

# Dancing for health: Fitness trainer releases new album

STAFF REPORTER  
New York

**F**ITNESS guru Sarina Jain released her sixth workout album in the Taj Lounge in New York last week. The new, energizing video, "Back to Bollywood", includes workouts inspired by 1940's Bollywood dance numbers, liberally sprinkled with Bhangra beats. Shot in the Film and Television Institute of India (FTII), Pune, the video features a colorful set and some perk-up steps.

The new video has three "blocks" of workout with several movements within it, leading up to jam sessions featuring singer Jassi and others. The workout session features quintessential

elements such as what Jain calls "turn-the-light-bulb" movement that defines hand movements in Bhangra, and traditional Bhangra and Gidda steps.

Jain, whose parents hail from Rajasthan, started the "Masala Bhangra" dance form several years back in California and has released six fitness video albums since, matching the vibrancy of the dance with the lure of fitness across the US. A fitness instructor for more than 17 years, Jain says that "Masala Bhangra" effectively tones and builds muscle strength and burns fat and calories. She also teaches classes in various fitness workout forms including kickboxing and salsa.



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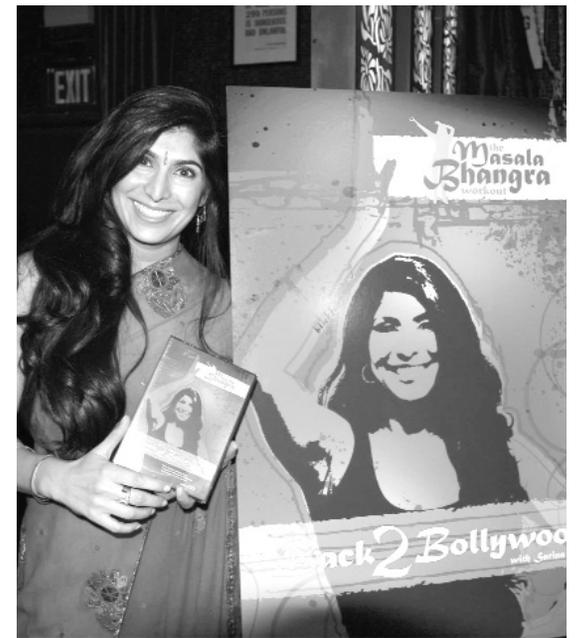
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"Masala Bhangra" fame Sarina Jain released her new fitness album recently in the Taj Lounge in New York. The new video has three "blocks" of workout with several movements within it, leading up to jam sessions featuring singer Jassi and others. Photos by Mohammed Jaffer-SnapsIndia

## Kalathara unhappy over number of terms served by councillors

STAFF REPORTER  
New York

NEW York City Council Candidate, Stanley Kalathara, (District 25, Queens), has been an outspoken advocate to maintain the two terms currently held by the Mayor Mike Bloomberg and the other city-wide elected officials and members of the New York City Council.

Kalathara joined the Working Families Party press conference on the steps of City Hall last week to protest the undemocratic proposal to extend, by legislation, the number of terms served by municipal officials.

"The voters have spoken not once, but twice," said Kalathara. "Anything other than taking the issue to the voters is undemocratic and must be voted down by the City Council."

Kalathara has joined with other candidates and is planning to run for the Council next year.

"Yes, we are in an economic crisis in this City and this is not about Mayor Bloomberg but this is about democracy." Kalathara added, "There are many talented people ready, willing and able to assume the responsibilities connected with holding office in this difficult time, let the voters decide how many terms they should hold."