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PUNE | TUESDAY, MARCH 20, 2007 | PAGES 28 | * PRICE RS. 2

THE TIMES OF INDIA

INCLUSIVE OF PUNE TIMES

CAMBODIAN PRINCE FACES JAIL SENTENCE, FINE FOR HAVING A MISTRESS | 14

PAES, PARTNER DAMM CLINCH DOUBLES TITLE AT INDIAN WELLS ATP EVENT | 22

BULLION

▲215 GOLD/10 GM: NA
▲70 SILVER/1 KG: NA

EXCHANGE

▲17 $: NA E: NA
▲8 £: NA SG NA

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Sunrise: Wednesday: 0640 hrs
Sunset: Tuesday: 1845 hrs
Moonrise: Tuesday: 0720 hrs
Moonset: Wednesday: 2011 hrs
Forecast: Mainly clear skies. Maximum temperature will be around 38 degrees Celsius
Relative humidity: Max: 56 % and Min: 41 %

r Classifieds
pages 4,6,8,10 & 12

CLASSIFIEDS
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▶ Also see Page 3

▶ Also see Page 7

HIV+, yet a beautiful life

TIMES NEWS NETWORK

Pune: Danny West (46) is a positive man in more ways than one. Living with HIV for the past 22 years, Danny was invited by a Pune pharmaceutical company to interact and inspire positive people at their care and support centre, Taal, at Nana Peth.

A qualified social worker living in the UK, Danny has been working in the field of HIV/AIDS by providing training and education to people living with the disease through his organisation Realising Your Life.

Sadanand Godse

Danny West (right) with a patient at the Taal office in Nana Peth

According to Danny, positive people need to face the challenge posed by the virus by first empowering themselves. "It is important for us to be informed and educated about the virus. Thus empowered, we take on our relationships, families and work with a positive approach," he said.

"It is only when we are properly informed and begin to take decisions for ourselves that we can become leaders," said Danny, who is set to begin a one-of-its-kind leadership programme for HIV positive people in the UK from April 2 this year.

He said that unlike in the UK, the fight against HIV/AIDS here is still in its early days. "The major challenges here are the taboos that HIV raises — sex, sexuality, drugs and death. This is what makes tackling HIV incidence a difficult situation. But people here can use this as an opportunity to talk openly about these issues and understand them."

Pointing out the silver lining, he said, "In the UK, HIV/AIDS is considered a predominantly gay, drug abusers' and, now, African affliction. The public is considered almost impervious to the virus. Hence, there are no national campaigns against HIV there. In that way, India is better." Danny, a gay himself, who has been on anti-retroviral therapy only for the last five years, stressed on adopting a positive attitude towards life in order to beat the virus.

"You have to take care of yourself, eat a healthy diet, exercise, sleep well and laugh a lot," he told his audience.

Certain Windows Vista product features require advanced or additional hardware. See http://www.microsoft.com/windowsvista/getready/hardwarere http://www.microsoft.com/windowsvista/getready/capable.mspx for details. Windows Vista Upgrade Advisor can help you determine which features of Windows Vista w computer. To download the tool, visit www.windowsvista.com/upgradeadvisor Core Inside, Intel, Intel Inside, Intel logo, Intel Core, and Intel Inside logo are trademarks or registe of Intel Corporation or its subsidiaries in the United States and other countries. Microsoft and Windows are U. S. registered trademarks of Microsoft Corporation. Windows V registered trademark or trademark of Microsoft Corporation in the United States and/or other countries. For taxes/levies in your area, please contact the numbers listed above or Partner. Manufacturer's warranties and delivery conditions apply. Product visuals may vary from the actual product. © 2007 Hewlett-Packard Development Company, L.P. T contained herein is subject to change without notice. All other trademarks are used for identification purposes only and belong to their respective owners. PUBLICIS