

HANDBOOK FALL 2010



**NYSICCSI Handbook
Fall 2010**

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Working Itinerary Fall 2010

September

| | |
|--------------------------|---|
| Tuesday 7 | Arrival in Delhi |
| Wednesday 8-Thursday 9 | FRRO Registration and Evening lectures/orientations |
| Friday-10 | Orientation, Cultural program |
| Saturday-11 | Travel to Mussoorie |
| Sunday 12 | Tour of Mussoorie/Mussoorie Orientation |
| Monday 13-Thursday 16 | Hindi classes at the Landour Language School |
| Friday 17-Sunday 19 | Yamunotri Excursion |
| Monday 20 – Friday 24 | Hindi classes continue |
| Monday 27 | Final Hindi Exam at Landour |
| Tuesday 28 | Paper # 4 due |
| Wednesday 29-Thursday 30 | Travel to Jaipur |

October

| | |
|-----------------------|--|
| Friday 1 | Jaipur Program Begins |
| Saturday 2 | <i>Gandhiavanti</i> - Arrival celebration with host families |
| Monday 4 | Hindi Classes begin at AIIS, MWF |
| Tuesday 5 | Contemporary/Historical India courses (Tu.& Th.) |
| Friday 8 | Lectures begin at the University of Rajasthan |
| Friday 15 – Sunday 17 | <i>Navratri</i> |
| Sunday 17 | Field trip to Pushkar or Aruna Roy |
| Friday 29-Sunday 31 | <i>Dussehra</i> |
| | Paper # 5 due, Field Trip to Pushkar or Aruna Roy |

November

| | |
|-----------------------|---|
| Friday 5 | <i>Diwali</i> |
| Sunday 14 | Farewell dinner with host families |
| Monday 15 | Hindi final exam, students depart for break |
| Monday 15-Saturday 20 | Break-All students Return to Jaipur on the 20 th . |
| Sunday 21-22 | Depart for Agra, Fatehpur Sikri |
| Monday 23 | Depart Agra for Varanasi by train |
| Tuesday 24-Monday 29 | Varanasi Program |
| Tuesday 30 | Varanasi Farewell dinner, Paper #6 due |

December

| | |
|------------------------|------------------------|
| Wednesday 1-Thursday 2 | Travel to Delhi |
| Thursday 2-Sunday 12 | Delhi/Amritsar Program |
| Friday 10 | Gods Journal due |
| Saturday 11 | Farewell dinner |

NYSICCSI Contacts: India

NB: During Daylight Savings Time in the US (spring ahead) the time in India is 9.5 hours later than Eastern Time. During Standard Time in the US (fall back) the time in India is 10.5 hours later than Eastern Time. Some of these phones and faxes are in the contact person's home, so please be circumspect in their use. The prefix for international calls from the US is **011**. The country code for India is **91**. Numbers given below begin with the two- or three-digit India city code, equivalent to the US area code. Some telephone numbers have fewer than seven digits. Within India, add a zero in front of the city code.

Delhi

Ms. Sharada Nayak, Managing Trustee
The Educational Resources Centre Trust;
Residence: D-41 Sujan Singh Park
New Delhi 110 003
INDIA
Phone: 112 469 4582; Fax: 112 461 0520
Email: Nayak1000@gmail.com
Cell : 0981 036 1240

VINstring Holiday Pvt. Ltd.
No. 2, Commercial Complex
Hanuman Road
New Delhi 110001
INDIA
Phones: 91-11-23368717, 23368759, 23748409
Fax: 011-23368901
Email: india@vinstring.com
www.vinstring.com

YMCA
1 Jai Singh Road
New Delhi 110 001
INDIA
Phone: 112 336 1915, 112 336 1847
Fax: 112 374 6032
Email: ymcath@ndf.vsnl.net.in

Mussoorie

Mr. Chitranjan Datt
Principal, Landour Language School

Mussoorie, UA 248179
INDIA
Phone: 135 263 1467
Home: 135 263 1486, 3068
Fax (Commercial): 135 263 1917
Email: lls@nde.vsnl.net.in

Ivy Banks Guest House
Landour Cantonment
Mussoorie, Uttaranchal 248179
INDIA
Mr. Manohar L. Sharma
Phone : 135 263 0278
135 263 1433 (owner's house)
Email: ivy_bank@yahoo.co.in

Jaipur

Professor Jasbir Jain
III/89 Jai Jawan Colony
Jaipur 302 018
INDIA
Phone: 141 272 1240
Fax: 141 255 4378
Email: jains_jp1@sancharnet.in

Meghniwas Hotel
C-9, Sawai Jai Singh Highway
Bani Park
Jaipur 302 006
INDIA
Phone: 141 220 2034

Varanasi

Professor Rana P.B. Singh
Professor of Cultural Geography and Heritage Studies
Benares Hindu University
Varanasi, UP 221005
INDIA
Phone: 542 257 5843
Fax: c/o Geography, B.H.U.: 91 542 236 8174
Email: ranapbs@sify.com
Home: New F-7 Jodhpur Colony
BHU Campus
Varanasi, UP 221005
INDIA

Sahi River View Guest House
B 1/158A 2,
Assi Ghat, Varanasi, UP 221005
Mr Sanjay Sahi.
Tel. (+091)-542- 2366730 & 2311244,
Fax. 2310218 & 2313695;
Email: sahi_rvgh@sify.com

**NYSICCSI Domestic Contacts
2010**

PROGRAM ADMINISTRATOR

Jonathan Andrew, NYSICCSI Coordinator

Office: 315 859-4456

Fax: 315-859-

Email: jdandrew@hamilton.edu

Mailing address:

Dean of Students Office

Hamilton College

198 College Hill Road

Clinton, NY 13323

DIRECTOR 2010 PROGRAM

Lisa Trivedi, Associate Professor

History Department

Hamilton College

198 College Hill Road

Clinton, NY 13323

Office: 315 859-4980

Fax: 315 859-4632

Email: ltrivedi@hamilton.edu

ASSISTANT DIRECTOR 2010 PROGRAM

John "Jack" Reigeluth

7 Franklin Lane

Harrison, NY 10528

Phone: 914 417-5938

Email: jreigeluth@gmail.com

HAMILTON COLLEGE

198 College Hill Road

Clinton, NY 13323

Chaise LaDousa, Associate Professor

Anthropology

Office: 315 859-4109

Email: cladousa@hamilton.edu

Jay Williams, Professor

Religious Studies

Office: 315 859-4208

Email: jwilliam@hamilton.edu

Carol Drogus

Assoc. Dean of Students for Off-Campus
Study/International Student Advisor

Professor, Dept of Government

Office: 315 859-4022

Email: cdrogus@hamilton.edu

COLGATE UNIVERSITY

13 Oak Drive

Hamilton, NY 13346

Padma Kaimal, Associate Professor

Art and Art History

Office: 315 228-7057

Email: pkaimal@colgate.edu

Eliza Kent, Associate Professor

Religion

Office: 315 228-7688

Email: ekent@colgate.edu

Barbara Gorka, Director Off Campus

Study/International Programs

Office: 315 228-7216

Fax: 315 228-6543

HOBART & WILLIAM SMITH

Center for Global Education

Hobart and William Smith Colleges

Trinity Hall, Floor 3

Geneva, NY 14456

Sheila Bennett* Professor

Sociology and Asian Languages and Cultures

Office: 315 781 3145

Cell: 315 521 7104

Home: 315 781 0397

Fax: 315 781 3422

Email: bennett@hws.edu

Vikash Yadav, Assistant Professor

Political Science

110 Stern Hall

P.O. Box 4004 Scandling Center

Office: 315 781 3176

Home: 413 559 7105

Fax: 315 781 3422

Email: vyadav@hws.edu

Anthony Cerulli, Assistant Professor

Religious Studies

Office: 315 781-3879

Email: cerulli@hws.edu

Amy Teel

Assistant Director, International Studies

Office: 315 781-3307

Fax: 315 781-3023

Email: teel@hws.edu

ST. LAWRENCE UNIVERSITY

23 Romoda Drive
Canton, NY 13617

Laura Desmond, Assistant Professor
Religious Studies

Office: 315 229-
Email: ldesmond@stlawu.edu

Shinu Abraham, Assistant Professor
Anthropology

Office: 315 229-5723
Email: sabraham@stlawu.edu

Chandreyi Basu*, Associate Professor
Fine Arts

Office: 315 229-5181
Email: cbasu@stlawu.edu

Sajana Blank, Assistant Director of Off Campus
Programs

Center for International and Intercultural Studies
Office: 315 229-5945
Email: sblank@stlawu.edu

2010 Program Participants

| <i>Name</i> | <i>Email</i> | <i>Address</i> | <i>Cell Phone</i> |
|-------------------|--|--|-------------------|
| Kathleen Barth | kbarth@hamilton.edu | 237 71 st St. Brooklyn, NY 11209 | 718 208 7482 |
| Sarah Baver | sebave08@stlawu.edu | 4 Blood Rd. Mount Vernon, NH 03057 | 603 801 7218 |
| Katherine Costa | kcosta@hamilton.edu | 199 Laurel St. Melrose, MA 02176 | 339 927 0873 |
| Alice Feng | afeng@students.colgate.edu | 2 Taibar 5 th Road Xi'an, Shanxi 710065 | 315 351 6163 |
| Elizabeth Foster | efoster@hamilton.edu | 2630 Thrush Road Charlottesville, VA 22901 | 434 960 6549 |
| William Gowen | wgowen@hamilton.edu | 193 Mt. Vernon Rd. Amherst, NY 14226 | 716 440 5383 |
| Katherine Harloe | kharloe@hamilton.edu | 36 Judson St. Canton, NY 13617 | 315 386 2158 |
| Elsie Love | elove@hamilton.edu | 15523 Sunrise Dr. NE Bainbridge Island, WA 98110 | 206 930 8842 |
| Alexandra Magnaud | amagnaud@colgate.edu | 38 Sandy Ct. West Hurley, NY 12491 | 845 750 3427 |
| Elizabeth Marder | elizabeth.marder@hws.edu | 1510 Ocean Parkway, Apt. E10 Brooklyn, NY 11230 | 347 583 7066 |
| Charlotte Munson | cmunson@hamilton.edu | PO Box 23 36 South Midway Rd. Shelter Island Hts., NY 11965 | 631 749 7865 |
| Marleah Noonan | marleah.noonan@hws.edu | 66 Meadow Rd. Orchard Park, NY | 716 465 7830 |

| | | | |
|--------------------|--|---|--------------|
| | | 14127 | |
| Billie Pritzker | bpritzker@colgate.edu | 16502 Ringer Rd. Wayzata, MN 55391 | 952 240 8727 |
| Meg Randall | mprand08@stlawu.edu | PO Box 442 DeRuyter, NY 13052 | 704 787 0605 |
| Alessandra Schmidt | alschmidt@vassar.edu | 1828 Kongens Gade St. Thomas, VI 00802 | 340 642 8348 |

ACADEMICS

Introduction

The NYSICCSI program is rigorous and challenging, both personally and academically. It is our goal to meld direct experience and academics in such a way that you come away from this program with a deeply enriched understanding of yourself, India, the United States, and your place in the world. You should expect a demanding academic experience: in that sense this will not be an easy or relaxed semester. Reading, studying, writing, and discussion will be part of your weekly if not daily schedule. Attendance is mandatory at all classes, weekly group meetings (academic and general info), and field trips, except in the case of serious illness.

We will arrive in Delhi for a brief period of orientation and to allow for any necessary arrival formalities. We will then travel to Mussoori for two and a half weeks, where you will begin your academic program and IFP work with me, and you Hindi language instruction at the Landour Language School. Two fieldtrips (to Navdanya and Yamonotri are included in this segment. The group then travels and relocates to Jaipur for six weeks, during which time you will resume your Hindi instruction at the American Institute of Indian Studies and continue study of historical and contemporary India through a series of lectures at the University of Rajasthan. This period includes a week's extended rural fieldtrips to Tilonia and the Barefoot College (3 nights), returning via Ajmer and Pushkar (2 nights). Subsequent to a week's break, we will move to Varanasi for a one week program. The final week and a half, will be spent in Delhi and Amritsar, includes the group's formal IFP presentations.

You will register through your home campus for Hindi, History of India, Contemporary India, and your Independent Fieldwork Project. Credit will be as assessed by your home institution. Your academic program includes a program of summer reading, a series of six essays (three to be completed prior to your arrival in India), a field journal, a Gods journal, a final presentation and paper based on your IFP work, and participation in an on-going field seminar, in addition to the coursework represented by the Hindi program and lectures in Jaipur and elsewhere on historical and contemporary India. Reading will be assigned and discussed across the full reach of the term. I will assign your grades for The History of India and Contemporary India based upon your essays (three in each area), journals, and participation in the field seminar, and for your IFP based upon the effort you put into your fieldwork and your presentation and final report. Your Hindi instructors will assign your grades for their Hindi instruction.

HISTORY OF INDIA and CONTEMPORARY INDIA

The History and Contemporary India courses are based upon the assigned readings, classroom lectures, guest speakers, the field seminar, and field trips. As described below for the pre-departure reading and writing assignments, you will prepare for these courses by reading three books over the summer and writing three short papers. In Jaipur, there will be a program of formal lectures on various topics.

The History of India explores the history and religious and cultural traditions of India up to and through the period of British rule and the independence of India and Pakistan in August 1947. Seeing some of the historical sites and being immersed in the study of past events should allow you to appreciate your readings and India's majestic past.

Contemporary India explores political movements, socio-economic opportunities and constraints, the influence of globalization, women's roles, environment, developments in religion, and many other issues in today's India. Assigned readings, lecturers, fieldtrips, and your IFP work especially will help you gain a clearer picture of these issues.

Grading: Your grade for these two courses will be based on three components. (1) The six essays assigned over the course of the term (three for each course, including the summer essays) will comprise 40% of your grade. (2) Similarly, entries in your field journal (see the Field Journal section) will comprise 30% of your grade. (3) the remaining 30% of the grade will reflect your general engagement and participation in the field seminar, including your "Gods" notebook.

HINDI

The Hindi course begins with intensive work done in Mussoorie at the Landour Language School. Please do your best to memorize the devanagari script before arrival (see pp. 13-17). Classes are small (4-6 students each) and the teaching is superb. The goal at this point is for you to acquire a basic command of the devanagari script, and its pronunciation. You will also become acquainted with some basic phrases. There will be an examination at the end of this period.

You will continue your study of Hindi in Jaipur at the American Institute of Indian Studies (AIIS). With nine hours of classroom instruction per week for six weeks. The emphasis in this portion of the course will be on reinforcing basic grammar and improving aural comprehension and expression in everyday situations. There will be an examination at the end of the time in Jaipur, which will bring your program of formal Hindi instruction to an end. You should expect to attempt to use your Hindi and so acquire increasing confidence in doing so over the remainder of the time that you are in India, especially when traveling during the break and for your Independent Fieldwork Project. Living with home stay families should also provide you ample opportunity to improve vernacular skills.

Grading: Your final grade will be based on your instructors' assessment of your learning, as demonstrated through examination and class effort. Please be aware that it is not possible to take Hindi (or any of the other courses) on a pass/fail basis. Your letter grade will be based on the Hindi teachers' assessment of your work and progress.

Source: <http://www.omniglot.com/writing/hindi.htm>

Hindi

Hindi is an Indo-Aryan language with about 487 million speakers. It is one of the official languages of India and is used as the language of administration, the media, education and literature in Delhi, Uttar Pradesh, Bihar, Madhya Pradesh, Rajasthan, Haryana and Himachal Pradesh. Elsewhere in India, Hindi is used, along side English, as a second language.

Hindi is also spoken in Bangladesh, Belize, Botswana, Canada, Germany, Guyana, Kenya, Nepal, New Zealand, Philippines, Singapore, South Africa, Suriname, Trinidad, Uganda, UAE, UK, USA, Yemen, Zambia. Hindi is closely related to **Urdu**, the main language of Pakistan, which is written with the Arabic script.

Hindi first started to be used in writing during the 4th century AD. It was originally written with the **Brahmi** script but since the 11th century AD it has been written with the Devanāgarī alphabet. The first printed book in Hindi was John Gilchrist's *Grammar of the Hindoostanee Language* which was published in 1796.

Devanāgarī alphabet for Hindi

Vowels and vowel diacritics

| | | | | | | | | | | | | | |
|-----|-----|-----|------|-----|------|-----|------|-----|------|------|------|------|-----|
| अ | आ | इ | ई | उ | ऊ | ए | ऐ | ओ | औ | अं | अः | अँ | ऋ |
| a | ā | i | ī | u | ū | e | ai | o | au | aṅ | aḥ | āṁ | ṛ |
| [ʌ] | [a] | [i] | [i:] | [u] | [u:] | [e] | [æ:] | [o] | [ɔ:] | [aŋ] | [əh] | [ā:] | [r] |
| प | पा | पि | पी | पु | पू | पे | पै | पो | पौ | पं | पः | पाँ | पृ |
| pa | pā | pi | pī | pu | pū | pe | pai | po | pau | paṅ | paḥ | pāṁ | pr |

Consonants

| | | | | | | | | | | | | | | |
|---|----|-------|---|-----|--------|---|----|-------|---|-----|--------|---|----|------|
| क | ka | [kə] | ख | kha | [kʰə] | ग | ga | [gə] | घ | gha | [gʰə] | ङ | ṅa | [ŋə] |
| च | ca | [tʃə] | छ | cha | [tʃʰə] | ज | ja | [dʒə] | झ | jha | [dʒʰə] | ञ | ña | [ɟə] |
| ट | ṭa | [tʰə] | ठ | ṭha | [tʰʰə] | ड | ḍa | [dʰə] | ढ | ḍha | [dʰʰə] | ण | ṇa | [ɳə] |
| त | ta | [tə] | थ | tha | [tʰə] | द | da | [də] | ध | dha | [dʰə] | न | na | [nə] |
| प | pa | [pə] | फ | pha | [pʰə] | ब | ba | [bə] | भ | bha | [bʰə] | म | ma | [mə] |
| य | ya | [jə] | र | ra | [rə] | ल | la | [lə] | व | va | [və] | | | |
| श | śa | [ʃə] | ष | ṣa | [ʃə] | स | sa | [sə] | | | | | | |
| ह | ha | [ɦə] | | | | | | | | | | | | |

Additional consonants (only used in loanwords)

| | | | | | | | | | | | | | |
|-----|----|---|-----|---|----|----|----|---|----|---|-----|----|----|
| क्व | qa | ख | kʰa | ग | ga | ज़ | za | ड | ra | ढ | rʰa | फ़ | fa |
|-----|----|---|-----|---|----|----|----|---|----|---|-----|----|----|

Common conjunct consonants

| | | | | | | | | | | | | | |
|-----|-----|-----|-----|-----|------|-----|------|-----|-----|-----|-----|-----|-----|
| क्ष | kʃa | ज्ञ | ɟña | त्क | tka | त्र | tra | द्व | dva | श्र | śra | द्य | dya |
| द्द | dda | त्त | tta | ड्ड | ḍḍha | द्भ | dbha | द्म | dma | ह्म | hma | ह्य | hya |

Special ra forms

| | | | | | | | | | |
|----|----|----|----|-----|-----|-----|-----|------|-----|
| रु | ru | रू | rū | र्प | rpa | प्र | pra | र्तृ | ṭra |
|----|----|----|----|-----|-----|-----|-----|------|-----|

Numerals

| | | | | | | | | | | |
|-------|----|----|-----|-----|------|------|-----|-----|-----|-----|
| ० | १ | २ | ३ | ४ | ५ | ६ | ७ | ८ | ९ | १० |
| शून्य | एक | दो | तीन | चार | पांच | छः | सात | आठ | नौ | दस |
| śunya | ek | do | tīn | cār | pāñc | chah | sāt | āth | nau | das |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

Sample text in Hindi

सभी मनुष्यों को गौरव और अधिकारों के मामले में जन्मजात स्वतंत्रता और समानता प्राप्त है।
उन्हें बुद्धि और अंतरात्मा की देन है और परस्पर उन्हें भाईचारे के भाव से बर्ताव करना चाहिये।

HOW TO WRITE VOWELS

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HOW TO WRITE CONSONANTS

क ख ग घ ङ
च छ ज झ ञ
ट ठ ड ढ ण
त थ द ध न
प फ ब भ म
य र ल व श
ष स ह ळ क्ष

INDEPENDENT FIELDWORK PROJECT

The *IFP Handbook* that you have received describes the IFP in great detail. Please read and re-read it, and bring it with you to India. To remind you, May 25 is the deadline for receipt of your final IFP proposal and the accompanying approval of your home campus Committee for the Protection of Human Subjects and faculty sponsor. Your proposal should include a plan of work to be completed over the summer, including the specific materials you will use to complete the summer writing assignments (due June 30 & July 31).

In Mussoori, you will make a 10-minute presentation describing your study design and literature review to the whole group. You should prepare a one-page summary of your proposal, and be prepared to give this to me upon arrival. It will, hopefully, make each of your fellow students a co-researcher, ready to pass along interesting leads and sources. Whenever possible, we will try to line up appropriate faculty resource persons in, especially, Jaipur and Delhi and help arrange appropriate field research opportunities in all our locales to assist with your IFP. Most important, however, is that you commit to take the initiative to develop your IFP. You are expected to work on your IFP throughout your stay in India. Fieldwork takes time to set up and develop, and if you wait until the end of the semester, your final research product will suffer (an understatement). You will make a formal oral presentation of the results of the project (approx. 15 minutes) to the entire group of students and faculty during the last week of the program.

The final paper reporting the results of your fieldwork, analysis of your work in relation to the relevant literature, and conclusion must be emailed to me, Lisa Trivedi, ltrivedi@hamilton.edu, by January 15, 2011. It should be 20-30 pages in 12 point New Times Roman font, printed with double spacing and 1" margins all around and space.

Grading

You must submit your IFP proposal and bibliography by May 25 (typed and double spaced). My assessment of this proposal will constitute 10% of your final IFP grade. 20% will be based on your initiative and effort in pursuing your work while in India, and 20% on your oral presentation of the project at the conclusion of the term. The remaining 50% will be based on your final paper. This, in turn, will be graded on the quantity and quality of fieldwork you engaged in while in India (50%) and the quality of your analysis, conclusions, use of written sources, writing, and organization, including the use of footnotes and bibliography (50%). You may use whichever of the standard academic citation styles you know best, but make sure to be consistent. A paper that is turned in late will be penalized one fractional letter grade (e.g., from A- to B+) for each day that it is late.

READING MATERIALS FOR THE FALL 2010 SEMESTER

There are three kinds of reading materials for the Fall 2010 semester:

1. The summer reading you **are not required** to bring to India. Books or materials that you believe will aid you importantly in your IFP research. These you should also bring with you, take notes on and store in a portable storage device, or make sure you can access once in India via the internet. Remember, however, that you will be writing your actual IFP report back here after the close of the program, and will have access to substantial libraries at that time. Please purchase Shiva's *Stolen Harvest* on your own this summer and read it carefully; we will meet the author shortly after our arrival.
 - IFP essays/books on methods (but, please bring detailed notes)
 - IFP essays/books on historiography (but, please bring detailed notes)
 - William Dalrymple, *City of Djinns: A Year in Delhi (2003)*
 - Vandana Shiva, *Stolen Harvest: The Hijacking of the Global Food Supply*. (Southend, 2000)
 - 3x/week read entire issue of an India newspaper

2. The following books **are required** reading for the term in India. Depending upon your summer schedule you may wish to read some of them in advance of the fall term. There are readily available online, often as inexpensive used copies. If you read these over the summer please do so carefully, taking good notes and formulating reading questions so that you can bring them to the group when we address them in our academic sessions.
- Mulk Raj Anand. *Untouchable*. (Penguin, 1990)
 - Neil Devotta, ed., *Understanding Contemporary India*. (Reinger, 2010)
 - Diana L. Eck, *Darshan* (Columbia University Press, 1998).
 - M. K. Gandhi, *Hind Swaraj*. (1909/1930)
 - David L. Haberman, *River of Love in an Age of Pollution: The Yamuna River of Northern India* (University of California Press, 2006)
 - Mukhul Kesavan, *Looking Through Glass*. (South Asia, 1996)
 - Rudyard Kipling, *Kim*. (Barnes & Noble Classics, 2003).
 - Diane Mines, *Caste In India: Key Issues in Asian Studies*. (AAS pamphlet)
 - R. K. Narayan, *The Ramayana*. (Penguin, 2006)
3. In addition to the works above, you will receive additional course reading materials at various sites in India, and some materials may be accessed online.

PRE-DEPARTURE READING AND WRITING ASSIGNMENTS

Make sure that you have copies of the materials on your IFP bibliography wherever you plan to spend the summer. Your first task of the summer is to further polish your IFP and transform your selected bibliography into a detailed and precise annotated bibliography.

You will also need to begin reading the books assigned for the summer and write three essays that will be due before you land in India. I have provided below a reading schedule and essay topics. Adhering to the schedule should allow you to complete these assignments easily.

Required Summer Readings

IFP essays/books on methods (but, please bring detailed notes)
 IFP essays/books on historiography (but, please bring detailed notes)
 William Dalrymple, *City of Djinns: One Year in Delhi*.
 Vandana Shiva, *Stolen Harvest: The Hijacking of the Global Food Supply*.
 3x/week read entire issue of an India newspaper

Summer Assignment Schedule

June

Complete a historiographical survey of scholarship on your chosen subject of study.

Read an Indian newspaper 3 times/week. Upload a short paragraph on an interesting article you have come across that you'd like others on the program to see. Perhaps start a conversation about it.

30

Paper #1 to be e-mailed as an attachment to ltrivedi@hamilton.edu

July

Complete a methodological survey of the scholarship on your chosen subject of study.

Read an Indian newspaper 3 times/week. Upload a short paragraph on an interesting article you have come across that you'd like others on the program to see. Perhaps start a conversation about it.

31 **Paper #2 to be emailed as an attachment to ltrivedi@hamilton.edu**

August

Vandana Shiva, *Stolen Harvest: The Hijacking of the Global Food Supply*. (2000)

Read an Indian newspaper 3 times/week. Upload a short paragraph on an interesting article you have come across that you'd like others on the program to see. Perhaps start a conversation about it.

30 **Paper #3 to be emailed as an attachment to ltrivedi@hamilton.edu**

Summer Essay Questions

You must write three essays based on your summer readings. Each essay needs to be 5 pages, double-spaced. As noted above, you must e-mail me the first essay by June 30th. The second essay will be due on July 31st and the third on August 31st. Note especially that failing to turn in the paper as scheduled will cost you a 1/3 fraction of the final letter grade for each day that it is late.

Essay #1—Historiography

The purpose of Essay #1 is for you to compile summarize the major approaches and opinions of scholars about your chosen topic. What major questions have scholars asked? What terms have been most important? What conclusions have they developed? Where has their been consensus and disagreement? How does your project as you are thinking about it relate to existing scholarship? Where do expect you are in keeping with these studies? What contributions can your study make?

Essay #2—Methodologies

Having reviewed the literature of your subject, identify the most common approaches to the study of the topic. Is there one discipline (or several disciplines) that dominates the scholarship? How do you understand this? What terms are particularly salient and why? What kinds of evidence are usually brought to bear on the subject? What kinds of arguments are made possible & impossible through the methods chosen? How do your methods relate to those you see in the broader field? Does it continue existing trends (whose & why)? Does it represent a break from the trends?

Essay #3—“*City of Djinn: A Year in Delhi*” (2003)

A third writing assignment will be available by the end of July 2010.

THE JOURNAL

Through the years of this program, the field journal has become an integral component of the program curriculum, with a succession of directors and their students contributing to what has become a signature pedagogy. We will follow in this tradition.

Your field journal will constitute a significant component of your grade for both the History and Contemporary India courses, and it will also be a critical instrument for recording and analyzing field research for the Independent Fieldwork Project. Here's what a 2005 student said about the journal in his/her evaluation:

Every time I had to write my journals, I went "Urrggghhhh" . . . but looking back through it now that I am home, I am soooo glad that I was made to do that. I will be honest and say that I really did not enjoy writing them (which is strange because I really like to write) but I am glad that I have those experiences written down with my strange reactions and analyses. I think that it forced me to get some of those things that I was experiencing on paper and actually think more in depth about them. And now I have them there forever.

According to *Webster's Unabridged Dictionary*, a "journal" is "a daily record, as of occurrences, experiences or observations." We could call it a logbook, an ethnographic chronicle, annals, a diary and/or a recording of considered reflections. A journal will be, as you will see, all these things together. A diary is almost always written for oneself, but with at least a wink to some other unknown future reader. In this case, your journal will definitely be read by others: the director and the assistant director.

The objectives of the journal are multiple:

1. **Act as a supplement to your memory.** Over the course of the four months in India, you will be encountering new people and places, and you will be continuously overwhelmed by intellectual and sensory stimuli. The nuances of your own feelings about events will fade and will change with time. The journal can be an effective trigger for the memory.
2. **Provide an opportunity to direct your consciousness.** You may be able to more sharply pay attention to what you see, hear, smell, taste, and feel going on around you. As an ongoing exercise in observation, it may heighten your skills of attentiveness now and in the future.
3. **Compel you into becoming more introspective.** The journey to an outward "other" is inevitably made along the path of self-discovery, and by keeping a record of not only what you see, but how you perceive it. Maintaining a journal should allow you to chart your growing understanding of Indian culture(s).
4. **Oblige you to consciously make meaningful cross-cultural and historical comparisons.** Not all comparisons are useful and many may have very little to do with the culture you encounter. Nevertheless, attempting to do so may deepen your understanding of India and yourself.
5. **Stimulate a deeper understanding of the human condition and how understanding itself is attained** (i.e. epistemology).

There are three processes or components to a journal exercise: description, reaction and analysis.

Description: Here you will describe events, encounters or experiences with India and Indians. In this mode, you attempt to narrate (in as objective a manner as you can) what you perceive as significant and noteworthy in your ongoing encounter with Indian culture(s). This is an attempt at unprocessed ethnographic observation.

Reaction: Here you will write down how you reacted, responded or related to what you observed. How did it make you think/feel/react at the time? Now, as you re-experience it in the act of narration, what do you feel and what conclusions are you drawing about your experience in India? This part should be grounded in specific experiences, but can reflect the patterns you perceive.

Analysis: After you have described events and your reactions to them, you can reflect on their meanings in terms of larger patterns. Here I will expect you to place the events you describe into contexts that relate to your studies about India, from textbooks and/or lectures.

Writing in these three different modes of the journal may seem awkward, artificial and cumbersome at first. Yet by channeling different layers of your direct experience -- what you see, feel, and think -- into distinct narrative modes, you become aware of the multiple perspectives inherent to discovery. It can lead you towards a sensitive appreciation of Indian culture(s) and insights into your own individual and shared cultural values.

I strongly encourage you to try to write the description first, and then your reaction, and finally what you think about it. If you find another order, that's fine, but you must *separate* them in some way. If you find that in the same passage you have alternated among the three, go back afterwards and indicate with different colored markers which sections you consider description, reaction and analysis. All three processes must be present in the journals in order to earn credit.

Please note that entries for the journal are not meant to include your personal thoughts and feelings about your personal relations, especially with other members of the group.

Grading: *At least two entries per week are expected. One of which you will select and submit for grading. Each entry includes all three components.*

I ask that you submit your entries to me as a Word file printed out and submitted each Monday. As indicated above, 30% of your grades for the History and Contemporary India course are constituted by relevant passages from the journal. The journal will be assessed for presence and quality of all three components (description, reaction and reflection), and the regularity, depth and insight of the entries. Creativity and clarity count. Although they will not be graded for spelling and verb-tense-number-agreement etc., for a reader, form and content are ultimately indivisible. Carelessness with spelling and grammar inevitably affect the way your thoughts are understood.

THE GODS JOURNAL

As you will discover, contemporary India is both a rapidly changing, modern, globalized society in which religious life is virtually uncontainable. India's secularism looks a lot different than does our own. In order to encourage you to introduce yourself to the gods and ritual that are part of the everyday life of most Indians, you will be asked to keep a Gods Journal. Upon arrival in India, I will provide small notebooks. You will be responsible for picking up images of gods or the divine that you come across over the course of the term and that are available for sale (they are very inexpensive) on the street, particularly near temples, dargah's, and mosques. In addition to preserving the image by pasting it into your book, I would like you to record as much as you can find out and identify about the god or representation of the divine. You might consider recording answers to the following: What is the name of what is pictured/depicted? What kinds of stories, powers, associations are there with this god/representation of the divine? Describe the location in which you found the deity/divine representation. Does the image collected look like that inside the temple/dargah/mosque? What kinds of people were in the vicinity? What were people doing to honor the image/representation of the divine? Some of the questions above can be answered simply through your own observation. Others, however, will require you to speak with people in order to find some more complete answers. We will be practicing questions, phrases, and vocabulary in Hindi that can assist you in determining the answers to these questions. By the end of the term, you should have a fairly rich record of some of the religious life you have observed. It is my hope that you will not only engage with the diversity of what we call 'Hinduism' and 'religion' in India, but also that you will have a memento that may aid you as you try to explain all that you have experienced upon your return to the United States, your families, and your friends.

Expectations, Behavior and Practical Advice

WHAT TO BRING

DOCUMENTS: *Make photocopies of all these and keep them in a separate place from the originals*

- Passport
- Extra passport-sized photographs for various forms and applications
- Health insurance claim forms
- International health certificate/card
- International Student Identification Card (ISIC)
- A record of the numbers of any credit/debit cards you may bring, and the number to call if lost or stolen

MONEY: Students report spending about \$1,000 for travel, gift and other personal expenses, but this amount clearly depends on the individual.

The safest and easiest way to get rupees and to buy things is with a debit/ATM card. Talk to your bank about the capabilities of your debit card. Typically, a card with the Visa or Mastercard® symbol will be accepted as a credit card at most ATMs and retail stores. ***In order for an ATM card to work in India it must have a 4-digit pin number.*** It's better than a credit card because you avoid interest charges, but it's crucial that you keep track of your bank balance.

You may want to take some traveler's checks for emergencies, but they are often difficult to exchange. Don't travel with a lot of loose cash. Credit cards are usable for some expenses in the cities like Delhi and Jaipur, but don't depend on them alone. If you choose to bring a credit card, keep it in a safe place and record the credit card number to keep with your documents along with the number to call if stolen.

IMPORTANT: There is an exchange bureau in the international airport before you leave arrival area. It is open 24 hours a day, is quick, convenient and gives the same rate as a regular bank. Cash some money (\$100 or so) when you arrive, so you don't have to spend your first day in India in a bank.

ACADEMIC:

- All notes and material you have gathered for your independent research project
- Small notebook and a couple of pencils and pens. (You can buy stationary in India)
- A flash drive so that you can work at internet café's and save your work or print out. You might also use the flash drive to store relevant notes/materials for your IFP.

Please remember that you should carry neither a laptop, nor any electronic devices that you are not prepared to lose. If you do choose to bring a laptop, back it up before you leave home and be prepared to all but sleep with it. Items such as cameras and phones should be carried on your person at all times.

CLOTHING:

As I emphasized at the orientation: TRAVEL LIGHT! For the most part you will need light, durable summer clothing. However, it gets chilly in the evenings, especially in the mountains during the rainy season and in the winter in Delhi, so a warm, lightweight (consider fleece) sweater, sweatshirt is a good idea. Rain gear is necessary for the period of the monsoon. Silk long johns are light and can be very useful

There are many websites devoted to various aspects of India. Here are a few starting places which seem reliable. You might want to find out (and print out for later use) information on the cities where you will be studying (New Delhi, Mussoorie, Jaipur, Varanasi, Amritsar, Pushkar & Agra). Also a couple of newspaper ("Times of India" and "The Hindu")

<http://www.visitindia.com/>

<http://www.lonelyplanet.com/worldguide/destinations/asia/india/>

<http://timesofindia.indiatimes.com/>

<http://www.hinduonnet.com/>

Indians dress more conservatively and neatly than most American college students. Avoid expensive or delicate care clothing since Indian detergents and washing methods are hard on clothes. Easy-wear and fast-dry fabrics are best. Take clothes that you like and in which you feel comfortable in but that you don't mind wearing out. Whites are difficult to keep clean. Shoes that are waterproof or dry quickly are ideal for India. Being able to layer your clothing, rather than bring any heavy clothing is preferable. Indian women **do not** wear clothes that are revealing, transparent or tight; rather, they wear loose, long and billowy clothes in hot weather. You will probably want to buy clothes in India so do not over pack. Every year, returnees recommend we tell students not to over pack. Believe it! You'll want to get things there. Almost all clothes are available in India, often at a cheaper price. Except for good shoes, one should take as little as possible.

Clothes checklist for Men and Women: Note: Clothes may take up to one week to dry in Mussoorie. It will be extremely damp inside and out during the rainy season, and sometimes it can rain everyday for a week or more so quick drying fabrics are ideal.

- 3 pairs of pants--jeans can be warm so, cotton, khaki pants are better. Avoid pants with holes.
- T-shirts. Three or four for men, fewer for women as these are rarely worn on streets by women. Some that will look nice for "dressing up;" others, with a saying or logo, you may want to trade or give away.
- Shoes (2 pair) Sandals, Tevas, or Chacos work well. Sneakers are a good idea. You need supportive shoes you can walk in for a whole day. Birkenstocks may be ruined by the elements.
- Bathing suit (Women: One piece conservative only?; rarely used, depending on your destination for break.)
- Jacket -waterproof windbreaker, poncho or anorak for the monsoon season and winter.
- Versatile light fleece sweater or sweatshirt.
- 3-4 pairs of socks including a couple of warm pairs for mountains.
- Cotton underwear; if you tend to feel cold more than others, consider light long underwear. Good underwear is generally hard to get.
- A nice shirt for men, as you will have occasion to dress up. Women may opt for native styles of dress for formal occasions.

For women: comfortable, long blouses with short or long sleeves. Long skirts. No sleeveless, tight or revealing tops. You will likely want to buy Indian outfits so pack less.

For men: short-sleeve shirts, polycotton dress shirt, khaki pants. Pajamas, but you can also buy Indian pajamas for sleeping and street wear. Shorts — NOT short shorts. One pair for the beach or hiking; not appropriate for street wear.

EQUIPMENT (these are suggestions not requirements; use your judgment and tastes; **don't** bring things you won't be likely to use.)

- Easily concealed purse, pouch or money belt for passport and money
- Hat with protective brim to cover face and neck

- Swiss Army knife or Leatherman
- Frame pack (internal); good for packing AND carrying your stuff
- PolarPur water purification; also some powdered flavoring to add to water (kool-aid, gator-aid, lemon-aid type things) to mask the slight taste of iodine
- Sleeping-bag liner
- Duct tape
- Tampons: widely available; no need to bring unless special brand is necessary. Sanitary napkins are available in many brands including Carefree and New Freedom.
- Weekend or day-pack
- Flashlight with extra bulbs; batteries are available
- **Water bottle(s), liter size (two is good; at least one); required**
- **Sunglasses**
- Plastic bags or stuff sacks
- Sewing kit
- Insect repellent
- SMALL musical instrument (recorder, harmonic, etc.)
- Inexpensive mp3 player
- Combination or padlock; small locks for luggage
- Watch and small travel alarm
- Digital camera; usually in tourist areas there are facilities to have your images stored on CD. Extra cards? Film cameras: negative/print film available everywhere; but not slide film; Kodachrome is not processed in India; Ektachrome is at some places.
- Camera batteries (other than AAs, which are readily available)
- Herbal tea bags

Medical and Personal (suggestions, not recommendations)

- Dramamine or prescription for motion sickness or anxiety in buses on mountain roads
- Food supplements like multivitamins
- Take a 4-month supply of all subscription drugs; allergy medicine
- Extra set of prescription glasses/contacts; copy of prescription
- Contact lens cleaner is available but bring glasses for traveling and fieldtrips
- Conditioners are available but expensive; good shampoos, soaps and lotions are available
- Chapstick or Blistex
- Dental floss
- Prophylactics or contraceptives
- packets of cocoa, lemonade, granola bars
- Band-Aids
- Anti-diarrhea pills
- Antibiotic cream for cuts, Band-aids
- Face wipes, astringent pads, hand-sanitizer

Women Take Note: Your anti-malaria prophylactic may render your oral contraceptive ineffective.

All Take Note: Tablet antihistamines are largely unavailable (liquid only), although Benedryl may be available it make many drowsy.

GIFT IDEAS

You will probably want to bring a gift to your Indian host family. Moderate gifts are best. The intention is not to demonstrate wealth, but to offer thanks and appreciation. Choose one or two things from the following list or come up with your own comparable ideas. Something that is personal or connects to you and the place you are from is best. Photographs of your house and family are always good to bring with you to show people, not necessarily to give them. Don't bring too much!!

- T-shirts-- especially those with the name of a college or of someplace in the U.S. are good gifts for younger males in your home stay family. Most Indian men will wear medium or large.
- Baseball caps or other College or regional logos.
- Hand creams and body lotions in nice scents and containers (travel size); make up.
- Hair clips and ornaments, ribbons, (also available in India) -- for younger females in your home stay family.
- Refrigerator magnets; stickers, coloring books and crayons for children.
- Frisbees -- bring your own, too; matchbox cars -- not battery operated.
- Cocoa -- U.S. brands are usually more mixable.
- Spices like oregano and basil for spaghetti and pizza.
- Ziploc bags.
- Calendars with photos; good pens, of all varieties;
- Stamps or coins --a popular gift for some people.
- Postcards of your home, campus, hometown, places you've been.

OTHER PREPARATIONS

You should consider buying either the *Lonely Planet India* or *The Rough Guide India*. These have invaluable introductions to the practicalities of traveling in India which will be essential if you plan on traveling during the break -- where to stay, where to eat, and how to get there. The books also provide historical information for each site, village, town or region it introduces. Some new and certainly older editions can be found for sale in India. Many past students underscore its usefulness, especially for break. If you know someone on the trip, perhaps you could agree to share the costs and the weight.

Good maps of India are definitely worth bringing. They are helpful in orienting yourself, and in planning travel during the break. A number of companies make fine maps of the entire Indian subcontinent. The Nelles series include detailed maps of several regions of India. You should spend some time familiarizing yourself with the main areas to which we will be traveling (refer to the working itinerary).

Bottled water is available in India, and when you first arrive, it will be provided to you, though **you must bring a Nalgene-type bottle which you can refill**. However, after the initial period of adjustment, regularly buying bottled water is much more expensive, much less safe (the bottles are sometimes filled with tap water, re-capped and resold to unsuspecting tourists), and environmentally destructive (the plastic bottles are not biodegradable). It is preferable on all counts to drink water which you know is safe. In most places you will stay, drinking water will be filtered (Aquaguard), but when you are outside of those environments, you may want to be able to treat the water yourself. Particularly when you travel on your own, such as on the break, or when you are working on your Independent Fieldwork Project, you will want to have a plastic liter water bottle (or two) and a means of water purification. Six bottles of PolarPur (iodine crystals) will be provided (one for the students of each school) to be shared. PolarPur is convenient, works relatively quickly, is safe, guards against giardia and, if used properly, has minimal taste. It comes in a small, nearly unbreakable bottle, with enough crystals to last the whole trip and much longer. If you want to be sure to have safe water at all times, you might consider buying your own bottle, as well as powdered flavoring to mask the taste. PolarPur is also available at camping and outdoor outlets, should you decide to pack your own.

E-mail and Mobile Phones

As I mentioned to you at orientation, a large part of BEING in India depends upon the extent to which you focus on what is before you, not what is available on the web or on your email. A Google, Yahoo or Hotmail account will operate the same wherever you are. But if you plan to use your college e-mail account, be sure you know how to access your e-mail account off-campus.

On your U.S. campus, e-mail has proven to be an inexpensive (or totally free) and convenient way to stay in touch with family and friends. **Don't expect the same levels of access in India.** Using e-mail can be time consuming and frustrating. Although e-mail access is widely available via internet cafés, your access won't resemble what you are used to in the U.S. Commercial e-mail centers are available in most of the locations where you will be studying, including Delhi, Jaipur, Varanasi and Mussoorie.

Don't bring a mobile phone with you. It probably won't work in India, and if it does, it won't work as well as the ones you can get there. You can purchase one there if you need one. There are many places where you can go to make phone calls, making a mobile phone a luxury and hardly a necessity. Most Indians use public call offices (PCOs) or STDs to make their phone calls.

THE USE OF DRUGS AND ALCOHOL

The use of drugs is strictly forbidden by NYSICCSI policy. Students known or suspected of using any drugs (outside of prescription medications) **will be sent home immediately.** Neither the board, your campus or I are willing to be responsible for you if you choose to use drugs.

With regard to the use of alcohol, the general rule is to do what is legal and culturally appropriate in the Indian Context, keeping the following in mind, as stated in the NYSICCSI alcohol policy:

The consumption of alcohol is much more limited in India than it is in the United States, especially compared to what one may observe on American college campuses. It is often stigmatized and those who drink are considered undisciplined, impure, or simply foolish. There are, of course, bars and restaurants that serve alcohol; yet your consumption of alcohol should be limited – both in terms of where it is consumed and how much you consume. The guideline here, as with other issues, is to behave appropriately according to the more generally conservative Indian standards. Most specifically, don't drink from or carry open containers of alcoholic beverages on the street or act in an inebriated way, publicly or privately. Don't use alcohol consumption as an excuse for other forms of inappropriate behavior. Such an excuse will not stand in the way of your being dismissed from the program.

Abuse of alcohol, when it affects your academic performance or social relations with members of the group or contacts in India, will not be accepted.

In short, the legal rights you enjoy in the U.S. with respect to alcohol consumptions do not necessarily extend to India. You should therefore consider the opportunity to imbibe alcohol as a privilege, not a right.

By signing the NYSICCSI alcohol policy, you agreed that if you consume alcohol, either within or without the confines of your rooms,

- a. You will do so in moderation.
- b. You will not flaunt either your possession or consumption of liquor.
- c. You will not engage in lewd, obscene, or boisterous behavior.

- d. You will not drink with any outsiders in your rooms or within the premises of a guesthouse or group residence.
- e. You will not drink after the hour of any curfew.
- f. You will not leave an alcohol-related items (e.g., bottles, stoppers, glasses) for guesthouse or hotel staff to remove.
- g. You will not carry any alcohol with you to a public or religious site.
- h. You will not carry on your person or in your luggage any alcohol when staying with your homestay family in Jaipur.

Furthermore, you acknowledged that violating any of the above rules is grounds for dismissal from the program.

TIPS FOR WESTERN WOMEN TRAVELING IN INDIA

India is an extremely rich place to reflect cross-culturally on gender relationships. Just as stereotypes abound in Western culture about Asian men and women, when traveling in India you will come across a number of stereotypes about gender in the West. The sources of these stereotypes are the same as those in the West: movies, the media, and plain lack of information about relationships in another culture. On the one hand, in India Western women can be given the same kind of respect and freedom as a Western man. On the other hand, they can be perceived as sexually “loose” and “available.” When you are traveling in India, you will probably experience both of these responses, and it’s important that you begin to think about how you might deal with them. Here are some answers to common questions that may make the transition into India a little easier.

How should I dress?

While you don't need to don a sari the minute you step off the plane, it is important to realize that you should respect Indian norms of what is decent exposure and what is not. While YOU may think that exposing your stomach is more risky than shoulders or thighs, in India it's the other way around. Bare shoulders and thighs will attract unwanted attention and make you feel very uncomfortable. Unless you're in the Taj Disco in Delhi, shorts, sundresses, shoulder-less gowns, tank tops, and mini-skirts are out. Long, mid-calf length skirts, cotton shirts that reach to at least your elbow, and dresses with those dimensions are fine. The most comfortable form of Indian dress for Western women tends to be the salwar kameez, a long shirt that reaches to your knees and comfortable, pajama like pants that match underneath. Salwars are extremely easy to buy or have tailor-made in India, and many women wear them after they have returned from India as well. Saris are also an option, although if you're exceptionally tall you might have to get them specially made. Saris can be rather unwieldy for women who are not used to negotiating all the folds and pleats, but if the sari fits, and you like it, then wear it!

How should I act in public?

Generally speaking, you don't have to modify your behavior a whole lot. While you don't have to walk with your eyes cast down as if they were glued to the sidewalk, direct and prolonged eye contact with men in public is usually perceived as a direct invitation to a sexual relationship. Initiation of conversation with men outside of a business context is also seen as a form of invitation. (In other words, it's okay to ask the shopkeeper about his store, but probably a little more risky to chat up the guy next to you on the bus because he might be helpful to your fieldwork...)

Public affection between members of the same sex is fairly common. UNLIKE in the United States, you will see men holding hands with men, and women with women. Public affection between members of the opposite sex is not at all common. If you are involved in a relationship with someone of the opposite sex, be aware that public affection will go against the grain, and will attract a lot of unwanted attention.

In general, it is better NOT to go out alone at night, even if it seems perfectly safe. Traveling with someone else can often be more fun, anyway.

Can I travel alone?

Many Western women have traveled alone for months and enjoyed themselves immensely. However, people in India, especially women, very rarely travel alone, and you may find yourself an object of curiosity. Frequently, the toll that traveling alone takes is more mental than physical; you may get tired of constantly being on your guard, feeling uncomfortable eating alone in local restaurants, and so forth. The Indian train system does provide “Ladies’ Cars” in second class, which is a compartment reserved just for women and children. These “Ladies’ Cars” can be a whole lot of fun, and a great way to meet women you may not otherwise get the chance to talk to. On the whole, use your best judgment about your own psychological and physical limits. Even if it seems “unfeminist,” there are many times when it is safer and more fun to travel with a man or another woman than it is to go solo.

What if I am harassed, either verbally or physically?

On the whole, verbal “eve-teasing” (as it’s called in India) happens fairly commonly, but there are ways to deal with it. The most effective way is just to ignore it. You can cover your head and face with a shawl or a sari, thereby taking yourself out of visual range. If your Hindi is good enough, you can also yell at those who are bothering you and publicly shame them for their rude behavior. If you are being harassed physically; yell for help. If it is during the day, there will almost always be someone around who will hear you and most likely come to your aid. You can also choose to fight back yourself, but do so only if it is during the day and you are with someone you know who will help you.

If you take these basic precautions, and use common sense, you should encounter little difficulty in your cross-cultural study of gender, and have a rich and rewarding experience. And you’re sure to understand gender differently when you come back home!

A further note

It is important to point out that Northern India in general, and Jaipur in particular, is far more prone to sexual harassment behavior than other areas of India. Jaipur will have more of these kinds of incidents than other places that you will be visiting. PLEASE KEEP THIS IN MIND as you settle into your life in Jaipur. In general, going out alone as a woman is not the best thing to do; going out alone at night is simply foolish.

This does NOT mean that you will be isolated; on the contrary, you will have your fellow students, your home-stay families, and other new friends to travel with. The best way to think about it is that you will be developing a new understanding of physical space. That space will not consist of wide public spaces and vistas for you to roam free, as it might be if you were traveling in Europe. Instead, it will consist of more inner spaces, familiar places that you know--shops and houses and classrooms of people with whom you have become friendly, and whom you trust.

Laurie L. Patton, Bard College (currently Emory University)

Manisha Desai, Hobart and William Smith Colleges (currently University of Illinois at Urbana-Champaign)

WOMAN TO WOMAN

Some Personal Reflections and Advice on the Issue of Sexual Harassment

The issue of sexual harassment is one of the more challenging and downright annoying aspects of any semester in India Program. In the case of the NYSICCSI program, this issue becomes the most noticeable in Jaipur. In approaching the issue, I think it is important to understand the particular cultural and historical factors that contribute to the situation. I also want to share with you some of my own insights gleaned from 25 years of frequent travel to many parts of India.

First of all, it is not coincidental to the issue that Jaipur is one of the most popular tourist sites in all of India. Because so many people in Jaipur make their living off the tourist trade, the competitive nature of that trade means that an “aggressive” approach to visitors can pay off in terms of tourist dollars. That means that it will not be uncommon for men to accost you on the street, in order to try to sell you some item or get you to come into their shop. Sometimes taxi drivers or even guys that just seem to be hanging out on the street are given commissions for bringing customers into particular shops. Since many make their living this way, the approach

these guys take will range from direct and aggressive to roundabout and wily. You will be surprised at what creative approaches people might take to try to gain your confidence and steer you in a particular direction. So be prepared for this, and know how to deal with it.

It starts with **not feeling guilty** for being suspicious until proven otherwise! By the rules of Indian culture itself, as a woman, you are under no obligation whatsoever to give the strangers the benefit of the doubt. In fact, you would be foolish to do so. Why is that? Because in Indian culture, the way to meet friends is through proper channels of family, teachers, and already established friendships. People don't generally trust anyone unless they know their social context, i.e.: where they are from, who their family is, etc. Even if two people meet and make friends at work, they will start out by placing each other within a context of people who are already known to them. Our program establishes these channels for you through the faculty and home-stay families we arrange for you. Although it may take a little longer to establish a network of acquaintances, in the long run you will learn much more about the culture and have a much more fruitful (not to mention safer) experience by playing by the rules that Indians themselves play by. If you want to take chances and reach out to strangers, better make sure it is to strangers of the same sex!

One of the characteristics of Jaipur is precisely all the tourism and the commercialism it has generated. Tourists visiting an area want to see the sights, buy the goods and get on to the next site. In this kind of encounter, there is rarely even a glimpse of the usual social patterns of the culture and in many cases there is a gross violation of these patterns. This is especially true when it comes to women from other cultures. As western women tourists arrive, they don't look or act anything like Indian women, and so are labeled in the ways Indian women would be labeled if they acted so "freely." Of course, what to us western women seems like normal behavior is seen within the context of the highly conservative Rajput-dominated culture of Rajasthan as "free" i.e., immoral or indecent.

The idea for women in Rajput culture (and in Indian culture in general though Rajput culture is especially conservative in this regard) is to stay at home unless absolutely necessary, and then to go out only if accompanied by a male relative like a brother. That's right; women do not walk on the streets alone. It goes without saying that there is no dating before marriage, so if any woman is seen out with a male to whom she is not related, it is presumed that something scandalous is going on.

Even body language is very different. Women do not act boldly and directly. For example, they do not look men in the eyes when speaking with them. They tend to act demure even around men they are related to. With men they are not related to, they don't act at all. They avoid contact and interaction whenever possible. With shopkeepers and providers of service like rickshaw drivers, they will act from their status position and treat them accordingly, most often like servants. In other words, Indian women are accustomed to act in terms of their culturally prescribed roles of sister, daughter, student, etc. but not as friend or friendly to men they do not know.

That is why when tourists, especially fair-skinned young women from the west, arrive on the scene with their smiles and innocently friendly open manner, their facial expressions and body language are misinterpreted as invitations to intimacy. If any Indian woman acted in that way, it would also be interpreted in that manner! But the case is even more pronounced for westerners because of the preconceived notions that most Indians have about them. On the one hand, many of the films imported from the west are pornographic in nature. Even mainstream films showing mild sex scenes are shocking to Indian audiences due to the extreme differences in sexual mores. But these are not even the most common types of imported films. Really ridiculous porno films featuring white women are shown throughout India and unfortunately, even those who do not attend such films see the film posters plastered everywhere. All this feeds into the stereotype of the western woman as sexually available.

In addition, this stereotype has also been fed by the behavior of some western female tourists to India. Since the '60s Rajasthan has been a major hippie tourist site. Even today, thousands of European, American and Australian alternative types vacation regularly in India. It might sound like a cliché in itself, but the sexually free behavior of many of these groups has greatly contributed to the situation. The open affection displayed by hippie couples on the streets, the revealing and extremely casual clothing, the flowing hair (in India a sign of

female sexuality out of control), the drug culture (in India associated with low castes and society-rejecting sadhus) as well as the cases in which some women have actually carried on relationships with men from the culture, have all fed into the stereotype. All the rickshaw drivers have heard about the German tourist who in the '70s fell in love with a rickshaw driver, married him and took him away to Europe with her. This is the stuff that romantic dreams of escape are made of and hope springs eternal!

While it is obvious that not all men you will encounter on the streets are predators, this is the kind of cultural atmosphere in which they are all operating. That is why I feel it is the responsibility of intelligent western women traveling and living in India *whenever possible* to give as clear signals as possible to the men around them that they act like, and expect to be afforded the same treatment as any "good" Indian woman.

Obviously there are going to be times when you may *have* to travel alone somewhere, and you will often be traveling with males from the program. This is not a problem because even in India students often depart from the usual norms of the society in these matters. But it is still possible to follow the decorum of the society. In public, treat guys from the program like you would a brother: don't be physical with each other. My advice is to observe young Indian women and the way in which they dress and act and try to follow suit when you are in public.

In your home-stay families as well, you will have to strike a balance between feeling safe enough to be yourself and following the rules of the culture. Please do not presume that because you are at home you can dress in a more revealing way in front of either male or female members of the household. They may not say anything, but they will take it as a sign of disrespect. Another area is that of drinking. I personally think it is a big mistake to drink alcohol with home-stay families. Again, drinking is not uncommon in Rajput families especially, but it is largely a man's activity. Women in India rarely drink (or smoke) except among westernized highly urban families, and that too on rare occasions. Women drinking alcohol is associated with loose behavior. Whether you are male or female, you will just have to decide for yourself how important it is to spend time in India drinking. It depends on what kind of experience you want to have. But as a woman I would especially be on my guard against ANY man, whether related to a home-stay family or not, who is encouraging me to drink. This simply would not be done with an Indian woman.

If any man starts asking you about your boyfriends, sexual relationships or anything even remotely related to these topics, HE IS WAY OUT OF LINE. Such conversations sometimes are masked in the name of intellectual inquiry - purely theoretical. But they are not to be engaged in. Indian women would be outraged if any of these private topics were broached. The best way to deal with it is to say directly, I really don't want to talk about this.

In other words, I am saying that whenever behavior is encouraged that would not be acceptable for an Indian woman, it is time to be on your guard. Indian women simply do not put themselves in a position to be taken advantage of. This is the way they are raised, so Indian men often rely on Indian women to draw the line. If she doesn't, then it is presumed she is fair game. This may seem extremely sexist and unfair from our point of view, but keep in mind that even in our cultures these attitudes (placing responsibility on men and not just blaming the woman because "she asked for it") are relatively recent and hardly firmly in place. How much more true this is of India, where attitudes and customs concerning women have been evolving for thousands of years.

After having had many encounters and interactions with Indian men over the years, I have come to a very "no nonsense" conclusion about how western women might behave to give very clear messages to India men. They take the form of three simple rules that at first glance might seem extreme, blanket statements. But I have run them by my Indian male friends (yes, I still have many!) both in America and India and they agree that they are absolutely right on the mark. One even told me that any Indian man who would have a problem with these rules is up to no good.

1. Never be alone with a man. Even if he is your home-stay father, brother, or teacher. There is no need for it and in Indian culture this is not done.

2. **Never let a man touch you.** Not even a friendly push or pat on the arm. This isn't France; there is no such thing as a friendly hug or affectionate kiss on the cheek in India. If he touches you even in a seemingly joking manner, look directly into his eyes without smiling and **sternly** say, "Please don't touch me." Don't rely on your body language or disapproving frown to say it for you. The guy probably isn't all that clued into the body signals he doesn't want to see. In fact, maintain a physical distance from any man even while standing and talking. If a man moves close to you, make a clear move to step away from him. If you are in a train or bus and are forced to be in close proximity, do not be afraid to demonstrate your boundaries by putting up a psychological wall around you. In other words, demonstrate your physical boundaries in an unambiguous way.
3. **Do not speak to men on the street.** If a salesman accosts you with goods or some other inquiry while you are on the street, you can just say clearly, No, without looking at him and keep walking. If you speak Hindi and say "Nahii Chaiyee" they will probably get more fascinated with the fact that you know a few words of Hindi and so will be that more likely to pester you further to hear you speak more. If he continues to harass you, simply look straight ahead and ignore him. I usually take that tack. When I am in Connaught Place in New Delhi (another place where salesmen and middle-men will accost you) I walk straight ahead and don't speak to anyone no matter what they say to me. When they see your fortitude, your stern expression, your glazed-over eyes, this usually works very well. I do not put on this face everywhere, only where necessary.

This brings me to a more subtle point involving how you walk down the street. In India (and even in New York City or other places where I feel vulnerable or overwhelmed), before I go out I put on my armor, which I visualize as a kind of protective barrier around me. Inside that barrier I hide my true personality because I reserve that part of me for the people I CHOOSE to associate with. I am not going to be forced into relating to people I have no business with. This sounds the antithesis of acting friendly and reaching out to another culture, but it really isn't. It is rather the way you can preserve your precious energy for the relating that really means something to you. It is really a question of making choices on how you want to spend your energy. Indians do this all the time, naturally, otherwise they would be overwhelmed by the myriad encounters that would be thrust upon them in the streets. It is a way of creating order out of chaos and a sense of empowerment in a situation which you could otherwise find sometimes threatening. Will following my advice guarantee that you won't be harassed? Certainly not. But it may make you able to deal with it should it occur. Once you clearly know where your boundaries are, you will exude the kind of confidence which is always your best defense against any unwanted harassment.

I want to close with a humorous story. Once I was traveling alone through Gujarat and I had boarded an evening train to Ahmedabad. As I sat inside the train by the window while the train was waiting to leave the station, a young man kept standing around outside the window and staring at me. Finally I shouted at him quite rudely in Hindi, "What do you think you're looking at? Get away from here!" The people sitting across from me in the compartment looked surprised and said, "He is our son." I felt so embarrassed that I could have shrunk. I thought to myself, Boy, these people are going to hate me. I have a long journey to look forward to now. But on the contrary. After a few awkward moments of silence following my apology, they were very nice to me and later offered to share their dinner with me and even invited me to visit them at their home. I realized later that by reacting the way I had done to a strange man (even if he was their relative) I had shown them that I did not tolerate any man coming too close to me. In other words, I had reacted exactly the way almost any Indian woman would have reacted and therefore did not fit into their stereotype (right or wrong) of a free type of western woman. By setting limits and demonstrating them, one plays the role of an Indian woman and therefore is more likely to be accepted on the same terms.

Dr. Roxanne Poormon Gupta

Albright College, NYSICCSI Faculty Director, Fall 1998

CULTURE SHOCK

From: *The Harvard Guide to International Experience*, 1989, by William G. Klingelhofer with contributions by Scott Atherton, Carole Bundy, and Kristine Forsgard

If you've ever awoken suddenly in the night from a strange dream which left you feeling disoriented and unsure of where (or even who) you are, you have experienced something akin to culture shock. It can be extremely confusing and unsettling to find yourself in a world where people speak a language you can't understand, where they act in ways that are sometimes incomprehensible, and where you literally don't know your way around. If you are only passing through and don't need to acclimatize yourself to the customs of the country, you will probably have little trouble making the necessary short-term adjustments. But if you are planning to live there for any period of time and want to gain some level of acceptance, you have a real incentive to adapt and learn the patterns of behavior of your host country. This process can be lengthy and at times painful.

Culture shock was something other people experienced people who were not so eager to confront the relativity of their own culture and to challenge the haphazard yet rigid cultural context out of which their own identity emerged. I had my rhetoric down B and was in for a big jolt which I very much deserved.

The response to living in a new and very different environment varies greatly among travelers. Symptoms of culture shock include a sense of uncertainty and occasional confusion, bouts of irritability, feelings of frustration and hostility, a desire to withdraw and escape, and, in severe cases, may lead to a state of extreme depression and actual illness. Culture shock often follows a cyclical course with periodic highs and lows until it is finally overcome. Its effects will depend in some measure on your personality but also on the amount of preparation you have done. Once you accept that culture shock is a common traveler's disease and know the symptoms, you will be able to deal with it and work your way through it. One student, teaching much in Central America, wrote home:

Some things here drive me crazy B like cancelled and postponed concerts, broken telephones, impossible communication (it takes less time for a letter to get to the States than to San Pedro!), the awful men here who treat me like property . . . and that makes me so mad. Other things frustrate me B teaching these kids and watching them learn so much so quickly and knowing that they will get to a point where there are not any opportunities for them. Trying to work around the rigid strict systems of the schools which take the joy and fun and originality and creativity out of music. And wanting to change things here and feeling guilty for this "savior" impulse - that I feel I know a better way to do things than Hondurans- and also feeling depressed at realizing how difficult, basically impossible, change is here.

Three essential weapons with which to combat culture shock are a sense of humor, patience, and, most importantly, an extensive knowledge of your host country and its customs. The first two - humor and patience - will get you through many potentially embarrassing and infuriating episodes. Embarrassing, for example, when you realize you don't know the proper behavior for meeting people or eating with them, or infuriating, when an unfamiliar bureaucratic structure takes hours for a task that should take only minutes. The third - some knowledge of the culture - will help enormously to minimize these episodes. Learning as much as you can about a country by reading, talking to people who have lived there, and, hopefully, spending time with people from that culture (at a House language table, for instance) will give you much of the information you need to face the challenges and confusion of living so far from home.

Overcoming culture shock is an adaptive, not necessarily and adoptive process. To feel comfortable and at ease in another culture does not mean you have to relinquish your own identity and assume a new one - in fact doing so may be one of the most dangerous symptoms of culture shock. This process of adapting yourself to a new culture may be one of the most difficult but, in the end, one of the most satisfying experiences of your overseas adventure. It is an impressive achievement and is often recognized by schools and employers as one

of the most interesting parts of your background. The lessons you learn can be used again and again whenever you move into a new environment.

“Re-entry” or “Reverse Culture Shock”

Prepared by Jeremy Geller, Director, Student International Academic Affairs, University of Illinois at Urbana-Champaign. Former NYSICCSI Administrator, Hobart & William Smith Colleges (with minor emendations/adaptations to the '01 India Handbook)

Introduction

Emotional adjustments to study abroad can be quite profound; thus the dramatic idiom: **culture shock**. Perhaps you may recall a pattern of feelings, which, if you graphed the emotional highs and lows, might approximate the shape of the letter U or W. For example, many students may enjoy a period of great excitement and anticipation at the beginning of a program, followed by a decline in spirit as they realize there is work to be done and that there are barriers of nuance that prevent them from engaging the host culture, followed by renewed vigor as they find their academic and social stride, followed by anxiety and frustration as the term abroad winds down, and a sense of heroic accomplishment as they return home. This, or some variation of it, is known as the “W-curve” of cultural adjustment. The bottom points of the W are manifestations of culture shock, often expressed as fatigue, resignation, resentment of the host culture, or contempt for return home or back to campus. **Re-entry shock**, or reverse culture shock, is a similar pattern of ups and downs that may occur upon return to one’s primary or native culture and milieu. Following are lists of “symptoms,” “causes,” and “remedies” for re-entry shock, all incomplete and intended to stimulate discussion and thought. Not all of these entries will apply to you, and you are not flawed if you empathize with all or none of them. As an exercise, you might wish to add to or elaborate these lists.

Symptoms of Re-entry Shock

Fatigue
Sadness
Feeling lost or confused
Regret for things not done, goodbyes not said, preparations not made
Loneliness, isolation; you want to be left alone
Alienation from family and/or friends
A sense that classwork is trivial
A sense that the rules and protocols of campus are trivial
Lack of interest in former social scene or activities
Shame, embarrassment vis-à-vis affluence, comfort, waste, cultural/economic influence of the U.S.

“Causes” of Re-entry Shock

You hadn’t realized how complex your own culture was until you tried to fathom another
You hadn’t been challenged to understand your own culture until your re-entry into it
You hadn’t recognized alternative modes of human relations until you sojourned abroad

You hadn’t realized how potent peer pressure is on campus until you had a little distance.
You are four months out of step with a very volatile popular culture
You are four months out of step with current events of importance to your community
While abroad you have made friendships of a different nature from those on campus
Social relations among your friends have evolved in your absence
Life continued as usual for your family and friends during your sojourn abroad, and still does during your re-entry, while there have been and continue to be significant changes for you, some of which you have yet to recognize
You are afraid people will tire of your new frame of reference, “In India, they say . . . I saw . . . I realized . . .”
Your professors do not know about your experience, or do not recognize its significance or relevance to your classes and point of view

Your friends don't recognize how your experience has changed you.

“Remedies” for Re-entry shock

Seek out others who have shared your off-campus experience, or who have traveled elsewhere. Think hard about what you understand to be the cultural norms of your study-abroad venue versus those of the US.

How do they compare in terms of attitudes towards, e.g.:

Gender

Age

Individual versus communal initiative and/or gain

Family

Privacy

Equality

Knowledge of the “other”

Authority/hierarchy

Timeliness

Identify changes in your attitudes or preferences

Listen to others who are working through re-entry, when you ask, “What’s up?”

Seek out students or faculty from, or with experience in, India

Seek advice from the faculty director or campus rep of the India consortium, or the Office of Off-campus Programs, or your advisor, on sensible follow-up courses

Think about an international component to your career plan, graduate school or post-graduate internship

Stay in touch with friends, host families, and contacts made during your program

Think of ways to help orient students who will participate in future off-campus programs

Seek counseling from the Counseling Center, Off-Campus Programs, your advisor, chaplain, peers

Make explicit the changes in yourself, first to yourself, then to your family and friends

HEALTH & CONSULAR INFORMATION

<http://wwwn.cdc.gov/travel/destinationIndia.aspx>

Preparing for Your Trip to India

Before visiting India, you may need to get the following vaccinations and medications for vaccine-preventable diseases and other diseases you might be at risk for at your destination:

(Note: Your doctor or health-care provider will determine what you will need, depending on factors such as your health and immunization history, areas of the country you will be visiting, and planned activities.)

To have the most benefit, see a health-care provider at least 4–6 weeks before your trip to allow time for your vaccines to take effect and to start taking medicine to prevent malaria, if you need it.

Even if you have less than 4 weeks before you leave, you should still see a health-care provider for needed vaccines, anti-malaria drugs and other medications and information about how to protect yourself from illness and injury while traveling.

CDC recommends that you see a health-care provider who specializes in Travel Medicine. [Find a travel medicine clinic](#) near you. If you have a medical condition, you should also share your travel plans with any doctors you are currently seeing for other medical reasons.

If your travel plans will take you to more than one country during a single trip, be sure to let your health-care provider know so that you can receive the appropriate vaccinations and information for all of your destinations. Long-term travelers, such as those who plan to work or study abroad, may also need additional vaccinations as required by their employer or school.

Although yellow fever is not a disease risk in India, the government requires travelers arriving from [countries where yellow fever is present](#) to present proof of yellow fever vaccination. If you will be traveling to one of these countries where yellow fever is present before arriving in India, this requirement must be taken into consideration. See [Yellow Fever Vaccine Requirements and Information on Malaria Risk and Prophylaxis, by Country](#) for more information.

Be sure your routine vaccinations are up-to-date. Check the links below to see which vaccinations adults and children should get.

Routine vaccines, as they are often called, such as for influenza, chickenpox (or varicella), polio, measles/mumps/rubella (MMR), and diphtheria/pertussis/tetanus (DPT) are given at all stages of life; see the [childhood and adolescent immunization schedule](#) and [routine adult immunization schedule](#).

Routine vaccines are recommended even if you do not travel. Although childhood diseases, such as measles, rarely occur in the United States, they are still common in many parts of the world. A traveler who is not vaccinated would be at risk for infection.

Vaccine-Preventable Diseases

| Vaccination or Disease | Recommendations or Requirements for Vaccine-Preventable Diseases |
|--|---|
| Routine | Recommended if you are not up-to-date with routine shots such as, measles/mumps/rubella (MMR) vaccine, diphtheria/pertussis/tetanus (DPT) vaccine, poliovirus vaccine, etc. |
| Hepatitis A or immune globulin (IG) | Recommended for all unvaccinated people traveling to or working in countries with an intermediate or high level of hepatitis A virus infection (see map) where exposure might occur through food or water. Cases of travel-related hepatitis A can also occur in travelers to developing countries with "standard" tourist itineraries, accommodations, and food consumption behaviors. |
| Hepatitis B | Recommended for all unvaccinated persons traveling to or working in countries with intermediate to high levels of endemic HBV transmission (see map) and who might be exposed to blood or body fluids, have sexual contact with the local population, or be exposed through medical treatment, such as for an accident, and for all adults requesting protection from HBV infection. |
| Typhoid | Recommended for all unvaccinated people traveling to or working in South Asia, especially if visiting smaller cities, villages, or rural areas and staying with friends or relatives where exposure might occur through food or water. |
| Rabies | Recommended for travelers spending a lot of time outdoors, especially in rural areas, involved in activities such as bicycling, camping, hiking, or work. Also, children are considered at higher risk because they tend to play with animals and may not report bites. |
| Japanese encephalitis | Recommended if you plan to visit rural farming areas and under special circumstances, such as a known outbreak of Japanese encephalitis, see country-specific information . |
| Polio | Recommended for adult travelers who have received a primary series with either inactivated poliovirus vaccine (IPV) or oral polio vaccine (OPV). They should receive another dose of IPV before departure. For adults, available data do not indicate the need for more than a single lifetime booster dose with IPV. |

Malaria

Drugs to Prevent Malaria (antimalarial drugs)

If you will be visiting a malaria risk area in India, you will need to take one of the following antimalarial drugs: [atovaquone/proguanil](#), [doxycycline](#), or [mefloquine](#) ([primaquine](#) in special circumstances and only after G6PD testing).

Note: Chloroquine is NOT an effective antimalarial drug in India and should not be taken to prevent malaria in this region.

Malaria risk area in India: Risk in all areas throughout country except no risk in areas above 2,000 m (>6,561 ft) in Himachal Pradesh, Jammu, Kashmir, and Sikkim. Risk also exists in urban areas below 2000 m, including Delhi and Mumbai (Bombay).

A Special Note about Antimalarial Drugs

You should purchase your antimalarial drugs before travel. Drugs purchased overseas may not be manufactured according to United States standards and may not be effective. They also may be dangerous, contain counterfeit medications or contaminants, or be combinations of drugs that are not safe to use.

Halofantrine (marketed as Halfan) is widely used overseas to treat malaria. CDC recommends that you do **NOT** use halofantrine because of serious heart-related side effects, including deaths. You should avoid using antimalarial drugs that are not recommended **unless** you have been diagnosed with life-threatening malaria and no other options are immediately available.

For detailed information about these antimalarial drugs, see [Information for the Public: Prescription Drugs for Malaria](#).

More Information About 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 ([see below](#)).

Travelers to [malaria risk-areas in India](#), including infants, children, and former residents of India, should take one of the following antimalarial drugs listed above.

Symptoms

Malaria symptoms may include

- fever
- chills
- sweats
- headache
- body aches
- nausea and vomiting
- fatigue

Malaria symptoms will occur at least 7 to 9 days after being bitten by an infected mosquito. Fever in the first week of travel in a malaria-risk area is unlikely to be malaria; however, you should see a doctor right away if you develop a fever during your trip.

Malaria may cause anemia and jaundice. Malaria infections with *Plasmodium falciparum*, if not promptly treated, may cause kidney failure, coma, and death. Despite using the protective measures outlined above, travelers may still develop malaria up to a year after returning from a malarious area. You should see a doctor immediately if you develop a fever anytime during the year following your return and tell the physician of your travel.

Items to Bring With You

Medicines you may need:

- **The prescription medicines you take every day.** Make sure you have enough to last during your trip. Keep them in their original prescription bottles and always in your carry-on luggage. [Be sure to follow security guidelines](#), if the medicines are liquids.
- Antimalarial drugs, if traveling to a [malaria-risk area](#) in India and prescribed by your doctor.
- **Medicine for diarrhea**, usually over-the-counter.

Note: Some drugs available by prescription in the US are illegal in other countries. Check the US Department of State [Consular Information Sheets](#) for the country(s) you intend to visit or the embassy or consulate for that country(s). If your medication is not allowed in the country you will be visiting, ask your health-care provider to write a letter on office stationery stating the medication has been prescribed for you.

Other items you may need:

- Iodine tablets and portable water filters to purify water if bottled water is not available. See [Preventing Cryptosporidiosis: A Guide to Water Filters and Bottled Water](#) and [Safe Food and Water](#) for more detailed information.
- Sunblock and sunglasses for protection from harmful effects of UV sun rays. See [Skin Cancer Questions and Answers](#) for more information.
- Antibacterial hand wipes or alcohol-based hand sanitizer containing at least 60% alcohol.
- To prevent insect/mosquito bites, bring:
 - Lightweight long-sleeved shirts, long pants, and a hat to wear outside, whenever possible.
 - Flying-insect spray to help clear rooms of mosquitoes. The product should contain a pyrethroid insecticide; these insecticides quickly kill flying insects, including mosquitoes.
 - Bed nets treated with permethrin, if you will not be sleeping in an air-conditioned or well-screened room and will be in malaria-risk areas. For use and purchasing information, see [Insecticide Treated Bed Nets](#) on the CDC malaria site. Overseas, permethrin or another insecticide, deltamethrin, may be purchased to treat bed nets and clothes.

See other suggested over-the-counter medications and first aid items for a [travelers' health kit](#).

Note: Check the [Air Travel section](#) of the [Transportation Security Administration](#) website for the latest information about airport screening procedures and prohibited items.

Other Diseases Found in South Asia

Risk can vary between countries within this region and also within a country; the quality of in-country surveillance also varies.

The following are disease risks that might affect travelers; this is not a complete list of diseases that can be present. Environmental conditions may also change, and up to date information about risk by regions within a country may also not always be available.

[Dengue](#) fever has caused epidemics in most South Asian countries. In 2005-2006, an outbreak of chikungunya affected thousands of persons in India. [Filariasis](#) is common. A sharp rise in the incidence of visceral [leishmaniasis](#) has been observed in several South Asian countries. Cutaneous leishmaniasis is present in Afghanistan (where it has infected US troops). [Japanese encephalitis](#) occurs widely except in mountainous areas of South Asia. Protecting yourself against insect bites ([see below](#)) will help to prevent these diseases.

[Leptospirosis](#), a bacterial infection often contracted through recreational water activities in contaminated water, is common in tropical areas of the South Asia region.

Indigenous wild [polio](#) was present in 2005-2006 in India, Pakistan, and Afghanistan; cases from Bangladesh and Nepal were confirmed in 2005-2006.

[Measles](#) occurs in the South Asia region and can be a source of infection for unvaccinated travelers.

Highly pathogenic avian influenza (H5N1) continues to cause outbreaks in domestic and wild bird populations and has caused human cases in several South Asian countries. Avoid all direct contact with birds, including domestic poultry (such as chickens and ducks) and wild birds, and avoid places such as poultry farms and bird markets where live birds are raised or kept. For a current list of countries reporting outbreaks of H5N1 among poultry and/or wild birds, view [updates from the World Organization for Animal Health \(OIE\)](#), and for total numbers of confirmed human cases of H5N1 virus by country see the [World Health Organization \(WHO\) Avian Influenza website](#).

For more information, see the [Geographic Distribution of Potential Health Hazards to Travelers](#) and [Goals and Limitations](#) in determining actual disease risks by destination.

Staying Healthy During Your Trip

Prevent Insect Bites

Many diseases, like [malaria](#) and [dengue](#), are spread through insect bites. One of the best protections is to prevent insect bites by:

- Using insect repellent (bug spray) with 30%-50% DEET. Picaridin, available in 7% and 15% concentrations, needs more frequent application. There is less information available on how effective picaridin is at protecting against all of the types of mosquitoes that transmit malaria.
- Wearing long-sleeved shirts, long pants, and a hat outdoors.
- Remaining indoors in a screened or air-conditioned area during the peak biting period for malaria (dusk and dawn).
- Sleeping in beds covered by nets treated with permethrin, if not sleeping in an air-conditioned or well-screened room.

- Spraying rooms with products effective against flying insects, such as those containing pyrethroid.

For detailed information about insect repellent use, see [Insect and Arthropod Protection](#).

Be Careful about Food and Water

Diseases from food and water are the leading cause of illness in travelers. Follow these tips for safe eating and drinking:

- Wash your hands often with soap and water, especially before eating. If soap and water are not available, use an alcohol-based hand gel (with at least 60% alcohol).
- Drink only bottled or boiled water, or carbonated (bubbly) drinks in cans or bottles. Avoid tap water, fountain drinks, and ice cubes. If this is not possible, learn how to [make water safer to drink](#).
- Do not eat food purchased from street vendors.
- Make sure food is fully cooked.
- Avoid dairy products, unless you know they have been pasteurized.

Diseases from food and water often cause vomiting and diarrhea. Make sure to bring diarrhea medicine with you so that you can treat mild cases yourself.

Avoid Injuries

Car crashes are a leading cause of [injury](#) among travelers. Protect yourself from these injuries by:

- Not drinking and driving.
- Wearing your seat belt and using car seats or booster seats in the backseat for children.
- Following local traffic laws.
- Wearing helmets when you ride bikes, motorcycles, and motor bikes.
- Not getting on an overloaded bus or mini-bus.
- Hiring a local driver, when possible.
- Avoiding night driving.

Prevent Altitude Illness and Sunburn

If you visit the Himalayan Mountains, ascend gradually to allow time for your body to adjust to the high altitude, which can cause insomnia, headaches, nausea, and [altitude illness](#). If you experience these symptoms descend to a lower altitude and seek medical attention. Untreated altitude illness can be fatal.

Use sunblock rated at least 15 SPF, especially at high altitudes, where the risk of sunburn is greater.

Other Health Tips

- To avoid animal bites and serious diseases (including rabies and plague) do not handle or pet animals, especially dogs and cats. If you are bitten or scratched, wash the wound

- immediately with soap and water and seek medical attention to determine if medication or anti-rabies vaccine is needed.
- To avoid infections such as HIV and viral hepatitis do not share needles for tattoos, body piercing, or injections.
 - To reduce the risk of HIV and other sexually transmitted diseases always use latex condoms.
 - To prevent fungal and parasitic infections, keep feet clean and dry, and do not go barefoot, especially on beaches where animals may have defecated.

After You Return Home

If you are not feeling well, you should get medical attention and mention that you have recently traveled.

If you have visited a malaria-risk area, continue taking your antimalarial drug for 4 weeks (doxycycline or mefloquine) or seven days (atovaquone/proguanil) after leaving the risk area.

Malaria is always a serious disease and may be a deadly illness. If you become ill with a fever or flu-like illness either while traveling in a malaria-risk area or after you return home (for up to 1 year), you should seek **immediate** medical attention and should tell the physician your travel history.

Important Note: This document is not a complete medical guide for travelers to this region. Consult with your doctor for specific information related to your needs and your medical history; recommendations may differ for pregnant women, young children, and persons who have chronic medical conditions.

H1N1-Swine Flu

As you prepare for your travel to India, you may be wondering how the H1N1 influenza (swine flu) will affect your travel. Please be assured that NYSICCSI is monitoring this situation and any risks associated with the virus, international travel, and your participation in a NYSICCSI program in Fall 2010.

While the World Health Organization (WHO) last year declared a “phase six” pandemic in response to the rapid spread of the 2009-H1N1 virus,¹ most individuals infected with 2009-H1N1 influenza fully recover, and the WHO considers the overall severity of the pandemic to be only moderate. At this time, neither the WHO, the US Department of State, nor the US Centers for Disease Control (CDC) advise suspension of non-essential travel. They do anticipate a likely resurgence of H1N1 as the Northern Hemisphere flu season begins, and travel delays and monitoring of arriving passengers may increase as well. We therefore urge you to take steps to prepare for a healthy sojourn abroad and to be prepared for possible travel restrictions.

Travel Preparations for Individuals at High Risk

Based on the health risks associated with this flu strain, the CDC advises high-risk individuals and their physicians to “look carefully at the H1N1 flu situation in their destination and the available health-care options in the area. They should discuss their specific health situations and possible increased risk of traveling to the area affected by novel H1N1 flu.”² Those at high risk for complications include:

- Adults and children who have chronic pulmonary, cardiovascular, hepatic, hematological, neurologic, neuromuscular, or metabolic disorders;
- Adults and children who have immunosuppression (including immunosuppression caused by medications or by HIV);
- Pregnant women.

Basic Precautions While You Are Abroad

The CDC advises healthy people to make travel plans as they normally would and take common sense precautions to protect their health during travel³:

- Wash your hands often with soap and running water, especially after coughing or sneezing.
- Use alcohol-based hand gels (containing at least 60% alcohol) when soap is not available and hands are not visibly dirty. You may wish to carry hand sanitizing gel with you.

¹ World Health Organization, Global Alert and Response (GAR), “What is Phase Six”, http://www.who.int/csr/disease/swineflu/frequently_asked_questions/levels_pandemic_alert/en/ (Accessed September 1, 2009).

² Division of Global Migration and Quarantine, Centers for Disease Control and Prevention, “Outbreak Notice, Novel H1N1 Flu: Global Situation”, <http://wwwn.cdc.gov/travel/content/outbreak-notice/novel-h1n1-flu-global-situation.aspx> (Accessed September 1, 2009).

³ Centers for Disease Control and Prevention, “Questions and Answers, Novel H1N1 Swine Flu and You”, <http://www.cdc.gov/h1n1flu/qa.htm> (Accessed September 1, 2009).

- Cover your mouth and nose with a tissue when you cough or sneeze, and put your used tissue in the trash. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- Avoid close contact with sick people.
- Pay attention to announcements from the local government and monitor the local health and security situation.

Your study abroad director will also be monitoring the situation, so pay close attention to email and other announcements regarding health from the program as well. Follow any movement restrictions and prevention recommendations. If you are feeling ill or have any health concerns, contact the program director.

Travel Restrictions

At this time, passengers on US flights arriving in India have, in the past, been subject to H1N1 screening.⁴ This situation changes regularly, however, so everyone should be prepared for possible delays. According to an announcement by the Centers for Disease Control (<http://www.cdc.gov/travel/content/news-announcements/delays-H1N1-screening.aspx>), as a traveler on a flight from the United States, students have been asked to⁵:

- Pass through a scanning device that checks their temperature. (The device may look like an airport metal detector, a camera, or another handheld device.)
- Have their temperature taken with an oral or ear thermometer.
- Fill out a sheet of questions about their health.
- Review information about the symptoms of H1N1 flu.
- Provide their address, phone number, and other contact information for where they will be residing abroad.
- Be quarantined for a period of time if a passenger on their flight is found to have symptoms of H1N1 flu.
- Contact health authorities in the country they are visiting if they become ill.

The CDC recommends that you do not travel if you feel sick⁶. Passengers with a fever or respiratory symptoms or who are suspected of having H1N1 flu based on screening may be required to:

- Have a medical examination.
- Take a rapid flu test (which consists of a nasal swab sample).
- Be isolated from other individuals.
- Be hospitalized and given medical treatment, if they test positive for H1N1 flu.

⁴ Embassy of the United States, New Delhi, India, "Novel H1N1 Influenza, H1N1 Warden Message", <http://newdelhi.usembassy.gov/h1n1flu.html> (Accessed September 1, 2009)

⁵ Division of Global Migration and Quarantine, Centers for Disease Control and Prevention, "Announcement, Possible Novel H1N1 Flu Screening for International Travelers", <http://www.cdc.gov/travel/content/news-announcements/delays-H1N1-screening.aspx> (Accessed September 1, 2009)

⁶ Centers for Disease Control and Prevention, "What to do if you get Flu-Like Symptoms?" <http://www.cdc.gov/h1n1flu/sick.htm> (Accessed September 1, 2009)

We do not believe there is currently cause for undue alarm, but we provide this information so that you are fully and accurately informed. NYSICCSI will continue to monitor closely this situation and the websites of the World Health Organization and the U.S. Centers for Disease Control as well as those of the US embassy in Delhi in order to respond to changes in the situation. If you are running a fever or feeling any of the symptoms of H1N1 during your stay in India, then we do advise that you self-isolate, avoid contact with your fellow students, stay out of class, and contact your faculty director, or assistant director for further instructions on where to go for medical treatment. Please be reassured that the quality of medical care is quite good in India, and your director will help you access the medical facilities in your area.

If you feel ill prior to your departure for India, and will not be able to travel on your departure date, then please contact your program administrator at your campus, or Jonathan Andrew, at (315) 859 4456. We will work with you on making arrangements to meet with the group at a later date.

If you and your parents are interested in following the situation, we suggest the following websites as sources of reliable, factual, and up to the date sources of information:

- World Health Organization: <http://www.who.int/en/>
- US Centers for Disease Control: <http://www.cdc.gov/h1n1flu/>
- US State Department: <http://www.travel.state.gov/>