

## Rahul Nath on his festival winner Foreign

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I recently had the pleasure of meeting with Los Angeles based actor, dancer and writer Rahul Nath at the IndiaFest 2010, where his first directorial movie Foreign was screening. It is not very often that you get an individual that encompasses so many disciplines, yet Rahul seems to handle it like anyone would a normal job. Foreign, a movie that tells a simple story of a girl suffering of the hands of domestic violence, has created waves at festivals in India, and is now making its mark at the festivals here in the USA, with entries in New York, Mississippi and Los Angeles, including the prestigious Venice Film Festival in LA. A film that engulfs many issues such as those covered, is always at risk of being panned, especially by cultural based Indians, however Foreign, seems to print its stamp, and that too in an accepting way. Says Rahul " I wanted to make a film that did not shy away from what we see in reality, and everything that is in the movie is not exaggerated or fabricated in anyway, it has happened and continues to happen."

The film written and directed by Rahul, also stars him in a lead and pivotal role and has shades of negativity, a first for him

On the success of the movies screenings in India, Rahul says "India has gone miles ahead of other countries. It is not the India it was 10 or 15 years ago. When I last visited I was taken aback that I was in India. People have gone so forward and issues such as marrying outside of your caste or different religions is just not an issue. Whereas in countries like England, Indians are still very traditional and they hold on to these past beliefs that no longer have any weight. Going by this I did feel the movie would get acceptance quickly, as it touches more on today's India, then the India of the past"

The multi talented artist is already prepping for his next movie, which he says will be visually very disturbing to watch and again hits the reality of Indian culture. "Compromise is a movie that fell into place very easily. I had created the characters, but no storyline. So with the characters already there, I just had to find a way to get them to all come together. And in doing so, I had more characters to add, to complete the package. The film concentrates on three siblings and how they are dealing with the stresses of life without parental guidance and support, and yes there will be controversial subjects" 2010 has proved to be a great year for him. With Hotel Hollywood doing good business in the USA and India and Foreign storming all festivals, you would think the artist would want to rest.....but as he says work just never seems to stop and he got involved with filming and releasing his fitness video "Bollywood Aerobics" the latest dance craze, created by him that involves a combination of the hottest Bollywood moves with an aerobic workout

"Bollywood aerobics was created as a way to loose weight in a non conventional way. I personally am not a gym person, and luckily I am a trained dancer, so I took the dancing and mixed it with an aerobic element and found a way that keeps my weight stable. I am glad that I do this, because being in the USA, the choice of food is so good, that if I did not dance it off, I would be pilling on the pounds."

"My agent urged me to make the DVD as he said there was nothing like its type on the market, the only problem we had was that it had to be this year, as my diary is packed for next year, so I squeezed it in to my schedule and I am glad that I did. The response has been great so far"