

University of South Carolina launches celebration of India

Washington : The University of South Carolina launched CarolIndia, a year-long celebration of India, as it unveiled the international edition of the Encyclopaedia of Hinduism at a conference on one of the world's oldest major religions.

Hundreds of Hindu families travelled to Columbia in South Carolina, to watch Indian social activist Anna Hazare, Hindu spiritual leader Swami Chidanand Saraswati and university President Harris Pastides unveil the 11-volume encyclopedia Monday.

Culmination of a 25-year academic effort, the definitive guide is conceived, compiled and produced by the India Heritage Research Foundation and published by



Official launch of the international Encyclopaedia of Hinduism inspired and guided by Pujya Swami Chidanand Saraswati with Sadhvi Bhagawati Saraswati at USC.

Mandala Publishing, according to the university.

"This is a remarkable work of scholarship and research. I hope that many in academia and in everyday life will turn to it as a resource to better understand the characters, the tenets and the impact that Hinduism has had, and is having in the world," said Pastides. Hal French, professor emeritus of religious studies, who served as associate editor of the encyclopaedia since its inception in 1987, called the 25-year quest to document Hinduism a privilege.

The conference also marked the beginning of CarolIndia, a year-long celebration of India as part of the university's expanding internationalization program that would focus on

a single country every year.

Robert Cox, director of the university's Walker Institute for International and Area Studies, said the university chose India for its first year because of the university's and state's increasing ties with the country and for its importance as the world's largest democracy and rising economic power.

Cox said his greatest hope is that university students come to think of India as familiar place, not an exotic one. CarolIndia will feature film festival, lectures, concerts and exhibits. Among the many visitors to campus will be filmmaker Mira Nair. Students also will have the opportunity to engage with faculty with Indian research and teaching interests.

US marijuana streak named after Dr Sanjay Gupta

Washington, DC: Indian American medical journalist Sanjay Gupta has had a strain of cannabis named after him since he suggested a relook at the use of medical marijuana changing his previous position on the controversial issue.

A Colorado medical dispensary named a new type of medical marijuana - Gupta Kush - after Gupta, CNN's Chief Medical Correspondent, adding him to a list of celebrities including President Barack Obama who have namesake cannabis strains.

"Dr. Gupta's recent reporting on marijuana puts him at the forefront of the medical cannabis movement, and we thought what better way to honor his efforts than by giving him his own strain," said Jeff Kless, owner of Helping Hands Herbs Dispensary in Boulder, Colorado, in a media release.

"We'd like to ensure he remains part of the annals of cannabis culture, and now he will," he added.

Kless called naming a marijuana strain after Gupta as "our way of tipping our hat and honoring him for taking such a firm, science-based stance on behalf of marijuana as 'real' medicine."

"The political and health establishments now realize that cannabis has genuine medical benefits, which we've been saying for years," he said.

"Gupta Kush imparts a very relaxing state that calms the mind without compromising clarity. When the



Medical journalist Sanjay Gupta

mind is quiet and happy, people allow themselves to heal. Medical marijuana helps that happen," Kless claimed.

Gupta Kush is an indica strain with its origins in the Hindu Kush mountains of South Asia, the reported birthplace of some of the world's oldest and most potent cannabis strains, according to the release.

It has a rich green color hidden beneath a deep layer of trichomes, and a thick, hashy, floral taste. Onset is immediate and effects are long-lasting, it said.

Since publicly announcing his changed views on medical marijuana earlier this month, Gupta has inspired a more serious look at weed and even generated some pressure on Obama to re-examine his position on marijuana laws.

However, the White House last week indicated Obama isn't looking to change current federal laws relating to marijuana anytime soon in the light of Gupta's views.

Indian American doctor writes health guide with twist of humor

Washington, DC: An Indian American doctor has brought out a book on short-term memory loss or dementia chalking out positive steps people should take to prevent it -- all with a humorous twist.

Sandeep Grewal's 'Dementia Express: 100 Ways to Lose Your Memory' makes people aware of how they are contributing to their own mental decline, and how to take positive steps to prevent this, according to a press statement Thursday.

The book, which has captured the attention of professionals in the medical field, incorporates humor while addressing the serious subject of mental decline.

This mix keeps the reader entertained while still being informative about mental functions.

"The book explains that reducing mental exercise will accelerate memory loss and vice versa. Therefore, Dementia Express is loaded with brain boosting tips to retrain the brain to bring back mental acuity to the reader," the statement said.

The writer encourages readers to complete small tasks to stimulate the brain like changing a daily routine, and small lifestyle adjustments that delay or eliminate dementia. Grewal practices internal medicine at Rock Hill in South Carolina.

Goan doctor's book explains health issues to children

New York: It's large, it's colorful and it's attractive. It's the kind of book that even draws an adult to go through and, before you realize it, you've picked up something new.

'DareBone's Big Break' has been authored by Gleeson Rebello, MD, and Jamie Harisiades and published by SDP Publishing

Its main author, Gleeson Rebello, is a pediatric orthopedic surgeon born and brought up in Goa. He is currently a consultant in the department of orthopedic surgery, Massachusetts General Hospital, and on the faculty of the Harvard Medical School.

The book describes itself as "a tale of trauma, treatment, and recovery in rhyme". It deals with a story from everyday life: a child gets injured on the playground, and ends up in the emergency room.

Rebello says his attempt is to "educate without intimidating" and "entertain without underestimating". So this book packs in poetry, humor and, importantly, medical accuracy.

DareBone is the boy who suffers his first major injury - a broken elbow. We meet him together with his "wise-cracking sidekick", the dog Wag-A-Bone.

Given the authors' medical backgrounds, DareBone not surprisingly meets a number of "medical heroes", including the orthopedic surgeon, as he journeys through surgery and recovery.

"The book was written with the aim

of raising the bar in terms of explaining the nuts and bolts of everyday medical practice to a smarter generation of children without underestimating their ability to pick up complex concepts. A secondary aim of the book is to make medicine and biology 'cool'," Rebello said in an email interview.

He sees the book as "very technical from an orthopedic standpoint but at the same time funny and easy to comprehend." It is aimed at children of 4-10 years, as well as their parents and healthcare professionals or educationists who deal with children of that age.

"The response to the book has been very encouraging both from healthcare- and non-healthcare-related professionals. It took two years to write it once I thought of the idea.... (There also was) interacting with a lot of frightened children with broken bones in the emergency room and my clinic, who were mostly afraid because of lack of knowledge of what was to follow," Rebello said.

Rebello has trained at the Goa Medical College, Christian Medical College in Vellore and the Kasturba Medical College, Manipal, before he joined Massachusetts General Hospital, Boston, as a research fellow and on a staff position in 2008. His father, Francis M. Rebello was closely associated with a local Konkani newspaper in Goa, founded through public donations in the 1970s.



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