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Sangeeta Anand

They say, if your intentions are good and your heart is pure, it shows. And it did show in Charag (or light in Urdu), Sub-Continent Artists' Guild Inc or SCAG's inaugural musical show in Auckland. First of the three charity shows (the other two are being hosted in SCAG's home city - Wellington) treated Aucklanders with one of the best Indian bands in the country. The 13-strong band plays a range of instruments from African, to Western to traditional Indian tabla. All proceeds will go to Oxfam's earthquake reconstruction work in Pakistan and India. Last year, SCAG generated \$20,000 for Oxfam's Tsunami Relief Aid through their sell-out show 'Crossings'. SCAG aims to surpass this effort with 'Charag'.

The Wellingtons not only brought their laurels but also their stormy weather with them that night. Charag featured a wide range of songs and dance-sequences, including some upbeat South Indian numbers. But what truly stole the limelight was the highly talented band. The group includes a blend of young talent as young as a 16-



year old to more veteran vocalists like Afreen Rahman and Diganth (Diggy).

Whether modesty is a virtue is debatable, but Afreen (*pictured below*) and his team, who have four sold-out events to their credit since 2004, tend to play down their success. "We're not a known name in Auckland yet, but hopefully this concert will change that," Afreen says. With their thunderous performance in Auckland, I'm sure the SCAG team does not need to be so modest when they perform in Auckland next time.

The Global Indian was a media sponsor of Charag. If you missed this group in Auckland, you'll have to wait till next year, because the remaining two performances in Wellington are sold out. 'Once more' please!



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Avijit Goswami

After 14 years in the US, returning to India and adjusting to the new surroundings was anything but easy in the first year.

Our children (now aged eight and four) who were born in America would fall sick every now and then. Our maids eventually turned out to be thieves. We still had very few local friends. Power outages were routine. On the work front, setting up an operation from scratch was not easy. Contractors often did not fulfil their commitments.

However, after a year our children had adapted quite well. The frequent visits to the doctor had finally stopped. Getting the elder one admitted to a good school was relatively straightforward. Although the selection criterion was stringent, the admission forms were submitted and short-listed online.

Our social circle had expanded. However, close friends remained few and far in between probably because there are very few who could relate to our unique experiences. We were now able to meet our parents (in Kolkata) every few months. The newly acquired power generator helped us work around the power outage problems. Our new maids were now a far better lot - efficient and trustworthy - this time hired through recommendations.

Avijit Goswami returned to India from US in 2002 to start an Indian operation of a US-headquartered multinational company. Here, he shares his experience of returning for good.

This allowed my wife and me to go out for dinner and movies leaving the kids in their care. Free time – a rare commodity in America - seemed to be abundant here. I resumed my old hobbies like reading and writing. During festivals we revelled in the lights and colours as well as in the subtle sense of belonging to the local culture.

At work, when it came to dealing with corrupt officials I learned to say the magic word - no. It did create some inconveniences but it's also incredibly empowering. There are many good, honest officials and it's a good idea to treat them with respect. As for contractors, I learned the ropes - like never releasing payment until all the deliverables were received.

Four years on, life seems well settled. The pain during the first year or two of transition is almost forgotten. But there's an inexplicable cultural distance between us and the locals - a distance probably caused due to a mutation by living in a different culture. This mutation is likely to remain as a permanent DNA makeup for us as well as other returned NRIs.

(With a PhD (Stanford University), MS (University of Texas) and BTech (IIT), Avijit heads Applied Thermal Technologies India. Interests include playing tennis, reading, travelling and long walks. He also actively supports BYST, an NGO working on developing entrepreneurship for underprivileged youth.)



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BETTER PASSPORT SECURITY

Sandeep Chandra

A major initiative to strengthen border security and enhance the integrity of New Zealand passports has been unveiled by Internal Affairs Minister Rick Barker, Immigration Minister David Cunliffe and United States Ambassador William P McCormick.

New Zealand is joining the Regional Management Alert List (RMAL) pilot scheme for passport checking initiated by the United States and Australia. The initiative was launched at a function at the US Embassy in Wellington last month.

It allows participating countries to detect the use of invalid travel documents either at airport check-in counters before passengers board flights, or before their arrival in the destination country.

"RMAL followed other initiatives to enhance passport security, including Advance Passenger Processing, the introduction of e-Passports, stricter issuing processes and much bigger penalties for passport crime," Rick said.

"We have been able to detect the attempted use of lost or stolen Australian travel documents for some time. When we join the RMAL system, we will be able to do this for United States travel documents as well," David said.

SCHOLARSHIP FOR DIASPORA CHILDREN

AUCKLAND—The Ministry of Overseas Indian Affairs, has introduced Scholarship Programme for Diaspora Children (SPDC) to provide assistance to the children of Diaspora (PIOs and NRIs) for undergraduate programmes for professional and general courses.

There are ample facilities for higher education in India. SPDC will make available India's highly developed higher education system to children of Indian Diaspora. The assistance include scholarship towards tuition fee, admission in select institution and courses, and post

admission services.

The scheme is applicable to the following countries: Bahrain, Fiji, Guyana, Hong Kong, Indonesia, Jamaica, Kenya, Kuwait, Malaysia, Mauritius, Myanmar, Oman, Qatar, Reunion Island, Saudi Arabia, Singapore, South Africa, Surinam, Tanzania, Thailand, Trinidad and Tobago, UAE and Yemen.

Short-listing and selection process will be based on common written examination, which will be held on Sunday 30 April 2006 in the respective countries. Contact EDCIL: phone: 0091-120-2515281 (Direct); 0091-120-2512001 to 006; Email: moia@edcil.co.in

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HUNDREDS CELEBRATE UNDER LASER LIGHTS

Waitakere's new 3650m² Central Library (in West Auckland) opened after a night of public celebrations including a live band, laser lights and official speeches. With the sun setting, the opening ceremony saw dignitaries from both Unitec and the Waitakere City Council talk of the benefits to Waitakere City and Unitec in opening New Zealand's first tertiary-public library.

Batucada Sound Machine took to the stage after sunset, playing an explosive set for an hour. The green laser lights projected a tour around Europe's tourist spots, books opening and snapping shut, and other messages out over the crowd. Waitakere Mayor Bob Harvey gifted a map of the Waitakere Ranges to the library.



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Richard Worth

Economist Gareth Morgan last month noted a plea by Air New Zealand for Government assistance to protect the airline from competition from Arabs and Asians. Air New Zealand is 81% owned by the Government and at least \$890 million has been pumped into the airline by the taxpayer.

One of the first decisions of the Labour Government was to reject a proposal by Singapore Airlines to increase its investment in Air New Zealand. In the absence of substantial further injection of public money, the flight path for Air New Zealand is at best turbulent.

The world continues to have a surplus of airline capacity. That is not likely to end whilst governments compete to keep their national flag carriers in the air.

Claims by prisoners soar

Prison inmates sued the Corrections Department for \$1 million in new claims last year, figures released under the Official Information Act show. The Prisoners and Victims Claims Act was pushed through Parliament after five inmates were awarded \$130,000 in 2004 for harsh treatment in an illegal behaviour-management regime in Auckland Prison. Nearly \$400,000 of taxpayers' money was spent in the five months to 30 November defending claims from inmates and staff.



Exodus to Australia doubles

According to the latest external immigration figures released at the beginning of March, the net outflow of people to Australia has more than doubled in the past three years.

For the year ending January 2004, New Zealand lost a net 10,221 people to Australia. In 2005 that increased to 15,547, and in the past 12 months (to the end of January), that figure has leapt to 21,439.

We should not be surprised by the trend. The difference in after tax income is growing rapidly between the two countries.

New Zealanders' after-tax incomes are now 33% lower than in Australia. That gap is up from 20% six years ago.

In the past three years permanent arrivals from Australia have in general terms remained at about 14,000 a year. What has changed has been the exodus of people across the Tasman.

Richard is Shadow Minister of Justice. A law school topper, he was chairman of New Zealand's largest law firm, Simpson Grierson.

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NEW ZEALAND

HALF OF MURDERS ARE DOMESTIC VIOLENCE

AUCKLAND - Protecting women and children from domestic violence was not just an issue for the Courts and Police, said Human Rights Commissioner Joy Liddicoat. "Peter Boshier (Principal Family Court Judge) notes that over half of the murders in New Zealand result from domestic violence. Last year the police fielded over 30,000 emergency 111 calls on domestic violence and those are only the reported incidents," Joy says. "The New Zealanders affected by domestic violence in the last ten years would have filled the Melbourne Cricket Ground many times over. Almost every one of us probably knows someone who has been a victim. Silence and inaction is part of the problem. We all have to be willing to help those around us and be part of the solution."

INDIA

UK INDIAN LITERARY FESTIVAL

NEW DELHI – A four-day books festival will start on 6 April and attract some of UK's top writers to New Delhi, India. The Kitab UK-India Literary Festival aims to celebrate the impact of South Asian writing in English on the world and of British literature in contemporary India, AIM reports. It is the first ever British-Indian book event. Participants will include Amit Chaudhuri, Nadeem Aslam, Rana Dasgupta, Clare Short MP, William Dalrymple, Tarun Tejpal, and the London Nehru centre head Pavan K. Varma. Journalists from national newspapers and magazines worldwide are also slated to attend. Festival director Pablo Ganguly told AIM "The Kitab festival celebrates the impact of Indian and Indian-influenced writing by exploring how contemporary Indian literature is changing Britain and how British writers who are influenced by India are, in turn, influencing Indian literature."

WORLD

INDIANS CREATE AN AWARD-WINNING MUSIC SOFTWARE

NEW CAROLINA, USA—Four young Indian developers have set a new tempo with the creation of a music notation software by VirtuosoWorks Inc. Indian music legend AR Rahman has joined the board of advisors. Recently awarded the prestigious 2006 Editors' Choice Award for Best Notation Software by Electronic Musician Magazine, NOTION is a music composition and performance software. (Photo: Gautier Deblonde)



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GLOBAL PERSPECTIVE

If New Zealand is to achieve stronger growth, we need proactive involvement on three fronts: economic (business), political and media. Lack of it may create competitive disadvantage for New Zealand.

There's shortage of skills while skilled migrants are under-employed.

The New Zealand population is growing at less than 1%. There is growth in older population, which

implies that the younger population is not getting replaced at a desirable pace. The Cullen fund will be hard-pressed to make ends meet for the aging population. Strong NZ dollar over an unreasonably long period has exposed our heavy dependence on exports, after we poisoned the cash cows - the export education and migration-driven demand and investment in 2002-2004. There's shortage of skills while skilled migrants are under-employed.

If our Kiwi skills (like ingenuity, ability to optimise scarce resources, emphasis on quality and world standards, and respect for the environment) are complemented by global perspective, then we can achieve far better than the meagre 1%-3% economic growth. Let's stop fooling ourselves by blaming our miseries on strong dollar.

NUCLEAR DEAL

Many think that the recent US-India deal is a nuclear 'weapons' deal. That's incorrect. It's a 'civil' nuclear cooperation. US is not supporting India's nuclear weapons programme. Many countries, and New Zealand is no exception (as was evident loud and clear from the National Power Conference in Auckland on 1 and 2 March), are facing power shortages, and nuclear fuel is one of the options to meet energy needs. The Indo-US deal will enable high-growth countries like India to meet their energy needs. Many are also comparing India with

The N-deal is surely a representation of changing global geopolitical order, and sooner we accept it, the better.

Israel, North Korea and Iran who may be encouraged to develop their own nuclear arsenal, after the US-India nuclear pact. It's an unfair comparison. Reference to the history of each of these

countries will draw the point home. India's clean global image is because of its track record on the peace front. Although India is not a signatory of NPT, it has a record of three decades of non-proliferation.

This does not mean I am in favour of the N-deal. But I have no reason to be against it because most of the criticism of the deal does not hold water against logic. Irrespective of whether the deal is good or bad, it's surely a representation of changing global geopolitical order, and sooner we accept it, the better. The world does not cease to exist when we close our eyes.

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UNS

In 'Uns', Ria's (Rituparna Sengupta) friend Natasha (Juhi Babbar) narrates Ria's love story. Ria and Rishi (Sudhanshu Pandde) are in love but aren't able to marry. So, Ria marries Rahul (Sanjay Kapoor) instead. Rahul is an ideal husband and truly loves Ria but she is unable to reciprocate his love. She deliberately starts fights with Rahul and asks for a divorce, shattering him. He refuses.

Natasha tries to discourage Ria but she is adamant and solicits help from Natasha's lawyer boyfriend Sameer (Aman Verma). Natasha stands against Sameer and Ria, thus helping Rahul. Will Rahul win over Ria? Will Rishi play a role? What strain will this conflict put on Natasha and Sameer's relationship? Watch 'Uns' to find out.

MOVIE PREVIEWS

ANJAAN

Aditya (Vipul Gupta) is a filmmaker whose last two films have failed miserably, causing a rift in his relationship with his wife Meneka (Mahek Chahel). Meneka feels neglected and lonely. Trying to understand him, she is met with indifference, rather than the loving and passionate man he once was. Shoaib (Aamir Ali) arrives and soon turns a lackluster day in their lives into a roller-coaster ride. He charms and angers Meneka, and in the process provokes her innermost thoughts and desires.

Will Shoaib's presence rock the very institution that Meneka has been clinging on to? What will Aditya, who has been so engrossed in his own professional failures do when he realises that the deception is about to engulf his entire life? Watch and see!

STAR OF THE MONTH

FARAH KHAN

With 54 films to her credit, Farah Khan is the hottest choreographer in Bollywood. A three-time winner of Filmfare's best choreography awards - *Dil Se* (1998), *Kaho Naa Pyaar Hai* (2000) and *Dil Chahta Hai* (2001), she's currently writing and directing *Happy New Year*.

On Filmfare: "This is the first time a woman has been nominated in the Best Director category, maybe it will open doors for other female directors. It's a prejudice that women only make sad stories. With '*Main Hoon Na*', I've hopefully changed the mindset."

This column is written by Simran

Silva. Simran is a US-based freelance writer, publicist and author. She has written for many Indian publications in the US. She brings Bollywood briefs for The Global Indian readers.



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INDIAN PENCHANT FOR BEAUTY

Karim Bharij

With the rise of the feminine movement in the West, beauty contests are seen as exploitation of women.

However, in India, it appears that the beauty contests, fashion shows are a rage. In Great Britain, the concept of a beauty pageant started only in 1945, as a "Bathing Beauty Queen" contest held in Morecambe, organised by the local Council in partnership with the Sunday Dispatch. It later went on to become Miss Great Britain. The award money was 7 guineas and a basket of fruit! Of course, the ego trip was a perk.

Karam Bharij is a lecturer based in the UK. Hobbies include travel, photography and cooking. His photojournalism does justice to his pet hobbies.



We have witnessed Miss India contests. Now comes a new one - Mrs India contest - a glamorous housewife who is not only exceedingly attractive but also upholds the traditional values as per the matrimonial columns in India that list it as, "understands both Eastern and Western Values". In other words, westernised vamp in bed but docile submissive wife out of bed. So who was the winner with this chameleon's versatility this time?

Arti Thakur, a fitness trainer from Mumbai was crowned Mrs India World at a function in Mumbai last month. Inevitably at question time, the idea is to elicit discerning response so that it clearly indicates that the beauty has brains.

What came first, the chicken or the egg? "It is said that a child is the father of man so I would say the egg is the mother of chicken," Aarti said. Now, that should get Aarti the crown at Mrs World 2006. She will represent India in the 2006 Mrs World contest in Russia on April 23. The winner declared, "Mrs India contest gives you that opportunity to celebrate your independence."

According to Aditi Govitrikar, one of the brains behind organising this contest, "Mrs India contest breaks traditional notions that a woman should forget herself and her career after marriage." What does it do to the husband? Perhaps a ego boost that his very desirable wife is the winner among others' wives.

No amount of striding, over the last 90 years has changed the face of beauty pageants; they're still flesh markets, exhibiting willing bodies. The only difference is now it is a millions of dollars business, with corporate identities and brand strategies...but still the bust size is what matters! What about Mr India 2006? Does size matter to women?



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TOWARDS BETTER OUTCOMES

David Cunliffe

The Government has three key objectives for the broader immigration programme: finding the skills we need to grow New Zealand, maintaining the security of our borders and improving settlement outcomes.



To achieve this there are three main pillars of our work programme: the review of the Immigration Act, a fresh look at the New Zealand Immigration Programme, and a range of operational improvements in the department.

Greater Auckland can be justly proud of recent events: the success of Pasifika, the Lantern Festival, Divali and the Waitakere Ethnic Board's race relations day celebrations. How many places around the world do you know where 200,000 people can turn up for a big event with no sign of trouble ? If we are to prevent immigration once again becoming a political football then the support of the refugee and migrant communities themselves is essential for building a broad public consensus.

Refugees and their families face many challenges when they come here. Firstly, there is the shock of leaving their country of origin – usually under extremely difficult circumstances. Then there is the extra pressure of settling into life in New Zealand – English often being a second language, finding jobs, settling into a new

community and trying to access the information that we instinctively know how to obtain.

The Government has funded RMS Refugee Resettlement as the key resettlement agency for refugees - and also ESOL home Tutors, who provide free English tuition for refugees. Settlement is not just about jobs, though they are essential. It is not just about learning English, though that is necessary. It is not just about having a home to live in or a school for your children or health care when you need it, though all of those are essential.

True settlement is a feeling, a feeling driven in part by the attitude of the host community, of being welcomed, of being accepted as part of the fabric of our society. So we have established the Settlement Support New Zealand initiative. The Department of Labour is rolling out this new initiative in 18 key areas nationwide.

It'll provide specialised settlement information in the local communities where refugees (and migrants) settle. It will also develop a system for members of local refugee (and migrant) communities to work together, alongside central and local government and non-government agencies, on settlement planning at the local level. I am pleased to announce that the Department of Labour has established a fund to support ongoing refugee community meetings in your local areas.

(This is Immigration Minister David Cunliffe's address (abridged) to the National Refugee Resettlement Forum in Auckland recently.)

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FOR HEALTHY SOUTH ASIANS

Our correspondent

It's all about reducing the construct of 'us' and 'them'. With acculturation making a full circle, the second generation South Asians are expected to integrate better with the mainstream. They tog up, speak and eat like 'Kiwis'. Yet possibly they're still different, in terms of specific health issues. Compared to other ethnic groups, South Asians in New Zealand are more prone to diabetes, obesity and heart disease.

Recently SWAASTHH organised two workshops on youth health, termed TOY – Towards Optimum Youth. SWAASTHH, funded by Auckland City Council, is engaged in improving the health and social awareness among Asian migrants. Dr Madhumati Chatterji, an Auckland based public health physician and chairperson of SWAASTHH, cited research that Asians die younger and urged that preventive measures such as healthy eating, physical activity and road safety measures are taken at an early age. The workshops dealt with youth issues on weight management, healthy eating, and healthy action, smoking cessation/prevention and road safety. Dr Robert Scragg, Associate Professor of Medicine at the University of Auckland reiterated that South Asian women were found physically less active compared to other ethnic groups. Dr Scragg would certainly not single out the South Asian youth for addiction to TV and other home entertainment. Yet



sedentary lifestyle seems to be taking heavier tolls on South Asians.

Dieticians, Helen Gibbs and Varsha Asrani, offered tips on healthy eating. Steve Sullivan, an officer from the Serious Crash Unit of New Zealand Police spoke about the 3Es of Education, Engineering and Enforcement that reduce road casualties. Presentations conveyed a strong message that speed and irresponsible behaviour are the deadliest killers.

Juliet Huang from the Asian Unit of the ACC said 10km over the speed limit could cause significantly more harm, pointing to the research that shows speeding and drink driving are equally harmful. Grace Wong from Action on Smoking and Health (ASH) directed an interesting fashion show on how smoking could take away thriving young lives. Sneha Paul, ASH's public relations person alerted the youth to the tobacco industry making huge profits at the cost of human lives.

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LIFT ETIQUETTE

Standards New Zealand has initiated a new Standard to govern the way in which people behave in and around lifts. The Standard will specify appropriate queuing behaviour, right-of-way rules for those exiting and entering lifts, and - most importantly - define appropriate behaviour when actually travelling in lifts.

"For some reason, Kiwis do not generally converse with others in lifts. And they seem to be almost paranoid about maintaining equal spacing between themselves and all other lift occupants," says Rob Steele, chief executive of Standards NZ.

Lift occupants also typically face the door of the lift rather than look at each other, he says. These problems are said to be worse in larger New Zealand cities.

The new Standard will require those queuing for lifts to actively engage in conversation and to maintain that conversation when travelling in the lift. To facilitate this interaction, people will be required to stand in a circle facing the middle of the lift. Although the committee responsible for developing the Standard was considering

requiring those leaving a lift to say 'have a nice day', they concluded this may have been a bit over-the-top.

The 'personal space' experts on the committee drew extensively from their knowledge of urinal etiquette when developing the Lifts Standard. "Many of the basic psychological drivers of behaviour are the same," says Professor IP Freely, from the committee.

"Polite conversation or sharing a joke are now considered normal or even expected behaviour at the urinal. The most interesting difference is the effect of alcohol on urinal etiquette, willingness to converse seems to be directly related to blood alcohol levels."

Professor Freely says the committee is considering developing a urinal etiquette Standard once the lift Standard is complete and will draw on much of the content of the lift Standard. "Obviously, there will be some discrepancies. For example standing in a circle to increase conversation will not be practical."

When The Global Indian received a release from Standards New Zealand, we first thought it was a April Fool's joke. I mean, don't we have better things to do than controlling people's behaviour in a lift? For e.g., the NZ Standards prescribe: "people will be required to stand in a circle facing the middle of the lift." Enjoy!

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PAD THAI

Ingredients (serves five)

- 1 cup rice noodles
- 1 1/2 tsp fish sauce, 1 tsp fresh lemon juice
- 2 tsp rice wine vinegar, 1 tsp vegetable oil
- 1/2 cup chicken breast, boned and skinned but chopped
- 2 tsp sugar,
- 1/4 ts red pepper flakes, crushed
- 2 cup bean sprouts
- 2 green onions
- 2 chopped cloves garlic
- 3 oz small shrimp
- 1 tsp ketchup
- 1 carrot; shredded
- 3 tb minced fresh cilantro
- 2 tb peanuts, roasted and chopped

Method

Put noodles in a bowl with lukewarm water. Once the noodles become soft (20 minutes), drain. Whisk fish sauce, lemon juice, vinegar, ketchup, sugar and pepper in another bowl.

Heat oil in wok. Add chicken, onions and garlic, cook and stir until chicken is no longer pink. Stir in noodles and cook for a minute. Add shrimp and bean sprouts; cook just until shrimp turn opaque (three minutes). Stir in fish sauce mixture and toss to coat. Cook for two minutes.



Finally, arrange noodle mixture on platter. Sprinkle with carrot, cilantro, and peanuts. Garnish with lemon wedges, tomato wedges and fresh cilantro.

Contributed by Yen Lin, Singapore



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ATITHI DEVO BHAVA!

Sanjay Karhade

To err is human and human beings continue to err to prove being human!

India captain Rahul Dravid provided enough evidence to vindicate my observation in the third and final test against England played at the Wankhede Stadium. I am peeved by Dravid's mistake, as, in my opinion, the



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.

was no correlation between the strategy drawn by the Indian think-tank and their actions.

The strategy was to go in with a five-bowlers-and-five-batsmen combination. This strategy indicates that the team wants to play positive cricket. However, the action taken after winning the toss was defeating the logic, let alone strategy. India opted to field first on a wicket which has history of making life difficult for those who bat last on it. Also a team that's leading the series 1-0 and opts to field after winning the toss in the last test sends out a defensive signal, meaning, the team is looking for a draw! Now, if this is true, then why play with a five-bowler-five-batsmen combo? India could well have included the sixth batsman in the team. And keeping the winning team for

the next match, in my opinion - in the context - was quite an old fashioned thought.

Were the Indians short on confidence - not wanting to face Flintoff & Co. on the first day - was another painful thought that crosses my mind. It is quite shameful on the part of a team that was staking its claim to number two position after the ever conquering Australia.

How could Greg Chappell - the Indian Coach and an

“ How could Greg Chappell - the Indian coach and an Australian himself - forget what Sir Donald Bradman had once observed. "On winning the toss elect to bat, if in doubts, give a second thought and elect to bat.”

Australian himself - forget what Sir Donald Bradman had once observed. "On winning the toss elect to bat, if in doubts, give a second thought and elect to bat", Sir Don had described cardinal principal, which applied then and which applies now!

And, in fact, frankly, sincerely, honestly, I don't want to say anything about Indian catching. Instead, I would like to compliment the Indian team for having lived up to the "Atithi Devo Bhava" culture. It means, guest is like God and treat him like one!

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SERENDIPITY IN GOAL SETTING

Jasbindar Singh

We're well past the first quarter of 2006 and memories of Christmas, shared with our family and friends, already a distant past. New Year seems to equate with new goals - and three months on, you are probably well into your energising, stretching and SMART goals! To enrich your journey further, I would like to invite you to ask yourself the following three questions.

1. How open am I to synchronicity and serendipity?

The SQ perspective is that while being intentional and focused is essential to achieving your goals; there should be room for some flexibility. Be open to chance encounters, new possibilities and opportunities as they arise. Listen to your instincts, gut feel and inner voice when

Jasbindar Singh is a business psychologist and executive coach. www.sqconsulting.co.nz



something out of left field presents itself. Revelations and insights come in many forms. You'll be the best judge of whether these are mere distractions or opportunities worth pursuing. In the words of Sanaya Roman in 'Spiritual Growth', "revelations can be simple or complex. They usually carry a special feeling with them; some of you may get goose bumps, tingling, or other physical sensations. Sometimes you have no physical sensations, but you feel a mental 'click', as if a piece has just fallen into place. You

can receive revelations in many ways - directly into your mind as insights, from channelling, from reading a book, or by hearing something."

2. What am I going to STOP doing?

Having set your goals, are there things that are still taking

“revelations can be simple or complex. They usually carry a special feeling with them; some of you may get goose bumps, tingling, or other physical sensations.”

up a lot of your time and energy but not really working for you? An example clients frequently cite is when they are just task-focused rather than working towards the bigger picture. They're highly operational but not necessarily strategic. If you are serious about achieving your goal, it may mean stopping doing certain activities or even looking at things in a limited way. In our busy lives of 'doing' and 'having,' it's very easy to get trapped into the 'more and more' syndrome. What is something you need to stop doing right now that is not serving you that well?

3. What fun thing am I doing today?

This one should be fairly easy to answer and implement to keep the morale lifted! Enjoy.



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KUDOS TO THE AMERICAN AND INDIAN LEADERSHIP

I want to congratulate American President George Bush and Indian Prime Minister Manmohan Singh for the historical nuclear cooperation agreement they have signed. I think both parties have found innovative solution instead of the standard "agree to disagree" stand taken by most global political leaders. India did not want to compromise on its freedom to decide its nuclear policy and the Americans were keen to bring the Indians on the side of NPT.

As reported in your March issue (Ram Narayanan's article), this will be a way forward. This is a good sign for the world. Hopefully, it will take some pressure off the scarce energy resources and help in maintaining low petrol prices, not to forget the positive environmental effects.

Sunil Kotiwal, Melbourne

Letter of the month

Sunil Kotiwal wins "Letter of the Month" award. The winner should contact us within 15 days from the publication of this issue, to claim his surprise gift. If you would like to win, send your letter to editor: editor@theglobalindian.co.nz

HAMID'S RETURN

It was such a good news to hear about Hamid's safe return. I feel we need more courageous people like Hamid to spread the message of peace across the globe. Americans' illegal occupation of Iraq should end soon, and countries like India should pursue global opinion to put pressure on the US to end its occupation in Iraq.

Amit Pandya, Christchurch

INDIAN HIGH COMMISSIONER

There seems to be a mystery over Indian ambassador Harish Dogra's recall. Denial of visas seems to be hardly any reason to justify such a drastic step by the Indian government.

Viswajeet Kala, Auckland

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Angan Publications Ltd., 56 Woodbank Drive,
Glen Eden, Auckland, New Zealand
Phone/fax: +64 9 813 9778,
Editor: +64 212514924

Sangeeta Anand, editorial advisor and publisher
sanand@theglobalindian.co.nz
Vaibhav Gangan, editor
vgangan@theglobalindian.co.nz
Sandeep Chandra, copy editor
Vishal Singh, overseas correspondent
vsingh@theglobalindian.co.nz
Julie Smith, art director
jsmith@theglobalindian.co.nz