



Bharati

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Raiders Cricket Club!!!

Raiders (RCC) began their season with a thumping win against Midland Cricket club... First match of a season is very important and a good performance here will help in a big way for the moral of the team.

With this in mind, the raiders started the journey to Midland on April 1, 2007. The team was relatively new with couple of debutants, last time when the two teams met raiders were totally outclassed and made to eat their own pie. This set the tempo for a very good clash. MCC won the toss and chose to field first with an intention to make use of early moisture in the pitch.



Raider's cricket team

RCC openers Omkar Nafday (37 runs) and Dakshina DeSilva (19 runs) were greeted with bouncers. After some caution, they opened up to put up an opening stand of 82 runs in 12 overs. A refreshment break did the trick and both the openers lost their concentration and got out in a space of six balls. The next pair, Sharath (19runs) and Kalyan (17 runs retired) added 40 runs in the next 8 overs. They were bogged down by the slow bowling of Kanu Bhai and Sashi. Sharath got out trying to step up the run rate. However, before he managed to pull Kanu for a brilliant six, in came Piyush Mittal, playing his first game for Raiders. He started off with a brilliant boundary of Kanu. With six overs to go, Kalyan was replaced by me to step up the run rate. But I was back to the pavilion in space of two balls due to smart run out by the wicket keeper. The captain Ganapathy then promoted himself up the order and decided to take up the responsibility himself. The next 6 overs changed the course of the match in a big way. Ganapathy announced his arrival with a boundary over long on. Both Piyush and Ganapathy played with lot of purpose. A powerful squarecut by Piyush even made the point fielder to just watch and clap hands instead of trying to stop the ball. The pair was scoring at 11 runs per over. The score read 189 for 5 before the last over. Last over was bowled by Sajjid. Can RCC score 200 was the question now? The first ball was hoisted over long on by Ganapathy were Promod misjudged the catch and it went for a boundary. The next was a straight six, sheer power and timing by Ganapathy. Sajid who was till then bowling brilliantly started erring in line. 18 runs came in the last over and RCC ended their allotted 30 overs with 207/5. Ganapathy (38 not out) and Piyush (35 not out) had registered their highest individual score for the club.

Dakshina and Abilash opened the bowling for RCC. MCC opened very cautiously, their idea was to probably not to give any early wickets and then attack. The first six overs only yielded 12 runs. This is despite the fact that RCC has set an attacking field with two slips, gully and point and only one was outside the 30 yard circle. Cont... on page 3



Shankar subramanian, PhD student, Chemical Engineering, Texas Tech University.



Neha Kothari, Texas
Tech University.

*“Freedom is not
worth having if it
does not include
freedom to make
mistakes”*

-Mahatma Gandhi

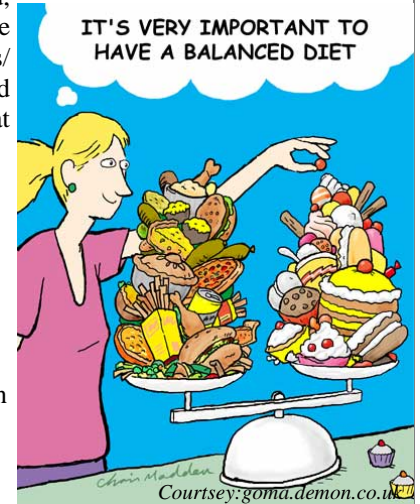
Watch that extra calorie!!!

Food lovers, we are all over the place now, aren't we? We eat cuisines from all over the world, but the big question is, do we really eat healthy?

Most of us do not know how to read a calorie chart behind every pack of food supply that we consume. All we read is the number of calories, or fats, etc. Here is the best way to tell if what you are eating is healthy or not, especially in terms of fats. When we read the calories table, look for calories on top that say 'Amount per serving' and then 'grams of fats' in the table. Healthy food means, that for every 200 calories (per serving) there are 6 grams of fat or less.

You will be surprised at the amount of unhealthy fats we consume everyday. And then we sit and complain about putting on weight! Watch out, even regular bread, contains excess fats, so those who want to lose weight, watch the amount of bread you eat, or change brands which have lesser fats/ amount of servings. For those of us who do not work out and burn all the cals we consume, it is very important to know what we consume and if it is healthy.

Try substituting oil and butter, with the cooking sprays we get in Wal-Mart. These are 100% fat free and help to reduce the daily intake of excess calories in tortillas or dosas, omelets, etc. Try making omelets without the egg yolk or make them with 'egg beaters' which removes all the fatty components of eggs and tastes just excellent. Include more vegetables, and always use garlic for cholesterol control. Try soy milk if your taste buds allow you! There is 'cool whip fat free' whipped cream, which can be consumed with fresh strawberries; they taste delicious and substitute the oh-so-fatty-dessert! Control the consumption of excess rice, it always adds to miseries of excess weight.



When eating out, look for calories chart. Chili's has a really tasty veg bean burger, which is completely healthy. Subway also advertises for, it always says "6 grams of fat or less" but mind you, that excludes dressings like Ranch or Chipotle (which bounce very high on fats) try a combination with spicy mustard, sweet onion and low fat ranch, that might be a really healthy option! Another nice place is 'Bless your Heart' which serves everything with controlled fats, starting from pizzas to sandwiches, to even softies. They do fruits with fat-free yogurt, which tastes just like our 'desi softies' back home! Try snow cones, they replace a lot of fatty desserts with just ice and sugared syrups in different flavors. Watch out when you pick up something that misguides you by saying 0% trans fat, it does not mean there is no fat there, because other fats present in there are equally harmful in terms of putting on weight. Always read the calories chart. If you are one of those people who love to eat and cannot control yourselves from gobbling junk, try eating an apple, it is rich in vitamins and at the same time, it has an inherent quality to curb appetite. Peanuts also curb appetite; however they come with added 'gas effects' plus peanuts are extremely fatty (where else do you get the peanut butter from?) If you want to lose weight, watch for every bag of chips you pick, for every garlic butter toast, for everything that has above 6 grams of fat!! Go healthy, Go Slimmer!

To visit the Texas Tech University Newsletter go to : <http://www.depts.ttu.edu/communications/newsletter/> (If you cannot click on the link, copy and paste in the browser)

International talent and fashion show

Dazzling jewels, exotic beauties, skilled dances, gorgeous clothes, it was cultural exchange to its ultimate best. The ICC Talent and Fashion Show held on March 31st was a big hit. And what is the best part? Indians stole 2 of the 3 prizes in Fashion! Thanks to Lori Romero, the event pioneered last year, and this year it converted into a competition. The Show was divided into two categories, Talent and Fashion. There were dances from Africa, India, Nepal and Pakistan songs from Africa, China, US, instruments like the piano and drums, etc. All of these performances made to the Talent category, where the Africans stole the show. Their traditional dance was unbeatable and their music was excellent. Fashion was represented by India, in 2 separate groups, Pakistan and Africa. The Africans did a lovely representation of their traditional culture, with turbans and gowns. We were a group of ten students called "Jewels of India" where we projected Indian clothes from different regions. The bridal outfits, variety of saris from different parts of India and vibrant colors bedazzled the stage. Our rich attire was wrapped in saris and cholis accessorized by sequins and diamonds, pearls and gold. And we made it! I won the first place and Tina won the third. It felt wonderful to put India on the top slot. There is always a pride among Indian students, to excel and make a mark in the International community here. And we continue to follow this tradition. This month is remarkable for India especially because, all the way from Fashion to Research Poster competitions, India has stamped its name in the winners of Texas Tech University. We rock!



"A lifetime of happiness! No man alive can bear it: it would be hell on earth."

- George Bernard Shaw

By: Neha Kothari

Raiders Cricket club!!!! Cont...

...MCC lost their first wicket in the 8 overs trying too many shots. Shashi was caught brilliantly by Omkar at first slip and Abilash registered his first wicket for RCC in his debut. The asking run rate had risen to 8 per over now. The captain (1wkt) then brought himself and sharat (2wkts) as first and second change bowlers. They bowled seven overs between them claiming three more wickets. Promod was beaten for pace and bowled by Sharat and Sajid was bowled by Ganapathy in successive overs. Now, Piyush was brought into attack. He caught the opponents by surprise and took 2 wickets for 21 runs in his 4 over spell. The rest of the bowlers Dakshina, Cyrus and Naveen took one wicket each. MCC were all out for 118 and RCC won by 89 runs. It was a collective victory and the captain lead from the front with good support from his team. The raiders have announced their coming with a thumping win over MCC.

By: Shankar Subramanian.

*Chahe hum aaye n aaye
yaad tumhe kiya karenge
chahe hum rahe n rahe
bus tumhe hi chaha
karenge.....*

*yaad agar aayi teri
tasvir teri kiya karenge
seene se lagakar tasveer
teri*

zindagi bhar roya karenge.....

*tum na ho sake hamare
par tumhari yaad toh hamari hai
pass na ho toh kya hua
ummeed hi bas ab baki hai.....*



Lalitha Dandipalli,
Computer science
Major, Texas Tech
University

Art section



Nirvani Mujumdar, Texas Tech University

“We are what our thoughts made us; so take care of what you think. Words are secondary, Thoughts live; they travel far.”

-Swami Vivekananda

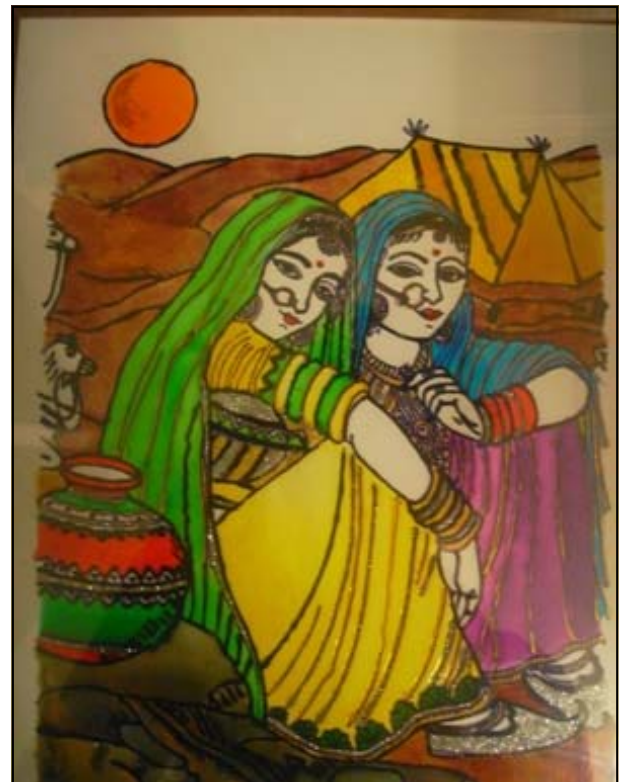


Smitha Bhamidipati, Engineering Major, Texas Tech University



Nirvani Mujumdar, Undergraduate student majoring in biological sciences, has excellent art work skills. This piece of work is oil painting which is mainly done on canvas. Nirvani is also excellent at sketching and we have all witnessed her talent in the last Bharati edition where she sketched out Lord Krishna. She is also good at Mehndi and an active participant of ISA events. A very enthusiastic, bubbly and also extremely talented girl.

This art work done by Smitha is called as Glass painting. Smitha, a Master's student majoring in Engineering is an excellent artist, a classical dancer and an avid reader. She has learnt glass painting all by herself. Smitha says “Glass painting was originated in Gujarat in the beginning of 18th century because of the influence of the Chinese artists. Glass painting is done on the reverse of the glass where the drawings are engraved.” This piece of art is simply marvelous, here Smitha has painted out Indian folk women in their traditional attire.



*“It is very simple
to be happy, but
it is very difficult
to be simple”*

**-Rabindranath
Tagore**



**Sumitra Rao, Senior
tech support associ-
ate, Dell Interna-
tional services, Hy-
derabad, India.**

News from Apna Bharat Mahan...

Hey people! I'm back again this month to bring to you the latest news and happenings from homeland....

April.. hmm.. to sum it up in one word, has been, HOT!! Temperatures soaring in various parts of the country, this summer seems hotter than ever.. bringing along with it some familiar sights and sounds (the Dermi-Cool and Glucon-D ads.. I'm sure you remember that stuff). I haven't tasted my first mango of the season yet, but trust me I am so waiting for it. That's what Indian summers are best for, the King of Fruits!

Quite a significant achievement this month for the Indian Space Research Organization (ISRO) as the PSLV was sent up to carry a satellite built by an Italian company for a space agency on the 23rd of April. It also carried an ISRO payload, the Advanced Avionics Module (AAM), to be used for future launch vehicles. India's foray into the launch business was deemed 100% successful and a remarkable achievement.

On the academic front, there has been widespread chaos and confusion over admissions to B-Schools, owing to the pended decision to allocate 27% reservation for candidates of the OBC in elite institutions. This has led to a delay in the admission process of several business schools including the prestigious IIMs, and could severely affect the plans of several OBC and non-OBC candidates, who have given up jobs and made financial arrangements in the hope of getting through. The final hearing for the same by Supreme Court of India has been posted on the 8th of May.

Meanwhile, the Presidential elections are close to 10 weeks away, and Indian President A.P.J Abdul Kalam is choosing to remain non-committal on the issue of running for second term. Onboard a special Indian Airlines flight to Strasbourg, he said "Anyone coming to this post has to always keep the nation bigger than himself or herself... For me the nations has always been bigger than myself and will continue to be so".

Rahul Gandhi has drawn wide popularity while campaigning for the Uttar Pradesh assembly polls, however, a controversial statement from him has proven particularly troublesome. Speaking to a large gathering in Bareilly last week, he had portrayed the division of Pakistan into two in the 1971 war as a family achievement of the Gandhi's, while India has always officially maintained that it was forced to act militarily in self-defence in East Pakistan, which led to the creation of Bangladesh. This statement has been received with wide criticism from various fronts, and is expected to tarnish the image of the Congress Party especially during the polls.

Latest from the Bollywood grapewine is the Ash-Abhi wedding, a huge event that was and still is being keenly followed (my mailbox gets spammed everyday with dozens of pictures). The event started off with the sangeet ceremony on the 18th, and the actual wedding ceremony on the 20th, and is being termed as the biggest bollywood wedding so far. Not ending here, the media followed the newly wed couple to their visit to Tirumala to seek the blessings of Lord Balaji. Travelling by a private luxury jet, they were accompanied by Amitabh Bachhan and his family, and industrialist Anil Ambani. The temple management, however came under sharp criticism as devotees questioned the double standards of the TTD, who had declared that no VIP treatment would be extended until Jun 30th in view of the summer rush.

That's about it from me this month. I'd like to end on a rather somber note, paying tribute to all those who lost their lives in the Virginia Tech Tragedy, including Indian Professor G.V Loganathan, and student Minal Panchal. May their souls rest in peace.

Until Next time, Namaste folks!

*"It is very simple
to be happy, but
it is very difficult
to be simple"*

*-Rabindranath
Tagore*



**Pooja Krishnan, Ac-
tivity coordinator,
ISA team, Texas
Tech University**

Spring sports !!!!

Thank You ISA Members and Lubbock Indian Community!!!!

I personally extend my special thanks to all those who made the Spring Sports a grand success. Congratulations to all the winners and kudos to all the enthusiastic runners up!!

EVENT	WINNERS	RUNNERS
Throwball	Chandrani Bannerji Anuja Khandorkar Chaitali Bhavya Malhotra Garima Doshi Swetha Dorbala	Gautami Maram Reddy Bharathi Gavrneni Columbia Mishra Malathi Sreelatha
Volleyball	Ganapathy Sivaku- mar Shankar Subra- manium Sharat Menon Kautilya Shyam Abhilash Immanuel Ragune- san	Kiran Talatam Sriram Sandeep Kalyan Kotha Lakshminarayana Srikanth Velagala Ravi Shankar
Table Tennis Mens Singles	Darshan Katru- mane	Mayank Shastri
Table Tennis Womens Singles	Bhavya Malhotra	Delphine Droze
Table Tennis Dou- bles	Chaitanya Ka- sarkod Krishnaprasad Ja- gadish	Akshad Gole Meet
Badminton - Mens Singles	Shyam	Rahul Chandran
Badminton - Womens Singles	Swetha Dorbala	Delphine Droze
Badminton - Dou- bles	Shyam Abhilash	Vedik Shetty Rahul Chandran
Cricket	Ganapathy Sivaku- mar Shankar Subra- manium Abhilash Arun Immanuel Ragune- san Sharat Menon Berny Kurian Shyam	Jagadeesh Shravan Nipul Patel Sridharan Ka- malakannan Kalyan Kotha Vinay Harihith Dhaveji



India Student Association

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Email: Kirthi_323@yahoo.co.in.

President : Ajay Kapare ; **Vice- president :**
Chaitanya Kasarkod ; **Secretary :** Rahul Jain ;
Treasurer: Selvakumaran Senapahty ; **P.R.O :**
Sharat Menon ; **Activity Coordinator:** Pooja
Krishnan ; **Editor:** Kirthi Deshpande ; **Webmas-
ter :** G.S Naveen.

“Satyameva Jayathe“ - Truth always wins

India Student Organization (ISA) at Texas Tech University is a non-profit organization. The main objective of the organization is to promote International understanding and good will among the people in and around Lubbock.

Visit our website at : <http://www.orgs.ttu.edu/indiastudentassociation/index.html>

Editor's Note.....I personally thank each and everyone who contributed to the edition of Bharati for the month of May.

ISA wins the "Most Improved Organization" award!!!



Dr.Padmanabhan Seshaiyer congratulates ISA.....“I was extremely delighted to hear that ISA won the “Overall Most Improved Organization Award”. That is a great achievement. I am very happy to see that the Center for Campus Life realizes what ISA has been doing each year! It is you all and the ISA members that make the real difference! Thank you for your support and helping ISA reach new heights!”

Paul Watson (Ex-ISA president) congratulates Dr. Padhu sir on winning the “Best Faculty Advisor” award.....“If the ISA finds itself in an enviable position among 400 students organizations in the campus, it is because of your help and support. You and Revathi (Dr. Padhu’s wife) have been a tremendous source of encouragement and guidance to us. In fact Texas Tech has benefited through ISA under your leadership by way of diversity and the growing number of Indian students applying to the university each passing year. With

you deciding to leave Texas Tech, we are bound to feel orphaned by your absence. We also know you share the same feelings towards us. Your advice and blessings will be always needed by the ISA.”

Purvaja kamalpuri comments about the arbor day and the award winning session.....The best part of Arbor day was the awards ceremony. The India Students Association won awards for ‘Overall Most Improved Organization’ and ‘Best Faculty Advisor’ in the international category. Hearty congratulations to everyone for the achievement! This is the first time in recent history that we won the award for the Best Faculty Advisor. Congratulations to Dr. Padhu! Though it is a little disappointing that we didn’t win the award for the Best Organization, two awards are by themselves a big achievement.