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The National Council Of Vanik Associations

NCVA



**LIVE AND HELP
TO LIVE**

Issue 4 ~ January 2007

Sleep disorder causes car crashes

A large number of car accidents are caused by drowsiness. People who suffer from a common sleep disorder are much more likely to have a road accident than other drivers, according to a study. A research team from Burgos, Spain, says that people with sleep apnoea - a condition that causes snoring and irregular breathing - are seven times more likely to crash than other drivers. Previous reports have shown that sufferers are only twice or three times as likely to have road accidents. The research comes as a UK poll shows that up to 11% of drivers admit to having fallen asleep at the wheel. Sleep apnoea is caused by the throat temporarily closing during sleep. The sleeper wakes violently because of a lack of oxygen. The condition, which is more common in overweight people, can cause extreme fatigue because many hours of sleep are lost. It can be identified only through monitoring the way people sleep.

Screening

The Spanish researchers studied 102 drivers who had been given emergency treatment for traffic accidents between April and December 1995. A random group of 152 patients was chosen as a control. The patients were screened for sleep apnoea at home. Other factors such as alcohol consumption, age, driving experience and use of drugs which cause drowsiness were taken into account. The researchers found that 4% of men and 2% of women in their study suffered from sleep apnoea.

Writing in the New England Journal of Medicine, the researchers concluded: "There is a strong association between sleep apnoea...and the risk of traffic accidents."

A 1988 study by the US National Commission on Sleep Disorders found that drowsiness was a factor in about half of all traffic accidents and 36% of fatal accidents.

Tougher action

In an accompanying editorial, Dr Paul Suratt of the University of Virginia Medical Centre and Dr Larry Findley of the Sleep Disorders Center of Northern Colorado call for tougher action on sleep disorders.

Many people have trouble getting a good night's sleep. They argue: "Because of the magnitude of the problem of traffic accidents related to sleep apnoea, all [US] states should enact rules to deal with drivers who have sleep apnoea and sleepiness in general." Pilots are already tested and the US government is considering whether to add sleep disorders to a two-year medical examination required for all interstate commercial drivers. However, few states take action against the average car driver. One that does is California which requires doctors to report anyone with a sleep disorder for assessment as to whether they are fit to drive. In the UK, 20% of road accidents which lead to death and serious injury are caused by drowsiness or sleep disorders, according to the Department of Transport, Environment and the Regions. Each fatal accident is estimated to cost the government £750,000. A group of sleep disorder specialists are launching the British Sleep Foundation on Tuesday to raise awareness about the problem. They say the US puts around \$88m into researching the problem, while the UK spends next to nothing. A recent Gallup survey showed that 11% of people admitted to having fallen asleep when driving. Some 2% of Britons are estimated to suffer from sleep apnoea and 10% from insomnia.

From the world of the Internet

<http://news.bbc.co.uk/1/hi/health/298852.stm>

Obstructive sleep apnoea

This article was last medically reviewed by Dr Rob Hicks in December 2005.

Do you often feel tired during the day?
Does your partner complain that you snore too much?
Sleep apnoea may be to blame.

Read on to discover the causes and the treatments that can help you get a good night's sleep.

What is it?

Obstructive sleep apnoea (OSA) is a respiratory condition where during sleep the throat repeatedly narrows or closes. Each time this happens, air is blocked from getting into the lungs, a state known as apnoea. When apnoea occurs, low oxygen levels cause the brain to wake the person up, but this is so brief they often don't remember it.

What are the symptoms?

A person with OSA will usually snore and wake frequently during the night. Their partner may report that they snore and stop breathing frequently while asleep. Their partner may also suffer disrupted sleep. On waking, someone with OSA syndrome may have a dry mouth and a headache. During the day they may be excessively tired and also irritable. Severe OSA increases the risk of a person suffering high blood pressure, heart attack or stroke. It's also associated with an increased risk of accidents at work and on the road due to excessive tiredness.

How many people are affected?

It's estimated that OSA affects around one in 25 men and one in 50 women between the ages of 30 and 60. Many people are unaware they have it.

Prevention

OSA becomes more likely as people get older. Being overweight, smoking and drinking more than safe recommended amounts of alcohol increases the risk. Keeping to an ideal weight, not smoking and not drinking excessively will help to reduce the chances of developing OSA. Regular exercise can also help a person lessen the number of apnoea attacks. Alteration of sleeping position may help too.

Treatment

Nasal continuous positive airways pressure (CPAP) through a mask worn over the nose provides air pressure to help keep the airways open during sleep. Medication is sometimes recommended in severe cases.

Organisations

Sleep Apnoea Trust
7 Bailey Close, High Wycombe HP13 6QA
Tel: 01494 527772
Website: www.sleep-apnoea-trust.org

British Snoring & Sleep Apnoea Trust
2nd Floor Suite, 52 Albert Road North, Reigate, Surrey RH2 9EL
Tel: 01737 245638
Website: www.britishsnoring.co.uk

<http://www.bbc.co.uk/health/conditions/sleepapnoea1.shtml>

Provided by the world of the Internet

Do you worry about getting home after a night out? Can you sleep when your loved ones are out without you?

Use Cabwise! CABWISE is a text message based service that helps you get a taxi or licensed minicab to take you home.

The service is simple to use; text HOME to 60835* and you will have one taxi and two local, licensed minicab numbers sent straight to your mobile.

Each month 10 women are raped or assaulted in London by men pretending to be cab drivers. Avoid the dangers of illegal cabs and plan your journey home in advance this festive season.

For more information on CABWISE

<http://www.london.gov.uk/cabwise/>

The NCVA committee at your service

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INDIAN SLAVES IN SOUTH AFRICA

Soon after Jan van Riebeeck set up a Dutch settlement at the Cape of Good Hope in 1652, to supply provisions to Dutch ships plying to and from India and the East Indies, people from India were taken to the Cape and sold into slavery to do domestic work for the settlers, as well the dirty and hard work on the farms.

A woman from Bengal named Mary was bought for van Riebeeck in Batavia in 1653. Two years later, in 1655, van Riebeeck purchased, from the Commander of a Dutch ship returning from Asia to Holland, a family from Bengal - Domingo and Angela and their three children. On May 21, 1656, the marriage was solemnised at the Cape between Jan Wouters, a white, and Catherine of Bengal who was liberated from slavery. Later in the year Anton Muller was given permission to marry Domingo Elvingh, a woman from Bengal. From then until late eighteenth century when the import of slaves from Asia was prohibited, many hundreds, if not thousands, of persons from India - mainly Bengal, Coromandel Coast and Kerala - were taken to the Cape and sold into slavery.

Officers of ships and officials of the Dutch India Company returning to Holland usually took slaves or servants with them and sold them at high profit in the Cape. (Slaves could not be taken to Holland where slavery was prohibited). Many others were carried by Danish and British ships. While most of the Indians were taken from Dutch trading posts in India, a considerable number were also taken from Batavia as thousands of Indians had been taken by the Dutch as slaves to Batavia.

South African, American, British and other scholars have conducted painstaking research into the archives in the Cape - records of the deeds office, courts, churches etc. - and have brought out several studies on slavery in the Cape. They contain extensive, though far from complete, information on transactions in human beings, the conditions of slavery and resistance of the slaves. The archives indicate that Mary, the first known Indian slave, was found in bed with a constable, Willem Cornelis, in 1660. He was fined and dismissed from his post but she was apparently not punished. Van Riebeeck and his family probably took her with them when they moved to Batavia in 1662.

Jan Wouters was transferred to Batavia soon after his marriage to Catherine. There is no information on Anton Muller.

Van Riebeeck sold Angela, who had taken care of his children, to Abraham Gabbema, his deputy and law officer. Gabbema granted freedom to Angela and her three children before he departed for Batavia in 1666, except that she was required to work for six months in the home of Thomas Christoffel Muller. She integrated easily into the white community even while continuing relations with her friends who were still in slavery. She asked for and obtained a plot of land in the Table Valley in February 1667. Next year she obtained a slave from Malabar on hire. In 1669 she married Arnoldus Willemsz Basson, with whom she had three children. Her daughter from the first marriage also married a Dutchman. When her husband died in 1689, Angela took charge of the estate which had a considerable value when she died in 1720.

Some of these early slaves - especially women from Bengal who were acquired by senior officials of the Dutch India Company for domestic work - were relatively fortunate. The great majority of those enslaved in the Cape, however, lived under miserable conditions.

The researches in the past three decades - by Anna Boeseken, Margaret Cairns, Achmat Davids, Richard Elphick, H. F. Heese, J. Hoge, Robert Ross, Robert Shell, Nigel Worden and others - destroy several myths that had been prevalent - for instance, that slavery had little economic importance in the Cape, that the treatment of slaves, especially Asian slaves, was benign, that Asian slaves were mostly from Indonesia etc. The number of slaves exceeded the number of white settlers by early 18th century and they did the hard work of developing the land. Most of the Asian slaves worked on the farms and were treated as cruelly as the Africans. There were almost as many, if not more, slaves from India as from Indonesia.

Places of Origin

The slaves were almost invariably given Christian names but their places of origin were indicated in the records of sales and other documents so that it is possible to get an idea of the ratio of slaves from different regions - Africa (mainly Guinea and Madagascar) and Asia (India, Indonesia, Sri Lanka).

Frank R. Bradlow put together available information from various scholarly studies on the places of origin of the slaves and free black people between 1658 and early nineteenth century. The information is very incomplete after 1700 and covers only a little over three thousand persons. The figures were as follows:

| <i>Place of origin</i> | <i>Number</i> | <i>Percent</i> |
|------------------------|---------------|----------------|
| Africa | 875 | 26.65 |
| India | 1195 | 36.40 |
| Indonesia | 1033 | 31.47 |
| Sri Lanka | 102 | 3.10 |
| Malaya | 16 | 0.49 |
| Mauritius | 6 | 0.18 |
| Other and unidentified | 56 | 1.71 |
| Total | 3283 | 100.00 |

(Note: The number from India includes those from Bangladesh)

Source: Frank R. Bradlow and Margaret Cairns, *The Early Cape Muslims*, page 102

If these figures are representative, over 70 percent of the foreign-born slaves in the Cape came from Asia, and more than a third from India. Of those from India, the following is a more detailed breakdown:

| | |
|--------------------------------------------------------------------------------------------|-----|
| Bengal (including Bihar and Orissa) | 498 |
| Coromandel Coast (especially Trancquebar, Tuticorin, Nagapatnam, Pulicat and Masulipatnam) | 271 |
| Malabar Coast (including Goa, Bombay and Surat) | 378 |
| Other | 36 |

Source: *Ibid.*

The slaves were, however, dispersed and lost their identity in the course of time. The Indians became part of the "Malay" community - so called as Malayo-Portuguese was the *lingua franca* in the Asian ports at that time - and their descendants later came to be identified as "Cape Malays" (Cape Muslims) as the Muslim community expanded.

Kidnapping

South African scholars, with little access to sources or contacts with scholars in India, have tended to make some errors in their conclusions. They assume, for instance, that the Asian slaves had been purchased from the "slave markets" or "slave societies" in Asia. Many of those sold in the Cape, however, had not been slaves at all in India, but domestic servants, bonded or otherwise. The Reverend William Wright, a missionary in the Cape of Good Hope in the 1830's, wrote of the slaves: "Some are natives of Bengal and other parts of India, who came to the colony as free servants, and were bartered or given away to the colonists." In fact, there is reason to believe that many of the slaves - far too many of them were children, even less than ten years old - had been kidnapped in India. Warren Hastings, the British Governor-General of India, wrote in a Minute on May 17, 1767: "... the practice of stealing children from their parents and selling them for slaves, has long prevailed in this country, and has greatly increased since the establishment of the English Government in it... Numbers of children are conveyed out of the country on the Dutch and specially the French vessels..."

In 1706, a Dutch political prisoner, Jacob van der Heiden, was confined in a dungeon in Cape Town with Ari, an Indian slave charged with serious offences. He found that Ari had been kidnapped as a child while playing with other children on the Surat beach. He had been sold from one master to another and had been treated so harshly that he had run away. He joined other fugitive slaves and lived on stolen food until he was caught. He escaped torture and persecution because of the intercession of the Dutchman.

Brutal oppression and the spirit of freedom

Individual slaves ran away from the harsh conditions on the farms and lived as fugitives. Most of them were caught: they were flogged, branded and sentenced to hard labour in chains. At least two attempts were made at mass rebellion. The most remarkable was on October 27, 1808, when hundreds of slaves, including many from India, rebelled and joined a peaceful march from Swartland (near Malmesbury) toward Cape Town to demand freedom. The government sent troops and over 300 were captured. To avoid wider repercussions, it eventually charged only the leaders of the resistance. Two accounts from court records show the harsh punishments to which the slaves were subjected and their spirit of freedom.

In 1739, Cupido, a slave from Malabar, threatened his mistress with a knife to force her to listen to his story. He said he resented the work and the lack of freedom which he had enjoyed in his own country. He wished to commit suicide as that was the only way he could obtain freedom and deprive his owner of his possession. Cupido was overcome before he could stab himself, and broken alive on the wheel, thus being subjected to slow death.

Alexander, from Bengal, ran away and was captured in the 1730's. He was flogged, branded, pilloried under the gallows and sentenced to 25 years of hard labour in chains. He managed to escape and was captured again in 1737. He was broken on the wheel after eight pieces of flesh were pulled out from him with red-hot tongs.

Miscegenation

Sexual relations between whites and Asian slaves were quite common in the 17th and 18th centuries, and several studies show that half or more of the children of slave women had white fathers. Many white settlers married or lived with Asian women and their children were accepted in the white community. Marriages between the Dutch and slave women were prohibited in 1685 but persons of mixed parentage were allowed to marry anyone, including the white settlers. Inter-racial marriages, in fact, increased from that time.

J. A. Heese, in *Die Herkoms van die Afrikaner 1657-1867*, presented the results of research from parish registers and other sources on the ancestors of the Afrikaners. He found that between 1660 and 1705, 191 of the settlers from Germany married or lived with women who were not pure blood Europeans. Of the women, 114 were born in the Cape (most probably mixed), 29 were Bengalis and 43 were from other Asian regions. He estimated that in 1807, between 7.2 and 10.7 percent of the ancestors of the then living Afrikaner population were Africans and Asians. His figures were perhaps inevitably conservative. It may well be that a tenth of the present Afrikaner population has Indian ancestry. Asian ancestry was not considered unusual. The mother of Simon van der Stel, the most prominent Governor of the Cape in the 17th century, after whom Stellenbosch is named, was Maria Lievens, daughter of a Dutch captain in Batavia and an Asian woman. The Reverend M. C. Vos, a prominent clergyman in the 18th century, mentioned in his autobiography his Asian ancestry without any comment.

Need for research by Indian scholars

It is a pity that there has been hardly any research by scholars in India on the export of Indians to slavery in Indonesia and South Africa, long before labourers were sent into semi-slave conditions in Natal as indentured labour from 1860 to 1911. That has left a serious gap in Indian history.

A study of the slave trade is also important to appreciate the contribution of Indians to the building of South Africa: the descendants of the slaves may well outnumber the million people now known as Indian South Africans. Indians played an important role in the spread of Islam in South Africa: the first mosque in Cape Town was established early in the 19th century by Imam Frans and Imam Achmat, both from Bengal. The Indians contributed to the origin of the Afrikaans language which was created by slaves and the Coloured (mixed) people: the oldest book in Afrikaans was a Muslim religious text published in 1856. It is also important to appreciate the historic blood relationship between the Indian and Coloured communities whom apartheid has tried to separate - and the significance of resistance by slaves in the history of the freedom movement in South Africa. The Afrikaners must be helped to shed the false notions of race purity and superiority if the hopes for a new non-racial and democratic South Africa are to be fulfilled.

It's all about me: Why e-mails are so easily misunderstood By Daniel Enemark|Contributor to The Christian Science Monitor

Michael Morris and Jeff Lowenstein wouldn't have recognized each other if they'd met on the street, but that didn't stop them from getting into a shouting match. The professors had been working together on a research study when a technical glitch inconvenienced Mr. Lowenstein. He complained in an e-mail, raising Mr. Morris's ire. Tempers flared.

"It became very embarrassing later," says Morris, when it turned out there had been a miscommunication, "but we realized that we couldn't blame each other for yelling about it because that's what we were studying."

Morris and Lowenstein are among the scholars studying the benefits and dangers of e-mail and other computer-based interactions. In a world where businesses and friends often depend upon e-mail to communicate, scholars want to know if electronic communications convey ideas clearly.

The answer, the professors conclude, is sometimes "no." Though e-mail is a powerful and convenient medium, researchers have identified three major problems. First and foremost, e-mail lacks cues like facial expression and tone of voice. That makes it difficult for recipients to decode meaning well. Second, the prospect of instantaneous communication creates an urgency that pressures e-mailers to think and write quickly, which can lead to carelessness. Finally, the inability to develop personal rapport over e-mail makes relationships fragile in the face of conflict.

In effect, e-mail cannot adequately convey emotion. A recent study by Profs. Justin Kruger of New York University and Nicholas Epley of the University of Chicago focused on how well sarcasm is detected in electronic messages. Their conclusion: Not only do e-mail senders overestimate their ability to communicate feelings, but e-mail recipients also overestimate their ability to correctly decode those feelings.

One reason for this, the business-school professors say, is that people are egocentric. They assume others experience stimuli the same way they do. Also, e-mail lacks body language, tone of voice, and other cues - making it difficult to interpret emotion.

"A typical e-mail has this feature of seeming like face-to-face communication," Professor Epley says. "It's informal and it's rapid, so you assume you're getting the same paralinguistic cues you get from spoken communication."

To avoid miscommunication, e-mailers need to look at what they write from the recipient's perspective, Epley says. One strategy: Read it aloud in the opposite way you intend, whether serious or sarcastic. If it makes sense either way, revise. Or, don't rely so heavily on e-mail. Because e-mails can be ambiguous, "criticism, subtle intentions, emotions are better carried over the phone," he says.

E-mail's ambiguity has special implications for minorities and women, because it tends to feed the preconceptions of a recipient.

"You sign your e-mail with a name that people can use to make inferences about your ethnicity," says Epley. A misspelling in a black colleague's e-mail may be seen as ignorance, whereas a similar error by a white colleague might be excused as a typo.

If you're vulnerable to this kind of unintentional prejudice, pick up the phone: People are much less likely to prejudge after communicating by phone than they are after receiving an e-mail. Kruger and Epley demonstrated this when they asked 40 women at Cornell to administer a brief interview, 20 by phone and 20 by e-mail. They then asked a third group of 20, the "targets," to answer the phone interviewers' questions. They sent a transcription of the targets' answers to the e-mail interviewers.

The professors then handed each interviewer what they said was a photo of her subject. In reality, each got a picture of either an Asian or an African-American woman (in reality, all were white).

E-mail interviewers who thought the sender was Asian considered her social skills to be poor, while those who believed the sender was black considered her social skills to be excellent. In stark contrast, the difference in perceived sociability almost completely disappeared when interviewer and target had talked on the phone.

E-mail tends to be short and to the point. This may arise from the time pressures we feel when writing them: We know e-mail arrives as soon as we send it, so we feel we should write it quickly, too. On the other hand, letters depend on postal timetables. A letter writer feels he has a bigger window of time to think and write.

Psychologists Massimo Bertacco and Antonella Deponte call this characteristic "speed facilitation," and they believe it influences our episodic memory - our ability to recall events. They found that e-mailers wrote shorter messages and were less likely to "ground their communications" in memories of shared experience than letters writers were.

The brevity of e-mail and the absence of audiovisual cues can endanger business and personal relationships unless e-mail is supplemented with the rapport that comes from more personal communication.

"Rapport creates a buffer of positive regard," says Professor Morris, "and when it's not there negotiation becomes brittle, vulnerable to falling apart."

Morris, who studies negotiation at Columbia, led a study that found that negotiators exchange more than three times the information in face-to-face interactions as they do via e-mail. Though Morris and his colleagues concluded that e-mail lets negotiators make "more complex, multiple-issue offers," they ultimately built less rapport, thereby increasing tensions and lowering the average economic value of the agreements.

Rapport "is an interpersonal resonance of emotional expression," Morris says, "involving synchronous gesture, laughing, and smiling together. Once this rapport exists, it's a buffer against a moment in the negotiation when there's some friction." This buffer is hard to develop without speaking over the phone or in person. Those who negotiated by e-mail in Morris's study trusted each other less and weren't as interested in working together again.

But the pitfalls of e-mail interaction were easily overcome by a single phone call. Morris ran a second round of negotiations, all conducted via e-mail, but made half of the corresponding pairs chat on the phone before negotiating - "just for five or 10 minutes," Morris explains, "and the key thing is we told them, 'Don't get into the issues. It's just an icebreaker.'" The result was dramatically improved agreements.

So if you want to buy something on Craig's List, Morris says, "make a brief phone call, even if it's not practical to do the whole negotiation by phone. You can establish a favorable bias with someone and then proceed in a less rich medium, but it's very hard to just get right into the negotiation on a medium that isn't rich."

Provided by Ajay Shah

Wyatt Latimer, wireless and on the go. At a Starbucks in downtown Washington, he juggles e-mail and phone calls while surfing the Web on a laptop. Frank Langfitt, NPR

Michael Williams, of the Washington-based law firm Hogan & Hartson, says Blackberries are invaluable when coordinating deals. Frank Langfitt, NPR

Morning Edition, January 12, 2005 · For many, the Blackberry is a must-have gadget, a wireless hand-held computer that can send e-mail and make phone calls. NPR's Frank Langfitt reports that as the device wins fans, it's making a cultural impact.

A lingo has sprung up around the devices, with heavy users calling themselves "Crackberry" addicts, referring to the highly addictive form of cocaine. The surreptitious glance downward, head bowed, to check for e-mail during a meeting is referred to as a "Blackberry prayer."

While many users say Blackberries make them more efficient, some researchers -- and some spouses, as well -- say the wireless devices offer their owners new ways to distract themselves, often annoying others in the process.

Even some habitual Blackberry users acknowledge problems with the devices. But they say the challenge lies in being able to absorb the information at their fingertips, and to multi-task effectively. And according to these users, those worries pale when compared to what might happen when they're caught without their Blackberries: withdrawal.

By Frank Langfitt

<http://www.npr.org/templates/story/story.php?storyId=4279486>

Are you Jain or Hindu?
Are you Hindu or Jain?
Does it matter?

This is an article about the amendment made to the Freedom of Religion Bill by the Modi Government in Gujarat.

The Bill states that Jains are not Jain, They are Hindus and will be considered Hindus. They will not be considered a Minority religion.

Those who know about Jainism and Hinduism have argued about which came first for years. The author of this article states that Archeology shows that Jainism Existed before Hinduism which was earlier Known as a Vedic Religion. Jainism was earlier known as Shraman Culture. Many Foreign scholars have proved that India's History has suffered badly by Fanatic Vedic Aryans.

Diwali is not mentioned in major Hindu Holy books. However, one can find it in Jain books. They state that on the day of Mahavir Bhagwans Nirvan, Jains celebrate Diwali.

Please investigate the manipulation of Jain history at www.jaintruth.com

Jainism is facing a huge problem because today's generation identify themselves as Hindus. We are facing an identity crisis.

We are not Hindus & we are also less in numbers. The Indian Government is not helping us protect our ancient values and beliefs.

I'm sure you are fully aware about Hindu Ramayan & Hindu Mahabharat but how much do we know about Jain Ramayan & Jain Mahabharat? Lord Krishna & Lord Rama were Jain Heroes fabricated in Avtar theory by Vedic Fanatics. The main manipulation started from 7th century.

A few years ago a Government agency was appointed to research whether Babri-Masjid belonged to Muslims or Hindus & they were surprised to find Jain Monuments from the disputed site . This was NOT covered by the media.

If we are Hindus then why are we not allowed to build a temple near Badrinath although we have been granted permission by the Court. Badrinath originally homed Jain Temple & hindu fanatics fear that Truth will be exposed.

Did you know that most of the famous Hindu Temples were originally Jain Temples which were forcefully converted to Hindu Temples? For example the world famous Tirupati Balaji Temple in Andhra Pradesh where The statue of Jain Tirthankar was forcefully converted to Balaji. Please check this out at www.jaintruth.com.

Provided by Ramesh Mehta

The NCVA Matrimonial Register

For those of you who are unaware, the NCVA have a very professional, anonymous structure in place to help you meet your possible soul mate.

Ramniklal Mehta is the person to contact if you view details of a person that wish you learn more about. He will check whether you are a member and then pass on our details to the person that you're interested in.

The list is organised so that the reader can learn the height, qualifications, age and reference number of each member. Viewers can see whether the members on the list are male or female by looking at the letter at the beginning of the reference number.

For contact details of members on the list OR to become a member please contact: ~

Ramniklal R. Mehta

Contact time: Monday to Friday Evenings between 5.30 p.m. & 7.30 p.m. ONLY, on Tel. no. 020 8361 9471

Please DO NOT contact outside above days and time

You can also receive this list by e-mail. Please e-mail ~ manhar_mehta@hotmail.com

The Matrimonial Register

Female members: ~

| Ref No | DOB | Ht | Qualifications |
|--------|-----------|--------|------------------------------------------------------|
| F647 | 28-Jul-74 | 4' 10" | BSc Computer |
| F519 | 07-Feb-64 | 5' 0" | B.Sc.(Hons)Psychology |
| F601 | 26-Feb-79 | 5' 0" | BA Management of Business Information |
| F609 | 07-Jan-77 | 5' 0" | LLB, LPC |
| F654 | 24-Jun-78 | 5' 0" | HND Graphic Design |
| F666 | 05-Nov-78 | 5' 0" | BSc and CIMA |
| F668 | 22-Aug-80 | 5' 0" | M. PHARM (Hons) |
| F671 | 30-Oct-81 | 5' 0" | BSc (Hons), MC optom |
| F583 | 17-Aug-81 | 5' 1" | BSc (Hons) Management |
| F606 | 26-Jan-80 | 5' 1" | M Pharm (Pharmacist) |
| F615 | 08-Jun-80 | 5' 1" | BSc(Hons) Biochemistry+Microbiology |
| F630 | 16-Apr-80 | 5' 1" | BSc European Studies + Sociology |
| F639 | 05-May-78 | 5' 1" | BA (Hons), Post Grad Dip Law & LPC |
| F653 | 30-Jul-74 | 5' 1" | B E Mechanical Engineer, Diploma CAD/CAM |
| F661 | 28-Jul-82 | 5' 1" | BA(Hons) Computing & Information Systems |
| F674 | 01-Aug-81 | 5' 1" | BSc (Hons), Management U.C.E. |
| F650 | 12-Oct-83 | 5' 11" | Batchelor of Fine Arts(Applied) |
| F536 | 25-May-78 | 5' 2" | BA (Hons) in Primary Education with Teacher's status |
| F559 | 17-Sep-77 | 5' 2" | B.Sc.(Hons) Zoology, BVSc Veterinary Science |
| F578 | 05-Apr-71 | 5' 2" | B TEC |
| F596 | 09-Feb-78 | 5' 2" | BSc(Hons) |
| F603 | 07-Apr-77 | 5' 2" | MA Economics |
| F614 | 07-Dec-76 | 5' 2" | MA & BA (Hons) Human Resources |

The Matrimonial Register

| Ref No | DOB | Ht | Qualifications |
|--------|-----------|--------|--------------------------------------------------|
| F663 | 19-Sep-78 | 5' 2" | HND Professional Broadcasting & Television Op. |
| F664 | 26-Jun-79 | 5' 2" | BSc(Hons) Podiatry, BA(Hons) Media & Commu. |
| F667 | 09-Nov-84 | 5' 2" | Final Year BSc (Hons) in Radiology |
| F670 | 23-Jun-81 | 5' 2" | BA (Hons) Accounting |
| F676 | 26-Mar-72 | 5' 2" | Diploma in Computing |
| F634 | 29-Jun-80 | 5' 2½" | GCSEs, A Levels |
| F658 | 23-Aug-81 | 5' 22" | BSc Pharmacology, MSc Finance |
| F586 | 31-Aug-76 | 5' 3" | BSc (Hons) Chemistry, Masters in Business |
| F595 | 10-Jul-75 | 5' 3" | BSc (Hons) Business Computer |
| F600 | 18-Jan-73 | 5' 3" | B.Sc. , ACA (chartered Accountant), MBA |
| F613 | 19-Jun-80 | 5' 3" | B Sc Computer Science |
| F622 | 11-Apr-81 | 5' 3" | BSc Computer Information System |
| F636 | 29-Dec-75 | 5' 3" | Media Studies (Sheffield Univ.) |
| F641 | 16-Oct-70 | 5' 3" | Travel & Tourism, GCSEs |
| F657 | 16-May-79 | 5' 3" | M B CH B (Doctor), BSc |
| F665 | 04-Mar-80 | 5' 3" | M. PHARM |
| F669 | 30-Oct-78 | 5' 3" | O Levels |
| F675 | 29-Oct-80 | 5' 3" | BSc (Hons) Economics |
| F585 | 28-Jul-62 | 5' 4" | BSc Mathematics |
| F587 | 31-Jul-80 | 5' 4" | MPharm(Hons), MRPharmS |
| F605 | 02-Dec-79 | 5' 4" | BCom, ACCA |
| F626 | 25-Jun-79 | 5' 4" | BSc Sociology, MSc Media & Gender |
| F637 | 19-Aug-79 | 5' 4" | BA(Hons) MGMT Accounting, ACCA |
| F640 | 09-Dec-72 | 5' 4" | Bcom, Montessori Course |
| F642 | 17-Jan-78 | 5' 4" | Bachelor of Pharmacy(Hons) |
| F655 | 16-Nov-80 | 5' 4" | MSc Chemistry |
| F656 | 29-May-80 | 5' 4" | Master of Pharmacy, Pharmacist |
| F659 | 12-Mar-76 | 5' 4" | BA (Hons) Marketing, Part Qualified CIMA |
| F662 | 22-Apr-81 | 5' 4" | Masters in HR Management, BSc Hons |
| F672 | 31-Mar-77 | 5' 4" | BDS, MFDSRCS, Dentist (Specialist Trainee) |
| F593 | 23-Sep-71 | 5' 5" | BDS(Hons), FDS RCS (Eng), MSc, Morth(RCS) |
| F602 | 16-Oct-80 | 5' 5" | Optometrist |
| F608 | 18-Jan-79 | 5' 5" | Studying PhD at present |
| F643+ | 10-Jul-80 | 5' 5" | BSc Economics & Finance, CIMA finalist |
| F648 | 21-Oct-80 | 5' 5" | BA (Hons) Tourism Business Management |
| F652 | 06-Apr-79 | 5' 5" | BA (Hons) Business Admin & Marketing (Leicester) |
| F673 | 04-Aug-77 | 5' 5" | BA, MBA |
| F598 | 10-Sep-75 | 5' 6" | Business Administration, Studying CIMA |

The Matrimonial Register

| Ref No | DOB | Ht | Qualifications |
|--------|-----------|--------|----------------------------------------------------|
| F610 | 02-Sep-69 | 5' 6" | BA(Hons) Leisure Management |
| F611 | 11-Jun-80 | 5' 6" | LLB (Hons), LPC |
| F635+ | 23-Sep-66 | 5' 6" | Textile Designing |
| F660 | 22-Feb-79 | 5' 6" | M Pharm |
| F582 | 02-Nov-80 | 5' 6½" | BSc (Hons) Mathematics, Studying CFA exams |
| F644 | 10-Feb-80 | 5' 7" | B Com (Education in English Medium) |
| F444 | 02-Feb-78 | 5'0" | BTEC Business Administration |
| F520 | 13-Apr-63 | 5'0" | Diploma in Business Studies, Management Training |
| F541 | 09-Mar-65 | 5'0" | B.A. (Hons) Business Studies, Diploma in Marketing |
| F575 | 17-Jul-70 | 5'1" | Part Qualified CIMA |
| F460 | 09-Aug-78 | 5'2" | B. Sc. (Hons)Computer Science |
| F481 | 31-May-75 | 5'2" | MBBS(Hons),MRCP,BSc(Hons) Biochemistry |
| F503 | 20-May-78 | 5'2" | B.Sc. (Hons) Maths with Business |
| F522 | 25-Jun-58 | 5'2" | B.Sc. M I Pharm M M R P S |
| F525 | 01-Nov-67 | 5'2" | B.A. (Hons) ACMA - Management Accountant |
| F568 | 30-Jun-76 | 5'2" | M Sc (Hons) Medical Physics |
| F435 | 24-Mar-75 | 5'3" | Pharmacist |
| F463 | 08-Dec-78 | 5'3" | BSc Pharmacology |
| F529 | 02-Feb-75 | 5'3" | B.Sc. (Hons) Pharmacy, MR Pharms |
| F651 | 26-Dec-66 | 5'3" | MBChB, BSc, MRCP(UK), MRCPCH |
| F451 | 30-Apr-67 | 5'4" | M.Com, MSc Computer Science |
| F458 | 11-Jun-67 | 5'4" | Final ACIB |
| F489 | 28-Jan-75 | 5'4" | MBBS, MRCP |
| F534 | 28-Aug-76 | 5'4" | M Pharm, M R Pharm S |
| F569 | 09-Oct-82 | 5'4" | Third Year in Sociology |
| F577 | 22-Dec-74 | 5'4" | BSc, MSc |
| F523 | 30-May-70 | 5'5" | B.Sc. (Hons) ACA |
| F567 | 31-Jul-78 | 5'5" | B Sc Information Systems Engineering |
| F471 | 26-Mar-76 | 5'6" | B. Sc. (Hons) Pharmacist |
| F490 | 19-Mar-78 | 5'7" | BA Social Science |
| F555 | 16-Nov-77 | 5'7" | BDS (Dentist) |

Attention!!

If you are a member and you have got engaged or married, please phone the administrator as early as possible. This will prevent people enquiring about you. It will also save your time, the caller's time and the administrator's time. Above all, it will prevent any embarrassment or awkwardness to you or the caller.

The list of male members follows overleaf

The Matrimonial Register

Male members: ~

| Ref No | DOB | Ht | Qualifications |
|--------|-----------|--------|--------------------------------------------------|
| M602 | 15-Nov-79 | | BA (Hons) Tourism |
| M553 | 29-May-78 | 5' 10" | BA (Hons), ACA Chartered Accountant |
| M570 | 15-Nov-78 | 5' 10" | BSc (Econ), MSc(Econ), CIMA Finalist |
| M578 | 19-Jul-77 | 5' 10" | BSc (Hons) Physics with Theoretical Physics |
| M584 | 11-May-75 | 5' 10" | Graphic Design |
| M586 | 12-Jun-78 | 5' 10" | Multi Media Technology |
| M590 | 09-Nov-76 | 5' 10" | BSc(Hons) Economics |
| M539 | 13-Mar-73 | 5' 11" | BSc Business Studies, ACA |
| M550 | 09-Jul-70 | 5' 11" | CENG, MBCS, CITP |
| M587 | 10-Jul-80 | 5' 11" | B Eng (Joint Hons) Electro Eng.&Computer Science |
| M604 | 09-Jul-80 | 5' 11" | ACA, BSc (Hons) |
| M575 | 29-Nov-80 | 5' 4" | BSc (Hons) Optometrist |
| M589 | 14-Mar-75 | 5' 4" | BSc (Hons) Management Science |
| M555 | 09-Jun-80 | 5' 5" | BDS Dentistry |
| M585 | 18-Sep-81 | 5' 5" | BSc (Hons) Computer Science |
| M572 | 03-Nov-78 | 5' 6" | Mpharm, MRPharmS |
| M591 | 07-Oct-79 | 5' 6" | BA(Hons) Accounting & Finance, ACCA |
| M595 | 30-Nov-80 | 5' 6" | Travel & Tourism |
| M596 | 21-Sep-80 | 5' 6" | B Eng Software Engineering |
| M603+ | 26-Aug-68 | 5' 6" | Chartered Accountant |
| M605 | 01-Feb-80 | 5' 6" | BA Business Econo., MSc Marketing |
| M577 | 08-Dec-69 | 5' 7" | MBCHB, MRCP, SPR |
| M597 | 19-Jun-80 | 5' 7" | Masters In Pharmacy |
| M571 | 11-Feb-73 | 5' 8" | MSc Operational Reacherch (LSE) |
| M580 | 16-Oct-78 | 5' 8" | ACA Chartered Accountant |
| M581+ | 09-Mar-65 | 5' 8" | B Com |
| M588 | 12-May-81 | 5' 8" | BDS Dental Surgery |
| M592 | 20-Aug-75 | 5' 8" | BSc (Hons) Comp. Sc., MSc (Hons) Info System |
| M593 | 11-Dec-78 | 5' 8" | BSc Business Management |
| M594 | 23-Feb-81 | 5' 8" | IT Computing A levels |

The Matrimonial Register

| Ref No | DOB | Ht | Qualifications |
|--------|-----------|--------|-----------------------------------------------------|
| M600 | 30-Oct-80 | 5' 8" | BA (hons) Media Production Management |
| M582 | 21-Nov-79 | 5' 82 | BSc Computer Science, Studying CIMA |
| M545 | 13-Mar-75 | 5' 9" | BSc, Chartered Accountant |
| M565 | 07-Aug-75 | 5' 9" | BA (Hons) Acc. & Taxation, ACCA (Final Stage) |
| M598 | 19-Apr-83 | 5' 9½" | A Levels |
| M489 | 08-Oct-77 | 5'10" | B.A.(Hons) Accounting & Finance, CIMA Finalist |
| M505 | 08-Dec-76 | 5'10" | MA, BSc Accounting & Finance |
| M485 | 09-Apr-72 | 5'11" | B.Eng.(Hons) Computer & Information Engineering |
| M508 | 21-May-81 | 5'11" | Diploma in Electrical Engineering, MCSC in Computer |
| M511 | 15-Oct-61 | 5'3" | SSC High School Graduation |
| M465 | 10-Jul-73 | 5'5" | Computer & Accounting |
| M481 | 08-Sep-74 | 5'5" | Bussiness Management, Computer Diploma |
| M500+ | 07-Nov-64 | 5'5" | Motor Technician (City & Guilds) |
| M510 | 04-May-59 | 5'5" | SSC High School Graduation |
| M519 | 30-Jun-74 | 5'5" | BSc, MBBS, MRCS |
| M526+ | 23-Feb-70 | 5'5" | B TEC Engineering, FPC |
| M490 | 08-Apr-76 | 5'6" | B.Sc.(Hons) Business Information Systems |
| M469 | 15-Dec-68 | 5'7" | BA Hons Information management and Finance |
| M502 | 02-Dec-77 | 5'7" | M Eng Aerospace Engineering with French |
| M491 | 07-Sep-73 | 5'8" | MBChB, MRCS |
| M518 | 21-May-74 | 5'8" | B Pharm (Hons), MRPharmS, PhD |
| M576 | 20-Aug-69 | 5'8" | B.Sc.(Hons) Chemistry, MBA |
| M451 | 21-May-75 | 5'9" | ACCA Chartered Certified Accountant |
| M532 | 27-Feb-60 | 6' 0" | BSc (Hons) Computer Science |
| M533 | 15-Apr-78 | 6' 0" | MPharmS(Hons), MRPharmS |
| M538 | 16-Feb-74 | 6' 0" | Optometrist |
| M599 | 19-Jan-82 | 6' 0" | BSc Compter Sc & Economics |
| M601 | 18-Feb-76 | 6' 0" | CIMA Finalist, BA (Hons) Business Studies |
| M579 | 03-Sep-78 | 6' 1" | BSc (Hons) Chemistry & Management |
| M551 | 14-Sep-72 | 6' 2" | MBBS, MRCP |
| M488 | 04-Sep-76 | 6'0" | Bpharm, M.Sc. |
| M496 | 07-Aug-73 | 6'0" | B Sc Biomedical Science |

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