondered who the right person would be and I've come to realise that for me it is Raj. I'm completely sure he is my soul mate," she added. Kundra seems as excited about the prospect of marriage as Shilpa.

"I have spoken to Shilpa's parents and we are doing it the Indian way. In India, you don't get engaged until just before the wedding, so I didn't go down on one knee to her or anything like that. But we have definitely set a date for this year," he said.

The couple have been together for two years. They are yet to make an official announcement out of respect for British reality TV star Jade Goody, who passed away March 22. She had appeared with Shilpa on "Celebrity Big Brother", sparking an international racism row.

Billu - Too Glamorous For A Simple Tale

Director: Priyadarshan

Cast: Shah Rukh Khan, Irfan Khan, Lara Dutta, Asrani

BY JYOTHSNA HEGDE

Priyadarshan's latest offering Billu, like most of his movies these days is a remake of the Malayalam original Kadhaparayumbol narrating a tale of friendship between a Bollywood superstar and an ordinary barber in a remote village. Kuselan, the Tamil remake of the original featuring Rajnikanth was a huge box office disaster. Mushtaq Sheikh's adaptation of the Malayalam version lacks the effervescence of an SRK movie,

his focus to establish the stardom of Sahir Khan, so much so that Billu is left behind and the audiences fail to really relate to Billu and his problems. When Shah Rukh Khan plays a superstar in a movie, there is little need to really push the envelope in stating the fact. The director however does not utilize this natural advantage and spends too much time glamorizing the story.

When the villagers erroneously conclude by a series of events that Billu is not Sahir Khan's friend, they taunt him and his family. The movie concludes with a long speech of Sahir Khan talking about his childhood friend Billu and ultimately Billu is redeemed, but the movie, not so much. Shah Rukh delivers the speech with poise and it strikes a chord with most people who ever had dear friends.

Pritam's music is aimed for the masses and Shah Rukh shakes a leg to 3 item numbers with three of the industry's hottest properties, Deepika Padukone, Priyanka Chopra and Kareena Kapoor. While V. Manikandan's cinematography captures Kerala in all of its lush green glory, it is sometimes hard to



especially given the fact that the King Khan himself plays a superstar in the movie.

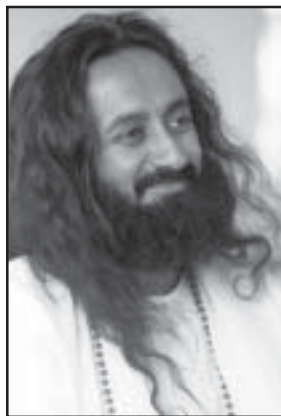
The story is set in UP village called Budbuda where Billu or Bilas Rao Pardesi (Irfan Khan), the barber his wife Bindiya (Lara Dutta) along with two kids leads his insignificant life struggling to make ends meet. Billu's life changes when Sahir Khan (Shah Rukh Khan), the reigning film star along with his production unit land in the village for the filming of his 'futuristic' film. There are so many discrepancies in the narrative right here. For example, Bindiya, who lives in a village and is the wife of a person struggling to put food on the table, somehow manages to wear lipstick and look glamorous all the time. And the reasoning for a shooting a so called futuristic movie in a village randomly suggested by Sahir Khan is never explained. Also, the village square where Billu's shop is located feels like a set borrowed from one of the Hindi serials and in one of the scenes we see a display of the Vogue and Cosmopolitan magazines in a village setting. The lack of attention to detail is overwhelming.

Villagers that either ignored Billu or harassed him for money change their stance and start treating him well. All they want in return is a piece of Sahir Khan, who they found out was Billu's childhood buddy. Billu is not ready to meet his superstar friend given his current state of affairs, but people simply start sending in favors, even though Billu repeatedly tells them he cannot return their good will gestures. Since the story requires a superstar, the director diverts

picture UP in place of Kerala.

The Khan v/s Khan issue is also raked up in the movie. And Sahir Khan defends "Abhay" Kumar (guess who?) in a scene when disparaging comments are passed against the actor saying everyone in the film industry treat each other as family. Somehow none of these scenes establish the friendship of Sahir Khan with Billu and feels like more effort could have been put into showcasing the depth of friendship shared between the modern day Krishna and Sudaama, the story which this film is supposed to be inspired from. The comparison of God to a movie superstar is noteworthy here, symbolizing the pedestals we place our celebrities upon these days. But then I guess this is Kali Yuga and not Dwapara Yuga in which Krishna and Sudaama lived, times clearly have changed.

The story itself is simple and endearing but the execution of Billu lacks the finesse to tell a tale that has a predictable ending. But you expect more from someone like Priyadarshan who gave us the likes of Virasat. The director uses lame comedy which further cripples the flow. Most of the talented cast such as Rajpal Yadav and Om Puri are under utilized. With all its flaws, there is a way to appreciate this movie. Billu is a clean entertainer especially if you are planning to take your kids with you to watch a movie. It is almost like a fairy tale for the kids in maybe a grown up version. This is of course hoping your kids do not expect student-parent meetings mentioned in the movie in a village school!



Beauty Full

His Holiness Sri Sri Ravi Shankar is the founder of the Art of Living Foundation, a multi-faceted organization that offers a wide array of educational and humanitarian programs that uplift individuals, make a difference in local communities, and foster global change. To learn more, please visit www.artofliving.org/atlanta or contact us at 877-AOLIVING or atlanta@us.artofliving.org.

Adi Shankara spoke about dispassion, detach-

ment, and renunciation. However, he foresaw that if he only talked about renunciation, people might start liking and encouraging sadness. He did not want people to stop appreciating beauty, so he sang a hundred verses on beauty.

Beauty has three levels: indication, expression and exposure. Spirituality indicates, art expresses, and science exposes.

The Divine is beauty, and beauty is Divine. Deva means one who loves to play, one who is effulgent, glorious, and one who plays. Demons fight, men live in peace, and Gods play. Playfulness cannot happen if there is no beauty; they go together. Enthusiasm, the same force that is beauty, creates playfulness. Beauty is associated with shyness, and shyness enhances beauty. For example, a small child sometimes makes a very shy face. When everyone notices and appreciates the child, he just hides his face. Likewise, shame is a part of ugliness. Shyness softens you; ugliness or shame hardens you. When a person feels ashamed, he becomes hard inside and becomes violent.

Direct expression is necessary when one is not awake. With the Awakened, hints and indirect expression make it all the more charming. But it does not mean that something is good or something is bad. Everything has its place and its time. Total exposure is not the language of the heart. Total exposure provokes and concealed beauty invokes. That is why this nature conceals the whole creation during the night inside itself, and reveals it the next morning.

Love is at its peak when no effort is made to express it. It is not that you should not express it sometimes- otherwise you may burst! There is beauty in not expressing it completely. In that secretiveness and the unveiling of Love, there is knowledge, there is opening, there is joy, and there is beauty. That is a Divine quality. Intellect has its place and poetry has its place. Both make life fuller. That is the beauty.

See people beyond their expressions. What a person expresses is not what he is all about. There is a lot of unexpressed love in each life. Just recognizing this fact, you expand. Your heart expands. With this knowledge you would never dwell on what someone says or does. What someone says is very small, and what someone does is just the ribbon on the package. If you do not like the ribbon, just take it off and look inside.

So do not worry that there are so many people. Do not ask how you can be close to God. Do not worry about how you can belong there. There are many rooms, and each one of you will have your own private room! And Jesus promises, "if there are not many rooms, I shall make room for you and then come to take you there". The mind cannot appreciate the abstract; it is so used to looking at concrete things and promises. The mind needs promises. When you love somebody, you

want a promise from him or her. You ask, "Do you promise me? Do you really love me? Tell me for sure!"

The second aspect of beauty is gratefulness. When you don't feel that you lack something, then you feel grateful. You cannot be grateful and feel that you lack something. The two cannot go together. You can experience both, but only at different times. When you feel you lack something, the grumbling begins. With the knowledge you have, you become grateful. When you are grateful, by natural law you will be given more. As Jesus has said, "those who have will be given more. Those who have not, even what little they have, will be taken away from them."

Whoever you want to love, first of all, know they love you very much. If you doubt in somebody's love, your doubt grows no matter what, you receive from him or her. If you want to be close to someone, first begin to feel they are already close to you. When you ask people whether they trust you, you already doubt their trust. You grow in doubt. There is no limit to it; there is no end to convincing people of one's love, one's trust, one's goodness. That is why it is said that those who have not, whatever little they have will also be taken away from them. And those who have will be given more, and more, and more. This is the very law of nature.

Not having is just an attitude in you. It is the direction you are moving in. Whatever is inside you is what grows. The seeds are already there. You sow the seeds and the seeds will grow. They become plenty. If the seed itself lacks something, how can anything grow? Open your eyes and see what you have been given! When you recognize what you have been given, you become grateful. In that gratefulness, life grows.

Why did Communism fail? It was a great policy to give to those who did not have. When everyone was provided for, the people became poorer and poorer in the material plane and in consciousness. Without knowledge, without wisdom, there is no progress.

Without life there is no beauty. A body is beautiful because there is life in it. The entire creation, the trees, the birds, animals, stones, and rivers are full of life. Life is not just biological life. Life includes the consciousness that permeates much beyond.

Just imagine somebody yelling at the top of his voice, grinding his teeth, holding his fists, with red eyes and all the veins in their throat popping out. Just looking at them is such fun! Without them, the whole world would be very dull. Imagine everybody walking around with an "air-hostess" smile all the time. It is no fun! It is the same thing when children cry. There is some beauty even in crying. When they laugh or smile, there is beauty in it. If they are angry, there is beauty in it. Beauty is all-pervasive. You only have to open your eyes and see the reality that is there.



WHAT'S COOKING?

BY P.S. LAKSHMI RAO

Majjiga Pulusu (Butter Milk Soup)



2 Cups of peeled and cut 1 inch pieces of opal squash
15 Frozen beans cut in to 2 inch pieces or a cup of frozen green beans (optional)
1 Small peeled carrots cut diagonally to thin pieces (optional)
4 Okras

1 Italian or Japanese eggplant cut into 2 inch pieces
2 Green chilies cut in to 2 inches pieces
½ Pack of 10 ounces frozen chopped spinach or 1 cup chopped fresh spinach or chopped bachalikura (vietnamese spinach) or chopped thotakura (kalaloo)
1 Long stem curry leaf
¼ Teaspoon turmeric (turmeric)
1 Teaspoon salt
3 Cups water
Mix all the above ingredients in a 4 quart-sauce pan. Cook on medium high until squash becomes soft to touch. Reduce the heat.

Meanwhile, in a blender jar mix:

1 1/2 Cups yogurt
1/2 Cup water
1 Green chili (optional)
2 Tablespoons besan (gram flour)
1 Teaspoon rice flour
½ Teaspoon coriander seeds (dhania) (optional)
½ Teaspoon cumin seeds (jeera) (optional)
½ Teaspoon of salt
1 Pinch of hing

Put all the above ingredients starting with yogurt in a blender jar and blend at high speed for two minutes. Pour half a cup of cold water in to the vegetables and mix before adding the yogurt mixture. Add yogurt mixture to the vegetables. Mix well and cook for four minutes on low heat stirring often.

Popu (tadka)

1 Teaspoon oil
½ Teaspoon ghee (clarified butter)
6 Methi seeds (fenugreek seeds)
1 Teaspoon red mustard seeds
1 Dried red chili
¼ Teaspoon cumin seeds

Pinch of hing (esafoetida)
2 Stems of fresh curry leaves
2 Tablespoons of chopped fresh coriander leaves.

In a small pan heat oil and add methi seeds. Fry until golden brown. Add mustard seeds. When the seeds starts to pop add chili, cumin seeds, and hing. Fry and add popu to the soup. Mix thoroughly. Add two stems of curry leaves, and 2 tablespoons of chopped fresh coriander leaves to the soup. Cook for 2 more minutes in low heat to incorporate the spice flavors. If the soup is too thick add little more water.

Note: Do not cover the soup when it is cooking or when it is hot. Otherwise the soup will curdle. If it curdles up mix one teaspoon of rice flour with 2 tablespoons of water and add the mixture to the soup. The soup should be very smooth. Do not add salt in between when the soup is cooking. Majjiga pulusu should have majjiga (buttermilk) flavor, for that reason avoid using any strong flavored vegetables like cauliflower, and broccoli.

Variation: Morkolumbu is made same way like majjiga pulusu, except; morkolumbu must have coconut, coriander seeds, and cumin seeds. Some people use coconut oil for frying the spices (popu). You can add one inch peeled and coarsely chopped ginger also before blending for majjiga pulusu.

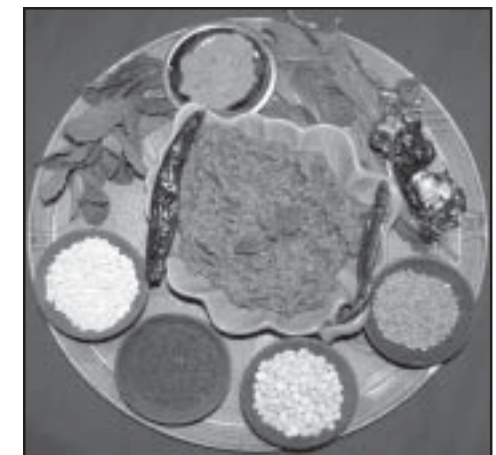
Mint Chutney

1 Teaspoon of oil
½ Teaspoon of methi seeds
6 Dried red chilies
½ Teaspoon red mustard seeds
2 Tablespoons of chana dal
2 Tablespoons urad dal
2 Bunches of fresh mint. (wash, dry and pluck the leaves from the stems)
1 Teaspoon of salt or to taste
¼ Teaspoon turmeric
Small lime size tamarind soaked in ½ a cup of water. (Seeds and strings removed)
½ Teaspoon brown sugar, regular sugar or jaggery.

Heat oil in a small frying pan. Add methi seeds and fry until golden brown. Add chilies, mustard seeds, chana dal, urad dal, and fry until dals are light brown. Add mint leaves and fry until all the moisture is evaporated. Keep it aside to cool.

Transfer mint leaves mixture, salt, turmeric, tamarind (with water) and brown sugar in to the blender and blend it coarse.

Eat with rice, dosa, or roti.



HOROSCOPES

Monthly Forecast for April 2009

For annual forecast, visit www.NRIPulse.com

BY DR. PREM KUMAR SHARMA



ARIES: Expected professional success easily comes your way especially at the beginning and end of the month. In mid of the month in particular, you will need a focused attention and have to be visionary to succeed. Keep in mind that people who are focused on a shared & powerful vision can achieve tremendous results.



TAURUS: Expected professional success easily comes your way especially in first half. However later half of the month requires remaining attentive to save personal professional interests. Team leaders must change their working style by loosening their control in order to empower others. This would not only enable to achieve goals but also bring harmony at work.



GEMINI: You might find it a little tough to achieve expected professional success especially in first half of the month. Things are likely to improve for better in later half when your careful approach makes you successful. Some of you are likely to use illogical & unorthodox methods to solve professional problems.



CANCER: You will have to strive to get desired professional success especially in first half, while there are chances that despite putting-in your best efforts results might not satisfy you especially in later half of the month. You will have to infuse a new life in workforce to take business to scaling heights.



LEO: You are likely to face some professional disappointments because of casual handing of a problem especially in mid of the month. Barring this, results at work would satisfy you. Experienced colleagues are likely to guide at the time of crisis to your benefit.



VIRGO: You will be successful in achieving set targets on creating an internal error-free, efficient and stress-free environment for subordinates especially in first half of the month. At the same time, train them as how to work under intense pressure. Unexpected problems could bother at mid of the month. Month-end requires remaining watchful against jealous colleagues.



LIBRA: At work let a discouraging start not dampen your spirits. Although barring month-end, success doesn't seem very easily coming your way, but your hard work, sincerity coupled with colleagues' cooperation can make things easy for you. Taking calculated risks and keeping self-confidence would also work to your benefit. At the same time don't forget delegating responsibilities and far as possible avoid interfering in others' work.



SCORPIO: Success at work is likely to boost your confidence. There are indications that things will move very smoothly especially in first half at work. However the later half requires you to remain alert to save personal professional interests. Don't get surprised on finding close colleagues jealous to your rising popularity.



SAGITTARIUS: Your persistent efforts would enable to achieve set targets at work. Expected professional success is likely to come your way. Avoiding a laid-back attitude and working in close cooperation with colleagues would be in your interest. Promotion for deserving professionals will come their way.



CAPRICORN: Professional life promises expected results but only on putting-in desired hard work. The good news is that your risk taking abilities and an ability to adjust yourself according to situations would immensely help. If planning to change the job, wait for a right opportunity to do so.



AQUARIUS: You need a careful approach especially at the beginning and mid of the month by making the fullest use of self-confidence, resilience and quick & positive thinking to your benefit. Successfully handling pressurized situation would give you the chance to bring the best out of you.



PISCES: You are likely to face some problems at work this month. Chances that the policy of persuasive communication might fail to bring desired results. However, it would be in your interest not to let this dishearten and rather develop new strategies & plans to enable yourself to achieve goals.

I Am Dark Skinned & Feel Ugly

Dear Deep Essence,

I am a 29-year old desi female who would like to get married. The issue is, I am very dark-skinned. My family has told me I will have trouble finding a husband due to my dark-skin. I feel ugly. I am shy and uncomfortable in social situations. What should I do?

Sincerely,
Ms. Dark & Sensitive



AQSA ZAREEN FAROOQUI

Dear Ms. Dark & Sensitive,

The problem lies not with the color of your skin but the interpretation you have of your skin tone. You stated in your email that you are dark. And it appears that you resent your dark skin. That's the problem. It is what it is. Accept your dark skin. No one else is going to accept it until you do. No one will realize your unique beauty as long as you shy away from it. Own your beauty. We are all beautiful human beings. Before you start to read my response as a good but impractical philosophy, take a shot at trying to change your perception of yourself.

Until you start to change your own beliefs about beauty, you cannot convince anyone else. The only time someone else's comment will really bother you is when you believe it to be true. For example if someone said: "I love your mocha skin. You are so beautiful." Would you believe them? I doubt it because you don't agree with that thought. It appears that your family and friends have reinforced the thought that dark

skin is bad. And over time you have started believing that dark skin is ugly.

Therefore, as soon as you change the way you perceive your dark skin, other people's comments will lose their hold over you. It will cease to matter what "other people" think because their thoughts won't match your feelings.

I understand the nuances in South Asian society about skin tone and the desire for 'fair and lovely' brides. However, choose to not bow down to society's norms of lighter skin.

Once you start to see your skin tone as neutral (not bad or good), you will become more comfortable with yourself. Then, potential suitors will see you for who you are and the focus around your skin tone will fade away. Have faith in yourself and good luck!

Dear Deep Essence

****The advice may be helpful but is not intended as a substitute for professional care. Aqsa Zareen Farooqui is a Licensed Professional Counselor. To send her a question about stress, depression, parenting, relationship or career concerns, or to make an appt email her at info@deepsence.com. Call her at (404) 312-4950 for a free phone consultation. Check out her website: www.deepsence.com. All inquiries will be kept strictly confidential. ****

SuDoku Challenge

- Rules:** 1.The 3 x 3 sub grids are called *regions*
2.Numbers already filled in the grid are called *givens*
3.The goal of the player is to fill the blank grids of

- Every row
- Every column and
- Every 3 x 3 box
- With the numbers 1,2,3,4,5,6,7,8,9

However: All rows and columns and regions (3 x 3) should contain numbers 1 to 9 without being repeated.

		1				7		
2	7						9	4
		9	6			1	5	
8				4	2		3	
				6				
	9		5	1				8
	2	4				5	3	
1	6							8
	5					9		

SuDoku Solutions

2	7	6	9	3	1	8	5	7
8	5	4	6	2	9	3	9	1
1	9	3	5	7	8	4	2	6
8	2	4	3	1	5	7	6	9
5	1	7	8	9	6	2	4	3
9	3	9	2	4	7	5	1	8
3	5	1	7	2	9	6	8	4
4	6	8	1	5	3	9	7	2
9	7	2	6	8	4	1	3	5

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EVENTS

Asha For Education & Deeksha School of Performing Arts

APRIL 11

Indian Classical Dance Fundraiser Program
Bharatanatyam from South India and Kathak from North India. Hemant Panwar, a renowned international Kathak maestro to perform. Major highlight- dance drama Chitra: the warrior princess, an original choreography adapted from Nobel Laureate Tagore'
When: Sat, Apr 11, 2009 at 5:00 p.m.
Where: Joe Mack Wilson Auditorium, Southern Polytechnic State University, 1100 South Marietta Parkway, Marietta, GA-30060.
Contact: Pritesh Patel, 404-886-0861, Vineet Jain, 404-324-2184
Web Site: <http://www.sanskriti2009.org>

Pujari Boishakhi Celebration

APRIL 11

Ms Aparna Chakraborty is the guest singer
When: Sat, Apr 11, 2009 evening
Where: Berkmar High School, 405 Pleasant Hill Rd Lilburn GA-30047
Contact: Arnab Bose Phone : 641-275-2749
Web Site: <http://www.pujari.org>

Kannada Koota presents Mimicry & Haasya by Mr.

APRIL 18

Dayanand & Pranesh, visiting artists from Karnataka.
When: Sat, Apr 18, 2009
Where: The Hindu Temple of Atlanta, Ga.Hwy 85, Riverdale GA-30274
Contact: Jayanthi Srinivasiah Phone : 770-396-6243 Web Site : <http://atlantakannada.org>
Email : kannadakoota@usa.com

Harinam And Lord Krishnas Bhajans

APRIL 17

Organized by Hare Krishna Temple at Global Mall on Friday, April 17th and also every third Friday of each month.
When: Fri, Apr 17, 2009 7.30 p.m to 9.00 p.m
Where: Global Mall 5675 Jimmiy Carter Blvd Norcross GA-30076
Contact: Mohanlal Fatania 770 979 6679 mohanvf@yahoo.com
Web Site: <http://atlantaharekrishnas.org>

Prahalada Charitram

APRIL 17

Bhagavata Seva Group invites you to a series of discourses (in English) by Smt. Jaya Srinivasan
When: Fri, April 17 from 7:00 to 9:00 pm Sat, April 18, from 6:00 to 8:00 pm
Sunday, April 19, 2009 from 6:00 to 8:00 pm
Where: Global Mall at Hindu Heritage Center (Suite 107, entrance at rear of mall)
Contact: Shobha Parasuram - 678-867-9138, shobhaparsu@yahoo.com, Vijaya Sundaram - 770-446-9580, sundaramr@gmail.com, Usha Venkat - 770-496-0628, shaven@bellsouth.net, Sundar Venkat 678-417-6144, tsv252@yahoo.com

Baisakhi Dhamaka:

APRIL 18

Bollywood Extraganza. Celebrate Baisakhi with Entertainment by popular TV stars. Tickets: \$35, \$55, \$75, \$100, VIP.

Tickets at desitime.com.

When: Sat, Apr 18, 2009 8:00 p.m

Where: Atlanta Civic Center.

Contact: Mustafa Ajmeri, 678-463-6633, Sandeep Savla 678-467-0837

BAPS Medical Services Health Fair

APRIL 19

Information regarding general health maintenance and disease prevention. Get your blood checked. Blood to be drawn on a prior date.

When: Sun, Apr 19 9:00 a.m. to 12:00 p.m

Where: BAPS Shri Swaminarayan Mandir, 460 Rockbridge Road NW, Lilburn, GA 30047.

Contact: Jayanti Patel, 678-770-1917

Ekal Vidyalaya

APRIL 24

presents

Ekal Ki Shaam Bharat Ke Bachchon Ke Naam

Musical Program by very talented Local Artists
Free Admission- Complimentary Dinner (7:00-8:00PM)þ

When: Fri, Apr 24, 2009 from 7:00 p.m to 11:00 p.m

Where: Global Mall, Ashiana Banquet Hall, 5675 Jimmy Carter Blvd., Norcross GA-30093

Contact: Rachna Gupta 770-666-5104

rgupta242@yahoo.com

Web Site: <http://www.Ekal.org>

Meet The World In Atlanta

APRIL 25

Connecting Cultures for the Children. This event will feature international cuisine, trivia, and a silent auction. All proceeds benefit the children in Culture Connect's Go-Between Mentoring Program, which offers support and guidance to immigrant and refugee youth, providing them a path to success. Culture Connect is a grassroots nonprofit organization that empowers immigrants, refugees, and Americans to be successful and become culturally competent. Tickets are \$35/person, \$125/table of four; for more information and to purchase tickets please visit www.cultureconnectinc.org/donate.php

When: Sat, Apr 25, 2009 from 6:00 p.m - 9:00 p.m

Where: The Academy Ballroom, 800 Miami Circle NE #140 Atlanta GA-30324

Contact: Alexis Dalmat 404-627-4793

info@cultureconnectinc.org

Web Site: <http://www.cultureconnectinc.org>

Bajaa Holi 2009

APRIL 25

Bihar and Jharkhand

Association Of Atlanta (BAJAA) Invites You, Your Family & Friends To Celebrate Holi Play Holi with Colors, Lunch, Geet Sangeet, Hasya Kavita, Musical Chair, and Khanti Bihari contest*, Phagua. RSVP required

When: Sat, Apr 25, 2009 11:00 a.m to 3:00 p.m

Where: Jones Bridge Park East Jones Bridge Road, Norcross GA-30092

Contact: Sanjay Prakash (404) 354-2347, Alok Kumar (865) 934-7771, Sanjay Jha (703) 389-4684, Susil Kumar (678) 595-4896, Neeraj Verma (770) 310-6694 bajaatlanta@gmail.com
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BY VEENA RAO

Suresh Sajja is a happy man. Within months of his moving into Atlanta and getting into the Indian restaurant scene, success has come to him on a platter. His restaurant, Sai Murali, at 3070 Windward Plaza in Alpharetta, which earlier housed Dosa Houze, has seen a 200% increase in customer volume within months of its opening.

The restaurant has also provided food at the Telugu Association of Metro Atlanta's (TAMA) Sankranthi and Ugadi programs.



Sajja, who owns fast-food places like Quiznos, Subways and Dunkin' Donuts in the Ohio/Detroit areas, attributes his success to quality food and quality service.

Sajja is an innovator. His 'lunch box' idea has taken off within weeks of its introduction. Employees from the big corporations that dot the Windward Parkway exit and nearby areas have started to regularly take advantage of the 'lunch boxes', which are delivered to their offices. Priced at just \$4.99, office-goers can choose from a vegetarian box or a non-vegetarian box. The box includes a curry, a dry item, pulao and naan.

Sai Murali also offers the happy hour Monday to Thursday. Between 5.30 pm to 7.30 pm on these days, any eight-ounce appetizer and any 12-ounce beer costs just \$1.99!

With 44 items on the weekend lunch buffet menu, this restaurant boasts a wider range than most Indian restaurants offer. On this particular Saturday, the buffet had appetizers that included medhu vada, masala dosa, puri bhaji, upma, dal, rasam and sambhar. The non-vegetarian section included eight delectable items including sheesh kababs, tandoori chicken, chicken 65, Andhra style chicken, butter chicken, goat biriyani, chicken dum biriyani and fish pulusu.



There were several vegetarian items including Andhra delights like tindora chutney, gutti vanakaya kooru, pulusu and those that find favor with most customers like palak paneer and baingan bhartha.

The delectable array of desserts included custard, gulab jamun and fresh fruit.

Priced at \$8.99 on weekdays and \$9.99 on weekends, the lunch buffet, is a must try for finger licking good food, and the sheer variety!

The a la carte menu has a whole range of entrees including an Indo-Chinese section, a dosa and uttapam section, and a seafood entrée section besides the regular sections. Priced at an average of \$12.95, dinner includes a naan and rice. The thali dinner includes one entrée, dal, sambhar, rasam, raitha, one

naan, rice and dessert.

The chefs at Sai Murali are well-known names in the Atlanta Indian restaurant scene. Srinivas and his wife Padmavathi started the famed Sapna restaurant off Cobb Parkway in 2004. They were later owners of Priya restaurant off Jones Bridge Road in Alpharetta, which didn't do so well because of the recession. The couple then worked briefly at Dosa Houze, until it was taken over by Suresh Sajja. With over 35 years of experience in the restaurant business, the duo is primarily responsible for the success of Sai Murali, as they share family recipes with happy patrons.

"We try to satisfy all customers. We offer a range of items to suit all palates," says Srinivas. "During week days, 60% of our patrons are Americans. So some of the items are toned down to suit their tastes."

The restaurant offers catering and has a small party room that can seat 30 people.

The restaurant has a traditional Indian décor with a large mural of the Taj Mahal covering one wall. A large screen TV plays Bollywood hits all day long. So, whether it is for the cozy, home-like atmosphere, or the standout food, a visit to Sai Murali is a must. It will not be long before you are a regular!

Metamorphosis Of The Sari

The sari has metamorphosed like never before. Pre-stitched saris are the vogue these days. Designers experiment with various materials and styles to add new, innovative touches to the ubiquitous sari.

Take the lehnga sari, for example, which takes away the headache of pleating. The ready-made *kalis* or panels make draping as easy as wearing a T-shirt. What's more, the lehnga sari is suitable for all age groups and body types.

And then, there is the frill sari, which is in high demand these days, although this could be a short-term trend. Materials like georgette (for the body) and brasso (for the frills) are mixed and matched to create astonishing effects.

The traditional six-yard sari has also opened up to innovative ideas. Combining materials and different



BY RANI SHARMA

blouse with gota, beads, patchwork etc. Take three colors from the blouse, and die the pallu of a velvet shimmer self-design sari with these colors.

While on the topic of shimmer, many of my customers ask me what kind of material this is. Shimmer is any material with light glitter.



Lehnga sari



Frill sari



Lehnga sari with heavy embroidery



Solid pastel georgette with metallic embroidery

embroideries, each sari is a unique piece of art. For instance, a good old banarasi with resham work is combined with a French net pallu. Or a georgette sari is improvised with vegetable print, and embellished with a rich resham border with small gota edging. The printed georgette is worn with a printed blouse of the same color scheme, although the print is not the same as the sari.

Another new design idea is to create a heavily embroidered

Solid pastel georgettes are in this spring. The selling point is subtle metallic embroidery work or gota patti in silver. Eveningwear has gone subtle too. No sequence or stone-work or zari. Create a splash in georgette with a net pallu with subtle embroidery all over.

In keeping with the fashion demand of the season, Raneez can transform your old sari into new fashion statements. Bring in your old traditional saris, and let us mix and match with new materials to create amazing effects. For instance, the border from an old banarasi can be stitched on shimmer georgette to create a new trendy masterpiece.

For more information on spring sari trends or to transform your sari call Rani at 404.633.4966.

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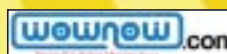
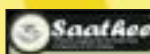
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