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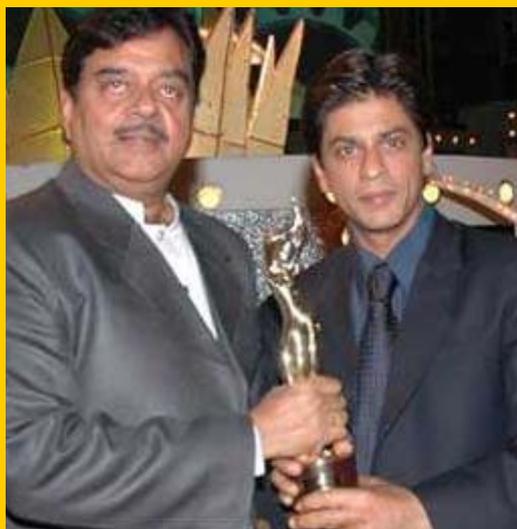
**ABOUT US**

## FILMFARE 2005: EVERYTHING AS EXPECTED

Vishal Singh, Mumbai

If anyone had reservations about Saif being awarded Best Actor in Comic Role (Hum Tum) at the 50th Filmfare Awards, Saif's live MC performance was enough to let all doubts rest. Of course, the excellent SRK-Saif teamwork one saw last year was missing, since SRK was receiving an award; Saif's witty style single-handedly kept the audience entertained, in an otherwise monotonous night. It's an irony with funny actors. Being funny is one of the most difficult acting skills, yet a funny actor even in a lead role (*Hum Tum*) cannot hope to be considered for a 'best actor' award. By that logic, why not call Shah Rukh's award "Best Actor in a Tragedy Role"?

Another entertaining highlight of the night was Sonu Nigam. It took many years for Sonu to receive due recognition. But now that he is at the peak of his career, one could see that



he is working even harder. His medley of songs started from the 1940s with 'babul mora' and completed the journey of a golden era with his own qawwali from Main Hoon Na.

Even as the signs of age struggled to find place on Rekha's ageless face, she declared that Filmfare and she have been around for five decades now.

Shah Rukh's performance of the night once again highlighted his great aptitude for dancing, and made up for his acting limitations. What made the performance enjoyable was the fact that he was accompanied by the actresses



*Best Actor: Shah Rukh Khan (Swades)*  
*Best Actress: Rani Mukherjee (Hum Tum)*  
*Best Director: Kunal Kohli (Hum Tum)*  
*Best Film: Veer-Zaara (Yash Chopra)*  
*Lifetime Achievement Award: Rajesh Khanna*



of yesteryears—  
Vyjanthimala,  
Sharmila Tagore,  
Zeenat Aman,

Jaya Prada and of course, Rekha.

Kajol, Rani and Preity Zinta completed the picture. Kajol looked gorgeous!

Fifty years is a long time! You have indeed come a long way Filmfare! Even with its limitations, Filmfare is THE award of Bollywood, and deserves many compliments!

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in Singapore by honouring local self-reliant entrepreneurs. Harish Nim is an entrepreneur-NRI based in Singapore running a successful IT company – EMERIO Corp.

Harish's story is about attitude, desire and vision. Many people with successful careers have the talent to be entrepreneurs and run a profitable

**“I DIDN'T GIVE MYSELF THE OPTION TO FAIL” - HARISH NIM**

Sangeeta Anand

**“Did you have the capital to start the business?”**

*“I used my life savings of S\$12,000.”*

**So it was a risk you took.**

*“I never thought my money was at risk.”*

**Wasn't there a tiny part of you that thought that what if it didn't work out?**

*“No. I did not give myself the option to fail.”*

Harish was responding to an interview following his selection for the Spirit of Enterprise Awards. The Spirit of Enterprise promotes and advances entrepreneurial spirit

business. But only a few have the talent AND risk-taking ability to be an outstanding entrepreneur. “I think entrepreneurship is about taking risks, being focused! It's about building an enterprise and not just about making money,” Harish says. For the IIT, IIM-educated Harish, a dream career awaited. He was equipped with the best qualifications in India and one of the best in the world. But after spending a decade in employment, he decided to go his own way. “I had this desire to be my own boss. I didn't want to take instructions and thought I could do better than them,” Harish adds. With his life savings of S \$12,000, he started Emerio Corp in 1997. Today, he employs over 700 people (yes!) in seven countries with revenues in excess of \$ 36 million. *Continued...*

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*Continued...*

What makes Harish's venture special is the fact that he was in a foreign land, had a wife and two daughters to support, and he was investing everything he had – including the faith and fate of the family. "Family's support is very crucial not just in the beginning but at every stage of a venture. Firstly, they need to have faith in your abilities. Secondly, you are fighting a battle at work, and the last thing you want is another battle at home. Luckily, my wife and daughters had complete faith in me." Aditi and Avanti, his daughters, were only ten and eight years old then. Harish had the talent, qualifications and risk-taking ability. But there was one more ingredient that made the difference – a burning desire. "I was really quite poor during my childhood and there was this subconscious desire not to remain poor when I grow up," Harish recalls. The fire was fuelled by self-confidence and right attitude. "We can choose who we are. I know I will get what I want, if I am willing to work for it."

After graduating from IIT and IIM, he joined PCL in 1988 as Industry Sales Manager. In a year's time, Harish was appointed Head of Corporate Planning and helped set up the then largest surface mount technology printed circuit board manufacturing facility in India. In 1993, he set up PCL's IT consulting unit in Singapore.

But between his career and his venture was his migration. As he was completing 10 years of his career, he faced a crucial question - where to next? "I took stock of my

situation and could extrapolate on where the rest of my career would take me and although it was fairly good going, I was far from satisfied. So I packed my bags and moved to Singapore."

Singapore was an unfamiliar land "When we first landed, my six year old daughter looked up at the moon and asked me whether the Singapore Moon was different from the New Delhi Moon. I looked up and saw that the Moon in Singapore was white whereas the Moon in New Delhi was yellow!"

When asked about his key success factors, modest Harish is hesitant to acknowledge his success. "First of all, I think I have a long way to go before I think I am successful. But in order to get where I am today, I guess I worked very hard and didn't take shortcuts."

Harish is actively involved in community work. He is a member of COMPASS at the Ministry of Education as well as a committee member of Family Matters! Singapore, an initiative of the Ministry of Community Development, Youth and Sports. He is also a trustee of Samrakshan, an animal welfare organisation.

What's his advice to new migrants? "Work Hard. Respect the locals and their ways. Learn to adapt. Be open-minded. Contribute to the local society. Be an ambassador of your nation. Respect yourself and others."

Would you like to nominate someone as The Global Indian of the month? Just click below, and tell us.

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## ARE YOU IN AN ABUSIVE RELATIONSHIP?

Suresh Pillai

Earlier this year, Chitrlekha Rajamani lost her life in a domestic violence incident in Auckland. Domestic violence is an universal issue. Many police officers in South Africa, for example, consider charges of domestic violence as minor and have little sympathy for those involved, according to Antony Altbeker, a senior South African researcher.

### Does domestic violence include emotional abuse?

Domestic violence is hard to define. "Since it is so difficult to define, women often doubt their own perceptions," says psychotherapist Terri Arnold. The partner takes advantage of the victim's vulnerability. Some symptoms of domestic violence, according to Terri:

**Isolation:** The man will strongly discourage contact with friends and family; **Limiting involvement with others:**

For e.g., He will deny the woman access to a car; **control**

**of finances:** He will take her money, give her an

allowance; **putting her down:** The man will call her

names, ridicule her; **playing mind games:** He will deny

the abuse ever happened, say 'she caused it'; **using the**

**children:** He will threaten to take the children away from

her; **anger and jealousy:** The man will get angry and

jealous and accuse her of having affairs if she even

speaks to another man.

## DOMESTIC VIOLENCE QUIZ

Does your partner:

- 1) Blame you for his or her mistakes?
- 2) Prevent you from seeing your family or friends?
- 3) Curse you, humiliate you, mock you?
- 4) Force you to have sex or force you to engage in sex that makes you feel uncomfortable?
- 5) Restrain, hit, punch, slap, bite or kick you?
- 6) Intimidate or threaten you?
- 7) Ever prevent you from leaving the house, getting a job, or continuing your education?
- 8) Destroy personal property?
- 9) Behave in an overprotective way or become extremely jealous?
- 10) Threaten to hurt you, your children, pets, family members, friends, or himself?

If you answered 'yes' to any of these questions, you may be in an abusive relationship. Seek help:

Domestic Violence Centre [www.dvc.org.nz](http://www.dvc.org.nz)

Women's Refuge [www.womensrefuge.org.nz](http://www.womensrefuge.org.nz)

Relationship Services [www.relate.org.nz](http://www.relate.org.nz)

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## NEW ZEALAND

### STRESSED? YOU'RE LUCKY TO BE IN NZ

New Zealand business owners are among the less stressed internationally, a survey by accounting and consulting group Grant Thornton shows.

New Zealand, with 32% respondents confirming increased stress, was among countries with the lowest stress increases in 2004.

What about India? With over 50% score, India is among the most stressed countries in the world. Top of the stress table are business owners in Taiwan, where 69% of those questioned said their stress levels had increased or increased significantly in just one year.

Other countries that recorded over 50% stress are: Hong Kong, Turkey, Mexico, the Philippines, Japan, Russia and South Africa.

So if you thinking of migrating from New Zealand, think again.

## INDIA

### DUAL CITIZENSHIP PROCESS SIMPLIFIED

Vishal Singh, India

This news should bring some relief to anxious overseas Indians. A senior government official from New Delhi confirmed that dual citizenship scheme is not abandoned. Indian High Commissions worldwide will issue a simplified one-page form for dual citizenship, following the Ministry of Overseas Indian Affairs' attempt to simply the process.

Legal experts had earlier felt that dual citizenship will need appropriate legal provision. The senior official confirmed that dual citizenship requires change to The Citizenship Amendment Act 2003 and that the government is working on this.

"The attempt is to simplify the procedure as much as possible." When asked about the time frame, the official said that it would take about eight to 12 weeks for the new forms to be available. Looks like it's going to be worth the wait!

## WORLD

### NRI TO SET UP RS. 550 MILLION HOSPITAL

Kalivikodi, India

A non-resident Indian (NRI) doctor said he plans to set up a Rs.550 million (US \$12 million) homeopathy hospital, college and research centre in Madhya Pradesh.

Germany-based homeopath Rabi Roy, who has met Chief Minister Babulal Gaur in this regard, told reporters "The plan envisages quality education, creation of healthy conditions and organic farming."

The doctor said he has selected land for the proposed project. He had earlier planned to set up the hospital in the US . "But my love for India forced me to change my plans," he added.

Roy, who is in India to help tsunami victims, said: "The government should make the affected fishermen financially independent by giving them fishing nets."

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### WHEN WILL WE START RESPECTING WOMEN?

Recently, a memorial service was held for Chitralkha Ramakrishnan (32) in Auckland. Her husband, Laxman Rajamani (34), was earlier charged with her murder.

It was sad to see a woman losing her life due to domestic violence. It was even worse to learn that the victim was of Indian origin. The couple was married in November 2002, and later left for Dubai on work. They moved to New Zealand in 2003. While Laxman works for American Express, Chitralkha worked at a departmental store.

Chitralkha's father, P V Ramakrishnan, said that this incident should come as a warning to all parents who are keen to get their daughters married to prospective grooms settled or working abroad.

The case raises many questions. Why it happened? Could it have been avoided? What role can community play? Domestic violence assumes different dimension in a foreign country. Chitralkha was miles away from her parents who live in Ghatkopar in Mumbai. This distance makes the woman more vulnerable.

In this issue, we are running a special feature to help women suffering from domestic violence. Please speak up! You are not alone in a foreign country. It's not a trivial matter that you should put up with.

## HANDY KITCHEN TIPS

**Poaching Eggs:** Add salt and vinegar to the water when poaching eggs it keeps the egg together whilst cooking or stir the water before adding the egg ( but only one egg at a time). Remove the egg from the water and chill in ice water to be used later. To reheat just blanch in boiling water.

**Making fluffy and light mashed potatoes:** To make mash fluffy and light, just add 1 tsp of baking powder per kg of potato.

**How to remove smell of garlic/onions from your hands:** To remove the smell of garlic or onions from your hands rub a tablespoon of salt mixed with a little water and rub for a few seconds then rinse under cold water.

**Boiling new potato or cauliflower:** When boiling new potato or cauliflower add a 1/4 of a lemon to the water - this will stop them from growing grey and keep them white so they can be used later.

**Cooking Steak:** When you want steak to be cooked rare but don't want to have to cut it in half, when you assume its done push on it lightly then push on your cheek and if it feels just like your cheek it is perfect!

*Contributed by Monica Rodrigues*

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## STARDUST AWARDS

Ashok Motwani, Mumbai

Nari Hira, owner of Stardust is ahead of the famous Old Lady at Boribunder (read the Times Group) and it was proved beyond doubt in a glittering ceremony of Stardust Awards held on 20th February in Mumbai. An event where three generations of the film industry came together on one platform to celebrate a common cause – Celebrating New Talent. In a changed format the programme

*Abhishek Bachchan was awarded Star Of The Year for Yuva. He was rewarded by star mother Jaya Bachchan.*



highlights included a lot more than just the handing over of awards. There were a series of specially devised song and dance performances by Kareena Kapoor, Urmila Matondkar, Priyanka Chopra, Bipasha Basu, Aftab Shivdasani, Zayed Khan and Ritesh Deshmukh.

The Role Model award was given to Vinod Khanna while both his star sons (Akshay and Rahul) were with him. The "Pride of the Industry" award went to the trendsetter Rajesh Khanna, perhaps the most popular



*Kal Aaj aur Kal - Anil Kapur crossed 50 but stands as a star today, Priyanka Chopra with trophy for Superstar in the Making Award presented by Rekha.*



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## THE PRIMAL AND THE PRIM

*Holy Cow – An Indian Adventure*

Sarah MacDonald

Bantam Books

“India is Hotel California: you can check out anytime but can never leave”, were the thoughts of Sarah MacDonald at the Delhi airport on a Christmas morning, waiting for three days for smog to lift.

As she finally boarded her plane, she gave smog-swirled New Delhi the finger. “I am never, ever coming back.” Sarah grew up in Sydney and studied psychology at university. She spent a few months in India hoping that the journey would give her a vision of her destiny. It didn’t, bar a soothsayer’s prediction that she would return. Sure she did – following her partner Jonathan Harley who was transferred to India. It seemed like the ultimate sacrifice for love and it almost killed her – literally.

In this hilarious narration of Sarah’s experience in India, she speaks about her efforts to adjust to her host country. Read this, for example. When *Dil Chahta Hai* became the soundtrack played at every party, Sarah decided to learn some Bollywood moves and visited Reshna – a local dance teacher. She soon gave up the classes as she couldn’t manage “the coy, flirtatious, bug-eyed innocence

that Indian girls pull off while moving their bodies like bawdy babes from a bordello,” Sarah says.

At Kumbh Mela, Sarah ventures out to photograph *nanga babas* (naked holy men) despite being told that the *babas* did not like being photographed. All of a sudden she finds herself surrounded by the *babas*. She is scared, but they willingly pose for the camera. “It was the meeting of the



primal and the prim... The devotee and the doubter. For a moment I feel their ecstasy.” Sarah writes.

You have to read the book to discover more such hilarity that comes naturally to this Australian writer. A word of warning for stark patriots: Sarah’s naked opinion about the country may provide a few bitter insights into your homeland. Quite an enjoyable read otherwise.

*Book review by: Suresh Pillai*

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## LAMB/BEEF CURRY (SERVES 4)

Ashok Kumar Parmar

### Ingredients

- 500 grams lamb or beef
- 2 large potatoes
- 1 large onion
- 2 or 3 medium tomatoes
- ¼ teaspoon cinnamon, cardamom, cloves
- ½ teaspoon chilli powder
- 1 teaspoon black mustard seeds, turmeric, beef stock
- 2 teaspoons green herb stock, ground cumin, ground coriander
- crushed garlic, crushed ginger, garam masala
- ¼ cup soy sauce, oil

### Method

Remove all (or as much as possible) fat from the meat and dice into small pieces. Peel and dice potatoes into medium size cubes. Coarsely slice the onion and dice the tomatoes.

In a large pot heat oil and black mustard seeds.

Keep covered and fry until the seeds pop (careful not to burn the seeds).

Add onions and sauté until tender.

Add all spices except garam masala. Fry for a few minutes.

Add the meat and potatoes and fry for a few minutes.

Cover with water. Bring to boil and

then simmer gently for approximately 25 minutes or till the meat and potatoes are cooked.

Lastly add tomatoes and garam masala, mix and leave for a minute before serving. Serve with rice.



*Ashok Kumar Parmar, 43, was born in Fiji and lives in Dunedin, New Zealand. For a profession, he develops software, and for a hobby, he experiments in the kitchen. When he is not writing software, he is writing recipes for the readers of The Global Indian.*

*Do you have a recipe you would like to share with our readers? Write to us: [editor@theglobalindian.co.nz](mailto:editor@theglobalindian.co.nz)*



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## WESTERNISED TEMPLES

**Ever thought, what would happen if temples were westernised...**

Before Pooja the pandit will not ask for your name anymore. Your IRD number will do.

Two types of prasad will be available - Normal Prasad and Diet Prasad.

Panchamrut will be of three types : Normal milk, skimmed milk and fat-free milk.

You don't tip the pandit on the plate, when he gives the prasad. You should swipe your visa card on his scanner.

When you go around the temple from left to right, you follow the give way rule.

Due to fire hazard, no more aarati, only flashlights will be used.

To prevent noise pollution, all bhaktas need to use head phones to listen GONG of the bell

During flashlight-tee (aar-tee), soft copies of lord are on sale at \$1 per image.

The pandit will no longer read the mantra from books, he will use his laptop instead.

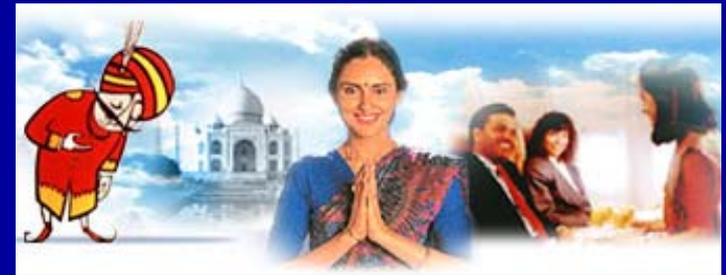
The temple would re-cycle the flowers used everyday to protect the environment

Sponsors of poojas will be allowed to display a 1.5'x 5' banner on the website.

The temple will sponsor this year's rugby matches to gain publicity

**Contributed by: Sailesh Shah**

## Welcome home on Air India



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## BUSINESS IS ABOUT EMBRACING CHANGE

Sangeeta Anand

Harish Nim, Chief Executive, EMERIO Corp, Singapore, recently shared his thoughts with The Global Indian, on entrepreneurship, business, management and leadership.

### What are your key achievements?

Starting with S\$12000 in 1997, I have built a multi-national company employing over 700 professionals in seven countries.

### What's your leadership philosophy that helped you reach here?

Trust people, give them a long rope and occasionally tighten the rope if things aren't going as expected.

### What's your work style?

Slog. Set an example. Be kind and generous.

### What is the difference in work environments in Singapore and India?

Here, the culture is geared towards efficiency. It's a pleasure to be able to put in the same hours and be more satisfied with your day's achievement.

*In 1997, Harish Nim founded Emerio Corp Pte Ltd, a group employing over 700 staff in seven countries. Emerio is one of the largest, independent, Singaporean IT outsourcing companies, providing IT and software development services to Fortune 100 companies in the region.*

### What are the main challenges of being an entrepreneur?

The main challenge is keeping up with the change. Business is about embracing change. Nothing around you is a constant - your business, staff, the clients' requirements, and most importantly the technology. My own business has seen so many changes - the Asian Financial Crisis, September 11, the Iraq War, SARS and now Asian tsunami.

### How did you overcome these difficulties?

With economic crisis, clients' margins shrink. After September 11, many clients reduced their IT budgets.

Emerio was forced to reconsider its cost structure or face the risk of going belly up. We gave up our plush office in Singapore's CBD, and moved to a non-glamorous location. We saved a lot on the rent front. Besides, we owned our new office.

### Have you set a business goal for the future?

Yes. I want to make EMERIO the largest IT services company of Singapore. Outside Singapore, we currently have operations in Malaysia, Thailand, India, China, Indonesia and the UK.

### Given your Indian background, one would expect you to capitalise on India's growing IT strength.

I feel that in less than seven years, China's IT sector will be stronger than India's. China currently offers far better prospects in terms of infrastructure and cost.

### What about New Zealand?

I do intend to come to New Zealand in 2007 with some specific offerings.

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## ONE-DAY, 20-TWENTY, WHAT NEXT?

Sanjay Karhade

Bravo-bravo, International Cricket Council (ICC). Three cheers to ICC. Hip-hip Hurrah, Hip-hip Hurrah!

Innovation is the only solution to monotony, boredom. And everyone worth his salt realizes that only ICC knows to innovate. They first recognised the one-day version of cricket to keep the five-day cricket alive. Test cricket was getting monotonous then. The cricketers too were too serious and honed their skills too correctly. Introduction of one-day version created a few flaws in the otherwise flawless

batsmanship and a few doubts in the clear minds. It revived test cricket. Test matches turned 'result oriented'. Some innovation, isn't it?

Today, one-day version is getting monotonous! So, the introduction of 20-Twenty version - invitation to more flaws and more doubts. Good-bye, nay, best-bye to boredom, tedium and dullness! Wow! I am feeling so excited. Can anybody match the ingenuity of ICC? However, what next? After 25 years, 20-Twenty version will get monotonous. Then what?

About three decades ago under-arm tennis-ball (softball) cricket was tremendously popular in Mumbai. The length of

the wicket would be 10-12 yards. The game was fast, furious and simply enthralling. Never mind the breaking of innumerable window-panes and loss of the balls which scorched through the windows to end up in a bowl of milk or rice! ICC can consider the format. To thoroughly enjoy this game it will have to be played in the same gullies (bye-lanes) of Mumbai and the absence of great crowd can be dealt with by selling the telecast rights. Jagmohan Dalmiya will be very happy to see these sell like hot cake!

This one is only pioneering. Let the right handed batsmen bat left handed and let the left handed bowlers bowl right handed and vice versa. Bowlers will be permitted to throw.

If a batsman gets castled by such a delivery, that will be recorded as 'run out' and not as 'bowled'.

Wicketkeeper's hands will be padded and feet will be gloved. Let all the fielders, including the wicketkeeper, catch and throw with their feet. They

will stand on their hands instead of their feet. Oh! I forgot the umpires. A bespectacled umpire will umpire without them and vice versa. They too will stand on their hands and will raise only their right hand to give a decision. If he fails to maintain his balance, the decision will be marked invalid. The TV umpire will have to stand in the balcony of his enclosure and wink his right or left eye instead of using red or green lights ... Just imagine the entertainment and euphoria that will be on the show! Bye-bye monotony, welcome excitement!



*Sanjay Karhade has been writing on current affairs and sport in India for over two decades. He contributes to The Global Indian on the current and sporting front in India.*

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## DEALING WITH CHANGE

Jasbindar Singh

Change or perish is the adage. Along with death and taxes, change is the other inevitable certainty in our lives. Whether it is planned or unexpected, change requires us to be resourceful and resilient. Yet with any major change such as the end of a relationship, losing one's job, migration, or health impairment, one is inevitably faced with grief and emotional and mental re-adjustment. So what is your response to change, especially those unexpected ones? Take a minute and think about the last major change you experienced and reflect on how you dealt with it.

William Bridges, who wrote *Transitions* – making sense of life's changes describes the three phases of the change process: ending, transitions and new beginnings. With endings there can be a loss of meaning as we are forced to let go of

the past. Whist in transition, we have no maps, only compasses and conflicting feelings such as fear and hope abound. There are more

*Jasbindar Singh is a business psychologist and executive coach.*  
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questions than answers. But sooner or later, new beginnings characterised by renewed

hope and direction emerges. Incidentally, the three psychological feeling states corresponding to the three phases typically tend to be that

*"Only from rising above, testing one's limits, can real growth be attained"*  
*T. Sean Rooney*

of victim, survivor and navigator.

So how best to deal with change?

Acknowledge your feelings e.g. not being in control, anxiety, grief as being normal. Expressing these feelings is healthier than bottling it inside.

Keeping a reflective journal can also help.

Do something about what you can control. What you can't, accept it as is.

Seeking support is vital. Who can you share your journey with on a regular basis?

Ask yourself "what could be a learning or growth opportunity in this? What might be 'freeing' about where you are now?

Transition phases call us to re-visit the basics. What gives you a sense of meaning and purpose? What values and principles are of most significance to you? Integrate these in your life.

Engaging in spiritual practices such as prayer, meditation, nature walks can be immensely renewing and sustaining. Guidance and support can come in many forms so be open to receiving.

Finally with any change "when one door shuts, another one does open." Stop aiming for the door that is now shut!

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## IT'S NEVER TOO LATE

Ruth DeSouza

As a nurse on a postnatal ward, I developed a close relationship with a couple from out of town with a premature baby in the Neonatal Intensive Care Unit. Returning to work after two days break, I saw that the woman's face was swollen and bruised. Her husband had beaten her and I felt both horrified and powerless. Later, I learned that one in three women experience domestic violence that starts or escalates during pregnancy. The New Zealand Police report that one woman is killed by a partner or ex-partner every five weeks and ten children every year through domestic violence. Victims of domestic violence are five times more likely to need mental health services and three times more likely to need other health services.

Legally, domestic violence includes physical, sexual or psychological abuse. Females are more likely to experience domestic violence (87% of the approximately 3,700 police

referrals each year). Where the ethnicity of victims was recorded twelve percent were Asian/Indian. So it is clear that this is an important issue for our community.

The local Indian media has highlighted this issue in the past, pleading with women in our communities to come forward and seek help. Research has also been undertaken by Indians. A 1997 study on domestic violence among Fijian Indians found that the women suffered physical and psychological abuse which had a devastating and life long impact. Recommendations included the need for the community to be educated that domestic violence is not an acceptable behaviour. Shakti provides food, safety, shelter and culturally appropriate counselling and was founded in response to the high rate of domestic violence in the Asian migrant and refugee communities in



*Ruth is a researcher, educator and mental-health nurse.*

this country. They can provide victims with advocacy, medical and educational services and staff and volunteers combined speak 16 different languages.

Support in the law for victims of abuse is available through the Victims' Rights Act 2002 and the Domestic Purposes Benefit provides support options for abused women, enabling them to take a stand against violent child rearing.

Help is available and you don't have to suffer ongoing abuse in silence for fear of reprisal. If you are an Indian woman experiencing domestic violence, there are a number of ways that you can look after yourself. If you are in immediate danger, call the Police on 111. If you need support and information in the Auckland region the Preventing Violence in the Home 24-hour crisis line can help, as can Women's Refuges and Shakti. Longer term, couples therapy, anger management, communications skills, relaxation and stress management courses are all an option too.

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## WHEN PARENTS VISIT

Recently my wife and I visited our daughter's family in New Zealand. This was our first overseas trip and we were a bit nervous.

At the airport, our daughter was eagerly waiting. But before her, custom dogs – tall, dark and scary, welcomed us. They had an extra sense for Indian food, especially pickles, having been trained by curry-loving Kiwis. The experience was quite nerve-breaking.

When we arrived at home, strangely it seemed so familiar. Why not, we had already taken a tour of their house through her web cam. One more thing made the house familiar – the curtains and tablecloths we had sent from India.

Supermarkets—that was our introduction to the Western world. The abundance of choices, from soups to cars, makes life complicated.

Supermarkets must be built to test one's patience. They bombard you with so much variety in a hope that you will buy at least one out of sheer frustration. Trim milk, super trim milk may sound like a Western concept, but if you see what our milkman in Andheri supplies us, you will suggest he should apply for a patent for super-trim milk - 75% fat

free (contains only 25% milk).

As we settled, the reality stuck. We were going to be all by ourselves the whole day. I missed the friendly paanwala and chatty baniya around the corner in Andheri. Well, here my conversation with the petrol-station guy could hardly go beyond weather. Of course, if I were a Rugby fan, things would have been different. One day, we were buying donuts outside The Warehouse. I asked the hawker an Indian question, "Are these fresh?" only to get a dirty look in return.

My elder granddaughter speaks in Kiwi accent ('that's not fair' is her favourite phrase), and my daughter has two accents – one for Kiwis and the other for Indians.

Mumbai never seemed less challenging. You get a sense of achievement from small things like bargaining in the sabji mandi. I am happy for my daughter. She has adapted well. We are glad to be back in India. I don't argue with our

milkman anymore – I get super-trim milk for the price of full milk.

**Contributed by: Kartik Pradhan, Mumbai**

**If you would like to share any experience, please write to us at the email address below.**



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## OVERSEAS CITIZENSHIP: PURE FRUSTRATION

I would like to voice concern over the handling of the Indian Overseas Citizenship applications.

Here I was thinking I will apply for something which will enhance my and my family's link to India!! My bank cheque for NZ\$409 was made out and all the paper work signed and ready. I was about to book my air ticket from Auckland to Wellington to take the necessary oath and swear allegiance to the great country of India.

Fortunately, a day before paying for my ticket I was made aware that everything had come to a stand still. Nobody knew why but it had stalled until further notice.

It is not enough to deter me from applying when the bungling politicians and bureaucrats get their act together but it did cause frustration for many people out there. I testify to that.

What to do? Only live in hope that one of the world's largest countries and largest potential economies can get its act together!!!

**Sanjay Bahuguna**

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## FEEDBACK

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The Global Indian is New Zealand's first Indian magazine, published on the last day of the previous month and distributed electronically in New Zealand and overseas. This e-zine is specifically designed as an electronic publication, and is not an electronic version of a print publication. The subscription is free.

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