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# **INDIA CENTER HANDBOOK BANGALORE, INDIA 2009-2010**

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## INTRODUCTION

India has a long history of welcoming new peoples, accommodating and absorbing them into its existing structures, which in time adapt and change to express the ideas and practice of the new arrivals. The contemporary visitor will encounter the same open minded and welcoming attitude, and a fascinating complex of cultures and beliefs. Home to Hindus, Muslims, Christians, Sikhs, Jains, Buddhists and Jews, to political ideologies from peasant liberation supporting communists to Hindu nationalists, and landscapes that range from the world's highest mountain ranges to tropical coasts, India has an almost endless variety of peoples and places to explore.

There is evidence, from the earliest times, of great movements of people across South Asia, sometimes replacing existing populations, sometimes integrating with them. Peoples from west and Central Asia came in massive sweeps through the lofty passes in the northwest, bringing with them the rudiments of the Hindu faith, later to be developed on Indian soil into a philosophically subtle and highly complex religion.

While it is in only recent years that Hinduism is again having a major influence outside the Indian subcontinent, Buddhism, which grew out of Hinduism, is a major world religion, But India has also received the gifts of Islam, Christianity, Zoroastrianism, and, on a very small scale but very significantly, Judaism. India has been the proverbial sponge, and not only in matters religious.

With various peoples and religions came a variety of ethnicities, their art, architecture, culture, languages, customs, literature, styles of music and dance, administrative structures, systems of thought, science, technology and medicine. Few of these have found a permanent place in India's intricate mosaic.

While it is India's variety and complexity that gives the country its identity, and makes it attractive to the traveler, negotiating this heterogeneity can at difficult task, both for the visitor and India's politicians. But despite the problems that can arise, India retains its allure for visitors and students eager to spend time in understanding what confronts them rather than judging it on first acquaintance. Everyone's perception is different. The English journalist James Cameron, one of India's greatest advocates, summed up its appeal when he wrote: "I like the evening in India, the one magic moment when the sun balances on the rim of the world, and the hush descends and thousands off civil servants drift homeward..... brooding on the Lord Krishna and the cost of living."

With its beautiful climate, tree-lined avenues, trendy cosmopolitan city center, and the technology boom financing its continuing evolution, Bangalore truly offers one a living picture of the striking contrasts that make up modern India. There are beautiful old bungalows, monuments, parks, hallowed places of worship and traditional market-places on the one hand, balanced with fashionable shopping malls, pubs, new architectural wonders and modern religious centers on the other. This combination of elements makes

Bangalore the best place for international students to become acquainted with Indian life and culture.

Long a regional center of culture and commerce, Bangalore today is Asia's fastest growing cosmopolitan city. It is home to most of the high tech industries in India. The international I.T. industry views Bangalore as the 'byte-basket' of the sub-continent, and it is home to some of India's premier scientific establishments. As such it attracts many of the most intelligent young students throughout the country to come and study, providing opportunities for the flourishing intellectual life which can be found in the many cafes, pubs, bookstores, and public squares spread around the city.

Bangalore offers something for everyone, from music and dance concerts, dramas, exhibitions, and carnivals to cultural activities and conferences drawing an international audience across a range of disciplines and interests. Go disco-hopping or pub-crawling, shop till your feet give away, or dine in the swankiest restaurants in India. The modern lifestyle the city offers is still quite new to India, and this uniqueness is well illustrated in some of the nicknames the city has acquired over the years since its globalization, such as "India's Silicon Valley," "The Fashion Capital of India," "The Pub City of India," and "The Fruit Market of the South". Bangalore is the ideal gateway to understanding the realities of contemporary India.

That all of these modern amenities can be enjoyed in conjunction with the many features of the city's millennium-long history speaks to the suitability of the place as a center for encountering Indian culture from an international perspective.

## HISTORY

The first confirmation of human habitation in Bangalore comes at the tail end of the Middle Stone Age, stone implements dating from about 4,000 B.C.E. Located in the center of the southern tip of the Indian subcontinent, the area has seen the successive rise of fascinatingly diverse, often overlapping cultures, each of which has left its distinctive mark on the region.

The earliest evidence of the city's modern name is found on an inscription dating from 890 C.E. that, while commemorating a battle of the Western Ganja Dynasty (350-1000 C.E.), named the place 'Bangaluroo.' An alternative history relates how the 11th-century Hoysala king Veera Ballala II, while on a hunting expedition, lost his way in the forest and came across a poor old woman who served him boiled beans. The grateful king named the place "benda kaal-ooru" (in *Kannada*, "town of boiled beans"), which was colloquialised to *Bengalūru* then anglicized to Bangalore. There are also theories that the name has a floral origin derived from the tree Benga or "Ven-kai", also known as the Indian Kino Tree.

Following the downfall of the Hoysala Kingdom (1026-1423 C.E.), which was famous for its temple architecture and promotion of the arts, the Vijayanagara Empire took its place as the major Hindu power in India. Much of northern India was under Muslim rule throughout the Empire's existence, and constant conflict between the north and the south led to its creation of an epoch in South Indian history that transcended regionalism by promoting Hinduism as a unifying factor. This unification was one of the primary factors that allowed the Empire to withstand the attacks of the Sultanate to the north for 300 years.

The empire's legacy includes many monuments spread over South India, the best known being the group at *Hampi*. The previous temple building traditions in South India came together in the Vijayanagara architecture style. The mingling of all faiths and vernaculars inspired architectural innovation of Hindu temple construction, first in the Deccan and later in the Dravidian idioms using the local granite. Secular royal structures show the influence of the Northern Deccan Sultanate architecture, creating an interesting blend of styles, vestiges of which can still be seen today. Efficient administration and vigorous overseas trade brought new technologies like water management systems for irrigation. The empire's patronage enabled fine arts and literature to reach new heights in the languages of Kannada, Telugu, Tamil and Sanskrit, while Carnatic music evolved into its current form.

Kempe Gowda I (1510 - 1570), a governor of the Vijayanagara Empire, built a mud fort in Bangalore in 1537. Kempe Gowda also referred to the new town as his "*gandu bhoomi*" or "Land of Heroes". Within the fort, the town was divided into *petes* or markets. The town had two main streets: Chickkapete Street ran east-west and Doddapete Street ran north-south. Their intersection formed Doddapete square — then the heart of Bangalore. Kempe Gowda's successor, Kempe Gowda II, built temples, tanks, and four watch towers that marked Bangalore's boundaries for the first time. These towers can still be seen at Lal Bagh, Kempambudhi tank, adjacent to the Ulsoor Lake, and near the Mekhri Circle.

After the Vijayanagara Empire finally fell to the combined forces of the many Sultanates in 1638, it was governed by the Sultanate of Bijapur for a brief stint until the Mughals under Khasim Khan swept south and added it to their empire in 1686. The Mughals

leased the area to the Kingdom of Mysore, which declared itself the *de facto* ruler of Bangalore in 1759. Mysore was slowly taken over by the Wodeyars from within, and the Wodeyars held it until the arrival and triumph of the British Empire in 1799.

The first city in India to get electricity, Bangalore continues to be at the forefront of the country's quest for a modern identity. Once known as the Garden City, the “City of boiled beans” evolved significantly when the high-tech revolution arrived and Bangalore found itself at the center of the nation's computer hardware and software industries. Its cosmopolitan spirit fueled as much by its lively bar and cafe culture as by the influx of international businesspeople, India's high-tech hub has a high-energy buzz, yet it's tangibly calmer and cleaner than most other places in the country, with far and away the best climate of any Indian city -- no doubt the reason the majority of upwardly mobile Indians rank it the number-one city in which to live.

Despite the attractions located in the outlying area around Bangalore, the city's real appeal is its zesty contemporary Indian lifestyle and its usefulness as a base for getting to the extraordinary temples and ruins of the Deccan interior and the vibrant cities of Hyderabad and Mysore.

The Countries bordering India are Nepal, Srilanka, Bangladesh and Pakistan

# INDIA

## States and Union Territories



## Bangalore, India

**Welcome to Bangalore! A big city and growing, but with its heart in the right place.**

Progressive, liberal and cosmopolitan, Bangalore today has outgrown its beginnings as the tree - filled town where the British were garrisoned. Recently, Internet cafes, software companies, call centers, and shopping malls and restaurants have replaced charming old bungalows. The result, although not pleasing to every eye, is advantageous to the, some 6 million, people who populate this city. Bangalore is divided, even today, into 2 main areas – Bangalore Cantonment, where the British army used to be garrisoned, and Bangalore City, which belonged to the ancient kingdom of Mysore. The characteristics of the two zones are entirely and uniquely their own; students are invited to discover for themselves the distinctiveness of each.

Bangalore has a wealth of possibilities for the discerning student who is willing to take some effort and spend some time exploring. English is widely used as a language of communication, and transportation by metered auto rickshaw and taxi is easy and convenient. Tours to neighboring wildlife sanctuaries, places of historical and anthropological interest, as well as weekend getaways, may be arranged from this major hub in South India.

Religious freedom and secularism, in the true Indian sense, is a way of life in Bangalore, where, for centuries, people of different faiths have lived and carried on their lives both peacefully and harmoniously. Today, people of different nationalities from all around the world add their perspectives to this mosaic.

January	27 degree C - 15 degree C
February	30 degree C - 17 degree C
March	32 degree C - 19 degree C
April	33 degree C - 21 degree C
May	33 degree C - 21 degree C
June	29 degree C - 20 degree C
July	27 degree C - 19 degree C
August	27 degree C - 19 degree C
September	26 degree C - 19 degree C
October	26 degree C - 17 degree C
November	28 degree C - 18 degree C
December	26 degree C - 15 degree C

Bangalore is endowed by nature with a very salubrious and equable climate. The city lies at an altitude of 920 m and so it's always cool in the shade and scorching in the sun. The mean temperature in the warmest month (April) is 27.1°C (80.8°F) and in the coldest month (January) is 20.4°C (68.8°F). The atmosphere is neither very humid nor very dry. The monsoon months are cloudy and there is bound to be some rain in the early morning.

Early morning fog occurs between October to February but mainly in December and January. An important feature influencing the climate of Bangalore is the low cloud which covers almost the entire sky during the greater part of the day from June to September. The morning hours in these months, with overcast skies, little or no rain and a fresh breeze with temperature of the order of 21°C to 25°C (70°F to 77°F) are the most pleasant in the year. The period from June to September is considered the "Season" in Bangalore.

Please click on the following links to know more about Bangalore

[www.bangalorebest.com](http://www.bangalorebest.com)

[virtualbangalore.com](http://virtualbangalore.com)

[www.bangalorelive.com](http://www.bangalorelive.com)

### **Time Zone**

There is only one Time zone in India: which is IST (Indian Standard Time) and is 5 hours 30 minutes ahead of GMT (Greenwich Mean Time). India does not observe daylight savings time (DST). This means during the summer months in the northern hemispheres when New York is observing DST, India is exactly Nine and a half hours ahead. So if it is 8.00 am on Monday morning in New York it is 5.30 pm Monday evening in India. However, during the winter months when New York is not observing DST, if it is 8.00am on Monday morning in New York it is 6.30 pm Monday evening in India. The online World Clock and other tools, which may be of use for students and parents to calculate relative time across zones, are located at this [URL:http://www.timeanddate.com](http://www.timeanddate.com)

### **Airport**

The Bengaluru International Airport is situated to the north of Bangalore, 40 km from the city central business district. Hit the National Highway -7, better known as Bellary road, after Hebbal flyover. The straight stretch leads you to the airport. You will pass through Jakkur and Yelahanka airbase.

Log on to [www.bengaluruairport.com](http://www.bengaluruairport.com) to get more information on Bangalore.

Pre Paid taxis are available and transfer to the city by taxi takes about 45 minutes and costs about Rs.500.00 Prepaid taxi service are also available.

## **Pre-departure information for students enrolled at India Center for Fall 2009**

Arrangements will be made to pick you from the airport. After claiming your baggage, please proceed to the arrival lounge and look for a person with the **India Center** placard. He will take you over to the temporary accommodations we have fixed up for all students.

In case your flight is delayed or change in arrival/departure timings or in case of any emergency, please free to call any of the staff members of India Center on the numbers given below and inform about the delay so that appropriate arrangements can be made to receive you at the airport.

**To call from USA, please prefix- 011-91 – followed by the cell number.**

<b>Mrs. Naveen Shah</b>	<b>93412 11022</b>
<b>Ms. Sheela Thyagaraj</b>	<b>98451 35681</b>
<b>Mrs. Sudha Sridhar</b>	<b>9448085599</b>
<b>Mrs. Anitha Srinivas</b>	<b>9886727294</b>

**To call from any of the cities in India to the above given numbers, please pre-fix 0 and then dial the numbers.**

**To call from Bangalore to any of the above given numbers, please dial them directly.**

In case you are stranded enroute while traveling and you are unable to arrive on the scheduled time or were unable to inform us, we advise you to take a pre-paid taxi from the counter at the airport, which will take you to the temporary accommodation made for all the students. Then, we request you to clear the bill and retain the receipt which can be claimed by the center authorities later.

The address of the place you will be staying:

**United Theological College**

**ERC Building**

**#63, Millers Road (Behind Cantonment Railway Station)**

**Bangalore- 560046**

**080-23339269**

**Tipping the driver:** If the driver has been very kind and helpful to you in terms of helping with your luggage etc., you are welcome to tip him at the end of the journey in Indian rupees or in American dollars. We suggest you to change some dollars into Indian rupees at the airport in any of the money exchange counters.

The in-city travel arrangement (pick-up facility from the airport) is part of the facilities provided for the students enrolled at India Center.

Upon arrival in Bangalore, all students will be put up for a week, at the temporary accommodations. This has been done so that students will not have to be worried of having to look for a place to stay as soon as they land in. The arrangement is

COMPULSORY for all new students to India Center. The Center has already paid the deposit amount and blocked the accommodation for 8 days.

The accommodations are in a campus close to the Center. It is a walkable distance of 20 minutes to the Center from the campus. Rooms are clean and fairly reasonably priced. Prices for a double occupancy room is at Rs.900.00 per day which will be shared by two people. I mean it will cost Rs.450.00 per person per day (about \$12.00 per person per day). However, if a person arrives early and occupies the double room, the cost per head per day is Rs.600/- (\$ 15.00) till the other roommate arrives. The room rent includes complimentary Indian breakfast.

**Those students who will not be participating in NY Orientation are requested to arrive in Bangalore latest by the evening of 3rd of September so as to be present for the Orientation classes at the Center.**

**In such a case, we request you to send us your travel itinerary two weeks prior to your departure date, with the flight details, date and time of arrival, so that proper arrangements will be made to receive and bring you from the airport.**

#### **Food facilities at India Center:-**

**We are proud to say India Center is the only Center of Global College which has full-fledged kitchen which caters food during the semester to students, staff and faculty.**

Our motto is to provide fresh, nutritive, hygienic food to the India Center community. We will try our best to help students get the best food, keeping in mind, if there were to be students who are lactose intolerant, vegans, vegetarians, non-vegetarians, and any other specific requests.

Breakfast, lunch, tea/coffee and seasonal fresh fruit juice are served at the India Center from Monday to Thursday to all students. Food offered at the center will be mostly Indian along with a few continental dishes. We will be glad to receive suggestions/requests from the students, if you need any particular kind of diet that has to be followed.

The meal plan or food facility (which includes Breakfast, Tea/Coffee, Lunch, fresh fruit juice and afternoon snacks) costs Rs.100.00 per day per person. All students are requested to pay the 50% of the Rs.100.00 which is Rs.50.00, per day per person from your Room & Board stipend on a monthly basis and the remaining Rs.50.00 will be accounted from the Center Fee which you have already paid to the Global College. During Independent Study, the cost payable per day for the meal plan remains the same as above, even if a student is present or uses the food facility partially.

### **III. The Center**

#### **A. Location**

The India Center is located in a quiet, residential area, off Cunningham Road. Huge malls, McDonald's, banks and bakeries, fruit vendors and potters jostle for space on Cunningham Road. At one end of the road, a small lane is visible—Ali Asker lane. As one walks down the lane, the noise of the traffic recedes. Instead of commercial establishments, one finds medium sized homes and small gardens. The India Center is located halfway down the lane, on the first floor of a house. The Center is easily accessible by car, bus or auto rickshaw (the ubiquitous 3 wheeled vehicle), and is close to one of the two main rail stations out of the city.

Ali Asker lane provides a pleasant environment for study and research and also easy access to the “happening” places in the city. If one wants to “hit the town,” just walk down the road to access money from an ATM and enjoy it at the Casa Piccola, a place for burgers and Pizzas and a meeting point for young people. And if one is feeling homesick, stroll down to McDonald's for the junk food that moms frown on. Looking for a change? Lounge in the low sofas at Infinitea and enjoy exotic teas from different parts of India and delicious snacks while you read the witty posters on the walls. Even mundane activities like grocery shopping, photocopying, and getting passport photos can easily be carried out at the stores which is stone's throw away from the Center.

Or if one wants to observe the cultural nuances of the city, take a look at the different communities around the Center. Suited and booted businesspeople, the fashionable college students, and the rich and the poor, rub shoulders on their way to work in the neighborhood.

Our Center is closely located to the some of the happening places of Bangalore like MG Road, Brigade Road and Commercial Street. MG Road has great shopping malls and also a variety of eating and snacking places as well. From roadside corn-on-the-cob sellers to swank new specialty seafood restaurants, coffee bars and regular Chinese and multicuisine places ,one can spend many hours losing track of time.

Just off MG Road is Brigade Road where British soldiers once bought their stores, and is now the favorite hangout of the young and restless. Weekend evenings are especially crowded as thousands of young people arrive here to see and be seen. Lots of bright neon lights, music stores, cafes, pubs and game arcades let the nights stay young for a long time.

A little further down is Commercial Street, also a British military legacy and now a hub of small and large shops packed together like sardines. But the most fascinating aspect is the network of narrow lanes that run in and out connecting ‘Com’ Street as it is popularly known, to the noisy bustling and colorful bazaars that thrive just seconds away.

## **How to reach the Center**

For all continuing students, after a one day initial orientation in New York in the fall semester students will take a flight together from New York to Bangalore. Detailed instructions about the purchasing of tickets will be sent to all students much ahead of time.

At the beginning of the fall semester, students will be picked up at the airport by one of the Center personnel. You will be taken to the temporary accommodations arranged by the Center.

Before the spring semester begins, continuing students are expected to contact their landlord/landlady about when they are coming in and get a taxi from the airport.

## **If Traveling Independently**

We strongly recommend traveling to India with the group, as this will make things easier for everyone involved. Remember it is very important to attend the New York orientation. If this is not possible, and a student needs to travel independently, it is important for the student to follow certain guidelines so that his/her arrival is smooth and he/she connects with the group without any confusion.

All students are expected to arrive in Bangalore no more than 2 days in advance of the start of semester. It is essential that travel plans (including airline, flight number and arrival time) are communicated to both the staff of the India Center and the staff of Global College Headquarters in New York prior to departure. Please contact the following individuals with your travel plans:

Naveen Shah ( Director, India Center)navsha69@hotmail.com

Sheela Thyagaraj (India Center),sheeladaksha@yahoo.com

011-91-80-22281096, cellular:011-91-0-9845135681

Sara Purcell (New York Center), (718) 780-4327, Sara.Purcell@liu.edu

Center personnel or a representative (holding an India Center Placard) will be at the airport to receive students, but only if flight information is given well in advance. If you have trouble locating a representative upon your arrival, find a pay phone and contact one of the Center personnel. If calls are made from outstation within India prefix (0) followed by the cell number and prefix (080) before dialing the landline number.

It is also essential to communicate any last minute changes (i.e. if your flight is delayed or canceled) to both Sheela/Naveen and Sara so that they know when to expect your arrival. Thorough communication will save each of them a lot of time and worry, and will allow your arrival to be expected and accommodated. Be sure to call or e-mail both of them prior to your flight's departure to inform them of your estimated time of arrival.

Each student who is traveling is responsible for making her/his own travel arrangements, buying tickets, confirming flights, etc. Students wanting to travel with others coming to South Asia are encouraged to contact the Global College Registrar at Brooklyn (718-780-4321) to get the names and addresses of other students planning to travel to India.

Low student airfares from the U.S. are usually available. Check with Global College/New York, website search engines, or your local travel agent. In order to take advantage of student fares, you will have to prove your student status. For more information on International Student ID cards contact Global College Headquarters at (718) 780-4326. It is also wise to network with other students familiar with travel to India. It is possible to find good deals through small travel agents and consolidators. Also, make sure that open-ended tickets (those with no return date reserved) are valid for the length of time that you plan to stay in India. Sometimes cheap tickets have to be used within four to six months; check around before you buy!

At the time of this writing, Air India and Lufthansa, Singapore Airlines, Malaysian Airlines, Jet Airways offer through flights from New York to Bangalore. Most international airlines will fly to major cities in India – Mumbai (Bombay) Delhi and sometimes Kolkata (Calcutta) or Chennai (Madras). Indian Airlines, Jet Airways and Sahara Airlines have flights from these cities into Bangalore. It is advisable that students book a connecting flight on Indian Airlines or Jet Airways to arrive in Bangalore; do not expect to make arrangements in India. You can book your connecting flight before you arrive through the airline that flies you to India.

Ground transportation to Bangalore is not recommended. While it is cheaper to travel from another city to Bangalore by train, it is very time consuming and can be a very harrowing process for those who simply want to arrive and get settled. Getting confirmed train reservations can take many days and may not be available at some times of the year.

### **Airport Arrival**

The Center usually makes arrangements for the students to be picked up from the airport. Please look out for the person with the India Center Placard. He will take you to the temporary accommodation arranged up for all the new students.

We recommend that you change at least USD100 into Indian Rupees at the airport, since orientation week will begin soon after your arrival and you may have little time to change the money in the city.

Please remember to pack all the documents sent by World Headquarters in your carry-on luggage. Should anything happen in transit, such as losing your checked-in luggage or missing a connecting flight, it is important you have these items on hand so you know how to contact us and travel independently. Put your name, address and telephone numbers inside and outside of each piece of luggage. Use covered luggage tags to avoid casual observation of your identity or nationality. If possible, lock your luggage. These details will also assist in tracking your baggage in case it is misplaced.

### **Auto rickshaw**

The fastest way to commute in Bangalore is the Auto rickshaw (auto for short). Autos are quite frequent and are usually found clustered near bus stands, prominent roads, etc.,

Autos minimum charge is Rs.14.00. Before you embark the auto rickshaw, ensure that the meter is wound to Rs.14.00 which is a minimum fare up to 2 kms. The meter changing with 50 paisa every kilometer. Heavy luggage will incur an additional fare, usually around Rs.10 or 20. On arrival at the airport or station always opt for a prepaid auto / taxi so that you do not need to pay extra when disembarking. Nowadays a lot of auto-rickshaws come fitted with an electronic fare meter. Passengers will have to pay one and half times the fare between 10 p.m. and 5 a.m. don't be surprised if auto rickshaw drivers say 'no' to drive you to the destination, it is simply because they will be heading towards a different destination.

More information regarding this will be discussed during cultural differences session.

### **Early Arrival**

Arriving early helps students to recover from their jet-lag and adjust to the place. However, since the Center does not make any living arrangements for early arrivals, we advice students to stay at budget hotels.

Please Note: Students arriving early are requested to inform any one of the Center personnel about their arrival details as it is mandatory for foreigners entering the country to be registered with the Police within 15 days of entry into the country for the issuance of the residential permit. A heavy fine will be levied by the government for not abiding by these rules.

### **B. Center Facilities**

The Center has well designated areas for classroom work, advising and individual study.

The India Center library has books on topics that are specifically relevant to the pursuits of GLOBAL COLLEGE students, faculty and staff. The center's 4000 books and periodicals provide a fairly good introduction to the India region, religion, philosophy, history, development issues, literature, etc. The library is open during office hours (9am to 6pm) only. Three books and two periodicals may be checked out at a time. Also available are the past portfolios of students, which are for reference only within the Center premises.

Please sign out all books and periodicals with Achuthan. Since the India Center uses the Christmas and summer vacation for stocktaking and replenishing the library, books will not be lent out during this time.

URLs. For LIU Library

Library Homepage : <http://www/brooklyn.liu.edu/library/index.html>

Library's Global College webpage:

<http://www/brooklyn.liu.edu/library/services/GlobalCollege.htm>

In addition to Center library, we are also in touch with many libraries in the city, (both general and specialized), such as those at the Indian Social Institute, Indian Institute of World Culture, the Gandhi Bhavan, the Center for Education and Documentation, the Center for Environment Education, The Mythic Society, the Government Library, the

United Theological College and others. In addition to books, the Center has a good collection of CD roms on general topics of interest as well as local movies with subtitles. These can be viewed at the Center only.

The Center has a high speed internet connection that can be accessed by the students during office hours (9:00a.m. to 6:00p.m.). Students can use the facilities of 4 computers with printers, or plug in to any of the 12 dedicated lap top line connections. We also have 2 wireless hubs in the Center which means that if your laptop is wireless enabled (with LAN Card), you can log on to the internet in any part of the Center without a plug in.



While at the Center, each student will also be provided with a temporary password to facilitate communication with advisors and Global College students around the world.

Skype facility is available for students at the centre at one hour a week per student for the whole semester.

Be responsible members of the India Center community. Please do not change the network setting configuration on Center computers. Please do not use

Center computer time to download movies, music, games, etc.

In addition to computers at the Center, Bangalore is dotted with cyber-cafes where a student can access the internet for a very small sum of money (less than a dollar for per hour). The Center has close connections with hospitals in the city with ‘state of the art’ medical facilities, for the general medical requirements of students.

Please Note: Smoking is STRICTLY PROHIBITED inside the Center.

### **C. Center Rules**

#### **-Do students get keys to the center?**

Students do not get keys to enter the center. During office hours, there is always someone to open the door to students.

#### **-Can you sleep at the center?**

Absolutely not, students cannot remain in the center after hours.

#### **-What areas are for faculty only?**

The faculty computer lab and the advising offices are for faculty use only.

#### **-Cleaning responsibilities**

It is everyone’s responsibility to keep the center neat and clean.

#### **-Where is smoking allowed?**

Smoking is only allowed outside the premises.

**-What are the policies regarding phone use?**

The phone at the Center is available for student use during working hours for local calls related to student projects and studies and International collect calls. All calls must be made through the Center Secretary, Sudha who will place all collect calls and inform you when a call comes through this will vary depending on the time of day and the area called. However, the easiest and most popular way to call home is through the use of Skype via the Internet. Headsets are available for use.

**-Do I have to bring a lap top computer?**

While Global College does not have such a policy, the India Center strongly recommends that students bring their own lap top, with the understanding that it is the student's responsibility to take safety precautions to avoid theft.

**-Is there a time limit on computers?**

There is no time limit on the center computers. Since most students bring their laptops, they can access the internet either wirelessly or through a wired system.

**-Do I need an antivirus?**

Students must have an updated antivirus software installed before getting connected to the wireless network. This is necessary in order to maintain the security and integrity of our computers.

**-Do I need to buy my own printing paper?**

Yes. When students are printing homework and their portfolio, they need to buy their own printing paper. A set of 500 sheets of legal paper costs approximately \$3.00.

**-How do students check books out of the library?**

Students need to fill out a form for every book that they borrow from the library. Three books and two periodicals may be checked out at a time. Also available are the past portfolios of students, which are for reference only within the Center premises. Please sign out all books and periodicals with Achuthan. Since the India Center uses the Christmas and summer vacation for stocktaking and replenishing the library, books will not be lent out during this time. Students are held responsible for the proper handling and timely return of materials. Students will face fines for not complying with library policies.

**-What if I have to leave my baggage at the Center?**

Students shall leave their baggage in case they are coming for the next semester.

However, please make sure that the baggage has the name tag and is locked. Make sure you inform the maintenance person Mr. Achuthan wherein you need to enter in the register the number of pieces and for the period of time, the baggage has to be retained at the Center. Also, mention if there are valuables in the baggage.

The Center will not be responsible for the loss of valuables in the baggage if any.

**-Are Visitors allowed in my apartment?**

No, Visitors are not allowed to stay overnight in the apartment.

#### **D. Center Hours and Holidays**

The Center is open from 9.00 am to 6.00 pm Monday through Friday. The Center is open from 10.00 am to 4.00 pm on Saturday. It will be closed for the following holidays during the Spring Semester 2009.

<b>Date and Day</b>	<b>Particulars</b>
September 18 <sup>th</sup> Friday	Mahalaya Amavasya
September 21 <sup>st</sup> Monday	Ramzan
September 28 <sup>th</sup> Monday	Vijayadashmi
October 2 <sup>nd</sup> Friday	Gandhi Jayanthi
October 19 <sup>th</sup> Monday	Balipadyami

The India Center is closed on Sundays. As per agreement with the landlady, the Center occupants will leave the premises not later than 6.00 p.m. each evening in order to ensure peace and quiet to the landlady who shares the building.

#### **IV. Practical Information**

It is our experience that those students who come with the expectation of engaging in serious language study tend to create the most satisfying personal and academic experiences while in India. All students are also advised to begin reading histories, novels and memoirs of India and to watch bollywood movies.

Here is a list of recommended books to read before your travel:

##### **History:**

India – A History – by John Keay

Modern History – The Discovery of India – Jawaharlal Nehru

The Penguin History of Early India – Romila Thapar

A History of South India – KA Nilakanta Sastry

##### **Indian Culture:**

Society in India – David Mandelbaum

The Speaking Tree- Richard Lannoy

The Indians- Portrait

##### **Religion:**

An Introduction to Hinduism – Gavin Flood

The Blackwell Companion to Hinduism – Gavin Flood

Religions of India in Practice – Donald S.Lopez Jr.

## **Spirituality:**

Sri Sri Sri Ravishankar

Mata Amritanandamai

Sri Aurobindo

### **A. What to bring with you:**

- **Luggage Restrictions**

A common question among students is how much to take when they are traveling overseas. The answer is simple: half as much as you think, but items that you will not get too bored with. It is important to be aware of luggage restrictions when packing, as you will be limited in the weight and number of bags that you will be able to bring with you on the plane to Costa Rica.

- **Carry-on Baggage**

On all routes and classes of service you are entitled to one piece of carry-on baggage:

Maximum weight: 22 lbs./10 kg.

Maximum size: 45 linear inches/114 cm. (length + height + width).

In addition, you are permitted to carry with you in the cabin the following items:

- A lady's handbag, purse
- An overcoat, wrap or blanket
- A small camera
- A Laptop computer

NOTE: You may be required to check-in your carry-on bag in case of limited space in the passenger cabin. If this happens it is your responsibility to remove all items not suitable for transportation as checked baggage.

- **Checked Baggage**

Economy: 2 pieces with maximum weight of 50 lbs./22.5 kg. each

Maximum size each piece: 62 linear inches/157 cm. (length + height + width)

- **Business Class**

3 pieces with maximum weight of 50 lbs./22.5 kg. each (does not apply in the case of upgrades)

Maximum size each piece: 62 linear inches/157 cm. (length + height + width)

The airline will accept baggage that is larger and heavier:

Up to 100 pounds/45 kg. and 85 linear inches/215 cm. (height + length + width) per piece.

A handling charge of US \$25\* applies to any individual bag with more than 50 lbs./22.5 kg. and less than 70 lbs./31.8 kg.

A handling charge of US \$100\* applies to any individual bag with more than 70 lbs./31.8 kg. and less than 100 lbs./45 kg. A handling charge of US \$100\* applies to any individual bag measuring more than 62 linear inches/157 cm. and less than 85 linear inches/216 cm.

The airline won't limit the number of pieces of additional baggage that you can check.

US \$100\* surcharge for each extra piece in addition to your free baggage allowance.

## **IT IS REQUIRED YOU BRING:**

### **Packing Checklist:**

- **Checked Luggage**

Student I.D.

Seasonal Clothes for rain and heat

Comfortable shoes and sandals

Towel

Mini alarm clock

One nice outfit

Books and school supplies

Photocopies of all important documents (Passport, Health Insurance, etc.)

Any liquid cosmetics, prescriptions, or toiletries

Fully completed medical history sheet

Portable First-aid kit

- **Carry-on Luggage**

Non-liquid prescriptions with your name on the prescription

Airline Ticket (including your return ticket)

Insurance Policy

Identification card

Global College Handbook and this document, the India Center

Guidebook

Travelers checks and credit or debit card

Towel

Camera and film

Passport

Emergency contact information

### **It is recommended you bring:**

Name-brand cosmetics (that you can't live without), though many are available at supermarkets

Laptop computer with integrated wireless, three prong converter, and flash drive

Camera

Money belt or pouch

Your favorite snacks

Research books, especially if you have an Independent Study in mind)

Non-prescription medicine

Vitamins

Insect Repellent

Regular backpack (For school books and weekend trips)

Water Bottle

Alarm Clock

## **Clothing**

Please keep in mind to dress appropriately according to Indian Culture. Shorts are generally not worn for outings in urban areas, or in more formal situations. Feel free to wear your own style. Women should be aware that revealing clothing may lead to verbal and other forms of attention you may not desire.

### **Here is list of suggested clothing items to bring.**

Long pants/jeans/ Capri's for the city

Plenty of short-sleeved t-shirts, several long-sleeved as well

A sweatshirt or jacket for chilly nights (It does get cold in the evenings, during the month of November to January)

One nice outfit for fiestas or cultural events

Bathing suit

Do bring comfortable sturdy footwear with you. The shoes available here are not as good as the ones you can purchase at home. Remember that October is monsoon season.

Protective clothing (windbreakers, raincoats, and waterproof jackets) is essential.

Pajamas

Towel and washcloth

### **Additional Information for Required Items**

- Airline Ticket -Students traveling to the India Center will reserve their seats through Global College and will depart New York together following orientation. Tickets should be kept in a safe and accessible place. Information about purchasing airline tickets will be sent to students in advance.
- A valid passport – If your passport is nearing expiration then renew your passport much ahead of time. Please check to see that your Indian visa is valid for your period of stay in India. You must get a multiple entry student visa which allows up to 12 months of uninterrupted stay.
- Pack an extra set of passport photos along with a photocopy of your passport's information page to make replacement of your passport easier in the event it is lost or stolen
- Ensure that your travel documents are in order
- A valid health insurance policy.
- It is recommended that you bring with you such medication as you will need during the course of your stay, along with the prescription. Many name brand medications that are available in the U.S. are not available in India.
- An International Student ID that can be used for discounts on international travel and accommodation in international youth hostels. International Student ID cards are available from Global College Headquarters. Contact (718) 780-4326 for more information.
- 7 passport size photographs for Local Residential Permit and other Indian government registration procedures.

- Please get your blood group checked as it is mandatory to include it in the records during your registration at the India Center.
- To avoid problems when passing through customs, keep medicines in their original, labeled containers. Bring copies of your prescriptions and the generic names for the drugs. If a medication is unusual or contains narcotics, carry a letter from your doctor attesting to your need to take the drug.
- Identification card (Identification personal). An official driver's license or photo-identification card will be needed for travel.
- Phone numbers - All home contact numbers in case of an emergency.
- Fully completed medical history sheet, permission for emergency treatment and the emergency contact information form. Copies of these should be provided to the Director on the first day of orientation.
- Previous academic records. Continuing Global College Students should bring copies of all previous academic records, including narrative evaluations, to their first advising session. If you do not have copies of narrative evaluations please request these from World Headquarters well in advance of your departure. Freshman students who continue applying for scholarships may want to bring copies of their high school transcript, letters of recommendation, etc.
- First aid kit. A properly stocked and portable personal first aid kit, including but not limited to: a digital thermometer that displays in both Fahrenheit and Celsius, water resistant Band-Aids of various sizes, individually packaged alcohol swabs, Ibuprofen, antihistamine, broad-spectrum insect repellent, antibiotic cream, such as Neosporin, sunscreen with complete UVA/UVB protection (SPF 40+).
- Research Books. Do not assume that you can always find the books you will need in local bookstores and libraries. Students interested in conducting an Independent Study Project in a specialized field should bring any books necessary to complete the project and any current research on topics of special interest to them.

### **Additional Information for Recommended Items**

- Laptop Wireless (with LAN Card). Although the India Center is fully equipped with student Computers, we recommend students to carry their laptops, since there are no restrictions on bringing laptops to India. Please keep in mind that Computer in most parts of India, including Bangalore & India Center are working based on Microsoft Windows. Hence, students are advised to bring their Laptops updated with the software based on Microsoft Window (i.e. Windows XP/Windows Professional/Vista etc, and also Office XP/Office 2000 etc.).
- Since the users of Macintosh Computer are very few, the following problems are faced with: The software required to operate the computer is either not available, or is very Costly. Service back up and/or any spare parts are not available.

Incase you are bringing MAC Laptops: Please install the required conversion software for Microsoft Word/Office XP package, Adobe Illustrator (reader). And also bring along the Hard copy of CD, in case you need to reinstall, while you are here.

- In India, most of the places, computers are operating with Microsoft Windows basis. Therefore you may install any other compatible software that you need to work during your stay in India.
- In case you need to attach your laptop to any printer/camera etc., you may bring the necessary USB or PS2 cables that will match your laptop.
- In most cases, the electrical appliances are suitable for connecting to input AC Voltage of 110-120 to 230-240 range. If the laptop battery charger is working only with 110-120 volt AC, then you need to bring a suitable voltage converter, to reduce the voltage from 220 to 110 Volt AC.
- If you intend to carry your cell phone, make sure you have a triband facility on your phone, with the use of your cell phone you have access to only a few networking systems in India. (We recommend you to buy a cell phone in India were in you have all the facilities of making international calls and the cost would depend on the rate plan you choose. You can also dispose the phone when you are leaving and get 50% of the actual rate
- Name-brand cosmetics and toiletries. While India has a wide variety of domestic and imported products, some products to which we are accustomed are difficult to purchase or are limited in variety. If there is a product which you just can't live without, that should be purchased in America before your departure.
- Western clothes you may want to wear. Indian fabrics and clothes are easily available. You can buy fabric locally and get it tailored inexpensively.
- Money belt or pouch. Because they will be traveling through tourist destinations, students must take precautions so that they are not subject to pickpockets, as these have been known to occur. Fanny packs are not always the best option, because they can still be reached into by strangers. We suggest money pouches or belts which sit on the inside of the clothing, and can be purchased at most luggage or travel stores.
- Vitamins. We recommend that you bring any natural remedies and vitamin supplements you use regularly and that you will need during the course of your stay, such as natural sleep aids like Melatonin, which can be useful for recovering from jetlag.
- Non-prescription medicines. Any non-prescription drugs you typically use to control cold, flu, cough, allergies, and indigestion. While some of the brands to which you are accustomed may be available, others are not.

### **Information Regarding Health Items**

If you take prescription medications, bring what you need in their original containers. Be careful about airline restrictions; if the prescription is in liquid form, it is essential that you pack this in your checked luggage as liquids are often confiscated by airport security.

**IMPORTANT NOTE:** Some prescribed drugs in the US may be controlled in other countries.

Please check with your personal doctor and the Indian embassy to see what drugs are

controlled. If controlled, you will require special authorization to bring them into India. Authorization can be provided by the Indian embassy in the United States. Please note: If caught with controlled drugs in your possession, you may be subject to severe penalties.

**Health Tips:**

- Take a spare set of glasses or contact lenses plus cleansing solutions
- Soap and shampoo in containers that won't leak
- Sunscreen with at least a good SPF15 with PABA even when you don't see it)
- Band-Aids
- Personal health kit containing your vitamins, cold medication, personal hygienic care, etc. The India Center recommends that you put Imodium AD in your kit...yes- diarrhea can happen!
- Water bottle

IMPORTANT NOTE: There will be a lot of wear and tear on your luggage, your clothing and your shoes. Be practical and plan for it.

**DO NOT bring:**

- Illicit drugs or drug paraphernalia.
- Firearms or explosives.
- Pornographic material of any kind.
- Excessive amounts of cash.
- Anything too valuable to lose, such as expensive jewelry or electronics.

**Predeparture Checklist**

**Before you leave home:**

- Contact your credit card company for emergency phone numbers to use while abroad. If your credit card is lost or stolen, you can telephone toll-free to have an immediate hold put on the account.
- Ask your bank for a list of corresponding banks in India in case you need to have funds transferred to you. Double check that your PIN number will work in a foreign country. Get the phone number of your local bank for any emergencies. You may want to ask about the cost of withdrawing dollars from foreign ATMs. Some banks may charge a high fee.
- Make sure your ATM or credit card has been activated before you leave the USA, as it will be nearly impossible to do this once you have reached India. It is important to notify your bank of your itinerary because some will turn it off if used in a foreign country for security reasons.

**Before You Travel**

Assure that your luggage meets airline restrictions

Get passport: ensure that it will not expire until 6 months after program

Order travel supplies; medication, money belt, etc.

Block apartments at the India Center

If traveling separately, ensure that the India Center is informed of your travel plans

Pack thoroughly, reviewing your checklists

Call airlines for special meal requests 28 hours before departure

### **Day of Flight**

Review luggage

Leave early for airport

Wear comfortable and loose clothes

Rest as much as possible

Eat lightly

Drink lots of water

Do not drink alcohol before or during the flight

Sleep on the plane, stretch.

Keep passport, photo I.D. and money in a safe and accessible place

## **B. Local Services**

### **1. Banking**

The Currency in India is called Rupee. Denominations of paper currency in rupee range from five, ten, twenty, fifty, hundred, five hundred and thousand rupees. Coins range from twenty five paisa, fifty paisa, one rupee, two rupee and five rupee coins.

The best way to transfer money is through Credit Card/Debit Cards. Students can also use ATM, credit and debit cards from major card companies- Master/Visa, Citibank - or major international banks such as HSBC, to withdraw money from ATMs in Bangalore and other major cities.

- Smaller shops and budget hotels take only cash.
- Travelers Cheques are another safe way to bring in money.
- You should carry funds for your personal expenses and books with you so that they are available for use when you arrive in Bangalore
- Students cannot open bank accounts in India.
- Please DO NOT have money sent to you through Postal Money Orders/ Personal Cheques as these cannot be cashed locally.
- Sending currency through the mail is NOT advisable- not only is it illegal but money may be stolen enroute.
- Please retain encashment receipts if you change money locally as these may be required by the Immigration Office when you leave the country. Please also retain receipts from any large purchases made.
- Please note that only Rs.10,000.00 can be converted back into USD, and this can be done only immediately before departure, at the airport. (Use your money wisely!

## 2. Mail

Your official mailing address while at the India Center will be:

**India Center,  
7/1, Cunningham Road Cross,  
Bangalore 560 052  
Karnataka, India  
Contact: 91-80- 22281096/ 22380139  
Fax : 91-80- 22372589**

- Each student is assigned a mailbox, making it convenient to receive mail at the Center.
- Once you have moved to your local accommodation, you may choose to receive mail at that address.
- Students are responsible for posting their own mail.
- Minimum International postage is Rs.18/-. All International letters must be hand cancelled (they call it “franked”) to ensure that stamps are not removed (stolen) from letters.
- Stamps and envelopes are not self-adhesive and should not be licked. Glue is provided at all post office branches. We suggest you bring your own glue stick
- All letters going to places within India are Rs.5/- and all letters going to SAARC countries (Pakistan, Sri Lanka, Nepal, Maldives etc.,) are Rs.10/-
- Sending packages to the USA involves a complicated procedure of packaging. Students must consult postal authorities at the General Post Office before mailing packages.
- Please do not plan to receive electronic goods by post or parcel as the import duty on these goods is exorbitant and you may be charged much more than the actual cost, even if it is a used item.
- Courier facilities are in close proximity to the Center:

**United Postal service  
F/29 Zam Zam Plaza  
Infantry Road  
Bangalore- 560001  
DHL Express  
3-A Jubilee Building 45  
Museum Road  
Bangalore 560025**

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**Blue Dart express Ltd  
Little Plaza  
Cunningham Road  
Bangalore- 560052**

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**General Post Office  
Ambedkar Road  
Bangalore 560001**

### **3. Telephones/Cell Phones**

- The phone at the Center is available for student use during working hours for local calls related to student projects and studies and International collect calls. All calls must be made through the Center Secretary, Sudha who will place all collect calls and inform you when a call comes through this will vary depending on the time of day and the area called.
- Public phone booths, called STD/ISD booths, are available around the city. A local call (within the city) is Rs.2.00 for 3 minutes. A long distance call (or STD, standing for State Trunk Dialing which means a long distance call placed within the country) will vary in cost
- Cellular or mobile phones with GSM facilities, which will allow students to make local and international calls at reasonable rates, are easily available. Various options for package deals including handset and activation fee are available when purchasing these phones locally.
- International Calling Cards are also available with different denominations that let you make international calls from your mobile. It's a physical card, but they insist on calling it virtual. They offer better rates: with a VCC worth Rs.561.00 (including taxes), you get a talk time of Rs.500 .00(\$11) and the charges are Rs.3.50 per minute.

#### **Making A Call :**

##### **Long distance call above 50 Kms within India**

0 + ten digit phone number (For Cell Phone)

0+ STD code+ 7 or 8 digit number (For Landline)

USA from India - 001+areacode+number

Local landline numbers are seven or eight digit numbers while mobile numbers are ten digit numbers.

##### **From a landline/ local telephone:**

To call a local number, dial the eight digit number directly (for e.g. 25296578)

To call a mobile, dial the ten digit number directly (for eg.9845089765)

##### **From a mobile telephone:**

To call a landline/ local number, dial the local code, 080, followed by the eight digit number (for e.g. 080-25294822)

To call another mobile, dial the 10 digit number directly (for e.g. 9845098450)

### **City Codes:**

Bangalore	080
Chennai	044
Delhi	011
Mumbai	022
Kolkata	033
Hyderabad	040
Pune	020
Kochi	0484

### **4. Electrical Requirements**

Electrical power in India is 220-240 volts, 50 cycles Alternating Current. Please bring adapters and necessary extra gadgets for any electrical equipment you may need to bring. Regardless of the voltage requirements you should still bring a universal grounded wall outlet plug adapter set which is compatible to any electrical points.

### **5. Shopping**

- Most visitors are surprised and incredulous that Bangalore could be considered a Shopping Destination. Sandalwood and silk are still the backbone of the handicraft industry.
- Most shops open at 10.00 a.m., are closed from 1.00 p.m. to 3.30 p.m. for lunch and close for the day at 8.00 p.m.
- A few may be closed on Sundays but open for Christian holidays (like Christmas and Easter)
- Tailors are cheap way to make salwar kameezes. Fabric can be purchased inexpensively. Please take the advice of Center Personnel.
- M.G. Road, Commercial Street, Brigade Road, Majestic Circle, Malleshwaram and Avenue road are some of the popular shopping areas. Each area offers a different ambience.

### **6. Internet/ E-mail**

- The India center has a broadband internet connection providing easy net access to students during office hours (9.00a.m. to 6.00 p.m.).
- There are also two wireless hubs with international standard in the center which means that if your laptop is wireless enabled (with LAN card), you can log onto the internet in any part of the center and can accommodate 12 computers.
- In addition there is an Internet hub with portals for up to eight laptop computers.

- The wireless network operates on the 802.11b standard, so students who want to purchase wireless Ethernet adapters for use on our network need to purchase an 802.11b or 802.11g compatible notebook or wireless PCI card.
- While at the Center each student will also be provided with a temporary password to facilitate communication with advisors and Global College Students around the world.
- In addition , Bangalore is dotted with cyber- cafes where a student can access the internet for a very small sum of money ( less than a dollar per hour)

## **V. Immigration Control**

### **A. Employment**

Student Visa holders are not eligible for any paid employment in India nor can they apply for jobs with monetary reimbursements.

### **B. Visa Regulations**

Please check with the Indian Consulate in your home region and your travel agent/ airline office for details regarding student visa regulations. Different regional consulates have different application forms.

Our program is registered with the Indian Government, and you will require a certification letter from Global College Headquarters, as well as the one from the India Center stating that you are a student in the Program, as only students possessing student visas can study at the India Center.

**THE IC REGISTERS THOSE ON STUDENT VISA ONLY WITH THE US CONSULATE CHENNAI EVERY SEMESTER.** All others please contact Sheela for help with US Consulate registration

### **NO STUDENT VISAS CAN BE EXTENDED IN INDIA**

You may apply for a Indian visa in the United States at any of the below six locations (See individual website for further instructions and directions):

Consulate General in New York: <http://www.nyconsulate.prindia.org/eng/>

Consulate General in Los Angeles: <http://losangeles.india-consulate.org/eng>

Consulate General in San Francisco: <http://consulatesf.webchinaindia.org>

Consulate General in Houston: <http://www.indiahouston.org>

Consulate General in Chicago: <http://www.indiaconsulatechicago.org/eng>

The maximum processing time for obtaining a visa is five working days.

## **VI .Accommodation**

All students arriving at the India Center for the first time will be put up in moderately priced temporary accommodations that are both safe and comfortable, where they will stay for their first week in this region. (Payment of rent for this one week will be deducted from the first Room and Board allocation, which will be given out by the India Center, provided it has been paid in to Long Island University during admissions).

A brief introduction on the kind of housing facilities provided to the students who will be studying at India Center will be e-mailed to all students which give them an opportunity to check out the accommodations and block them much before their arrival. After the week at temporary accommodations, the India Center team can direct students to their respective rental/permanent accommodations.

Students get to stay either in studio apartments, Homestay or 2/3 bedroom apartments. All the apartments are partly furnished with cots, refrigerator, study table and necessary pots and pans. Sheets and pillow cases are also provided. The apartments are located within the radius of 10 kilometers from the India Center.

Students may also look around and move into rentals of their own choice. In this case, the Center cannot be responsible for safety and security of the place, but however students must notify their Faculty Advisor, the Academic Coordinator and the Student Services about their choice.

All Global College students are charged a Room & Board stipend by Long Island University. This is transferred to the India Center and then paid to each student. Students will be given (\$2000.00) as their room and board stipend for the whole semester on a monthly basis (\$500) every month for 4 months – (September to December 2009) to pay for their own accommodation and other personal expenses. Room & Board disbursement is done through the India Center each month during the semester.

All requests regarding finance should be made before the 15<sup>th</sup> of every month, to Naveen. If necessary, students may take all their Room & Board money upfront, especially before field trips and project work – but please put in requests 3 weeks in advance.

## **VII. Food facilities at India Center:-**

**We are proud to say India Center is the only Center of Global College which has full-fledged kitchen which caters to students, staff and faculty during the academic term.**

Our motto is to provide fresh, nutritive, hygienic food to everybody. We will try our best to help students get the best food, keeping in mind, if there were to be students who are lactose intolerant, vegans, vegetarians, non-vegetarians, and any other specific requests. Breakfast, lunch, tea/coffee and seasonal fresh fruit juice are served at the India Center from Monday to Thursday to all students. Most of the food offered would be Indian along with a few western dishes. We will be glad to receive suggestions/requests from the students, if you need any particular kind of food you like.

The whole day Food Facility (which includes Breakfast, Tea/Coffee, Lunch, fresh fruit juice) costs Rs.100.00 per day per person.

All students are requested to pay the 50% of the Rs.100.00 which is Rs.50.00, per day, per person from your Room & Board stipend and the remaining Rs.50.00 will be taken care from the Centre Fee. During Independent Study period the cost payable per day is Rs.100, even if a person takes only partial food from the food facility.

As soon as you are given your Room & Board allowance, please submit payment to Sudha for your food costs.

## **VIII. Orientation Program**

The first week of the semester at the India Center is given devoted to Orientation. During this time, students are introduced to the culture and customs of region in general, with particular focus on India and Bangalore city. Group activities, short trips around the city, and discussion sessions on health and safety are arranged to begin the process of settling into a new place. In addition, students will meet their advisors and begin the process of outlining a study plan for themselves. Finally, bureaucratic details connected with local government regulations will be completed.

A number of activities take place during orientation week. These activities which are conducted by the Staff/Faculty of the India center are described in detail in the following paragraph:

### **Living in India**

This is a two-part session designed to help students become aware of cultural differences so that they can adapt to life in India. Issues regarding travel and safety in India are also discussed. After a week, a second session is held to discuss student experiences and help them cope with their new environment.

### **Yellai Oota—Traditional meal served on a banana leaf.**

This is served at lunch to introduce students to regional cuisine and to familiarize them with customs associated with food, food consumption and hygiene in the region. Students learn about the order in which food is served and placed on the leaf and the social norms regarding serving and eating.

### **Bangalore city tour**

This tour is conducted partly on foot and partly by car/van. Students explore traditional, colonial and modern Bangalore and experience the different lifestyles of the people of the city. Students are encouraged to observe the clash/coexistence of traditional and modern Bangalore as they stroll through the bazaars (in the older parts of the city), malls and technology parks of Bangalore.

### **Survival Kannada**

#### ***Namaskara!***

This session introduces students to commonly used words and phrases in Kannada to help them communicate with neighbors, shopkeepers and auto rickshaw drivers. Students learn, among other things, how to greet people, thank them, introduce themselves, ask for items in a neighborhood store and give directions (to auto rickshaw drivers).

Tumba Dhanyavadagulu!

### **Night tour of old Bangalore**

This tour takes students to the oldest part of Bangalore, to an area which once lay with in the fort built by Kempe Gowda in the 16<sup>th</sup> century. Students visit the place in the evening to experience the transformation of a prosperous commercial center into a popular outdoor eating place after the shutters are pulled down. Food carts line the roads till late into the night, serving tasty and hygienically prepared food, and attracting a varied clientele. Students are encouraged to observe the variation in economic class, religion and dress style of the people who visit the area for a quick bite or for dinner.

### **Dandiya**

Students learn dandiya raas, a traditional folk dance of Gujarat, India. The dance celebrates the victory of good over evil and its simple but fast and rhythmic style serves to bring the community together. The dancers strike decorated wooden sticks—symbolizing swords—and move and twirl horizontally and diagonally, keeping time with the music.

## **IX. The Academic Program**

The India Center implements a curriculum that serves to educate students about the region and its unique character, while also providing a frame of analysis so that students may understand their experiences in a larger context. Emphasis is placed on writing and class discussion, and room for individual creative pursuits is allowed and encouraged. A large part of the curriculum is built around educational field trips, of which there are many throughout the semester. These fieldtrips include a trip to Rajasthan ( Jaipur & Jaisalmer) to observe and learn the North Indian Cultural aspects with an emphasis on a trip to traditional and modernity being an integral part of the cultural transformation, a trip to the Orissa Coast in Central India where students study the danger of the habitat destruction for Olive Ridley Turtles, a trip to Kerala in the Spring Semester with a focus on ‘Sustainable Development and Social Justice’ in the context of Palakkad district of Kerala. Several other trips are planned throughout the semester that will lead students all over the country.

## **Internship, service learning and independent study opportunities**

### **Children’s Issues**

***CWC--Concern for Working Children***—“The project targets kids forced to work in hazardous situations due to poverty, kids from broken homes, neglected/forgotten children and orphans. CWC is working at the local, national and international levels through action, policy research, lobbying and advocacy roles.”

***MAYA--Movement for Alternatives and Youth Awareness***—“Maya focuses on creating child sensitive community interventions in the slums and villages . . . . Community-school interaction is also enhanced through definite programs. . .”

***SOS*** –“SOS Children's Villages is an independent, non-governmental and social development organization, which has been active in the field of children's needs, concerns and rights since 1949. Its activities focus on neglected and abandoned children and orphans, as well as disadvantaged families”

**APSA--Association for Promoting Social Action**—“APSA is a grassroots Community development organization with a focus on the development of the community of the urban slums, street children, child laborers and children in distress (child victims of prostitution, abandoned children, runaway children etc.)”

**BOSCO--** Bangalore Oniyavara Seva Coota action group for children on the street—“Of paramount concern is the growing phenomenon of street and working children in all major cities in India. The alarming pace of urbanization and the proportionately weakening fabric of our social structure and policies are what is forcing such a large number of children everyday into the cities. Our mission is to enable these street and working children enjoy their childhood, strengthen ties with their own families where possible and provide the impetus to join the mainstream of society. It includes rehabilitation of children on the street by partnering them in their daily struggle to grow off the street into the socially contributing and economically independent young people.”

### **Special Needs:**

**Baldwin Opportunity School**—Providing inclusive education for children with special needs.

**Muskaan**—Teaching/volunteering at Muskaan, an organization for mentally/intellectually challenged individuals and their families (in Delhi)

**Spastic Society of India**—“Spastics Society of Karnataka is a Non-Government Organization (NGO) dedicated to the welfare of persons with Neuro-Muscular Disorders and Developmental Disabilities.”

**APD--Association of People with Disability**—“Today APD has several programs under its umbrella. They all embody our philosophy of community based rehabilitation in a practical way: The Schools programme enables children with disabilities to attend mainstream schools. The training Center helps young people with disabilities to acquire trade and industry skills; Computer training for all students; The Horticulture training Center; The Outreach Programme for people with disability in 19 slum areas of Bangalore Community Based; Physiotherapy and the Orthotic appliances unit helping people with disability to be mobile and independent.”

**Basic Needs**—for the mentally challenged. “Basic Needs India Trust is an Bangalore based NGO which helps 9000 mentally ill people and their families across seven states of India, to earn livelihood through various product to lead their life with dignity and make them self reliance.”

**Born free Art School – International:** Arts into Social Change, Bangalore. –Non formal school for underprivileged children.

**Poorna Learning Center-** Alternative educational school, Volunteering/Internship opportunities.

### **Health and Healing**

Meditative and Self Discovery Practices  
Vipassana meditation and research center  
Bihar school of yoga  
Vivekananda yoga kendra  
Ataman Darshan yoga ashram

NIMHANS—National Institute of Mental Health and Neuro Sciences--Yoga research group and yoga therapy  
Yoga at Bharatiya Vidya Bhavan  
Learn Reiki from Reiki Masters (Bangalore and elsewhere)

### **Health issues, allopathy, voga and ayurveda**

**CHC Community health cell**—Programs: educational, Community Health, research, materials publication, public health movement (lobbying with govt. regarding research and policy matters)

**Volunteer work in hospitals** – Mahavir hospital, Ideal nursing home, KC general Hospital

**Learn Ayurvedic therapies** (internship program) from a practitioner at her clinic. Or, from ayurvedic centers in Kerala

**FRLHT**--Foundation for revitalization of local health traditions (researching local health practices--local healers, tribal healers, herbal healing.)

**Suraksha**—AIDS awareness

### **Environmental Issues**

#### **Agriculture, environment, ecology**

Green foundation for seed network

NIAS--National Institute of Advanced Studies—Gender in environmental issues.

Dr. Narayan Reddy's organic farm

Navdarshanam—A community based on sustainable living

Mr. Yalsangi's farm

Navdanya –Research, education, seed bank, organic farm

Auroville—organic farming, sustainable living

Organic Farmers Association of India—Goa

National Institute for Oceanography— Focus areas: coastal development, oil spills, marine ecosystems, mangrove protection and conservation

NGO Sahaja Samruddha

Society for Andaman and Nicobar ecology—Focus areas: coral reef protection, rainforests of Andamans, mangrove ecosystem, conservation, involvement of tribals in conservation.

Centre for Environment Education –Working for tsunami affected rehabilitation.

ATREE --Ashoka Trust for Research on Environment—Concerned with sustainable development, community forestry, agronomy, ecology, biology, environmental education, rural development, conservation, ecological economics, environmental sociology.

Equations—Ecology, Eco-tourism

### **Legal and Social Issues**

Human Rights

Amnesty International India, Delhi

PUCL--People's Union for Civil Liberties (Bangalore)

SICHREM—South India Cell for Human Rights Education and Monitoring—Bangalore

Lawyers Collective in Bangalore—includes HIV/AIDS unit and Women's Rights

| Initiative

### **Diplomacy**

Institute of Peace and Conflict Studies—Delhi—Paid and non-paid internships

### **Women's issues**

Vimochana (Bangalore)—Actively involved in women's rights issues: advocacy, hotlines, women's shelters, and counseling.

Women's Voice—Champions the rights of Dalit women

SAMBHAV (Gwalior)-- "Sambhav Social Service Organization is a voluntary agency working in the areas of rural and urban development, child education and women empowerment through advocacy, direct program interventions and capacity building of the community to access the benefits of the State Programs."

*See also Shanti Ashram (Gandhian Studies)*

### **Performing Arts and Art for Social Change**

Kerala Kalamandalam, Kerala

Darpana, Ahmedabad

Guria, Varanasi

Madhyam, Bangalore

Voices, Bangalore

Little Theatre Group, Bangalore

Rangashankara, Bangalore

Banglatek, Kolkatta

Pravaha, Delhi

Ethnic Kalbeliya dance of Rajasthan in India

### **Gandhian Studies**

Institute for Gandhian Studies--Courses at the Institute for Gandhian Studies (Wardha)--  
"The object of the institute is to promote, organize, sponsor, undertake the study of the life and thought of Mahatma Gandhi as well as the predecessors of Gandhi and contemporary thinkers and social revolutionaries who have drawn inspiration from Gandhi, or arrived at similar views as a result of their own experience and reflections, as also, to undertake comparative studies of the philosophy and methodology of Gandhiji and other thinkers and social revolutionaries."

Shanti Ashram, Coimbatore—"This Gandhian principle provides a spiritual frame for the Ashram's commitment to social action. It is hoped that through concrete social action Shanti Ashram will help make Perur a model block where poverty can be alleviated and holistic development achieved. The Ashram sees her role as that of a catalyst to empower the different sections of the village community."

.....And Many More Interesting Areas to Explore.....

### **Arts, Crafts, Literature, Trades**

Cholamandal Artist's Village, Tamilnadu

Auroville Arts and Crafts

Tangkha painting in Dharamshala and Bylakuppe

Batik and Tie and Dye, Bangalore

Traditional women's arts with local practitioners

Indian Writing in English

**Social Sciences**

Study of specific communities (Islamic culture and society, Chinese communities in India, Tibetan communities in India)

Interfaith studies

Rites and ritual of a specific community

Study of minority communities (Jews, Parsis, Armenians)

Working with media (for social change) –Communication for Development and Learning, Voices, Newspapers

Tata Institute of Social Sciences—Study India Program

Devdasi system in India

**Philosophies and Religions**

Hindu Goddesses

Ashram culture

Study of minority religions

Tibetan Buddhist Philosophy (Dharamshala, Bylakuppe)

Sufism, religious practices and music

Christianity in India

Women saints in India

**IX.A. India Center - Global College, Long Island University**

During Fall Semester, there are 12 credits for required courses and 4 credits for Electives/ Independent study.

During Spring Semester, there are 9 credits for required courses and 7 credits for Electives/ Independent study.

Students with sufficient preparation may design an independent study project (ISP), service learning project, or internship, within certain cultural and linguistic boundaries, and in consultation with their faculty advisor. **First semester students** may earn up to four credits and **second semester students** may earn up to seven credits for independent study.

**Please note that for any electives to be conducted a minimum of 6 students are required.**

## **Course Description Document, Fall – 2009**

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### **Required Courses:**

**Global Issues and Area Studies- Globalization and Change: The Indian Context - 4 Credits**

**Coordinator: Dr. Gajendra Kumar, Associate Professor and Academic Coordinator, India Center.**

### **Course Description**

This course introduces students to various aspects of India's journey from the colonial to the modern era. Till as recently as the 1980's, India was regarded as a poor, backward nation, rich only in its spirituality and ancient literature and traditions. With the opening up of economy and liberalization set at work in the early nineties, a globalization-induced boom launched the country on its voyage to becoming a world power. This course will explore the transformation of India from a colonized nation to an important economic and political player on the global stage from the perspective of the history, politics, culture and economics of the region. Some relevant case studies will be studied and critiqued through short field trips.

As a model study and an offshoot of the process of globalization, students will explore the transformation of Bangalore from a sleepy pensioner's paradise to the "silicon city" of India. The tremendous impact of this change on the society and economy will be studied through classroom session, discussions and field trips. A long field trip to Rajasthan aims to explore and address related issues in the specific context.

**Theory, Culture and Representation I - 3 Credits**

**Instructor: Dr.Gajendra Kumar, Associate Professor and Academic Coordinator, India Center**

### **Course Description**

This course will build on the cultural adaptation skills and research methodologies learnt at the Latin American Center by applying theories of culture to field research. Through a variety of activities and readings, the course will help students develop the cross cultural understanding required to conduct independent studies in different cultural contexts in India. Students will learn to contextualize their experiences by relating them to the

theories learnt, and by identifying the culture-specific aspects of their perception and representation of the “other.” The course will be structured in the following manner:

Analysis and discussion of cross cultural issues using different media.

The experience of a different culture through service learning projects can help one develop the skills to interact with the local community and become aware of cultural issues. It also encourages group bonding.

Guided fieldwork activities to learn research methodologies and review ethnographic case studies to further develop their skills to relate their observations to cultural theories.

### **Writing Course - 2 Credits**

**Instructor: Dr. Cheriyan Alexander, Associate Professor, St. Joseph’s College, Bangalore, India**

### **Course Description**

The primary purpose of the course is to help students shape the raw impressions of their Indian experience and their responses to the readings on Indian/global issues into writing of professional and scholarly quality. If one signs, one can expect to be guided by the instructor (through feedback and constructive criticism) at every stage from free writing/pre-writing through one or two intermediate drafts right up to the final version – the publication-worthy magazine article or the research paper/dissertation.

One can look forward to some really engaging discussions on a whole range of interdisciplinary concerns and benefit from the synergistic ambiance of the classroom sessions. As far as possible this course will use as its raw material the inputs one receives during the sessions of Theory, Culture and Representation and Global Issues and Area Studies at the Center. It will also help you draw on all that you will experience during your numerous exposure visits. This course will thus complement all the other courses you will do here.

### **Elementary Hindi Language - 3 Credits**

**Instructors: Former Group Captain R.K. Tripathi, and Ms. Naveen Shah – Director of India Center**

### **Course Description:**

This course is based on both classroom sessions and guided activity centered learning. The basics of grammar and vocabulary, syntax and simple conversation are taught in an interactive manner. Students are required to attend and actively participate in all sessions and complete the assignments relating to the course.

Reading material for this course will be provided in the form of workbook and assignment sheets. Classes will meet for 45 hours over the semester, including both classroom and activity based sessions.

## *Electives*

### **Basic Yoga - 2 Credits**

**Instructor: France Yoli Maya Yeh Joseph, India Center**

In this course students will gain knowledge of yoga philosophy, yogic traditions across South Asian religious and philosophical systems, terminology and the eight-fold path with a particular focus on Ethics. In addition, they will acquire knowledge of the practice of yoga. Instruction will consist of lectures and demonstrations, practice of skill and techniques, class discussions and readings. The practice aspect will focus on a deeper awareness of the subtle aspects of asana (postures), pranayama (breathing), relaxation and meditation and the relevance of yoga therapy applications for stress management. The course also includes field visits and practice activities/Karma Yoga projects.

Students will complete a response paper outlining their understanding of yoga ethics and on their own ethical self-reflection. Course work also includes adding students' own digital pictures to create a resource of their yoga practice and a short presentation at the end of the course.

### **Global Health and Healing Traditions – 2 Credits**

**Instructor: Ms. Anitha Srinivas, Course Coordinator & Faculty, and India Center**

#### **Course Description**

This course explores the major healing traditions of India and their relevance in current times. Students will study the basic philosophical and theoretical aspects of Ayurveda and other complex systems like Siddha and Unani. The Adivasi (tribal) and folk health traditions are dealt with as set against formalized healing systems. Students learn through study with healing practitioners and experts in formal and informal settings, where a major part of the course will be carried out in the countryside to emphasize connections with nature and the environment, and specific religious-cultural systems. The integrative aspect of different healing systems is also emphasized.

### **Peace and Reconciliation: Probing Indian Tradition and Modernity – 2 – Credits**

**Instructor: Dr. Jamuna Raj, Professor, Dept. of History, Bangalore University, Bangalore, India**

#### **Course Description**

The course seeks to probe deep into approaches to peace and reconciliation in Indian tradition and modernity, and tries to establish the extent of their relevance towards finding global solutions to the problems of the day. Considering the fact that since ancient times Indian tradition has voiced the concern for peaceful coexistence of all on earth [manifest in such ancient Rig Vedic hymns as 'Vasudhaiva Kutumbakam' or 'the globe is one extended family' ], it would be worthwhile to know how these approaches

were continued to be practiced and propagated in various ways, as powerful discourses of peace and reconciliation by the famous ancient emperor turned Buddhist scholar Ashoka the Great [ through his concept of 'Dhamma,' emphasizing a nonviolent state and citizenry ], by the great Mughal emperor of medieval times Akbar [ through his concept of 'Din-E-Elahi' stressing a peaceful coexistence of all on equal terms ], and by the great modern saint and leader of the masses Mahatma Gandhi through his theory and practice of 'Swarajya' and 'Sarvodaya' [Universal Welfarism].

**Indian Cuisine I: Tasting Culture - 2 Credits**  
**Instructor: Naveen Shah, Director, India Center**

**Course Description**

This elective course facilitates the process of grooming the participants towards developing an ethno relative perspective on a very specific cultural representation – Indian Cuisine. The focus is on how through its performative mode, Indian Cuisine embodies, in its own way, the continuity in culture and tradition. By practically learning the art students become critical insiders into culture when students put their skills to test, the outcome is to apprehend and enjoy now globally relevant tastes of Indian dishes.

**X. Advising**

The educational approach of Global College is empowering to students. It allows them a great deal of latitude in planning their own educational agendas. It provides access to far richer learning experiences than institutions that rely solely on classroom-based lectures. And it offers far more resources around the world than almost any other college or university. But in other fundamental ways our educational goals remain similar to that of other schools. Our faculty have a responsibility to guide student learning and to teach, even if our form of teaching is expressed more through advisement or in tutorials than in more formal institutions. We also try to help students identify and insist on their own and others' high academic standards, whether in a research, artistic or action-oriented project.

Since it is our primary mode of instruction, advising must be done regularly and conscientiously. It is the responsibility of the advisor to be available to the student to take advantage of advising as needed. Since advisement is so important in our Program and we base our curriculum around it, advisement cannot simply take the form of casual hallway chats or the occasional phone call. Advisement is to be scheduled, planned for, and documented by both the student and the Faculty Advisor. The India Center has developed an Advisement Record Form that includes the date (of actual or attempted/scheduled contact), the form of contact (e-mail, in-person, letter or paper to/ form, phone calls, fax, etc.), and brief notes regarding the status of current work and/or questions, suggestions, and steps to be taken. It is the India Center policy and expectation that advising must take place every week for a minimum of thirty minutes and up to one hour, but more frequent advising should be made available if deemed necessary by both the student and faculty, but only during the semester and not prior to or after the semester,

Ideally the student and Faculty Advisor meet and discuss in person, but if this is not possible, weekly advisement sessions may be done by other means. Lack of regular attendance to advising sessions by the student may result in poor performance and the loss of credit

. It is the responsibility of each Faculty Advisor to orient current students about advisement procedures at the first appointment, which is to be called by the Faculty Advisor and should discuss: What form of advisement is preferred, and under what circumstances? (Office only? phone calls to home? how late? what days? how frequently?) What format does an advising session typically follow? Students bring different advisement experiences--and, consequently, different assumptions--with them to the India Center, and unless these expectations are made explicit, severe misunderstandings can occur between an advisor and her or his advisee. It is the responsibility of the advisee to make weekly advisement appointments.

To facilitate an understanding of these expectations, the following has been developed:

### **Responsibilities of both Advisor and Student**

- Brainstorm and discuss ideas for papers, internships, independent studies etc.
- Familiarize oneself with the Global College Educational Model, Methodology, and Philosophy ( found in the Global College Handbook and the India Center Handbook)
- Develop and maintain a timetable for advising and academic progression

### **Responsibilities of Advisor**

- Guide students through the process and practical requirements of the semester
- Provide critical analysis by evaluating writing and research skills as well as ensuring there is academic continuity of the student's work
- Individualize advising to address students' needs and issues
- Gain confidence of students that she/he understands the educational model and can help the student benefit fully from it.
- Respond to students' work turned in prior to advising sessions
- Record students' attendance to Advising sessions, keep a record of repeated absence to be reflected in evaluations

### **Responsibilities of Student**

- Schedule and attend regular meetings with advisors
- Prepare and turn in work prior to advising sessions
- Prepare for each advising sessions with questions and concerns in order to play an active role in the process and outcomes
- Be punctual

## **XI. Portfolio of Learning**

It is important for students to understand how the India Center faculty structure and evaluate experiential learning and how students are expected to document this type of learning. Our approach to experiential learning is given form and content in five major ways:

Through a Learning Plan formulated jointly by the student and her or his Faculty Advisor;

Through regular advising sessions, in which a student's ongoing work is reviewed and suggestions are made for proceeding;

Through presentations given before the learning community in which students reflect on, organize and orally present their study as a means of clarifying their learning and giving others the opportunity to benefit from what each student has learned;

Through writing a Portfolio of Learning in which learning is documented, analyzed, presented and reflected upon;

Through faculty evaluation of the Portfolio of Learning, the basis upon which students receive feedback on their work and upon which credit is granted.

### **Learning Plan and Student Contract**

Every student prepares a learning plan to outline the course of study he or she intends to pursue, which is due to the Faculty Advisor, together with the India Center Contract, by the second week of the semester. After reading the Program Handbook and the Guidebook to the India Center, the student should download, sign and submit the India Center Student Contract together with the Learning Plan.

Preliminary planning for the semester is essential to the educational process. As students determine their own course of study in conjunction with their Faculty Advisors, it is essential to prepare a plan that outlines not only a course of study but also goals and learning objectives for the semester. The Learning Plan helps students conceptualize, define, organize, plan, execute, analyze and document their learning experiences.

In addition to helping the student plan the semester, the learning plan also functions as a sort of contract between the student and her or his advisor. The student and Faculty Advisor formalize this contract using the Learning Plan Form, which is a signed agreement between the student and Faculty Advisor that clearly states the course title and description, credit and credit distribution requested by the student, and the requirements for credit, to be determined by the course instructor and Faculty Advisor. Narrative evaluations at the conclusion of the semester will assess the quality of the student's work.

## Portfolio of Learning

The Global College requires that each student produce a Portfolio of Learning in order to receive credit for the term's work. The Portfolio of Learning is the concrete manifestation that serves to document a student's learning during the course of a semester. While largely a written document, the portfolio may include slides, photos, paintings, sketches, tapes, videos, and any other alternative documentation that demonstrate learning acquisition and experience. Interviews, poetry, accounts of failures as well as successes, fiction, and other imaginative and creative elements are encouraged. The Portfolio should contain all those elements stipulated in the current Global College Handbook, and should be divided into sections that reflect each course or area of exploration pursued during the period of study.

In a region where the ancient Indian "gurukula" and the "guru shishya parampara" (teacher's abode and teacher-student traditions) philosophy has been the accepted pattern of learning, evaluation of a Global College student's learning process assumes greatest significance. As in a "gurukula" the evaluation at the Center begins well before the actual portfolio is submitted. In addition to the academic component, evaluation will focus on the student's personal growth and development, and social commitment and ability to act as a responsible member of the larger community of which the student is a part.

The Faculty Advisor in charge of a particular student's portfolio will evaluate the document according to the following criteria:

- A reasonable and logical structure
- A title page in addition to the title cover
- A table of contents
- A bibliography
- A reflective and honest self-evaluation
- Copies of all student's learning plans
- Documentation of all seminars, lectures, demonstrations, field trips, and other activities from the mandatory seminars, language courses, electives, independent studies or internships
- Observation of the process of learning that transpired, to be written in a descriptive style

Demonstration of understanding. This should include documentation of the student's knowledge of the discipline undertaken, written in an analytical style and illustrating a theoretical or critical level of intellectual understanding

- Properly cited references
- Correct writing mechanics, including grammar, spelling, punctuation and proper integration of quotations
- Approaches to an issue, sources of information, methodology, and analysis of the issue by the student will all be taken into consideration during evaluation, as well as the final findings as presented in the formal portfolio.

- All portfolios should be submitted as one document in PDF format on a digital medium, such as a CD or DVD, although the student may also submit a printed copy for the library in addition to the digital copy, which must be professionally bound, on A4 size paper, in order to facilitate shelving. It is the student's responsibility to keep a second copy of this document for her or his own records in perpetuity.
- A suitable length for a term's work should be a minimum length of 2,500 words per credit for all courses, including but not limited to independent studies and internships, the length of which does not include learning plans and front and back matter, such as table of contents and bibliography. For those elective courses taken in the discipline of crafts, trades or profession, and language courses, students must determine a means to document learning progress that can be objectively evaluated, in consultation with her or his Faculty Advisor.
- Students conducting independent study projects or internships may also include alternative and creative documentation, if such documentation is the means of demonstrating understanding, critical reflection and analysis of the subject, and not the subject itself. Such alternative documentation must, however, be substantial and demonstrate serious effort and thought on the part of the student, and may not account for more than twenty percent of the total documentation required, and must be accompanied by at least 2,000 words of analytical writing per credit.

## **Presentations**

Students are encouraged to perform an oral presentation at the conclusion of each semester in front of the learning community during our final in-gathering. This presentation should be a discussion of the student's learning process and accomplishment during the course of the semester. These presentations need not be formal, and there is much room for creativity. Student who have completed an independent study project or internship are particularly encouraged to participate. If you have done an independent study in the performing or visual arts this as a goodtime to show your peers and faculty what you have learnt. Students should allow at least two or three full days to prepare the oral presentation, and are encouraged to invite friends to attend. We want this to be an opportunity for students to present what they have learnt to the entire community and to provide opportunity to practice oral presentation skills at the same time. Presentations are optional, but all students are expected to attend the final in-gathering and provide feedback to those who do present.

First semester junior students are also encouraged to work with the faculty advisor to present the Junior Research Proposal, in order to receive constructive feedback and suggestions from other faculty and peers before setting to carryout the project the following semester.

Second semester junior students are required to present research findings at the conclusion of the semester. The Faculty Advisor's evaluation of these oral presentations

will be included in the narrative evaluation of the course in question as part of the student's permanent record.

### **Self-Evaluations**

Students are asked to evaluate their learning at both mid-semester and at semester's end. The purpose is to allow students a chance to step back and reflect on their own progress, both academic and personal. Self-evaluations are divided into two categories: A course-based evaluation and a more general and personal evaluation. The sole purpose of both of these evaluations is to give the student the opportunity to reflect upon and trace her or his progress during the semester. For the course-based evaluation, the student should comment on her or his performance according to both personal learning objectives and course objectives. The following questions may be used to stimulate thinking in each area, but comments should not be limited to them:

Personal learning objectives- What has/have been the most significant learning experience(s) for you in this course? Explain. Did you develop, change, and progress? Why or why not? Were there any surprises?

Course objectives and Goals- Look at your learning plan statement and think about the objectives you had for each course at the beginning of the semester. Comment on your view of your personal achievement in relation to those goals.

The general self-evaluation should be broader than the course evaluations and should include experiences students had during the semester besides those that are academically based. The following questions should be used to stimulate reflection, but should not limit responses:

Personal- What has/have been the most significant learning experience(s) for you during your stay here? How did it / they affect you? What have you learnt from this/ them?

Cultural- What have you learned about your own culture by being here? What have you learned about Indian culture that is different from what you expected?

All mid-semester evaluations should be submitted to the student's advisor. Semester end evaluations are to be included in the student's Portfolio of Learning .The course evaluation and general self-evaluation should be at the end of the Portfolio.

### **Final Evaluations**

At the culmination of each semester, students submit the final draft of the Portfolios of Learning to their academic advisors, who will evaluate the learning document and assign credit accordingly and provide a narrative evaluation. Grades are not awarded to visiting students unless specifically requested for by the visiting student's home university; instead, students receive a detailed narrative evaluation.

## **XII. Policies and Procedures of the Center**

### **A. Start and End Dates**

**Fall Semester begins : September 4th**  
**Fall Semester ends : December 11th**

India, being a multicultural and multireligious society, celebrates holidays and festivals of various faiths and special interest groups. There are three national holidays: Independence Day, Republic Day and Gandhi Jayanti. Hindu festivals of Diwali, Ganesh Chaturthi, Holi, Ugadi, Dussehra, Sankranthi/Pongal and the Islamic festivals of Eid-ul-Fitr, Eid-ul-Adha, Muharram, and Ramadan are the most popular religious festivals in India. A number of festivals are common to most parts of India. In addition, many states and regions have local festivals depending on prevalent religious and linguistic demographics.

### **The following is a List of Festivals in India:**

**Hindus** celebrate a number of Festivals all through the year. From celebrating the advent of spring to celebrating the win of good over evil, Hindu religion and culture provide its followers endless reasons to celebrate. Given below is the list of just a few of these festivals that are celebrated with great zest and fervor.

Diwali or Deepawali	- Festival of Lights
Ganesh Chaturthi	- The Birth of Lord Ganesha
Dussehra or Daserra	- The 10 <sup>th</sup> day of goddess worship after Navaratri celebrating the win of good over evil
Ugadi	- Kannada New Year
Sankranthi	- Harvest festival in Karnataka
Pongal	- Harvest festival in Tamilnadu
Holi	- Festival of colours
Krishna Janmastami	- Celebrating Krishna's birth
Navratri	- Festival celebrated over 9 nights of goddess worship
Maha Shivaratri	- Dedicated to one of the gods of Hindu trinity, Lord Shiva
Ramanavami	- Celebrating lord Rama's victory over evil forces and return to his kingdom
Hanuman Jayanti	- Celebrating Hanuman's birth

### **Islam**

Eid-ul-Azha or Eid-ul-Adha	- The Festival of Sacrifice,
Eid-ul-Fitr	- Feast of the Breaking of the Fast, symbolizing the end of Ramadan
Muharram	-day of mourning observed by Shiites only

## **Christian**

Good Friday

Easter

Christmas

## **Zoroastrian**

The Parsis account for less than 0.007% of the Indian population, but as Mahatma Gandhi said they are "in number beneath contempt, but in contribution, beyond compare." The same could be said of their festivals. Unfortunately, like the Parsis themselves, these are private and celebrated primarily within the community. The Parsis use the *Shahenshahi* ("Imperial") version of the Zoroastrian calendar, which differs significantly from the *Qadimi* ("Ancient") version that their Iranian co-religionists use. For example, New Year is celebrated in the spring by Iranians but falls in late summer for Parsis. In addition to seasonal festivals, called Gahambars, the most eminent celebratory occasions are listed below:

Pateti - New Year's Day Eve. August-September.

Jamshed-e Navroz - New Year's Day, (Norouz). August-September.

Khordad Sal - Birthday of the Prophet Zarathushtra.

## **Jain**

Mahavir Jayanti - Birth of Mahavira, the last Tirthankara

Mahamastakabhisheka - The festival is held in veneration of an immense 18 meter high statue of the Bhagwan (or Saint) Gomateshwara Bahubali

## **B. Attendance Policy**

All students are expected to be physically in Bangalore and an active member of the India Center learning community between the dates of operation given above in section XII. A.

Exceptions to this rule will be made only for advising semester students and second semester students who have made arrangements with their Faculty Advisor to conduct research elsewhere in India. Students who have completed all their courses, submitted a quality portfolio of learning reviewed and assigned full credit, may with the permission of the Faculty Advisor and Academic Coordinator, petition to leave the country prior to the end of the term.

Attendance is an important part of all courses offered at the India Center. Students are expected to attend all class sessions and to arrive promptly and to stay for the entire

duration of each class. Students who arrive later than fifteen minutes three times will be counted as absent.

Students will be excused in case of illness, but it is the responsibility of the student to provide medical records within three days following the illness. In cases of family emergency, students will be counted as absent half the number of classes missed only, but it is the responsibility of the student to provide a note to each faculty stating the purpose of an extended absence.

### **C. Academic Dishonesty and Plagiarism**

Academic dishonesty includes cheating and plagiarism. Cheating and plagiarism are the two most serious academic offenses. They should be scrupulously avoided, as the penalties are severe.

*Plagiarism* is the use of another person's words or ideas misrepresented as one's own original work. Downloading papers from the internet, or using direct quotes from the work of another, constitutes plagiarism unless these sources are clearly accompanied by appropriate references and citations. Usually this takes the form of footnotes and a complete bibliography. *Cheating* is the use or attempted use on a quiz, test, or other formal examination of sources of information not specifically permitted by the instructor, or the assistance of another student in such unauthorized use of information. The student should assume that the only source of information he or she may make use of in any examination is his or her own mind, unless the instructor specifically allows the use of notes, books, calculators, etc. While Global College students do not take tests to receive their credits, they may at times face challenge exams (CLEP) or an examination required if a student takes an outside class during the course of Global College enrollment. Relying on the work of others in the preparation of the Portfolio of Learning would fall under the category of cheating and/or plagiarism.

In accordance with University policy, the advisor/instructor has the responsibility of determining the student's final credits for a course. The advisor has the right to fail an assignment on which plagiarism or cheating has occurred, and, if he/she should consider that the case warrants it, to award no credits in the course as a result of the student's dishonesty. With the concurrence of the Center's Academic Coordinator, the instructor should notify the student in writing of the reason for no credit in the course, and inform the student of his/her right to appeal the charge of dishonesty. A copy of this letter should be forwarded to the Center Director and the Dean of Global College to be placed on file under the student's name. In cases of cheating or plagiarism, a member of the faculty may also request the Dean to institute proceedings to have the student suspended or expelled.

A student has the right to appeal a charge of dishonesty, within three weeks of receiving notice of the charge from the instructor. He/she may request a hearing from World Council.

World Council will meet to determine whether or not academic dishonesty has occurred. If the panel finds that dishonesty has not occurred, the faculty member must adjust the

student's records accordingly. If the panel finds that dishonesty has occurred, they may recommend a course of action to the instructor in question, but the student's record remains under jurisdiction of the instructor. The committee may also request that the Dean institute proceeding to have the student suspended or expelled.

Students will be asked to sign a contract on entering the India Center to show their willingness to respect the academic and safety policies of the Center. This contract can be found on the last pages of this handbook. You will be asked to hand in this form upon your arrival to the India Center.

### **Preferred Citation Style**

Students may use either one of the following styles:

- MLA
- APA
- Chicago Manual of Style
- Kate Turabian's *A Manual for Writers of Term Papers, Theses, And Dissertations*

### **XIII. Health/Medical Information**

Health care in India is among the best in the world, and considerably less expensive than comparable care in the United States. Furthermore, Indian doctors and nurses are known for their informed and dedicated care all over the globe. The India Center maintains contact with well known hospitals and health care professionals in the city.

The health information mentioned below is the result of information handed down from students from semester to semester, and therefore must be taken only as a guide and not authoritative medical advice. Please ask for and get details from a health specialist who is experienced in treating overseas travelers. We also suggest that inquiries are directed to the Center for Disease Control ([www.cdc.gov](http://www.cdc.gov)). Bulletins published by the World Health Organization are also useful sources of information.

It is important you get the proper immunizations and malaria prophylactics before coming to India.

All immunizations given and prescribed medicines should be recorded in a World Health Organization "yellow book" to be kept with your passport.

Students are requested to have their BLOOD TYPE verified by their family doctor before their arrival at IC. This will be useful in case you need medical attention.

## Recommended Vaccinations and Preventive Medications

The following vaccines may be recommended for your travel to India. Discuss your travel plans and personal health with a health-care provider to determine which vaccines you will need.

Hepatitis A or immuno globulin (IG). Transmission of hepatitis A virus can occur through direct person-to-person contact; through exposure to contaminated water, ice, or shellfish harvested in contaminated water; or from fruits, vegetables, or other foods that are eaten uncooked and that were contaminated during harvesting or subsequent handling.

Hepatitis B, especially if you might be exposed to blood or body fluids (for example, health-care workers), have sexual contact with the local population, or be exposed through medical treatment. Hepatitis B vaccine is now recommended for all infants and for children ages 11–12 years who did not receive the series as infants.

Rabies, if you might have extensive unprotected outdoor exposure in rural areas, such as might occur during camping, hiking, or bicycling, or engaging in certain occupational activities.

Typhoid-Typhoid fever can be contracted through contaminated drinking water or food, or by eating food or drinking beverages that have been handled by a person who is infected. Large outbreaks are most often related to fecal contamination of water supplies or foods sold by street vendors. Vaccination is particularly important because of the presence of *S. typhi* strains resistant to multiple antibiotics in this region. There have been recent reports of typhoid drug resistance in India and Nepal.

As needed, booster doses for tetanus-diphtheria and measles, and a one-time dose of polio for adults. While it's true that diseases long vanquished in the West still take a toll here, most visitors can travel in reasonable safety by practicing some basic preventative steps. The truly gruesome diseases like leprosy are basically impossible to catch through casual contact, and most of the deformities you see among the halt and lame at the roadside are the results of birth defects, accidents, or neglect of minor injuries turned infectious. If India had even a minimal public health system, working sewers, and a clean water supply that reached the bulk of the people, there would be a huge improvement in the general health of the population.

Travelers coming from countries where basic health facilities and public sanitation are taken for granted need to condition themselves to a new reality while traveling in India. You must become very pro-active about your health. Be aware of common diseases you can encounter here, how you get them, and some of the symptoms. Get the advice of a doctor about inoculations required and other medical precautions you should take. Carry a simple first aid kit, and make sure it is with you all the time. Keep it simple. Band-Aids, antiseptic, and mosquito repellent are the minimum. Some travelers bring large amounts of antibiotics and other medicines from their home country "just in case". This is wasteful and unnecessary (unless you have a specific drug you need to take regularly) as India has a well developed pharmaceutical industry and most any drug is

available here. Often, Indian doctors will be able to advise more recent and effective treatments for tropical diseases than Western doctors with little tropical background. Should you get sick, you can get excellent medical attention in India. (This doesn't mean you will get it. You must be pro-active about your medical treatment, as you must be about so many other things.)

It is certainly possible to travel in India without getting sick. But it is also possible, even being terribly careful, to get sick here. Usually it is that kind of minor bug that provides a bit of conversation at backpacker gatherings, but sometimes it is more annoying. Besides personal hygiene (wash hands often, keep finger nails short, treat minor cuts and scrapes immediately) travelers should be concerned with three key areas - clean water, cooked food, and avoiding mosquitoes. The most common and incapacitating diseases are gastro-intestinal upset, hepatitis and mosquito borne diseases like dengue fever, Japanese encephalitis, filaria and malaria.

### **Malaria**

Malaria is always a serious disease and may be a deadly illness. Humans get malaria from the bite of a mosquito infected with the parasite. Prevent this serious disease by seeing your health care provider for a prescription antimalarial drug and by protecting yourself against mosquito bites. Your risk of malaria may be high in these countries, including cities. Travelers to malaria-risk areas, including infants, children, and former residents of the Indian Subcontinent, should take an antimalarial drug.

**NOTE: Chloroquine is NOT an effective antimalarial drug in the Indian Subcontinent and should not be taken to prevent malaria in this region.**

It is recommended to take one of the following antimalarial drugs:

**atovaquone/proguanil,  
doxycycline,  
mefloquine,  
primaquine (in special circumstances).**

Atovaquone/proguanil is a fixed combination of two drugs, atovaquone and proguanil. In the United States, it is available as the brand name, Malarone™.

### **Food and Waterborne Diseases**

Make sure your food and drinking water are safe. Food and waterborne diseases are the primary cause of illness in travelers. **Travelers' diarrhea** can be caused by viruses, bacteria, or parasites, which are found throughout South Asia and can contaminate food or water. Infections may cause diarrhea and vomiting (*E. coli*, *Salmonella*, cholera, and parasites), fever (typhoid fever and toxoplasmosis), or liver damage (hepatitis).

Clean drinking water, these days, is not too difficult since bottled water is sold in most places. A recent survey of some popular brands conducted by the magazine INDIA TODAY indicated that the brands they tested all fell short of ideal purity but none seemed to harbor serious disease causing organisms. Not the best news, but definitely safer than relying on tap water. In the past, rumors of bottled water refilled from local taps and resold were common enough but these days bottled water is a fairly mature industry and supplies seem reliable. Check the seal, and see if things are floating in it before buying. A certain amount of suspicion can be healthy. **DO NOT DRINK ANY COLD WATER THAT IS NOT BOTTLED.** Bottled water can be found in almost all stores and pharmacies. Stock yourself with an adequate supply of mineral water while traveling or eating out in small restaurants. Make sure you buy standardized brands like Bisleri, Kinley and Aquafina and return the bottle if the seal has been tampered with. The UV treated and Aquaguard filtered water available in most restaurants is potable. Bangalore does not enjoy a 24 hour water supply, so use it wisely.

You may sometimes encounter backpackers who drink the local water everywhere and claim no ill effects. Do not listen to them. Considering the antiquated state of most Indian cities' water systems, where ancient sewage pipes leak into rusting water mains, it is probably just a matter of time before they encounter something their system can't deal with. Also, the treatment of drinking water in local restaurants is terrifyingly casual - often one large storage bin that every waiter dips poorly-washed glasses into. The vectors for rapid transmission of diseases are in place.

As a result, it is not surprising to encounter travelers suffering from mild to major problems with their intestines. In fact, a common topic of discussion at backpacker gatherings is the condition and nature of one's shit. Mild stomach upset and diarrhea caused by unfamiliar or overly spicy food affect many travelers from time to time. Most people consider it an initiation into India and a minor irritant. For minor intestinal problems, try increasing your intake of both papaya and yogurt, and make sure you drink a lot of (non-alcoholic) liquids. Rehydration salts, available at medical shops, may be useful. "Intestinal brakes" like Lomotil and Kaopectate aren't generally recommended. Major problems, with symptoms which include blood or pus in stools, and/or fever merit consulting a doctor. Persistent, recurring problems that you can't seem to shake.

Where water might be contaminated, it is advised that ice should also be considered contaminated and should not be used in beverages. If ice has been in contact with containers used for drinking, students should be advised to clean the containers thoroughly, preferably with soap and hot water, after the ice has been discarded. It is safer to drink a beverage directly from the can or bottle than from a questionable container. However, water on the outside of beverage cans or bottles may also be contaminated. Therefore, students should be advised to dry wet cans or bottles before they are opened and to wipe clean surfaces with which the mouth will have direct contact. Where water may be contaminated, travelers should be advised to avoid brushing their teeth with tap water.

**AS WATER IS RARE COMMODITY IN BANGALORE, ALL ARE REQUESTED TO USE IT JUDICIOUSLY.**

## **Food:**

Water isn't your only concern. What food you eat, how it's cooked, stored and served is important too. As a rule, stick to freshly cooked food, made in a reasonably clean restaurant. (This doesn't mean the high priced food in major 5-star hotels.) As it is the world over, you can sometimes get excellent, safe food in a grotty tea shop, and stomach churning food in a high priced fancy place. Here are some things to consider:

- Freshly cooked food is safest. Food left sitting can attract flies, which may have winged over from a nearby latrine.
- Be wary of salads and fresh vegetable garnishes. There isn't much awareness of washing vegetables before serving. Don't even trust the fanciest of restaurants enough to eat raw vegetables there.
- Fresh fruit juices can be a problem, since many tropical fruits blend into a pulp that you have to dilute with water. It's unlikely that the vendor is adding expensive bottled water.
- Ice can be suspect, especially if it has arrived in a block carried on a bicycle and dropped off on the street in front of the restaurant.
- Quite a few travelers avoid meat in India, reasoning that meat is more likely to be off, or make you sick. India has probably the best vegetarian cuisine in the world, so this is no hardship.

However, if your diet does include meat you may not want to miss some of the excellent meat dishes you can get here. As a rule, though, don't do your meat ordering in the lower end restaurants or station platforms.

Keep your finger nails short and clean. Wash your hands frequently, and especially before you eat. Even the dirtiest dive will have a place to wash hands, though they may not have soap. Carry some with you, though you can usually get someone to deliver a tiny sliver of soap or a bit of liquid or powdered dish soap if you protest long enough. More and more restaurants, even on the low end, are trying to supply soap.

## **Avoiding Mosquitoes :**

There are several nasty diseases you can get this way, and India has an overabundance of mosquitoes. Don't panic. Many types of them don't carry serious diseases, and those types that do are not necessarily infected unless they have bitten a carrier recently. Still, mosquito-borne diseases can be very serious, even fatal and you should develop some habits that will minimize the amount of exposure you have to mosquitoes. Use a good repellent. You can bring one from the home country, but there are quite adequate repellants here. "Odomos" is one brand that is freely available, seems to work pretty well, and is inexpensive. Dusk seems to be the "*Mosquito Hour*" and it's a good idea to oil up before that - say 5:30 or 6:00 and perhaps change into a long-sleeved shirt and pants. If you make a routine of it you're less likely to suddenly realize that the sun's gone down and you've got welts all over your exposed skin. Malaria-carrying mosquitoes, in particular, bite in the early evening and early morning. Dengue mosquitoes apparently like dark, shady areas around a house and bite in the daytime so, if you hear of dengue around, you may want to apply repellent in the day too. If you're in an area with an

outbreak of Japanese encephalitis you will want to be careful. When you see reports in the papers of cases of "brain fever" assume it is encephalitis.

Other defenses against mosquitoes include a mosquito net. You can also buy mosquito coils that burn about 8 hours or so and keep mosquitoes away. The problem is that the coils break easily and there is a risk of fire. Also, they are very inexpensive.

You can also buy a little electric heater pad that heats a chemically impregnated mat releasing mossier-killing vapors. These heaters and mats are readily available and are fairly easy to carry. However you do need electricity - something to remember if you are going either REALLY low budget or somewhere rugged. They are supposed to be used in a well ventilated room. Reduce the number of mosquitoes around you, if possible. One trick is to try and get a room as high above the ground as possible. Third and fourth floor rooms seem to have fewer mossier than those below. Maybe the commute is too much for them. And a good strong fan running all night helps keep them away while you sleep, but beware of power outages. Don't forget to use repellent when traveling on trains overnight, unless perhaps in Air Condition class. Trains can stop, sometimes for long periods in the night, and you may be exposed to all kinds of new mosquito types as you sleep. Malaria drugs are often recommended as preventative, but there seem to be various views on the use of such drugs. In some cases they can mask symptoms if you do get infected. Also, the local mosquitoes may be resistant to that drug and sometimes the side effects of these drugs can be annoying, even dangerous. Also, you can't use them for very long. (If you're resident out here you'll have to put up major mosquito defenses, like window screens or sleeping nets.) Check with a doctor who is knowledgeable in the latest practices. And be aware that in some Western countries the public health services require their citizens to use such a prophylactic when they travel in malaria countries or they cannot claim treatment at home if they contract the disease.

### **Bed Bugs :**

Not related to mosquitoes, but extremely annoying is the problem of bed bugs. This is not a widespread a problem as one would suspect, considering the look of many low-end hotel rooms, perhaps because many such hotels anticipate the problem and spray rooms and beds regularly. Most hotels will let you have a look at the room before you check in. Look for tiny blood smears or stains on the sheets or even the walls. Or look in the cracks on the bed or under the mattress for dead bugs. If you find your room does have bed bugs, move immediately to another hotel.

### **AIDS**

AIDS has been spreading in India, as in many other countries, at an alarming rate. If you do not already have a good idea of the seriousness of this disease, know how it is transmitted, and what precautions you must take, OR if you do not think AIDS can or will infect you if you are careless, then you are making a big mistake. Apply the same caution in India that you should apply anywhere else. And make sure that others you deal with are also cautious. This is particularly true with medical personnel. Every good doctor or hospital in India will be acutely aware of the seriousness of the AIDS epidemic. However, as with many other areas of your experience in India, it is important to be pro-active. Make sure any syringes used are disposable and properly sealed. Better

yet, carry your own syringes. And watch how they are handled by the medical people. There are excellent, aware doctors and medical staff in India, but, unfortunately, there are also incompetent ones. Even in good hospitals carelessness can happen. Be pro-active.

### **Hepatitis:**

There are several strains of the Hepatitis virus. Hepatitis-A is fecal borne and good hygiene and care about drinking water should protect you. Hepatitis-B and some other strains are transmitted in a similar manner to AIDS. Protect your self the same way. There is a vaccination available for Hepatitis-B and you may consider asking a doctor's advice about taking it, especially if you frequently travel in India and other parts of Asia.

### **Dehydration and Sun/Heat Stroke:**

The sun and the heat it generates can be a powerful force in India, even in the cooler winter months. You may not notice the process of dehydration until weakness and dizziness set in. Make it a point to drink a lot of liquids, especially water. Rehydration salts from a medical shop may help. You can eat them as powder or mix them in water.

Be wary of sunburn. Use a sunscreen. Wear a hat. Good sunglasses will protect your eyes. Avoid too much activity in the hotter parts of the day. Go native. Take a siesta if you can

### **B. Reminder of Mandatory Health Insurance**

It is mandatory for all students coming to the India Center to carry their Health Insurance Records. All students will automatically be charged for international health insurance every semester. The fee will be reflected on the tuition bill.

Note: The "MMR" series is a mandatory requirement for students attending Long Island University. Failure to provide documentation will result in registration blocks.

## **XIV. Safety Issues**

Issues of safety of Global College students are of paramount importance to the India Center. When students leave the United States, they are subject to abide to the laws of the country they are visiting. Therefore, before a student leaves, we suggest that he/she learn as much as he/she can about the local laws and customs of the places they plan to visit. For more details please refer to page number 54 on cultural pointers of India.

Best resources may be available with the travel agent, and the embassy, consulate or tourist bureaus of the region they visit. In addition, keep track of what is being reported in the media about recent developments in the region the student plans to travel.

The India Center keeps in touch with the US consulate so that we are up-to-date on the safety security warnings regarding India.

Every Semester the Center organizes session /workshop wherein we invite one of the consulate members to inform students about safety/health issues and precautionary measures to be taken by the students while they are traveling in India.

Students are required to keep in close contact with the center when they are traveling outside of Bangalore. A contract must be signed which stipulates that each student must call his or her advisor at least once a week while away from the center.

The India Center takes care of student safety to the extent possible while they are studying in the region. The following are the various measures we have taken to ensure the safety of the student who is enrolled at the IC:

- All students are registered with the embassy or consulate of their home nations in case of emergency.
- All students are registered with the local police in Bangalore upon arrival, to avail Residential Permit.
- Sessions on cultural pointers and safety are held during the semester
- Continuing students provide practical advice to new students based on their previous experiences
- Coordinators for student safety, if required by the students (especially if the student number is large), are elected during community meetings. The handouts prepared by the staff serve as guidelines for the student discussions and all faculty and staff are aware of these principles.
- The local police check on our Center regularly on their beat especially after 9 p.m.
- Students planning to travel to high altitudes, e.g. Dharamsala, Lhasa, Nepal are strongly advised to check that they are not susceptible to High Altitude Sickness. Please be aware that this can result in very serious illness, even death.

- Students planning on leisure-time activities which are potentially dangerous, e.g. rock climbing, white water rafting etc. are warned that these activities will be undertaken at STUDENTS' OWN RISK.

**STUDENTS ARE ABSOLUTELY PROHIBITED FROM OWNING OR DRIVING A VEHICLE WHILE AT THE India Center, DUE TO SAFETY REASONS**

- The use of hallucinogenic and/or other illegal drugs is strictly forbidden by Indian law and by the India Center of Global College.  
Students are informed that they are subject to local laws. Anyone arrested can plan on a much extended stay in India under uncomfortable conditions. Neither India Center nor the U.S. offices of Global College/Long Island University can be responsible for legal assistance or further support in such a situation. Besides jeopardizing your own safety, please know that your participation in illegal behavior can result in the closing of the India Center by Indian authorities.

**Please keep in mind the following:**

### **Photography**

In India you can be detained for photographing security-related institutions, such things as police and military installations, government buildings, border areas and transportation facilities. If you are in doubt, ask permission before taking photographs.

### **Purchasing Antiques**

In India with strict control of antiques, document your purchases as reproductions if that is the case, or if they are authentic, secure the necessary export permit (often from the national museum). It is a good idea to inquire about exporting these items before you purchase them.

### **Terrorism**

Terrorist acts occur unpredictably, making it impossible to protect yourself absolutely. The first and best protection is to avoid travel to areas where there has been a persistent record of terrorist attacks or kidnappings.

In addition, the center has developed a policy which restricts regions in which students may travel, either for personal or academic reasons. All decisions are made on the basis of US State Department circulars, recent events, local and international news.

Most terrorist attacks are the result of careful planning. Just as a car thief will first be attracted to an unlocked car with the key in the ignition, terrorists are looking for the most accessible targets. The chances that a tourist, traveling with an unpublished program or itinerary, would be the victim of terrorism are slight.

In addition, many terrorist groups, seeking publicity for political causes within their own country or region, may not be looking for American targets. Nevertheless, the following pointers may help you avoid becoming a target of opportunity. They should be considered as adjuncts to the tips listed in the previous sections on how to protect yourself against the far greater likelihood of being a victim of crime. These precautions may provide some degree of protection, and can serve as practical and psychological deterrents to would-be terrorists.

Schedule direct flights if possible and avoid stops in high-risk airports or areas.

Be cautious about what you discuss with strangers or what others may overhear.

Try to minimize the time spent in the public area of an airport, which is a less protected area.

Move quickly from the check-in counter to the secured areas. Upon arrival, leave the airport as soon as possible.

Keep an eye out for abandoned packages or briefcases, or other suspicious items. Report them to airport authorities and leave the area promptly.

Avoid obvious terrorist targets such as places where Americans and Westerners are known to congregate. Always seek Center Personnel's help to guide you in this regard.

## **PRECAUTIONS TO TAKE WHILE TRAVELING:**

### **Safety on the Street**

- Use the same common sense traveling overseas that you would at home. Be especially cautious in (or avoid) areas where you may be more easily victimized. These include crowded subways, train stations, elevators, tourist sites, market places, festivals and crime-ridden neighborhoods.
- Don't use short cuts, narrow alleys or poorly lit streets.
- Try not to travel alone at night.
- Avoid public demonstrations and other civil disturbances.
- Keep a low profile and avoid loud conversations or arguments.
- Do not discuss travel plans or other personal matters with strangers.
- Avoid scam artists by being wary of strangers who approach you and offer to be your guide or sell you something at bargain prices.
- Beware of pickpockets. They often have an accomplice who will:

\*jostle you,

\*ask you for directions or the time,

\*point to something spilled on your clothing, or distract you by creating a disturbance.

\*Beware of groups of vagrant children who create a distraction while picking your pocket.

\*Wear the shoulder strap of your bag across your chest and walk with the bag away from the curb to avoid drive-by purse-snatchers.

\*Try to seem purposeful when you move about. Even if you are lost, act as if you know where you are going. Try to ask for directions only from individuals in authority.

\* Know how to use a pay telephone and have the proper change or token on hand. (In order to use the Pay Telephone, you need to first insert a one rupee coin to get the dial tone. The one rupee call will last for three minutes .Use another coin if you need to continue the conversation once you hear the beep sound)

\*During orientation week, we conduct Survival kannada classes wherein Students learn some of the common phrases which help them while they are exploring Bangalore by themselves. Keep in mind and remember a few phrases in the local language or have them handy in written form so that you can signal your need for police or medical help.

\*Make a note of emergency telephone numbers you may need: police, fire, your home, Center Personnel number and the nearest U.S. embassy or consulate.

### **Safety in Your Hotel/Home Stay**

While you are traveling alone either on academic purpose or leisure trip:

- keep your hotel /house door locked at all times. Meet visitors in the lobby.
- Do not leave money and other valuables open in your room while you are out. Use the hotel safe.
- If you are out late at night, let someone know when you expect to return.
- If you are alone, do not get on an elevator if there is a suspicious-looking person inside.
- If you are in a hotel read the fire safety instructions in your hotel room. Know how to report a fire, and be sure you know where the nearest fire exits and alternate exits are located. (Count the doors between your room and the nearest exit; this could be a lifesaver if you have to crawl through a smoke-filled corridor.)

### **Safety On Public transportation:**

Following is the information which you need to keep in mind while you are using public transportation in India:

#### **Trains:**

Well-organized, systematic robbery of passengers on trains along popular tourist routes is a problem. It is more common at night and especially on overnight trains.

If you see your way being blocked by a stranger and another person is very close to you from behind, move away. This can happen in the corridor of the train or on the platform or station.

Do not accept food or drink from strangers. Criminals have been known to drug food or drink offered to passengers. Criminals may also spray sleeping gas in train compartments. Where possible, lock your compartment. If it cannot be locked securely, take turns sleeping in shifts with your traveling companions. If that is not possible, stay awake. If you must sleep unprotected, tie down your luggage and secure your valuables to the extent possible.

Do not be afraid to alert authorities if you feel threatened in any way. Railway police are often assigned to ride trains on routes where crime is a serious problem.

### **Buses:**

Sometimes the same type of criminal activity found on trains can be found on public buses on popular tourist routes. For example, tourists have been drugged and robbed while sleeping on buses or in bus stations. In some countries, whole busloads of passengers have been held up and robbed by gangs of bandits.

### **Traffic Safety and Road Conditions:**

In India, U.S. Americans may encounter road conditions that differ significantly from those in the United States. The information below concerning India is provided for general reference only, and may not be totally accurate in a particular location or circumstance.

Outside major cities, main roads and other roads are poorly maintained and congested. Even main roads often have only two lanes, with poor visibility and inadequate warning markers. On the few divided highways one can expect to meet local transportation traveling in the wrong direction, often without lights. Heavy traffic is the norm and includes (but is not limited to) overloaded trucks and buses, scooters, pedestrians, bullock and camel carts, horse or elephant riders en route to weddings, and free-roaming livestock. Traffic in India moves on the left. It is important to be alert while crossing streets and intersections, especially after dark as traffic is coming in the “wrong” direction (i.e., from the left).

**Emergency Numbers:** The following emergency numbers work in New Delhi, Mumbai, Chennai, Calcutta and Bangalore:

Police 100

Fire Brigade 101

Ambulance 102

### **How to Handle Money Safely**

- To avoid carrying large amounts of cash, change your travelers' checks only as you need currency. Countersign travelers' checks only in front of the person who will cash them.

- Do not flash large amounts of money when paying a bill. Make sure your credit card is returned to you after each transaction.
- Deal only with authorized agents when you exchange money, buy airline tickets or purchase souvenirs. Do not change money on the black market.
- If your possessions are lost or stolen, report the loss immediately to the local police. Keep a copy of the police report for insurance claims and as an explanation of your plight. After reporting missing items to the police, report the loss or theft of travelers' checks to the nearest agent of the issuing company, credit cards to the issuing Company, airline tickets to the airline or travel agent, passport to the nearest U.S. embassy or consulate.

### **Women Travelers:**

The note in The Lonely Planet Guide about the challenges women visitors to India face best reflects our opinion on the subject. We've reprinted in below:

Foreign women traveling in India have often been viewed by Indian men as “free and easy” a perception derived from watching cheap Western soaps through a different cultural lens. Consequently, women have been hassled, stared at, spied on in hotel rooms, and often groped, although the situation was rarely threatening.

Close attention to standards of dress will go a long way to minimizing problems for female travelers. The light cotton drawstring skirts that many foreign women pick up in India are really sari petticoats. To wear them in the street is rather like going out half-dressed! Ways of blending into the Indian environment include avoiding sleeveless blouses, skirts that are too short and, of course, the bra-less look.

Getting stared at is something which you will have to get used to. Don't return male stares, as this will be considered a come-on; just ignore them. Dark glasses can help. Other harassment likely to be encountered includes obscene comments, touching, and jeering (particularly by groups of youths). Getting involved in inane conversations with men is also considered a turn-on. Keep discussions down to a necessary minimum unless you are interested in getting hassled.

(The Lonely Planet Travel Survival Kit – India)

Several women have reported being molested by masseurs and other therapists in Varanasi and McLeod Ganj. No matter where you are, it's always wise to check the reputation of any teacher or therapist before going along to a solo session. If at any time you feel uneasy, simply leave. In all parts of India (as elsewhere in the world) women should avoid walking alone in the streets late at night.

### **A. Emergency Procedures**

The India Center follows all emergency procedures established by the Global College and Long Island University. The Center will follow procedures as directed by the U.S. State Department or regional consulate in case of emergency. Students are expected to

follow the warnings and directives issued by the governments of U.S as well as India on the current Safety Status for U.S or foreign residents.

All students are registered with the local police in Bangalore upon arrival, to avail Residential Permit. All students are registered with the embassy or consulate of their home nations in case of emergency. Students are requested to always carry with them copy of the passport and a copy of the residential permit when they are traveling. Students should be advised that their passport is the property of the U.S. government and is not a personal possession, so it is the responsibility of the holder to ensure that it is not stolen or lost.

If a passport is lost or stolen, the student must report the incident to the local police station immediately and to the U.S Consulate in Chennai within 24 hours.

## **B. Emergency Contacts**

All students must fill in emergency contact forms on arrival at the India Center with the correct address and phone number of people to be contacted in case of any emergency. The students are registered with the U.S Consulate at Chennai and will be apprised of travel warnings and other situations regularly through e-mail and the Center. The students must keep in touch at least once a week with the center by e mail or by phone when out on the field. Students will be given a list of phone numbers of faculty and staff at the Center to contact in case of emergency.

In Case of medical emergency, the Center will support the student to find medical services .The Center has various contacts in the field to support students in case of an emergency.

Students who become sick with the common cold or flu should first look after their own health, drink plenty of fluids and take rest. If after three days students continue to be ill, they are advised to consult a doctor at one of the hospitals which the Center has contacts with or any of the clinics in the locality. Prior appointments will also be taken by the Student Services personnel and will also accompany the student to the hospital, if required. Students who are ill for more than three days should inform the Academic Director and the Faculty Advisor. In case of serious illness or injuries, the Academic Director will contact the world Headquarters, who will report the incident to the student's parents. It is the student's responsibility to carry valid health insurance and a valid credit card on their person at all times. In most cases, hospitals in India require payment in cash or by credit in advance of treatment.

The hospitals are open 24/7 with duty doctors on round for any casualties. The Out patient departments however are open only during regular business hours from 9.00am to 6.00pm.

### **Hospitals**

**Wockhardt Hospital & Heart Institute, Bangalore**  
14, Cunningham Road,

Bangalore 560 052, INDIA.  
Tel.: +91-80-22261037, 22281146  
Emergency:  
**Toll Free No 105711**  
**24 Hour Helpline**  
**91-80-66214101, 66214111**  
Outpatient Department  
**91-80-66214120, 66214121**

Wockhardt Hospital is associated with Harvard Medical International ,USA. As associate hospitals of HMI in India, Wockhardt Hospitals benefit from the extensive learning and experience of Harvard Medical School and its affiliated institutions world-wide and strive to bring to its patients the benefits of global standards in technology and clinical expertise.

**Columbia Asia Medical Center, Hebbal**  
Kirloskar Business Park, Bellari Road  
Hebbal , Bangalore- 560024  
Contact-41791000  
Clinic Hours – 08.00 to 20.00

Columbia Asia's first model hospital in India is located in the Hebbal neighborhood of Bangalore, India on the highway to the proposed new international airport. The hospital will provide multi-specialty healthcare services covering Outpatient and Inpatient Specialists and 24 hours Accident and Emergency Services utilizing the latest medical technology. With over 30 doctors on staff, and over 175 Nursing & Paramedical Personnel, all of whom are leading practitioners in their respective disciplines, the hospital is well prepared to deliver effective and affordable healthcare.

**Lakeside Hospital (open 24 hrs)**  
33/4, Meanee Avenue, Ulsoor,  
Bangalore - 560042  
Phone: +91-80-556 6738 / 536 0823 / 536 6723

**Bangalore Baptist Hospital,**  
Bellary Road (Bangalore-Hyderabad NH),  
Hebbal, Bangalore - 560 024.  
Phone: 23330321-24,  
Fax: 23437970  
email: [bbh@vsnl.com](mailto:bbh@vsnl.com)

## Emergency Contact Numbers:

### A. In Bangalore

Police	100
<u>Ambulance:</u> Wockhardt Hospital Mallya Hospital Red Cross Society	102 22261037 22277929 / 22277990 22264205 / 22268435
<u>Hospitals</u> Wockhardt Hospital Baptist Hospital Mahaveer Jain Hospital Columbia Asia Lake Side hospital	22261037 - Cunningham Road 23330321/322/323 - Hebbal 22267333 / 2226751 - Vasanthnagar 41791000 – Hebbal 2556 6738/2536 0823- Ulsoor
<u>Blood Bank:</u> Red Cross Society Rotary – TTIC	22264205 / 22268435 25287903 / 25293486
General Enquiries	22222222
Postal Enquiry: GPO	22866772
Weather Forecast	22211118
Fire Brigade	101
Traffic Complaint	103
Cardiac Helpline	1051 / 22268888
<u>Women in Distress</u> Vimochana Vanitha Sahayavani	25269307 1091
Gas leak	23349011

### U.S. Consulates in India

The U.S. Consulate General in Chennai (Madras) is at 220 Anna Salai, Gemini Circle, 600006; telephone +91-44-2857-4000; fax +91-44-2857-4443. The Internet home page address is <http://chennai.usconsulate.gov>. This consulate is closest to the Southern region, Bangalore, where the Center is located.

The U.S. Embassy in New Delhi is located at Shanti Path, Chanakya Puri 110021; telephone +91-11-2419-8000; fax +91-11-2419-8407. The Embassy's Internet home page address is <http://newdelhi.usembassy.gov>. (Note that the “+” sign indicates your international access code, which in the United States is 011-, but which is 00- in most other countries.)

The U.S. Consulate General in Mumbai (Bombay) is located at Lincoln House, 78 Bhulabhai Desai Road, 400026, telephone +91-22-2363-3611; fax +91-22-2363-0350. The Internet home page address is <http://mumbai.usconsulate.gov>.

The U.S. Consulate General in Calcutta (now often called Kolkata) is at 5/1 Ho Chi Minh Sarani, 700071; telephone +91-33-3984-2400; fax +91-33-2282-2335. The Internet home page address is <http://calcutta.usconsulate.gov>.

The American Corner in Bangalore is a partnership between the American Information Resource Center (AIRC), U.S. Consulate General, Chennai, and the Bharatiya Vidya Bhavan in Bangalore.

American Corner  
Bharatiya Vidya Bhavan  
Race Course Road  
Bangalore 560 001  
Phone: 080 - 2226 5746 / 7303 / 7421  
Fax: 080 - 2228 7373  
email: [contactus@bharatiyavidyabhavan.com](mailto:contactus@bharatiyavidyabhavan.com)  
Hours: 10:00 a.m. to 5:30 p.m., Mon- Fri  
10:00 a.m. to 1:30 p.m., Saturday

### **C. Global College Contact Numbers**

#### ***India Center***

Address # 7/1 ,Cunningham Road Cross, Bangalore 560052  
Contact 011-91-80-22281096/ 22380139  
E-mail [indiacenter@globalcollegeic.org](mailto:indiacenter@globalcollegeic.org)  
Website [globalcollegeic.org](http://globalcollegeic.org)  
Fax 011-91-80-22372589

#### ***Naveen Shah***

Address #279,15<sup>th</sup> main road, RMV Extension,  
Sadashivnagar, Bangalore 560080  
Contact 011-91-80-32711022 / 011-91-0-9341211022  
E-mail [navsha69@hotmail.com](mailto:navsha69@hotmail.com)

#### ***Sheela Thyagaraj***

Address #66, Gundappa Blk, Manju Nilaya  
J. C. Nagar, Bangalore 560006  
Contact 011-91-80- 23331140 /011-91-0-9845135681  
E-mail [sheeladaksha@yahoo.com](mailto:sheeladaksha@yahoo.com)

#### ***Sudha Sridhar***

Address 141/2,8th main, 19th cross,M.C. Layout  
Vijaynagar, Bangalore 560040  
Contact 011-91-80-23208904 /011-91-0-9448085599  
E-mail [sudhalight21@yahoo.com](mailto:sudhalight21@yahoo.com)

**S.V.Achuthan**

Address "Ushus" #41,Sastha Layout, Rayasandra  
Huskur Post , Bangalore- 560099  
Contact 011-91-80-22720271/011-91-0- 9480315131  
E-mail [sv\\_achu@rediffmail.com](mailto:sv_achu@rediffmail.com)

**Anitha Srinivas**

Address Sheshagiri, # 10, I A main,  
Maruthinagar, Nagarbhavi main road  
Bangalore- 72  
Contact 011-91-0- 9886727294  
E-mail [anivenu2006@yahoo.co.in](mailto:anivenu2006@yahoo.co.in)

**Global College**

Long Island University, Brooklyn Campus  
9 Hanover Place  
4th Floor  
Brooklyn, NY  
11201-5882  
Tel: 718.780.4312  
E-Mail: [globalcollege@liu.edu](mailto:globalcollege@liu.edu)

**Review of the Foreign Waiver and Release from Liability Form:**

All full-time and part-time matriculated students and visiting students of the Global College studying at the India Center must review the Foreign Waiver and sign the Release from Liability Form provided by Global College and Long Island University. Copies of these forms should be sent to Global College World Headquarters and provided to the Faculty Advisor at the India Center at the first advising session during the orientation period. It is further acknowledged by the student, and any legal representative of the student and the student's immediate family, that the Global College India Center faculty and staff, including but not limited to the Academic Director, take no legal or financial liability for the student's health and safety during their period of study in India.

**XV. Tips for Safety and Cultural Etiquette**

(What you've always wanted to Know about India but were afraid to ask)  
India offers a diverse, varied, and fascinating culture. It has a long history of tolerance, and has been able to accommodate tremendous variety in culture, religion and social levels. Yet at heart, India is grounded in tradition. Even among young Indian Yuppies there are distinctly Indian ways of doing things - ideas of fashion, gender roles, and attitudes toward work, family, and life.

Having a basic awareness of some of the common perceptions and differences in attitudes

in India will help visitors better understand what's going on around them, and perhaps reduce culture-based annoyances. Here are a few points visitors may want to consider.

### **The basics of politeness**

One's culture impresses from an early age that some actions are polite, others rude. While there are some universally accepted standards of politeness (like don't spit on people) other standards may vary by culture. Recognize that some behavior you may consider polite may not have the same emphasis in another culture, and vice versa.

**Left hand right hand** - A very important, yet subtle, factor in India is avoiding the use of your left hand when interacting with others. In India, you use your left hand to clean yourself after using the toilet so it has extremely negative associations. ALWAYS give and receive anything with your right hand, or at least with both hands together. If you give change, accept something, or eat something with your left hand, it will be noticed, though politely not commented on. Using your right hand only is one of the easiest things for Westerners to forget to do, but it makes a difference. A friend who has been coming to India for more than a decade, but only recently made it a point to only use his right hand, said he really noticed how much people appreciated him making an attempt. It may mean a bit of extra effort at first, but it will be appreciated, and will soon become automatic. Even if you are left handed, try and adjust as much as possible.

**Be careful of your shoes** - Shoes, and to a lesser degree, feet, also have unclean associations. Keep your shoes on the floor. You can put bare feet up on a chair or train seat, but not your shoes. And try not to touch others with your feet or shoes. You'll notice Indians on the train making a simple gesture of apology if they accidentally touch someone with their feet. It is a quick gesture where the right hand, palm out, is extended toward the point of contact and drawn back, palm in, toward the chin or chest. Remove your shoes for places of worship, when visiting people's homes, and sometimes even in some shops and businesses. Look about, and if you see shoes arranged near the door, assume you should take yours off too.

**Staring is okay** - Staring at strangers is a Western cultural taboo that does not carry the same weight here. Many people feel quite free to stare at anything, or anyone, different. Most Western visitors, at some point in their time here, will experience intense, and disconcerting, staring. Interpreting this as rudeness is unproductive. Remember, you are quite an unusual creature in this setting. Many people on the streets will have had little contact with foreigners. What you look like, what you do, and how you behave will generate intense interest. Don't get angry or try to "educate" people on the idea that staring is rude. It will only increase curiosity, and frustrate you. Relax. Let people look. After all, you are doing your own exploration of the people and places here. What you are reacting to is not so much the staring, but your cultural interpretation of the action.

**Getting personal** - People you meet may ask you questions that seem extremely personal from a Western perspective. How old are you? How much money do you make? How much did that cost? These are questions Westerners are conditioned not to ask directly, though indirect queries often draw out the information. Here, people who want to know

are more likely to ask directly, and mean no rudeness in doing so. Try not to get huffy. In fact, conversations like these are great to turn around and ask details of the other person that you may not normally ask. Find out the reality behind at least some of the many faces you'll encounter in your travels.

**Subtleties of language** - It is a feature of most cultures that indirect speech is the most polite form. "Would you mind if I looked at this?" is considered more polite than "Show me that." This is also true in Indian languages but not all Indians speaking English are versed in the full form of the language and may inadvertently seem abrupt in their speech. The touts that have only learned a bit of English on the street aren't intentionally putting tourists off by barking rudely at them. Similarly, you may find it useful to simplify your English to get your point across. Saying "Where the post office is" may be clearer to someone than asking "Could you please tell me where I could find the post office?"

**I want to be alone** - At times, most travelers in India feel a bit like Greta Garbo and just "want to be alone". It is hard to do, sometimes, especially when you are moving around. Solitude is not a common desire for many except sadhus. Indians are social, gregarious people, as a rule, and train cars are often buzzing with conversations among passengers who are relative strangers to each other. Inevitably a traveling foreigner gets approached, and it is often the same old questions. "Where are you from?" "How do you like India?" It is hard not to get snippy sometimes. Try and be polite, and, if possible, turn the conversation towards something that does interest you. Often a few questions will satisfy the inquiring party and if not, you may be able to minimize conversation by excusing yourself to read, stare out the window, or retreat to your berth if it's an upper one.

**Gestures don't always translate** - Tourists quickly realize that the head wobble so common here means "yes" and not "no". Similarly, some Western gestures can be misinterpreted. The Western gesture for come here palm face up and moving as if you are throwing salt over your shoulder would be considered rude in India. The comparable Indian gesture is with the palm facing down and moving like you're doing the 'dog paddle'.

**Don't get too hung up on 'principle'** - Some Western travelers have a tendency to focus on the principle of something. Being overcharged by a vendor even if the amount is small drives some people to fury. "It's the principle of the thing." It's not that the person trying to take advantage of you is unprincipled or lacks a sense of morality, it is just that sometimes things are relative.

Among merchants there may be a pride in getting the best of a customer. (In the same way, consumers take pride in their ability to shrewdly bargain.) If your culture says all customers should pay the same price and you feel it is crass to bargain you will find yourself in conflict here.

Similarly, there are many areas of conflict or aggravation that may stem from cultural differences. Try not to spend your time getting angry when things don't work the way you expected (from your cultural perspective). It would be more constructive to try and understand the motivations acting around you. Try not to label actions of others too

quickly from your cultural bias. Try and understand the perspective of those you are dealing with. An auto driver who tries to get a higher fare than the meter is not driving home in a Porche. Most of them are living in some hovel in a part of town you'll never see, struggling to feed, clothe and educate their kids. They are exploited daily by the owners of the autos, the cops and other officials, and have to spend their waking hours driving in hellish traffic and polluted air. Their interest in the "principle" of using the meter is limited. Don't assume that only foreigners get ripped off occasionally. Indians also have to haggle constantly over prices, and when they are out of their "home turf" they are cheated almost as much as foreign travelers.

**Respectful mistrust** - Trust is an important "cultural fiction" in the West. Westerners like to trust others, even strangers up to a point - and consider trust to be a crucial element of a business or consumer relationship. If trust is destroyed, the relationship is damaged.

For many in India, the default mode in business dealings with others, especially with strangers, is respectful mistrust. It is a given assumption in India that the milkman will water the milk, that honey is adulterated, that oranges are overpriced. Similarly, the consumer will try and squeeze the best price from the vendor. The basic assumption is that others will cheat you if you are not careful, and the onus is on you to protect yourself. Since no trust is assumed, the relationship is not seriously damaged by one party trying to get an advantage over the other.

As a traveler here, The ideal to strive for in dealings as a traveler here, is a good humored respectful mistrust. For some transactions, you can safely assume that the other person is interested in his or her own advantage, say, the highest price. You, of course, are interested in your own advantage. If you can, at least occasionally, work through the process of reaching an acceptable compromise with humor and mutual respect, you've arrived.

Don't forget to listen to explanations. There are often quirky little payments or requirements where you might not expect them. Ask why, and if the explanation makes sense, accept it. Do not assume each and every transaction is an attempted rip-off. Most people you interact with will be dealing honestly with you.

**Keep things in perspective** - This will make a big difference to your interactions in India. Remember that you're a traveler from a wealthier country. You may not feel you have much money but, too many here, you will seem well off. You don't want to get ripped off (who does?), but you won't always know the prices or what you should do so you'll occasionally get taken advantage of. It's part of the experience. Try not to take it personally. Indian travelers also get taken advantage of when they are out of their own area.

Remember that the world as defined by your own culture is only one manifestation of reality. Other perspectives are also valid, and certain elements of a different culture may actually suit your personality better than those you were raised with. Try and be aware of the positive aspects of the cultures you travel through. These could be the most valuable souvenir you return home with.

**Tipping** - It is wise to leave a generous tip if you are returning to the restaurant. Otherwise, tipping is optional, especially when service tax is added. Tips, given at your own discretion, are well appreciated in smaller hotels. Porters and bellboys expect a minimum of Rs. 10,000 for their services. Giving alms to beggars is a contentious issue; you could donate money to charitable organizations instead.

### **B. What to Wear**

As in any society, how you dress affects your experiences. Your fashion choices make a statement about your interests or intentions, and these statements are subject to cultural interpretation. The last few decades in Western countries have seen a revolution in fashion ideas, especially among the young, that would have shocked Westerners even two generations back. Though a small segment of urban India has been exposed to, and often accepted new fashion directions, most Indians hold a more conservative view.

While visiting India the traveler is encouraged to conform to Indian norms of dress. Of course this is not required, but certain style deemed acceptable in most cultures would be deemed outrageous in India, and by wearing them one would be risking disapproval or inappropriate reactions on the part of Indians. Indian men and women do not wear shorts or tank tops in public, and we recommend you to follow these standards. Speaking from experience, students who continued to dress in the same fashion that they did in America experienced upsetting misconceptions from Indians who assumed that they were intentionally dressing provocatively.

**Dress for the culture** - Beware that any clothing which sticks out as extremely unconventional in India may come across as bizarre, comical, or overly suggestive. This is going to affect how people interact with you. Your best guideline is to look around you, see what the locals are wearing, decide in good conscience that you would be comfortable wearing and go from there. And adjust your dress as the situation changes. An outfit that will attract little attention on the beach of Kovalum or Goa may draw negative reactions in Hyderabad. And an urbane center like Bangalore will accommodate more casual dress than the temple town of Madurai.

**What men should consider** - As a general rule, urban Indian men wear western dress - some variation of long pants and a shirt. Western men wearing traditional Indian dress are quickly slotted into the "hippie" category. Look for comfortable cotton shirts, and loose, cotton or cotton blend trousers. Pure cotton shirts make a huge difference when it's hot. When the temperature approaches 35 Celsius you'll feel the difference of even a small amount of synthetic blend.

**What women should consider** - Dressing to fit in is more important for women who want to avoid unnecessary hassles. The standard advice is to cover your shoulders and your butt, and avoid showing cleavage. Definitely avoid the solid colored drawstring skirts sold everywhere. Those are petticoats to go under saris. Similarly, wearing the tight sari blouse with a pair of pants would be terribly suggestive. Wearing men's style Indian clothes will give a very confusing message as well.

Most Indian women wear some kind of traditional garment - the sari or the salwar kameez (baggy pants, long tunic top, and a scarf thrown over the shoulder). Saris are

extremely difficult for Westerners to adjust to, but salwars are easy to wear and available ready made everywhere. They can be extremely cheap - as low as \$5 for an outfit. If you can't find your size, you can have them tailored by any small tailoring outfit. Made of cotton, they are cool, flowing and elegant - suitable for any occasion, casual or formal. You'll be advertising an awareness of Indian conditions and will attract much less negative attention. Salwars are particularly well suited for train travel. If you have trouble with the scarf (which really should be worn) you can cheat by pinning it in place. Many do.

**Clean & Neat** - Indians are quite fastidious about their apparel. All but the very poorest wear freshly washed and ironed clothes. This jars with Westerner's casual, easy-care approach to clothing, but it's worth the effort to be clean and neat. Street side ironing booths will iron anything for a couple of rupees. Even the cheapest hotel will offer some kind of laundry and ironing service. Or you can wash things yourself and safely assume that anything will dry overnight. If you can't find the time to care for your clothes you're moving too fast. In India, personal cleanliness is the most basic of virtues, and most people are fighting a daily battle to maintain whatever level of personal cleanliness and order that their socioeconomic situation allows. It will serve the traveler well to recognize and adhere to this.

## **B. Common Hazards**

The overwhelming majority of people you meet in your travels in India will not want to do you any physical harm. A few might want to part you from some of your money by overcharging or conning you. A few might be offensive, overly curious, or insensitive. Many will be extremely friendly, helpful, and well intentioned. In short, the people are probably a lot like those in your own country.

Petty theft - In India you do need to be careful of petty theft and minor scams but incidents of violence directed at travelers and snatch-and-grab crimes like purse or camera snatching are rare. (Gold chain snatching is frequently reported in urban papers, but this won't target foreign travelers. Indian women wearing the traditional marriage necklace are the victims)

What you are more likely to encounter, besides the inevitable auto rickshaw driver demanding a higher fare, are stealth crimes (a bag disappears on the train, a hand sneaks into a backpack) or some kind of scam (a friendly stranger offers to arrange a ticket and disappears with the money). You should maintain the same kind of awareness and watchfulness you employ in your own country. If a situation doesn't seem right, or you don't feel safe, take precautions. Be careful, but don't be paranoid.

Most times in India there will be a lot of people around. This can be sometimes annoying, but it also offers security. Passers-by will usually be quick to offer assistance if they sense you are having a problem. If you do encounter a threat in India it will most likely be in an isolated spot. Beaches at night are a classic problem area, especially near cities. They tend to be deserted except for bored young men from the city who may hang out there a recipe for trouble.

Similarly, tourist spots which are largely deserted have lately been a source of problems. The sprawling ruins of Hampi, for one, have had a few incidents, though the police are usually quick to take preventative action especially where foreign tourists are involved.

**Scams** - India has its share of scam artists. (Here we are discussing minor scams that might affect travelers, not the major ones where politicians get caught with fingers in the State cookie jar.) These vary from an auto rickshaw driver or a fruit seller overcharging you, to serious con artists who will attempt to part you from your money or possessions. Places where foreigners come in large numbers tend to offer the most problems. Delhi is infamous for scam artists. Here is a small sampling of some common scams:

**"That hotel is no good"**- You catch a taxi or auto to a hotel that's been recommended. On the way, your driver informs you that the hotel is closed, or no good anymore, and suggests a "better" hotel. Better for him, of course, as they pay a commission. Stick to your original plan.

**The friendly ticket taker** - You are approached in the station by a Ticket Inspector, complete with clipboard and black jacket. He helps you find your train, gets you aboard, and warns you about thieves. Once he's gone you may find your camera is missing, or your tickets are gone. Genuine Ticket Inspectors are very busy people, and will not have time to help individual travelers. Decline offers for help.

**The helpless refugee** - You are approached, often at the main Post Office, by someone speaking very good English. The conversation is general, but it is gradually revealed that the poor gentleman has recently run into a touch of bad luck, perhaps he's a refugee, or was recently unfairly fired. Nothing, of course, that a few dollars wouldn't alleviate. It is probably just a high class pan-handle. Your generous donation would probably be better applied to a legitimate charity. The common denominator is generally that you are approached and offered help or drawn into conversation. When you find that someone is going seriously out of their way to help you out, it pays to wonder why. Be friendly, but a bit suspicious, and don't be afraid to decline the assistance. If the other person is persistent, then you should assume there is more in it for him than for you.

**Harassment** - Indian society has a strong tradition of politeness to strangers, to women, and to the elderly. Unfortunately, as in many Western countries, this traditional politeness has been eroded over the years, much to the dismay of most Indians. Indian papers occasionally report incidents of harassment of young Indian women. This is usually cat-calling and suggestive behavior indulged in by young men and is quaintly referred to as "Eve Teasing". Indian women also may experience incidents of groping on public transit.

Western travelers are not immune. In fact, there is a commonly held view that Westerners, particularly women, have loose morals. This view has developed from exposure to Western media, from contact with insensitive Western travelers, and from the huge contrast between what is acceptable dress or behavior in India and that in the

West. As a rule, the more touristy a place is, the more poorly behaved some locals might be.

**Prevention is important** - Preventing situations from developing in the first place is important. Dressing and behaving appropriately helps a lot. Do not promote undue familiarity, especially if you are a woman. Indian women keep a good distance from men who are strangers. Touching, even hand shaking, is inappropriate. ("Namaste", with palms pressed in front of you is the most appropriate greeting if you want to maintain distance.) Indian women would not sit close to a man they don't know. Nor would they entertain idle conversation with a stranger. Not keeping this distance would be offering a mixed message.

Do not wait until someone has stepped over the bounds considered inappropriate in your country. Instead, judge actions by what is proper in India. If you find that some man is being overly friendly, making physical contact, or generally being even slightly improper, be on guard immediately. It is much easier to politely deflect an incident or distance yourself in the early stages than when things have gone too far.

Sometimes a polite warning is refused, or someone does something inappropriate without warning. What then? If possible, try not to over react. Determined action is always more effective. If you cannot get your point across politely but firmly, then be rude if necessary. And don't be afraid to alert bystanders that you are having a problem. But do not get physical.

**Avoiding Physical Action** - Physical action is usually not appropriate. Violence is frowned on in India, in part because it can very easily get out of hand. If you should see an altercation between Indians, it would consist mainly of a great deal of shouting, insults, and angry hand gestures. People would rarely come to blows, or even push or shove. Usually, friends or bystanders will intervene and gradually the whole thing dies down.. You could end up with the police, and possibly have a case filed against you. It is better to control your anger and try to extricate yourself quickly from the situation non-violently.

**Health Tips** - While it's true that diseases long vanquished in the West still take a toll here, most visitors can travel in reasonable safety by practicing some basic preventative steps. The truly gruesome diseases like leprosy are basically impossible to catch through casual contact, and most of the deformities you see among the halt and lame at the roadside are the results of birth defects, accidents, or neglect of minor injuries turned infectious. If India had even a minimal public health system, working sewers, and a clean water supply that reached the bulk of the people, there would be a huge improvement in the general health of the population.

Travelers coming from countries where basic health facilities and public sanitation are taken for granted need to condition themselves to a new reality while traveling in India. You must become very pro-active about your health. Be aware of common diseases you can encounter here, how you get them, and some of the symptoms. Get the advice of a doctor about inoculations required and other medical precautions you should take. Carry a simple first aid kit, and make sure it is with you all the time. Keep it

simple. Band-Aids, antiseptic, and mosquito repellent are the minimum. Some travelers bring large amounts of antibiotics and other medicines from their home country "just in case". This is wasteful and unnecessary (unless you have a specific drug you need to take regularly) as India has a well developed pharmaceutical industry and most any drug is available here. Often, Indian doctors will be able to advise more recent and effective treatments for tropical diseases than Western doctors with little tropical background. Should you get sick, you can get excellent medical attention in India. (This doesn't mean you will get it. You must be pro-active about your medical treatment, as you must be about so many other things.)

It is certainly possible to travel in India without getting sick. But it is also possible, even being terribly careful, to get sick here. Usually it is that kind of minor bug that provides a bit of conversation at backpacker gatherings, but sometimes it is more annoying. Besides personal hygiene (wash hands often, keep finger nails short, treat minor cuts and scrapes immediately) travelers should be concerned with three key areas - clean water, cooked food, and avoiding mosquitoes. The most common and incapacitating diseases are gastro-intestinal upset, hepatitis and mosquito borne diseases like dengue fever, Japanese encephalitis, filaria and malaria.

#### **D. Indian Toilets**

Pay-and-use toilets across the city come as a relief to travelers. Both western and Indian style toilets are available and cleaned after every use. A nominal fee of Rs 2.00 has to be paid. Be warned though, that clean public toilets are limited to a few areas in the city. Quite a few foreign visitors have a dread of Indian toilets. The squat-type toilets that are common in cheaper hotels are actually much more hygienic and healthier for the system than sit-down toilets. They just take a little getting used to. The most important thing is not to fall in. This seems self evident, but when the floor is slippery it is easy to do. You can get a nasty cut to your foot if you slip and the porcelain breaks along the rim.

The first thing to do, before you use the toilet, is to pour a bit of water down it. This helps prevent anything from sticking and makes flushing easier. Stand on the two footpads at the edge of the keyhole shaped bowl with the large opening at the back of you. Hold on to something and squat over the bowl. Once done, pour a bucket of water down the bowl to flush.

#### **E. Food**

India offers one of the most varied cuisines of any place on the planet. However, many visitors have not been exposed to the full variety of foods that are available in India and tend to stick to the same dishes they order in their favorite Indian restaurant at home. To help people break new ground in ordering, we have included some descriptions of regional specialties (borrowed from the INDAX website) which you can look for as you travel.

Also, since a lot of Westerners have a bit of difficulty with a constant diet of spicy foods, we've included a few suggestions on Western-style eating for those times you can't face

another plate of curried something-or-other. Those unfortunates who have used cutlery all their lives might like to scan the instructions on the gracious art of eating with your fingers. Indian foods are best appreciated with nothing between you and the eating experience.

It is inaccurate to lump all Indian food together as each area has regional variations, though these distinctions are blurring. These days you will find North Indian dishes commonly available in the South, and South Indian specialties in the North. However, there are some distinctive foods commonly served in the South, and we'll try and describe them.

**Restaurants** - First, a word about restaurants. In India, only a fancy place would call itself a restaurant. Most Indian-style places call themselves "hotels". (Don't go looking for rooms at most of these hotels. You have gone to a "Lodge" for that.) Sometimes they are called "cafes" (pronounced Kef), and they are not to be confused with European style cafes.

The most common Indian hotels, especially in South India, are strictly vegetarian. No meat, no eggs. There are non-vegetarian places, sometimes called "military hotels", and they will serve omelets or fried eggs, as well as veg and non-veg dishes. Most up-scale establishments offer both veg and non-veg cuisine.

In most Indian eating establishments, you do not linger once you've eaten. You order, you eat, and you drink a coffee, and pay the bill and leave. In fact, coffee is so clearly the last step of eating that once you order it, you get the bill. This is a bit confusing to the Western traveler used to starting breakfast with a coffee, having another mid way, and then lingering over the final cup. Not done, unless you are in a place that serves Western type food.

**If you want to linger** - to read a book or newspaper, or leisurely chat with friends - you should try and find a place that allows that. Usually, it will be at least a bit up-scale and pricier. Same with smoking. You cannot smoke in a veg restaurant, though small tea shops will let you. In non-veg establishments it is usually okay. If in doubt, look about on the floor for butts. Ash trays are found only in fancy places.

Picking a good place to eat can be tricky, as it is any where in the world. The bigger the place you are visiting, the better the range of eateries. Busy, popular places are your best bet, and asking the locals for a good hotel usually pays off. You'll soon get an idea what kind of food is served in different kinds of establishments. Experiment with food and with restaurants. You'll be an expert in no time.

You cannot worry too much about dirt. Sanitation standards will not be what you're used to, but if food is freshly prepared and the surroundings regularly cleaned you should be okay. You can only control elements that affect you directly. Make sure the glass, plate and cutlery are clean. Wash your hands well. Carry your own water. If the place has to gleam spotlessly you'll be eating only at five star hotels.

**Eating Meat** - India is one of the best countries in the world to travel as a vegetarian in, but if you eat meat, you may not want to miss some of the excellent meat dishes served here. However, it is wise not to consume meat on the scale that many do in the West.

India is a hot country, and in the traditional Indian medical thinking, some foods, including meats, heat your body. If you over-consume meat, especially in hot weather, you can create problems in your body. There is an affliction called "overheat" which is attributed to eating too much meat (say chicken twice in one day). There is no Western medical diagnosis that I have heard of, but having had overheat on a couple of occasions I would describe it as some kind of dehydration. You feel awful and your kidneys don't seem to function too well. To counter the effects of "heating" foods, take "cooling" foods, like yogurt and rice. And curb your meat and alcohol consumption in really hot weather.

### **South Indian Rice Meals –**

Traditionally for lunch and dinner Southerners eat rice meals - the famous thali which really should be eaten with your fingers. (See "The gracious art of eating with your fingers" below) You can still find it served on a banana leaf, though it is now most commonly served on a stainless steel platter, surrounded by small dishes of sauces, curries, and curd (yogurt). The heart of the thali is rice, though sometimes you get a few deep fried puris, followed by rice. The thali is always vegetarian, though in some non-veg restaurants you can order an extra meat side dish.

(If the thali is served on a banana leaf, it is good hygiene to sprinkle just a little of your bottled water on the leaf and carefully wash it with your fingers. Do not rub against the veins of the leaf, or it may tear. Then tip the water off onto the table or floor. Watch others around you for the technique.)

The size and quality of the thali varies with the restaurant. "Limited meals" come with a fixed portion of rice and are cheaper, these days around Rs 15 – 20. They may include curd, and you can usually get more of the curries and sauces, but not more rice. "Full Meals" are just that. All you can eat. More rice, more curries, and they will always include curd and often a sweet for dessert. Usually, however, you will only get one papadum, a disappointment to many Brits. Full meals range from Rs 25 up to Rs 40 or so in the fancier places. As a rule, the more you pay, the better the selection of curries and extras you get with the meal.

Normally, the curries that come with a thali are spicy, but not unbearably so. Try them all, and don't eat ones that you find too spicy. All thalis will include a small amount of spicy pickle. This is usually very red, and very pungent. Be warned. You may also want to avoid the white, milky "buttermilk" that comes with a meal, since this is usually a curd and water mixture. The water may not be safe. That is about the only thing on your thali that will not be cooked.

With the Full Meals, start off with a medium amount of rice and ask for a bit more as you finish that. You can ask for as many servings as you like so pace yourself and try not to leave too much unfinished food. Besides being wasteful, it is also a bit rude.

Don't mix all the elements of the thali together. The thali offers great variety of flavors which should be savored in different combinations, as your taste buds decide. The normal order of eating a thali is to start with the curries and perhaps a dhal. Mix different amounts of these with the rice and try them. Then you can graduate to the thicker sauces, usually presented in small bowls. You can cleanse the palate with some rice and rasam, the thinnest sauce almost like a soup. Your final amount of rice is mixed with the curd, possibly salted, and eaten with bits of the spicy pickle. Dessert, if provided, can follow. (The dessert is often a sort of custard or pudding put in a bowl similar to the curries. It might be distinguished by a spoon stuck in it. Mixing this into the rice would advertise that you don't eat thalis very often.)

### **South Indian Breakfast & Snacks –**

Southern cuisine offers much in the way of vegetarian snack foods, commonly called "tiffin". These are eaten for breakfast, and at any other time of day, though some tiffin is only available in the morning and other things usually at night. Tiffin dishes are usually served with a pair of teaspoons, and the idea is to use both to eat with (one in each hand). This is not mandatory, and you may use your fingers, though some dishes could get messy with your fingers. Follow your instincts here.

Try as many things as possible, especially when you find a restaurant that cooks them well. Unfortunately, these days, I find the quality of tiffin in many places is not what it once was. The cost of labor or ingredients makes some establishments cut corners. However, when you find a good place, here are some items to look for.

**Iddli** The ubiquitous South Indian breakfast food. These are fat little cakes of a rice/lentil mixture that are fermented overnight and then steamed. They are served, like almost all tiffin, with a thick tomato/lentil sauce (sambar) and spicy coconut chutney. Commonly served in the mornings, they are unpretentious, nutritious, and cheap. A Cornell nutritionist once described the humble

*iddli* as the most perfect food - low in fat, balanced in nutrition, and low cost.

**Dosa or dosai Made** with a similar batter to the iddli, these large, thin crepes are fried golden and served with sambar and chutney. The famous masala dosai is filled with potato curry.

**Vada or Vadai** This looks like a donut, but it isn't sweet. It's made from an urad lentil batter, with onions, spices, and often ginger bits, then deep fried. Ordering "iddli-vadai" will usually get you a plate with two iddli and one vadai.

**Thyre Vada or Dahi Vada** These are vada soaked in thick yogurt sauce. Great for breakfast.

**Pongal Common breakfast food.** This is rice, cooked to a mush, with light spices. Another good breakfast.

**Uppama** Similar to Pongal, but made with semolina, or cream of wheat.

**Bonda** Lentil batter with a filling, usually potato curry, deep fried.

**Bhaji** Lentil batter coating on various vegetables often potato slices or plantain, sometimes green chilies.

**Pesarottu** Green lentil batter, fried like a pancake with onions and spices.

**Uttapam** Dosai batter, cooked into a thick pancake. May be cooked with onions or tomato slices.

**Aappams** A Kerala specialty, hard to find elsewhere. Rice batter is fried, similar to a dosai, but delightfully different.

**Iddi Appams** Another Kerala treat - a nest of rice noodles steamed like iddlis.

**Puttu** A typical Keralite breakfast served in special shops. Rice flour, sometimes with grated coconut, is steamed inside a tube. It is usually served with papadums, or you may want to try it with the egg and onion curry the Keralites make so well.

**Chapatti** Wheat flour dough is rolled flat and fried on a griddle. You can ask for dry-fried, or oil fried. These may be served with veg or non veg curries.

**Paratha** Wheat flour is rolled very flat, in oil, and pressed into a multi-layered variation on chapatti.

**Puri** Made like a chapatti, but deep fried. The best ones arrive at your table puffed up like soccer balls. Careful, the steam inside is hot. Usually served with a potato curry.

**Samosas** Here you are getting into food more commonly found in non-veg restaurants, though samosa can be filled with a veg or non veg filling.

**Biryani or Pulao** Rice, spices, and vegetable or meat cooked up together. Tasty, but a bit heavy.

### **North Indian Vegetarian**

North Indian cuisine, particularly "Mughlai or Moghul Style" cooking, has made strong inroads into South India over the last 20 years. This is the predominant cuisine in Indian restaurants overseas, and most cities and larger towns in the South will have at least some establishments offering veg and non-veg dishes. The following Hindi terms will help you negotiate the menu.

Aloo: Potato

Gobi: Cauliflower

Palak: Spinach

Bhendi: Okra (Lady Fingers)

Mattar: Peas

Paneer: mild farmer's-style cheese

Dahi: Yogurt

Channa: Chickpeas

Dhal: Lentils

These are ordered a la carte, and can be served with rice, chapatti, puri, or paratha, and also with naan and roti, special breads baked in the clay Tandoor oven.

### ***North Indian Non-vegetarian –***

North Indian non-veg cooking relies a lot on the tandoor oven. Marinated and baked meats are usually eaten with the breads also cooked in the ovens. Here are some terms that might help.

Kheema : Minced meat

Kababs : usually ground meat, sometimes chunks, cooked on skewers

Tikka : pieces of boneless meat or fish, sometimes paneer, marinated and cooked on skewers in the tandoor.

Tandoori Chicken : Jointed pieces of chicken, marinated and cooked on skewers in the tandoor.

### ***Western Style Food –***

There was a time when Western food was hard to find. These days there is quite a bit more available, and sometimes it is okay, sometimes even good. Unfortunately it is rarely excellent, except maybe in the fancy 5-star hotels. The standard menus borrow heavily on British boarding house cuisine – palatable but uninspired. Cutlets, fish and chips, sandwiches, soups, soggy pastas and the inevitable custard pudding.

Chinese food, now commonly available, isn't much to write about either. It usually consists of fried rice and red, pre-packaged sauces, and may be spiced considerably for the Indian palate. Pizza has hit India, and can be ordered in many major Centers now, even arriving by scooter at your home or hotel. Results range from mediocre to adequate, but improving all the time. If you've been overdosing on curries you may be pleasantly surprised, but be careful you don't accidentally order some curry flavored toppings.

What most Westerner travelers seem to miss the most is a good breakfast. For many, curry in the morning just doesn't make it. Toast and eggs can be found (at a non veg place), but usually it means sweet white bread, eggs dripping with oil, bubble gum flavored jam, and weak instant coffee. So, once in a while, if you've reached the point where you cannot look another idli in the face, maybe its time to consider the buffet breakfasts most fancy hotels in the major cities offer. These are usually the most reasonably priced meals they serve, varying from Rs 100 to 200, and they give you a lot. Start with juice and fresh fruit, move on to croissants and pastries, order some eggs any way you like them, and drink all the coffee or tea you want. They usually have a few newspapers to look through as you munch your sausages. It's a good feed, and not bad

economy, as, after a late breakfast you may not want lunch. Plus it is nice to be pampered once in a while. Make it an occasional ritual.

### ***Art of Eating –***

There is no way around it. Indian food tastes best when eaten with your fingers. There is a tactile dimension added to the eating process. Besides, Indian foods are designed to be eaten by hand. Breads are to be torn and wrapped around foods. Rice is customarily blended with curries so each mouthful is unique. If you eat off a banana leaf (still possible in many places) trying to use a knife and fork would shred your "plate." Eating with your fingers is a cultural experience everyone should experience while visiting India.

### ***A problem for some –***

Surprisingly, many Westerners have a problem eating with their fingers. For others, it seems more hygienic. (Actually, eating with your fingers allows you greater control over cleanliness factors. You can, and should, wash your hands well before eating. Get them as clean as you like. Then try and forget early table training, and recapture some of the early childhood joy of playing with your food.) Others have difficulty with technique, especially when rice is involved. You can't go back to the "fistful of food" method you perfected when you were two.

### ***The Technique –***

The secret to gracefully eating with your fingers is this: "Use your thumb." "Food, say a small amount of rice, is collected in a small pile on your plate, blended with one or more bits of curry, and then picked up with a twist of the wrist and held on the four fingers of your hand. The thumb remains free. Keeping the food level, maneuver your fingers to your mouth until the tips of your fingers are almost, or just, touching your lower lip. Don't put your fingers into your mouth. Use your thumb to pop the food inside. It is a simple technique, and it works. A meal or two of practicing and you'll be eating like a native.

### ***Good Manners –***

There are conventions of good manners when eating with the fingers, but they do change a bit from area to area. The most basic is that in the North of India it is polite to dirty only the first two segments of your fingers. Since Northerners eat a lot of breads and generally have drier curries, this doesn't pose much difficulty. In the South, where they eat lots more rice, and enjoy very soupy curries, you can get your whole hand into the action. Try not to get carried away, though. Having curry juices running down toward the elbow would be considered a bit low class.

Use your right hand - It is very important to eat with your right hand only. Your left hand is reserved for other functions (toilet related) and should not handle food, especially other people's food. Usually, your left hand rests on the table or your lap while you eat. Though it is acceptable to take a piece of bread, say, in your left hand and tear off pieces with your right, it is better to only use the right hand, pinning the bread with your little finger and tearing with your thumb and forefinger. You should use your clean left

hand to serve yourself (using a utensil) or pass a plate of food. Don't plunge either hand into food in a communal serving dish.

The question of what a left-handed person should do is a bit complicated. If it is at all possible, try and eat with your right hand. If it is too awkward, use the left, but perhaps explain to your dinner companions that you are left handed and cannot eat with your right hand. (Perhaps someone out there can enlighten us further as to the best solution.)

Finally, there are places in India where eating with your hand is frowned upon - most notably the Indian food buffets at fancy restaurants. If it's a classy place, and cutlery is provided, you are probably expected to use it.

Look around, and if no one else is digging in with their fingers, you may want to toe the line.

## **F. Internal Travel Tips and Contacts**

The India Center will be responsible for official travel arrangements only (that is field trips during Area Studies). We request you to take care of all other personal travel arrangements yourself. Here are some leads that will assist you in planning your own travels around India:

**Auto Rickshaws:** Autos play the role of taxis in other metropolitan areas. You can get on and off where you like, which is no small matter when you consider how crowded some of Bangalore's commercial roads are. The noisy, three-wheeled contraptions appear precarious but are an easy and safe way to get around the city. When you board, make sure you have the driver reset the meter to show you pay Rs. 12.00. The meter starts at Rs. 12.00 and increase at the rate of Rs. 6.00 per km. From 10 p.m. to 7 a.m. you pay one and a half to two times the original fare. Be warned that auto drivers are notorious for haggling and putting up their price, literally! If things get out of hand, report the driver to the nearest policeman. Prepaid autos are available at the City Railway Station/Airport.

### **Car bookings (Please book a day in advance)**

Karnataka Travels - 25301838  
Cross Roads - 93428 32277

**City Taxi Numbers:** 22384000 / 22353377

### **Domestic Booking**

Air - Travel House - 22257181  
Bus - Sri Venkateswara Enterprises - 23363874  
Train - Mr. Mahesh - 9845668475

### **Domestic Airlines**

Indian Airlines - 140 / 141 / 25226233  
Jet Airways - 25221929/30

Air Sahara - 25220626/0665,2558, 3937  
Air Deccan - 98457 77008  
Kingfisher - 51527873/74/7  
Spice Jet - 9871803333

**International Bookings:** Air - Travel - 22257181/ 22867589

**International Airlines**

Air India - 25228601 / 7747  
British Airways - 22271205 / 4034  
Malaysian Airlines - 22122991  
Lufthansa - 25229646  
Thai Airlines - 51124333 / 37  
Singapore Airlines - 22867869 / 22867999  
Srilankan Air - 51125204 / 205  
Kuwait Air - 25589021 / 9841 / 6533  
Gulf Air - 25585394 / 5309

**Railway Enquiry**

Bangalore City Railway Station - 22269021  
Cantonment Railway Station - 22268554  
Arrivals & Departures - 22200971

**G. Train Tips**

In India, trains are the best way to get around. Sadly, the great puffing steam engines that pulled the trains even 20 years ago have been retired out of service, but the vibrancy, color, and chaos of the Great Railway Bazaar is not diminished. Train travel is cheap, reasonably comfortable, and still fairly safe, though the safety record has been tarnished lately with a few needless accidents, and several political bombings.

As in Europe, night trains offer an excellent way of moving between cities while saving on hotel costs. There are many trains that run overnight between major centers. A traveler can hop a train one evening, enjoy a (usually) peaceful night on the train, and alight early the next morning, ready for a new day in a new city.

**Class - Luxury to Basic**

Which class you travel depends on the distance, your budget, and the comfort level you need. Also, since train travel is such a cultural experience, the class you choose affects the level of Indian society you have contact with. Ideally, to balance your trip you should try and experience at least several of the different classes of service available. Here is a primer on what you can expect:

At the top is A/C Class, offering chilled, dark, but comfortable compartments at pretty fancy prices. There are two to four upholstered berths in each compartment and an air of faded elegance. Linen and blankets are provided. Not too many trains run with these

carriages, though, and the fares are quite steep. Your fellow passengers are most likely to be wealthy tourists or politicians who are afraid to fly.

Next is First Class Here you travel in a fairly comfortable four-berth, or sometimes two-berth, compartment with vinyl upholstery. They don't seem to be building new carriages, possibly because they are planning to phase out first class, so carriages may seem a bit shabby. Not linen or blankets. Your fellow passengers are often mid-level bureaucrats or retired military.

Around the same price as First Class, is Second Class A/C Sleeper, offering seats in the day, and berths at night in a dormitory style air conditioned carriage. These come in two-tier, and a new, slightly cheaper, three-tier configuration. The Railways provide bedding, but be warned that this is collected pretty early each morning. This class is very popular with the India's growing middle class, and is a God-send during the hot Summer months. Unfortunately, it isn't the best way to see the countryside, as the heavily tinted windows block much of the view.

The budget service is Second Class Sleeper, where you get a place to sit during the day, and the carriage converts into three-tier bunks at night. The bunks are lightly padded and comfortable enough unless you're over six foot tall. No bedding is provided. Second Class Sleeper is extremely cheap. An overnight trip (10-12 hours and about 3-400 miles) will cost you less than \$ 5.00. It is not overly crowded and since the bulk of carriages on most trains are Second Class Sleeper it is fairly easy to get a reservation. Because the economy and availability appeals to so many people it's also a great way to meet Indian fellow travelers from various strata of society. Students, business people, families, and yuppies can all be found in Sleeper Class. It's usually quite pleasant, but be prepared for a bit of noise and inconvenience at times.

The lowest class on Indian trains is Unreserved. An unreserved ticket gives you the right to be on the train, in the general carriages. How you fit in to it is your problem. You could end up standing, squatting in the aisle, or lying on a luggage rack. Few actually get seats in the carriage. Traveling unreserved on the trains is certainly an experience. If you have a short day trip somewhere, you might check it out. Your fellow passengers will most likely be country folk, colorful and gregarious, but unlikely to speak too much English. Guaranteed to be an experience.

## **Tickets –**

You need a ticket, and you cannot buy it on the train. Ordinary second class tickets are usually near the entrance to the platform, but reserved tickets are purchased at special reservation counters in, or next to, the station. (Just ask for the "Booking Office".) Look for specially designated ticket windows in the Booking Office that are for the use of foreign tourists. In a few places, like Central Station in Madras, there is a whole department that helps foreign tourists book tickets.

Reserved tickets are in great demand and are often sold out days or weeks in advance. This doesn't help a fast moving tourist, so the Railways allow foreign tourists to get reservations off a special Emergency Quota (EQ) that blocks a number of seats and berths on most train. (This quota allows Railway personnel to accommodate any last minute requests for seats from various VIPs who may demand them.) Tourists can often draw on this quota by buying a wait-listed ticket at the reservation counter, and then

going to a special office (often in another building or across town) to apply for the EQ. You will then be charged the reservation fee (about Rs. 30 by the Ticket Examiner on the train. In smaller places you may have to contact the Station Master for assistance in getting onto the special quota.

### **Baggage –**

Keep track of your belongings. Travel light, and with as few pieces of luggage as possible. Keep things you'll need on the train handy in your day bag and chain your pack under the bunk.. You won't need much. A bedspread, toothbrush, soap, and a small towel are some simple basics. You can use the day bag as a pillow. Many things you'll need you can buy on the platform - bottled water, snacks, coffee, newspapers, or magazines. With your pack securely locked under the bunk you can feel quite comfortable stepping out of the carriage to find things on the platform.

Chains for securing your baggage are readily available. Get a good one. If you can cut it with a simple pair of pliers, it won't do you much good. Also, your pack or suitcase should lock. Some packs do, a few don't, and some have side pouches without locks. You may have to improvise. Chaining up a pack that someone can slip a hand into is inviting trouble.

Left Luggage (also called a Cloak Room) is available for short-term storage of luggage (up to a week or two) at all major and mid sized stations. It costs about Rs. 6 - 8 per piece per day and they are usually reliable. Your bags must be locked and there should be no indication on the contents.

Left Luggage is really handy when you get in to a new city. You can grab a shower in the waiting room at the station (there are separate ones for men and women - usually not too dirty), change, and check your main bag. Then head out into town for breakfast, a look about, and to find a hotel. If you're not hauling a heavy bag you're much less likely to be hassled by taxi drivers and you won't take a mediocre hotel because you're too hot and tired to look further. Also, most hotels work on a 24 hour stay and a later checkout time is an advantage since most trains arrive in the mornings and the connection out is in the evening.

### **Railway Meals –**

All manner of food is served on station platforms and on the trains. Like the world over it tends to be over priced and of poorer quality than you get outside. Sometimes it's of really terrible quality. (Possible exceptions are the meals that come free with your ticket on special super-fast trains. Those are cooked enroute and can be pretty good.)

A lot of Indians won't eat train food at all. At mealtimes you'll see many of your fellow passengers produce little packages of home cooked delicacies. If you're hungry the aroma is enough to send you scouring the platforms for something similar. Good luck. The safest things to eat that are sold on railway platforms are peelable fruit and packaged biscuits. Sometimes you can find someone cooking fresh food on the platform - perhaps an omelet served with bread. You should make sure you see the food being cooked. Stay away from meat dishes of any kind, and avoid the coconut chutney served with south

Indian foods. It's not cooked, and is often diluted with a bit of water to stretch out the servings.

It doesn't mean you have to starve on the trains. Just plan ahead. If it's an overnight train, try and eat before you leave. Or you can get take-out food from almost any restaurant. Try and order curries on the dry side, or you'll have leaky little bags of curry to deal with. If it's a long ride - days on the train - put together a picnic hamper as best you can. Bottled water on the platform is usually okay, though cheaper out of the station. In the old days, trains stopped long enough at "meal stops" that you could go to the station restaurant and have a sit down meal, or do some quick shopping outside the station, but not anymore.

**Toilet** -The toilet on most trains is an experience. They are cleaner these days than in the past, but the floors are often wet (and slippery) from leaking water. Most toilets are squat type and are preferable to the western style ones because you don't want to sit down on anything in a train bathroom. Be careful of when the train makes sudden stops or lurches. Toothbrushes and soap dishes are easily replaceable, but your passport, watch, or wallets are not. Contact lenses are particularly a problem. Take them out at your seat, or better yet, wear your glasses on the train. Using the toilet on the train is an acquired art. The floor is slippery and the train is lurching. Train Safety - Personal safety on trains is not a serious problem but it's worth keeping in mind. There are a few dangers you won't encounter in Western trains where most ways of harming oneself have been eliminated for the benefit of the foolish. Not in India. If you want to hang out the train door, no one will stop you. If you want to race down the platform and swing aboard at the last minute, you can. In the absence of restrictions, you must learn to operate with a lot of common sense.

Some visitors discover the pleasure of sitting in the open doorway of the carriage watching the country side go by, smelling the wood smoke from village fires, and listening to the bird calls over the clatter of the train. It can be dangerous, and is not recommended, but if you do it, these are things to consider. Sit, rather than stand in the doorway. It's more secure. Always hang on. There are nice heavy handrails outside each door. Have a good grip on them. Watch the door. It's quite heavy and could swing shut, pushing you out. Sit well into the car, closest to the door hinges and use your back to hold the door open. Keep your feet up - no lower than the top step. The lower steps are below the platform level. When the train races through small stations, you'll find your toes being ground shorter. Don't hang out of the train. Some of the poles near the track are very close. Don't jump from a moving train.

If you have a more serious problem, try and contact either the Ticket Collector or a member of the Railway Police who may be posted on the train. Otherwise, enlist help from fellow passengers. Many will be interested in assisting you.

### **Just Remember.....**

Do dress conservatively at Indian beaches. This is especially true for women: Much of Indian society is very conservative, and normal Western beach attire may send a strong, though unintended, signal. Attacks on foreign women have occurred, especially in Kerala State.

Don't try to sneak into temples and mosques that forbid non-Hindus or non-Muslims.

Don't be surprised if you are frequently the center of attention when traveling around the country. Staring unabashedly is not the social taboo in India that it is in Western countries.

Do carry toilet paper with you (or adjust to the Indian habit of using water instead), but don't throw it down the toilet without first checking to see if there's a basket to put it in (pipes in India are very narrow and clog easily).

## **XVI. India Center Faculty**

### **Naveen Shah**

**Naveen Shah** is the Administrative Director of the India Center, and has been with Global College from before its affiliation with Long Island University. She also handles Finances and Student Services. Her special interests are the development of the Lambanis (a nomadic people), fashion and jewelery design.

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### **Dr. Gajendra Kumar**

Dr. Gajendra Kumar is the Academic Coordinator and Associate Professor at India Center. He received his Doctorate in English Literature from the Agra University in 1992, and since then , has continuously taught courses on English and Cultural Studies in India and Africa to the students of Bachelors and Masters degrees, and , apart from extensively publishing research papers in national and international research journals, has also guided research work of Ph.D. -students on the topics ranging from Postcolonial literature and Theory, Modern African Fiction , Comparative Aesthetics to Dalit literature.

The major research projects he has undertaken include on ' Towards a Second Tradition of Postcolonial Theory" for the Indian institute of Advanced Study, Shimla, in the capacity of an Associate Fellow, and on ' The Dalit and Black Aesthetics' for the International Society for African Studies.

In addition to Cultural and Literary studies, his interests include the Gender issues at work in South Asia, Globalization and Culture, Indian Aesthetics, and Cross Cultural Communication.'

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## **Anitha Srinivas**

Anitha has been associated with Global College at the India Center since 1998. At present, she is working as the Field trip Co-ordinator / part time faculty at the Center. According to her, it has been an interesting and educating experience for her that she has been able to reinforce her belief in experiential learning and student friendly curricular programs. She has a Master's degree in Zoology and a M.Phil degree in the specialization of Comparative Animal Physiology. Anitha is also in the process of exploring possibilities of working for a doctoral degree in the field of Health and Gerontology. She has worked as a lecturer in a reputed degree college in Bangalore. As she says, her true calling was not in a conservative education setting but in a more hands on type of learning and experiential education which can steer a student's growth in a holistic manner making him/her a responsible human-being.

Anitha started with FWP as an adjunct faculty advisor in 1998, advising students, especially those oriented towards issues of environment, sustainable development and human rights. Her work experience with Center for Environment Education and association with various human rights groups has been helpful while at advising students. It is also her deep interest in the above mentioned issues that has guided her in her work at the Center and elsewhere.

From being an adjunct faculty member (1998-2004), she moved on to coordinate the optional course on Global Health and Healing Traditions (GHHT) first in Spring 2004 and which she continues to do till present. She also coordinates the course on Global Migration and Refugee Studies, in addition to handling sessions on Human Rights and Social Justice at the Center.

She loves traveling, interacting with people of different cultures and also is good at batik work and tie and dye of fabrics. Cooking is another interest of hers.

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### **Sheela Thyagaraj**

Sheela Thyagaraj is the Associate Regional Manager of Admissions, Student Services. She has been with the Center since August 2004. She holds a Masters degree in Family Resource Management and also has a diploma in Computer Fundamentals. Being a local of Bangalore she can guide students through alleys and by-lanes of the old City of Bangalore and introduce them to the Cultural and Social life of Bangalore. She helps new students settle into accommodations and manages a wide range of student services. She is passionate about Music and Dance.

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### **Sudha Sridhar**

Sudha Sridhar has been with the India Center since February 2002. She is the Center Secretary at the Center. She has worked as center secretary at the Center from February 2002 to July 2005 and has been our librarian from 2005 to 2006 .She has done her Diploma in Secretarial Practice at Davar's College of Commerce and Basic Yoga Course from Gandhi Foundation . She has also completed her Sr.Grade English Typewriting Course from Govt. of India. She has mastered the art of South Indian Cuisine and enjoys listening to Music.

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### **S V Achuthan**

S V Achuthan works as Accounts Person at the Center, and is in charge of Maintenance. He has been with the Center since September 1997. He holds a Bachelor's Degree from Mysore University. He has 28 years of work experience prior to working at the India Center. He has completed Swift Accountancy Course from NIIT and has done his basics in computers. In addition to this he has done his diploma in Computer Hardware & Electronic Course

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### **Dr. Cheriyan Alexander**

Dr. Cheriyan Alexander is a professor of English at St. Joseph's College. Born in 1958, Dr. Alexander has had most of his education in Bangalore. He graduated from St. Joseph's College with a B.Sc in 1979 and went on to CMC, Vellore, where he did a PG Diploma in Medical Microbiology. Then, he shifted his academic field completely and joined MA in English at Bangalore University in 1980. After graduating, he joined St. Joseph's College as a Lecturer in 1982. He has been teaching there for over 26 years now. In 1988, he earned a distinction for his M.Phil, which he did at Bangalore University as an FIP scholar. His dissertation was on the American novelist Saul Bellow. In 1998, he obtained his Ph.D from Bangalore University. His doctoral work was on Post-War Eastern European literature, particularly on the effect of totalitarian political regimes on the region's literature.

Dr. Alexander has written on issues of literature, culture and the arts for newspapers and magazines. He has edited a book of short stories by Bangalore writers entitled 'Many Rooms, Many Voices.' An essay of his was included in the BA English Textbook of Bangalore University, prescribed from 2002 to 2004. He has also given several radio talks both on AIR and Gyan Vani. He has served on textbook committees of both the PU Board and Bangalore University. Dr. Alexander is currently also serving as adjunct faculty and coordinator of the writing course at India Center, Global College of Long Island University, Bangalore. From the current year onwards he will also serve as an advisor at the Center. He is often invited as resource person to seminars and workshops on language and literature.

Dr. Cheriyan Alexander's first priority is to be an inspiring and stimulating teacher and he finds it fulfilling when his students come back and tell him that his classes gave them new insights not just into literature but also into many aspects of life.

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### **France Yoli Maya Yeh Joseph**

Yoli has recently joined the India Center as an Adjunct Faculty member just eight years after completing her undergraduate studies at the South Asian Center of Friends World Program (class of 2000). Since her studies in the religious and philosophical traditions of India, Tibetology, and Comparative Indigenous Studies in Friends World, Yoli has gone on to complete a Master of Arts in Comparative Religious Ethics from Meadville Lombard Theological School housed on the campus of University of Chicago. There she continued her work in Inter-religious Dialogue and Comparative Indigenous inquiry. Yoli became a certified Yoga Therapist in 1997 and has created numerous creative yoga programs in therapy, ethics, health and wellness, family and more in academic, yogic and corporate environments. An advocate of experiential education, Yoli draws upon her yogic background to create unique programming in Comparative Religions, South Asian Studies, Yoga, Indigenous Studies and Globalization.

At present some of Yoli's current hobbies include hanging upside down in Acro-Yoga, circus arts and performing arts, meditation, and entering the infinite world of imagination in Kids Yoga classes.

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### **Group Captain (Retd) R.K.Tripathi**

Group Captain (Retd) R.K.Tripathi is a retired Indian Air Force (IAF) officer who has taught Hindi at this Center for the last over 12 years. He is a post-graduate in English and holds a degree in Library & Information Science. He is also an Interpretership diploma holder in Chinese (Mandarin). His native language is Hindi over which he has a very good command. He specializes in teaching Hindi with the 'Structural Method' of teaching languages. He served in the Education Branch of the IAF for over 30 years where he taught languages (English, Hindi and Chinese) and other subjects like Methods of Instruction, Military History, Military Law, Principles of Administration etc. and also gained vast experience in educational and general administration. He is keenly interested in Indian culture and Indian music. At present he divides his time between the work of teaching and translation (Hindi and Chinese) and pursuit of the hobby of Indian instrumental music.

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