

BOSTON South Asian

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February 2010

HELP MAYA AND YOU CAN

By Mina Patel and Sam Chamberlin, Maya Chamberlin's Parents

Our daughter Maya became sick with flu-like symptoms on Sep 9, 2009. She became critically ill in a matter of hours. Blood tests showed that her blood cell counts were low, and her liver and spleen had become enlarged. She was admitted to the Pediatric Intensive Care Unit at Millers Children Hospital in Long Beach, California. While in the ICU, Maya's condition became unstable and she needed a breathing tube to help her breathe. Her chest



x-ray showed a lot of fluid in her chest cavity, and a needle was inserted into the lung cavity to release the liquid.

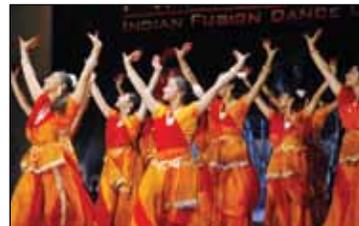
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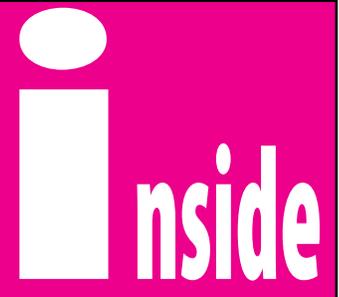
(Continued on page 19)

South Asian DANCE



By Rohit | If you like South Asian Dance and want to see some of the most competitive dance teams in North America, don't miss South Asian Showdown! This competition is the first of its kind in North America with Bhangra teams vs Fusion teams vs Garba/Raas teams vs Hindi-Film/Bollywood teams! These different dance forms makeup some of the most popular dance forms in India and if you want to see which dance

(Continued on page 19)



Support Haiti Victims02

Indian IT firms hire lobbyist.....02

Dental care for your child.....04

The basics of business formation.....05

South Asian Dance..06

Meditation:Your questions answered.....08

Tips for buying home10

PRANA is powerful..10

Having anxiety and panic attacks.....11

Bighelp for education.....12

Community Calendar and Listing.....14-15

Legal Special....16-17

Bighelp for Education

By Chand Pasha

2010 at the Horace Mann Middle School in Franklin, Massachusetts.



Attended by over a thousand people, the day consisted of exciting cultural programs, spelling bee, rangoli

al Pongal and Republic Day Celebrations were held on January 9, (Continued on page 11)

SUPPORT EARTHQUAKE VICTIMS IN HAITI

Thousands of people are dead in Port-au-Prince, Haiti after a disastrous earthquake of 7.0 magnitude struck on Tuesday January 12, razing major infrastructure in the capital including many neighborhoods, the Parliamentary building, Presidential Palace, the main cathedral, the main prison, the UN building among others. With many hospitals in ruins (Doctors without Borders



lost three hospitals) in this poor Caribbean country, the earthquake has affected 3 million people - a third of the country. Disaster relief has just began in this poorest country in the western hemisphere with 80% of the people below the poverty line and 54% in abject poverty. Two thirds of the labor force has no formal jobs. Immediate relief is needed. Many hundreds are trapped (Continued on page 3)

HEALTH

SPECIAL ISSUE

MARCH 2010

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BOSTON SOUTH ASIAN

Men can COOK.....18

SAVE MAYA.....19

Secularism - MIT workshop.....20

Check your sign.....21

Bollywood.....22

SUPPORT EARTHQUAKE VICTIMS IN HAITI

(Continued from page 1)
and rescuers are working very hard. Medical supplies shortage.

SEWA International is planning to donate the proceeds to Haiti based non-profits towards HAITI EARTHQUAKE RELIEF.

SEWA is soliciting your tax-deductible contribution for the support of these victims. Your support will help reduce the sufferings of poor people.

Donate Online at www.sewausa.org or make check payable to 'SEWA' & mention 'Haiti Earthquake' Box 14622 Fremont, CA 94539.

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CALL REDCROSS TODAY

You can help the victims of countless crises, like the recent earthquake in Haiti, around the world each year by making a financial gift to the American Red Cross International Response Fund, which will provide immediate relief and long-term support through supplies, technical assistance and other support to help those in need. The American Red Cross honors donor intent. If you wish to designate your donation to a specific disaster, please do so at the time of your donation by mailing your donation with the designation to the American Red Cross, P.O. Box 37243, Washington, D.C. 20013 or to your local American Red Cross chapter. Donations to the International Response Fund can be made by phone at 1-800-REDCROSS or 1-800-257-7575 (Spanish) or online at www.redcross.org.

Indian IT firms HIRE LOBBYIST

24 January 2010
Melanie Carter-Maguire and Robert Hoffman, the two lobbyists have been entrusted with pushing their companies' cases in a key market where the public outcry against outsourcing is getting shriller by the day. Maguire was hired by Wipro last week, and Hoffman had joined Cognizant last year as first Vice President of global public policy.

Following the global slowdown, India's \$60-billion technology services industry, which has had a largely uninterrupted run in its key market, recognized that political lobbying is the need of the hour to educate local lawmakers about the economic benefits of outsourcing, after ballooning unemployment has exacerbated the cry against foreign tech companies. In an interview, Hoffman said, "For global companies like Cognizant, there is a simple truth that government matters. Whether it's in New Delhi, Washington, Beijing or Brussels, decisions made by legislators and regulators have a direct bearing on a company's ability to compete and grow, and provide a unique experience to its customers."

The U.S, along with Europe, accounts for about 80 percent of Indian software exports and Indian companies are keen to avoid any disruption to their fragile recovery. Company such as Wipro, that earlier preferred industry lobby National Association of Software Services Companies (Nasscom) to do lobbying for them are now single-handedly toying with the practice. By getting public policy experts on their

payroll, these companies are attempting to portray sensitive issues in a high-stakes market in a kinder light. Indian IT firms think that these efforts will help them to break into the largely untapped U.S. healthcare market worth over \$20 billion. Apart from Wipro, Patni and TCS have also engaged different lobbying firms for their time-bound and specific needs, though Nasscom continues to lobby on behalf of the industry. Barbour Griffith & Rogers (BGR), The Cohen Group and Hill & Knowlton are among the top lobbying firms roped in by the likes of TCS, HCL and Patni Computer Systems to reach out to lawmakers.

Clearly, Indian companies believe that some sophisticated lobbying efforts can break the myth surrounding job losses due to tech offshoring. In his interview to Economic Times, Som Mittal, President of Nasscom said, "This is signaling the kind of importance the industry gives to such issues as we become more globalised. It's not about influencing opinion but more about ensuring that our perspectives are known."

During economic uncertainty and rising unemployment, the impulse for many policy-makers is to build barriers, particularly against foreign trade, investment and migration. Hoffman said, "Efforts like these tend to have global ramifications, including driving both skilled workers and capital investment to countries with fewer barriers and more inviting economic development policies."

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Dental Care for Your Child by Dr. Anil Gudapati, D.M.D.

Why should we worry about baby teeth when they are going to fall out and be replaced by adult teeth?



This is a question I am asked many times in

my office. It is very important to maintain the health of the baby teeth also known as primary teeth. Neglected cavities can and frequently lead to problems which affect developing adult teeth, also known as permanent teeth.

Primary teeth or baby teeth are important for:

- (1) Proper chewing and eating,
- (2) Providing space for the permanent teeth and guiding them into the correct position, and
- (3) Permitting normal development of the jaw bones

and muscles. Primary teeth also affect the development of speech and add to an attractive appearance.

While the front 4 teeth last until 6-7 years of age, the back teeth (cupid's and molars) aren't replaced until age 10-13. Cavities left untreated will almost always cause pain and/or infection prior to the teeth falling out naturally.



This can lead to disturbances in your child's sleep, activity, eating, drinking, and school attendance. If left untreated long enough, infections can permanently damage the adult teeth and spread to other parts of the body.

The Center for Disease Control and Prevention reports that cavities are perhaps the most prevalent of infectious diseases in our nation's children. More than 40% of children have cavi-

ties by the time they reach Kindergarten. The bacteria in our mouth breaks down sugar in the food we eat causing the tooth to break down, and over time could eventually lead to a cavity. Cavities can start at anytime once there is a tooth in the mouth. The first tooth will appear in your child's mouth around 6 months of age and all the baby teeth, 20 teeth total, will erupt into the mouth around 2 - 2 1/2 years of age.

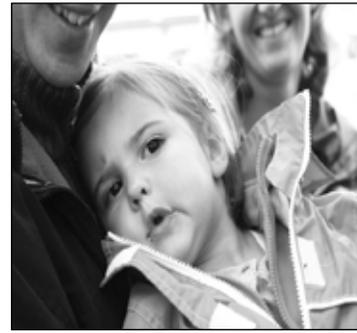
This is why having your child's first dental check up at 12 months of age is very important. At your child's first dental visit, the dentist should discuss with you proper oral hygiene, diet, proper use of fluoride and any oral habits your child may have. X-rays may



be needed as well if the dentist feels they are necessary, along with topical application of

fluoride.

Regular dental check-ups, a balanced diet, fluoride, injury prevention, habit control, brushing and flossing are all important



for healthy teeth. Starting children off with good dental habits now will help them grow up with healthy smiles for a lifetime.

QUICK SUMMARY

- Your child's first dental check up should be at 12 months of age.
- Never put your child to sleep with a bottle or sippy cup
- Brush your child's teeth twice a day and floss once a day
- Use non-fluoridated toothpaste

until your child has mastered their spit/swallow reflex

-Make sure your child avoids unhealthy food and drinks such as sodas, candy, chocolates, etc.

-Cavities can start at any age so make sure to check your child's teeth periodically for dark/brown spots

-Healthy baby teeth form the foundation for healthy adult teeth

-See your Pediatric Dentist twice a year.

Dr. Anil Gudapati is a Board Certified Pediatric Dentist. He went to Dental School at Nova Southeastern University in Florida. He completed his General Practice Residency in Chicago, IL and attended Temple University in Philadelphia, PA for his Pediatric Dental training. (www.kidsdental-smiles.com).

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The Basics of Business Formation

By Attorney Farah Ahmed

If you are considering starting your own business, one of the first decisions that you need to make as a business owner is how the business entity should be structured. In deciding on the right business entity, you must take several factors into consideration since your ultimate decision can have an impact on multiple aspects of your business, including the payment of taxes, your personal liability for the debts of the business, ownership succession, and the ease of management of the business. In making this important decision, the following concerns must be taken into account:

1. Your intended size and nature of the business.
2. The level of control you wish to have in your business.
3. Whether or not you will be sole owner of the business.
4. Your need for access to cash out of the business for yourself.
5. The level of personal liability you wish to take on as the

owner of the business.

6. The tax implications of the different business entities.

7. Whether or not you will need or intent to reinvest business earnings into the business.

Sole Proprietorship

The vast majority of small businesses begin as sole proprietorships. These businesses are owned by one individual, usually the person who has responsibility of running the business day-to-day. Sole proprietors own all of the assets and profits of the business, but also assume complete responsibility for its liabilities and debts. Consequently, in terms of the law, the business owner is one and the same with the actual business. Therefore, while sole proprietorships may be the easiest and least expensive business structure in terms of creation, taxation and dissolution, sole proprietors take on unlimited liability and are legally responsible for all debts against the business. Furthermore, sole proprietors often are at a disadvantage in raising funds for

the business and often times, are limited to using personal funds or consumer loans to add capital to the business.

Corporation

One option that intended business owners may have to limit their personal liability and increase their ability to raise funds is to incorporate the business as a corporation. A corporation is considered by law to be a unique, separate entity, apart from its owner(s). Consequently, a corporation can enter into contractual agreements, can be sued or and can be taxed separate from its owner(s). The owners of a corporation are its shareholders, and may elect a board of directors to oversee the business decisions and/or managers to run the business day-to-day. Additionally, corporations can raise needed funds through the sale of their stock. In addition to these advantages, corporation status also comes with several disadvantages, such as the need for increased time and money cre-

ation, increased state and federal regulations and increased overall taxation, due to what is known as "double taxation." Double taxation is when the corporation is first taxed for its profits and the shareholders are then taxed for any dividends paid to them from the corporation.

However, the Subchapter C tax election enables the corporation's earnings and/or profits to be treated as distributions and therefore, pass through directly to the personal tax returns of the shareholders. It is important to note however, that there are certain requirements that must be met for a corporation to be able to elect Chapter C status and the assistance of a qualified attorney is helpful in ascertaining this eligibility.

Limited Liability Company

The LLC is another option for to-be business owners. The LLC is a relatively new hybrid business structure in Texas and is designed to provide the limited liability features of a corporation

and the tax efficiencies and operational flexibility of a partnership or sole proprietorship. Finally, GPs (General Partnerships), LPs (Limited Partnerships) and LLPs (Limited Liability Partnerships) are also available if an intended business owner wants to avail himself/herself to the advantages and disadvantages of the partnership structure.

In summary, deciding on the form of business structure that best suits your business needs should be given careful consideration. It is recommended that you consult a qualified attorney in order to help you select the business entity that is right for you, as the decision will inevitably have long-term and wide-ranging implications. The above is a very basic outline of the available options for business structures and should not be relied upon in place of a qualified attorney's advice.

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March 2010 ISSUE

HEALTH Special

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South Asian Dance

(Continued from page 1)

style wins, come check out the competition on Saturday, February 20th, 2010 at the John Hancock Theatre in Boston!

The concept of Showdown is to put the best dance teams from each South Asian genre against one another to see who wins! Bhangra is a folk dance from the Punjab region of India. Fusion is a conglomeration of all South Asian dance and any other dance form that the team chooses to use. Garba/Raas is a folk dance from the Gujrat

region of India. Hindi-Film/Bollywood is the dance form originating from the Bollywood film industry in Mumbai. Bring all of these dance

and unique South Asian dance truly is.

South Asian Showdown, SAS for short, will have teams

from Illinois, Maryland, Delaware, New York, Pennsylvania, and Boston will all show the Boston audience some of the best dances they have seen all year!

organization called South Asian Nation that promotes cultural awareness nationally. To help support us in any way, please contact us at the above e-mail address or phone number. You can learn more about the organization at www.southasian-nation.org.



To add even more excitement to the event, there will be a very unique performance from the Prince of Pop! !

This is the first year for this fun and unique competition! The tickets will range in price from \$20 for general admission through \$35 for VIP.

For more information Call 617-448-

forms together and having them all compete against one another will show everyone attending just how talented

from all over North America competing to be crowned the Showdown Champion. Teams from California, Il-

2508. South Asian Showdown is hosted by a non-profit orga-

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call: 617-448-2508 for more information

12 teams compete for more than \$10,000 in cash and prizes. Come watch the best Bhangra, Fusion, Garba-Raas, and Hindi-Film (Bollywood) Teams compete to be crowned the Showdown Champion! Which dance wins...come and find out! You don't want to miss it!

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Meditation - Your Questions Answered

Q: What is the difference between joy and bliss? Are they both same?

A: No, they are different. In Sanskrit, there are two words, Santosha and Ananda. Santosha means that when something from outside touches us, we become happy. This happiness is dependent on the outer object. If the object is not there, then there is no joy. Ananda means one that has no end. This is the bliss we are interested in, which is causeless. That is why if you see the lives of great Masters, they did not have any processions but they were in unshakable bliss. No one can snatch their bliss away from them.

Q: What is the influence of food on meditation? A: Food has little influence on meditation. Serious meditators have always been following Satvik food, which excludes non-vegetarian, alcohol, onion, garlic and green chilies. Onion, garlic and green chilies cause too many thoughts that cause more stress.

Q: Why is that I am not able to forget some of the past incidents? They bring misery again and again.

A: Because we hold on to these past memories. Imagine when you were a child you did a mistake in the school. You were called in the school assembly and your headmaster said that you are a fool. The whole school laughed at you. This creates a deep injury in your being. This gets stored in your unconscious. You keep recollecting this incident and the associated emotion too and go through the same pain. This way, the engraved memory gets its strength and reinforcement.

After so many years, you still carry the memory, emotion and over a period of time, develop vengeance against the headmaster. You don't want to let go of this and keep on holding on to this. After so many years, whenever you come across any other headmaster, the old memory and the emotion kicks in and you see this new headmaster, whom you are meeting for the first time, with a prejudice. You are not

seeing things as they are, rather you are seeing things as you want them to be. Engraved memories make your life miserable and meditation cleanses our unconscious by removing the engraved memories.

Q: What is Prana? A: Prana is the subtle energy that is helping us to live. This energy is in three layers.

1. Basic Prana, which we get by food. That is why if we do not eat food in time, we feel weak. 2. The second layer is the emergency layer. For example, if a dog is chasing you, all of a sudden you get some additional energy to run. This energy is available in limited quantity. 3. The third layer is the cosmic energy which we can harness by meditation. When our mind rests, we access cosmic energy, which is in abundance. That is why, whenever you come out of meditation, you feel so

energetic.

Q: What is the difference between mind and thoughts? A: There is no difference. Mind is nothing but a set of our thoughts.

Q: Do we need a Master to learn meditation?

A: It always helps to be connected with a living Master. Your progress will be phenomenal when one is connected with the Master. Guru Krupa is important in spiritual growth.

Q: I have tried to meditate before, why it is so difficult to meditate?

A: Lot of people faces this problem. Human body has a subtle energy, which is called Prana. When the flow of the energy happens without any blocks, then meditation happens smoothly. Because of the intense Samskaras, engraved memories, it's difficult to do meditation especially if it is a silent technique. Little bit of

cleansing needs to happen so that silence will happen on its own. That is why cleansing and energizing of Chakras, energy centers, is important before you actually start meditating.

Q: What is the main thing that is needed for someone who wants to take meditation seriously? A: There are few things that are needed for meditation. Make meditation a daily activity and practice meditation with enthusiasm and joy; not as a daily routine. When we sit for meditation, imagine as if you are going to do the meditation for the first time. Have one specific place in your house for meditation. It is advisable that this place is not meant for anything else except meditation. Preferably sit in the same place and meditate daily as the place where you are going to sit gets energized.

Q: How do I know a particular

technique is suitable for me?

A: Try few techniques and practice them with an open mind. When you encounter the right technique, your heart will tell you that you have found the technique that you have been looking for. Every time you come out of your technique, you will be energized and blissful. When you practice a technique that is not suitable for you, you feel drained of energy and lack enthusiasm.

Sri Nithya Medhananda Swami is a direct disciple of Paramahansa Nithyananda. Medhananda conducts meditation programs all over the world and currently he is the vice-president of International Vedic Hindu University at Orlando.
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TIPS FOR BUYING HOME

By Jay Gohil

A home inspection is well worth the cost. When buying a home, how do you know what you're getting?

Houses are complex. Many things can go wrong — some minor and others hugely expensive.

A survey by the National Association of Realtors® (NAR) and the American Society of Home Inspectors reveals that 77 percent of homebuyers obtain a professional inspection prior to closing, and 81 percent include an inspection contingency in the sales contract. These findings suggest that homebuyers understand a good inspector has the knowledge and experience needed to detect most flaws and deficiencies.

Texas Home Inspector Qualifications Anyone offering services as a Texas home inspector must be licensed by the Texas Real Estate Commission (TREC). The state's method for licensing inspectors is similar to that for real estate agents. There are two levels: residential inspector and profes-

sional inspector. The first level is for those entering the business. A professional inspector license requires 12 months experience as a licensed inspector. Both licenses require education in core real estate courses, as well as continuing education after the license has been granted. Candidates must pass competency exams before either license is granted. Professional Inspector Organizations. Many inspectors belong to professional associations. These organizations usually require allegiance to a code of ethics and may require members to follow standardized procedures for inspections.

Most people probably only think of one or two questions to ask a home inspector: "How much is your fee?" and "When can you be there?" But these only scratch the surface.

Here's a list of suggested questions you might ask:

- What types of licenses do you hold?
- What kind of training do you have?
- Do you belong to a professional

inspectors' association?

- How long have you been licensed in Texas?
- Are you a full-time home inspector?
- How much do you charge?
- Do you also perform repairs? (If the answer is yes, that may indicate a conflict of interest)
- What will the inspection include? (Get specifics. It should include the electrical, heating, and central air-conditioning systems; interior plumbing; visible insulation; roof; walls; ceilings; floors; windows; doors; foundation; basement; and the visible structure of the house.)
- Do you inspect gas lines, swimming pools, spas, septic systems, and wells? (You can identify other atypical systems or items.) Do you charge extra for these?
- Do you charge extra based on the size of the home? Multiple AC units? Other items?
- How much would you charge if I ask for a reinspection after repairs are completed?
- Will you supply a written report? (The inspector should.)
- Can I attend the inspection?

(The home inspection is an opportunity for you to learn about your new home and ask questions. If the inspector says no, find another inspector.)

- Do you go up on the roof to inspect it?
- How long will the inspection typically take? (Anything less than two hours is not long enough for a thorough inspection.)
- Can I call you with questions that come up later?
- Can you give me names and phone numbers of three people for whom you've inspected homes recently?

The inspector may not inspect swimming pools, wells, septic tanks, and other systems and items, and many inspectors will not conduct environmental tests or wood-destroying insect inspections. You will likely need to arrange for these inspections separately. You can find a blank copy of the standard inspector report form at www.trec.state.tx.us to give you an idea of what may or may not be covered in the inspection.

Professional Inspector Organiza-

tions Many inspectors belong to professional associations. These organizations usually require allegiance to a code of ethics and may require members to follow standardized procedures for inspections.

Six such organizations have Texas members. Texas Association of Real Estate Inspectors (www.tarei.com). American Society of Home Inspectors (www.ashi.com). Housing Inspection Foundation (www.iami.org). National Association of Home Inspectors (www.nahi.org). American Inspectors Society (www.homeinspectortraining.com).

American Association of Home Inspectors, Inc. (www.aahi.com).-----Gohil, of Jay Gohil Realty, has worked in the real estate industry for 20 years and holds the CCIM, CRS, CRB and GRI designations. His professional associations include Austin Board of Realtors and others. Jay was reappointed by the City of Austin Mayor to serve a third term as Commissioner on the Zoning and Platting commission in August 2006.

PRANA is Very Powerful and Pious

Prana or vital life energy is a very



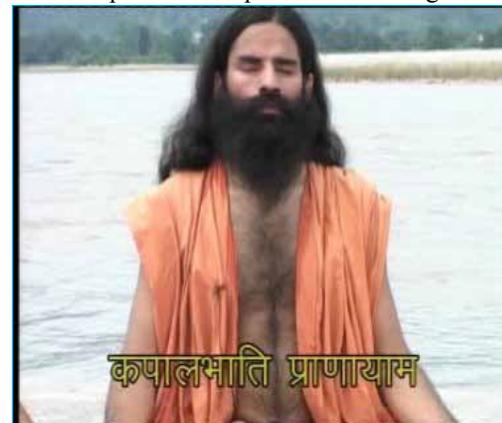
powerful and pious element in human body. Pranayam is capable of averting

not only diseases but also even death. A person practicing pranayam develops a divine power within himself. When the pure air circulates through 72 crore, 72 lakh, ten thousand, two hundred nerves and enters Shushmana nerve with the rhythmic breathing then the person gets relieved from all problems and ailments and attains divine power. It is nectar, which the practitioner obtains with regular practice of pranayam and the power moves in upward direc-

tion. This upward movement of divine energy present in Mooladhar Chakra is known as arousal of Kundalini. Regular practice of this pranayam for 15 minutes leads to arousal of Kundalini and the processes of prana take place in the body. A person whose Kundalini arouses need not give any evidence as it cannot be hidden.

Happiness, cheerfulness, simplicity and brightness are seen on the face of the person who develops this kind of strength. He has politeness, sweet, true speech, empathy, pity, love, gratitude and other feelings. Therefore, regular practice of Yog removes anger, ignorance, lust and all kinds of anguish from the mind of practitioner and the soul gets the happiness, bright, peaceful, supreme soul. When pure wisdom arouses, the devotee moves out from false,

ignorance and gets towards Brahma. The confused mind moves inwards and look into the internal conditions and then the practitioner attains stable wisdom. The fragmented conditions of mind become focused. This experience of unlimited happiness and peace of the presence



of supreme soul inside the heart is known as Yog. Proximity of good mentors and practice of de-

votion and meditation develops this wisdom in a practitioner. The practitioner feels that he or she is free of rules of nature and is the pure, calm, pious, bright conscious soul. This body, sensory organs and other feelings related to them, anger, lust, attachment, ego and pride are the qualities

present in nature, and not own duties of soul. The man's life is accomplished when the soul finds out its identity. To-day, the man knows the whole world, he is aware of everything going on in the universe, but is unaware of himself or herself. It is an eternal truth that the feeling of ultimate happiness

and satisfaction is inside the soul and nowhere else. Saint Yagyavalkya says in Upani-shad

that a person might do big yagna, lead an austere life and involve in lot of works of charity but he cannot get ultimate happiness and liberation without understanding soul and supreme soul. A person who leaves the world without understanding self or soul also understands that he does not take anything along with him, whether is a multi-millionaire or a pauper. Therefore self-realization is very necessary.

- Swami Ramdev

Swami Ramdev's teachings have drawn him recognition throughout the world.

Having Anxiety And Panic Attacks? You Are Not Alone!

By S. G. (Nik) Nikam, M.D.

Did you ever walk into a room and suddenly felt bewildered, with your heart racing, hands shaking, perspiring, feeling dizzy or fuzzy, along with a sinking sensation, weakness in your legs; and a smothering sensation, or that you are about to pass out. If so, you are not alone. There are millions of people who go through similar experiences, from time to time, at school, church, shopping mall, crowded places, and even in the sanctity of their own home. For some, these symptoms may be so severe that they may not be able to carry on their daily activities. This is an example of a panic attack.

Then, there are others who have a general anxiety or nervousness for years, and get hooked on prescription pills, alcohol, drugs, or cigarettes to suppress their symptoms. They also experience nervousness, palpitation, sweating, and some dizziness, but, not to the extent experienced by people with panic attacks. Chronic anxiety may indeed be an external expression of a mild depression.

Panic attacks and anxiety disorders maybe related to a family history, a past traumatic experience, a bad relationship, stress at work place, financial crisis, and others. It may also represent an emotional problem, where an individual dreads facing a situation and gets abscessed and overwhelmed by all things that can go wrong. That person may exhaust all the energy in the negative thoughts, and thus allowing no time for the mind to respond normally to a simple challenge. As a result, a person may feel very nervous, weak, dizzy, and experience all other panic symptoms just thinking of the dreaded outcome, which, in many cases, may never happen.

Most people with panic disorder or anxiety live re-creating the unpleasant past, and dreading the future. They never have time to live in the present.

Some panic or anxiety symptoms maybe simply related to normal fight response where your body may release adrenaline that in-

creases the heart rate, respirations, and causes flushing. Occasionally, flight response may be more evident, where the heart rate may slow down, you may feel weak in your legs, and may feel like you are about to pass out. These symptoms are a manifestation of slowing of the heart rate and pooling of the blood in the lower extremities. There may be strong emotional components that can repeatedly trigger these hormonal responses to even simple situations.

Some people with depression may have an imbalance in a brain neuro-transmitter called the serotonin, which acts as a link between nerve cells and helps them to transmit data and communicate with each other. Replacing serotonin has been found useful in controlling depression and anxiety symptoms. What can you do about these panic attacks and generalized anxiety?

The key is to understand what is precipitating your attacks. You need to make a note of those situations that provoke your attacks and how your mind and body responds to those situations. Maintain a notebook and list all the symptoms that you feel before, during, and after and anticipated attack. Usually, the symptoms begin long before you face a stressful situation. From the time, you decide that you have to face a stressful situation that may bring on your panic or anxiety attack, list all the abnormal things you feel in terms of heart rate, respirations, sweating, dizziness, fuzziness, spaced out feeling, hot sensation, or anything else. You may feel these symptoms several times before the dreaded incidence, but, do not worry. The symptoms may even intensify, as you get closer to the situation. But, once you dare and face the situation, you may notice that your anxiety level may indeed be a little less, as your mind engages in the actual

act of dealing with the situation, which leaves very little room for your negative thoughts. When the situation comes to past and none of the dreaded outcomes happen, you are relieved. You feel like you could have walked through the situation, after all, without any sweat. The key to a successful treatment of panic and anxiety attacks is to feel good, enthusiastic, and optimistic before you face



a given situation so that you can put your best effort, focus all your energy on dealing with the situation, and come out feeling better, satisfied, and accelerated; and not feeling drained or exhausted.

Panic attacks and anxiety are multi-factorial, meaning; they may be related to hormonal, physical, emotional, personal, or chemical imbalances in the brain. Hence, a multi-prong approach is essential in dealing with these situations, in order to gain substantial benefits. It may take a long time to gain confidence and overcome fear and anxiety.

Since, most of the physical manifestations of panic attacks are related to adrenaline or vagal excess, they can be controlled by training our mind to respond to a give stress by releasing lesser amounts of these agents by re-training our thoughts, and the perception of our challenges. Exercise also helps us to reduce our body response by releasing lesser amounts of adrenaline for a given

level of stress. We also need to minimize our focus on these hormonal surges and recall past positive aspects. As time goes on your body will learn not to respond to every simple thought with a burst of adrenaline. It is like developing immunity to minimally negative thoughts that never really harm anyone in the long run.

Meditation is an excellent way to suppress your body's response to hormonal surges and engage your mind positively. As I mentioned, the moment your mind perceives an idea of facing a dreaded situation, it will shift the negative thoughts into overdrive. If you force your mind to focus on meditation and chant the word, "Om," or something else that soothes your mind, now literally you have put your negative thoughts on hold. That will reduce your body's adrenaline surges. As you focus on the meditation, slow your breathing. Taking deep

breaths in and out will help to reduce your hyperventilation. When you are not hyperventilating, your dizziness becomes less obvious. These may sound too good to be true. And, you are probably right! It takes a lot of practice and hence maintaining a diary is important to chart your course.

Knowledge is power. It provides confidence and insight. Hence, reading a couple of books on these topics might shed some light on how experts have approached these problems in a systematic manner that can greatly benefit you.

Imagery is a useful way to redirect your mind away from negative thoughts. I use this technique whenever I am doing stress tests or heart catheterizations on patients. I tell my patients to imagine that they are lying on a beach in Hawaii, watching a beautiful sunset, while sipping on their favorite drink, and enjoying the fireplace. You can create your own imagery or recall a pleasant or a funny in-

cidence in your life, and slowly, reply the act, one-step at a time, and enjoy every moment. By all means, take your time.

You also need to get sufficient sleep. If you cannot sleep, because your mind is in overdrive with negative thoughts, try reading a book, drinking warm milk (no caffeine), or taking a hot shower.

People with mixed anxiety and depression may have a chemical imbalance in the brain that may respond to serotonin releasing drugs. There are natural substances that can work on people with mild depression. One such agent is St. John's Wort. The active ingredient in the wart (Hypericum) increases serotonin in the brain and helps in controlling the symptoms of mild depression and anxiety. Similarly, 5-Hydroxytryptophan [5-HTP] also has been shown to increase brain serotonin levels and improve symptoms in mild depression cases

In resistant and persistent cases, a more challenging part is addressing the emotional aspect, which needs the help of a trained professional who is well versed in Cognitive Behavioral [CBT] Therapy. Disclaimer: The Information provided here is for educational purpose only. Please consult with your physician for any medical advice.

Visit www.sugarlandheartcenter.com for a more information." nikam@windstream.net



Nik Nikam, M.D.
Phone: 281-265-7567
nikam@windstream.net

Bighelp for Education

(Continued from page 1) and art contests. The real crux of the event, however, was the amount raised to help underprivileged children in the most backward areas of India. Started back in 2002, Bighelp is a volunteer-driven, nonprofit organization dedicated to improving educational opportunities for children in India. Bighelp strives to be a catalyst in increasing India's literacy rate by funding the schooling of the less fortunate. The founder and president of the Bighelp, Mr. Chand Pasha, presented the developmental milestones of the organization, thanked all of the donors, and appealed on behalf of the needy children for continued support. He presented a video showing some of the accomplishments from 2009, which included expanding Bighelp activities to reach out to special needs children. In addition, the Bighelp Youth Committee was formed this year, to allow the next generation to voice their

ideas for the organization. The event was also an opportunity for youth and adults in the area to showcase their inner talents. Over 200 children participated in the spelling bee competitions, and 215 children took place in the art and coloring competitions. In addition, almost 40 women took part in the Rangoli contest and nearly 250 kids took the stage to sing, dance, and play instruments in the cultural program. Everyone from tiny tots barely able to walk, to older teens and adults

performed both classical and filmy songs with great confidence and style. Highlights of the program included a patriotic fashion show, choreographed by Ganga Sivakumar, that showed traditional costumes of different areas in India, a Kuchipudi Tarangam, in which five girls danced on the rim of a brass plate while balancing a pot of water on their head, a Bharatanatyam-Kathak fusion

piece, and a melodious rendition of the ever-popular Vaishnava Jana To. Mr. Pasha presented the 2009 Volunteer of the Year Award to Mr. Amar Jayam and Mr. Vijay Panchakshari for their ongoing and

outstanding efforts to the cause of Bighelp. All contest winners were honored with trophies and certificates by honorary guests and contest coordinators. Certificates of participation were awarded to all cultural program participants by the cultural coordinators to acknowledge their efforts and to thank them. The event was planned and run entirely by volunteers, who announced programs, organized children backstage, took care of sound and lighting, and prepared dinner, and helped make the program a big success. The Cultural programs were emceed by very energetic students Monica Nagalla, Nishanth Iyengar, Ravi Yelamanchili, and Susruthi Rajanala who are also part of Bighelp's Youth Committee. Mouth watering and tasteful dinner prepared by volunteers was served to all guests at the end of the event. The 12K raised from this year's event will be put to good use, sponsoring 300 children, 250 mentally or physically challenged children, and 50 government schools. Overall, it was a fun-filled and exciting day; everyone went home smiling, happy to have helped a great cause, and looking forward to next year's event.



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INDIA'S 61st Republic Day Celebrations

When: 31st January, 2010

Where: Knights of Columbus
17 Willow Street

Westborough, MA 01581-1519

What Time: 1 p.m. to 5.30 p.m.

Entry Fee: \$5 per Adult. Children attend for FREE!!

Activities

- Live Performance of Indian Songs by professional singers accompanied with guitar & tabla players
- Face Painting
- Henna
- Food (Veg & non-Veg @ \$8/Box)
- Free Chai(Tea)
- Clothes
- Jewelry
- Ethnic Wear
- Quiz on Indian Constitution with exciting prizes!



For further information, contact:
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Community Calendar

February 2010 Community Calendar and Listing

February 04, Thursday,
7:30PM onwards,

The Powering Up Series
A variety of sessions for topics like Stress Free Living, Mind Management, Life Management and Transforming Anger, you can develop more balanced and healthy relationships with others. Location: 75CommonStreet, Watertown, MA.02472. Admission is free. Contact: 617-926-1230 Web: www.bkboston.org Email: boston@us.bkwsu.org

February 06, Saturday,
3:00PM onwards,
Pongal Vizha 2010

The NETS celebrates the Pongal Vizha Admission is Free for NETS members and children under 5 years. Place: Littleton high school, Littleton, MA Web: www.netamilsangam.org Email: netamilsangam@yahoo.com

February 06, Saturday,
7:00PM onwards,

Bollywood Night is organized by Paper Moon Dance Center

so come learn some cool moves from the talented Amulya Deepak at 7pm for a beginner's class and then put those feet into motion with social dancing beginning from 8pm - 11.30pm, to the scintillating music by DJ Yogz from Boston Sound and Light. Come Dance the night out Desi (Indian) Style

Admission fee: \$15 Per Person Children under 10 Free. Food: Indian Snacks. Contact: 603-429-1100 Location: Paper Moon Dance Center 515 Daniel Webster Hwy Merrinack NH 03054 Email: vividhaschool@yahoo.com, info@papermoondance.com Contact: Jharna Madan jharna.madan@gmail.com

February 14, Sunday,
6:30PM onwards,
Special Valentine

Valentine's Day is a holiday celebrated on this special evening we will gather to celebrate the remembrance of the Source or One Divine Being who gives us unconditional love eternally. This love is the answer which resolves

any unhappiness or challenges in our hearts.

Location: 75 Common Street, Watertown, MA. 02472
Cost: Free Contact: 617-926-1230
Web: www.bkboston.org
Email: boston@us.bkwsu.org

February 14, Sunday,
3:00PM onwards,

Harvard Lecture Series; Indian Society through the Ages; Harvard University Department of Sanskrit and Indian Studies Series on Location: Hall A, Harvard University Science Center 1 Oxford Street, Cambridge Organized By: Harvard University, Department of Sanskrit and Indian Studies Cost is FREE. Contact: Dr. Bijoy Misra, Convener, Outreach Committee of the Department of Sanskrit and Indian Studies at Harvard University for any further information and participation. Email:bmisra@fas.harvard.edu. Telephone Number:

781.259.0029.

Web: http://www.fas.harvard.edu/~sanskrit/outreach.html
Email: C. Gopinath cgopinath200@yahoo.com, Chandu Shah chandu420@gmail.com, Thomas Burke thomasburke@aol.co

February 20, Saturday,
6:00PM onwards,

South Asian Showdown
The South Asian Showdown competition is a show displaying the lively and energetic dances from South Asia. The genres include Bhangra, Garba/Raas, and Bollywood & South-Asian Fusion. Location is John Hancock Hall, 180 Berkeley Street, Boston, MA Organized By: South Asian Nation. Cost: \$20, \$25, \$30, & \$35 tickets available. Food by Bollywood Grill. Contact: Rohit @ 617-448-2508 Web: http://www.southasian-showdown.com Email: info@southasianshowdown.com

February 20, Saturday,
4:00PM onwards,

74th Maha Shivratri Celebrations: Experiencing God
just as a diamond's sparkle goes unnoticed in the dark, Human life is taken for granted in the darkness of the night. It is not until the Light of Truth shines on the soul that we recognize our own innate worth, recognize the inner beauty of one another, and recognize the unlimited Benevolence of God, the Supreme Father, Supreme Soul. Free admission. Location: 75 Common Street, Watertown, MA. 02472 Contact: 617-926-1230 Web: www.bkboston.org Email: boston@us.bkwsu.org

February 20, Saturday,
11:00am-1:00pm onwards,

Heart Disease Epidemic among Indians by Dr. Enas
Dr. Enas A Enas, a world-renowned cardiologist will discuss the findings of over 25 years of patient care and research into heart disease among Indians. Dr. Sudesh Kannan will share secrets of lifestyle changes that have

helped him go from a couch-potato to a marathon runner. A 30 minute question and answer session is included. Admission is free. Location: Waltham Public Library, 735 Main Street, Rt. 20, Waltham, MA Contact: 641-715-3900, ext. 87891

February 21, Sunday,
6:30pm onwards,

World Peace Meditation Hour
Special World Peace Meditation. Admission is free. Location: 75 Common Street, Watertown, MA. 02472 Contact: 617-926-1230 Web: www.bkboston.org Email: boston@us.bkwsu.org

February 21, Sunday,
2:00pm onwards,

Heart Disease Epidemic Among Indians by Dr. Enas
Dr. Enas A Enas, a world-renowned cardiologist will discuss the findings of over 25 years of patient care and research into heart disease among Indians. Dr. Sudesh Kannan will share secrets of lifestyle changes that have helped him go from a couch-potato to a marathon runner. A 30 minute question and answer session is included. Admission is free. Location: India Center, 152 Main Street, Shrewsbury, MA Contact: 508-842-9795

February 25, Thursday,
7:30PM onwards,

Talk and Seminar Series: The Story of Immortality
Interactive seminars that explore ways to feel happier, purposeful and in charge of your life. Each session is designed to enlighten, inspire and share simple techniques for integrating a spiritual attitude and identity that can enrich your unique ability to express love and wisdom. Admission is free. Location: 75 Common Street, Watertown, MA. 02472 Contact: 617-926-1230 Web: www.bkboston.org Email: boston@us.bkwsu.org

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Community Calendar**NON-PROFIT ORGANIZATIONS** (If your organization's name is missing/ incorrect/needs change email us: info@Bostonsouthasian.com)

Aligarh Alumni Association of New England
 Alliance for a Democratic and Secular South Asia
 America India Foundation
 American Association of Bangladeshi Eng & Architects
 Art of Living Foundation
 Asha for Education (Boston/MIT Chapter)
 Asian Task Force against Domestic violence
 Asian-American Support and Resource Agency (AASRA)
 Assn for development of Pakistan
 Assn for India's Development - Boston Chapter
 Assn of Americans of Indian Origin in New England Area (AAINA)
 Bangla-O-Biswa
 Bengalees of New England
 Bharatiya Vidya Bhavan, New England Chapter
 Bighelp for Education
 Bihar Assn Of N.A, New England Chapter
 Boston Bangla Church
 Boston Tamil Catholics
 Boston tamil Assn
 Child Relief and You (CRY), America Inc. (Boston Action Center)
 Chinmaya Mission
 Ganesh Hindu Temple
 Gayatri Parivar of Massachusetts
 Golden Club
 Gujarati Brahmin Samaj of USA (New England Chapter)
 Gujrati Assn of New England (Gurjar)
 Gujrati Assn of western Mass.
 Guri
 HESSCO Elder Services
 Hindu Swayamsevak Sangh (New England Chapter)
 India Development and relief fund (IDRF)
 India Society of Worcester (ISW)
 Indian American Forum for Political Education (IAFPE)
 Indian Assn of Greater Boston (IAGB)
 Indian Assn of Greater Springfield
 Indian Assn of Merrimack Valley (IAMV)
 Indian Inst. Of Technology Society in New England (IIT-SINE)
 Indian Medical Assn of New England (IMANE)
 Isha Foundation
 ISKCON Boston
 JET New England
 Kashmiri Overseas Assn (Mass. Chapter)
 Kerala Assn of New England (KANE)
 Maheshwari Mahasabha of New England
 Manitha Neyam Trust Inc
 Mass. Area South Asian Lambda Assn (MASALA)
 Matahari: Eye of the Day
 Network of South Asian Professionals (NetSAP) Boston
 New England Marathi Mandal (NEMM)
 New England South Asian Deaf Assn (NESADA)
 New England Tamil Church
 New England Tamil Sangam
 Next Generation Foundation
 North-South Foundation(Mass/N.H.Chapter)
 Organization of Pakistani Entrepreneurs in New England
 Orissa Society of New England
 Pakistan Assn of Greater Boston
 Patidar Samaj Of New England
 Prabasi of New England
 Pratham USA (New England Chapter)
 Ramakrishna Vedanta Society of Massachusetts
 Sadhu Vaswani Center of New England
 Saheli, Friendship for South Asia Women
 Sarva Dev Hindu Mandir
 Satsang Center
 Shakti Women's Club
 Shri Swaminarayan Mandir (BAPS)
 Sindhi Association of New England
 Society of New England Hindus (SNEH)
 South Asian Bar Association of Greater Boston
 South Asian Center
 South Asian Fellowship of New England (SAFNE)
 South Asian Marrow Assn of Recruiters (SAMAR)
 Sri Laxmi Temple
 Sri Swaminarayan Mandir (BAPS)
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 Srimeru
 St.Mary's Indian Orthodox Church of Boston
 The Indian Catholic Assn of New England
 The Indus Entrepreneurs (TIE - Boston)
 The International Health Organization Inc.
 To Help Rural Indian Villages Emerge (THRIVE)
 Udavum Karangal of USA
 United India Assn of New England
 United Villages
 Uttaranchal Assn of North America (Boston Chapter)
 Vedic Heritage Study Group
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 Vrindavana Preservation Society (VPS)
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LEGAL SPECIAL

Tips for Surviving Long Pending Adjustment of Status Applications

By Dan Maranci

Tips for Surviving Long Pending Adjustment of Status Applications

It is a sad fact that unless Congress passes legislation to allow recapture of unused employment-based visa numbers, or comes up with another solution, many foreign nationals will continue to be stuck in adjustment of status limbo. As of February 2010, The EB-3 category is backlogged to 2002 (2001 for Indian nationals) and EB-2 is stuck at 2005 for India and China

nationals.

Here are some tips (and resources) for those waiting for their priority dates to become current:

“Free” I-765 and I-131 renewals. If you paid \$1010 (or \$930 for a child under 14 filing separately, or \$600 together with the parent) for your adjustment of status filing fee, there is no fee for extensions on your I-765, and I-131. In order to ensure you are not charged this fee, include a copy of your I-485 receipt notice showing that you

paid the fee, also proving the case was filed on or after 7/30/2007. Note that you will have to “paper file” this, as e-filing requires payment of the \$340 fee. See the “Renewal” note on page 7 of the USCIS instructions to form I-765 here: <http://www.uscis.gov/files/form/i-765instr.pdf>

Two Year EADs. USCIS should issue your EAD extension for two years, when your priority date is not current as of filing the extension application, and your I-140 has been approved. For more details from USCIS on two year EAD extensions, see: <http://www.uscis.gov/portal/site/uscis/menuitem.5af9bb95919f35e66f614176543f6d1a/?vgnnextoid=62ae15d3ffd7a110VgnVCM1000004718190aRCRD&vgnnextchan nel=68439c7755cb9010VgnVCM10000045f3d6a1RCRD>

Protection for Aging Out Children. One great concern for those interminably waiting for their adjustment of status applications to be approved is the status of their children, and ensuring that they do not fall out of status. Congress enacted the Child Status Protection Act (“CSPA”) in recognition of the fact that long waits for priority dates caused children to age out, and consequently forced families to make painful decisions about splitting up, and relocating. For those

whose children will turn 21 while their adjustments are pending, the CSPA provides some protection to their statuses, and “freezes” their age, if certain timeframes and conditions are met.

Basically, for an employment-based adjustment of status case, the CSPA freezes children’s ages on the date the priority date first becomes current. Then, the time between filing and approval of the I-140 may be subtracted from their age. This protection only applies if the child seeks LPR status (files an I-485 or begins consular processing) within one year of the visa availability date (which is generally the priority date on the principal’s petition). For more details on generally applying the CSPA formula, see http://travel.state.gov/visa/laws/telegrams/telegrams_1369.html

For those employment-based dependent children who do not meet this criteria, and who do age out according to the formula, there is an automatic conversion provision, which automatically converts the child to the appropriate 2nd preference family-based category, retaining the principal’s original priority date. For more details on the mechanics of the CSPA, see: http://www.legalactioncenter.org/sites/default/files/pa-cspa_0.pdf

Changing Employers While Adjustment is Pending. Many foreign nationals waiting for adjudication of their adjustments have already taken advantage of the American Competitiveness in the Twenty-First Century Act of 2000 (“AC21”) “job flexibility” provision (also known as “permanent portability”). This law allows for

ultimate approval of adjustment of status in cases where foreign nationals change jobs. The conditions are:

- The I-485 has been filed and remained un-adjudicated for 180 days or more;
- The new job is in the same or similar occupational classification as the job for which the petition was filed; and,
- The I-140 for the initial employer is ultimately approved. You should be sure to analyze the position description set forth in the original I-140, and compare it with the “new” position. If you can document that the two jobs fall under the same Dictionary of Occupational Titles or O*Net position, the “same or similar” test should be met.

There are differing opinions on whether CIS must be notified of the change, or whether one should wait for an RFE requesting details on the similarity of the jobs. You should more strongly consider addressing the issue up front should an employment change involve changing home addresses (in addition to filing AR-11s for the entire family, and separately notifying USCIS on each I-485 and related case). Whether you choose to file at the time you change jobs, or wait for an RFE, a carefully documented analysis prior to taking the new position is the best protection. See the following USCIS AC21 guidance for more details: <http://www.uscis.gov/files/pressrelease/AC21Intrm122705.pdf>

Dan Maranci is head of the Immigration & Global Migration Group in Verrill Dana’s Boston Office.

Urgent Appeal to support Earthquake Victims in Port-au-Prince, Haiti

SEWA INTERNATIONAL USA [IRS Tax-exempt 501(c)(3) charity organization]

Thousands of people are dead in Port-au-Prince, Haiti after a disastrous earthquake of 7.0 magnitude struck on Tuesday January 12, razing major infrastructure in the capital including many neighborhoods, the Parliamentary building, Presidential Palace, the main cathedral, the main prison, the UN building among others. With many hospitals in ruins (Doctors without Borders lost three hospitals) in this poor Caribbean country, the earthquake has affected 3 million people - a third of the country. Disaster relief has just begun in this poorest country in the western hemisphere with 80% of the people below the poverty line and 54% in abject poverty. Two thirds of the labor force has no formal jobs.



Immediate relief is needed. Many hundreds are trapped and rescuers are working very hard. Medical supplies are in shortage.

SEWA INTERNATIONAL IS WORKING WITH ITS PARTNER NGO “CHAI-Haiti”
(www.chaihaiti.org) TOWARDS HAITI EARTHQUAKE RELIEF



SEWA is soliciting your tax-deductible contribution for the support of these victims. Your support will help reduce the sufferings of poor people.

Donate online at <http://www.sewauusa.org> or make check payable to ‘SEWA’ & mention ‘Haiti Earthquake’ Box 14622 Fremont, CA 94539
Contact: info@sewauusa.org, (440) 941-2525.

Effects of Divorce or Separation on your Immigration Status

By Hanishi T. Ali

This article provides basic information about the effects of divorce or legal separation on one's immigration status where a foreigner marries a US citizen (USC) or a legal permanent resident (LPR) and is given an immigrant benefit because of the marriage. Where a couple is contemplating divorce or separation, it is important for the foreign spouse to understand the impact a divorce or separation can have on his or her immigration status. It should also be pointed out that marriage to a USC does not automatically confer any type of immigration status on the foreign spouse.

Divorce decree obtained before Green Card:

Where a foreign spouse is attempting to obtain permanent residency through the sponsorship of his or her USC spouse or LPR spouse as a result of marriage to him or her and a divorce decree is granted before the foreign spouse has obtained a green card, then the foreign spouse cannot be granted the green card because technically the divorce has ended the legal marriage and the foreign spouse cannot be granted the green card based on marriage. Divorce granted after foreign spouse receives Green Card:

a. Where a divorce is granted after the foreign spouse obtains a green card (now called an immigrant spouse), it does not change/ invalidate a granted green card where the immigrant spouse has been married to the USC for three years or more and has received an unconditional green card. However, the foreign spouse may have to wait 5 years to apply for naturalization.

b. Where a foreign spouse is married to the USC for a short time (two years or less) and a conditional green card has been granted, the implication can be very different. Generally, when the spouse at the expiry of the conditional residency period applies for a full permanent residence it

can be granted, if the spouses are still married. However, if a divorce decree has been obtained, then the immigrant spouse's conditional permanent resident status can be terminated and s/he can lose his/her immigrant status. In certain circumstances, it may, however, be possible for a spouse to obtain a waiver

Separation:

Separation can mean either legal separation or physical separation. Physical separation, i.e. spouses living apart, or legal separation, i.e. a court order or a written agreement directing or authorizing the spouses to live separate and apart, in general, does not in itself constitute termination of the marriage for immigration purposes. In some states, however, legal separation can constitute termination of marriage for immigration purposes and the USCIS may deny a green card in cases where the parties entered into a valid marriage, but have since obtained a legal separation prior to the final adjudication of the green-card. If any of the above described situations is applicable to you or whether you are contemplating separation or divorce, it is recommended that you discuss your circumstances with an experienced immigration attorney who can help you understand the implications and guide you about your best options.

Hanishi Ali is an international business and immigration attorney and can be reached at 617-500-3233.

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Maintaining a Valid I-94

By Richard M. Costa
During the post-holiday period, many foreign nationals will be returning to the States from international travel. We wish to underscore the importance of ensuring that a properly endorsed Form I-94* is issued by the Customs & Border Protection Officer at the port of entry. This is particularly important for foreign nationals entering the U.S. for employment on the basis of an approved petition for H-1, L-1, or O-1 nonimmigrant status.

These foreign nationals, with few exceptions**, must present a valid passport, a valid nonimmigrant visa issued by an American Consul, and a current, original approval notice issued by the Immigration Service on Form I-797.

There are many situations where the expiration date of the Consular-issued visa is earlier than the expiration date of the most recent I-797 approval notice. The applicant is entitled to be admitted to the expiration date of the Form I-797 Approval Notice provided the passport is valid for at least six months beyond the requested date.

This is the date that should be entered by the Customs Officer on the new Form I-94 that is issued and stapled into the applicant's passport.

If the non-immigrant

worker remains in the U.S. beyond the period of time indicated on the Form I-94 issued at the time of last entry, he/she will be illegally in the U.S. with all the attendant consequences. This is true even if they have a valid Form I-797 with a later expiration date.

Here are a two of the most common examples where this is likely to occur-there are others:

Example 1: The H-1 applicant has a Consular-issued visa valid only until February, 2010. Because he and his employer filed for and were granted an extension of stay prior to his departure, he has a new Form I-797 Approval Notice valid until December, 2011. However, at Customs he presents the old approval notice with a February, 2010 expiration date. He will only be admitted to that date.

- If he does not plan to travel abroad again prior to the expiration of this Form I-94, he and his employer must file a new H-1 petition and request for extension of stay right away in order to maintain legal status.

- If he does plan to travel abroad again prior to the February, 2010 expiration of this Form I-94, he can seek reentry during the limited period of time that the Consular visa remains valid, being sure to present the correct Approval Notice upon his return.

- If he does travel abroad again prior to the expiration of this Form I-94, but will not return until after the Consular visa has expired, he must make arrangements to apply for a new entry visa at an American Consulate abroad before returning.

(Continued on page 20)

USCIS

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MEN CAN COOK!

RECIPE FOR GILLE FIRDOSE (GATES OF HAVEN)

By Bhaskar Joshi

NO.OF PORTION- 4

INGREDIENTS:

- Basmati rice-2 cups
- Milk-4 cups
- Sugar-1/2 cup
- Mava-7 oz
- cardamon powder-1/2 teaspoon
- Pineapple-2 round slices
- Cherries-8 nos.
- Saffron strands for garnish



METHOD OF PREPARATION

Wash rice a few times and soak for atleast 1 hour.
Grind rice to a smooth paste.
In the meantime bring milk to a boil.
Remove milk from fire and whisk in rice paste.
Add grated mava,cook again till the paste thickens.
Add cardomon pwd,chopped pineapple,cut cherries,remove from gas.
Fill up 4 bowls and chill untill served.
Garnish -few strands of saffron.

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SAVE MAYA

YOU CAN HELP

(Continued from page 1)

Right before she was sedated and the breathing tube inserted, Maya asked for her little brother Jaden.

normal blood cells by the white blood cells. HLH is so rare that there is no current data on which to base survival odds. While che-

disease, the only known cure is a bone marrow transplant. Maya has been receiving chemotherapy since September 14, 2009, the day her diagnosis was made, and now she is desperately seeking a

granted every day.

Maya is only four, but she is so wise beyond her years. Maya is passionate about the environment. As sick as she was in the hospital, she reminded her mommy to turn off the bathroom lights after she was done to "save energy." She scolded brother Jaden for wasting water "since polar bears are becoming extinct." She cried when she saw a picture of earth that depicted "global warming" in one of her planet books, her exact words, "Oh no mama, the earth is turning brown; we have to tell people to stop littering and recycle." She loves reading and often falls asleep with her favorite books "The Bern-

many communities, some of you have large families and friend circles; some of you work at institutions that employ hundreds, even thousands of people. Please help us get the word out. Maya's HLH is in remission at present, but any day she can relapse and so her status is listed as Urgent. Please become someone's match by joining the "Be The Match" Registry at a local marrow drive, or on the NMDP website at www.Marrow.org. If one person benefits from all the effort on Maya's behalf, we will consider it all worth it. Maya has given us an opportunity to recruit marrow donors and to help expand the



HOW CAN I HELP?

Become someone's match by joining the "Be The Match" Registry at a local marrow drive, or on the NMDP website at www.Marrow.org.

Or call DESISS at 512-687-4488 or Email info@desiss.org or visit www.desiss.org for more info.

matched bone marrow donor for a cure.

Maya was in the hospital for 10 weeks, 6 of which were spent in the ICU. Even though Maya has had several setbacks, she has managed to bounce back each time. She is our resilient little warrior. The hospital stay continued through November, but

stain Bears". We are now in Cincinnati getting the workup for transplant, while we wait to find that one miracle donor.

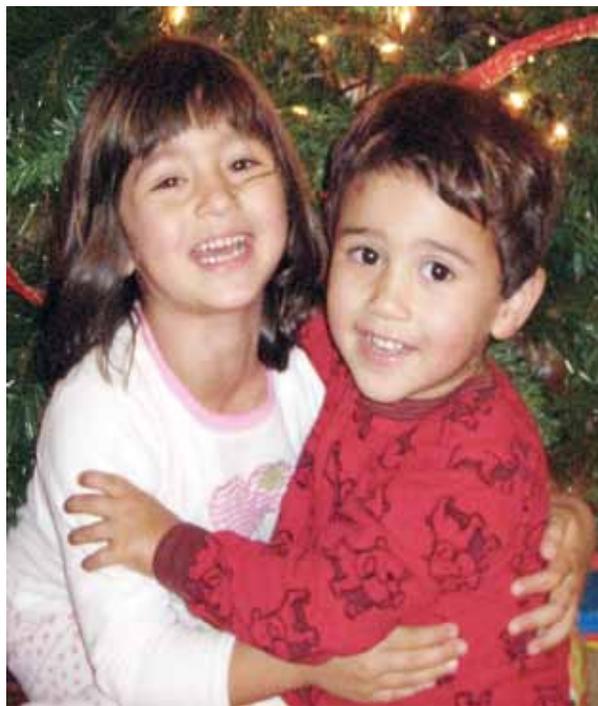
Through this ordeal we have learned Maya's life, and thousands of other

children's lives depend on bone marrow transplants, and we all need to find the best match possible in order to have a successful and life-giving transplant. The more donors who register in the National Marrow Donor Program (NMDP) registry, the higher the chances are of finding a perfect match. We need your help to create a tsunami of new donors to increase the odds of a match. Some of you have a loud voice in your



We were quite happy to hear her, so daddy asked who Jaden was to see how alert she was. When she didn't respond, daddy asked if Jaden was her sister. Maya spoke right up and said, "No, he is my brother. He is naughty sometimes and you and mommy put him in time out." We were so relieved to know our little Maya was still alert!

We were frightened and had no idea what was happening to our little girl, while the doctors worked furiously to find an answer. Luckily, everyone on Maya's medical team contributed to making the diagnosis in just a few hours! Unfortunately, it was discovered that Maya has HLH (hemophagocytic lymphohistiocytosis), a rare blood disease involving the destruction of one's



motherapy is given to control the

her family, something we take for

National Marrow Donation Program registry so that no lives will be lost because there wasn't a donor for someone. We realize that people are willing to help; they just need to know where to go to help. Please register today!

Secularism and Rule of Law in India: A Workshop at MIT

Group Violence, Terrorism and impunity: Challenges to Secularism and Rule of Law in India: A Workshop

Sponsored by the Program in Human Rights and Justice at the Center for International Studies, Massachusetts Institute of Technology, this workshop will be held on April 9, 10 2010 at MIT in Cambridge, Mass.

In recent decades, group violence, especially communal violence, has become a recurrent theme in the lives of Indians in many parts of the country. Starting with the anti-Sikh massacres in 1984, communal violence has continued to challenge India's secular credentials in the Ayodhya riots (1992), Mumbai bomb blasts (1994), Gujarat pogrom (2002), in the Orissa riots (2008). There is a rising phe-

nomenon of terrorism, as seen in the Mumbai terror attacks (2008), which lead to societal and State responses that centrally challenge secularism and rule of law. There is a dire need to study these forms of violence and the impunity enjoyed by its perpetrators. This workshop thus aims to fulfill a timely need to examine the roots and processes of such violence. The workshop begins with the premise that rather than being endemic to the region, group violence needs to be contextualized and is always historically contingent. Violence, whether perpetrated by terrorists or civil society or states, is a process rather than a discrete product of random "mob" activity. India has had a history of violence based on religious and cultural differences since the colonial period culminating in the

Partition violence of 1947. The workshop seeks to explore how and why such violence continues, or is different in the postcolonial period. Among the ideological



reasons for violence are differing ideas of India, of who, what groups or communities belong to it and who are the others/outsideers even if they meet the criteria of legal definition of citizenship. Similar is the case with variant

definitions of secularism and its implementation by the postcolonial state.

This workshop seeks to critically engage with the relationship between group violence and the rule of law. In doing so, it seeks to put to test the many definitions of 'secularism' and examine the role of the Indian state in perpetuating group violence.

Prof. Paul Brass, University of Washington will give the keynote address. Besides the organizers,

participants include Prof. Angana Chatterji, California Institute of Integral Studies; Prof. Parviz Ghassem-Fashandi, Rutgers University; Meenakshi Ganguli, (Human Rights Watch); Dr. Ratna Kapoor, CFLR New Delhi; Shafe-

eq R. Mahajir, Attorney, Hyderabad; Manoj Mitta, Sub-Editor, The Times of India, New Delhi; R.K. Raghavan, IPS, retd; former Director of Central Bureau of Investigation; Prof. Bish Sanyal, MIT; Attorney Mukul Sinha, Jan Sangharsh Manch, Ahmedabad; Prof. Srirupa Roy, University of Massachusetts-Amherst; Prof. Ornit Shani, University of Haifa, and Siddharth Varadarjan, Chief of National Bureau and Strategic Affairs Editor, The Hindu.

A final program will be announced in late February 2010. For further information, please contact the organizers:

For further information & rsvp, pl. contact: Dr Omar Khalidi, AKPIA Librarian, okhalidi@mit.edu, Organized by Omar Khalidi, Prof. Balakrishnan Rajagopal and Prof. Haimanti Roy

Maintaining a Valid I-94

(Continued from page 17)

Example 2: The H-1 applicant has a Consular-issued visa valid until July, 2010. Because he changed jobs recently, he presents a new Form I-797 Approval Notice from his new employer valid until December, 2011. He should be admitted until December 2011. If his Form I-94 is mistakenly issued with an expiration date of July, 2010, he must have his employer apply for an extension of stay by filing a new H-1 Petition prior to July, 2010, unless, as above, he will be travelling abroad again before the Form I-94 expires. If he remains in the U.S. beyond July, 2010 in reliance on the Form I-797, he will be in the U.S. illegally.

It matters not whether the mistake is made by the applicant (by presenting the wrong approval notice) or the Customs Officer (in failing to grant the proper period of time). In either case, the applicant is bound by the date on the Form I-94 issued at the time of last arrival and must take corrective action in order to maintain legal status.

*Form I-94: this is the Arrival-Departure Record which is filled out by the traveler enroute to the U.S. and then presented to the Customs Officer with their passport and Form I-797 Approval Notice. Once the decision is made to admit the applicant to the U.S., the Customs Officer will write the Class of Admission (e.g. H-1B or L-1A) and the date to which admitted on the document and staple a portion in the passport. Remaining in the U.S. beyond this date is a violation of law.

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CHECK YOUR SIGN By Pandit Parashar

ARIES (March 21 to April 20): You will make good use of extra time on hands. You will have several reasons to celebrate. People will appreciate your hospitality. Uncertainty about work will start to fade away and the new associate will be very compatible. You may also replace one of your vehicles with newer model. Spouse will be full of great ideas and motivate you.

TAURUS (April 21 to May 20): You will entertain few guests at your place this month. It is going to be beneficial as far as the money is concerned. It will be better to dispose off money making stocks and wait for few weeks to buy them back. You may not get the credit for hard work right away but won't have to wait long. You will call an old friend for little advice.

GEMINI (May 21 to June 20): Concentration of planets in fifth should give the much needed boost. New doors will open and a dream job could become reality.

You will be making several very calculated move and see results quickly. Things will start moving in right direction in career. You may finally get rid of people creating troubles in the past. You will invite few people at your place.

CANCER (June 21 to July 22): Planets will make you very sober and discreet. You will accept the challenge and work on a almost fool proof strategy. You may also let go a relationship not working out so well lately, and focus on real issues in life. Keep a tab on caffeine or nicotine consumption. You may put off your plan to buy a business because of lack of finances.

LEO (July 23 to August 22): Changes will start to become clear and imminent. You will suddenly put a rein on expenses and ask family member to follow. You may confide in someone close and try to seek direction. Do not sign any legal papers in a hurry or will regret doing so soon. You may travel to a nearby town to attend a dinner with family this month.

VIRGO (August 23 to September 22): Value of your assets and stocks will appreciate. You may be in market to purchase another vehicle. You may invite few business associates and an important person at your place. Deal will be beneficial and last for long time. Some of you will be slowly getting ready for an upcoming trip. You may pay a visit to a holy place with family.

LIBRA (September 23 to October 22): Financially another rewarding time. Money can pour in from all directions. New opportunity will move you up to a different level and bring long term gains. You will contribute with money or time to a charity. Strong planets give you a commanding position at work as well as in social life. You will hear few good news.

SCORPIO (October 23 to November 22): Right eye may start to give some trouble or you may need to change previous prescription. Letter and mail you send out will get the job done. You may

have to opportunity to share your experience and wisdom with others. Do not hold much longer and dispose off money making stocks and just wait till another week to buy them back at cheaper price.

SAGITTARIUS (November 23 to December 22): You are very close to some major improvements in career. Things will materialize very quickly. Someone who was too close at one time will call you. You will learn and benefit from inferior competitors. Business will improve and you will make new clients. Financially things will continue to be tricky but you will meet all commitments.

CAPRICORN (December 22 to January 19): You may find what you have been looking for far away from home and maybe overseas. Holy planets will help you keep making the best and the right choices. Positive changes just around the corner. Commitments made in the past will start to drain you out from now and on. You may start shopping for an upcoming an important trip.

AQUARIUS (January 20 to February 18): Keep an eye on a female colleague who's been trying to create trouble but be diplomatic. Mars will cause big improvement on financial front. You may finally pay off an old debt this month. There will be some changes at work soon. You may go to see an old friend also. You will find it slight easier to convince others with your plans.

PISCES (February 19 to March 20): It should be another moral boosting period. You will get quick results for the efforts you make. Boss will also make necessary recommendation. You may need to go through some kind of legal process also. Party will be entertaining and you will make new friends. Spouse may complain about aches and pains in the body.

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April 2010 ISSUE REAL ESTATE Special

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Rahman's song NaNa Shortlisted for Oscar nomination

Indian composer AR Rahman has been shortlisted for an Oscar nomination for his Tamil song NaNa from the Hollywood film, Couples Retreat.

Rahman won two Oscars, a Bafta and a Golden Globe last year for his soundtrack to the multi award-winning film, Slumdog Millionaire.

The composer is often called the Mozart of India.

The song is vying with 62 others for the nominations which will be revealed on 2 February.

Rahman won two Oscars, a Bafta and a Golden Globe last year for his soundtrack to the multi award-winning film, Slumdog Millionaire.

The composer is often called the Mozart of India.



‘Really touched’ Couples Retreat is a comedy film directed by Peter Billingsley and Rahman says it is his “first main-

stream Hollywood movie”. “Normally a person who picks up double Oscars, doesn’t pick up a comedy movie. But I thought it would be less pressure to pick up a comedy film,” Rahman told a press conference.

“The makers of the movie [actor] Vince Vaughn and Peter Billingsley [director] came to me before I had won any of the awards and said they were moved by my music and it will be an honour to have my music so I felt really touched and accepted the movie.”

The film stars Vince Vaughn and is about five couples who land up in an island resort.

“It’s a comedy and the music is kept very low. And they used the song as the background score,” Rahman said.

“The good news is that the song NaNa has been shortlisted for the Academy awards. I don’t know whether it will make it, because we didn’t go for promoting it; but that’s a good sign.”

Boney Kapoor - Sridevi to distribute ‘Ishqiya’ in India

New Delhi, Jan 13 (IANS) Boney and Sridevi Kapoor’s film and television Entertainment

Company BSK Network and Entertainment Pvt Ltd has acquired the all-India theatrical domestic distribution rights of Vishal Bhardwaj’s forthcoming movie “Ishqiya”.

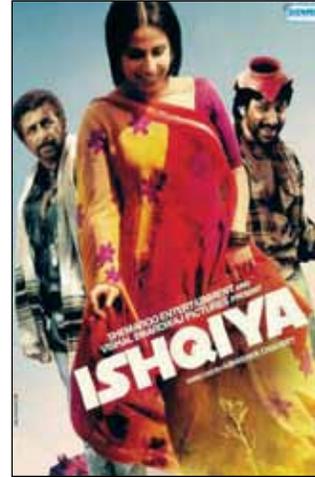
Releasing Jan 29, the movie is BSKs first release this year after its last year’s hit “Wanted”,

a statement released by the company said.

Co-produced by Shemaroo Entertainment and Bharadwaj, it is the directorial debut of Abhishek Chaubey. It stars Naseeruddin Shah, Arshad Warsi and Vidya Balan in the lead.

Apart from “Ishqiya”, BSK will also release two of its in-house productions - “Milenge Milenge” and “It’s My Life” - this year.

Other future projects in BSK’s kitty include “Mr. India 2”, “Be Positive” and “Most



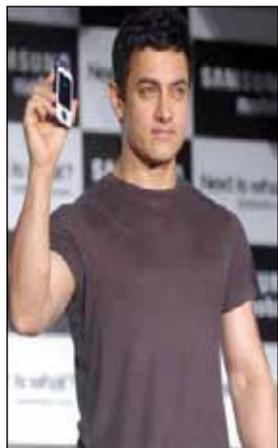
Wanted”.

Producer Aamir Khan's ‘Peepli Live’ to be screened at Berlinale

New Delhi, Jan 22 (IANS) Anusha Rizvi’s directorial debut “Peepli Live”, which is produced

by Bollywood star Aamir Khan, will be screened at the 60th Berlinale film festival Feb 11-21.

The film, which will be among 22 to be shown in Berlinale Special section, is a satire on rural life in India. It features



Raghuvir Yadav along with the debutant actors from Madhya Pradesh.

The Berlinale Special is part of the festival’s official programme and presents recent works by contemporary filmmakers and re-screens historical works. The filmmakers will attend the premieres and present their films.

“Peepli Live” will have its world premiere at the Sundance Film Festival in the US Jan 24.

National Awards Winners

Tamil filmmaker Bala felici-



tated as the best director for his mind-boggling make of ‘Naan Kadavul’. Meanwhile, the film’s make-up artist Moorthy wins the award for ‘Best Makeover’ in Naan Kadavul.

Malayalam movie ‘Bioscope’ has been awarded as the best

Jury Selection ‘Bioscope’ directed by KM Madhusoodanan won the Jury Special Mention Award at the National Awards 2008 declared today.

In the regional category, ‘Thirakkatha’ directed by Renjith and ‘Vaaranam Aayiram’ written by Gautham Menon won the awards for the Best Film in Malayalam and Tamil respectively. Gowtham Menon’s ‘Vaaranam Aayiram’ has been adjudged as the ‘Best Movie’ of the year.

Hindi films like Fashion, Rock On!!, Firaag and Jodha Akbar winning two awards each in various categories. But Bengali film Antaheen won the best feature film

award and three more. While Madhur Bhandarkar’s Fashion, a dark tale about the



Indian fashion industry, won its lead Priyanka Chopra the best actress award and got Kangana Ranaut the best supporting ac-



dress honour, Farhan Akhtar’s cult music-based film Rock On got the best Hindi film award. Actor Arjun Rampal won the best supporting actor for the same film.

Vijay to dance for ‘Ringa Ringa’ in ‘Sura’

Actor Vijay makes sure that he acquires rights over a Telugu song in his every film. (Doubtlessly, he lifts many sequences from Telugu movies as well). Well, he seems to have been transfixed by the mind-boggling musical score of Devi Sri Prasad



for a fast beat Kuthu song ‘Ringa Ringa’ in ‘Aarya-2’. Now, he’ll shake his fast legs for this number in Tamil version for Manisharma’s musical spell in his 50th film ‘Sura’. The song doesn’t give more prominence to male voice as it is completely dominated by female. The Telugu song happened to be a highlighting factor in this film as Allu Arjun performed certain dance sequences that Vijay himself will feel so difficult to go along with.



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*TAM Media Research Cs 4+, Wk 1- Wk 52 : 2009, Hindi Speaking Markets India Reports Higher Viewership Share For Colors Than Any Other Hindi Channel



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