



**INDIA CENTER  
HANDBOOK  
BANGALORE, INDIA  
2012 - 2013**

**Mailing Address:**

**India Center  
LIU Global  
Long Island University  
7/1, Cunningham Road Cross  
Bangalore - 560 052  
Karnataka State, INDIA**

**Telephone: 011-91-80-22281096 or 011-91-80-22380139**

**Fax: 011-91-80-22372589**

**Email: [indiacenter@liuglobal.org](mailto:indiacenter@liuglobal.org)**

**LIU Global Website: [www.liu.edu/global](http://www.liu.edu/global)**

**Center Website:**

**<http://www.liu.edu/Global/Academics/Locations/India.aspx>**

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# BANGALORE

## **Introduction**

India has a long history of welcoming new people, 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.

Bangalore with its beautiful climate, tree-lined avenues, trendy cosmopolitan city Center, and the technology boom financing its continuing evolution, 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.

Please click on the following links to know more about Bangalore:

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

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

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

<http://www.bangalorennet.com>

<http://www.karnatakaturism.org>

<http://www.onlinebangalore.com>

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

## WEATHER

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.

January	27 °C – 15 °C; 80.6 °F – 59 °F
February	30 °C – 17 °C; 86 °F – 62.6 °F
March	32 °C – 19 °C; 89.6 °F – 66.2 °F
April	33 °C – 21 °C; 91.4 °F – 69.8 °F
May	33 °C – 21 °C; 91.4 °F – 69.8 °F
June	29 °C – 20 °C; 84.2 °F – 68 °F
July	27 °C – 19 °C; 80.6 °F – 66.2 °F
August	27 °C – 19 °C; 80.6 °F – 66.2 °F
September	26 °C – 19 °C; 78.8 °F – 66.2 °F
October	26 °C – 17 °C; 78.8 °F – 62.6 °F
November	28 °C – 18 °C; 82.4 °F – 64.4 °F
December	26 °C – 15 °C; 78.8 °F – 59 °F

## TIME ZONE

There is only one Time zone in India: IST (Indian Standard Time). It 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: [www.timeanddate.com](http://www.timeanddate.com).

## TRAVEL INFORMATION

### Pre-Departure Information

This is pre-departure information for students enrolled at India Center. 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 accommodations we have fixed up for all students considering your preferences.

In case your flight is delayed or there is a 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 dial - 011-91 - followed by the number.**

<b>Dr. Alina Feld</b>	<b>8022281096</b>
<b>Ms. Meher</b>	<b>7760411681</b>
<b>Ms. Deepa Radhakrishna</b>	<b>9632204177</b>
<b>Mr. Achuthan</b>	<b>9480315131</b>

**To call from any of the cities in India to the above given numbers, please dial 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 en route while traveling and you are unable to arrive at 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 accommodation made for all the students. Then, we request you to pay the bill and retain the receipt which can be reimbursed by the center authorities later. The address of the place you will be staying will be sent in another e-mail once you have finalized the apartment.

**Tiping 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.

**Students are requested to arrive in Bangalore a day prior to the beginning of the Semester, so as to be present for the Orientation classes at the Center.**

**We request all students 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.**

### **Bangalore Airport**

The Bengaluru International Airport is situated to the north of Bangalore, 40 km from the city central business district. Drive on the National Highway -7, better known as Bellary road, after the 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 at official counters in the airport. Taxis are available at the arrival lounge for city transfer and costs about Rs.20.00 per/km to any part of Bangalore. The LIU Global India 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 student accommodations arranged by the Center (if you have made arrangements with the student services personnel of India Center).

We recommend that you change at least \$30 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 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.

### **If Traveling Independently**

We strongly recommend traveling to India with the group if there is a group flight, 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 LIU Global Headquarters in New York prior to departure. Please contact the following individuals with your travel plans:

### **INDIA CENTER**

- **Meherangiz (Meher) Taqui**
  - o [Meherangiz.Taqui@liu.edu](mailto:Meherangiz.Taqui@liu.edu)
  - o cellular: 011-91-9686948870
- **Deepa Radhakrishna**
  - o [Deepa.Krishna@liu.edu](mailto:Deepa.Krishna@liu.edu)
  - o cellular: 011-91-9632204177

### **NEW YORK**

- **Susan (Susi) Rachouh**
  - o [Susan.Rachouh@liu.edu](mailto:Susan.Rachouh@liu.edu)
  - o 718-780-4327

**OR**

- **Carlett Thomas**
  - o [Carlett.Thomas@liu.edu](mailto:Carlett.Thomas@liu.edu)
  - o 718-488-3409

Center personnel or a representative (holding an “**India Center**” Placard) will be at the airport to receive students, but only if flight information is provided to the Center personnel 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 dial (0) followed by the cellular number and dial (080) before dialing the landline number.

Since most of our students arrive in the midnight hours or early morning, light snacks such as crackers, chips and fruit with a bottle of water will be provided at each apartment. Students who wish to pack food for a day on their travel can do so.

One of the center personnel will be at the apartment the next morning of the working day to bring the student to the Center. Please look at the folder with a note from the Director of India Center and various other documents.

It is also essential to communicate any last minute changes (i.e. if your flight is delayed or canceled) to Meher or Deepa and Susi Rachouh or Carlett Thomas 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.

### **Purchasing Airline tickets**

You can make your own travel arrangements with the help of your travel agent. Bangalore being one of the cyber cities of the world, we have quite a number of international flights flying in directly from different parts of the world.

Be sure to book and reconfirm all your flights that lead you to Bangalore. 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! Please look out for availability of direct flights to Bangalore.

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 LIU Global Administration Office at Brooklyn to get the names and addresses of other students planning to travel to India. Students can contact Susi Rachouh or Carlett Thomas (contact information above).

Low student airfares from the U.S. are usually available. Check with LIU Global /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. You can purchase an International Student ID card at [www. Isic.org](http://www.Isic.org). 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, Emirates, Malaysian Airlines, Jet Airways offer through flights from New York to Bengaluru (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, Kingfisher, Jetlite and 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

## **Immigration Control**

### **Employment:**

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

### **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 LIU Global 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 INDIA CENTER REGISTERS THOSE ON STUDENT VISA ONLY WITH THE US CONSULATE, CHENNAI EVERY SEMESTER. All others please contact Meher and Deepa for help with US Consulate registration.

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

### **Students are not allowed to study at India Center on a Tourist Visa**

### **Visa Information**

You may apply for an Indian visa in the United States at any of the below five locations (see for further instructions and directions):

Consulate General in New York  
Consulate General in Los Angeles  
Consulate General in San Francisco  
Consulate General in Houston  
Consulate General in Chicago

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

## **What to Bring with You**

### **Luggage Restrictions**

A common question among students is how much to take when they are travelling overseas. 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 India.

\*Luggage restrictions are subject to change, so please check with your individual airline before your flight.

## **PACKING**

### **Required Items**

#### **Checked Luggage:**

- Student I.D.
- Clothes and shoes (see below for clothes)
- Towel
- 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:**

- Passport
- Airline Ticket (including your return ticket)
- Insurance Policy
- Identification card
- LIU Global Handbook and this document, the India Center Guidebook
- Credit or debit card
- Emergency contact information
- About 8 extra passport-size photos
- Non-liquid prescriptions with your name on the prescription

#### **Recommended Items**

- 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 (many books are available here)
- Non-prescription medicine
- Vitamins
- Insect Repellent
- Regular backpack (for school books and weekend trips)
- Water Bottle
- Alarm Clock
- Washcloth
- Fitted sheets for housing (the rooms come with sheets but they aren't fitted)

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

- **Airline Ticket**—students travelling to the India Center from orientation in New York will reserve their seats through LIU Global 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, 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.

- **Passport photos**—5 passport size photographs for Local Residential Permit and other Indian government registration procedures that will be taken care of once you arrive at the Center (the photos can also be taken here, and it is inexpensive)
- **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.
- Make sure you have 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.
- Please get your blood group checked and carry the information to India 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—an official driver's license or photo identification card will be needed for travel. Also, an International Student ID that can be used for discounts on international travel and accommodation in international youth hostels. See <http://www.isic.org>
- Phone numbers - All home contact numbers in case of an emergency.
- Fully completed medical history sheet, permission for emergency treatment and the Medical Information Clearance form. Copies of these should be provided to the Director on the first day of orientation.
- Previous academic records. Continuing LIU Global 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**

- **Wireless Laptop** (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. 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 tri-band 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 buy a cell phone in India wherein you have all the facilities of making international calls and the cost would

depend on the rate plan you choose. You can also resell the phone when you are leaving and get up to 40 to 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** that 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 travelling 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.

### **Suggested Clothing from the Center:**

- Long pants/jeans/ capris 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 months of November to January)
- One nice outfit for parties or cultural events
- Bathing suit
- Comfortable and sturdy footwear. (The shoes available here are not as good as the ones you can purchase at home. Remember that April, May, October are monsoon season.)
- Pajamas

### **PRE-DEPARTURE 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. You will also need to put a Travel Advisory on your card, so that your credit card company knows the card is being used abroad.
- 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 Debit Card / Credit Card has been activated before you leave 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.
- Check if you have reserved apartments at the India Center.
- If travelling separately, ensure that the India Center is informed of your travel plans.
- Pack thoroughly, reviewing your checklists.
- Call airlines for special meal requests 24 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 in the plane, stretch.
- Keep passport, photo I.D. and money in a safe and accessible place.

### **INTERNAL TRAVEL TIPS**

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.

### **Recreational Travel**

Because our students frequently travel independently, it is very important that a system be in place, which alerts the Program when a student may be in jeopardy or if the student needs to be apprised of an emergency situation. For this reason, students are required to provide the Center with local contact information: local address and phone number where they can be reached, as well as the name and contact information of a neighbor or friend who is likely to know their whereabouts in case of emergency. This is also important as occasionally we receive calls from parents who need to contact their sons and daughters immediately about family emergencies or other family issues. For this reason, we encourage students to always keep their families back home aware of their plans as well as provide them with contact information also.

Students traveling during weekends must fill out a form with the information of the place he or she is going, the hotel name and telephone number and the day of return. This should be submitted before travel to the Student Services Coordinator. If a group of students is traveling they can fill out a group form. For their own safety, students should not travel to countries with State Department travel advisories or to areas with high health or safety risks even if such travel is for recreational purposes and/or during semester breaks. If students insist on doing this, they would be traveling at their own risk and without the program's approval.

### **Auto-rickshaws**

The fastest way to commute in Bangalore is the Auto rickshaw (auto for short). They play the role of taxis in other metropolitan areas. Autos are quite frequent and are usually found clustered near bus stands, prominent roads, etc. Autos minimum charge is Rs.20.00. Before you embark the auto rickshaw, ensure that the meter is wound to Rs.20.00 which is a minimum fare up to 2 kilometers. Heavy luggage will incur an

additional fare, usually around Rs.10 or 20. On arrival at the Railway Station/ Bus Terminal 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 9 p.m. and 6 a.m. Prepaid autos are also available at the City Railway Station/Bus Terminal. 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.

## **Trains**

In India, trains are the best way to get around. 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. There are many trains that run overnight between major centers. A traveler can hop in a train one evening, enjoy a (usually) peaceful night in the train, and alight early the next morning, ready for a new day in a new city. Also, since train travel is such a cultural experience, the class you choose affects the level of Indian society you have contact with.

Which class you travel depends on the distance, your budget, and the comfort level you need. 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.

## **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 Chennai, there is a whole department that helps foreign tourist's 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. 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. Chains for securing your baggage are readily available; get a good one. 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 midsized stations. It costs about Rs.10-25 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), change, and check your main bag. Then head out into town for breakfast, a look about, and to find a hotel. 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. Possible exceptions are the meals that come free with your ticket on special super-fast trains. At mealtimes you'll see many of your fellow passengers produce little packages of home cooked delicacies.

The safest things to eat that are sold on railway platforms are peel-able fruit and packaged biscuits. Sometimes you can find someone cooking fresh food on the platform perhaps an omelet served with bread. Avoid meat dishes of any kind, and the coconut chutney served. If it's an overnight train, try and eat before you leave. Or you can get take-away food from almost any restaurant.

### **Toilet**

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. However, be careful, because with all the lurching and shaking, if you drop anything it's gone down that little hole in the floor. 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. Hang on to something. For many it will prove the biggest challenge they have faced.

### **Train Safety**

Some visitors discover the pleasure of sitting in the open doorway of the carriage watching the country side go by. It can be dangerous, and is not recommended. 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 any serious problem, try and contact either the Ticket Collector or a member of the Railway Police who may be posted on the train.

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

- Do dress conservatively at Indian beaches. This is especially true for women.
- 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).

## **THE INDIA CENTER**

### **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 yourself 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 a stone's throw away from the Center.

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 multi-cuisine 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 night's 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.

### **Library**

The India Center library has books on topics that are specifically relevant to the pursuits of LIU Global 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. Five books and three 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.

All students have to pay an amount of Rs.1,000/- as a refundable Library deposit during the time of receiving their 2nd stipend. This amount will be returned to the student at the end of the semester after receiving all the books checked out by them. Five books and three periodicals can be checked out at a time, and for a time period of two weeks.

If any of the students want to retain the books more than two weeks, they should renew the same with the librarian for a further term.

### **URLs for LIU Library:**

Library Homepage:

<http://www2.brooklyn.liu.edu/library/>

Library's LIU Global webpage:

<http://www2.brooklyn.liu.edu/library/RemoteSites/GlobalCollege/>

Students receive a library access code to log onto the LIU library.

In addition to the 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.

### **Internet**

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 5 computers with printers (4 Computers with Wi-Fi connection - with Windows XP OS, and 1 No Wired connection with Windows 2007), 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 Wi-Fi LAN Card), you can log on to the internet in any part of the Center without a plug in.

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

### **Meal Plan**

We are proud to say India Center is the only Center of LIU Global which has a full-fledged kitchen that caters food during the semester 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. 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 food you like.

The whole day meal plan (which includes Breakfast, Tea/Coffee, Lunch, and fresh fruit juice) costs Rs.125.00 per day per person. As soon as you are given your Room & Board allowance, please make a deposit payment to Achuthan towards your food costs, which will be adjusted at the end of every month.

## LOCAL SERVICES

### **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
- India Center advises students to not open bank accounts in India as this takes a long time for processing and closing of accounts
- 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 en route.
- 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 up to 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!

### **Mail**

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

**India Center, LIU Global  
Long Island University  
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, if it is convenient to you.
- 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**
- **Blue Dart express Ltd**  
**Little Plaza**  
**Cunningham Road**  
**Bangalore 560052**
- **General Post Office**  
**Ambedkar Road**  
**Bangalore560001**

### **Telephones/Cellular 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 Ms. Sudha.
- 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 call it virtual. They offer better rates: with a VCC worth Rs.550.00 (including taxes), you get a talk time of Rs.520.00 (\$11) and the charges are Rs.6.50 per minute. (However, the recharge value/ talk time and calling rates are varied from each provider.)
- Please inform the Student Services Personnel on purchase of a new cell phone number and make sure, when you leave the country at the end of the semester to inform the student Services personnel about disconnecting the cell phone, as well as the "SIM CARD."
- Local landline numbers are seven or eight digit numbers while mobile numbers are ten digit numbers.

### **Making A Call:**

- **Long distance call** (above 50 km within India):
  - 0 + ten digit phone number (for cell phone)
  - 0 + STD code + 7 or 8 digit number (for landline)
  - to USA from India — 001 + area code + number

- **From a landline/ local telephone:**
  - To call a local number, dial the eight digit number directly (i.e. 25296578)
  - To call a mobile, dial the ten digit number directly (i.e. 9845089765)
- **From a mobile telephone:**
  - To call a landline/ local number, dial the city code (080 in Bangalore) followed by the eight digit number (i.e. 080-25294822)
  - To call another mobile, dial the 10 digit number directly (i.e. 9845098450)

**City Codes:**

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

**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.

**Shopping**

- Most visitors are surprised 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 pm to 3.30 p.m. for lunch and close for the day at 9.00 p.m.
- A few may be closed on Sundays but open for Christian holidays (like Christmas and Easter)
- Tailors are a cheap way to make salwar kameezes (A traditional Indian outfit with a long shirt and flared or tight pants). Fabric can be purchased inexpensively. Please take the advice of Center Personnel.
- M.G. Road, Commercial Street, Brigade Road, Majestic Circle, Malleswaram and Avenue road are some of the popular shopping areas. Each area offers a different ambience.

**Center Hours and Holidays**

The Center is open from 9.00 am to 6.00 pm Monday through Friday, and closed on Saturday and Sunday. 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.

The Center will be closed for the following holidays during the Fall Semester 2012 and Spring Semester 2013.

Dates of Religions/Cultural festival are subject to Lunar calendar recommendations.

<b>Day and Date</b>	<b>Particulars</b>
Wednesday, 15 <sup>th</sup> August 2012	Independence Day
Wednesday, 19 <sup>th</sup> September 2012	Ganesha Chaturthi
Tuesday, 2 <sup>nd</sup> October 2012	Gandhi Jayanthi
Tuesday, 23 <sup>rd</sup> October 2012	Ayudha Pooja
Wednesday, 24 <sup>th</sup> October 2012	Vijayadashmi
Thursday, 1 <sup>st</sup> November 2012	Rajyostava Day
Monday, 12 <sup>th</sup> November 2012	Naraka Chaturdasi - (Deepavali)
Wednesday, 14 <sup>th</sup> November 2012	Balipadyami (Deepavali)
Monday, 14 <sup>th</sup> January 2013	Makara Sankranthi
Friday, 29 <sup>th</sup> March 2013	Good Friday
Thursday, 11 <sup>th</sup> April 2013	Souramana Ugadi (New year)
Wednesday, 1 <sup>st</sup> May 2013	May Day

### **INDIA CENTER FACULTY AND STAFF**

#### **Dr. Alina Feld**

Alina N. Feld (Ph.D., Boston University) is the Director of the India Center. She teaches religious studies, ethics, and Western and Eastern philosophy at Dowling College and Hofstra University in New York. Her core interest has been philosophical investigation of the meaning of being human and related questions of moral responsibility, with special attention to issues of transcendence and fallibility. Her scholarly work has been cross-cultural and interdisciplinary, attempting to mediate between different philosophical and spiritual traditions, and between theological and cultural dimensions of modernity.

Contact: 011-91-8022281096

E-mail: [Alina.Feld@liu.edu](mailto:Alina.Feld@liu.edu)

#### **Dr. Janaki Chundi**

Dr. Janaki has done her Ph.D. in Soil Science and Agricultural Chemistry from Agra University.

She has more than 10 years post doctoral experience, including university teaching in reputed institutes in Bangalore and Delhi, and of planning and implementation of agricultural research projects, conducting training and workshop in agricultural areas on watershed management. She has published articles in reputed Indian journals, and in international research journals/ Conference proceedings on themes concerning sustainable agriculture, environment and rural development. She has worked with research students/scholars from countries including U.S. while working at Indian Social Institute, New Delhi.

At the India Center, apart from taking up advising and contributing to general academic planning and functioning, Janaki proposes to coordinate elective course on "Environment and Sustainability" during Fall, and on "Sustainable Life and Agriculture" during Spring.

Contact: 011-91-9980495438

E-mail: [Janaki.Chundi1@gmail.com](mailto:Janaki.Chundi1@gmail.com)

### **Meherangiz Taqui**

Meherangiz, popularly known as Meher, is the Student Services Officer and Field Trip Coordinator. She had worked earlier at this Center as Front Office Secretary from 2000 to 2002. She did her Bachelor of Arts in Psychology and Bachelor of General Law from Bombay University. She also holds a Diploma in Education from Nirmala Niketan University, Bombay. She was running a Nursery School and also conducting private tuitions. Her hobbies are needlework, tailoring and classical dancing (Khatak).

Contact: 011-91-7760411681

E-mail: [Meherpt@liuglobal.org](mailto:Meherpt@liuglobal.org)

### **Deepa Radha Krishna**

Deepa Radhakrishna is the Assistant Student Services Officer and Field Trip Facilitator. She studied for Bachelors in Psychology and Diploma in basic computer application. She has been part of India Center from September 2007 to February 2008 as Assistant to Admission and Student Services. Being a localite of Bangalore she can guide students through the by-lanes of Bangalore City. Her hobbies are listening to music, cooking and gardening.

Contact: 011-91-9632204177

E-mail: [Deepar@liuglobal.org](mailto:Deepar@liuglobal.org)

### **Sudha Sridhar**

Sudha Sridhar works as Public Relations Officer/Course coordinator, Elective course on "Indian Cuisine". She has been with the India Center since February 2002. 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 Indian Cuisine and enjoys listening to Music.

Contact: 011-91-9448085599

E-mail: [Sudha.Sridhar@liu.edu](mailto:Sudha.Sridhar@liu.edu)

### **S V Achuthan**

S V Achuthan works as Administrative Officer. 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.

Contact: 011-91-9480315131

E-mail: [Achuthan.Varier@liu.edu](mailto:Achuthan.Varier@liu.edu)

### **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, LIU Global 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.

Contact: 011-91-9845950910

E-mail: [Cheriy.Alexander@gmail.com](mailto:Cheriy.Alexander@gmail.com)

### **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 14 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.

Contact: 011-91-9980536774

E-mail: [Blrrkt@hotmail.com](mailto:Blrrkt@hotmail.com)

### **Kyle Weaner**

Kyle Weaner was born and raised on a small farm in the mountains of West Virginia. He is a practicing massage therapist with a special interest in traditional Asian therapies and massage of aging and terminally ill people.

Kyle is a graduate of Friends World Program of Long Island University (now LIU Global), where he had a focus on Global Health and Healing Traditions. His areas of interest were Traditional Tibetan Medicine and cross-cultural perspectives in Geriatric Care. He

received honorary mention for his senior thesis on "Defining Health and Disease in Tibetan Medicine."

Since graduating from LIU in 2006, Kyle has been pursuing further studies in Tibetan Medicine, as an apprentice/student under Dr. Jampa Yonten at the Tibetan Healing & Wellness Center in Bangalore, India. He has trained in, and is now responsible for, consulting and treating patients under Dr. Yonten in the clinical setting, as well as studying the classical Tibetan medical text, rGyud-bZhi or "Four Tantras," under his teacher's medical, linguistic, and spiritual knowledge. He is now studying the Phyi-Mai rGyud or "Conclusive Tantra" which is the last course of study in becoming a Tibetan Medical Practitioner. He has organized and participated in the annual teachings, lectures, workshops, consultations, and retreats on Tibetan Medicine and Healing given by Dr. Yonten at many Universities, Medical Colleges, Psychology Groups, and Buddhist Centers around the USA. He has also assisted Dr. Yonten in writing a book on integrating compassion into the practice of a medical physician called "Compassion as a Remedy in Tibetan Medicine," and is the co-author and editor of the THWC Newsletter.

Kyle enjoys nature, farming, yoga and meditation, and traditional medicine.

**Volunteer:**

Hospice of Boulder and Broomfield Counties, Lafayette, Colorado, USA  
St. Marks Home for the Aged Bangalore, India  
Hanasakasou Elderly Care Center Kyoto, Japan  
Lutheran Augustana Nursing Home Brooklyn, New York, USA

Contact: 011-91-9611531217

Email: [Kyle.Weaner@gmail.com](mailto:Kyle.Weaner@gmail.com)

**India Admissions Staff**

**Sheela Thyagaraj**

Sheela Thyagaraj is the Coordinator for Transfer Enrollment. She has been working with LIU Global since August 2004 and is passionate about her work. She holds a Masters degree in Family Resource Management and also has a diploma in Computer Fundamentals. Being a native 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. This Program has enabled her to acquire multicultural exposure. Her hobbies include Music, Dance and Fashion and she has actively participated in some of the major fashion events.

Contact: 011-91-0-9845135681

E-mail: [Sheela.Thyagaraj@liu.edu](mailto:Sheela.Thyagaraj@liu.edu)

**Suman Nayak**

Suman Nayak is from Bangalore, India. She has completed her degree in electrical engineering. She worked as an admissions counselor for a consultant firm which provided solutions to students seeking admissions to Universities for graduate studies in the USA. She has advised several students and their parents too, in her capacity as a counselor. She is extremely comfortable in her job and loves what she does.

Apart from counseling students who wish to study abroad, she has taken part and assisted in organising several awareness programs for parents with dyslexic children. She is a trustee of a temple which belongs to her family. This temple attracts a good number of global devotees and she regularly interacts with them at a spiritual level, which speaks reasonably well about her cross cultural exposure.

She is quite creative and enjoys supporting artisans giving them ideas to develop handcrafted goods. She has participated in exhibitions to encourage and promote their craft. Her interests also include travelling, socialising with close friends, and she loves spending time with her family.

Contact: 011-91-0-9448475356

E-mail: [Suman.Nayak@liu.edu](mailto:Suman.Nayak@liu.edu)

### **LIU Global Contact Numbers**

#### **India Center**

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

#### **Dr. Alina Feld**

Address # 7/1, Cunningham Road Cross  
Bangalore 560052  
Contact 011-91-80-22281096/22380139  
E-mail [Alina.Feld@liu.edu](mailto:Alina.Feld@liu.edu)

#### **Dr. Janaki Chundi**

Address J-33, Shriram Sadhana Apartments  
Gokula  
Bangalore 560054  
Contact 011-91-980495438  
E-mail [Janaki.Chundi@liu.edu](mailto:Janaki.Chundi@liu.edu)

#### **Meherangiz Taqui**

Address #8, 8<sup>th</sup> Main, Sultanpalya  
R.T. Nagar P.O., Bangalore 560032  
011-91-7760411681  
[Meherangiz.Taqui@liu.edu](mailto:Meherangiz.Taqui@liu.edu)

#### **Deepa Radha Krishna**

Address #91, 5<sup>th</sup> Cross, Shamanna Layout  
Lingarajapuram, St. Thomas Town Post  
Bangalore 560084  
Contact 011-91-9632204177  
E-mail [Deepa.Krishna@liu.edu](mailto:Deepa.Krishna@liu.edu)

#### **Sudha Sridhar**

Address 141/2, 8th Main, 19th Cross, M.C. Layout  
Vijaynagar, Bangalore 560040  
Contact 011-91-80-23208904/011-91-9448085599  
E-mail [Sudha.Sridhar@liu.edu](mailto:Sudha.Sridhar@liu.edu)

**S.V. Achuthan**

Address "Ushus" #41, Sastha Layout, Rayasandra  
Huskur Post, Bangalore 560099  
Contact 011-91-80-25746265/011-91-9480315131  
E-mail [Achuthan.Varier@liu.edu](mailto:Achuthan.Varier@liu.edu)

**Sheela Thyagaraj**

Address #66, Gundappa Blk,  
Manju Nilaya, J. C. Nagar  
Bangalore 560006  
Contact 011-91-0-9845135681  
E-mail [Sheela.Thyagaraj@liu.edu](mailto:Sheela.Thyagaraj@liu.edu)

**Suman Nayak**

Address #393, 14th Main  
18th Cross  
Vijaynagar, Bangalore 560040  
Contact 011-91-0-9448475356  
E-mail [Suman.Nayak@liu.edu](mailto:Suman.Nayak@liu.edu)

**LIU Global**

Address Long Island University, Brooklyn Campus  
9 Hanover Place, 4<sup>th</sup> Floor  
Brooklyn, NY 11201-5882  
Contact 718-780-4312  
Website <http://www.liu.edu/global>

**FAQs****Do students get keys to the Center?**

Students do not get keys to enter the Center after working hours.

**Can you sleep at the Center after working hours?**

No, Students cannot remain in the Center after working hours. However they can rest or take a nap if they are not keeping well.

**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. Any damage caused by the student/s will be asked to pay for the same.

**Where is smoking allowed?**

Smoking is STRICTLY PROHIBITED inside the Center. 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 Ms. 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 Internet. Headsets are available for use.

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

While LIU Global 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.

**Are we allowed to use internet during the class hours when the session is going on?**

No, students are not supposed to chat or use internet during the class hours, when the session is going on. However you can use your laptop for note pad purpose.

**Do I need an antivirus?**

Students **must** have 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. Five books and three 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 Mr. 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 a 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 any valuables in the baggage. The Center will not be responsible for the loss of valuables in the baggage, if any.

**Are visitors allowed to stay in my apartment?**

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

**Are there landline phones in the apartments?**

There are no landline telephones in the apartments. We would suggest you to buy cell phones which are pretty reasonable and well connected all over the globe. To get a cell phone connection students have to wait for a week for the processing of paper work.

**How much do cell phones cost? Do students usually get them?**

Cellular phones are bought by the students for their personal usage. They start from the range of Rs.1200.00 to highest range of 40,000. This is just for the instrument. You get various schemes of SIM cards starting again from the currency value of Rs.100 to your affordability.

**How many actual beds are there in two bedroom apartment and what size are they?**

Two bedroom apartments would have 2 single beds/cots. In case you need one more cot and bed, you should let us know well ahead of time and we shall organized it through the landlord. The normal size of beds in India are anywhere between 6.5 to 7 feet long and 3 feet wide.

**Are natural and biodegradable beauty and toiletry products available in India? Should we purchase them in States or wait till we get to India to purchase them?**

You will be happy to know that we have a few best brands like HIMALAYA and BIOTIQUE who produce and market natural products. Comparatively they are much cheaper and natural than western markets. Our suggestion would be to purchase them in India if you prefer to do so. Please log on to the above said brand URLs and check the stuff.

**I've booked my flight, who should I send the flight information to?**

You can send the flight information to the Student Services personnel – Meher [Meherangiz.Taqui@liu.edu](mailto:Meherangiz.Taqui@liu.edu).

**Should we buy a mosquito net or will one be provided through the school?**

Please do not bring a mosquito net. They are available in Bangalore at a very low price. No, the school does not provide one.

**I plan on doing organic farming for my service learning and the travel nurse is recommending that I get vaccinated against a parasite/disease that only is a danger around Rice paddies. Are there any rice paddies on the organic farms for service learning? (If so, should I get this vaccination?)**

A few of the service learning projects where you will be working may have paddy fields, thus we recommend you to get vaccinated against any parasite/disease if you are a person sensitive to any allergies or bites.

**Do we need to get our Blood Type tested?**

Yes, please get your blood type checked as it is mandatory to include it in the records during your registration at the India Center. Carry the records /reports along with you to produce it to the India Center.

## **STUDENT HOUSING**

### **Accommodation**

The India Center staff will send students a list of accommodations prior to their arrival. The list will contain information about the location, cost and facilities available at the apartments. All students are requested to look into the choices and send their preferences ASAP as the reservations are done on first come first basis.

The student's name will be written on the door of the apartment. Apartment numbers and addresses will be e-mailed to each student once the student confirms the accommodations.

Students get to stay in either 2 or 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. The India Center can vouch for the safety of these rentals only.

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 the Center staff will assist the student. Students must notify their Faculty Advisor, the Academic Coordinator and the Student Services personnel about their choice.

All LIU Global 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 (\$2400.00) as their room and board stipend for the whole semester on a monthly basis (\$600) every month for 4 months – (September to December 2012) to pay for their rent and other personal expenses. Room & Board disbursement is done through the India Center at the beginning of each month during the semester.

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

## **HOUSING DESCRIPTIONS**

### **Student Description of the 2 or 3 Bedroom Apartments**

Inside all of the actual apartments, there is a living and dining area and a kitchen. In three of the apartments, there is also a balcony and a laundry room. They all have attached bathrooms, with Western toilets, a handheld water tap, a sink, mirror, a toiletry holder, towel rack, showerhead, and set of buckets. The tap is used in India instead of toilet paper, it is considered more hygienic and it is better for the plumbing system (but you can also buy toilet paper in stores). The buckets are used for taking showers—you fill up the big bucket with water, and use the smaller one to wet and rinse yourself. The water is heated with a water heater, which you turn on with a switch. It is best to turn it on 10 minutes before you want warm water.

There are a few good restaurants, a large fruits and vegetables and grains stand, stores with snacks and other groceries, several tailors, ironing services, and an ATM all close by (ranging from 1-10 minutes walking).

Lastly, there is a fan in every room, and windows with screens. Also, you are not allowed to put any tape or nails in the walls. If you do apply tape and the paint peels off, you will be charged to repaint the room (this is extremely expensive—don't risk it!). You may want to bring painter's tape or white sticky-tack.

### **Housing Form**

You will formally receive a housing form once you arrive at the Center.

## **HEALTH AND SAFETY**

### **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 India Center. This will be useful in case you need medical attention and also to produce during registration formalities.

### **Reminder of Mandatory Health Insurance**

Students enrolled in LIU Global are automatically enrolled in the Plan on a mandatory basis. Due to the travel requirements of these programs, LIU Global students are not permitted to waive coverage. Charges are placed on the student's account statement prior to the start of the Fall term and the Spring term. Please see the following link for more information:

<https://www.gallagherkoster.com/students/view-brochure.php?idField=1170&KosterWebSID=81rdvqoe23d50pu6crejk6lqn6>

You can contact Susan Rachouh at [susan.rachouh@liu.edu](mailto:susan.rachouh@liu.edu) or 718.780.4327 if you have additional questions.

### **Travel Assistance**

If a student is on a field trip and has an emergency, they can contact the 24/7 call center at 1-866-525-1956 (toll free from the U.S.) or 603-328-1956 (call collect from anywhere in the world).

Yearly Coverage Dates: August 15, 2012 through August 14, 2013

All of the above information was taken from the 2012-2013 Aetna Student Health Insurance Plan Highlights for Long Island University. To view the full plan details, you may access it at the Aetna Student Health website.

The Citizens Emergency Center in the State Department's Bureau of Consular Affairs provides emergency services relating to the welfare of Americans arrested or detained abroad, searches for Americans missing overseas, transmission of emergency messages for Americans to their next of kin and transfer of private funds to US posts abroad for delivery to destitute Americans. Assistance at the Citizens Emergency Center is available Monday through Friday from 8:15 am to 10:00 pm at Call 1-888-407-4747 (from overseas: 202-501-4444).

For Overseas American Citizen Services in the United States call 1-888-407-4747. If calling from overseas dial 202-501-4444.

### **Recommended Vaccinations and Preventive Medication**

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** - 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 yourself 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.

**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** - Vaccination is recommended 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** - Vaccination is recommended if you 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.

**MMR and Polio** - Vaccination is recommended 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.

### **Basic Hygiene**

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. Indian doctors will be able to advise more recent and effective treatments for tropical diseases.

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™.

## **Water and Food 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).

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, Kinsley and Aquafina. The UV treated and Aqua guard filtered water available in most restaurants is potable. You may sometimes encounter backpackers who drink the local water everywhere and claim no ill effects. Do not listen to them.

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. 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.

ALL ARE REQUESTED TO USE WATER JUDICIOUSLY.

## **Food**

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. 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.
- India has probably the best vegetarian cuisine in the world, so this is no hardship. Avoid ordering meat in the lower end restaurants or station platforms.

Keep your finger nails short and clean. Wash your hands frequently, and especially before you eat. Carry a tiny soap with you. However restaurants, even on the low end, are trying to supply soap.

### **Avoiding 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. You can bring one from the home country, but there are quite adequate repellants here. "Odomos" is one brand that is 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. 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 repellant 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 or buy mosquito coils that burn about 8 hours or so and keep mosquitoes away. 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. Remember 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. A good strong fan running all night helps keep them away while 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.

### **Bed Bugs**

Not related to mosquitoes, but extremely annoying is the problem of bed bugs. This is not a widespread 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. 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. Be pro-active.

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

The sun and the heat it generates can be a powerful force, 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.

## **Information Regarding Traveling with 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
- 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

## **Medical Emergency Procedures**

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.

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 casualty. The Outpatient departments however are open only during regular business hours from 9.00am to 6.00pm.

## **HOSPITALS**

### **Fortis Hospital & Heart Institute, Bangalore**

14, Cunningham Road  
Bangalore 560 052, INDIA  
Tel. +91-80-22261037, 22281146  
Emergency Toll Free No. 105711

Fortis Hospital is associated with Harvard Medical International, USA. As associate hospitals of HMI in India, Fortis 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.

### **Columbia Asia Referral Hospital**

Yeshwanthpur (Near Metro)  
Bangalore  
Contact-080- 39898969

### **Lakeside Hospital (open 24 hrs)**

33/4, Meanee Avenue, Ulsoor  
Bangalore - 560042  
Phone: +91-80-2556 6738 / 2536 0823 / 2536 6723

### **Bangalore Baptist Hospital**

Bellary Road (Bangalore-Hyderabad NH)  
Hebbal, Bangalore - 560 024  
Phone: 23330321-24  
Fax: 23437970

### **SAFETY ISSUES**

Issues of safety of LIU Global 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.

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 travelling in India.

Our motto at the India Center is to provide with information which maximizes their safe travel to the Center and during the semester. Students are required to keep in close contact with the Center when they are traveling out of Bangalore providing information which includes contact information like place of stay, contact person and contact number, should an emergency arise.

As a policy of the India Center, all students are required to submit information in the Travel Form which stipulates the details of their travel (like place of travel, contact address, contact person, number, duration of stay, mode of transport etc) which each student must provide to the Faculty Advisor and student services.

Students are required to keep in touch with his or her advisor at least once a week while away from the Center through e-mail or phone.

Those students who arrive in India much before the start of the semester for personal travelling, etc. are strongly advised to arrive straight into Bangalore first and get registered with the Police Commissioner in Bangalore as part of the procedures of being a student of the India Center. If the student does not conform to the policy, he/she will be forced to go through a tough verification of his/her status in India and also is liable to pay a hefty sum of penalty for late registration.

Those students who remain in the region after the close of the semester do so as Independent travelers. The India Center asks students who plan to remain in India after the end of semester to sign an undertaking which clearly mentions that India Center will not be responsible for her/his stay and safety concerns after the end of academic term. While Center staff may be able to assist in an emergency, it is neither their responsibility nor their obligation to do so when the term is not in session.

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 are elected during the first community meeting. It is required for the safety coordinator/s to be trained in safety skills, CPR and first aid response.
- Safety meetings with safety coordinator/s, student services committee, Peer Mentor, Student Representative is called on a fortnight basis to update on current issues related to the nation and Center on safety/security awareness.
- All students enrolled at India Center are given an Identity Card which will be useful for students when travelling, visiting institutions, historical monuments, libraries etc.
- A strict vigilance from the local police is kept on our Center regularly on their beat especially after 9 p.m.
- The India Center takes health and security of both students and staff very seriously. It is important that a system be in place which alerts the program when a student is in jeopardy or when a student needs to be apprised of an emergency situation.
- 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**

**DRUG WARNING:** The use of hallucinogenic and/or other illegal drugs is strictly forbidden by Indian law and by the India Center of LIU Global. 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 the India Center nor the U.S. offices of LIU Global/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.

**LIU Global Safety Policies and Emergency Procedures**

1. The safety of our students is our number one priority. Directors of all our Centers abroad and all administrative personnel in the USA are asked to subscribe to the State Department advisory email list and are notified daily of new State Department announcements. All our students are registered with the U.S. Embassy in the country of residence abroad.

See the link: <http://www.state.gov>

2. The State Department issues announcements in a number of categories: public announcements, travel advisories and travel warnings. Within each category there are a number of gradations. For instance, on the less severe end of the scale, the State Department might advise Americans not to visit a particular city in a country at a particular time. On the more severe end of the scale, they might ask Americans to leave

a particular region within a country. On rare occasions, the State Department will ask Americans to leave a whole country.

See the link [http://travel.state.gov/travel\\_warnings](http://travel.state.gov/travel_warnings)

3. LIU Global follows the State Department's advice in all its announcements, advisories and warnings. We do not go to areas the State Department considers unsafe. Any student who wishes to go to an area presently under a State Department travel warning will not be given approval for such a trip. Students who insist on pursuing such a course of action will be asked to first withdraw from the LIU Global. We simply cannot support students who wish to study in unsafe areas.

4. The U.S. State Department is not our only source of information on safety. We have local personnel in each country who monitor events at the local level and advise us on safety issues. In general, our safety and evacuation decisions are more conservative than that of the State Department. We have taken action to remove students in advance of State Department warnings and we have relocated field trips in the absence of State Department announcements. We have experience setting up programs in over a dozen countries around the world and are able to do so at very short notice.

5. As a global education program, LIU Global has a great deal of experience in offering programming in a great variety of venues. The Comparative Religion and Culture Program alone has engaged in programming in Japan, Taiwan, Thailand, India, Italy, Greece, Israel and Turkey. Together our Centers have experience in supervising student work in dozens of countries. There is simply no reason to travel to areas that are unsafe when there are so many other fine options available to us.

6. Though we will not compromise on our commitment to student safety, neither can we allow the current global tensions to deter us from continuing to pursue our goals of global citizenship and international understanding. Recent events only highlight the need for sincere people of good will to pursue cross-cultural study. The goals of LIU Global seem more relevant than ever.

### **Anti-Harassment/Discrimination Policy And Complaint Procedure**

<http://www.liu.edu/about/administration/university-departments/human-resources/hr-policies/anti-harassment-discrimination-policy.aspx>

### **Harassment**

Indian society has a strong tradition of politeness to strangers, to women, and to the elderly. 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."

### **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 prefer sitting 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 overreact. 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 Altercation**

Physical action is usually not appropriate. 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.

### **Emergency Contact Numbers in India**

Police*	100
Ambulance:*	102
Fire Brigade*	101
Traffic Complaint	103
<b><u>Hospitals</u></b>	
Fortis Hospital	22261037
Mallya Hospital	22277979 / 22277990
Red Cross Society	22264205 / 22268435
Fortis Hospital (Cunningham Road)	22261037
Baptist Hospital (Hebbal)	23330321/322/323
Mahaveer Jain Hospital (Vasanthnagar)	40875555
Columbia Asia (Hebbal)	41791000
Lake Side hospital (Ulsoor)	2556 6738/2536 0823
<b><u>Blood Bank:</u></b>	
Red Cross Society	22264205 / 22268435
Rotary - TTIIC	25287903 / 25293486
General Enquiries	22222222
Weather Forecast	22211118/22235675/22235725/

**\*emergency numbers work in New Delhi, Mumbai, Chennai, Kolkata and Bangalore**

## **Emergency Procedures at the India Center**

The India Center follows all emergency procedures established by the LIU Global 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.

## **U.S. Consulates in India**

The U.S. Consulate General in Chennai 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., Monday- Friday  
10:00 a.m. to 1:30 p.m., Saturday

## **PRECAUTIONS TO TAKE WHILE TRAVELING**

### **Safety on the Street**

- Be cautious 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 travelling 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**

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). 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.

## **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 it below:

"Close attention to standards of dress will go a long way to minimizing problems for female travelers. Ways of blending into the Indian environment include avoiding skirts that are too short and transparent clothes. 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."

## **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 you.

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.)

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). If a situation doesn't seem right, or you don't feel safe, take precautions. Be careful, but don't be paranoid.

## **Scams**

Here we are discussing minor scams that might affect travelers. 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 schemers. 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. Your generous donation would probably be better applied to a legitimate charity. 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.

## **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. The chances that a tourist, traveling with an unpublished program or itinerary, would be the victim of terrorism are slight.

Nevertheless, the following pointers may help you avoid becoming a target of opportunity.

- 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.

## **CULTURAL POINTERS**

### **Dress for the culture**

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. This is going to affect how people interact with you. An urbane Center like Bangalore will accommodate more casual dress.

### **What men should consider**

As a general rule, urban Indian men wear western dress - some variation of long pants and a shirt. 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 avoid any exposing clothes like short skirts, deep neck tops or any transparent clothing. 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.

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 readymade everywhere. You can also choose wearing Kurtas on pants.

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 pin it in place.

### **Thoughts and Suggestions from a few India Center Students**

- "I wear jeans or leggings and an Indian top nearly every day. I brought shirts and dresses from the States but I almost never wear them, as I like the Indian fabrics and cuts more. For shoes, I wear flip-flops or sandals. I brought hiking boots and they come in handy for travel, otherwise for everyday purposes tennis shoes, slip-ons, flats, flip-flops, etc. are fine. Also, I don't even use a raincoat when it rains. I just accept that my clothes and shoes get wet, and use an umbrella. The weather is warm and sometimes humid, but I still use cardigans and sweaters in my apartment and in the evenings. I also wear a shawl/scarf every day, so if you have some bring them but otherwise you can buy them here. But really you can get great clothes here for very cheap, and the fabric is much better than in the States. I also find that the clothes here look better with my body shape than tight shirts and pants. Basically, I say bring a few pants, and really a few shirts to last maybe two weeks until you go shopping, and just buy the rest here! For guys, just your regular pants and t-shirt is fine."
- "As far as clothing goes, don't wear shorts. Tank tops are alright if you have a thick scarf to wrap around your shoulders, completely covering your chest and arms. Jeans are fine, Western clothes are commonly worn in clubs and parties, but unless you're taking a taxi or have male companions accompanying you in a car, you should still dress modestly."
- "Men in urban India have adopted the more formal, fitted style of Western wear. Collared, button shirts with trousers are the norm, and sandals are the most common footwear. Any male student looking to round out his wardrobe with classy, but comfortable, attire will find these items at a tiny fraction of the cost of those in the States. Indians are happy to see foreigners wearing traditional clothes, such as the kurta (a long top with sides that open towards the bottom) and the dhoti (a

large clothe worn around the waist like a towel), but be prepared to receive curious looks and reactions. It's all meant in good spirit!"

### **Clean & Neat**

Indians are quite fastidious about their apparel. All but the very poorest wear freshly washed and ironed clothes. 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. Personal cleanliness is the most basic of virtues. It will serve the traveler well to recognize.

### **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. The squat-type toilets that are common in cheaper hotels are actually much more hygienic and healthier for the system than sit-down toilets.

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. If you learn to like this process (It leaves you cleaner and is much less wasteful than using toilet paper), you can adopt the technique for sit down toilets too. Just lean forward and pour the water from behind you.

## **TIPS FOR SAFETY AND CULTURAL ETIQUETTE**

### **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. It may mean a bit of extra effort at first, but it will be appreciated, and will soon become automatic. If you are a left hander, try and adjust as much as possible.

### **Be careful of your shoes**

Shoes, and to a lesser degree, feet, also have unclean associations. Keep you 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**

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.

### **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.

### **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 is the post office?" 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 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 (ascetics living in ashrams). 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?" and "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.

### **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. 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 Porsche. 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 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 to 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 to Rs.20 for their services. Giving alms to beggars is a contentious issue; you could donate money to charitable organizations instead.

## **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.

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 to go to a "Lodge" for that.)

The most common Indian hotels, especially in South India, are 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 vegetarian and non-vegetarian dishes. Most up-scale establishments offer both vegetarian and non-vegetarian 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. This is not done, unless you are in a place that serves Western type food.

If you want to linger, if you want to read a book or newspaper, or leisurely chat with friends you should try and find a place that allows that like Barista's, Café Coffee day. Usually, it will be at least a bit up-scale and pricier. In most of the restaurants smoking is prohibited. Picking a good place to eat can be tricky, as it is anywhere in the world.

## **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).

## **INTRODUCTION TO INDIAN FOODS**

### **South Indian Rice Meals**

Traditionally for lunch and dinner Southerners eat rice meals - the famous thali which really should be eaten with your fingers. 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 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.

"Full Meals thali" are just that. All you can eat. More rice, more curries, and they will always include curd and often a sweet for dessert. 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. You can ask for as many servings as you like so pace yourself and try not to leave too much unfinished food.

### **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.

**Idli** - the ubiquitous South Indian breakfast food. These are fat little cakes of a rice/lentil mixture that are fermented overnight and then steamed.

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

**Vada** - 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 "idli-vada" will usually get you a plate with two idli 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

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

**Bonda** - lentil batter with a filling, usually potato curry, and deep-fried.

**Bhaji** - lentil batter coating on various vegetables often potato slices or plantain, sometimes green chillies.

**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.

**Idi Appams** - another Kerala treat; a nest of rice noodles steamed like idlis.

**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.

**Chapati** - 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 chapati.

**Puri** - made like a chapati, 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**

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. But be careful you don't accidentally order some curry flavored toppings.

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 instant coffee.

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.

## **Art of Eating**

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. Avoid having curry juices running down toward the elbow. 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. 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. In this case explain to your dinner companions that you are left handed and cannot eat with your right hand.

## **ACADEMIC PROGRAM IN INDIA**

The India Center curriculum educates the students with introductory insights about the region and its unique character, while also providing a frame of analysis so that students may understand their experiences in a larger global context.

During their first semester in India, LIU Global students must take a course in Global Issues, a Writing Course, Elementary Hindi language course, Sophomore Yearly Seminar: Theory, Culture and Representation, and electives/independent study for a total of 16 credits.

In their second semester, students carry a slightly different academic course load. They are expected to take a combination of directed independent study projects, Sophomore Seminar II: Theory, Culture and Representation, a Global Issues course, Electronic Portfolio and Digital Literacy course, and elective courses for a total of 16 credits.

A large part of the curriculum is built around the many educational field trips throughout the semester. Short and long field trips to a variety of locations are an integral part of the Global Issues, and yearly seminar coursework. Locations are chosen bearing in mind rich historic and cultural traditions, safety issues and the present global situation.

### **India Center Objectives**

In order to create a cohesive and enriching program which can realistically meet the needs and expectations of its participants, the India Center has defined a series of goals and objectives which will help to guide students and faculty in the process of experiential education. The main goal for the Center is closely tied to the mission statement of LIU Global in general. We would like to maintain the same sense of community, self-direction and independent experiential learning as propagated in the program as a whole.

However, we feel that our center is unique in many aspects and therefore, would like to be able to take advantage of our skills, strengths, talents and cultural values in order to provide the students with a variety of opportunities. Therefore, our primary goal is as follows:

The students will demonstrate an understanding of the different aspects of the reality of India in order to attain a sense of global citizenship, which leads to a multi-cultural view as promoted by LIU Global.

In the aftermath of the processes of Globalization and consequent economic liberalization of economy set at work in early nineties, India, in its efforts to construct and implement an inclusive discourse of Globalization and development, faces challenges in modernization and transformation as it moves forward in the 21st century, with its rich multicultural heritage and traditions. In this context, students at India Center get the opportunity to study and learn from the global issues concerning the contemporary Indian reality.

### **INDIA CENTER CREDITS CRITERIA**

<b>Class Room Seminar – 1:1</b>	<b>Field Trips – 2:1</b>	<b>Internship / Independent Study – 3:1</b>
1 Credit = 15 hours + 30 hours of Reading & Writing	1 Credit = 30 hours + 15 hours of Reading & Writing	1 Credit = 40 hours + 5 hours of Reading & Writing

1 Contact hour = 50 minutes  For every 1 contact hour, 2 hours of Reading & Writing		
<u>3 Credit course</u>  3 credits = 45 hours + 90 hours (Reading & Writing)	<u>3 Credit Field trip</u>  3 Credits = 90 hours + 45 hours (Reading & Writing)	<u>3 Credit Internship</u>  3 credits = 120 hours internship, equivalent to 3 weeks + 15 hours of Reading & Writing

- **Internship and Field trips are calculated as per credit hour basis**
- **Classroom seminars as per contact hour basis**

### **Semester Outline for Fall Semester:**

The first 6 weeks of the fall semester is dedicated towards required courses and semester-long electives and independent study. The required courses are: Global Issues in the Indian Context (4 credits); Theory, Culture, & Representation (3 credits); Writing & Digital Literacy (3 credits); and Hindi (2 credits). The electives during this time are Indian Cuisine I and Yoga I (2 credits each). Then there is the long field trip to Rajasthan state for 2 weeks, followed by nearly a week of free time for mid-term break. Then 3 weeks is dedicated towards independent study and/or the condensed elective courses: Global Health & Healing Traditions and Peace & Reconciliation, Environment and Sustainability: Issues and Activism in Indian Context, Living and Participating in Culture and Cultural Productions in Urban India (2 credits each), which are both 10 days of classes. Independent study during this time can begin even during the mid-term break, and does not have to be limited to Bangalore.

The last two weeks of the semester are final writing classes and portfolio weeks. More information about classes and scheduling will be given in the Academic Handbook when you arrive at the Center.

### **Semester Outline for Spring Semester:**

The first 7 weeks time of the spring semester is dedicated towards required courses. The required courses are: Globalization, Development and Change: Perspectives on India (4 credits), Theory, Culture, & Representation (3 credits); and E-Portfolio and Digital Literacy (2 credits).

Within this time is the Long Field Trip to Kerala in Southern India for 12 days, when students gain and critique issues and experiences within the required courses on Theory Culture and Representation, and Globalization, Development and Change. Then the next 7 weeks are dedicated towards independent study, and/or the condensed elective courses for 2 credits each, beginning tentatively in the month of March: Globalization, Media and Social Change; Integrative Yoga II; Indian Cuisine II; and Gender Issues: Indian Context, Sustainable Life and Agriculture, which are conducted within 10 days of class and field time. Independent study during this time does not have to be limited to Bangalore, and can be undertaken in any part of India with approval from your advisor. The last two weeks of the semester are devoted to final writing and applied skills classes within E-portfolio and Digital Literacy course. More information about

classes and scheduling will be given in the Academic Handbook, in hard copy, when students arrive at the Center.

### **Plan of Study/Course Descriptions**

<http://www.liu.edu/Global/StudentLife/Records/Reg-Info/pos-cd.aspx>

### **Experiential Learning**

#### **How We Plan, Structure, Document and Evaluate**

Our approach to experiential learning is given form and content in five major ways:

- Through a learning plan formulated jointly by the student and his or her 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, the basis upon which students receive feedback on their work and upon which credit is granted

One-on-one advising on a weekly basis, combined with regular community meetings at each Center, a LIU Global community **listserv**, program-wide Internet **chats**, as well as **podcasting** by LIU Global students and faculty members, help to sustain and enhance this global learning community. Each of the centers, with its integrated faculty and staff support systems, embodies a close-knit, personal learning community within LIU Global. Student peer mentors are appointed at each centre to offer additional assistance to new students.

#### **Excursions and Field Trips**

In addition to day trips and short field trips in and around Bangalore as part of some of the required and elective courses, field trips from the India Center include long field trips to Rajasthan in the Fall and Kerala in the Spring semester as an integral part of the Global Issues and Area Studies seminar and Theory, Culture and Representation course.

#### **Field Trips**

All field trips are considered an essential part of our academic program. Students are expected to participate actively and to document their learning according to the documentation requirements defined in each seminar syllabus in order to receive credits.

Because of the importance of field trips, attendance is encouraged and expected at all of the academic activities during the field trips. Attendance will be taken and this information will be shared with advisors as part of the attendance records of the courses.

Security is top priority. Special precautions will be detailed by the group co-coordinators depending on the site. Any student that does not respect the personal safety precautions will be warned and if he/she continues to disrespect the recommendations he/she will be sent back to Bangalore.

Illegal drugs are absolutely prohibited. Any student carrying or consuming drugs will be sent back immediately and will have to face the legal and school related repercussions.

Respect for quiet hours, not only for the other members of the group but also the other hotel guests and/or the community.

No alcohol is permitted in the India Center or during academic activities. Intoxication and disorderly conduct resulting from the misuse of alcohol are unacceptable and will result in disciplinary action up to and including suspension (LIU POLICY).

Students cannot get involved in political demonstrations because of the potential danger and local laws limit foreigners' participation in local politics.

Respect for the local people and culture is very important as part of our mission of being responsible world citizens.

Any student planning to stay more time or to do different activities than those planned by the India Center, must have the approval of their advisor prior to the trip and must co-ordinate beforehand with the field trip coordinator.

Students, who commit to participating in a particular trip and then decide otherwise, will still have to cover the expenses of such trip. Exceptions will be made when the reasons for not participating are out of the student's control.

Students who do not participate in field-trips that are part of any of the seminars that they are taking, will have to decide with their advisor and seminar coordinators on how to cover the content of the trip through an alternative approach if they do not want to lose credit.

Participation of non-enrolled individuals is not permitted. Faculty and staff, other than the trip coordinators, will have the opportunity to participate in any particular field trip as long as financial matters and responsibilities during the trip can be worked out.

### **Guided and Independent Field Experience**

LIU Global students are trained in the theories and methods necessary to successfully conduct guided and independent fieldwork in a foreign cultural environment. In the **freshman year**, students learn fundamental approaches to the study of culture through selected foundational texts in the humanities and social sciences as well as fundamental approaches to fieldwork through basic assignments conducted locally under close faculty supervision. In the **sophomore year**, students are introduced to more specific theories and methods and learn to propose a short research project of their own choosing that applies the appropriate qualitative tools to the problem in question. They also undertake a guided independent study supervised by a faculty advisor.

### **Cross-Cultural Internships and Independent Projects**

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. Students have done ISPs in a wide range of fields such as psychology, religion, philosophy, sociology, education, socio-linguistics, ecology, development, medicine, literature, art, women's studies, ethnomusicology, politics, history, and martial arts.

In addition to ISPs, students may arrange an **internship for credit**. As is the case with an ISP, most internships are carried out in the spring semester after students have completed required courses and have the requisite foundation in the regional language. Students have had success volunteering with international non-governmental organizations (INGO) or non-profit organizations in or outside Bangalore.

The India Center promotes student learning through independent studies and internships. India offers a breadth of internships from **volunteering with children** through Mother Theresa's group of nuns to helping **women become empowered in rural areas**. Students work with a faculty advisor to pursue the topic of their choice, which may involve volunteer work with a local organization

A few examples are:

- Dr Narayan Reddy's farm, sustainable living and farming
- Vanastree, a women's seed collective and sustainable livelihood issues group
- Auroville, alternative community, Organic farming, sustainable livelihood
- Missionaries of Charity, volunteer work
- BOSCO, outreach to street children
- Life and Society of Rajasthan, cultural study
- PUCL, Jaipur, Rajasthan, human rights, women's issues & activism
- Barefoot, Tilonia, rural governance and democracy, women's empowerment
- Sikkim, Buddhism studies
- Kolkata, spiritual tradition of Baul singers
- Institute of Health Management, Pachod, public health and community healthcare aspects
- Peace Child, for child-right issues
- J.Krishnamurthy's Study Center, a study center dedicated to JK's educational philosophy

### **Timetable**

For independent study, some students need more structures, some less. Nonetheless, all face the same deadlines for submitting portfolios, and deadlines are necessary for completing work. Once you have formulated the components of your Learning Plan (what exactly you will be doing), outline a schedule by which you will complete your tasks for the independent study project. Placing your goals and expectations into a timetable will help you see whether your projected Learning Plan is really feasible in one semester. Have you taken on too much? Are there important learning activities that you could postpone for another semester, or less important ones that you should drop for the time being? Learning Plans will succeed only if they are manageable.

### **Budget**

It is also important to work out the budget for your Independent Study. This helps in your planning and organization of the study project and resources required. You can work out the budget in consultation with your advisor and for further help, regarding the possibilities, with the Administrative Director of the Center. (Refer to the Independent Study payment details in the Appendix.)

### **Evaluation**

For independent study work, you must determine with your advisors just how work will be evaluated, and what the requirements will be for documenting your work. If you have a field advisor, he or she will contribute to the evaluation process with ongoing and a formal written evaluation. In addition, the student's self-evaluation is important in

assessing his or her learning throughout the semester. In the end, the faculty advisor will consider these different aspects to determine a grade and write the final student narrative evaluation upon which credit is granted.

### **A word about flexibility and revision**

As mentioned earlier, changes may occur in your Learning Plan once you embark on your studies. While students should try to finalize their learning plans as early as possible to maximize time to dedicate to their objectives, students can discuss changes in the Learning Plan with their advisors up until the **mid-semester assessment**. Your advisors may also ask you to make revisions in your portfolio, and you should view the first copy of your documentation that you submit for evaluation as a draft. Evaluation has value only if it generates reflection and a deeper understanding of the subject on the part of the student, and if those reflections, together with the faculty's comments, are integrated into the portfolio. Portfolios, then, are not term papers to be handed in at the last minute solely for credit. Plan to hand in your papers on the due dates assigned in the different course syllabi or on an ongoing basis for independent study courses, so that you may incorporate the necessary revisions into the final copy.

### **Study at a Distance from a Center**

All students, regardless of their physical location during the semester, are required to keep their respective Center administrator and faculty advisor aware of their local address, email address, phone (if applicable), and an emergency contact (the name, address and contact number). That information will be forwarded to the Registrar at WHQ. Students must inform the Center of semester travel plans so that, at virtually any time during the academic term, the student can be reached within 24 hours in case of emergency. (We also highly recommend that students keep the Center and their family members informed of travel plans for the semester break and holidays, should emergencies arise.)

## **INDEPENDENT STUDY**

### **A. Academic Policy**

- The topics, place and organizations concerning the proposed Independent Study must have clear academic relevance shown in a learning plan, to be approved by the advisor.
- Proposed academic outcome of the Independent Study must be discussed with the advisor in advance as it needs, to be linked to the evaluation parameters to be agreed upon between the advisor and the advisee.
- After proceeding for the Independent Study, the advisee must respond to the advisor's weekly or more, if needed phone calls, e-mails to ensure his/her well-being and progress of study.
- Prior to the Independent Study project, students with faculty advisor's support should research basic information about the place and the field in which the student will be involved.
- A very basic survival grasp over the regional language and cultural aspects is strongly recommended prior to launching oneself into an Independent Study Project with the help of the Faculty Advisor/Field Advisor.

- Students and Advisors will work with the administrative team to make the necessary logistical arrangements (transportation, money, accommodations, etc.).
- The spirit of the Learning Plan objectives needs to be followed to all practically possible extents during Independent Study time.
- Minor prospective changes in the course of the Independent Study stated in the learning plan, need also to be approved by the faculty advisor.
- Recording the experiences to construct the final documentation of the Independent Study Project outcomes is what the student must go by during the process of study.
- It is strongly recommended to manage time as per the requirement of the Independent Study/guidelines of the field advisor, avoiding spending much time undertaking personal endeavors in the field.

### B. Administrative

- Room & Board, apart from Independent Study money due to them, will also support student stay at various organizations/places, during independent study.
- Reimbursement is only up to 4 Credits in Fall and 7 Credits in Spring @ \$75 per credit equivalent in INR (except in the case of Independent Study Semester) on production of receipts.
- During Independent Study semester, Senior students get reimbursement as follows, on production of receipts:

Percentage of refund	Example of Student's situation
75%	1) The student lives outside the Center's host country during his/her Semester Long Independent Study. The student will be advised through the center and can use the center's instructional and logistical resources occasionally if necessary, but does not participate in the group field trips of the regular program.  <b>OR</b>  2) The student only attends the center and its programming for up to 15 days but does not participate in the group field trips of the regular program.
50%	1) The student's Semester Long Independent Study project is located in the Center's host country but the student resides away from the Center. The student will be advised through the center and can use the center's instructional and logistical resources occasionally if necessary, but does not participate in the group field trips of the regular program.  <b>OR</b>  2) The student spends up to 30 days at the center but does not participate in the group field trips of the regular program.

25%	The student's Semester Long Independent Study project is located in the Center's host country; s/he uses the center's resources, takes some center courses, and participates in the group field trips of the regular program.
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- While working for their Independent Study with the Organizations, where boarding, lodging and other charges are nominal, the students are required to pay a considerable donation to the organizations, in consultation with the field advisor/faculty advisor.
- Students will pay according to the norms of the Organization, if applicable, and in case of these not being very clear; they pay according to the India Center Policy.
- In case of undertaking an Independent Study for 1 credit, there is no provision for having a field advisor, the faculty advisor can arrange for the field resources if there is a need, which would be paid as per the norms of India Center.
- Students must abide by the financial policy of the India Center (refer to the reimbursement chart) regarding making payments to Field Advisors/Field facilitators/Instructors/Field resources/others.

**C. Safety, Security and Health**

- Students shall not be allowed to undertake Independent Study at places/areas not advised to travel into on the basis of reliable information received from the field adviser/informants and restricted by the US State Department travel warnings for American citizens. If travel warnings are issued while the students are already in an area, they shall immediately have to stage a comeback.
- In an extreme case of still undertaking such a venture, the student must contact the Center Director, so that the matter can immediately be brought into the notice of the Head Quarters.
- Students are required to furnish all the required information in the prescribed form regarding their proposed Independent Study. Not doing so, shall have serious implications on their final evaluation.
- Students need to abide by the guidance of the field/faculty advisor regarding health, safety & security concerns in the field during their Independent Study. We anticipate strict obedience on the part of the students to the general health and safety policy of the India Center (see the Academic Handbook) in this regard, as the project should not endanger students' personal safety and health
- In case there is any sign of being harassed/provoked / mentally tortured, having serious health hazards the student must immediately report the matter and seek audience with the field advisor/faculty advisor, even if it involves stopping the Independent Study work for a while.

- Excursions/meetings other than academic ones during the Independent Study, also needs to be brought to the knowledge of the field advisor, in order to avoid any untoward incidents.
- Possession driving of vehicles during the academic term at India Center is strictly prohibited due to safety reasons.

#### **D. Safety Considerations for Field Work**

When students go on field projects, the India Center or/and Student Services person/s will determine the safety based on: U.S. State Department travel advisories, direct communication with contacts in the area and recent media reports about an area. In case there is a doubt, the India Center Coordinator and the Dean of the program will be included in the decision-making process. Whenever a region is considered unsafe or dangerous, the advisor and the student will search for an alternative project which meets the learning objectives of the student, considering the following points are taken care of.

#### **E. Safety and well-being criteria**

- The work should not endanger students' personal safety and health
- Implementation of the project is subject to there being no travel advisories of the U.S. State Dept. or information from local contacts that safety issues are of concern.
- As foreigners, students cannot participate in local political issues and the projects should be respectful of the organizational and social culture of the groups with whom they will be working.
- There is access to communication and transportation for emergencies.
- There are medical facilities within a reasonable distance.
- Students and advisors have been able to identify and set-up appropriate living arrangements during the field work.

If a project is considered unsafe and nonetheless the student decides to go on that project after being informed of the potential risk, disciplinary action may be taken as defined by LIU policy.

#### **F. Behavioral Guidelines**

- Student need to confirm to the cultural/behavioral guidelines given by field/faculty advisor while undertaking Independent Study in various sub-cultural zones of India.
- On their part students are needed to show utmost of respect to the resources/speakers/field audiences while in communication/session with them.
- Culture – specific gender differences must be given utmost of consideration while undertaking field study with the resource persons/translators/field audiences.
- As is the case in Bangalore and the Center, respect to the local population, national laws (refer to safety & security policy), cultural institutions is of great importance during Independent Study. Therefore possession of drugs, consumption of alcohol or smoking must not be the case during the whole course of Independent Study.

## **G. Field Advisor**

In many cases, where required, student's Independent Study may involve having an academic field advisor to be suggested/approved by the faculty advisor. The field advisor would be a person having a proven exposure in the field of student's academic interest with good networking abilities and firm grip over the culture and social nuances of the region, in order to ensure a smooth conduct of Independent Study on the part of the student. His/her responsibilities will include the following:

- Facilitating and guiding overall academics of the student during the proposed period account to the Independent Study proposal.
- Updating the faculty advisor on the general safety, security and health of the student during the study period.
- Making you electronically and telephonically available for a weekly communication with the faculty advisor and undersigned regarding the well-being and academic progress of the student.
- Sending Evaluations to the faculty advisor on an interim and final basis.
- Contacting and arranging meetings with Organizations and resources. This may involve introducing the student, explicating the context of the study to the reasons concerned.

## **H. Field Facilitator**

In certain cases of Independent Studies students will be recommended to have one field facilitator who will establish academic contacts with the persons/organizations concerned, translations on visits/activities and guide the students about health, safety and other concerns, as his advice on boarding/lodging/visiting localities needs to be considered by the students. The other responsibilities may include the following:

- Updating the faculty advisor on the general safety, security and health of the student during the study period.
- Making you electronically and telephonically available for a weekly communication with the faculty advisor and undersigned regarding the well-being and academic progress of the student.
- Sharing with advisor, your views on the extent of involvement of the students in the activities, visits undertaken within the Independent Study Project.

## **I. Field Instructors**

In certain cases, there is a provision of having field instructors who basically impart skills in a certain discipline.

Their responsibilities towards students are:

- Imparting skills in the area of your expertise followed by academically relevant lecture/guidance when necessary.
- Sharing your views or submitting written evaluations on the overall progress of students during the period of Independent Study to/with the faculty advisor on interim and final basis.

In all the above cases, remuneration/payments are made according to the India Center norms financial document, discussed/shared with the students prior to their study, which they have to abide to as part of their independent study resource fees.

**Find the document on Independent Study Payment details and Receipt format for reimbursement in the Appendix section.**

# **Appendix**

# **Forms**

**Co-Curricular Transcript**

Global, Long Island University  
Co-Curricular Transcript



Student Name:

ID:

Location of studies:

**Global and Intercultural Skills**

--

**Work Experience, Internship and Service**

--

**Communication Skills**

--

**Leadership and Teamwork**

--

## **Co-Curricular Transcript – LIU Global - Long Island University LIU Global (Who we are)**

LIU Global is a Bachelors of Arts program in Global Studies that is based on experiential learning.

### **Definition and Purpose of the Co-Curricular Transcript:**

The co-curricular transcript is intended to provide an idea of the different types of experiential field experience students carry out that is not reflected in the official course transcript. It is a space to highlight quality student work that is in accordance to our program goals and/or program course requirements.

The activities are based on the length of time invested, the quality of work measurable by a course grade/credit (except for the leadership positions and homestay experience) and the satisfactory completion of the project or leadership responsibilities. All projects MUST meet all criteria to be able to appear on the Co-Curricular Transcript of LIU Global.

### **Acquired Skills and Field Experience:**

- **Global and Intercultural Skills** - Involves the ability to work and interact effectively across cultures combined with an understanding of the world as an interconnected system. Global and intercultural skills incorporate empathy, communicative awareness, behavioral flexibility, tolerance for ambiguity, foreign language ability, negotiation skills, sensitivity to cultural context, respect for difference and diversity, the ability to communicate across barriers, the ability to work effectively in a multicultural team, and the ability to acquire and utilize culture-specific knowledge.
- **Work Experience, Internship and Service** - Placement within an organization that allows the student to develop a broader knowledge in a field and gain experience in a professional setting. Activities are related to increasing specific knowledge, problem-solving, teamwork, taking initiative and good communication. Upon completion of an internship the on-site supervisor evaluates the student's performance and skills. Examples include internships carried out during the semester or summer and extended extra-curricular activities. Service is any activity, trip, or program that a student undertakes that involves learning through direct action about an issue, people, place, and which provides a benefit to that community. Examples have included participation on conservation projects, working in impoverished neighborhoods, teaching or working in a health clinic, soup kitchen, neighborhood improvement, working on crisis hot lines, participating in inter-group dialogues.
- **Communication Skills** - Demonstrates the student's ability to express ideas with confidence, identify the audience, articulate goals and objectives and select the correct form of expression in speaking and/or writing. Examples are public speaking outside the class, writing and designing workbooks, manuals, creative pieces, marketing tools, social action materials and grants
- **Leadership and Teamwork** - Involves the ability to motivate and organize others into an effective group and taking initiative as in activities of reflection, action and decision making. Leadership and teamwork skills, involve creative problem solving, building consensus, promoting inclusion and helping others to develop skills. Activities may include student leadership positions, participation in community programs or taking initiative to organize and lead organizations and events, such as, a cultural study/excursion, group activity, mediating disputes, disseminating information by email or print, etc.

<b>STUDENT INFORMATION RECORD</b> India Center, LIU Global Long Island university		
<b>Center</b>	<b>Semester</b>	<b>Date (mm-dd-yyyy)</b>
<b>Student's Name</b>		
<b>Home Address</b>		
<b>Home</b> <input type="text"/>	<b>Phone</b>	<b>Date of Birth (mm-dd-yyyy)</b> <input type="text"/>
		<b>Age</b> <input type="text"/>
	<b>Nationality</b>	<b>Sex</b> <input type="radio"/> Male <input type="radio"/> Female
<b>Passport</b> <input type="text"/>	<b>No.</b>	<b>Date of Issue (mm-dd-yyyy)</b> <input type="text"/>
		<b>Date of Expiry (mm-dd-yyyy)</b> <input type="text"/>
	<b>Date of arrival in Country (mm-dd-yyyy)</b>	<b>Expected date of departure (mm-dd-yyyy)</b>
<b>Father's / Guardian's Name</b>		
<b>Address</b>	<b>Home Phone</b>	<b>Business Phone</b>
<b>Mother's / Guardian's Name</b>		
<b>Address</b>	<b>Home Phone</b>	<b>Business Phone</b>
<b>Person and phone number to be called in case of emergency</b>		
<b>E-mail Id</b>		
<b>Blood type</b>		

<b>Allergies</b>		
<b>Are you on any medications?</b>		
<b>Do you have any special health problems / handicaps</b>		
<b>What type of health insurance do you carry? (Give also the name of the company and policy number)</b>		
<b>What inoculations / medications did you receive prior to your arrival at the Center?</b>		
<b>What is your status at LIU Global</b>	<input type="radio"/> Freshman <input type="radio"/> Sophomore <input type="radio"/> Junior <input type="radio"/> Senior <input type="radio"/> Continuing <input type="radio"/> Transfer <input type="radio"/> Visiting <input type="radio"/> Associate	

**What other GC Centers have you studied at, for how long, and what was the focus of your studies?**

**What other colleges / Universities have you attended?**

**Special skills and interests**

**Languages Spoken:**

**Why did you choose this Center? What are your expectations of study here?**

**Initial idea of Project:**

**Anything else you might like to add:**



### **INDIA CENTER**

#7/1, Cunningham Road Cross  
Bangalore 560 052. Karnataka State - INDIA  
Tel: 91-80-22281096 & 91-80-22380139  
Fax: 91-80-22372589  
E-mail: [indiacenter@liuglobal.org](mailto:indiacenter@liuglobal.org)

### **Weekend/ Holiday Sign Out Form – Fall 2012**

The India Center takes health and security of both students and staff very seriously. As our students travel independently quite frequently over the weekends, it is very important that a system be in place which alerts the Program when a student is in jeopardy or when the student needs to be apprised of an emergency situation. For this reason, the following policy is put in to place in order to try to minimize risk and to facilitate a response in the event of an emergency. Keeping us abreast of your travel plans is important as occasionally we receive calls from parents who need to contact their wards immediately about family emergencies or other family issues.

- **Students traveling during weekends must sign out the 'Weekend/Holiday Sign out Sheet,' providing the information of the place he or she is going, the place of stay and telephone number and the day of return. This should be submitted before travel to your respective advisor/Student Services Personnel.**
- **The weekend sign out forms are available with the advisor, student services personnel and the front office. A soft copy of the form will be e-mailed to all students, please save this document on your systems as a very important document.**
- **In case the students make impromptu plans and are unable to inform either their advisor or student services personnel, it is the duty of the student to inform/call the peer mentor and or the Duty Person about their travel plans and also send the duly filed in form by e-mail to the advisor and student services personnel.**
- **The Student Representative and the Duty Person will in turn inform this to the rest of the team members.**



**INDIA CENTER**

#7/1, Cunningham Road Cross  
Bangalore 560 052. Karnataka State - INDIA  
Tel: 91-80-22281096 & 91-80-22380139  
Fax: 91-80-22372589  
E-mail: [indiacenter@liuglobal.org](mailto:indiacenter@liuglobal.org)

**Weekend / Holiday Sign Out Sheet- Fall 2012**

**Student Name:**

\_\_\_\_\_

**Advisors Name:**

\_\_\_\_\_

**Place(s) of Travel:**

\_\_\_\_\_

**Departure Date:**

\_\_\_\_\_

**Arrival Date:**

\_\_\_\_\_

**Mode of Transportation:**

\_\_\_\_\_

**Address of Stay:**

\_\_\_\_\_

**Cell Phone #:**

\_\_\_\_\_

**Contact # of place of stay**

\_\_\_\_\_

**Have you informed your Advisor:** Yes  No

**Travelling Independently:** Yes  No

**Travelling in a Group:** Yes  No

**Please mention the names of the people travelling with you:**

\_\_\_\_\_

\_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Fall 2012 – India Center**

**Academic Interests / Expectations:**

Briefly articulate your inspiration for joining LIU Global program.

What are your expectations from LIU Global program/India Center?

What career/future do you aim at after finishing LIU Global program?

**Learning style:**

Please mention your specific ways of learning/study/documentation.

Please mention in brief your language learning ways/habits.

**Name:** \_\_\_\_\_ **Semester:** \_\_\_\_\_

Write in brief about your academic/Independent Study interests in India.

**ADVISING**

Please mention aspects in the advisor/advisee relationship that are important to you.

What type of support do you hope to get from your advisor?

What would be important for your advisor to know about you in order to support you academically and personally?

What personal and academic goals do you have for yourself this semester (aspects you want to explore for the first time, areas you want to improve upon, etc.)?

## Academic Interest Form

**Name:** \_\_\_\_\_

**Status:** New Student \_\_\_\_\_ Continuing \_\_\_\_\_ Transfer \_\_\_\_\_ Visiting \_\_\_\_\_

**Level:** Do you come into the program with any college credits already earned?

How many?

Sophomore: \_\_\_\_\_

Junior: \_\_\_\_\_

**WHAT COURSES DO YOU PLAN TO TAKE?** (Mark **X** if yes, or write **maybe** if unsure)

\_\_\_\_\_ **Global Issues: Indian Perspectives** 4 Units

This includes a two week trip to Rajasthan  
(Required for continuing, new, transfer and visiting students)

\_\_\_\_\_ **Theory, Culture and Representation I** 3 Units

Long Field Trip also includes TCR component.  
(Required for continuing, new, transfer and visiting students)

\_\_\_\_\_ **Writing Course** (includes **E-Portfolio & Digital Literacy** component) 2 Units

(Required for all, except visiting students)

\_\_\_\_\_ **Elementary Hindi Language** 3 Units

(Required for all)

\_\_\_\_\_ **Peace & Reconciliation** 2 Units

(Elective course)

\_\_\_\_\_ **Global Health and Healing Traditions** 2 Units

(Elective Course)

\_\_\_\_\_ **Basic Yoga** 2 Units

(Elective Course)

\_\_\_\_\_ **Indian Cuisine I** 2 Units

(Elective Course)

\_\_\_\_\_ **Environment and Sustainability: Issues and Activism in Indian Context**

(Elective Course) 2 Units

\_\_\_\_\_ **Living and Participating in Culture and Cultural Productions in Urban**

**India - A Case Study of Bangalore City** 2 Units

\_\_\_\_\_ **Other Independent Study** 1 – 4 Units

**TOTAL UNITS: 16**



9 Hanover Place, 4<sup>th</sup> Floor, Brooklyn, NY 11201

## MID-TERM EVALUATION

Student's Name:      Center: India Center

Date:

Student's I.D. #      Faculty Advisor:

Semester: Fall 2012      Status: Freshman/Sophomore/Junior/Senior

### CREDIT PROJECTIONS:

NAME OF COURSE	OVERALL PROGRESS TO DATE*:			EXPLANATION IF CONCERNS (i.e. missing assignments, absences, etc.)
	SATIS-FACTORY	NEEDS IMPROVEMENT	CREDIT IS AT RISK	
GIND 210 Global Issues				
GIND 240 TCR I				
GIND 270 Writing Course				
GIND 120 Elementary Hindi Language				
GIND 261 Basic Yoga (Elective course)				
GIND 243 GHHT (Elective course)				
GIND 230 P & R (Elective course)				
GIND 273 Indian Cuisine I (Elective Course)				
GIND 276 Living and Participating in Culture and Cultural Productions in Urban India (Elective course)				
GIND 275 Environment & Sustainability (Elective Course)				
Ind. Study - 1				
Ind. Study - 2				
Ind. Study - 3				

**Other comments (i.e. host families, health and safety, field trips, community involvement, etc.):**

**Action Plan (Use back if needed):**

\_\_\_\_\_  
Student's Signature

\_\_\_\_\_  
Advisor's Signature

India Center – LIU Global  
Long Island University

**Field Advisor's  
Interim Evaluation**

Student: \_\_\_\_\_

Organization: \_\_\_\_\_

Field Advisor: \_\_\_\_\_

Faculty: \_\_\_\_\_

Briefly describe intern's responsibilities:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Is the student making satisfactory adjustment within the organization?

Yes\_\_No\_\_NA\_\_

Does the student have an appropriate work load at the time?

Yes\_\_No\_\_NA\_\_

Is the student using opportunities to participate in organization activities?

Yes\_\_No\_\_NA\_\_

Is the student using opportunities to participate in community activities?

Yes\_\_No\_\_NA\_\_

Do you feel that the student is following the learning plan and demonstrating an appropriate level of skill in the application of his or her particular learning objective?

Yes\_\_No\_\_NA\_\_

Is the student using the help of the field advisor constructively in his or her learning?

Yes\_\_No\_\_NA\_\_

Do you feel that the student is doing acceptable work at this time?

Yes\_\_No\_\_NA\_\_

Additional Comments: (Use this sheet or additional sheets)

Please return to:

## **Field Advisor and Instructor Evaluation**

Please write your comments in the space provided. You may use another sheet of paper if needed.

**Name:**

**Institution or organization name:**

**Address:**

**Student's name:**

**1. Briefly describe the subject or area of interest that you teach or supervise:**

**2. Discuss the activities or learning of the student:**

**3. Describe the student's progress since the beginning of the class or internship:**

**4. Additional comments:**

## INDEPENDENT STUDY - PAYMENT DETAILS FALL 2012

### REIMBURSEMENTS

- Reimbursement is only up to 4 credits in Fall and 7 credits in Spring. Students who do not opt for Elective courses offered at the Center will be reimbursed on production of receipts, \$ 75/- (equivalent in INR) per credit towards Independent Study. This amount will be reimbursed in Indian Rupees as per the exchange rate at which the wiring is received from HQs and not in US Dollars.
- During Independent Study Semester, senior students get reimbursement to a maximum of \$ 1000/- in total, on production of receipts, equivalent in Indian Rupees.
- For any reimbursement claim, students are required to give valid receipt/proof of payment. Students may collect few blank receipts before departure for independent study, from Accounts section.
- For travel and stay during Independent Study, a copy of the travel ticket, and Hotel bill for stay, are valid for claiming reimbursements. Hotel Bill for the stay must be collected with all details mentioned in the "**Receipt**" to be submitted in case the amount is to be reimbursed. Travel tickets (Bus/Car rentals/Train tickets/Air tickets etc.) are also to be preserved and submitted for reimbursement claim.
- Students travelling by auto rickshaw can claim an amount of up to Rs.1,500/-. A format of Receipt for this claim may be collected from Accounts section.
- Any other kind of payments made while on field study, will have to be supported with a valid receipt collected from the person/organization.

### ACCOMMODATION

- Room and Board (i.e. stipend) should support student stay during Independent Study.

		<b>Approximate Center Fee Students receive in Rupees (vary a little as per Currency Exchange rate at that time)</b>	<b>Responsibilities</b>	<b>Payment to Field Advisor (vary a little as per Currency Exchange rate at that time)</b>
1	1 Credit (40 Hours)	Rs.3,600-00	No field advisor	No payment
2	2 Credits (80 Hours)	Rs.7,200-00	On part of Field Advisor, arrangements include initial arrangements for the study, reporting to the Faculty Advisor, weekly advising with students, Evaluations, etc	Rs.1,000-00
3	3 Credits (120 Hours)	Rs.10,800-00	On part of Field Advisor, arrangements include initial arrangements for the study, reporting to the Faculty Advisor, weekly advising with students, Evaluations, etc	Rs.2,500-00

4	4 credits (160 Hours)	Rs.14,400-00	On part of Field Advisor, arrangements include initial arrangements for the study, reporting to the Faculty Advisor, weekly advising with students, Evaluations, etc	Rs.3,000-00
5	5 Credits (200 Hours)	Rs.18,000-00	On part of Field Advisor, arrangements include initial arrangements for the study, reporting to the Faculty Advisor, weekly advising with students, Evaluations, etc	Rs.4,000-00
6	6 Credits (240 Hours)	Rs.21,600-00	On part of Field Advisor, arrangements include initial arrangements for the study, reporting to the Faculty Advisor, weekly advising with students, Evaluations, etc	Rs.5,000-00
7	7 Credits (280 Hours)	Rs.24,900-00	On part of Field Advisor, arrangements include initial arrangements for the study, reporting to the Faculty Advisor, weekly advising with students, Evaluations, etc	Rs.6,000-00

### RESOURCE PAYMENT/DONATION

8	<b>Fees for Field Advisor</b>	For translations on field, resource networking (like people, places, organizations etc.)	Rs.250/- per day
9	<b>Fees for Academic Facilitator</b>	Translations on field and Academic facilitation may include accompanying students on field Lecture/Talk/explanation.	Rs.350/- per day.
10	<b>Field Instructors</b>	Instructions in skills (i.e. in fine arts - Tabla/Classical Dance etc.)	Rs.500/- per hour
11	Visit/Fees to field subjects, audiences, organizations	Minimum payment of Rs.500/- per hour for minimum of 1 to 1.5 hours	
12-a	Fees to Field Resource (Eminent Scholars/Senior Professors/Activists)	<b>(One on One basis)</b> Minimum of 1 to 1.5 hours @ Rs.1,500/- per student	
12-b	Fees to Field Resource (Eminent Scholars/Senior Professors/Activists -	<b>(session on group basis for 3 - 4 LIU Global students)</b> Minimum of 1 to 1.5 hours @ Rs.800-00 per student	

**Points to be confirmed with students before they leave on Independent Study**  
**Fall 2012**

- Learning plan approved by advisor (with clarity about what is expected from you).
- Contacts made, and a field advisor if needed, for the duration of Independent Study.
- Safety issues reviewed with advisor.
- List of things that you need to take with you depending on the region. Make appropriate arrangements with enough time.
- Documents you need to carry or not (check with advisor).
- Any academic information or materials you will need in the field.
- Emergency number of USA embassy in the country.
- Student's ID.
- Passport and copy of it.
- Phone number's list and Insurance card.
- Logistical aspects (transportation, money, place to stay, meals, etc.). Organize with advisor /Field trip Coordinator/Director.
- Plan with your advisor what to do in case of emergency.
- Contact information for the place you go and provide the same to your advisor/ India Center.
- Prior to departure research the basic information about the place you are going, the organization you will be working with, etc. Bring any related books or other resources.
- Make sure that you coordinate with your advisor for weekly advising either through phone call or e-mails.
- In case you plan to change your learning plan /itinerary; please keep your advisor informed.
- Confirm with your advisor that you understand the payments to be made to the field advisor/facilitator/instructor and will collect your receipt, to be submitted at the Center, for reimbursement.

**India Center, LIU Global of Long Island University**

**GRADING SCALE**

<b>GRADES</b>	<b>LIU GPA</b>	<b>LIU DESCRIPTION</b>
<b>A</b>	<b>4.00</b>	<b>Excellent</b>
<b>A-</b>	<b>3.67</b>	<b>Very Good</b>
<b>B+</b>	<b>3.33</b>	<b>Very Good</b>
<b>B</b>	<b>3.00</b>	<b>Good</b>
<b>B-</b>	<b>2.67</b>	<b>Good</b>
<b>C+</b>	<b>2.33</b>	<b>Above Average</b>
<b>C</b>	<b>2.00</b>	<b>Average</b>
<b>C-</b>	<b>1.67</b>	<b>Below Average</b>
<b>D</b>	<b>1.00</b>	<b>Below Average</b>
<b>F</b>	<b>0.00</b>	<b>Failure</b>

## **INDIA: BASIC FACTS**

**Capital:** New Delhi

**Area:** 1/3 of the USA

**Population:** 1,130,000,000 (July 2007 est.)

**Currency:** Rupee (1\$ US = 46 rupees)

### **Religions:**

80% Hindu

14% Muslim

3% Sikh

2% Christian

7% Buddhist

.5% Jain

.4% Zoroastrian

**Languages:** Thousands of dialects!

**Official Languages:** 21

Languages spoken by at least a million people: 24

In Schools, Kids learn: English, Hindi and the Local Language

**English** - "Lingua Franca" - Language of business and governance

### **Official Languages of India**

**Hindi:** "National Language," but spoken by only 30% of the population

**Bengali:** Bengal

**Telugu:** South

**Marathi:** Maharashtra

**Tamil:** Tamil Nadu

**Urdu:** Muslims in the North

**Gujarati:** Gujarat

**Malayalam:** Kerala

**Kannada:** Karnataka

**Oriya:** Orissa

**Punjabi:** Punjab

**Assamese:** Assam

**Kashmiri:** Kashmiri

**Sindhi:** Southern Pakistan (part of Punjab and Northern states)

**Sanskrit:** Ancient scholarly Language

## **FESTIVALS IN INDIA**

### **Hinduism:**

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.

<b>Hindu Festivals</b>	
Diwali or Deepawali	Festival of Lights
Ganesh Chaturthi	The Birth of Lord Ganesha
Dussehra or Daserra	The 10th 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:**

<b>Islam Festivals</b>	
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 Ramzaan
Muharram	Day of mourning observed by Shiites only

### **Christianity:**

<b>Christianity Festivals</b>	
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:

<b>Zoroastrian Festivals</b>	
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:**

<b>Jain Festivals</b>	
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.

## **Sikh:**

<b>Sikh Festivals</b>	
Lohri	Punjabi winter harvest festival
Baisakhi/Vaisakhi	Celebrated for the birth of the Khalsa or Sikh religion.
Gurunanakji's Jayanthi	November 24th birthday of Gurunana

## **INDIAN HISTORY**

### **Indus Valley Civilization**

#### **3000 BC - 1700 BC**

Founded by **Dravidian** - indigenous people of the area

**Location:** present-day Pakistan, NE Afghanistan, Punjab & Gujarat

Twice the size of Egypt's Old Kingdom!

**1000 - 1500** sites along Indus and surrounding areas

#### **Climate:**

Rains uncertain b/c located on fringes of monsoons

Frequent droughts and floods!

Lived along river for water (dug wells for water too)

#### **Society and food acquisition:**

**Agriculture** (wheat, barley, millet, rice, dates, etc.)

- Depended on yearly floods (like Nile in Egypt)
- Highly-developed grain storage system
- Pastoral - domesticated sheep, goats, cattle, camels, water buffaloes

**Craftsmen** - smiths, potters, etc.

**Trade** - extensive trade w/ Mesopotamia, Iran, Central Asia.

Stamp/seals - worn around ankle or neck. Each merchant or family had one various shapes & sizes, human or animal figure carved into it similar to seals found in Mesopotamia.

**Cities** - grew up from small farming villages

#### **Major cities:**

**Harappa** - capital city of the area. Located in Punjab, the Population reached 35,000 - 80,000.

**Mohenjodaro** - 400 miles downstream from Harappa

#### **What were the cities and homes like?**

Elaborate architecture, wells, windmills. Streets paved with kiln-fired brick, streets arranged in orderly grid pattern. System of weights & measures. Elaborate system of covered drains under city to remove sewage. Trash went through chutes to street-side bins (thousands of years ahead of Europe!) bathrooms for waste removal - next plumbing would be Romans!

**Ruler = priest/king** with divine backing - religion and rule (governance) are one, like Egypt.

#### **Culture:**

Script has never been deciphered

Kids had toys - small carved animal figures

Statues of dancers found - enjoyed dance

Statues of women adorned in bracelets - women wore jewelry and lipstick!

Excavated bones show few signs of disease

Peaceful society: No depictions of war or killing, few weapons found

### **Religion:**

Polytheistic-many gods in male & female forms (gods also represented by animals)  
Mother Goddess - terra cotta figurines of her found all over - very popular, probably associated with FERTILITY, which is typical of farming societies. Gods control harvest, so make sacrifices to them to ensure good crops.  
Belief in afterlife - amulets & pottery found in graves

### **DOWNFALL: 1700-1000 BC**

Environment became more arid - many migrated to Punjab, Gujarat, Haryana, Uttar P.  
Earthquakes caused Indus to shift, creating great FLOODS! Homes appear to have been abandoned suddenly:

People caught fleeing - preserved there (like Pompeii)

Roofs collapsed, pots strewn about carelessly, things out of place

Most or everyone was probably gone by the time ARYANS arrived in 1500 BC

### **How this was all found?**

British built Rainroads all over India in 1850s. Near Indus, they needed strong foundation to build tracks on. Used bricks from ruins of these cities to put under tracks - they're still there!

**1920s** - Archaeologists discovered that these were the ancient ruins of Harappa and Mohenjodaro, etc.

### **Aryans and the Vedic Age: 1500-500BC**

First thing, The Aryans are not the Blond Hair, Blue Eyed Aryans of Nazi Germany!!!!

### **Who were the Aryans?**

The Aryans came in around the time of the Indus Valley downfall (earthquake & flood + climate becoming more dry many Indus Valley residents left for the northern plains of India).

**Nomadic herders** that migrated across Europe & Asia looking for water & pasture for their horses & cattle.

Settled down as farmers on northern plains of Ganges (Punjab, Uttar Pradesh)

**Warlike** - who built no cities and left no statues, etc.

Fought in chariots with bows/arrows (Krishna/Arjuna)

Led by the Rajahs = skilled war leaders who ruled w/ council of elders (Rajasthan).

### **Lifestyle**

Cattle were highly valued as measure of wealth (beginnings of "sacred cow")

Did not believe in killing them for meat, because they have too many uses:

**Provides milk** - also yogurt, butter (Krishna story)

**Labour** - pulls plow in fields

**Dung** - for fuel

Came to be seen as nurturing, motherly figure

Female cows protected, because:

- Provide milk

- Make new baby cows! Bulls play minor role in agriculture (**Nandi** = Shiva's vehicle)

### **Religion**

Linked to other ancient European religions (Greeks, Romans, etc.)

Polytheistic nature worship - gods/goddesses of sky, sun, storm, fire, etc.

Main God - **Indra** (god of war, like Zeus with thunderbolt to bring vital rain)

No temples or idols

Mode of prayer - reciting mantras (chanting)

Sacrifices - offered to gods for fertility & wealth; must be performed in certain way for gods to respond: Brahmins were only ones who knew how to do complicated rituals

correctly.

Average people not connected to the gods - must go through priest in order to perform the rituals in right manner (Brahmin).

### **Sacred scriptures:**

**Vedas** (veda = knowledge) - collection of prayers, hymns, religious teachings memorized and passed on by priests for a thousand years before they were written down!

**Rig Veda** - "oldest book in the world" (other Vedas were written much later), 1028 poems - hymns of devotion to the gods, to be chanted in precise ways!

**Upanishads** = ("to sit down near") came later, interpretations/commentary upon to the Vedas (800 BC - 400 BC)

- Mystical teachings of forest-dwelling sages & saints (teachers), seers
- Pulling away from Brahmins, ritual & sacrifice
- Moving toward individuals seeking and discovering their own spiritual path
- New ideas added: karma, reincarnation, and moksha

**Epic** = long poems recited and passed down

Mix of mythology, religion, adventure, & history. Like myths, they show us the ideal way to act, be a good person, etc.

**Ramayana** - stories of hero Rama considered to be incarnation of Lord Vishnu, and monkey god Hanuman, who rescue Rama's wife Sita from demon king of Sri Lanka (Ravana)

**Mahabharata** - stories of battles between tribes for control of Ganges plains includes:

**Bhagavad Gita** - discussion between Lord Krishna and warrior Arjuna in which Krishna emphasizes importance of duty and immortality of the soul.

### **Society divided by occupation:**

**Brahmins** - priests; only they could conduct ceremonies to win favor of gods!

**Kshatriyas** - warriors and rulers

**Vaisyas** - herders, farmers, artisans, merchants

**Sudras** ("unclean") - according to one theory, indigenous Dravidians conquered by Aryans; considered inferior by Aryans; workers, servants, placed at lowest level of society; not allowed to study or hear the Vedic hymns

**By 500 BC, villages turned into small rival kingdoms based on trade & farming.**

### **Religion - 500 BC:**

Around **500 BC**, two new "religions" sprouted up in reaction to the strict Brahmin-oriented religion of ritual and sacrifice, and especially the caste system!

**Buddhism:** Founded by Siddhartha Gautama (the Buddha began in northern India, but disappeared from India around 1300s AD because it was appropriated into Hinduism!

- Today mostly followed in other parts of Asia
- Individual path to spirituality
- Not really a religion because not focused on a god!!!
- Believes in reincarnation
- Ahimsa = nonviolence to all living things

**Jainism:** founded by Mahavira, (Great Hero) - a Kshatriya from North India similar to Buddhism, but more strict & severe ahimsa - practiced totally!!! Usually vegetarian (won't eat plants that must be cut/destroyed in order to be eaten, won't eat potatoes/onions because to pull them up might disturb insects in the soil, ideal food is fruit because it falls naturally from trees).

Monks/nuns use whisk broom to sweep path, and gauze mouth cover to avoid inhaling insects! Also filter water to avoid killing microorganisms!

Jain ascetics ("holy men") have vow of nudity and poverty - beg for food and eat only once per day (ideal conclusion to life = starve to death - called 'Santhara')

### **5 great vows of Jainism:**

1. No sex
2. No killing
3. Rejection of all materialism
4. No lies
5. Rejection of greed

**Hinduism:** now that we have new religions sprouting up, we must give a name to the original religion (collection of beliefs originating with Aryans & Dravidian, including Brahmin ideas of sacrifice and mantras, and the caste system)

- No founder or beginning date
- No common creed for all Hindus, except belief in Vedas
- was reinterpreted by Brahmins to deal with "threats" of Buddhism & Jainism. They didn't want people to convert and leave the religion, so absorb the competition! (e.g.: Buddha becomes an incarnation of Vishnu, idea of ahimsa and vegetarianism added too)

### **Introduction to Hinduism**

The World's oldest **living** Religion

**No founder** or fixed point of being

**No official** creed or central leader

Centers on the Vedas

**Tolerance:** Hindus do not claim to have exclusivity to access God, but that there are many paths to Him/Her.

Hinduism does not try to convert others; respects personal choice in Religion

**Monotheistic:** One god who is in all things, but beyond name and form.

**Brahman:** some people realize that divine presence is everywhere, in all things, so they don't need symbols & rituals - **other people need god to seem more real & approachable, so different deities & images for god's numerous qualities** - Brahman has thousands of attributes & representations = represented as separate gods.

**Important Symbols:** universally recognized symbol of Hinduism

**"Aum"** - most holy sound, sacred syllable, vibration of the universe

- Brahman itself in the form of sound
- hummed or chanted to induce a meditative state of mind

3 letters of AUM represent the power behind the cycles of the universe:

- A - Beginning
- U - Progress
- M - Dissolution

- meditate upon this symbol and its parts: focus on goal of ultimate reality

- 3 prongs = 3 levels of reality (waking experience, mental/dream world, dreamless sleep state - highest level of consciousness)

- dot above, separated by arc = true reality - can never be grasped by the mind

- Swastika = Sanskrit word meaning "**conducive to well-being**"

- Symbol of good luck & good fortune
- Placed on doors, thresholds, account books, and offerings
- Often seen on images of Ganesh because he is remover of obstacles
- Ancient Aryan symbol - later wrongly used by Hitler as symbol of "Aryan pride"

**Brahman:** Power underlying all existence; ultimate reality

**Atman:** the little piece of Brahman that is in everything that exists. It is pure reality that is inside. It is like the Spirit or the Soul.

Brahman and Atman are more or less the same. Think of Brahman as a fire. At the core the flame are the deities (strong and pure), as you move away from the core the energy gets weaker, but it's still the same. We are all connected.

### **Reincarnation**

**Samsara:** Cycle of Birth and Rebirth that we are stuck in. We are constantly stuck in the cycle of Samsara; it's viewed as something we are trying to get out of. Our unfinished business draws back your soul once you die, until it reaches its goal and ascends to Brahman.

**Moksha:** the Goal - release from the material world and union to Brahman

**Dharma:** Code of behavior for each Caste. Your Dharma depends on your Caste, age and Gender.

**Karma:** Your Actions have consequences. What you do in this life influences your placement in the next life. "What goes around comes around."

**Ahimsa:** Nonviolence towards living things. It is widely believed that this was borrowed from Buddhism and Jainism; goes hand in hand with Karma.

### **How does Ahimsa affect today's Hindus?**

**Vegetarianism:** Many Hindus are Vegetarian but not all adhere to it.

### **History of Sikhism**

**Guru Nanak** (20 October 1469 - 7 May 1539) is the founder of Sikhism and the first of the ten Sikh Gurus. He was born in the village of Talwandi, now called Nankana Sahib, near Lahore in present-day Pakistan.

Sikhism was established and developed by ten Gurus during the period 1469 to 1708. Sikhs regard the ten Gurus not as divine, but as enlightened teachers through whom God revealed his will. Each Guru appointed his successor. Guru Nanak Dev was the first Guru and Guru Gobind Singh the final Guru in human form. Guru Gobind Singh founded the Khalsa and Sikh baptism, composed many poems, and nominated the Sikh sacred text as the final and enduring Guru.

### **Sikh Beliefs:**

**Goal:** The goal of every Sikh is to build a close, loving relationship with God.

**Deity:** Sikhs believe in a single, Formless God, with many names, who can be known through meditation.

**Reincarnation:** They believe in samsara (the repetitive cycle of birth, life and death), karma, the accumulated sum of one's good and bad deeds, and reincarnation, the belief of a rebirth following death.

**Caste system:** Sikhs have rejected the caste system of the Hindu religion.

### **Sikh Practices:**

- **Prayers:** repeated multiple times each day.
- **Worship:** Sikhs are prohibited from worshipping idols, images, or icons.
- **Temples:** There are over 200 Gurdwaras (temples, shrines or holy places) in India alone. The most sacred is Harmandir Sahib, the Golden Temple, at Amritsar. However, all places where the Sri Guru Granth Sahib is installed are equally holy.

- **The Five K's:** These are clothing practices followed by stricter Sikhs, called Khalsa saints:
  1. Kesa (long hair, which is never cut). This term is sometimes used to refer to the turban that is used to cover the hair.
  2. Kangah (comb)
  3. Kacha (short pants)
  4. Kara (metal bracelet)
  5. Kirpan (a ceremonial dagger)

The Sikh Code of Conduct states, "A Sikh must not take hemp, opium, liquor, tobacco, or any intoxicant." Drinking of alcoholic beverages or smoking is thus forbidden.

### **How does the Caste System relate to all of this?**

**Caste System:** Influences one's occupation, marriage, diet, etc. Each person is born into their caste because of actions in a previous life. Belief tied in with Karma. The only way to move up is by following the **Dharma of your caste**, and moving up in the next life. This results in general acceptance of poverty because of the idea that it is deserved.

Who are the untouchables?

They have occupations considered polluting to others:

- handling excrement
- handling carrion
- handling dead bodies
- handling garbage, sweeping streets
- anything involving destruction of cows
- contact with them by members of higher castes is still considered "polluting" in many pockets of society, mainly rural India.
- standing nearby (because their shadow may touch you)
- eating foods cooked by them
- drinking from same water source

Other names for untouchables:

Gandhi renamed them "**Harijans**" = children of God

They prefer to call themselves "**Dalit**" = the oppressed. Their status in society has undergone tremendous, positive change, but still they are socially and culturally discriminated against.

**"Divide & Conquer"** = British strategy of playing Hindus/Muslims against each other, and drain of Indian wealth to England. Indians peacefully petitioned and requested change, but British made few reforms. It became clear that British didn't intend to give India up! "Jewel in British crown"

**1915** - Arrival of Gandhi from South Africa.

### **British East India Trading Company:**

**Important!** - It was supervised loosely by the government, like our large businesses today. Being a company, its first interest was always to make a profit!

### **Chain of events:**

- Nawab (leader) of Calcutta ordered the British to leave Calcutta. British refused to leave, so he imprisoned them, many suffocated in small prison cell - "Black Hole of Calcutta"

### **1757 - Battle of Plessey - leader of Calcutta vs. British**

- British won, BEIC appointed revenue collector for Bengal, Bihar, Orissa.
- BEIC became corrupt - company on verge of bankruptcy while its executives got rich.
- Around 1800 - British "crown" (govt.) steps in to keep an eye on the company.

### **1828-56: New policies of Westernization and Imperialism:**

- Outlawed sati
- Outlawed infanticide
- Hindu widows allowed remarrying
- English replaced Persian as language of the courts
- British schools set up to create "a class that is Indian in blood and color, but English in taste, opinions, morals and intellect" (only for small elite - think of them as "Oreos")
- Many flocked to schools in England, then came back to work for Raj (Neocdonials)
- British can appoint or replace rulers, because they know what's best!
- **Doctrine of Lapse** - if a princely state has no heir or if the Raj thinks heir is not good, they can seize/annex that state!
- Because of this, most of India ended up in British hands

### **Other "improvements":**

- Grand Trunk Highway - still runs from Calcutta to Peshawar (Pakistan)
- Telegraphs - for communication
- Postal service
- Railway system
- Diseases spread more rapidly
- Irrigation - esp. in Punjab
- Improvement projects made Punjab most prosperous part of India
- British gained loyalty of Sikhs, even through Mutiny of 1857!

### **1857 – 1<sup>st</sup> Freedom struggle**

- Br. sent new firearms to be used by Sepoys
- Cartridges were to be **greased with the fat of cows and pigs** (grease packets were to be ripped open using the mouth)
- Problem?
- Hindus consider cows sacred.
- Muslims consider pigs unclean.
- Troops refused to handle ammunition, many rose in mutiny all over north, killing many British officers.
- British put down the rebellion after a year or so.
- After this British backed off of trying to change Indian culture so much.
- Crown assumed direct rule of India.

### **Mohandas Gandhi aka "Mahatma"**

Mahatma = "Great Soul" - Hindu title of respect accorded to saints and great human beings.

**1869: Mohandas Gandhi** born in Porbandar, west coast of India

**1882:** marries at age 13

**1888-91:** studies law in London (age 18-21)

**1893-1913:** practices law in South Africa, demonstrates against racial discrimination

**1893:** thrown off train because he wouldn't leave 1<sup>st</sup> class compartment! (Indians were not allowed to travel in 1<sup>st</sup> class)

- begins civil disobedience protests in S.A. (burning pass books, etc.)

**1914:** Arrival in India - determined to free it of British rule!

### **Gandhi's Major Views:**

- **Ahimsa:** total nonviolence (Jain belief)
- **Satyagraha:** "Civil disobedience" - peaceful protest, refusing to follow unjust laws, marches boycotts (influenced by Thoreau...later adopted by Martin Luther King Jr.!)
- Serving others without expecting any reward (Bhagavad Gita) 'Niskam Karma.'
- **Against untouchability** - called them Harijans ("children of God")

- **Against industrialization & Westernization** - because these kept India impoverished: "**Machinery merely helps a few to ride on the backs of millions.**"

- **Against materialism** - wore only traditional loincloth

- Encouraged Indians to burn their Western-made clothing, spin their own thread and weave their own clothing (to protest, and to promote self-sufficiency) - spinning wheel became symbol of national pride.

**1919:** A very ROUGH YEAR!

- **Rowlatt Acts** passed by British = British can arrest/imprison anyone on suspicion, without trial!

- **Amritsar Massacre** - unarmed protesters in Amritsar (including women and children) were fired upon by British, killing 379 and injuring over 1000 others

**1930: Salt March** - British taxed salt, so Gandhi led a 200+ mile march to the sea, in order to illegally make salt and provoke the British government through his 'Civil Disobedience.'

**\*British beginning to see that Indians will not tolerate their rule forever!\***

### **Independence and Partition**

**1939-45:** World War II - Britain weakened by war, afterwards needed to reduce military spending all over the world.

**1946:** British election - Labour party wins & offers India independence.

**1947:** Independence and Partition - Hindus and Muslims united against the British but each feared being ruled by the other.

- **Republic of India** - Hindu

- **West Pakistan** - Created from western parts of India & Punjab

- **East Pakistan** - Created from East Bengal

**1948:** Gandhi assassinated by Hindu extremist at age 78 - assassin disagreed with Gandhi's tolerance of Muslims (feared that Gandhi would give the Muslims too much, he wanted India's first Prime Minister to be Muslim).

**1948-71:** Problems between East and West Pakistan: National government of Pakistan located in the West. Most officials from West and most of the budget spent on West.

**Language** - Urdu declared official language of Pakistan, but those in East spoke Bengali.

**Ethnic Differences** - East paid more taxes, but had less industry and less developed (mostly farming). Flood in 1970 killed 300,000 in East, but relief slow to come. Fighting ensued and India supported the East.

**1971:** New nation formed called **Bangladesh** (Bangladesh = "Bengali" nation).