

Hooked on Health approaches these priorities through a campaign model designed to increase physical activity, improve nutritional choices, and reduce tobacco use and lower stress.

The campaign brings in motivational speakers and introduces wellness activities and incentives from community partners, such as reduced fees at health clubs and health screenings. Hooked on Health has modeled this program to community partners representing local businesses, hospitals, school systems, government and nonprofits.

The success of the campaign in its first year shows that an investment in healthy choices makes an important impact. After just 8 months, the wellness campaign teams reported: 1,029 pounds lost, 13 improved lipid profiles, 21 hypertensive employees met blood pressure goals, four diabetics improved Hg A1C (a glucose control measure), one smoker quit and two decreased, and 88 percent are still engaged.

Jim Pericaud, a Public Health employee who participated in the Hooked on Health campaign, reported, "I started riding my bike to work last July. I ride to work 2 to 3 days a week. My wife has encouraged healthy eating by preparing meals of lean meats, fish and vegetables. I also do weight training. I have lost 15 pounds since July and I feel great!"

I appreciate the opportunity to discuss the challenges facing our country's overall health and to highlight the solutions promoted through Hooked on Health in southwest Georgia as a model for employers, school systems and community groups across the country.

TRIBUTE TO THE SHARE AND  
CARE FOUNDATION

**HON. FRANK PALLONE, JR.**

OF NEW JERSEY

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, December 6, 2006*

Mr. PALLONE. Mr. Speaker, I want to thank the Share and Care Foundation for their charitable work in India. Their annual gala was recently held at the New Jersey Performing Art Center in Newark, New Jersey on Saturday, November 4th. I was pleased to attend that evening. This event marked the kickoff of their forthcoming Silver Jubilee of helping the challenged, especially women and children, in the fields of education, improving healthcare and social uplifting. They have also worked in emergency situations like earthquakes, floods, the tsunami, and September 11, etc. The majority of their work is carried out by volunteers who are professionals or entrepreneurs.

Mr. Speaker, I would like to specially commend Dr. Ketki Shah who has been closely involved with the Share and Care Foundation. Dr. Shah, a Diplomate, American Board of Psychiatry and Neurology, is an experienced Psychiatrist with specializations in Psychopharmacology and Addiction Psychiatry. She is a low keyed humanitarian with the sole purpose of helping people who need help. She attended a global women's conference in Geneva to promote peace in the world. Her work including field visits during emergencies like earthquakes and the 2004 tsunami are remarkable. Her work as a chairperson of the medical committee is directly correlated with over ten million dollars of med-

ical equipment and medical supplies that have been sent to India. This has generated tremendous benefit, especially for the people who are challenged and need our attention. She has demonstrated that excess and unuseful resources of one society can be diverted for the betterment of another society.

Dr. Ketki Shah's selfless work has earned the goodwill of many, especially those who are also involved in humanitarian work. This year, humanitarian Shabana Azmi and her husband Javed Akhtar appeared on stage in a riveting performance that highlighted the career of Shabana's father, a renowned poet and a freedom fighter. Shabana Azmi, leading star of Indian Cinema, is an outstanding social activist, a passionate advocate of human rights, and a prominent humanitarian. Her work in each of the areas has been exceptional and has earned her a long list of awards, recognitions and medals including Padma Shri, one of the prestigious recognitions in India.

She was one of the sixteen women to whom tributes were paid by President Mitterrand of France in 1989 on Bicentenary celebrations of International Human Rights. In 1993, she was invited to Cape Town to present "The News maker of the year award" to President Nelson Mandela. She has been appointed the United Nations Goodwill Ambassador on Population and Development. She was selected to Rajya Sabha by the President of India. On October 26, 2006, she was the first Indian to receive a prestigious Gandhi Peace award presented at the House of Commons, London. Previous recipients of this award include Nobel Laureates: Honorable Dalai Lama and Archbishop Desmond Tutu.

She had lead march of 4 days for communal harmony from Delhi to Meerut. Her heart goes to the economically challenged for whom she undertook a 5 day hunger strike and as a Chairman of Nivara Hakk, she has managed to get alternative land for slum dwellers. Her struggle for the poor in India has now resulted in the construction of 30,000 homes under a tripartite agreement among charities, a private builder and the Maharashtra government.

She has also addressed several Universities in the USA, such as Harvard, Columbia, Berkeley, and MIT, for the need to relate communal harmony to issues of social justices.

Shabana thrived and expanded the project "Mijwan Welfare Society" started by her father in Mijwan, a small "challenged village" in Uttar Pradesh, India where emphasis is placed on education and empowerment of women. We are extremely pleased to join hands with Shabana in this project to make a difference in one of the poorest regions with a very high infant mortality rate and birth rates, low female literacy and near absence of health and sanitation facilities. They have started 2 computer training schools, training center and "Sewa"; embroidery projects for women.

Shabana's accomplishments are countless and extremely commendable, however, her dedication to humanity is what makes her a special individual.

Mr. Speaker, Shabana Azmi, Javed Akhtar and Dr. Ketki Shah are all very special individuals who have made a remarkable difference in the global community. Together they have realized the benefits of volunteerism and self-help.

INDIA PLAYS THE VICTIM TO  
COVER UP ITS TERRORIST  
RECORD

**HON. EDOLPHUS TOWNS**

OF NEW YORK

IN THE HOUSE OF REPRESENTATIVES

*Wednesday, December 6, 2006*

Mr. TOWNS. Mr. Speaker, last month, Indian Prime Minister Manmohan Singh publicly stated that India is the victim of cross-border terror. The Council of Khalistan under the leadership of Dr. Gurmit Singh Aulakh wrote to Prime Minister Singh and reminded him that India has been sponsoring cross-border terrorism in Sindh, a province of Pakistan, as the Washington Times reported on January 2, 2002 and that according to India Today, which is the leading news magazine in India, the Indian government created the Liberation Tigers of Tamil Eelam, which the U.S. government has identified as a terrorist organization.

It has also sponsored domestic terrorism against the minorities within its borders, including murdering a quarter of a million Sikhs and holding another 52,000 as political prisoners; killing Muslims by the tens of thousands in Kashmir, where more than 90,000 have been killed, Gujarat, where between 2,000 and 5,000 died in a massacre pre-planned by the government, and elsewhere; killing Christians throughout the country, including over 300,000 just in Nagaland; and mass killing many other minorities. Yet India proclaims itself the victim of terrorism and proclaims itself a democracy. Well, Mr. Speaker, it certainly doesn't act that way.

The repression and terrorism must be stopped. We should end all aid and trade with India until such time as the repression ends and people enjoy the most basic human rights, and we should throw our full support behind self-determination in Punjab, Khalistan, in Kashmir, in Nagalim, and wherever people are trying to be free. The essence of democracy is the right to self-determination. In addition, we should designate India a terrorist state and impose the sanctions that that designation brings.

Mr. Speaker, I would like to insert the Council of Khalistan's open letter into the RECORD. It is a frightening record of Indian terrorism.

INDIA IS A TERRORIST STATE, NOT A VICTIM

DEAR PRIME MINISTER SINGH: On October 4, you said that India is a victim of cross-border terrorism. India is a terrorist state itself and should be subject to the penalties that are imposed on terrorist states.

On January 2, 2002, the Washington Times reported that India is supporting cross-border terrorism in Sindh, a province of Pakistan, the very same kind of thing that Prime Minister Singh was claiming is victimizing India. In addition, India's leading newsmagazine, India Today, reported that the Indian government created the Liberation Tigers of Tamil Eelam (LTTE), identified by the U.S. government as a terrorist organization, and its leaders were put up by the Indian government in the finest hotel in Delhi. How can you blame Pakistan when India started cross-border terrorism with its own actions?

The Indian government has committed terrorism against its own minorities. It has murdered over 250,000 Sikh infants, children, youth, men, women, and elderly since 1984, as well as more than 300,000 Christians in Nagaland, over 90,000 Muslims in Kashmir, tens of thousands of Christians and Muslims throughout the country, and tens of thousands of Assamese, Bobos, Dalits, Manipuris,