



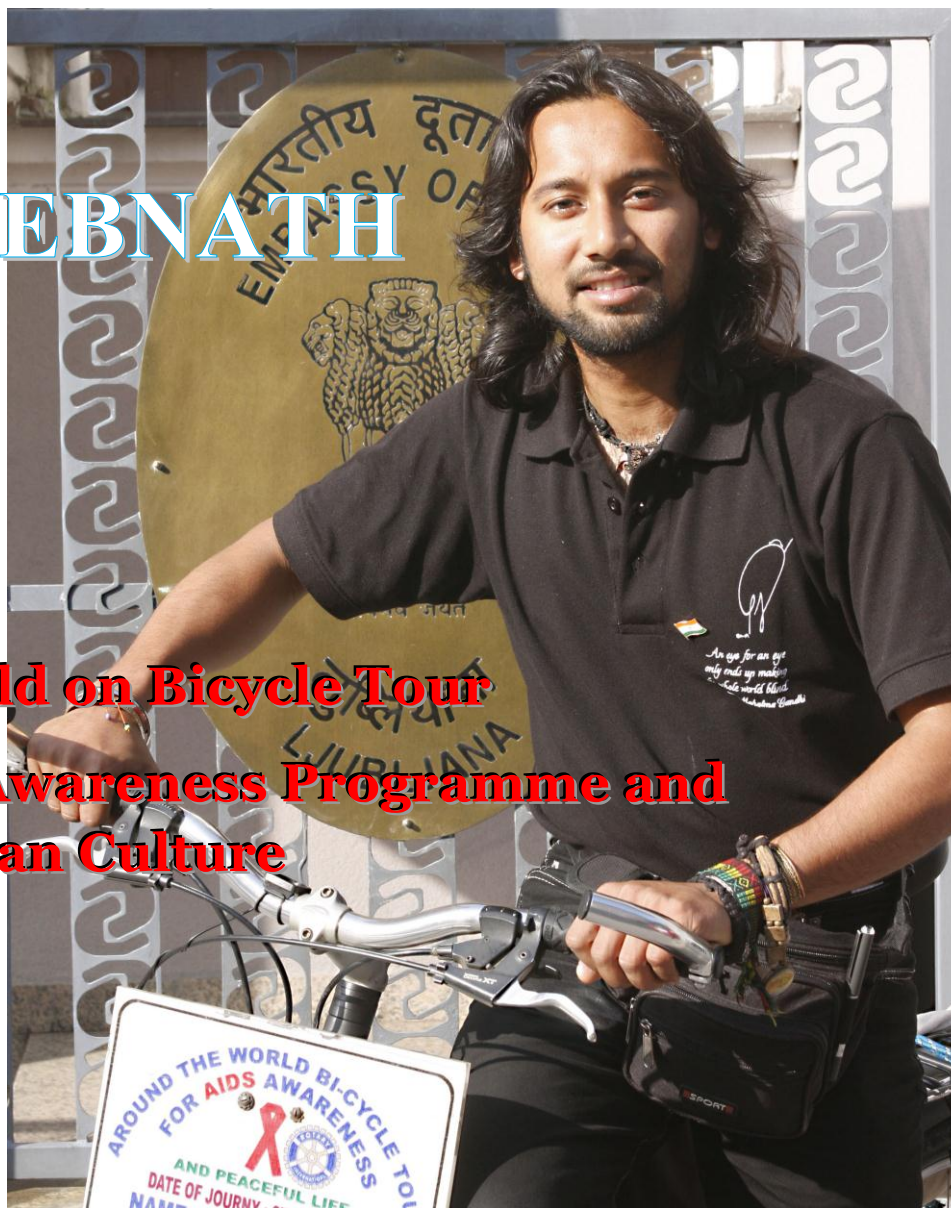
Around the World on Bicycle Tour  
for HIV/AIDS Awareness Programme  
and Seminar on Indian Culture



# SOMEN DEBNATH

**Around the World on Bicycle Tour  
For HIV/AIDS Awareness Programme and  
Seminar on Indian Culture**

## PRESS KIT



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e-mail: [somenglobe@gmail.com](mailto:somenglobe@gmail.com)

English blog: [www.somen2020world.org](http://www.somen2020world.org)

Russian blog: <http://somen-debnath.livejournal.com/>

Website: [www.somen2020world.com](http://www.somen2020world.com)

*Others cover, we expose...*



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## PRESS RELEASE

Somen Debnath, 27 years old, is of Indian origin, travelling around the world to promote a campaign for HIV/AIDS awareness ***Around the World on Bicycle Tour for HIV/AIDS Awareness Programme & Presentation of Indian Culture***. His homeland is The Royal Bengali Tiger reserve Sunderbans, in West Bengal. He has a degree in Zoology, Botany and Anthropology from the University of Calcutta.

*Inspiration for my mission came to me at the age of 14 when I read an article entitled "AIDS is Deadlier than Cancer". It was about a homeless person who was laid down in front of Medical college of Calcutta, abandoned by his villagers and left to die alone. It made a huge impact on me afterwards and I started asking my teachers in school about AIDS/HIV but they could not give me any answers at all. As a consequence, 2 years later I decided to get specialty training at W.B.S.A.C.S. (West Bengal State AIDS Control Society) and begin awareness campaign about HIV/AIDS starting with educating my own teachers. AIDS-related stigma and lack of knowledge about this deadly yet preventable disease motivated me the most. My mission spread first to people from my village, then my country and now it is a global campaign.*

Somen Debnath started his mission in 2004, presenting his message in all Indian provinces and continued to Nepal, Bhutan, Myanmar, Sri Lanka, Bangladesh, Thailand, Indonesia, Malaysia, Pakistan, Afghanistan, Tajikistan, Uzbekistan, Turkmenistan, Kazakhstan, Azerbaijan, Iran, Georgia, Turkey, Bulgaria, Macedonia, Greece, Italy, Croatia, Slovenia, Austria, Hungary, Serbia, Montenegro, Albania, Romania, Moldavia, Ukraine, Belarus, Poland, Slovakia, Czech Republic....a total of 66 countries, pedalling no less than 87,500 kilometers until now.

He will accomplish his mission by 2020, after visiting all the 191 countries of the planet Earth – a total of 16 years of travelling.

Somen Debnath has extensive experience in social work with children with AIDS, orphans, sex workers, tribal communities in North East-India.

During his travel through Indian provinces he faced ULFA ultras and he was kidnapped in Afghanistan. This story made the world tour, journals all over the world presenting it, especially because, as Somen tells the story, he was released thanks to his cooking skills.



**Around the World on Bicycle Tour  
for HIV/AIDS Awareness Programme  
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*Dear friends,*

*My name is Somen Debnath. I am a resident of the village of Basanti, which is located in Sundarbans, West Bengal. It is well-known that Sundarbans is a great mangrove forest and the largest tiger reserve in India. I would like to present to you my **Around the World on Bicycle Tour for HIV/AIDS Awareness Programme & Presentation of Indian Culture**, which started on 27th of May 2004, just two days after I acquired Bachelor degree in Zoology from the University of Calcutta. I have also completed 'Visarad' in Fine Arts from the Sarabhabhartiya University. My goal is to cover 191 countries until 2020....*

**The strategy:** *to educate people from different parts of society by raising awareness among students of schools, colleges, universities and also encourage these institutions to start a chapter on HIV/AIDS awareness program, promote the use of needles & syringes among drug-addicted people and use of condoms for sex workers. My aim is also to bring awareness among the youth and encourage Non-Governmental Organizations (NGOs) in the respective countries in the world.*

*I am on **191 countries** tour and I will achieve this goal with completing my journey in the **year 2020**. Through my bicycle tour around the world I am attempting to spread awareness about HIV/AIDS through lectures and I am also giving seminars about Indian culture. Focus of HIV/AIDS Awareness programme is on underprivileged poor people, urban/rural and tribal population worldwide who have the lowest level of awareness about this deadly disease.*

**Short term goal:** *The students, youth and communities who benefit from awareness program will spread it in their societies of respected countries. Besides, I am also keen to present India and Indian culture through seminars.*

**Long term goal:** *to raise the global awareness of HIV/AIDS prevention by educating local people around the world with my mission.*

**Achievements:** *Starting from my native village on 27th of May 2004, till today I traveled **87.500 km** in the whole India and other countries in Asia and Europe. So far, I reached **67 countries**, and conducted awareness program for **NGOs, schools, colleges, universities, red-lights areas** and numerous roadside restaurants. I feel honoured to be rewarded by **Presidents, Ministers, Governors and Embassy Diplomats** in different countries so far.*

*Somen Debnath, India*

*Others cover, we expose...*





## Social assistance & HIV/AIDS awareness programme



So far, Somen Debnath has served **2920 days of social assistance and charity work** in all the countries he visited during his ***Around the World on Bicycle Tour for HIV/AIDS Awareness Programme & Presentation of Indian Culture.***

He passed by **67 countries**, and in each and every country he spread his message for HIV/AIDS Awareness Programme.

**Somen Debnath started to be involved in social activities when he was only 14**, with an NGO from his region, West Bengal, called Champa Mohila Society.

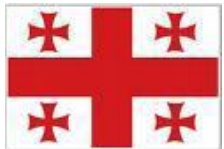
He used his skills for **painting and drama to help orphans and women education**. He used to organize various cultural events in the different groups where he was involved as a social worker.

Starting with 2003, he started working for The National AIDS Prevention and Control Organization (NACO). Somen Debnath organized different workshops and seminars in the various provinces of West Bengal.





**Around the World on Bicycle Tour  
for HIV/AIDS Awareness Programme  
and Seminar on Indian Culture**



From 2004, when he decided to start his world tour, Somen Debnath covered almost all the provinces of India, from Sikkim, Assam, Manipur, Mizoram, Meghalaya, Orissa, Andhra Pradesh, Andaman and Nicobar Island, Kerala, Karnataka, Gujarat, Delhi, Himachal Pradesh, etc.

He worked with different Tribal Communities, such as The Jarwa Tribe, in India, and he met more than 10.000 sex-workers,

In Nepal and Bhutan he got involved in educational and cultural exchange for students and youths in schools, colleges, universities. In Nepal he also followed the pilgrims at Lord Pashupati's temples in Katmandu, Pokra and Nepalgang.

He did similar work in Myanmar/Burma, Thailand, Malaysia, Indonesia.

In Sri Lanka he worked with a tourist development corporation to promote HIV/AIDS awareness programme for students and in the communities of prostitutes.

From October 2007 he travelled in Tibet, Afghanistan and then he passed to Tajikistan, Uzbekistan, Kazakhstan, Azerbaidjan and Georgia.



*Others cover, we expose...*



**Around the World on Bicycle Tour  
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In Afghanistan, at Kabul, Somen Debnath organized, on a project with the Kazi Charity Society, a medical camp for general medical check-up for disenteria, in a partnership with the Sport Ministry.



From august 2008 Somen Debnath travels in Europe, where his main work consists in giving seminars in universities, public and private schools, meeting with people from disadvantaged communities.



According to the situation, he either talks about his experience regarding HIV/AIDS awareness, or he presents a seminar on Indian culture. In Georgia and Bulgaria he also gave lessons of yoga to children affected by HIV/AIDS, working with the Vivekananda International Charitable Society.



In Macedonia, he participated in a campaign concerning Roma people. He often lives in Roma communities.



In Europe, he travelled so far in Turkey, Bulgaria, Macedonia, Greece, Italy, Croatia, Slovenia, Austria, Hungary, Serbia, Kosovo, Bosnia, Romania, Moldavia, Ukraine, Belarus, Poland, Slovakia, Czech Republic, Germany, Lithuania, Latvia, Estonia, Finland, Norway, Sudan, Denmark, Holland, United Kingdom, Ireland, Belgium, Luxembourg, Faroe Island. Iceland. Greenland. Switzerland....France...



*To be continued.....*

*Others cover, we expose...*

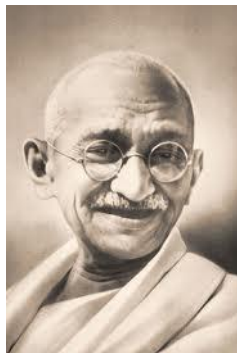
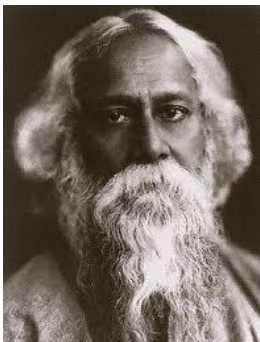




## Seminar on Indian culture

*"India is my mother, Indian people are my brothers and sisters, India is my love, my realization, my feelings, my God, my Blood, my Spiritual Guru, my happiness."*

Somen Debnath comes from the country of Rabindranath Tagore, Swami Vivekananda, Sri Aurobindo, Mahatma Gandhi, Amartya Sen. He has in-depth knowledge of Indian culture, both from his studies at the University and from his own interest regarding the culture of his own country.



*Our manners, way of communicating with one another, etc. are one of the important components of our culture. Even though we have accepted modern means of living, improved our lifestyle, our values and beliefs still remain unchanged. A person can change his way of clothing, way of eating and living but the rich values in a person always remains unchanged because they are deeply rooted within our hearts, mind, body and soul which we receive from our culture.*

*Indian culture is a more than 7000 years old culture. In Indian culture, we treat guests as God and we serve them and take care of them as if they were a part and parcel of the family itself.*

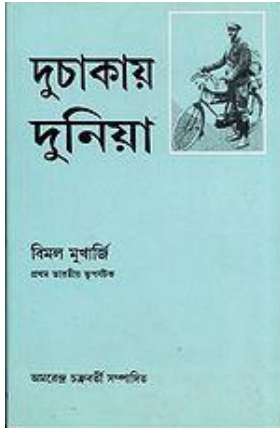
*Elders and the respect for elders is a major component in Indian culture. Elders are the driving force for any family and hence the love and respect for elders comes from within and is not artificial. An individual takes blessings from his elders by touching their feet. Elders drill and pass on the Indian culture within us as we grow.*

*Even though India is a country of various religions and caste our culture tells us just one thing 'phir bhi dil hai Hindustani '*





## “The World on Two Wheels” - a sport related event



Somen Debnath is a promoter of sports, he considers cycling one of the best ways to keep your body in a good shape.

Somen Debnath follows the steps of the first Indian globetrotter, Bimol Mukerji (1903 – 1987), whose book he read when it was re-published in 1998. Bimol Mukerji, also from Bengal, went on an epic world tour on a bicycle between 1926 to 1937, also on a low budget, but driven by an insatiable thirst of knowing the unknown world. Just one year before his death, Bimol Mukerji published a book relating his adventurous journey, called “Du chakay duniya” (The World on Two Wheels).

## Painting and drama teaching

In the different provinces of India, in tribal and disadvantaged communities, when he worked with orphans and when he met children in different schools, Somen Debnath used his artistic skills to educate children and organized various artistic events.

Somen Debnath is a landscape painter, with a degree in Fine Arts, “Visarad”, From the University of Calcutta. He can teach children during workshops to make aquarelle paintings.



## Simple science of yoga teaching

Somen Debnath uses his knowledge of the millenary science of yoga when meeting HIV/AIDS positive children and adults, as a help to make them overcome anxiety, stress and tiredness. He also makes yoga demonstrations and documentary presentations in universities and colleges. Somen Debnath practices yoga for seven years and he gave yoga presentations in schools in India, Sri Lanka and Tibet, but also in Macedonia and Ukraine.





## Anthropology

As a diplomat in Anthropology from the University of Calcutta, Somen Debnath is promoting the world cultures during his trip and writing about different cultures and traditions.

## Photography

Somen Debnath documents his travel with thousands of photographs of the places he visits and the persons he meets.





## Around the World on Bicycle Tour for HIV/AIDS Awareness Programme and Seminar on Indian Culture



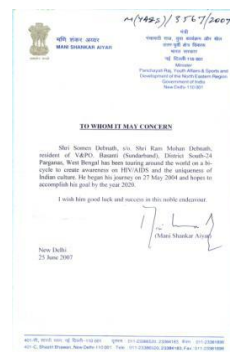
## HIGH PROFILE



Until now, Somen Debnath has met nine Presidents, 38 Ministers and Governors and hundreds of diplomats in the various countries where he promoted his ***Around the World on Bicycle Tour for HIV/AIDS Awareness Programme & Presentation of Indian Culture.***

## APPRECIATION LETTERS

Somen Debnath receives appreciation letters from all the Universities, schools, NGOs and organizations where he presents his message during his ***Around the World on Bicycle Tour for HIV/AIDS Awareness Programme & Presentation of Indian Culture.***



*Others cover, we expose...*



## Future Plans

For this all over the world journey which I chose I decided when I started that others will follow me and we all will travel together to make some new, totally new thoughts, new belief to reach the new world. So now I am trying to reach to people and after my travel people will reach to us.

- Global Village - 20 ac land, 25 houses. The global village will be located far from the city, close to nature. We will create our own village with traditional way, straw and mud house, which will take us simple living but high thinking.
- Global Garden – middle of the village will have a sacred land called global garden. From every country I am sending one grievé of soil for that land, where 191 countries soil will be. That is my personal sentiment called “United World” for love, peace and happiness.
- Orphanage.
- Old age home/retirement house.
- School, cultural exchange, environmental studies, farming, yoga, plantation.
- HIV-positive people hospital.
- Self-help group: embroidering, craft and design, stitching.
- Beggar rehabilitation center.

## Selling Kilometers

I am selling kilometres of my travel to my friends and families all over the world. One third of my kilometres will be expenses of my travel and two third of kilometers I will dedicate for our global village. I would like to invite all over the world friends and families who are supporting for our global village, they will be the lifetime member for our society. I would like to thankful to all of you for your great support and cooperation not only for my global mission but also global village and future plan.





## Around the World on Bicycle Tour for HIV/AIDS Awareness Programme and Seminar on Indian Culture



THE HINDU Telegraph.co.uk hindustantimes PUNE MIRROR.in

yeeyan 译言

AHMEDABAD Newsline  
cities.expressindia.com

daijiworld.com  
A portal linking the West Coast of India and the World

Welcome to Kashmir  
Times Online Edition |  
Regional

LANKA DAILY NEWS  
LATEST NEWS UPDATES

HimachalPlus  
ONLINE EDITION

the guardian weekly  
global edition

BANGALORE  
MIRROR.com

zilnic.NET

mangalorean.com  
Where Mangaloreans meet

TOP BIKES

NÉPSZABADSÁG ONLINE

indian  
express  
.com

NETHABER

CNN iReport

Little2ndia

HotNews.ro  
STIRI NON-STOP

THE ECONOMIC TIMES

## Media coverage

### *Conquering the World on a Bicycle*

In the countries he travels by, the mission of Somen Debnath raises interest. Being one of a kind, as his entire travelling will cover 191 countries in 16 years, 200.000 km ...media always support and encourage him.

In every country he travels to, he gives interviews for paper and online journals, radio and televisions regarding his ***Around the World on Bicycle Tour for HIV/AIDS Awareness Programme & Presentation of Indian Culture.***

In India, people showed lots of enthusiasm regarding his programme and journalist spoke about his adventure under titles like “The Crusader on Wheels” (Tribune India, Himachal), “Intrepid Traveller” (TheTamil Nadu Hindu), “Mission on Wheels” (The Madhura Hindu), “Conquering the World on a Bicycle” (The Chandigarh Tribune), “One Man’s Crusade on a Bicycle” (Kashmir Times), “untiring campaigner” (Indian Express Newspaper), “committed crusader” (The Andhra Pradesh Hindu)...

*Others cover, we expose...*



## THE STORY THAT MADE THE WORLD TOUR

### “KIDNAPPED BY TALIBANS, SAVED BY COOKING SKILLS”



While in Afghanistan, Somen Debnath was kidnapped by Taliban and kept hostage for 24 long days. Due to his skills for cooking delicious spicy food and to the good will of one of his kidnappers, who knew some English and helped him make the other understand the nature of his mission, which was not coming in contradiction with the Taliban cause, Somen was released. This true story had a very large impact on the international media, journals from all over the world writing in their pages about Somen Debnath, his mission and his adventure. From India to U.K. and U.S.A. till Japan and China, journals wrote in detail about this story.

*Others cover, we expose...*



UNITED  
KINGDOM

**The Telegraph**

Telegraph.co.uk

London, United Kingdom, 06.11.2009,

<http://www.telegraph.co.uk/news/newstoppers/howaboutthat/6510505/Taliban-captive-won-his-release-by-cooking-curry.html>

### **Taliban captive won his release by cooking curry**

*A man who was captured by the Taliban spent 24 days being starved and beaten in Afghanistan persuaded his tormentors to release him by cooking them curry.*

Somen Debnath was travelling through the war-torn country as part of a five-year bicycle ride through 33 countries to promote Aids awareness. But he was taken by armed militants – who assumed he was a spy – as he travelled through the remote region of Herat. He spent three weeks blindfolded strapped to a chair in a pitch black 10ft by 10ft dungeon living in daily fear that he would be killed. Unable to understand his captors' commands, Indian-born Mr Debnath, 28, was regularly beaten for disobeying orders, starved and repeatedly told he was going to die. But after realising that one of his captors had a very basic grasp of English, he convinced him to allow him to cook them all a meal. The Taliban kidnappers were so impressed with his banquet they decided he was "safe" and let him go. Mr Debnath said: "I cooked hot, spicy Indian food for them the way we have it in the Sunderbans in India. "They were very happy and told my interpreter that I seemed to be a safe guy. [...]". © Copyright of Telegraph Media Group Limited 2010

**The Guardian Weekly**

theguardianweekly  
global network

United Kingdom, 14.11.2009,

<http://www.guardianweekly.co.uk/?page=editorial&id=1285&catID=9>

**Thaindian News**

London, UK, 06.12.2007, [http://www.thaindian.com/newsportal/world-news/talibans-indian-captive-won-his-release-by-cooking-curry\\_100270763.html](http://www.thaindian.com/newsportal/world-news/talibans-indian-captive-won-his-release-by-cooking-curry_100270763.html)

### **Taliban's Indian captive won his release by cooking curry**

London, Nov.6 (ANI): An Indian man, who spent 24 days as a captive of the Taliban, has revealed that though he was starved and beaten in Afghanistan, he managed to persuade his tormentors to release him by cooking them curry. Somen Debnath says he spent more than three weeks blindfolded strapped to a chair in a pitch-black 10ft by 10ft dungeon. He said that he was travelling through Afghanistan as part of a five-

**The Indian Express**



London, UK, 6.11.2009

<http://www.indianexpress.com/news/talibans-indian-captive-won-his-release-by-cooking-curry>

### **Taliban's Indian captive won his release by cooking curry**



## Around the World on Bicycle Tour for HIV/AIDS Awareness Programme and Seminar on Indian Culture

**Little India**  
**Little2ndia**  
Largest Indian Publication In USA

USA



USA, 12.10.2009

<http://littleindia.com/news/128/ARTICLE/5806/2009-12-10.html>

### Freedom Curry!

They were very happy and told my interpreter that I seemed to be a safe guy." By: [LIFS](#)

An Indian biker held as a spy for 24 days in Afghanistan by the Taliban, claims he was released by his captors after charming them with his Indian culinary skills.

Somen Debnath claims he was seized by the Taliban in the remote region of Heart, 85 miles from Kabul, while on a segment of a five-year bicycle ride through 33 countries to promote Aids awareness. He says he was kept blindfolded and strapped to a chair in a dungeon for weeks, during which he managed to convince his captors to allow him to cook for them. "I cooked hot, spicy Indian food for them the way we have it in the Sunderbans in India," he says, which, so pleased them that, "They were very happy and told my interpreter that I seemed to be a safe guy."

They say curry is good for the head and the heart, don't they?



JAPAN

**Yeeyan**

Yeeyan, Japan, 11.10.2009

[http://article.yeeyan.org/view/41021/67433?from\\_com](http://article.yeeyan.org/view/41021/67433?from_com)

用咖喱感动塔利班

翻译: [moonstruck](#) | 2009-11-10 00:58:54 | 阅读289 | [来源](#)

Somen Debnath被蒙上双眼，在10英尺X10英尺漆黑地窖里的椅子上度过三周。图片来源：SWNS

Somen Debnath为了提高人们的艾滋病意识而骑行穿越了33个国家，其中就经过这个被战火蹂躏的国家。

然而在他穿过赫拉特边远地区时却被武装人员抓获——他们把他当成了间谍。

整整三周，他被蒙上双眼困在10英尺\*10英尺地窖的椅子上，每天担心自己会被杀害。

今年28岁的Debnath出生于印度，他听不懂武装人员的要求，常常因为不遵守规矩而被暴打，时常挨饿，绑匪还告诉他会把他杀害。

*Others cover, we expose...*





## JAPAN

### World Travel Blog

[世界一周を目指すみかんの日常日記](#)



Japan/China, 03.11.2009

<http://worldtravel.blog51.fc2.com/blog-entry-130.html>

## CHINA



Taliban captive won his release by cooking curry

11月12日（デイリー・テレグラフ）：

タリバンの捕虜はカレーを作って解放されました。

Somen Debnath was travelling through the war-torn country as part of a five-year bicycle ride through 33 countries to promote Aids awareness.

ソメン・デブナス氏は、エイズの知識を広めるために33カ国を5年間自転車で回っていました。そして戦争で引き裂かれた国(アフガニスタン)を旅行していました。

But he was taken by armed militants - who assumed he was a spy - as he travelled through the remote region of Herat.

しかし、彼は武装した兵士に連れて行かれました。誰かが、証拠もないのに彼はスパイであると考えました。なぜなら、彼が首都ヘラート辺境を旅していたからです。

He spent three weeks blindfolded strapped to a chair in a pitch black 10ft by 10ft dungeon living in daily fear that he would be killed.

彼は、3週間を、真っ暗闇の10フィート×10フィートの土牢のいすに縛られた状態で目隠しされ、殺されるだろうという恐怖の中で過ごしました。

Unable to understand his captors' commands, Indian-born Mr Debnath, 28, was regularly beaten for disobeying orders, starved and repeatedly told he was going to die.

誘拐犯の命令が理解できないため、インド出身のソメン・デブナス氏は命令に従わないといつも叩かれました。飢えて、お前は死ぬと何度も聞かされました。

But after realising that one of his captors had a very basic grasp of English, he convinced him to allow him to cook them all a meal." ...

## NORWAY

### NRK



Norway, 06.11.2009

<http://www.nrk.no/nyheter/verden/1.6852637>

### Fri fra Taliban på grunn av curry

Somen Debnath satt tre uker bundet til en stol i en bekmørk grotte. Scanpix Mannen slapp fri etter 24 dagers fangenskap, fordi vokterne fikk indisk gryterett av ham. Maten overbeviste dem om at han ikke kunne være en spion. Helene Hillestad



## Around the World on Bicycle Tour for HIV/AIDS Awareness Programme and Seminar on Indian Culture



## Partners



Somen Debnath has no sponsor yet. He is travelling with the help of people he meets.

Most often you will hear from him "People are my God".

## Other information

If you need more information about Somen Debnath, the period he is spending in your country and his phone number for your country, please call the Embassy of India in your country.

**Somen Debnath** Around the World on Bi-cycle Tour For HIV/AIDS Awareness Programme and Seminars on Indian Culture (started: 27 May 2004 - achieve goal: 2020, 191 Countries)

Blog in English: [www.somen2020world.org](http://www.somen2020world.org)

Blog in Russian: <http://somen-debnath.livejournal.com/>

Website: [www.somen2020world.com](http://www.somen2020world.com)

Facebook: <http://www.facebook.com/somen.debnath>

Youtube: Somen Debnath

"Others Cover, We Expose"

*Others cover, we expose...*



## List of Countries & Cities

### India

West Bengal: Kolkata (Calcutta), Darjeeling, Jalpaiguri, Cuchibhar, Maldah, Nadia, Purulia,  
South 24 Parganas and North 24 Parganas  
Bihar: Patna, Bhagolpur  
Sikkam: Gangtok, Changu  
Assam: Guahati, Silchar, Karimgang, Hailakanti, Tejpur  
Arunachal Pradesh: Bomdila, Tawang, Itanagar  
Nagaland: Dimapur, Kohima  
Manipur: Imphal  
Mizoram: Aizawl  
Orissa: Balasore, Dhandrok, Kattak, Bhubeneswar, Jaipur, Puri, Chilca  
Andra Pradesh: Sricalucam, Vejaynagaram, Visakhapattanam, East Godaveri, West Godaveri,  
Krishna, Nalgunda, Mahebubnagar, Rangareddy (Hydrabad), Karnool, Anantapur, Chitoor  
Tamilnadu - Channai, Nagorcoil,  
Kerala - Trivandopuram, Allope, Arnaculam, Chochin, Malopuram, Kassargode  
Karnataka -Bangalore, Mangalore, Mysore  
Maharastra - Mumbai, Puna, Aurangabad, Nagor, Shridhi, Galgaon, Dhulia  
Gujarat - Ahamadabad, Pore, Bandor  
Hariyana - Chandigarh  
Punjab - Amritswar, Ludhiyana, Wagha,  
Himachal Pradesh - Shimla, Kulu, Manali, Rotang, Kinnor  
Uttaranchal - Nanital, Almora, Ranikhet  
Uttarpradesh - Lakhnaw, Alahabad,  
Union Territory -Gowa , Domon, Due, Pondichery  
Andaman and Nicobar Island - Port Blear, Diglipur, Camel Bay  
Lakshadeep-

**Nepal** - Katmandu, Pokhra, Nepalgang

**Bhutan** - Thimphu

**Myanmar** - Yangon (Rangoon)

**Bangladesh** - Khulna, Sylhet, Dhaka City

**Sri Lanka** - Colombo, Ratnapura, Moratuwa

**Thailand** - Bangkok

**Indonesia** - Kaliasem

**Malaysia** - Pangkor, Kuala Lumpur, Kuching

**Pakistan**- Islamabad, Karachi, Lahore

**Afghanistan** - Kabul, Heart, Kandahar

**Tajikistan** - Dushanbe

**Uzbekistan** - Tirmiz, Samarkhand, Bukhara, Tashkent, Andijan

**Kyrgyz Republic** - Biskek, Karakol, Koktagul,

**Kazakhstan** - Almaty, Astana, Karaganda

**Georgia** - Tbilisi, Rustavi, Kuthaisi, Batumi, Kobuleti, Gori

**Azerbaidjan** - Baku, Kazakh, Dzegam, Barda, Udzhary,

**Turkey** - Reze, Samsun, Chorum, Ankara, Bolu, Istanbul

**Turkmenistan** - Ashghabad, Desert Reserve

**Iran** - Tehran, Mashad

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## **Around the World on Bicycle Tour for HIV/AIDS Awareness & Seminar on Indian Culture**



**Bulgaria** - Sofia, Gabrabo, Veliko Turnovo, Burgas, Burna, Pleven

**Republic of Macedonia** - Tetovo, Gostiver, Prilep, Skopje.

**Greece** - Thessaloniki, Lamia, Larisa, Athens, Patra

**Italy** - Bari, Napoli, Rome, Florence, Ancona,

**Croatia** - Zadar, Split, Trogir, Dubrovnik, Rijeka, Zagreb

**Slovenia** - Ljubljana, Maribor

**Austria** - Vienna, Linz, Graz

**Hungary** - Győr, Budapest, Pécs, Baja

**Serbia** - Novi Sad, Belgrade

**Bosnia & Herzegovina** - Sarajevo, Zenica

**Montenegro** - Podgorica

**Albania** - Tirana

**Kosovo** - Pristina

**Romania** - Bucharest, Iasi, Cluj-Napoca, Brasov, Bacau

**Moldova** - Chisinau, Balti, Ungheni

**Ukraine** - Kiev, Lviv, Ternopil, Kharkiv, Uman

**Belarus** - Minsk, Brest, Grodno, Gomel

**Poland** - Warsaw, Krakow, Radom, Katowice

**Slovakia** - Zilina, Trnava, Bratislava, Nitra, Trnava

**Czech Republic** - Ostrava, Prague

**Germany** - Dresden, Berlin, Frankfurt, Hamburg, Kiel, Düsseldorf, Cologne, Munich...

**The Netherlands** – Den Haag, Utrecht, Harlem, Amsterdam, Rotterdam

**United Kingdom & Northern Ireland** – London, Cardiff, Birmingham, Nottingham, Liverpool, Manchester, Belfast, Glasgow, Edinburgh...

**Ireland** – Dublin

**Belgium** – Gent, Antwerp, Liège, Brussels

**Luxembourg** - Luxembourg

**Faroe Islands** – Seven Islands

**Iceland** – Reykjavik, Dalvík, Husavík, Akureyri, Mývatn

**Greenland** – Nuuk, Sisimiut...

**Switzerland** – Zurich, Davos, Bern, Lausanne, Geneva

**France** – Dijon, Lyon, Paris....

....now I am in France! (updated 12/05/2012)

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## Links to TV interviews

<http://www.ct24.cz/domaci/96004-indicky-cyklista-ma-v-nohach-79-tisic-km-ted-i-par-ceskych/>  
(Praga, 20.07.2010)

<http://www.youtube.com/watch?v=ZIUFFbKnyL4> (CTC Moldova, 04.2010)

[http://www.youtube.com/watch?v=TS\\_B4a\\_FEpQ](http://www.youtube.com/watch?v=TS_B4a_FEpQ) (National Tv Moldova, 04.2010)

<http://www.youtube.com/watch?v=4bdUMx6RHgE> (HotNewsTV.ro, 03.2010)

[http://www.youtube.com/watch?v=LEyA3wzhv\\_s](http://www.youtube.com/watch?v=LEyA3wzhv_s) (National TV Bulgaria, 01.2010)

<http://www.youtube.com/watch?v=vbYKoNCfyEA> (National Television, Macedonia, 06.2009)

<http://www.youtube.com/watch?v=Bop-yZVOv24> (A1TVNews Macedonia, 06.2009)

<http://www.youtube.com/watch?v=P4cXjwn2Gy8> (Croatia Travel, 05.2009)

<http://www.youtube.com/watch?v=i6lnDxejrQ0> (BTV News, Bulgaria, 04.2009)

[http://atv.hu/videotar/091124\\_biciklivel\\_jott\\_egyenesen\\_indiabol.html](http://atv.hu/videotar/091124_biciklivel_jott_egyenesen_indiabol.html) ( Hungary)

<http://www.youtube.com/watch?v=PowYfusizew> (Italy, Rai3Italia, regione Puglia, 20.08.2009)

<http://www.youtube.com/watch?v=oRJ0hQmSox8> (Antena Sud, Italy, 18.08.2009)

<http://www.youtube.com/watch?v=OICciPmJAlw> (Radio24ILSOLE, Italy, 08.2009)

## Links to newspaper articles

### India:

<http://www.hinduonnet.com/thehindu/thscrip/print.pl?file=2005120202060200.htm&date=2005/12/02/&prd=th&> (Hyderabad, India)

<http://www.punemirror.in/index.aspx?page=article&sectid=4&contentid=2009110720091107011352469fbf46f9&sectxslt> (Pune Mirror, India)

<http://cities.expressindia.com/fullstory.php?newsid=211656> (Indian Express News Paper)

<http://www.hindu.com/2006/09/04/stories/2006090400470200.htm> (The Hindu, India)

[http://www.daijiworld.com/news/news\\_disp.asp?n\\_id=25914&n\\_tit=News+headlines](http://www.daijiworld.com/news/news_disp.asp?n_id=25914&n_tit=News+headlines) (Karnataka, India)

<http://mangalorean.com/news.php?newstype=local&newsid=33305> (Mangalore, India)



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<http://www.hindustantimes.com/News-Feed/srinagar/Youth-touring-world-on-bicycle-on-noble-mission/242925/Article1-242923.aspx> (Hindustan Times, Kashmir, India)

<http://www.kashmirtimes.com/archive/0708/070823/JRegion.htm> (Kashmir Times, India)

<http://ansam518.wordpress.com/2009/11/08/curry-saves-taliban-captive/> (Five One Eight)

<http://www.tribuneindia.com/2007/20070710/cth1.htm> (The Tribune, Chandigarh India)

<http://www.tribuneindia.com/2007/20070710/cth1.htm> (Velvet .....)

[http://www.thaindian.com/newsportal/world-news/talibans-indian-captive-won-his-release-by-cooking-curry\\_100270763.html](http://www.thaindian.com/newsportal/world-news/talibans-indian-captive-won-his-release-by-cooking-curry_100270763.html) (The Indian News)

<http://www.thehindu.com/2006/09/16/stories/2006091605220300.htm> (Hindu, Karnataka, India)

<http://www.hindu.com/yw/2006/08/04/stories/2006080402750600.htm> (Hindu, India)

<http://www.thehindu.com/2006/02/14/stories/2006021417340300.htm> (Hindu, Tamilnadu India)

<http://www.bangaloremirror.com/index.aspx?Page=article&sectname=News%20-%20World&sectid=12&contentid=2009110720091107205326578c0954926> (Bangalore Mirror, India)

<http://economictimes.indiatimes.com/articleshow/msid-2287994,prtpage-1.cms> (Economic Times, Kashmir, India)

### Hungary:

[http://nol.hu/lap/arcok/20091218-16\\_ev\\_nyeregben](http://nol.hu/lap/arcok/20091218-16_ev_nyeregben) (Budapest, Hungary)

### UK:

<http://www.telegraph.co.uk/news/newstopics/howaboutthat/6510505/Taliban-captive-won-his-release-by-cooking-curry.html> (UK Telegraph)

<http://www.ireport.com/docs/DOC-371164> (CNN report)

<http://www.guardianweekly.co.uk/?page=editorial&id=1285&catID=9>

(The Guardian Weekly, UK)

<http://www.tribuneindia.com/2007/20070725/himplus1.htm> (Himachal Times, India)

<http://www.indianexpress.com/news/talibans-indian-captive-won-his-release-by-cooking-curry/538086/> (Indian Express from London, UK)

<http://www.24sata.hr/fun-i-sexy/talibani-pustili-zatocenika-jer-im-je-skuhao-dobro-jelo/143637/> (24 News )

### Sri Lanka:

<http://www.dailynews.lk/2006/03/08/news31.asp> (Daily News, Colombo, Sri Lanka)

<http://www.sundayobserver.lk/2006/03/12/fea23.html> (Sunday Observer, Sri Lanka)

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### Uzbekistan:

[http://www.ut.uz/eng/kaleidoscope/trip\\_penetrated\\_with\\_care\\_for\\_mankind.mgr](http://www.ut.uz/eng/kaleidoscope/trip_penetrated_with_care_for_mankind.mgr) (Uzbekistan Today, Tashkent)

### Bulgaria:

<http://forum.offroad-bulgaria.com/showthread.php?t=59239> (OFF Road, Bulgaria)

<http://www.mtb-bg.com/forum/viewtopic.php?f=3&t=52765> (MTB-Bulgaria)

<http://bulphoto.com/events/16842/> (Sofia, Bulgaria)

<http://4coolpics.com/photo/batmilan/287578.html> (Bulgaria)

### Georgia:

<http://www.flickr.com/photos/dv0rsky/3006925303/> (Tbilisi, Georgia)

### USA:

<http://littleindia.com/news/128/ARTICLE/5806/2009-12-10.html> (Little India, USA)

### Turkey:

<http://www.yahoovanhoaviet.com/news/index.php?act=view&code=post&pid=4&cid=23&id=40349> (Istanbul, Turkey)

### Japan:

[http://article.yeeyan.org/view/41021/67433?from\\_com](http://article.yeeyan.org/view/41021/67433?from_com) (Yeeyan, Japan)

<http://worldtravel.blog51.fc2.com/blog-entry-130.html> (Japan/China)

### Germany:

<http://www.nethaber.com/Dunya/121925/Yaptigi-bir-YEMEK-ile-Taliban-esaretinden-kurtuldu> (Nethaber, Germany)

<http://www.baomoi.com/Info/Thoat-nan-nho-mon-ca-ri/84/3464201.epi> (Germany)

### NRK:

<http://www.nrk.no/nyheter/verden/1.6852637> (NRK)

### France:

<http://bonjourplanetearth.blogspot.com/2009/11/taliban-released-indian-cyclist-after.html> (Bonjour Planet Earth, France)

### Croatia:

[http://www.ss-gracac.skole.hr/?news\\_id=32#mod\\_news](http://www.ss-gracac.skole.hr/?news_id=32#mod_news) (Gracac News, Croatia)

### Bosnia:

<http://bih-x.info/zenica-predavanje-o-hivaidz/> (Zenica, Bosnia)

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### Hungary:

<http://nol.hu/media/file/cimlap/2009-12-18.pdf> (Budapest, Hungary)

<http://www.google.com/search?source=ig&hl=en&rlz=&=&q=somen+debnath&btnG=Google+Search&aq=f&aqi=&oq=> (photo image)

<http://tuoitre.com.vn/TIANYON/Index.aspx?ArticleID=346993&ChannelID=442> (Tuoi Tre .....)

### Greece:

<http://www.athensnews.gr/articles/13349/02/08/2009/1420> (Athens News, Greece)

<http://nachbarschaftsgarten.wordpress.com/> (Vienna, Austria)

### Romania:

[http://sas.unibuc.ro/index.pl/stiri\\_ro?wid=100&func=viewSubmission&sid=1095](http://sas.unibuc.ro/index.pl/stiri_ro?wid=100&func=viewSubmission&sid=1095)

<http://media.unibuc.ro/index.php/stirile-universitatii/505-somen-debnath-indianul-care-face-inconjurul-lumii-pe-bicicleta-vine-sa-vorbeasca-cu-studentii-la-universitatea-din-bucuresti> (Media Unibuc, Bucharest, Romania)

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<http://mobile.agerpres.ro/news.php?n=BF1A7E06444A5471419499480E5&c=&p=1&s=&q=> (Romania, Bucharest)

<http://www.evz.ro/detalii/stiri/78000-de-kilometri-pe-bicicleta-si-drumul-nu-e-gata-888702.html> (Evenimentul Zilei, Bucuresti, Romania)

[http://rsshunt.ro/cautare\\_stiri/debnath](http://rsshunt.ro/cautare_stiri/debnath) (Romania, Bucharest)

<http://www.newstoday.ro/cauta-somen> (Romania, Bucharest)

<http://www.romedic.ro/indianul-care-face-inconjurul-lumii-pe-bicicleta-le-vorbeste-studentilor-bucuresteni-0N17543> (Romania, Bucharest)

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<http://www.presaonline.com/stiri/social/intalnire-cu-indianul-care-face-turul-lumii-pe-bicicleta-900318.html> (Romania, Bucharest)

<http://www.evz.ro/detalii/stiri/intalnire-cu-indianul-care-face-turul-lumii-pe-bicicleta-888578.html> (Romania, Bucharest)

More information on my blog : [www.somen2020world.org](http://www.somen2020world.org)



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