

APRIL 2009 Rs 30

harmony

celebrate age

AMEEN SAYANI
on the magic of old songs

RAHUL SHARMA
on his father, santoor maestro
Shivkumar Sharma

COME HOME
to Pingalwara
Charitable Society

WORLD
AT HER FEET
Mrinalini Sarabhai

Subscriber Copy Not For Resale

The magazine for silver citizens

India's Largest Chain of Retirement Resorts

NOW IN LAVASA



Rs 25.96
Lacs onwards
(all inclusive)*

Yes! When you retire at Utsav in Lavasa, you actually retire from the maddening pace of city life, endless traffic jams, congested homes, blaring horns, pollution.... All what you see is a fascinating world built around a 20 kms long lake.

- Utsav is a part of Lavasa Hill Station which is spread over 25000 acres.
- Apollo Hospital, NASA Research Centre, ITC Fortune Hotel, Symbiosis, Christ University etc are coming up in Lavasa.

UTSAV'S SPECIAL TOUCH

- Matt finished anti skid tiles in all rooms.
- Grab rails in master toilet.
- Arthritis friendly handles & bathroom fittings.
- Emergency response system installed in each unit.
- Temple for religious celebration & pooja.


UTSAV[®]

RETIREMENT RESORT

by

A S H I A N A

LAVASA | JAIPUR | BHIWADI

SMS

'AHL' to 56677

1/2 BR Appts | 2/3 BR Villas | Central Dinning Hall | Activity Centre | Hobby Clubs | 24x7 Security |
Companionship of Similar Age Group | Doctor on Call

PUNE: Office No.2, IInd Floor, Purushottam plaza, Baner road, Pune - 411 045. Ph.: (020) 4078 9888, Mob.: 098900 15510
Jaipur Office: 98280 23760, **Bhiwadi Office:** 98280 23747, **Delhi Office:** 98107 36565 ; Web: www.ashianahousing.com

TRY BEFORE YOU BUY - TRIAL HOMES AT UTSAB, BHIWADI. CALL: 098280 23747

PAST PERFECT

In our rush to embrace the young and the new, we sometimes forget the value of the true and tested. It's now time to remember.

Following the global financial meltdown and the trauma of 26/11, we ended the year 2008 on a sobering note. Today, like the rest of the world, we Indians are in search of security, hope and renewal. And when the soul seeks comfort, it inevitably turns to the comfort of the known, the familiar cocoon that has always sheltered and nourished us.

Now, more than ever, we need to draw strength from the spirit of our rich civilisation and reiterate our commitment to India and its glory. This pride extends to every aspect of our social, political and cultural fabric, including our artistic traditions. This was the inspiration for 'Harmony Art 2009: A Tradition Revisited', a show that sought to renew our pride and engagement in India's miniature art. Held at Coomaraswamy Hall at Mumbai's Chhatrapati Shivaji Maharaj Vastu Sangrahalaya (formerly Prince of Wales Museum) from 14 to 22 March, the show featured works by 40 artists who spanned generations—the oldest was 76, the youngest 25.

The team from Harmony Art Foundation travelled across North India to remote towns and villages to find these artists who have kept the faith and persevered. While most of them are following their family's artistic footsteps, having learnt at the feet of their fathers and grandfathers, there are a few who have taken to the brush out of sheer fascination for an age-old genre. This genre has not only survived the onslaught of globalisation but has also managed to sustain itself despite the lack of publicity and patronage now conferred upon contemporary art forms.

Today, the advent of technology and the proliferation of mixed media have broadened the artistic experience in unimaginable ways. These artists are not impervious to change either. Yet, they have been able to seamlessly combine a broader worldview with the eternal themes of their craft. The result: exquisite paintings that tell a story—about the endurance and relevance of our heritage, all our yesterdays.

This story must be heard. And it finds an echo in Harmony for Silvers Foundation's refrain on the wealth of silver wisdom and the



DONALD WOODROW

rewards of intergenerational bonding. Society must recognise the potential of elders—like each painting on display, every silver is a repository of heritage with a life-lesson to share. For their part, silvers must believe in their own worth, their significance to society and their power to make a difference to others. The past can fortify us to face the future; it can also empower and guide the way. Let's not bracket 'yesterday', 'today' and 'tomorrow' as watertight compartments but embrace them for what they represent: a seamless trajectory of growth and renewal.

Tina Ambani

Tina Ambani

A Dhirubhai Ambani Memorial Trust Initiative

Harmony—Celebrate Age—April 2009 Volume 5 Issue 11

Publisher **Anthony Jesudasan** Editor **Tina Ambani** Deputy Editor **Meeta Bhatti** Assistant Editor **Arati Rajan Menon** Copy Editor **Rajashree Balaram** Features Writer **Anjana Jha** Special Correspondent (Delhi) **Nitika Bajpayee** Consultant Editor **Malvika Singh**

Creative Director **Jit Ray** Studio Manager **Haresh Patel** Production Executive **Rohidas Adavkar**

Visual Coordinator **Anuradha Joshi** Graphic Designers **Dattaguru Redekar**, **Utkarsh Sanjanwala** Editorial Coordinators **Glenn Fernandes**, **Anita Rosario** Assistant Vice-President, Business Development **Shrenik Mehta** Assistant Manager **Nikhil Wadhvani**

Editorial & Marketing Offices: Reliance Centre, 1st floor, 19, Walchand Hirachand Marg, Ballard Estate, Mumbai-400001. Tel: 91-22-30327108 (Editorial), 30327102 (Marketing). Email: contact.mag@harmonyindia.org **Printed and published by** Anthony Jesudasan on behalf of Dhirubhai Ambani Memorial Trust, 505, Dalamal House, 5th Floor, Nariman Point, Mumbai-400021. **Printed at** Thomson Press India Ltd, Plot No. 5/5A, TTC Ind. Area, Thane-Belapur Road, Airoli, Navi Mumbai-400708; Thomson Press India Ltd, 18-35 Milestone, Delhi-Mathura Road, Faridabad (Haryana) **Disclaimer:** The material provided by *Harmony* is not a substitute for professional opinions. Readers are advised to seek appropriate advice from qualified and licensed professionals in the concerned field. © Dhirubhai Ambani Memorial Trust. All rights reserved worldwide. Reproduction in any manner is prohibited. *Harmony* does not take responsibility for returning unsolicited publication material. www.harmonyindia.org



COVER FEATURE...28

Contents

6 ORBIT

20 EXCLUSIVE:
Dr Jane Barratt on why
silvers need to speak up

24 IN FOCUS:
Pingalwara Charitable Society

SPECIAL FEATURE

28 COVER STORY:
Mrinalini Sarabhai

34 FOOTSTEPS:
Santoor artist Rahul Sharma
on father Shivkumar Sharma

BODY & SOUL

36 FOOD WISE

44 NUTRITION:
Pear and broccoli

46 ASK THE EXPERT:
Dr Anjali Mukerjee

48 COLUMN: Yoga Rx

54 THE LAST WORD:
Alain De Botton

FIRST AID

58 SECOND CAREERS:
From navy admiral to
heritage hotelier

60 WALL TO WALL:
Sony Digital Photoframe

ETCETERA

61 VIEW FROM MY WINDOW:
Vrinda Nabar

62 CULTURE:
Arts, values and lifestyle

67 BOOKSHELF

74 HEADSTART



36



24



40

WEB EXCLUSIVES



Memorable journey

Maya Jayapal finds herself on a voyage
of discovery



Desi Dylan

Urban folk singer Susmit Bose on
life, music and activism

Visit www.harmonyindia.org and check out this month's stories!

Cover photograph
by **PURVI MEHTA PARIDA**

For subscription assistance contact: HarmonyCare, Living Media India Ltd, A-61, Sector 57, Noida (Uttar Pradesh) - 201301.
TOLL-FREE: 1800 1800 100 Phones: **New Delhi:** (95120) 2479900 from Delhi and Faridabad; (0120) 2479900 from Rest of India
Fax: (0120) 4078080; **Kolkata:** 033-22827695 **Fax:** 22828949; **Bengaluru:** 080-2212448, 22213037, **Fax:** 2218335; **Mumbai:** 022-24444423/4/5/6 **Fax:** 24444358; **Chennai:** 044-28478525/26/27 **Fax:** 28472178; **Email:** harmony@intoday.com



State Bank of India
With you - all the way

**Pure Banking.
Nothing else.**

SBI Reverse Mortgage Loan for Senior Citizens.

A loan scheme
in tune
with your
financial
requirements
at **60**

Thanks to Reverse Mortgage Loan, you can now maintain your lifestyle. You can get cash against property to lead a safe and secure life.

- Min. age at entry - 60 yrs
- Max. loan period - 15 yrs
- Options of receiving payments - periodically or in a lumpsum
- No EMIs
- Remain Home Owner throughout your life.



Model/SBI-10/07

Please contact nearest SBI branch or
call 1800 112211 (toll-free)

www.sbi.co.in

column one

Shy of the number that's her age, legendary dancer Mrinalini Sarabhai is proud to have reaped its benefits in the form of her grandchildren—harbingers of news from the modern world. Happy to discuss pirated DVDs, international tennis players, Barack Obama, size zero, and fashion trends, she goes into raptures talking about the sari, the garment she most respects. Her mantras: Looking good for high self-esteem and to set an example for her students; and staying active to set an example for people of every age. Age otherwise is not a particularly interesting subject for this nonagenarian. On our cover this month for having the world at her feet, Sarabhai—we believe as does she—will be as compelling a decade later.

You can find purpose of life at any age, though silver years further emphasise the need to add value and meaning. The late Bhagat Puran Singh came to India after Partition with a purpose to care for those who have no one to turn to. He established Pingalwara Charitable Society in 1948 and inspired a generation of people in Punjab to be more sensitive to people around them. Long after he passed away, Pingalwara added old age homes to its initiatives in 2005. The need-based plan for expansion, the trustees insist, is a reflection of the degeneration of our society.

We are adding a new section to the magazine. 'Passages' are excerpts from forgotten texts, giving you a glimpse into histories, philosophies and journeys. Tell us what you think. We value your feedback.

—Meeta Bhatti



I am 73 years old and though I remain active, I know that at this age one lives only on extension! Thus, I would like to express

my 'last desire' in the pages of *Harmony*. I know that even people who have been sentenced to death get the chance to express one last wish. For my part, I have committed no crime—in fact, I have dedicated my entire life to the betterment of my extended family, society and country. In 1947, when the country gained independence, I was only 11. There was scarcity everywhere in every sector. Our generation toiled our entire working life to bring the country to where it stands today. The benefits of our efforts are now being reaped by the younger generation.

But today, we silvers, who constitute about 8 per cent of the entire population (about 85 million), are ignored by our family members, society and government. Though there are about 6,000 non-political associations of seniors all over the country, there is no umbrella association to take up our problems collectively. While submitting the interim Budget in Parliament on 16 February, Pranab Mukherjee spoke about "growth with equity" and "all-inclusive economic growth", allotting funds for almost every section of society except the most neglected: silvers. Perhaps he believes that the state's responsibilities are over after the introduction of the reverse mortgage scheme and the implementation of the Maintenance & Welfare of Parents and Senior Citizens' Act. What about people who don't have any property to mortgage? How will the younger generation living in poverty in our villages take care of their parents? And what about childless silvers?

Thus, my last request is that the government should institute separate ministries for silvers at the central and state levels. A high-powered committee should be established to investigate and classify all silvers in terms of their age, location, physical and economic health. Based on such a study, it should make recommendations to ensure quality of life, honour and dignity to them. And finally, both the central and state government should implement these recommendations. The money required for this exercise can be raised through a special cess or social security tax as is done in the developed countries of the world. Nobody should complain, as we will all grow old eventually and will ultimately benefit.

ARUN CHANDRA MUKHOPADYAY

Kolkata



The letter of the month wins music CDs from Big Music

I enjoyed the February 2009 issue of *Harmony* with its cover feature on silvers who have been married over 50 years (“Golden Silvers”). These real stories will prove inspirational for the younger generation, who are ‘tomorrow’s silvers’. It will help them understand the real meaning of love. I would also like to convey my special thanks to your editorial team that has given a truly golden touch to my article “Rediscovering Love”, published in the ‘Your Space’ section of the magazine.

S JANAKI

Udamalpet

It would be nice if you published a Hindi edition of *Harmony*—I would love to contribute to it. I am a retired teacher of philosophy and a writer in Hindi. Many of my stories have been published in literary Hindi journals and Bhartiya Gyanpith has published a collection of my short stories. While I am thankful for your efforts to be sensitive to the older generation, I also feel the magazine could be more interesting and entertaining.

SUMATI SAXENA LAL

Gurgaon

I am 68 years old, a retired professor from PDA Engineering College in Gulbarga, Karnataka. Since 1970, I have donated blood and motivated scores of others to do so. So far I have donated 108 bottles of blood in 32 years. I travel across India to different cities to spread the message of blood donation. I enjoy reading *Harmony*. I just have one suggestion: please give Indian names for English spices in your culinary section ‘Food Wise’.

WAMAN SAMBRANI

Gulbarga

CONTRIBUTORS



Sudeep Chakravarti, 45, is the author of several bestselling works, among them *Red Sun: Travels in Naxalite Country*, *Tin Fish*; and his latest, *Once Upon a Time in Aparanta*. After two decades of top jobs with global and Indian publications, he now consults for media, and helped to establish *Harmony*. A scuba enthusiast, he is also a trustee of Save Our Seas-Goa, a not-for-profit initiative.



Much-mimicked yet inimitable yesteryear radio host **Ameen Sayani** comments on the lost allure of old Hindi songs in this issue of *Harmony*. Sayani, who was recently honoured with the Padma Shri, ruled the airwaves in the early 1950s and '60s with his unique tone and compèring style. He hosted many programmes on radio and TV, though the one that brought him enduring

fame was *Binaca Geetmala* that was aired on Radio Ceylon for several years. Sayani continues to be an active voice on radio and helps create audiovisual shows. At 76, he believes in meeting ageing head on with the Urdu couplet: *Umr ka badhna dastoor-e-jahaan hai, mehsoos na karo to budhapa kahan* (It's only natural for the years to pass by, you don't grow old till you feel 'old').

I am writing to tell you about a senior citizen I know who would be a source of inspiration to other silvers. Malwinder Jit Singh Waraich used to teach humanities to students at Guru Nanak Engineering College in Ludhiana. After retirement in 1989, he completed a law degree from Kurukshetra University and moved to Chandigarh to practise in the High Court. He also completed a course in creative writing and began to write books on revolutionary movements. He has written a bio-

graphy of Shaheed Bhagat Singh—*The Eternal Rebel*—and contributed to various exhibitions organised on the freedom fighter at the Nehru Memorial Museum & Library in Delhi. He has also completed a series of digital presentations on the unsung heroes of the freedom struggle, which have been displayed at the National Gallery of Portraits, Chandigarh. Now 79, he remains active and is working on four more books.

HARLEEN SEKHON

Via email

FACE OFF



NATURAL FIX

A small, leafy plant found in the forests of Southeast Asia could well be 'the next big thing' in anti-ageing. The leaves of the *kacip fatimah* (or *labisa pumila*) are already widely used to increase female libido and safeguard reproductive health. Now, researchers from Universiti Teknologi Malaysia (UTM) in Kuala Lumpur have found that **the plant is a natural antioxidant that can stimulate collagen production and treat the effects of the skin's over-exposure to the sun.** "As it's

a completely natural substance, there is no danger of toxicity," says Dr Mohammad Roji Sarmidi from UTM's Faculty of Chemical Engineering in a media release. Sarmidi and his team collaborated on the study with Dr Chan Seo Park from the Chemistry and Biochemical Department of Dongguk University, Korea. "The antioxidant in the leaf extract was found to be more effective than many skin-beautifying products," says Chan. "It won't be long before cosmetic companies incorporate the extract in their products."



WRINKLE-FREE ADVICE

For silvers finding it hard to keep track—and make sense—of the plethora of anti-ageing products on the shelves, here's a website that promises, literally, to iron out the wrinkles. Assuring "real help, not hype", *Zero wrinkles.net* sifts through the pros and cons of new anti-wrinkle products in the market, cutting through exaggerated marketing spiels by manufacturers and helping consumers choose the product that's right for them. "The goal of our site is to help people choose from the numerous products and offers out there," says Jamie Allen, developer of the US-based site, in a media release. "Many companies even offer free trials and customers sign up without knowing what they're signing up for. There is always small print you need to know about. Our research team helps you make sense of it."

NEWSWORTHY

GETTING YOUR ACT TOGETHER

To ensure the benefits of the Maintenance and Welfare of Parents and Senior Citizens' Act 2007 to silvers and prevent exploitation, we must institute proper guidelines to govern private old-age homes in India. That was the verdict of Chief Justice of India K G Balakrishnan, speaking at a one-day national seminar held in Delhi in February by the National Legal Services Authority to **sensitise judges, judicial officers and senior government officers to the Act.** "The statute has several provisions that are extremely well-intentioned but



these should be implemented with vigour and resolve," he said in his keynote address. "We must also involve law students to spread awareness on benevolent legislations like these so that the benefits percolate to the beneficiaries."

Anti-ageing market:

The global anti-ageing products market—which includes cosmetics, cosmetic procedures and nutraceuticals—is expected to reach \$ 291.9 billion (Rs 150,000 million) by 2015, according to a report by American market research firm Global Industry Analysts, Inc.



You can read the report at: www.strategyr.com/Anti_Aging_Products_Market_Report.asp

NEWSWORTHY

AGE BANK

Here's one bank that remains unaffected by the global financial meltdown. The brainchild of Chinese land developer Feng Kexiong, the 'age bank' is essentially a **community scheme where volunteers care for their ageing neighbours and then bank the hours for their own care when they grow old.** As news agency AFP reports, in Chongqing, where Feng established the first age bank four years ago, 62 year-old Zhao Ji Bing and 34 year-old Ye Fa Que are two volunteers who clean, shop for groceries and purchase medicine for silvers in their neighbourhood—all for free. However, they log their hours in a database at their community centre. "We help when we can," says Zhao. "And later, others will help us in return." After four years, the bank now has 250 clients and thousands of logged volunteer hours in just a single neighbourhood. Now 20 other cities across China have also opened their own age banks. "Unlike real banks these days, we're expanding," quips Feng.



THE O LIST

Newly elected American president Barack Obama is making good on his promise of change. **The new administration in the White House recently announced its agenda for silvers.** Here are the highlights from the new agenda:

- Protection of social security benefits despite the economic recession
- Elimination of income tax for seniors making less than \$ 50,000 per year
- Strengthening retirement savings plans
- Reform of corporate bankruptcy laws to protect workers and retirees rather than banks
- Providing full disclosure of company pension investments
- Expansion of retirement savings incentives for working families
- Strengthening the Age Discrimination in Employment Act
- Providing cheaper prescription drugs
- Protection and strengthening of Medicare
- Strengthening long-term care options
- Support to senior volunteer efforts.

For details on these and to read the entire agenda, go to www.whitehouse.gov/agenda

"I am not at home in the West or anywhere in the rest of the world. I have always suffered the anxiety of belonging wherever I go. Age has not changed that. And I hope it doesn't. Because if I feel at home in any country, I might lose the energy, the anger, the fury that propels me to write."

—Nobel Prize-winning Turkish author Orhan Pamuk, 56, at a recent book reading at British Council, Mumbai, when asked if he still grapples with the sense of alienation that has pervaded all his books



OVER 50,000 COPIES SOLD !

Pyramid Vastu to attract Peace, Prosperity & Happiness !

Unlock these new secret's and other 100's of proven ways to enhance health, wealth and wellness from this 224 pages step-by-step guide. Also learn Do-it-yourself, practical techniques to correct Vastu & Feng Shui defects without physical alteration or shifting with power of Pyramids.

By today more than 2.5 million people are benefitted with this Pyramid-Net, don't wait, just try a simple experiment from this book and expect a miracle!

9th

Enlarged & Updated International Edition

- ❑ **Explore** countless easy-to-apply secrets to attract more money, happiness and success.
- ❑ **Genuine** know-how by Prof. Dr. Jiten Bhatt, founder of PyraVastu method and Pyramid Yantra.
- ❑ **Down-to-earth advice** for house, flats, shops, factory or office. With practical examples.
- ❑ **The inside story** of the Great Pyramids, its miracles, real photographs and latest theories.
- ❑ **Fast understanding** with more than 600 illustrations and plans in the book.

Order Now

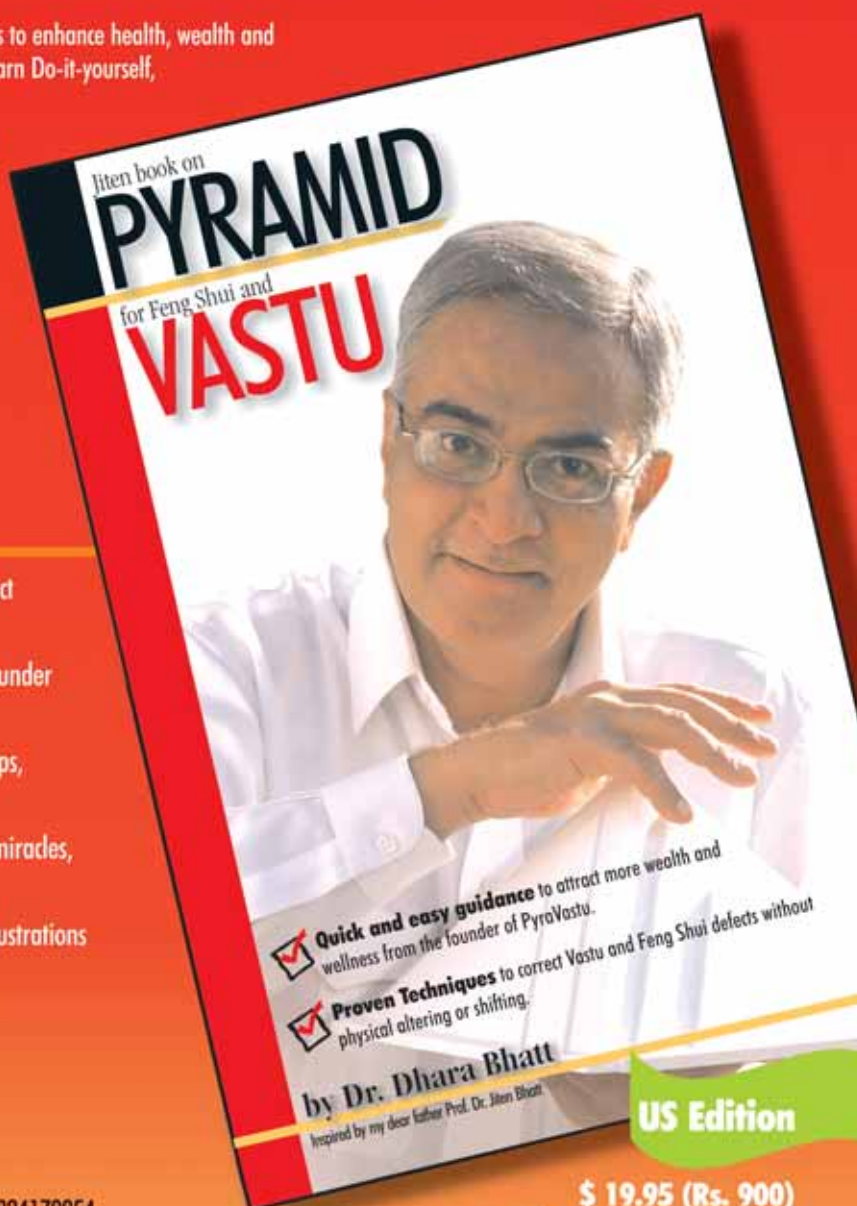
**Send a DD of Rs. 255/- today &
get your book FREE door delivered.**

Call: 0265-2652037, 0-9825084612, RIM.3253466, 0-9824179954

Send DD of Rs. 255/- to or write for FREE leaflet detail to:

Personal Care Systems, 336/43, GIDC - Makarpura, Baroda 390010.

E-mail: personalcare@mail.com



US Edition

\$ 19.95 (Rs. 900)

Special Price: Rs. 255
(For India only)

Pages: 224 in 2 color, Book size: 240 x 155 mm.
Also translated in Hindi, Gujarati, Marathi & Kannada.

Order Online: www.pyramidvastu.com

OFFBEAT

ME, TARZAN...

Necessity is indeed the mother of invention. Just ask 64 year-old pensioner Huang Fugui of Chengdu in China's Sichuan province who created his own fitness regimen because he couldn't afford to go to a gym. "I suffered a lot from illnesses and it was a heavy burden for my family, so I thought of exercising to improve my health," he tells newspaper *West China City Daily*. At first, he used iron rings at a nearby farmers' market but traders complained he was distracting customers. So he tied a rope to a tree and



devised a routine that involves climbing, swinging upside down and bouncing on branches. One year on, he claims it is working wonders and he wants his fellow silvers to follow suit. "I want all elderly people to try this routine," he says. "It will give them a brave heart and good health." Not everyone is gung ho about Huang's plan though. While he admits that the regimen is "impressive", Qiu Jiangang, associate professor at Chengdu Sports University, is quick to add: "It should absolutely not be promoted because it's too dangerous and hard to learn."

DOWNSIZING IN TOKYO

Recessionary times call for **austerity measures**. Take the silver cups that are presented to Japanese centenarians by the government, for example. With the number of centenarians on the rise in a rapidly silvering country, the government has decided to reduce the size of the cups. "We realised there's not such a big difference in appearance if we cut the diameter from 10.5 to 9 cm," an official from the Japanese Health Ministry, which gives out the cups, tells news agency Reuters. "We also had to think about how to continue to do this for an increasing number of people on a limited budget." Last year 19,769 people reached triple figures in Japan, compared to only 153 in 1963, the year the cups were first presented. The Japanese are the world's longest-lived people—there are 36,436 people over 100 years of age in a population of 127.8 million.



EVENT


FOCUS ON GERONTOLOGY

With an aim to **improve old age care and bring complementary and alternative systems of medicine involved in**

gerontology to the mainstream, the All India Institute of Medical Sciences (AIIMS) and the Delhi chapter of the Indian Academy of Geriatrics (IAG) organised the International Congress on Gerontology and Geriatric Medicine 2009 (ICGGM) in the capital in February. Against a backdrop of global trends and best practices, the congress focused on aspects such as the use of assistive technology for independent living; establishing minimum standards for long-term care in India; tackling disability; palliative care; prevalence and detection of depression; strategies of fall prevention; neurology of ageing; community strategies for dementia; and the role of Ayurveda in old age care. Participants included gerontologists, medical specialists, sociologists, caregivers and representatives from NGOs.



For details, go to www.oldagesolutions.org



**EVEN AFTER
YOU'VE BEEN
DISCHARGED,
WE'LL STAY BY
YOUR SIDE UNTIL
YOU'RE WELL.**

24 hr. HELPLINE

 **99 9977 7754**

Introducing Max Home Care.
Because caregiving has no fixed address.

- Change of bandages
- Collection of samples
- Delivery of reports
- Dedicated Max caregivers
- Physiotherapy for seniors
- Post-natal care for new mothers
- Many more essential services

This is our latest initiative towards providing comprehensive, 24/7 medical help well beyond the doors of our hospitals.

To know more, email us at homecare@maxhealthcare.com


At home with Max

For details or appointments, visit www.maxhealthcare.in or call: +91-11-2649 9870, 4609 7000

Max Medcentre™, Panchsheel Park N-110, Panchsheel Park, New Delhi-110 017 Phone: +91-11-2649 9870, Fax: +91-11-2649 9860

H PEOPLE



BATMAN

Suhas Mangalvedhekar is batty about, well, bats. He spends a large part of his week visiting caves in and around his native Kolhapur in search of colonies. He has already found seven colonies of bats, two of which comprise more than 7,000 bats —the remaining five have 4,000 bats each. Often, the 55 year-old follows colonies of flying bats, all day, for 80 km or more on his motorcycle.

During the course of such arduous journeys, he has observed some interesting behaviour patterns of the flying mammals: they fly in groups but search for food individually; other birds avoid bat-occupied trees; only

crows manage to disturb bats. "In urban areas, bats eat mosquitoes and help keep the mosquito menace in check, while in rural areas, insect eating bats eat insects thus benefiting agriculture," explains Mangalvedhekar in defence of his favourite subject. "They are also the main source of seed dispersal and pollination at night." In March, Mangalvedhekar received a diploma in environment protection and management from Kolhapur University after he submitted his studies on bat behaviour and their ecological importance. So far, he has detected five bat species: Flying Fox, Fulvous Fruit Bat, Short Nosed Fruit Bat, Indian Pipistrellus, and Lesser Woolly Horseshoe Bat.

IN PASSING

Verma Malik, lyricist of some of Hindi cinema's most popular songs from the 1970s and 80s—*Kaan mein jhumka, chaal mein thumka* (Saawan Bhadon, 1970), *Hai hai yeh majboori* (Roti Kapda aur Makan, 1974) and *Do bechare* (Victoria No. 203, 1972)—passed away in Mumbai on 17 March. He was 84.

T N Shanbhag, founder of Strand Book Stall, one of Mumbai's oldest and favourite bookstores, passed away in Mumbai on 26 February. Shanbhag was awarded with the Padma Shri in 2003 for "54 years of enlightened book selling". He was 85.

BIRTHDAYS

- British actor **Michael Caine** turned 75 on 14 March
- American actor **Kurt Russell** turned 58 on 17 March
- Actor **Shashi Kapoor** turned 70 on 18 March
- British composer **Andrew Lloyd Webber** turned 60 on 22 March
- American singer and songwriter **Aretha Franklin** turned 66 on 25 March
- American feminist author **Erica Jong** turned 67 on 26 March



Max Home Care Programme.

Bringing quality caregiving, right to your doorstep.

The Need for Home Care

Very often, ill-health and immobility make trips to the hospital inconvenient and sometimes impossible. There is many a time, a reluctance to go to medical facilities for report collection, medicines, BP monitoring etc. Children too, are especially averse to the idea of going to medical facilities. There is almost a complete lack of trustworthy and trained manpower for home care. Moreover, elderly people whose children live away from them, have no one to take care of them. In cases of some patients, continuity of care cannot be maintained because of lack of home care services. People on palliative care and 'end-of-life' care – all stand to benefit from a reliable home care programme.

Max Healthcare's Home Care Programme

This is going to be a truly comprehensive programme in Delhi/NCR covering patient services across inpatient (admitted), outpatient

departments to care at home. Our customised services enable the newborn, elderly, chronically ill, disabled and recuperating patient to receive medical treatment in the comfort and privacy of their home, where surroundings are more conducive to recovery.

Services Offered

The home care programme, launched recently, provides a host of patient care services. These include: Doctor's visits, Nursing care, Caregivers, Sample collection, Reports dispatch, Physiotherapy, Medicine delivery, Ambulance facility, Post Natal Care (mother & child care after delivery), ECG, General procedures (dressings, suturing removal etc.), Home Oxygen, CAPD, Dietetics, Sleep study and other medical services.

The services are offered from 8 am–8 pm on all days of the week. The 24-hour helpline number is 99997 77754.

The programme has initially been launched at Max Hospitals in Saket, Panchsheel Park and Gurgaon. To know more about the Home Care Programme or services, post a query at www.maxhealthcare.in



Dr. Sandeep Budhiraja
Chief- Institute of Internal Medicine
Max Healthcare.

MEDIA WATCH

DON'T ACT YOUR AGE!

After 36 years as *Cosmopolitan* magazine's 'agony aunt', 73 year-old Irma Kurtz knows a thing or two about dealing with every sort of crisis. In *About Time: Growing Old Disgracefully* (John Murray), she dishes out her inimitable brand of advice on confronting age. "We really are pioneers," she tells London newspaper *The Times*. "This generation of old people, there's never been anything like us before." While Kurtz has never shied away from writing about her own colourful life—an affair with a married man and an abortion at 30, the conception of a child out of wedlock at 37 and the decision to become celibate at 48—this book



is more an exploration of how to live your silver years on your own terms.

Here's a sampler: "We live in the present. It has to do with us and now, not us and our memories... We must remain curious and able to change our minds. It's as important as a flexible spine." Kurtz certainly walks her talk—she recently moved from her "cavernous" home in Central London into an "eyrie with spectacular views, within walking distance of theatres and cinemas and a bus ride from her son", because it was infinitely more fun. "The only way to grow old is your way," she says. "You have to not knuckle under and become a statistic."



Silver ride: Taxis in Kolkata now offer a 10 per cent discount to silvers travelling alone or with a child. All you need is proof of age. "This is our gift to senior citizens after the slash in the price of diesel," says Tarak Nath Bari, secretary of the Calcutta Taxi Association.

HER VARIATIONS

In a fittingly melodramatic return to theatre after a 46-year absence, two-time Oscar winner **Jane Fonda made a triumphant return to Broadway in *33 Variations***, a play that encompasses music, passion, parenthood and illness, written and directed by Moises Kaufman. The 71 year-old essays the role of Katherine, an American musicologist dying of Lou Gehrig's disease (which damages the nerves and muscles) who travels to Bonn in Germany to solve a musical mystery for her final academic paper. The puzzle: why did Beethoven devote so much of his waning energy to compose more than 30 variations of a run-of-the-mill waltz by Anton Diabelli, a small-time Viennese music publisher? And while she sifts through the past, she can't escape the present: her debilitating illness and her fractured relationship with her daughter. While reviews were mixed, there was no ambig-

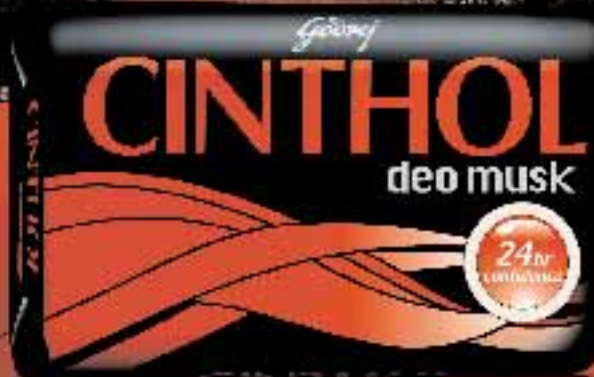


ity when it came to Fonda's performance. For instance, *The New York Times* hailed "Ms Fonda's layered crispness"; *Variety* remarked that there was "no sign of rustiness in the cool command she brings"; and *Bloomberg News* rhapsodised about her "sterling performance, never milking the pathos". *33 Variations* is on till 24 May at Eugene O'Neill Theatre, 230 West 49th Street, New York.



**ENERGIZE YOURSELF
WITH THE SENSATIONAL
MUSK FRAGRANCE.**

**NEW CINTHOL
DEO MUSK.**



ANALYSE THIS

THINK POSITIVE

There's never been a better reason to think positively about ageing. According to research conducted by Yale School of Public Health, **younger people who have strong negative images about the elderly are more likely to have strokes and heart problems when they grow old.** For this long-term study, over 400 people, aged between 18 and 49, were surveyed on their 'age stereotypes'.



The study's lead author Becca R Levy, associate professor of epidemiology and psychology at Yale, writes that 30 years later, 25 per cent of those with more negative age stereotypes—such as the belief that the elderly are feeble or helpless—had suffered a heart problem or stroke, while only 13 per cent of those with more positive age stereotypes experienced a heart problem or stroke. The study appears in the March issue of the journal *Psychological Science*.

Course on care: Respect Age International, Agra, is organising a **one-month certificate course, 'Basic Issues in Geriatric Care'**, in association with the National Institute of Social Defence, Old Age Care Division, New Delhi. The course will be held from 24 March to 24 April 2009 in Agra.

For more details on the course, contact 0562-2857703

WILD SILVER

DATA-BEAST

To study ageing and evolution among animals, scientists at the University of Liverpool in the UK have developed an extensive **online database that chronicles the longevity and history of more than 4,000 animal species.** Called 'AnAge', the resource details the maximum and average lifespan of an animal, its weight, age of sexual maturity, litter size and other life history traits in order to analyse why different species age at different rates and how lifespan is influenced by environment.

"The naked mole-rat from East Africa is a good example of how complex the mechanisms of ageing are," Dr Joao Pedro Magalhaes from the University's School of Biological Sciences writes in journal *Aging Cell*. "The assumption is



that the bigger an animal is, the longer it lives; yet the mole-rat is about the size of a mouse and can live for almost three decades. Our resource provides a rounded pic-

ture of an animal's life so that we can consider all aspects of how an animal survives." See the database at genomics.senescence.info/species/index.html

H RECOMMENDS

Soothe the soul. Meditation is a natural stress-buster that can battle hypertension and depression. And today with the plethora of meditation centres, you don't have to go far from home. For example, the 'Global Vipassana Pagoda' has recently been unveiled in Gorai in North Mumbai (part of the Essel World amusement park complex). One of the largest stone monuments in Asia, this 320-ft tall architectural marvel with a diameter of 280 ft welcomes casual visitors, Buddhists and practitioners of Vipassana meditation alike.



ESSELGROUP

Act it out. Form a theatre group at your local senior citizens' organisation—it can boost confidence by expanding your social network. In Singapore last April, arts director Alvin Tan launched 'Theatre for Seniors', a three-year theatre and drama programme for silvers funded by the government through its Council for Third Age. The group's first presentation—*Encore: An Evening of Ageless Theatre*—was staged at the Marine Parade Community Club Auditorium from March 13 to 15. The show consisted of five short plays and devised works, with three in English and two in Mandarin.



LOVE THAT



CUPID'S WAND

Last year, when 81 year-old magician Joseph Marker met 79 year-old Camille Lewis at a show at Southwest Focal Point Senior Centre in Pembroke Pines, Florida, sparks flew—literally. He asked her to be his assistant and, after the show, asked her out for dinner. This year, on Valentine's Day, the couple got married. **"Abracadabra and it was love!"** Marker tells newspaper *South Florida Sun-Sentinel*. "Both of us have suffered bereavement so it's wonderful to have that special feeling in our lives again." Lewis is equally happy with her "magic man". "He doesn't tell me his secrets," she says. "But I don't mind at all. I like the surprise." Following their wedding—at the centre where they met—the two silvers, in Marker's words, "disappeared" for their honeymoon: a road-trip to Delaware, Georgia and Ohio.

Have something to say? This is the place to do it. Reach out to fellow readers with interesting anecdotes, inspiring stories and heartwarming moments from your life. Write in with full contact details, and make this space your own!

TRAVEL TALES



Ghanekar: in search of new trails

When I retired as head of the Botany Department at Abasaheb Garware College in Pune in May 2008, I was looking forward to the free time ahead. To me, retirement opened the doors to two activities I enjoyed the most: travelling and writing. I usually

"I am fascinated by everything to do with the great outdoors"

spend most week-ends on some jaunt or the other, with my notepad and camera for company.

I am fascinated by everything to do with the great outdoors—flowers, trees, creepers, wildlife, mountains, volcanoes, rivers, waterfalls and soil. My wanderlust has taken me to the Himalaya, the Everest, and the Sahayadris and led me to author 54 travel books in Marathi.

In the past six months, I have published four books. The first, *Dolas Bhatkanti*, is a compilation of 150 spectacular incidents and phenomena, including the formation of a circular rainbow, the remains of the abominable snowman Yeti, a place 53 km ahead of Leh where a vehicle parked on a slope moves forward instead of backwards, and the evidence of volcanic ash in a village near Nasik, which has been traced back to a volcanic eruption in Indonesia.

My second book *Smaran Yatra* describes the *samadhi* (memorial) of 52 Peshwa warriors, while my third, *Chitraroop Raigad*, is a pictorial representation of the district and the fort of Raigad. Most people who go to Raigad do not have the time to absorb the history and see the places that have found their way into historical lore. My fourth book *Ladakh* is a compilation of my experiences in the mountainous region woven with a narrative that researches its historic past. One of my more popular books has been *Sahali Ek Divsacha*, *Parisarat Punyacha* (One Day Excursions in and around Pune), which lists 169 interesting places in a radius of less than 175 km around the city that I have categorised according to their historical, scenic and religious significance.

I am as fascinated by the lifestyle of the locals in any place as I am by its scenic beauty. Over the years, I have amassed 15,000 clippings and more than 4,000 books that make for a vast storehouse of information. I never write about a place without first visiting it. Sometimes I need to see a place three or four times before I can describe it in thorough detail. But I think the effort is worth it if it inspires others to embark on such trips. Most people who visit a place as tourists do a very perfunctory job of sightseeing without actually absorbing the finer details. I always hope that my books open their eyes, ears and minds to things that generally escape their attention. At present, I am working on a series of 25 books, which will cover all the important forts of Maharashtra—I have already finished eight!

—P K Ghanekar, Pune



The Kumtas discovered a new way of life

ART OF HAPPINESS

In the past, whenever I used to see posters of Art of Living (AOL) classes anywhere, I was always a little intrigued by the idea. After I visited the AOL website, I was even more motivated to sign up for the course. My husband and I toyed with the idea for a long time and finally enrolled for a session scheduled from 27 January to 1 February 2009.

Our teacher was Harish Patel—a dynamic multifaceted man who was as adept at offering profound discourses as he was at singing film songs, playing the drums or performing *kriya* and chanting mantras. On the first day of our session itself, Patel made it amply clear that AOL did not lead to any miracles. In fact, the first day was uneventful and I even wondered whether it was just so much hype. As the session progressed, however, I found a subtle shift in my thinking and approach towards life. On Day 6, I actually felt as if I had found a new ‘me’ within me.

It is difficult to fathom the depths of Sri Sri Ravishankarji’s teachings, yet when you put them

into practice in day-to-day life, you become a veritable embodiment of pure values, good thoughts, devotion to the Almighty and love for your fellow beings, not to forget boundless love for life. The teachings are simple, yet manifold: to smile through life’s tumultuous ways; to live in the present unchangeable moment; to give 100 per cent to everything that you do; to love fully, devoid of ego; to surrender unquestioningly to the Almighty; and to remember that everything that happens, happens for the best.

AOL helped me realise the significance of praying to the earth, sun, our forefathers and parents. It inculcated in me the need to follow healthy practices of not just food and drink, but also of thought, demeanour and action. I discovered that the chanting of *aum* and the practice of various *kriya*—*pranayama*, *ujjayi*, *brahmari*, *bhasrika* and *sudarshana*—instilled in me a sense of everlasting peace and a thorough cleansing of body and spirit.

It was wonderful to watch people from different age groups and different walks of life mingling freely with no regard to the barriers of language, caste, creed or religion. I experienced a sense of oneness with the other disciples that I hadn’t even shared with people whom I had known all my life. At the end of the programme,

it was hard to believe that I could share my joys and sorrows with utter strangers who had suddenly become family. My husband and I danced both solo and together with the rest of the group without feeling any embarrassment. Above all, I could hardly believe that I could speak a few words in front of a huge audience without giving into stage fright.

“I could not believe I could speak in front of a huge audience”

At the end of our concluding session, we pledged to implement what we had learnt in our daily lives. The transformation I feel within me is unbelievable yet true. I feel infused with a new verve; a zest to not just live every moment but to embrace it.

—Vanita Kumta, Mumbai

We reserve the right to select articles, which will be edited to suit space and editorial considerations. Harmony takes no responsibility for advice offered in this column. **For more Your Space letters, go to www.harmonyindia.org**



One people, one voice

Articulate your needs, concerns and rights, urges Dr Jane Barratt

Despite all the ghastliness, human beings are made for goodness. The ones who ought to be held in high regard are not the ones who are militarily powerful, nor even economically prosperous. They are the ones who have the commitment to try and make the world a better place.” Out of deep concern for the challenges currently facing the people of our world, Nelson Mandela, Graça Machel and Desmond Tutu have convened a group of leaders including Ela Bhatt, Gro Brundtland, Jimmy Carter, Muhammad Yunus, Kofi Annan, Lakhdar Brahimi, Fernando H Cardoso, Mary Robinson and Aung San Suu Kyi to contribute their wisdom, independent leadership and integrity to tackling some of the world’s toughest problems.

As I write this column, looking over Lake Ontario in Toronto, Canada, I am puzzled as to why silvers around the world do not seem to have a strong convincing collective voice. Or is it that ‘we’ are not listening and hearing their concerns, ideas and solutions?

It is not because there are not enough older people. On the contrary, the subpopulation of older people is growing at a faster rate than any other population group. Globally, the population aged 60 years or over is the fastest growing. In the more developed regions such as North America, Oceania and Europe, the population aged 60 years or over is increasing at the fastest pace (growing at 1.9 per cent every year) and is expected to increase by more than 50 per cent over the next four decades, rising from 264 million in 2009 to 416 million in 2050. Compared to the more developed world, the population of the less developed regions is ageing rapidly. Over the next two decades, the population aged 60 years or over in the developing world is projected to increase at rates far surpassing 3 per cent per year; its numbers are expected to rise from 475 million in 2009 to 1.6 billion in 2050.

Both the public and private sectors, including the government, non-government and business sectors, are seldom interested in hearing from older people. Even if they are, many times these sectors do not have a ‘magic solution’ to a request, idea or complaint.

There are many examples of the voices of older people being heard around the world—the message varies with culture, social expectations and the political environment. Here are three very different illustrations from Kyrgyzstan, Canada and New Zealand. The challenge I make to the readers of *Harmony* is to share how your voice can be heard in India so you can be part of the Global Village.

*Courage,
conviction and
determination
are the essence
of having a voice*

The voices from Kyrgyzstan

In March 2009, a groundbreaking audiovisual project developed by HelpAge International recorded the experiences of older people during severe winters in Kyrgyzstan to raise awareness of the challenges they face. Temperatures in Kyrgyzstan routinely fall below -20°C during winter

months, yet shortages in gas and electricity supplies, coupled with rising food and fuel prices, mean that many are unable to heat their homes.

Jursun Ybykeeva, 75, is from a village near Issyk Kul lake in eastern Kyrgyzstan. She lives with her husband, daughter, son-in-law and three grandchildren. “What makes living in winter difficult is heating. We don’t have enough money to buy coal. We usually use a bunch of bushes and dry manure for heating, which doesn’t provide much heat and quickly gets cold. Food is also expensive, and we usually eat just bread and tea without sugar or milk.”

The HelpAge project aims to bring to life the experiences of older people in Kyrgyzstan, highlighting specific challenges they face during winter months.



The geography of Kyrgyzstan and Burnaby is in sharp contrast, and so are their needs and redressal

Our hope is that government representatives, donors, NGOs, and members of the public will visit the exhibition to learn about these issues and take action to support older people, many of whom are fulfilling a caring role for grandchildren.

The voices from Burnaby, Canada

Burnaby is part of the Greater Vancouver region in Canada and has a population of approximately 195,000. The physical landscape of the city is one of hills, ridges, valleys and alluvial plain. Providing an exceptional physical environment are other natural features including two large freshwater lakes, naturally forested mountain parkland, an ocean beach, a multitude of neighbourhood parks and open space with fish-bearing rivers and streams.

Burnaby's population is ageing and the government wants to better understand the needs of older people and create solutions with them. Through a survey, the municipality figured what was working well and

where measures needed to be taken to ensure that all citizens enjoy quality life and independence.

The survey results show a predominantly active and healthy group of residents aged 55 years and older. The majority of respondents are managing well with activities of daily living and housing, are actively engaged in community life, and making important contributions to society.

Future planning initiatives that the seniors believed would improve their ability to remain independent are:

- To create shelter assistance programmes and other housing assistance options for people who rent their homes;
- Expand the range of rental and purchased (affordable) housing for seniors and explore housing options that will allow them to remain physically and financially independent;
- Ensure housing is adapted to meet the changing needs of seniors;
- Ensure that the built environment and transit system are accessible for people who use mobility aids;
- Address the support service needs of seniors, particularly those involving home maintenance and repairs;
- And promote and support the active engagement of seniors in community life.

The voices from New Zealand

Non-government and not-for-profit organisations often aim to represent the views of their members. This is often a tough assignment to successfully achieve because of the variation in socio-economic needs. In New Zealand, Grey Power is a membership-based organisation that promotes the welfare and well-being of silvers. It has a clear focus on several key issues that affect all older New Zealanders including health, human rights, retirement villages, superannuation and pensions and law and justice. Its mission is to be the appropriate voice for them and this is achieved through a decentralised organisational structure, Grey Power Associations.

Courage, conviction and determination mellowed with grace and humility are the essence of having a voice and being heard. In life's defining moments there are often only two choices—you either step forward in faith and power or you step backward into fear. So, let us hear the voices of readers of *Harmony*. Speak up and be part of the Global Village. 🏡

Dr Jane Barratt is Secretary General, International Federation on Ageing



Good heavens, it's Mrs Malik!

Sudeep Chakravarti recounts a debt of career and humour to media critic and columnist Amita Malik

I was clearing the address book in my mobile Iphone a few days ago; names and numbers are so easily erased at the touch of a key. But I couldn't bring myself to delete one: that of Amita Malik.

She used to be a columnist for this magazine. She died in late February of leukaemia, at 87. She worked nearly till the end of her life. She was what *Harmony* is all about: self-respect, life lived to the full, sense of humour by her side. Many of you probably know her, as you are either of her generation, or the one after. So, you would know she was among a few female writers of calibre and trenchant voice from a time when ladies mostly stayed home, made babies, and walked a step behind their men. You would know, too, that she travelled the world in search of movies that she loved, and movie personalities that she loved more. She visited Cannes several times before it became 'happening'. She was on first name terms with David Lean and the Bergmans. She interviewed Marlon Brando. For more years than I've lived, she with her newspaper columns often decided the fate of a movie or television programme.

By the time I got to know Mrs Malik, in the last 23 years of her life, she was no longer all powerful. Long separated from her husband, she stayed alone in a shabby government-designed flat in Delhi. She had few friends. Imperiousness alternated with crankiness. We met, media diva and callow journalist, at a New Delhi reception hosted by a French cultural attaché who thought Third Worlders were like Rousseau's *Le Sauvage Noble*: worthy of ethnograph-

ic study and fantasies of tropical sensuality, but mostly, illiterates who couldn't tell the difference between *foie gras* and *faux pas*.

Mrs Malik discussed with him Monet and Manet, and film noir. She insisted that Gerard Depardieu had saved French filmdom, and that the French couldn't go on substituting talent with movies of people smoking unfiltered cigarettes with the concentration of Napoleon. In five minutes, she had reduced the attaché to a wreck. I was choking artfully into a vase of lilies, convulsing with silent laughter. I fetched her a glass of wine. That was my first *guru dakshina*. Over the years, she cast a great-aunt persona, freely praising or rubbishing my work. She often knew of a major career move before my parents did. Whenever I took risks for an editorial initiative, she provided living proof that 'maverick' was not a bad word. Five years ago, as I walked from a mainstream media career in Delhi to write books in Goa and

work as a media consultant, some friends called me brave; others called me foolish. Mrs Malik said: "All that seafood!"

Three years ago, when she last visited Goa to attend the international film festival, I drove her to a seaside restaurant. She walked painfully over sand, leaning heavily on a cane, but resolutely refused other help. She put away stuffed crabs, white wine, and pastry. She soaked up the smell of the sea, and acknowledged the greetings of several festival habitués. Her farewell was simple: "Thank you for taking an old lady to lunch." ■

**Malik was what
Harmony is all
about: self-respect
and life lived
to the full**

Sudeep Chakravarti, 45, is an author and columnist. He lives in Goa

30 मार्च राजस्थान दिवस पर बधाई!!



राजस्थान

जहां जीवन में उल्लास है
मस्ती और उमंग है
मेले और त्यौहार है
लोककला व परम्पराएं है
और इन सबको एक सूत्र में बांधता है

संगीत

जो यहां के जीवन में रचा बसा है

वीणा

प्रयासरत है इसे संवारने-बढ़ाने व संरक्षण में



राजस्थान के जन मानस का संगीत
अब देश व दुनिया की भी पसंद



महिला संगीत, स्टेज शो व राजस्थानी
सांस्कृतिक कार्यक्रम के लिए सम्पर्क करें -



Haldia House, Johari Bazar, JPR-3
Tel.: 2572666, 4007666
Web site: www.veenamusiconline.com



WELCOME HOME

Pingalwara Charitable Society is a beacon that lights the way for the destitute, including countless silvers, reports **Vandana Shukla**

Founded in 1948, the story of the establishment of Pingalwara Charitable Society in Amritsar reads like folklore. In 1934, Bhagat Puran Singh, popularly known as Babaji, found a spastic child abandoned on the stairs of Gurdwara Dehra Sahib, Lahore. He took it as a message from God

and found his vocation in caring for the defenseless child, who he named Piara. Over the years, 22 destitute and disabled children found a new life in his care.

After Partition, Babaji travelled to Amritsar. The trauma following Partition instilled in him a resolve

to seek a long-lasting solution for the abandoned and the destitute. He had no home to call his own, lived in penury, and fed and nursed others without caring for himself. Without any source of income, he continued to take responsibility for those who had no one to turn to.

When his family swelled beyond a couple of hundred, he decided to lay the foundation of Pingalwara Society. (Pingalwara means home for the mentally ill.) Alone in this mission, he would wake up early in the morning, clean the utensils and the floor of the *gurdwara* and then stand on the roadside asking for money. He would then buy food and clothes and then take the sick to hospital for treatment. His dynamism and selfless devotion motivated many others and Pingalwara became a movement.



RANJIT SINGH

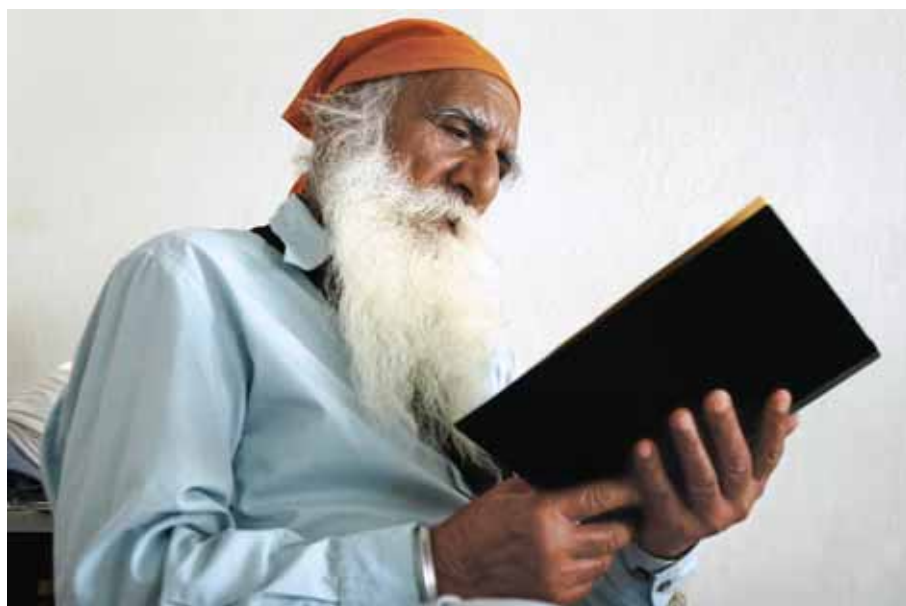
Today, the trust meets an expenditure of Rs 250,000 every month—most of this money comes from small, individual contributions.

At the same time, Babaji started a campaign to make people sensitive to the root of the malaise. He read voraciously, wrote extensively, and taught people to keep their environment, both inner and outer, clean. Fifty years ago, he foresaw that consumerism would gnaw at our values, and that people, distanced from nature, would face alienation. He laid great emphasis upon planting trees and living a life of austerity.

“Today, ‘destitute’ does not mean a person without money,” says Mukhtar Singh, honorary secretary and planner and architect of the Society. “For a growing number of elders, money is not a prob-



For money and property, Baldev Singh's wife and son threw him out of their home in Tanda village, Punjab. The 65 year-old came to the Mannawala home four years ago. He finds joy in gardening and loves to tend to flowering plants.



Hazara Singh, 73, worked as a *granthi* at Guru Nanak Gurdwara in Dinga district, Gujarat. After his wife passed away, his children refused to look after him. He had seen Bhagat Puran Singh's selfless work in Lahore as a child. When he realised that all doors were closed to him, he decided to come to Pingalwara. Mannawala is his home for the past four years and, every day, he does *paath* (prayer) for the residents.

lem; their problem is alienation.” The idea of an old age home was put forth when, in 2004, Mukhtar Singh read an incident about two sisters, Satwant and Beant Kaur, who were forced to live in a garage. Beant Kaur was the first Indian woman pilot and was 89 when she, along with her younger sister Satwant, was turned out of her own property by her stepson.

“That’s when we decided to start a separate home for senior citizens,” adds Mukhtar Singh. Today, of the total number of 1,196 residents in six different branches of the society, 109 are abandoned silvers. First established in Amritsar, the society has, over the years, set up branches in Sangrur, Goindwal, Palsora, Jalandhar and Mannawala in Punjab.



Dr Bibi Inderjeet Kaur, president of the Trust, is a qualified doctor. She never married and found her calling in the selfless work undertaken by Baba Bhagat Puran Singh. The residents of the Mannawala home and workers at the Trust are her extended family—she knows everyone by name.



Hardev Singh was working in a cloth factory when he fractured his back. He was given free treatment by Pingalwara Trust. Widowed and childless, he had nowhere to go and decided to stay back in Mannawala after he recovered.



Kulwinder Singh, 51, worked as a construction engineer in South Africa. After a bitter divorce and the death of his parents, he came back to India. Around Diwali in 2007, on his way to work—the construction site of a hotel in Amritsar—he had an accident. Volunteers from Pingalwara picked him from the roadside to get him medical aid. Singh was hospitalised and looked after by volunteers from Pingalwara. After recovery, he decided to stay back in Mannawala and work as a volunteer for the construction projects of Pingalwara Trust. This is his only home now.

In 2005, the society established Apna Ghar, in Mannawala village, about 8 km from Amritsar. It comprises 62 apartments with attached kitchen and toilet for those who can afford the stay, and 46 with a common kitchen for poor silvers. "We plan to expand the home to accommodate 200 seniors. Though Pingalwara takes only destitute seniors, at times even pensioners and retired couples want to come

and stay with us," says Mukhtar Singh, adding that the society's home in Sangrur has 10 rooms with an attached kitchen and toilet for those who can afford it. "Just as some children are abandoned by parents, some parents are abandoned by children," says Col (ret'd) Darshan Singh Bawa, an administrator at the Mannawala home. "Both are destitute, though there is a difference. Even those

seniors who can afford to pay partially for their stay do not like to pay and save all their money for their children who don't care to visit them."

At Pingalwara, housing, food, medicine, clothing and all expenses are borne by the Trust. "We have our own ambulances and doctors give preference to our patients at all hospitals for the respect they have for Pingalwara," adds Bawa. Apart from health facilities, the society has its own prosthetic centre in Mannawala where hundreds of silvers get a new lease on life. "Many silvers who like to join our home object to the stigma attached to the name Pingalwara and often demand that we drop the name," says Dr Bibi Inderjeet Kaur, president of the Trust. "But we cannot lose our identity. Today our supporters spread all over the world know us by this name." ■

SLUM TO MILLIONAIRE ONLY IN MOVIES.

**IN REAL LIFE, TO BE A
MILLIONAIRE YOU'VE TO
START SAVING.**

SAVE WITH THE GREATER BOMBAY CO-OPERATIVE BANK
AND ENJOY ATTRACTIVE DEPOSIT RATES.

CURRENT RATE OF INTEREST ON DEPOSITS

MATURITY PERIOD	Interest Rates in Percentage (Per Annum)	
	General Public	Senior Citizens
15 days to 45 days	5.00	5.00
46 days to 90 days	6.00	6.00
91 days to 180 days	8.00	8.00
181 days to 1 Year	8.00	8.00
Above 1 Year to 13 Months	10.25	10.75
Above 13 Months to 2 Years	9.00	10.00
Above 2 Years to 3 years	9.50	10.00
Above 3 Years to 7 years	8.50	9.50
GB Tax Gain Scheme	8.50	9.50
GB Money Multiplier Scheme*	Deposit doubles in 94 Months.	
GB Senior Citizen Money Multiplier Scheme*	Deposit doubles in 87 Months.	

* No additional rate of interest will be applicable for the said deposits.



THE GREATER BOMBAY CO-OPERATIVE BANK LTD. (SCHEDULED BANK)

Corp. office: "Baldota Bhavan", 3rd Floor, 117, M. K. Marg, Churchgate, Mumbai - 400 020.
Ph: 22075315, 22076489. Fax: 22076989. E-mail: info@greaterbank.com Web: www.greaterbank.com

BRANCH	PHONE NO.	BRANCH	PHONE NO.	BRANCH	PHONE NO.
Andheri (E)	28370794, 28370772	Dahisar (E)	28281409, 28280888	Naigaon	24106850, 24123229
Bandra (W)	26420150, 26415737	Ghatkopar (E)	25128936, 25124906	Thane (W)	25372928, 25363703
Bandra Rec.	26438849, 26438850	Goregaon (W)	28723793, 28765076	Vasai (W)	95250-2340321, 2340839
Borivali (E)	28938559, 28905036	Kandivali (W)	29673361, 29671125	Vashi	27884401, 27884402
Bhuleshwar	22408890, 22413642	Malad (W)	28807088, 28823163	Versova	26342832, 26346248
Dadar (E)	24112232, 24172071	Nerul (W)	27704121, 27711131	Vile Parle (E)	26144977, 26191318
				Wadala (W)	24125638, 24172248

| cover feature

World at her *feet*



Long revered as the high priestess of Indian classical dance, Mrinalini Sarabhai is as replete with creative energy and artistic vision today as she was when she started the Darpana Academy of Performing Arts in Ahmedabad 60 years ago. Busy with the production of a dance drama on global warming for children, Sarabhai shares new dreams and old memories over coffee with Rajashree Balaram

Photographs by Purvi Mehta Parida



The eyes are as expressive as ever, smudged with kohl and sparkling alternately with fire, humour and curiosity. The unyielding majesty in the posture makes you sit up straighter instinctively. The gentle smile and the soft voice though brush away all apprehensions of arrogance. Profusely apologetic for starting the interview five minutes past the scheduled time, Mrinalini Sarabhai clearly lives life with the iron-clad discipline that underlines her name and fame. The latter is on glorious display on her sunlit walls: old posters of shows in Germany, Britain, France, Greece and Mexico; honours ranging from the Padma Shri in 1965 and Padma Bhushan in 1992 to a medal and Diploma of the French Archives Internationales de la Danse, Sangeet Natak Akademi Fellowship and gold medal by the Mexican government for her choreography for the Ballet Folklorico de Mexico... all this and many others. However, the global éclat in no way outshines the many photographs of her iconic space scientist husband, late Dr Vikram Sarabhai; daughter, fiery activist and dancer Mallika Sarabhai; environmentalist son Karthikeya Sarabhai or her grandchildren and friends.

Sarabhai wears her status with casual elegance, just like the deep blue ethnic sari and the Italian beads that adorn her neck. Approaching 90, she hates talking about her age. She would rather discuss the consequence of global warming, world politics, sports, fashion faux pas and, above all, her life's greatest passion: dance.

IN HER WORDS:

When I married Vikram Sarabhai in 1942, people wondered why he had married a devadasi! Those were the days when people could not understand why a girl from a respected family wanted to become a dancer. I knew I wanted to be a dancer when I was four years old. Initially my parents dismissed it as a 'hobby'. I was very frail, so they sent me to Switzerland hoping the cooler climes would make me more robust [laughs]. I learnt Greek dance and ballet there. When I returned, my passion for dance remained undimmed. So my mother sent me to Kalakshetra and then Shantiniketan where I learnt Manipuri. Tagore was such an inspiration then. He was very old [pauses]. I don't think I should be saying that anymore [laughs]. In a nutshell, I overcame all that resistance with sheer audacity and perseverance.

I think my sense of purpose comes from my pro-women background. My mother Ammu Swaminathan was a women's rights activist. My sister Lakshmi [Captain Lakshmi Sehgal] was with Subhash Chandra Bose's army. Her daughter Subhashini Ali is a well-known women's rights activist. Another niece Srilata Swaminathan is a political activist working with tribals in Rajasthan. My daughter Mallika Sarabhai has ruffled quite a few feathers with her trenchant voice against communally motivated politics. God help the world, we are a bunch of firebrands!

I am happy that the fire still burns bright in my soul and keeps me going. My day begins at 7 am. I do some simple yogic moves and Tibetan exercises. I come to Darpana at 10 am and am here till 1 pm. Then I take a break and return at 4 pm and stay till 6 pm. I continue to write stories and plays for children. Right now I am working on a dance drama on global warming for children. I plan to execute it in the Bawai tradition with recitation and dance, so kids learn both Bawai and the seriousness of global warming. My day is spent mostly writing, reading and monitoring the progress of my students. Though I do not believe in planning my day, I do believe in never leaving for tomorrow what can be done today.

I think I learnt the philosophy of following my path from Vikram. He had immense belief in my dreams, sometimes more than me. Initially, I was not too sure about setting up Darpana in Gujarat. In those days,

there weren't too many connoisseurs of classical dance here. He insisted that I could change perceptions by being who I am and by being sure about what I did. He was so right. When the children here saw me dance, they wanted to dance like me. Today more than 25,000 students have passed out from Darpana.

I am astounded by the love of my students, especially little children. When I meet them in the evening, they rush to greet me. Though I believe in being strict with the discipline of dance, I ensure that they feel free to come and share their thoughts, ideas and problems with me. Their enthusiasm is invigorating and that camaraderie fills me with immense joy. The fact that they call me *amma* says it all.

I do not agree with the general refrain that the generation now is fickle and less committed. My daughter is more committed to her social cause than I am. Though I too believe in activism and social conscience, I do not look at it as a revolution. I do it quietly. I express what I feel, but Mallika wants to create a movement.

I enjoy seeing Mallika dance. We have never had a clash of ideas. She always says, 'I am not a dancer like you, I am a communicator.' And I agree with her. When I hear about some injustice, I express my angst through my dance. Mallika, on the other hand, does not want to merely pour out her fury through art; she wants to rouse people into awareness.

Dance can have deep repercussions. Once I did a Bharatanatyam dance drama in Chennai on dowry death. After the show, the minister—who was the guest of honour—was so moved by the message that he conducted a survey on dowry deaths in Tamil Nadu, which brought into public view the high statistics of such deaths in Salem. As an artist, I like knowing that somewhere I helped make a difference.

I think people are more tuned into the arts now, especially if there is a message. Whenever I read about caste oppression, gender bias or tree cutting, I try and translate it into poetry, which finally expresses itself as a dance sequence. I hate it when people take shortcuts with art. Any art can only be honed by patience and perseverance. Though experimentation is fine and I personally encourage it, a performer should be

*I am happy that
the fire still burns
bright in my soul
and keeps me going.
Though I do not
believe in planning
my day, I do believe
in not leaving for
tomorrow what can
be done today*





careful while doing so. Simplify and innovate all you want, but don't mess with the basics. That's sacred.

I used to practice 10 hours a day. So much so that I could barely walk and had to crawl up the stairs to my room. I am grateful I had Meenakshi Sundaram Pillai and Kunju Kurup as my gurus. I was performing in Italy when I heard that Sundaram had died. I told the audience that my guru had passed away and I wanted them to stand up and honour him. I was so touched when the whole audience stood up to observe three minutes of silence.

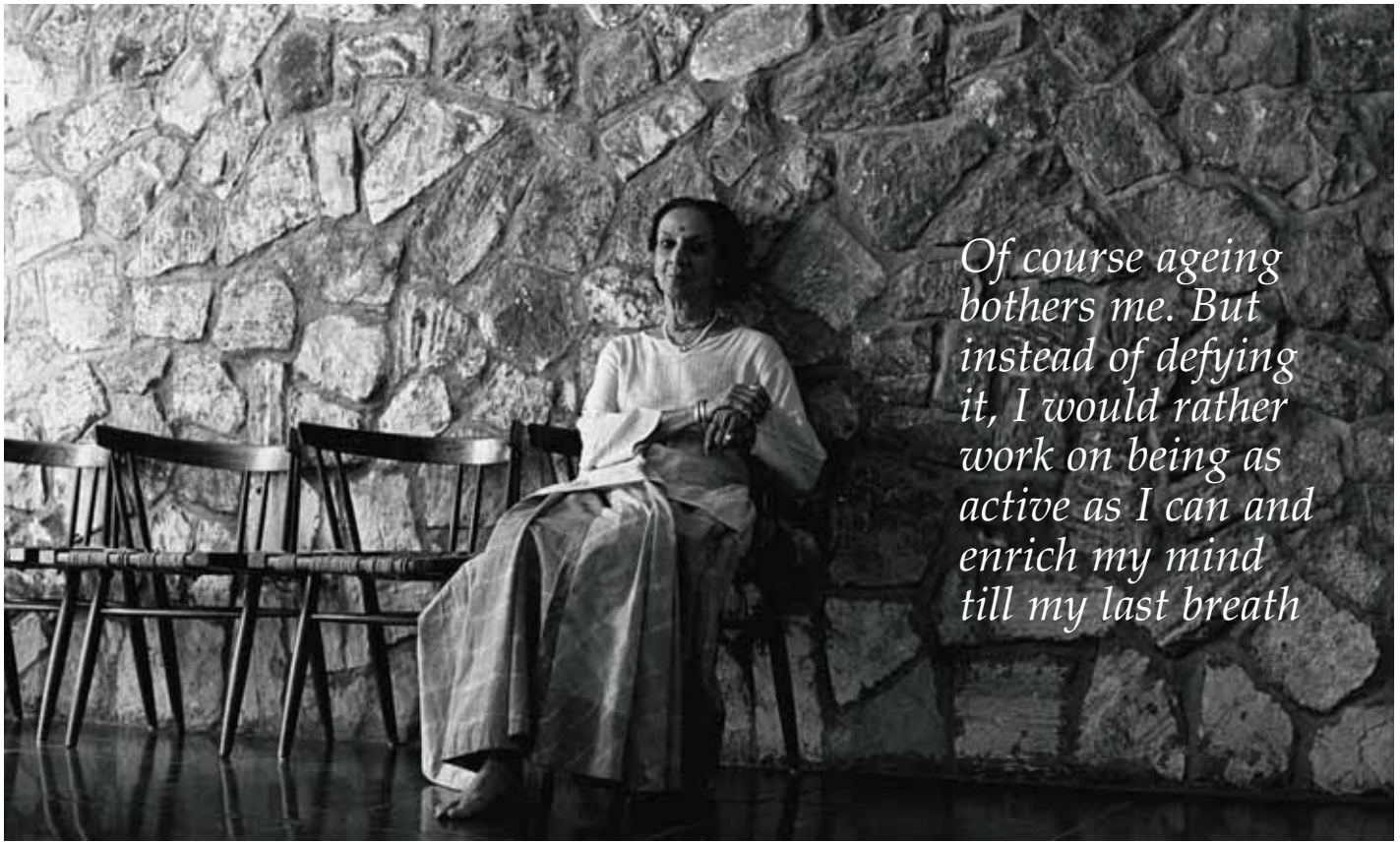
I love going back to my roots in Kerala. Once every year, I visit my ancestral home in Palakkad. In a way, I touch base with my childhood. I have some of the most beautiful memories of waking up at five in the morning to learn Kathakali from my guru Kunju Kurup. The mango tree outside my house was my private retreat; that's where I disappeared with a book when guests came over. I remember being lost for hours in the world of Alexandre Dumas, while everyone searched high and low for me [chuckles].

I enjoy travelling, but I have cut down on it now. I go over to meet my sister Lakshmi in Kanpur though, and we chat for hours reminiscing about the good old days. We should keep our childhood alive for as long as we can.

I share a great rapport with my grandchildren. They keep me clued in to the latest trends. It feels wonderful to know that they will keep my legacy alive. I feel proud when people tell me that my grandson Revanta [Mallika Sarabhai's son] dances like me. My granddaughter Anahita inherits her passion for writing from me, I guess [smiles]. Both keep me posted on everything from movies to fashion. Recently they got me a CD of *Slumdog Millionaire* and insisted that I watch it.

Current affairs and sports, especially tennis, stimulate me. I try to watch an hour of news every day. I followed the presidential election in the US with much excitement. I so wanted Obama to win. I admire America for that... for being able to overcome their racial prejudice in just 50 years. It's such a glorious example—one that India needs to follow. We are still so shackled to caste and communal bias. When will we understand that the religion and caste we are born into are purely a matter of destiny?

I get disturbed when I read about politicians chopping off 300 trees to set up a helipad. Aren't they supposed to lead by example? Earlier, I used to run to save trees. Now I have assembled a small group of nature lovers—Prakriti—who run to save trees across Gujarat. People recognise this movement and I even get calls asking me to save a tree.



Of course ageing bothers me. But instead of defying it, I would rather work on being as active as I can and enrich my mind till my last breath

Another thing that bothers me is the silly 'frocks' that women wear these days. If we insist on aping the West, why not be inspired by their ideas and discipline instead? Not that I am conservative, but I think the sari complements the Indian frame beautifully. Why have we stopped wearing it? I am planning a show on saris, tentatively titled *East is East, West is West, Sari is the Best*. Please do not misinterpret this as a prudish mindset. I feel that if you insist on wearing a frock, better work out and get toned legs.

I have always been thin as I eat very sparingly. Initially my thin frame was held against me as a voluptuous frame was considered more appropriate for classical dance. But I guess, now I have the size zero frame that's so much in vogue today [laughs]. Seriously, food has never been a passion. I am a pure vegetarian. Though I do not cook, I decide the menu for my guests. There are quite a few foreign guests at Darpana. So I have my hands full. And no, I am not fatigued with my busy schedule. Dance has only grown to consume me more and more with the years.

Though everyone extols the virtues of detachment in new-age living, I believe attachment is as important. We are a close-knit family, but there are times when I feel sad and lonely when I lose my dear friends. However, one should embrace all shades of life—even the melancholic. Only then can we live life to the

fullest. Whenever I feel sad, I remember an old Buddhist fable: When a man approached Buddha complaining about the loss of a loved one, Buddha asked him to get a mustard seed from someone who hadn't experienced any loss. The man travelled the whole world and returned empty-handed.

I think one of the greatest gifts we can give ourselves is the ability to laugh at ourselves. Laughter dispels all the greys of life. Life would not be so beautiful without its little tragedies. We should reach out to others who are less fortunate. After the Godhra riots, I worked closely with the families of the victims. I suddenly realised how precious life is and how little we really 'live' it up.

I love dressing up. Not out of any misplaced vanity, but I like to set an example for my students. I like collecting ethnic accessories, parasols and saris. I like wearing a huge *bindi* and jasmine in my hair. Of course, ageing bothers me. But instead of defying it, I would rather work on being as active as I can and enrich my mind till my last breath. One reason I enjoy doing research for our shows is that I learn so much in the process. By the way, I love flowers. If I am invited to a function and one of the guests leaves their bouquet of flowers behind, I bring the flowers home and put them in a vase. Why leave something to wilt when it can bloom for a few more days? 🌸



Our DUET

Santoor player **Rahul Sharma** shares his special bond with father Pandit Shivkumar Sharma

I feel proud that my father reinvented the santoor. What was once just a folk instrument confined to the Kashmir valley has emerged as a popular classical concert instrument today primarily because of his improvisations. My grandfather Pandit Uma Dutt Sharma discovered the instrument but it was Papa who successfully adapted it to classical music and gave the santoor its true character and recognition. This was a great point for me to start from. Probably the only touch I have added is my collaboration with international musicians. The use of santoor in world music is some-

thing that probably hadn't happened before.

Papa has always been very important for me. His influence in my life is evident from the fact that he is my father and my guru and I play the same instrument he does. I have always loved music and learning the basics of vocal music and the tabla helped me as a musician. After all, instrumentalists sing through their instruments.

I was always given a lot of encouragement. I started playing the harmonium at the age of seven and enjoyed composing my own tunes. It gave me a kick. When my father saw this, he initiated me to the santoor when I was about 12 and I took it up slowly. I would compose on the santoor under his guidance. He was the best guru one could have.

Papa wanted me to be sure of what I wanted to do. He did not believe that I should become a musician or play the santoor just because I was his son. My brother had also learnt the santoor initially but could not pursue it as he went abroad to study after tenth grade. But I did. It was only natural for me to take up the santoor as I loved its sound and the way my father played it. However, my father was keen that I should complete my studies.

My father gave his first public performance at the age of 17 in 1955. I started performing very late—I was 23. I remember feeling a little nervous and telling him I was not really sure if I was in the correct profession. For some time, I also wondered whether I

would feel nervous each time I went on stage. But my nervousness disappeared within the first 15 minutes! That was in Oslo in 1996—a *jugalbandi* (duet performance) with my father.

Papa's contribution to Hindi cinema as a music director did influence me. I was a huge fan of Amitabh Bachchan. So, when he was composing for the film *Silsila*, I would accompany him every time. I would watch him compose music as well as watch Amitabhji sing a few songs in the film. I too have composed music for the Bollywood film *Mujhse Dosti Karoge*—I'm probably the first young Indian classical musician to do so. I released my first CD,

He did not believe that I should become a musician or play the santoor just because I was his son

Footsteps, in 1996. In the past 12 years of playing the santoor, I have released some 40 albums.

Papa gave me the liberty to experiment. It makes me happy to see that the santoor has many young listeners, perhaps because of my music. I have experimented a lot in fusion and collaborated with noted international artists like pianist Richard Clayderman and keyboardist Kersi Lord. It gave me immense pleasure last year when Amitabhji released my album with Clayderman and

mentioned that he had listened to my album on many occasions.

I am confident that Papa will bail me out from any sticky situation. I remember when I had failed in maths in sixth grade. I changed my report card and got it signed by my mom but was caught at school by my teacher. I was scared of my mother and it was Papa who patiently came with me to school the next day and sorted it all out. After that, we established a different equation and I bonded with him as a friend.

Papa is forever open to my point of view and willing to listen. He does not have a closed mind regarding anything. From him, I have learnt to listen and respect other people's opinions. If we do have any differences, we just give each other space and sort out the problem. Fortunately, there have been no major differences so far.

Papa is a self-made man. He had to struggle to achieve all that he has, particularly in the early years. His success helped me get a stepping stone in a very competitive world. But he would say that being his son could only give me the first break. Success depended on my own talent and endeavour. He has a spiritual aspect that I admire tremendously. He is like a yogi.

Parents sacrifice a lot for their children. I feel children should remember this and not let their parents down. Parents should guide their children but give them the liberty to make decisions about their own lives and let destiny take its course.

—As told to Anjana Jha

Sweet 'n' spice

Dr Pushpesh Pant dishes out a delectable meal with low sodium salt, sugar-free sweetener and Chyavanprash

April is here—part dismay, part joy. With the muggy heat on one hand, and a slew of festivals on the other—Baisakhi in Punjab, Gudi Padwa in Maharashtra, Bihu in Assam, Ugadi in Karnataka—you need to balance decadence with

lightness. Pineapple cooked in the Awadhi way is in sync with the festive mood, while delicately marinated fish, shallow-fried with a hint of oil, reminds you that taste and health can go together. Throw in a good old *paan* for sheer indulgence. Enjoy the festivities!

TAWE KI CHATPATI MACCHALI

Preparation time: 10 minutes

Cooking time: 15 minutes

Serves: 2

INGREDIENTS

- Boneless fish (white fish like *bekti/sighara/surma*): 300 gm
- Malt vinegar: 1 tsp
- Kashmiri red chillies: $\frac{1}{2}$ tsp

- Pepper powder: $\frac{1}{2}$ tsp
- Cumin powder: $\frac{1}{4}$ tsp
- Clove powder: $\frac{1}{4}$ tsp
- A pinch of low sodium salt

METHOD

Clean, trim and wash the fillets. Cut into bite-sized pieces. Prepare a marinade by mixing all the

ingredients listed. Gently apply to the fish and keep aside for 30 minutes. Put a non-stick frying pan on the stove. Line it with a thin film of oil. Carefully place the fish in it and grill for about 5-6 minutes on medium heat, turning once in between. Serve hot with onion rings and lime wedges.



ANANAS KA MUZAAFAR

Preparation time: 5 minutes

Cooking time: 25 minutes

Serves: 3-4

INGREDIENTS

- Basmati rice: 125 gm; soaked overnight and drained
- Sugar-free sweetener (powder): 100 gm
- Sugar: 100 gm
- A pinch of nutmeg
- Lemon juice: 4 tsp
- Saffron: 2 tsp; pounded slightly with a pestle
- Screwpine essence (*kewra*): 2 drops
- Pineapple essence: 3 drops
- Green cardamom: 5-6; pounded slightly with a pestle
- Cloves: 5-6
- Pineapple rings: 4; cut into $\frac{1}{2}$ inch pieces
- Ghee: 75 gm

METHOD

Add sugar and sugar-free sweetener to $\frac{1}{3}$ cup of water in a pan and bring to a boil. Add nutmeg and lemon juice. Stir until the syrup becomes thick. Stir in saffron and *kewra*. Heat water (approximately 2 cups) in a pan, add the drained rice, cardamom and cloves, and boil until the rice is almost cooked but not fully cooked. Drain. Heat the syrup over low heat, add the cooked rice, mix well and remove when the syrup starts boiling. Add the pineapple pieces, mix well. Transfer the rice and syrup mixture to an earthenware *handi*, cover with a lid, seal with dough or silver foil and put on *dum* on a griddle (*tawa*) over low heat for an hour.



GILOURI

Preparation time: 10 minutes

Serves: 2

INGREDIENTS

- Betel leaves: 2; cut cleanly in halves and de-veined
- Dried apricots: 1 tbsp
- Dried figs: 1 tbsp
- Raisins: 1 tsp
- Fennel seeds: 1 tsp
- A few grains of peppermint
- Pine nuts (*chilgoza*): 1 tsp; shelled; or lotus puffs (*tal makhana*): 2-3

- Clotted cream/*chhena*/ *srikhand*: 1 tbsp

- Chyavanprash (optional): 1 tsp; preferably sugar-free

- Cloves: 4

METHOD

Finely dice the figs and apricots. Blend in a small bowl with clotted cream along with raisins and fennel seeds. Dry-roast lotus puffs/*chilgoza* seeds on a hot griddle and chop. Add to the bowl. Spoon out equal measures

of this filling on the betel leaves and roll into a conical *gilouri* (popularly known as *paan*). Secure the *gilouri* with a clove. Lace the top with a thick line of Chyavanprash. ■



Dr Pushpesh Pant, our culinary expert, is a documentary producer, author and die-hard foodie



VILAS KALGUTKER: Food styling: ANITA SARIN

gift the king of fruits to your loved ones



book your order for

premium

Alphonso mangoes, today!



- 🍌 Fresh from Devgad & Ratnagiri
- 🍌 Cartons of 12, 24 or 48 mangoes
- 🍌 Doorstep delivery across India
- 🍌 Despatches starting April 20th

Mangopeti

Item Code-Mango001

**Offer Price
Rs1,500**

48 Alphonso mangoes, each weighing at least 250gms, individually cushioned, packed in an attractive gift box.

Devratna

Item Code-Mango002

**Offer Price
Rs995**

24 Alphonso mangoes, each weighing at least 275gms, separated by hay/paper shreds, packed in a multi-coloured carton.

Devgadh/ Ratnagiri

Item Code-Mango003

**Offer Price
Rs625**

12 Alphonso mangoes, each weighing at least 300gms, separated by hay, packed in a traditional wooden crate.

to order:

www.reliancemoneymall.com

call **3988 6000**

visit **Reliance Money Branches**

RELIANCE
Money Mall.com

condition apply. please refer to the website www.reliancemoneymall.com for serviceable locations.



SKIN care

It's not just about
looking good but
healthy living,
reports Swati Amar

Skin is considered to be the largest organ of the body. It's also the one that visibly reflects ageing—age spots, fine lines, wrinkles, sagging are all indicators of the process, the first signs of which can appear even in the mid-20s. Our skin protects the body and guards underlying muscles, bones, ligaments and internal organs. It helps regulate body temperature and maintain the body's fluid and salt balance. Nerve fibres in the skin detect temperature as well as touch, pain and pressure.

SURFACE CHANGES

Skin renews itself constantly. New cells form on the lower layer of the skin and slowly move outward. Every day, scores of these cells reach the surface, die and get discarded. With years, this process of cell renewal slows down and the dead cell layer remains longer on the surface of the skin, making it look dull, almost translucent and pale. This dullness also arises from the reduction in the number of pigment or colour-absorbing cells. It further causes age spots that look like freckles. However, the changes in pigmentation could also be owing to longer exposure to sunlight.

With time, skin also loses its strength and elasticity. Unable to stretch and smoothen out as easily, it sags and wrinkles. Blood vessels in the skin also become fragile and prone to bleeding. This is followed by reduced ability to heal and higher susceptibility to tears and bruising because of minor injuries—this becomes evident earlier in women than men. Compared to younger people, wounds may take four to five times longer to heal.

Further, older people tend to sweat less because the sweat glands (located in skin) decrease with age. As sweating helps regulate body temperature, silvers are more likely to suffer from heat exhaustion or heat stroke during hot weather. At the same time, less blood flow to the skin makes them feel cooler to the touch.

The thinning of the layer of fat under the skin is another manifestation of age. As the level of fats decrease, an elderly person appears lean and thin—cheeks, chin, nose, temples and eye sockets tend to look hollow. This contributes to the wrinkling

effect (loss of firmness in the neck and hands). Loss of fat also reduces natural insulation—older people, therefore, are at greater risk during exposure to cold.

DRY SKIN

Skin ailments are common among seniors and more than 90 per cent of the silver population suffers from some kind of problem. Though several diseases can cause skin conditions, the sun is mainly responsible for the damage. Excessive exposure to sunlight makes skin dry and wrinkled. The decreased number of sweat glands and oil glands also contribute to dryness and consequent scaling and itching. “Xerosis is a condition that occurs because of dry and flaky skin,” says Dr V R Janaki, a Chennai-based consultant dermatologist. “Dry skin has a rough and finely flaking or scaly surface. This is especially noticeable in the upper back and limbs, particularly the shins.”

“Sometimes asteatotic eczema also occurs in areas of dry skin,” says Dr D A Satish, consultant dermatologist and cosmetologist at Sagar Hospitals, Bengaluru. “This occurs especially to people living in non-coastal areas. In coastal areas, water retention of the skin is better and the menace seems lower. The eczema appears in poorly demarcated, scaly round red patches.” Dry, itchy skin also occurs more often in winter because of less humidity. According to Dr Janaki, “Pruritis [the clinical term for itch] is another common complaint among the elderly.” Severe skin itch can be very uncomfortable and cause loss of sleep and other related problems. Exposure to sunlight and the natural attrition of the

PREVENT DRYNESS

- After a bath, pat skin gently with a towel but leave it moist.
- Apply lotion or moisturiser. Stay away from fragrant lotions or those containing alcohol as they dry the skin.
- Take fewer and shorter showers with warm (not hot) water. Water and heat draw moisture from the body.
- Don’t scrub roughly. Use a soft cloth or sponge.
- Use soap with glycerine or moisturising cream. Rinse well.
- Apply petroleum jelly on problem dry spots after bath.
- Wash clothes in detergents free of perfume or fabric softener as the chemicals in these products can irritate the skin.
- Wear cotton rather than synthetic and other fabrics.
- Drink plenty of water and avoid caffeine and alcohol.
- Use calamine lotion or cortisone cream on itchy areas. Avoid scratching to prevent it from spreading.

adnexal gland that moisturises the skin together wreak havoc, making skin dry and irritable. “In about 10-15 per cent of the cases, general body itching is followed by itching in the scalp,” adds Dr Janaki. Excessive bathing and harsh soaps compound the problem.

OTHER PROBLEMS

- Fissures and cracks that appear on dry skin house bacteria causing superficial skin infections.
- Scabies, an itchy skin infestation caused by mite, spreads frequently among the elderly in crowded homes or sometimes during hospitalisation.
- Ringworm infections attack nails and skin of the feet.
- Some silvers are prone to blistering disorders such as herpes zoster—a reactivation of chicken pox that they probably had at a young age.
- As a result of low immunity, silvers also develop different types of blistering disorders and benign skin growths.
- Drug rash is also a potential cause of itch and dryness of the skin.

“The elderly are more likely to develop adverse drug reaction as they tend to receive multiple drugs for various medical problems,” says Dr Shubhangi Mestry, consultant dermatologist at MGM Hospital, Navi Mumbai. The most common adverse reactions to drugs are red rashes or blisters that itch. Recognising such irritating rashes early is important so that the drug can be discontinued or replaced after consulting the doctor. Sometimes poor blood circulation in the legs causes rashes around the ankles. If left untreated for long, such rashes could lead to skin ulcers.

According to Dr Mestry, people with hypothyroidism have enhanced skin dryness and itching, and those on lipid lowering drugs are also prone to dry skin. “Nutritional supplements, fruits and vegetables are a must to tackle the root cause of skin conditions,” she adds, suggesting that silvers should include green vegetables high on Vitamin A and Vitamin D and fruits and vegetables rich in Vitamin C in their diet. 🍌



Skintillating confidence

Pigmentation can be avoided, says Dr Atul Mohan Kochhar

Q Several small white spots have appeared on my arms and forearms. Could it be due to leucoderma?

A What you have described is most commonly diagnosed as Idiopathic Guttate Hypomelanosis (IGH). Its literal meaning is 'small white rain-drop-like patches of unknown origin'. It is not leucoderma but an acquired benign condition of unknown origin. This condition comprises discrete, angular or circular white macules (patches that cannot be felt). Usually 1-3 mm in diameter, the lesions may measure up to 10 mm. These macules can be off-white, hypopigmented (lighter than normal skin) or achromic (colourless). They are often noted first on the anterior aspects of the legs and then the forearms. The distribution seems to be photo-related, except for the face, which is affected later than the limbs.

Q Can IGH be cured by applying any topical ointment? What is the treatment for IGH?

A IGH is a purely cosmetic condition and normally *no* treatment is required or prescribed. You need expert advice if patches spread extensively and rapidly, or if any of the patches itch, burn, ooze or scale. Contact a dermatologist.

Q Is IGH related to hormonal changes or menopause?

A IGH is seen far more frequently in women but is not a result of hormonal changes or menopause. It appears that ultraviolet light plays an important role—it's related to the effect of the sun on melanocytes, the pigment producing units in the skin.

Indicative of cumulative exposure to the sun, IGH affects fair-skinned people at an earlier age. It's almost universal in elderly fair-skinned people, and is most common in countries with fair-skinned populations with high degree of sun exposure.

Q Is IGH irreversible? Are there any preventive measures that I can take?

A This condition progresses with increasing sun exposure and, to a lesser degree, with age. Shield yourself against sun damage by wearing appropriate clothing and using a broad-spectrum sunscreen everyday from 9 am to 3 pm. Antioxidant supplements containing high concentration of beta carotene are also helpful. Avoid voluntary sun tanning as it intensifies the pigment contrast.

Q Is IGH confined to women or do men also get such spots?

A Typically, IGH develops first on the legs of fair-skinned women in early adult life. Later, it may spread to other sun-exposed areas such as arms and upper part of the back. However, with age and sun exposure, it is found almost equally in elderly men and women. Inexplicably, the face is not involved early in the disease. A familial tendency to develop this condition has been noted.

REMEMBER

- IGH is not leucoderma or vitiligo.
- It's most common in middle-aged, light-skinned women but increasingly seen in both sexes and older dark-skinned people with a history of long-term sun exposure.
- It's characterised by white macules on the legs, forearms, face and torso.

Dr Atul Mohan Kochhar is senior consultant dermatologist at Maulana Azad Medical College & Lok Nayak Hospital, New Delhi

You've **looked after**
your home till now.

Now it's
your
home's
turn.



NHB REVERSE MORTGAGE LOAN GUIDELINES FINALISED

Senior citizens can avail the loan from their nearest Banks or HFCs.

SALIENT FEATURES:

- Loan available to senior citizens of age 60 and above, having their own home and living in the same house
- Loan based on the value of property and not on income
- No repayment of the loan (principal/interest) during life time
- Repayment of loan from sale proceeds of the house

राष्ट्रीय आवास बैंक

(भारतीय रिज़र्व बैंक के संपूर्ण स्वामित्व में)



NATIONAL HOUSING BANK

(Wholly owned by the Reserve Bank of India)

www.nhb.org.in

India Habitat Centre, Core 5A, 3rd Floor, Lodhi Road, New Delhi-110003 Tel.: 011-2464 9031-35 • Website: www.nhb.org.in

AHMEDABAD • CHENNAI • BENGALURU • MUMBAI • NEW DELHI (Headquarters) • HYDERABAD • KOLKATA • LUCKNOW

Nature's sentinels

The broccoli and pear keep illness at bay, says **Dr Vijaya Venkat**

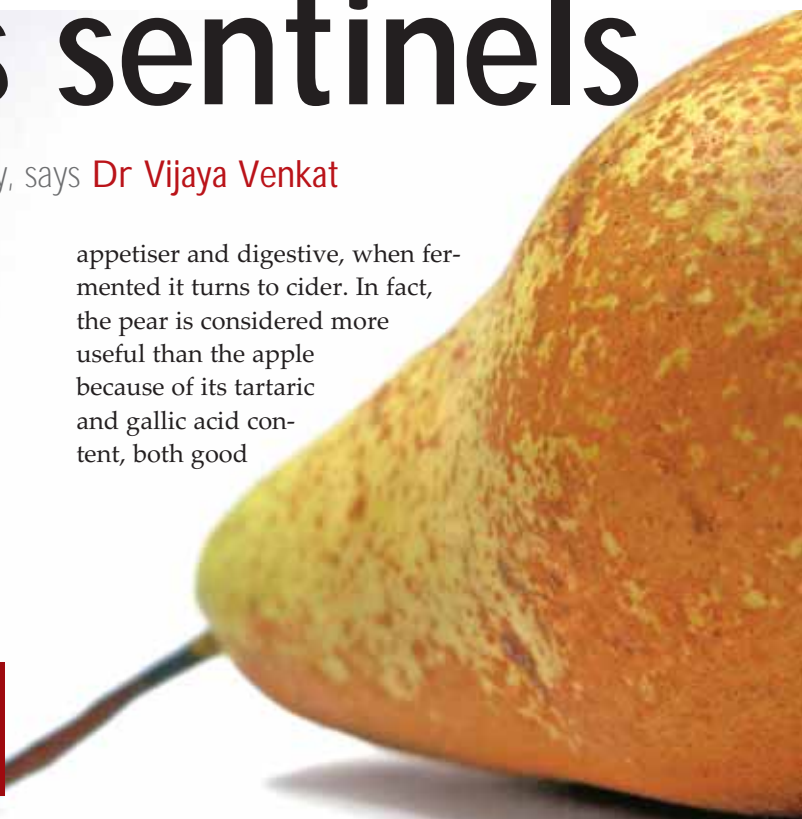
PEAR

The pear is known to have first been cultivated in western Asia almost 3,000 years ago. Revered as a 'gift of the gods' by Greek poet Homer in his epic *Odyssey*, it is called *amrit phal* in Sanskrit and butterfruit in Europe. The word 'pyriform' (to describe something pear-shaped) comes from the fruit's slender neck and slightly bulbous end.

With 30 different species, the juicy and sometimes crunchy fruit is often the 'first juice' introduced to infants because of its non-allergenic properties. An

appetiser and digestive, when fermented it turns to cider. In fact, the pear is considered more useful than the apple because of its tartaric and gallic acid content, both good

- Helps keep skin healthy
- Eliminates acidity and gives instant relief in case of heartburn



BROCCOLI

Believed to be more than 2,000 years old, broccoli's name comes from the Latin word *brachium*, which means 'branch' or 'arm'. From the cruciferae family (family of flowering plants including cabbage,

cauliflower and mustard where the flower resembles a cross), it seems tree-like with fleshy flower heads sprouting from a meaty, edible stalk. The florets are surrounded by edible, dark green leaves. The presence of beneficial phytonutrients, important for potential health-promoting properties, gives it the dark green colour. An excellent source of Vitamin C, Vitamin K and beta-carotene, broccoli is low in calories and high in soluble fibre with antiviral and anti-ulcer properties. Still expensive in India, it has a unique package of multiple nutrients—protein, iron, calcium and potassium—that are disease-fighting.

Well-known for its cancer-fighting compounds, it appears to block the action of hormones that stimulate tumours. It also boosts enzymes that protect cells against mutation and damage from unstable mole-



- Best eaten raw or lightly stir-fried till crispy tender
- Its fibre content helps prevent constipation

for the lungs and stomach. From dysentery and diarrhoea to spleen malfunctions and urine acidity, the pear is an undeniably tasty way of keeping illness at bay.

Endowed with a rich haul of vitamins and minerals—Vitamin A and C, folate, copper and potassium—the gritty texture of the pear is an excellent source of dietary fibre. While soluble fibre containing pectin helps control blood cholesterol, cellulose (an insoluble fibre) helps ease bowel movements making the pear a natural laxative. Besides helping reduce the growth of cancerous polyps in the colon, the fibre content in the fruit helps a range of ailments ranging from common cold, colitis and gall bladder disorders to gout and arthritis. Said to dispel anaemic conditions, it helps fight weakness and rebalance the three *dosha* (cough, bile or wind) in our system during or after fever.

The value of the fibre is lost if you poach, bake or sauté a pear. Canning destroys its Vitamin C content. To retain its benefits, it should be eaten—skin and all.

cules. Eaten regularly, it has been shown to reduce the incidence of cancers of the colon, lungs, bladder and cervix. Speeding up removal of oestrogen from the body, it helps suppress breast cancer. On the protective front, the broccoli is a rich source of folate, which plays an important role in synthesising proteins and genetic material, building muscle and making red blood cells. Also high on bioflavonoids, which help strengthen capillaries and connective tissue, the antioxidant properties protect the heart and lungs against disease.

Eat it raw; boiling destroys its anti-cancer and antibacterial properties.



Dr Vijaya Venkat, Mumbai-based nutritionist and health activist, is founder and head of the Health Awareness Centre. If you have any questions for her, write to contact.mag@harmonyindia.org

Weight WATCH

Dr Joe Lewis answers your questions on diet, weight and exercise

Q Of late, I have developed a tendency to put on weight easily. How can I recognise the factors responsible for this?

A Go back a few generations and see how life has changed. To begin with, driving has replaced walking to the market and school. Many more such physical activities have been compromised in today's 'obesogenic' environment, one that invites weight gain in a discreet but significant way. Environments have changed with automated transport, increasing sedentary pursuits of TV viewing, Internet surfing and the ubiquitous allure of food plazas—all leading to weight gain.

Food cultures have undergone a shift. Family sit-down meals have now been replaced in some measure by eating out, phone-a-meal and takeaways. Well-balanced, regular meal patterns are replaced with high fat, high sugar, and high salt foods. Portion sizes have also increased. Earlier, carbonated beverages came in 200 ml bottles; now 2 litre bottles are routinely placed in our refrigerators. Even an extra cup of coffee or snack every other day brings on weight over a period of time.

The mind also plays a significant role in weight gain. Stress, depression and low self-esteem are common ailments. And we deal with them by finding comfort and solace in food or other sedentary distractions. Lifestyle is simply a collection of habits. Learn to recognise new habits, however small they may seem. Small activity-led changes would help. For instance, taking the train or bus twice a week to work will not only improve your physical activity but reduce your carbon footprint too.



Dr Joe Lewis is head of research and development at Kaya Life, a chain of professional weight-control centres (SMS Life to 54646). If you have a question for him, write to contact.mag@harmonyindia.org

2 ASK THE EXPERT

Dr Anjali Mukerjee answers your questions on nutrition, fitness and health

Q I am suffering from arthritis. Can the condition be controlled with diet?

A Arthritis is a rheumatic disease where the pain can be so unbearable that it can immobilise a person. There are several causes of arthritis, including endocrine problems and a poor immune system. A greasy diet, red meats, and foods that promote an internal acidic environment can also cause arthritis. Other causes include emotional stress, poor digestion, hormonal imbalance and ageing. New medical discoveries prove that while some foods aggravate inflammation, others alleviate it. The following tips can help you identify the 'problem food':

- Go on an elimination diet for a week. Limit your intake to herbal teas, vegetable soups (excluding tomatoes, capsicum, potatoes, aubergine and green chillies), fresh fruits and vegetable juices made from carrot, beetroot, spinach and coriander. If there's some relief, add cereals like *jowar* and *bajra*, pulses and some nuts and seeds.
- Avoid meat, milk, eggs, wheat, corn, citrus fruit, cheese, black pepper, monosodium glutamate (ajinomoto), food preservatives and refined sugar for the next two months. Then start them one by one.
- Never introduce more than one type of food in two days. If inflammation recurs within two days of consumption, reject that food completely. If you remain clear of symptoms despite adding wheat, corn or milk products, continue adding them one after another, never together.

Q What should I eat to manage pain and inflammation?

A Practice the following simple and healthy food habits to ease pain:

- Turn vegetarian but have lots of fish (steamed, poached or in a curry). Anti-inflammatory agents in fish oils suppress arthritic symptoms.
- Ginger may help soothe pain. The recommended intake of 5 gm can be added while cooking or its

juice mixed with water and taken thrice a day.

- A low sodium diet helps counteract water retention, which can aggravate the swelling.
- Incorporate fresh fruits, vegetables, *jowar*, *bajra*, nuts, seeds and whole pulses in your daily diet.
- Eat two tablespoons of flaxseed (*alsi*) powder everyday. Rich in omega-3 fats, it helps reduce pain.
- Fresh fruits and vegetables are alkaline in nature and rich in fibre. While cauliflower, cabbage, broccoli have anti-inflammatory properties, cabbage, garlic and onion are high in sulphur and help repair cartilage and bones. Raw pineapple contains bromelain, which has been shown to reduce inflammation.
- Drink a glass of water every two waking hours as dehydration increases arthritic pain.
- Fruit and vegetable juices, salad greens, soya nuts, almonds, walnuts and most dry fruits provide antioxidants in a natural form.
- Make sure you are getting adequate antioxidants by taking supplements of vitamins A, C, E and the mineral selenium. Glucosamine and chondroitin sulphates help reduce arthritic pain, but check with your physician before buying them.

Q What kind of food should I avoid if I am suffering from arthritis?

A Avoid acid-promoting foods like red meat, eggs, saturated fats, fried foods, sugar, refined flour (*maida*), bread, pasta, pastries, alcohol and caffeine as they aggravate arthritic symptoms. Avoid vegetable oils as too much omega-6 type fatty acids may trigger inflammation. It is best to use olive, canola, mustard, coconut, *til* or rice bran oil. Avoid all forms of sugar including colas, soft drinks, pastries, cakes and sweets.

Every 5 kg of weight increases the risk of secondary osteoarthritis by 30 per cent. Walk for about 30 minutes at least five days a week but avoid vigorous exercises like jumping, jogging or skipping as it may aggravate your condition. Think positive and learn to manage your pain.



Nutritionist Dr Anjali Mukerjee is the founder of Health Total, a nutrition counselling centre. If you have a question for her, write to query@health-total.com
Website: www.health-total.com
Tel: 022-26733001, 56044001

Choose life!

Read India's best magazine on wellbeing.

Complete Wellbeing is not just a magazine—it's a philosophy, an attitude—of living a great life, and nothing less!

Let *Complete Wellbeing* gently guide you and your family into making choices for a healthier, happier and fulfilling life. So, subscribe to *Complete Wellbeing* now, and choose life!



Exclusive offer for **harmony** readers

☐ **3 Years**
REGULAR PRICE
Rs ~~2700~~
YOU PAY Rs 1250
Effective price per copy
Rs 35 only

☐ **2 Years**
REGULAR PRICE
Rs ~~1800~~
YOU PAY Rs 900
Effective price per copy
Rs 38 only

☐ **1 Year**
REGULAR PRICE
Rs ~~900~~
YOU PAY Rs 500
Effective price per copy
Rs 42 only

**Subscribe
Now!**

OFFER VALID ONLY UPTO 15 MAY 2009. IT CANNOT BE CLUBBED WITH ANY OTHER OFFER

Mr/Ms

Mailing address:

.....

.....

..... City: Pin:

Tel: E-mail:

Date of Birth:

Enclosed cheque/DD No: dated/...../..... for Rs

drawn on [Bank]

In favour of **"Complete Wellbeing Publishing Pvt Ltd."**

Or, charge my Credit Card



Card No:

Valid from: Valid thru:

Card Member's Signature:

Personal details:

SEX

☐ Male

☐ Female

EDUCATION

☐ Under-graduate

☐ Graduate

☐ Post-graduate

OCCUPATION

☐ Business

☐ Professional

☐ Self-employed

☐ Pvt/Corporate

☐ Student

Subscription Instructions:

- Please enter your name and address on reverse of Cheque/DD.
- Allow 4-6 weeks for subscription to commence.
- Credit Card: Subscriptions will commence following authorisation [Also, attach photocopy of your credit card {front and back}].
- Use photocopies of the subscription form, if need be. Please ask for special packages on Group/Corporate subscriptions.
- This subscription contract is valid and binding only on the total number of issues. The time period may vary subject to change in frequency of magazine.
- Replacement of copies, if any, should be claimed within 30 days after release of any given issue.

To subscribe, fill details and mail to:

Complete Wellbeing Publishing Pvt Ltd.

Akruti Trade Centre, JVG Industrial Lane,

Road No 7, MIDC, Andheri [East], Mumbai-400093.

Tel.: + 91 22 6678 4320 Fax: + 91 22 6677 1262.

E-mail: subscriptions@completewellbeing.com

**complete
Wellbeing**
Say Well

For those who love life!



Kill the pain

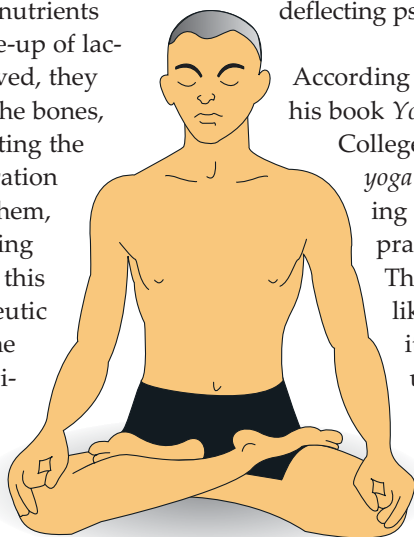
Shameem Akthar writes on pain management with yoga

It may sound like a paradox but pain is actually a positive thing—the body's way of sounding an alarm that something is

wrong. In an accident, the cause is obvious, needing urgent and immediate intervention, such as surgery. But where pain results owing to lifestyle habits, as is generally the case, yoga can help.

For instance, when you crumple up with a frozen shoulder, resulting from a sedentary job, the muscles involved knot up with pain from a condition called static muscle loading. This reduces blood supply, which in turn leads to fewer nutrients coming in and toxification from a pile-up of lactic acid. Because the muscles are starved, they do not provide adequate support to the bones, overloading the spinal vertebra, vitiating the situation further with a slow degeneration of the cushioning cartilage between them, pinching the nerves in between, causing excruciating pain. To 'defreeze' from this painful condition, after initial therapeutic assistance from conventional medicine (involving traction, painkillers), a regimen of physiotherapeutic exercises can bring you sustained relief from pain. All these exercises borrow heavily from yoga.

Indeed, while the initial reaction of a person in pain is to resist all movement, a guided set of movements is the only way to ensure relief and repair. That's why even patients who have undergone critical surgery are encouraged to move about as soon as possible to prevent degeneration of the muscles. Weak muscles reduce the strength of the bones, which in turn become less dense. Yoga therapist Mukunda Stiles explains this in his book *Structural Yoga Therapy*. He says the concentration and body-reading practices in yoga help you locate the exact source of pain. "This contemplation allows you to sense where there are physical tensions that you can shift," he writes. "You can manipulate the tensions around this area of pain. This induces the nervous system's relaxation reflex, deflecting psychological stressors."



According to Swami Satyananda Saraswati in his book *Yoga Nidra*, Presbyterian University College Hospital in Pittsburgh taught the *yoga nidra* technique to 54 patients suffering from chronic pain. After six weeks of practice, 81 per cent reported pain relief. The conclusion: meditative techniques like *yoga nidra* can manipulate the pituitary gland into secreting its own natural pain-relieving substances. ■

(To learn how yoga can help joint pain, see 'Yoga Rx' in the March 2006 issue of Harmony)

Yogic moves

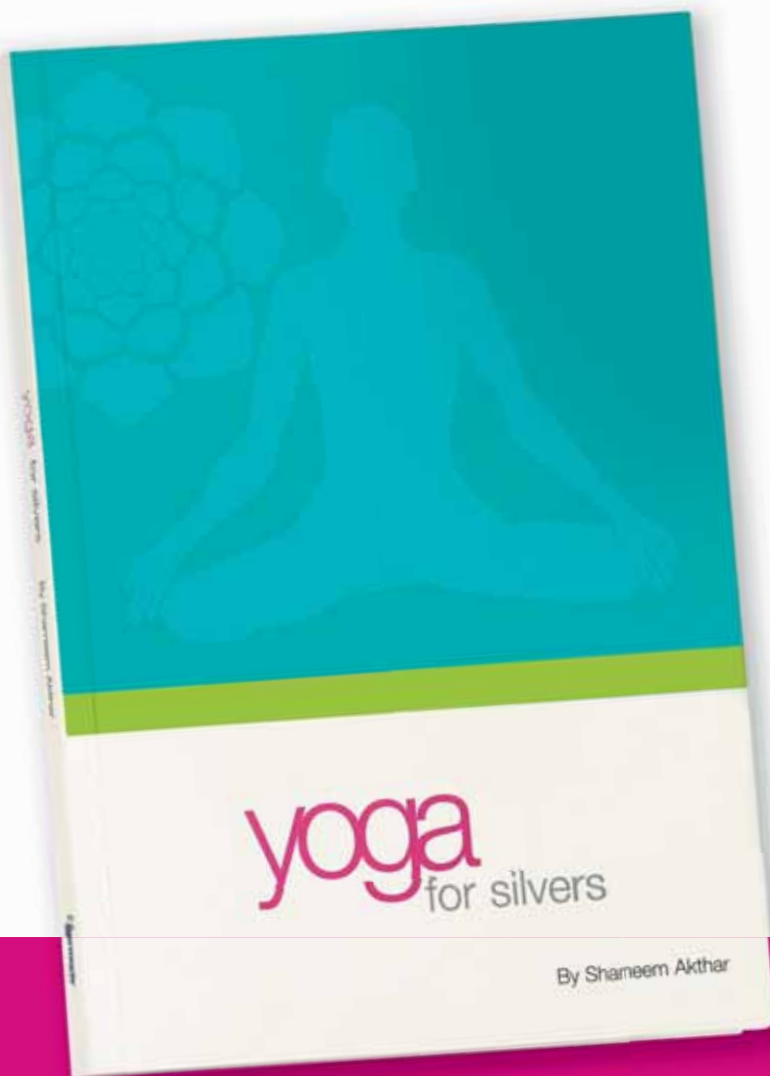
Humming bee (*bhramari pranayama*)

Sit in a meditative pose, cross-legged, with eyes closed. If sitting cross-legged is difficult, you can sit on a chair. Inhale and exhale deeply twice. After the third inhalation, make a soft, humming sound. Extend the sound as long as you comfortably can. This is one round. Inhale, and then exhale again with a humming sound for the

second round. Do up to nine rounds.

Benefits: This is regarded as the most healing of yoga practices and recommended even after major surgery to facilitate healing. It clears the sinus cavities, cleanses the lungs, expands breath capacity and soothes the mind. It is used as therapy in high blood pressure, sinusitis, respiratory problems and stress-related ailments, including psychosomatic ones like insomnia.

Shameem Akthar is a Mumbai-based yoga acharya. If you have any queries for her, mail us or email at contact.mag@harmonyindia.org (Please consult your physician before following advice given here)



yoga for silvers

Yoga shiromani and acharya **Shameem Akthar** urges the elderly to heal body, mind and soul with ancient yogic habits that are easy to learn. From the philosophy behind practices and poses to step-by-step instructions with illustrations, this is a comprehensive guide written especially for Silvers.

A publication by



Special offer for Harmony readers!

get 20% off buy the book at **Rs 140**
against regular price of Rs 175

MAR 09/Mag



Personal details: Mr/Mrs/Ms _____

Address _____

City _____ State _____ Postal Code _____

Phone _____ Email _____

I wish to pay by: ☐ Cheque ☐ Demand Draft

I am enclosing Cheque / DD No. _____ dated _____ drawn on (specify bank) _____

made payable to "Harmony for Silvers Foundation" for Rs _____

(Add Rs 10/- for non-Mumbai cheques)

Send form to **Anita Rosario, Harmony for Silvers Foundations, Reliance Centre, 1st Floor, 19, Walchand Hirachand Marg, Ballard Estate, Mumbai - 1**

TERMS & CONDITIONS

Delivery within 4 weeks after receipt of payment • For additional copies, use photocopies of form • Offer open till 31 April 2009 or till stocks last • Publisher and author shall not be liable for any loss or injury as a result of yoga performances shown in the book • Harmony for Silvers Foundation shall not be liable for any delay in transit due to operational reasons • Offer valid in India only • For queries, write to contact.us@harmonyindia.org

ONLINE SOLITUDE



lished in *Biologist*, the journal of the Institute of Biology, psychologist Aric Sigman says, "Emailing people rather than meeting them may have wide-ranging biological effects." Some genes involved with the immune system, cell proliferation and response to stress act according to individual levels of social interaction.

According to Sigman, isolation upsets immune responses, hormone levels and function of arteries, and impairs mental performance that could increase the risk of serious health problems. "People surfing social networking sites become addicted," says Dr Gurmukh Singh, Ashray Clinic & Rehabilitation Home, Delhi, to *Harmony*. "There is mental stress over time, which can result in cardiovascular problems. But I am not sure how concrete this research is."

Logging on frequently to social networking websites like Facebook or MySpace can increase the risk of cancer, stroke, heart disease and dementia. Studies reveal

that since the rampant rise of electronic media in the late 1980s, there has been a phenomenal decline in personal interaction between people. In a report pub-

MIGRAINE HAZARD

According to a study conducted by neurologist Gretchen Tietjen of University of Toledo, **people suffering from severe migraines are prone to heart attack and stroke.** Migraine sufferers generally experience forgetfulness, distorted speech, hot or cold feeling, and ghostly lights blinking across the field of vision (aura) before a headache. People who experience the aura symptom are likely to have more frequent and agonising migraines, reports news web portal MSNBC. The study was conducted on 175 people—a group of migraine patients and healthy participants—and researchers concluded that migraine patients with aura have double, or perhaps triple, the risk of stroke or heart attack compared to people who don't have migraines at all. "I don't think migraine is seen as a serious disorder," says migraine researcher David Dodick, a neurologist at Mayo Clinic, Phoenix (USA). "Headache is just one manifestation of migraine. It's a systemic illness." For his part, Dr N Sairam of VIMHANS, New Delhi,

tells *Harmony*: "The study is yet to be validated in India. Severe migraines mostly affect youngsters and can lead to strokes but the percentage is not very high. In fact, no correlation has been noted between migraine and heart attacks."



In February, cardiologist Dr Naresh Trehan performed **India's first keyhole multiple bypass surgery** on 53 year-old Suman Singhal at Indraprastha Apollo Hospital, Delhi. Without cutting any bone, the minimally invasive coronary surgery uses a combination of small holes or ports in the chest and a small incision made indirectly over the bypassed artery.



STATE OF ECSTASY

After a series of studies, researchers from Norwegian University of Science and Technology in Norway have suggested that **MDMA (the infamous rave party drug, commonly called Ecstasy) could be used to treat post-traumatic stress disorder**. As Ecstasy has been proven to promote emotional security and improve tolerance of painful reminiscences,



it has been recommended to build a connection between the patient and doctor. By administering a controlled dosage, a doctor can encourage a feeling of safety in the patient and deal with his disturbing memories more effectively. This treatment is expected to have a better outcome than exposure therapy (a cognitive behavioural therapy technique for reducing fear and anxiety responses). The research has been published in a recent issue of *Journal of Psychopharmacology*. "The study focuses on the beneficial affects of the drug," Dr Rahul Chandhok, consultant at Batra Hospital, Delhi, tells *Harmony*. "However, such drugs contain habit-forming substances that often lead to hallucination. These drugs are capable of making a patient psychotic and should be taken only under a doctor's guidance."

SKIN SCARE

Research reveals that patients suffering from psoriasis are not only prone to ailments like diabetes and heart-related conditions, but **those with severe psoriasis may live three to five years less than those without the skin problem**. "We need to educate psoriasis patients about the increased risk of cardiovascular disease so that prevention efforts can be instituted," Dr Joel M Gelfand, assistant professor, dermatology, University of Pennsylvania School of Medicine, tells media. "Further research is needed to determine how skin disease severity affects the risk of developing these associated conditions and whether successful treatment of psoriasis alters the risks." Specialists recommend that psoriasis patients should avoid smoking, maintain ideal body weight and have routine blood pressure and cholesterol check-ups. According to dermatologist Dr Vinay Singh, senior consultant, Max Group of Hospitals, New Delhi, "Around 25-30 per cent of patients with severe psoriasis end up getting diabetes and heart problems. Often resistant to medication, most patients develop arthritis or joint problems, which lead to complications."



REVERSE AMNESIA

A natural protein present in the body—brain derived neurotrophic factor (BDNF)—could be the answer to memory loss. According to a new study published in *Nature Medicine*, **degeneration of brain cells associated with Alzheimer's disease can now be prevented.** Tests on animals reveal that the production of BDNF, which occurs in the part of brain linked to memory, drops in Alzheimer's patients. Mice injected with the protein showed positive results in their memory



and learning skills compared to the ones not treated with BDNF.

Research author Dr Mark Tuszynski of University of California–San Diego, says, “Studies show that BDNF targets the cells, preventing their death, stimulating their function and improving learning and memory.” This treatment can hope to slow or even stop progression of Alzheimer's disease. “This kind of research is being carried out for a long time,” Delhi-based psychologist Dr AK Gupta tells *Harmony*. “We should wait for human trials before coming to any conclusion.”

Your diet and exercise regimen could affect your life expectancy. Go to www.livingto100.com and see what the online calculator tells you about your body, mind and age.



WAIT UNTIL DARK

Daytime napping is out. Researchers from University of Birmingham carried out sleeping tests on 16,480 silvers in China, of whom 68 per cent took regular naps during the day. Their conclusion: **Sleeping during the day—even once a week—increases your chances of developing diabetes.**

Dr Shahrad Taheri, one of the researchers, tells *The Scotsman*, “Our research provides additional insight on the risk factors behind type 2 diabetes.” However, according to Dr Iain Frame, director of research at Diabetes UK, “In terms of being a major risk factor for developing type 2 diabetes, disturbed sleep or napping is likely to remain less significant than already established risk factors such as being overweight, being over the age of 40 or having a history of diabetes in the family.” Refusing to validate the findings, a representative from Sitaram Bhartia Institute of Science & Research, Delhi, tells *Harmony*, “Non-smokers leading a life with healthy eating habits and timely naps are less prone to diabetes.”

I am 85 years old. I love swimming. I believe swimming is an intensive exercise. When a person swims regularly, he remains energetic throughout the day and works better. Blood circulation increases and there is no tiredness through the day. Other swimming enthusiasts can feel free contact me.

Dattatraya Atmaram Marathe
A/7, Gauda, Off 90 Feet Road,
Gavanpada, Mulund East, Mumbai-400081
Tel: 25635487

I am a senior citizen. I love computers. Anyone with similar interest can contact me.

Ghanshyambhai H Bharucha
59, Magan Baug, Sun Mill Road,
Lower Parel West, Mumbai-400013
Tel: 24984028, 9323910881

I am 75 years old and still fit. I am an experienced yoga teacher for the past 40 years. If anyone wants to learn yoga or wants tips on staying fit with yoga, please contact me.

Kanaiyalal Goradia
Zaveri House, 1st Floor, 293,
Tardev Road, NanaChowk, Mumbai-400007
Tel: 9322220013, 022-23875213

I am 61 years old and retired from a bank after working for 38 years. My two children are well settled. I am eager to help lonely senior citizens. By giving moral support I can help make their lives more meaningful. I am also a member of Dignity Foundation. Anyone in need of help, can contact me at:

Manohar R P Rao
C-15 Trupthi Apts, Mahatma Phule Road,
Mulund East, Mumbai-400 081
Tel: 9969038909

I am 55 years old. My hobbies include collecting coins and currency of Indian and overseas origin. Anyone who has a collection and wants to

part with it, or can refer me to someone who can help further my collection for a suitable reward, please get in touch with me.

V S Narayana Swamy
Building No. 8-B, 302, Neelam Nagar,
Mulund East, Mumbai-400 081
Email: s.sivaiyer@yahoo.co.in
Tel: 21634236

I am a 71 year-old senior citizen. Any senior up to the age of 80 years can avail Medclaim policy with pre-existing diseases from a public sector insurance company without medical examination. To know the procedure, contact:

Dinesh Bhachech
19, Sthapatya Bungalows, Gayatri Krupa,
Behind Taksh Bungalows, Vasna Road
Vadodara, Gujarat-390015
Email: dinesh_bhach@yahoo.com
Tel: 2251081, 9327211853

I am 62 years old. I am an easy going person who likes to meet warm and nice people over dinner on Saturday evenings. I like to socialise and exchange thoughts. I am happily married with three lovely children and two adorable pet dogs. I love animals and I also love collecting antiques. Anyone who shares similar hobbies, please contact me.

Dilip M Shah
3, Babulnath Road, Mumbai-400007
Email: dilip_m_shah@hotmail.com
Tel: 23617100, 9820004697

I am 56 years old. I would like to serve senior citizens. I am also an HIV care worker. It gives me immense joy when I do something for seniors. I like to help people in whatever way I can. Please contact me on:

Adil P Elavia
515-B, Ratan Mansion, 1st Floor,
R P Masani Road, Matunga (C.R.), Mumbai-19
Tel: 24180859, 65934441



Respect yourself

Let go of 'status anxiety', says Alain De Botton

Status anxiety is a worry about our standing in the world, whether we're going up or down, whether we're winners or losers. We care about our status for a simple reason: because most people tend to be nice to us according to the amount of status we have. If they hear we've been promoted, there'll be a little more energy in their smile, if we are sacked, they'll pretend not to have seen us. Ultimately, we worry about having no status because we're not good at remaining confident about ourselves if other people don't seem to like or respect us very much. Our 'ego' or self-conception could be pictured as a leaking balloon, forever requiring external love to remain inflated and vulnerable to the smallest pinpricks of neglect: we rely on signs of respect from the world to feel acceptable to ourselves.

While it would be unusual to be status anxious in a famine, history shows that as soon as societies go any way beyond basic subsistence, status anxieties quickly kick in. We might worry about our status when we come across an enthusiastic newspaper profile of an acquaintance, when a close friend reveals a piece of what they naively—or plain sadistically—call 'good' news (they have reached the bestseller list) or when we are asked what we 'do' at a party by someone with a firm handshake who has recently floated their own start-up company.

Status anxiety is certainly worse than ever, because the possibilities for achievement (sexual, financial, professional) seem to be greater than ever. There are so many more things we expect if we're not to judge

ourselves 'losers'. We are constantly surrounded by stories of people who have made it. For most of history, an opposite assumption held sway: low expectations were viewed as both normal and wise. Only a very few ever aspired to wealth and fulfilment. The majority knew well enough that they were condemned to exploitation and resignation. Of course, it remains highly unlikely that we will today ever reach the pinnacle of society. It is perhaps as unlikely that we could rival the success of Bill Gates as that we could in the 17th century have become as powerful as Louis XIV. Unfortunately though, it no longer feels unlikely—depending on the magazines one reads, it can in fact seem absurd that one hasn't already managed to have it all.

Could David Beckham, for example, suffer from status anxiety? Of course he does—because he compares himself to his own peer group. We all do this, and that's why we end up feeling we lack things even though we're so much better off than people ever were in the past. It's not that we're especially ungrateful, it's just we don't judge ourselves in

relation to people far away. We will only take ourselves to be fortunate when we have as much as, or more than, the people we grow up with, work alongside, have as friends and identify with in the public realm.

What solutions are there to get us to stop worrying so much about status? Think about death. It's the best way to stop worrying so much

about what others make of you. To discover whose friendship you should really care about, ask yourself who—among your acquaintances—would make it to your hospital bedside. If need be, look at a skeleton: what others think about you will soon start to lose its intimidating power. ■

Our 'ego' could be pictured as a leaking balloon, forever requiring external love to remain inflated

Alain De Botton is an award-winning French author whose books delve into subjects as diverse as travel, Proustian philosophy and self-doubt. Excerpt from Status Anxiety (Vintage; Rs 750; 320 pages)

**Most silver citizens
would give anything
to experience youth again.**

**Our yearly subscription
costs just Rs. 324.**

Wouldn't it be great to have a second childhood? To start life afresh? Because at Harmony, a magazine for people above fifty-five, we believe that age is in the mind. Which is why, you should live young.

Visit us at : www.harmonyindia.org


celebrate age **harmony**
the magazine



Subscribe to Harmony Magazine now and get Movie VCD/DVD free

Subscription Card

(Please tick below for your choice of subscription)

☐ I would like to gift a subscription **OR**

☐ I want to subscribe to HARMONY

And the subscriber will also get free gift hamper from Himalaya Ayurvedic Products with this offer.

Subscription	You Pay	You Get
<input type="checkbox"/> 2 years (24 issues)	Rs. 576	Movie VCD/DVD worth Rs. 300
<input type="checkbox"/> 1 year (12 issues)	Rs. 324	Movie VCD worth Rs. 100

Please fill in **CAPITAL LETTERS** and mail the form below with your Cheque / DD to Harmony Care, Living Media India Limited, A-61, Sector, 57, Nodia (U.P.) - 201301. In case of Credit Card payment you may fax the form to : 0120-4078080.

Personal details: Mr/Mrs. _____

Address _____

City _____ State _____ Postal Code _____ Country _____

Phone _____ E-mail _____

I wish to pay by: ☐ Cheque ☐ Demand Draft

I am enclosing Cheque / DD No. _____ dated _____ drawn on (specify bank) _____

made payable to **M/s LMIL-A/C Harmony** for Rs. _____

(Add Rs. 10/- for non-Delhi cheques) or please charge to my Credit Card.

☐ Amex

☐ Visa

☐ Master Card

☐ Diners

Card Number

Card Member's Name

Card Expiry Date Month Year

Card Member's Signature _____

Date of Birth Date Month Year

I want to gift the subscription to (Please do not fill if subscribing for yourself):

Mr/Mrs/Ms _____ First Name _____

Last Name _____

Address _____

City _____ State _____

Postal Code _____ Country _____

Phone (Off.) _____ (Res.) _____

E-mail: _____

Website: www.harmonyindia.org For queries e-mail us at: harmonycare@intoday.com



SUBSCRIPTION TERMS & CONDITIONS: Rates and offer valid in India only. Allow 3-4 weeks for processing of your subscription. Free subscription gift will reach you within 8-10 weeks of commencement of your subscription. It will not be possible to entertain any request for cancellation of your subscription once your free gift has been despatched. The free subscription gifts are covered by guarantee for manufacturing defect / quality / damage in transit as per standards laid down by the manufacturer. Add Rs. 10 for non-Delhi cheques. Please write your name and address on the reverse of the Cheque / DD. Do not send cash. All disputes are subject to the exclusive jurisdiction of competent courts and forums in Delhi / New Delhi only. The publisher reserves the right to terminate or extend this offer or any part thereof at any time, or to accept or reject any or all forms received at their absolute discretion without assigning any reason. Information regarding such cancellation / extension / discontinuance will however be published subsequently in the magazine. For further details, please contact our Customer Care Department: Write in to: **Harmony Care, Living Media India Limited, A-61, Sector-57, Noida (U.P.) - 201301**; Call: (95120) 2479900 from Delhi & Fbd; (0120) 2479900 from Rest of India, Fax: (0120) 4078080; E-mail: harmonycare@intoday.com

NOTE: The Harmony collects and processes personal information for the purposes of customer analysis, market research and to provide you with any further details from our organisation. Steps have been taken to ensure that consistently high standards of data protection are in place.

SIX CENTRES OF EXCELLENCE

AN ENDLESS COMMITMENT TO SERVE LIFE



We are the largest multi-speciality, tertiary healthcare facility, dedicated to the people of India.

Our six Centres of Excellence and a Full Time Specialist System (FTSS) ensures the undivided attention of a full-time team of experts. A commitment we extend to you. And to every life we serve.

Six Centres of Excellence

- Centre for Cardiac Sciences
- Centre for Cancer
- Centre for Bone & Joint
- Centre for Brain & Nervous System
- Centre for Children
- Centre for Rehabilitation



RELIANCE
A social initiative by Anil Dhirubhai Ambani Group

Every Life Matters

In full command

ADMIRAL (RETD)

MADHVENDRA SINGH, 66

WAS: The Chief of Naval Staff

IS: Proprietor, heritage hotel

My grandfather Thakur Devi Singh was the ruler of Chomu in Rajasthan. I spent most of my childhood in Rajasthan; I went to St Xavier's School in Alwar, and Mayo College in Ajmer. My father Lieutenant K Bhagwati Singh was in the Indian Army. I joined the Indian Navy. After 43 years of service, I retired in 2004 as Chief of Naval Staff and came back to my ancestral home in Jaipur to be with my family.

One just can't retire and do nothing. The need for an occupation

made me sit up and think about what to do next. I was in a job of command for many years. So I wanted a job where I could be my own boss. I also wanted a job with easy financial inputs as my pension funds were limited. I wanted to set my own pace, too. So I decided to turn my house Devi Niketan into a heritage hotel. My grandfather built this house in the 1930s and later gifted it to my father, who named it after him.

There were difficulties initially. Devi Niketan was in a shambles and funds for renovation were scarce. It took me eight months to restore and redesign it. Today, the hotel has 14 elegantly furnished rooms—six on the ground floor and eight on the first floor. There



Singh recognised the potential of his legacy



Role model

Experts answer your queries and concerns on jobs after retirement



I have always been fascinated by the glamorous world of modelling. I am now in my late 50s and would like to try my luck as a model for press and television ads. Please advise me.

The demand for older actors and models has witnessed a visible surge in the past few years. Not only are television channels hitting the jackpot with family-oriented serials, even advertisements (particularly for financial and consumer products) are increasingly showing older people. Modelling is something you can simultaneously do with any part-time work like post-retirement consultancy. Though the ability to act helps, it is not essential. First, get your portfolio made from a good studio or modelling agency. It's a one-

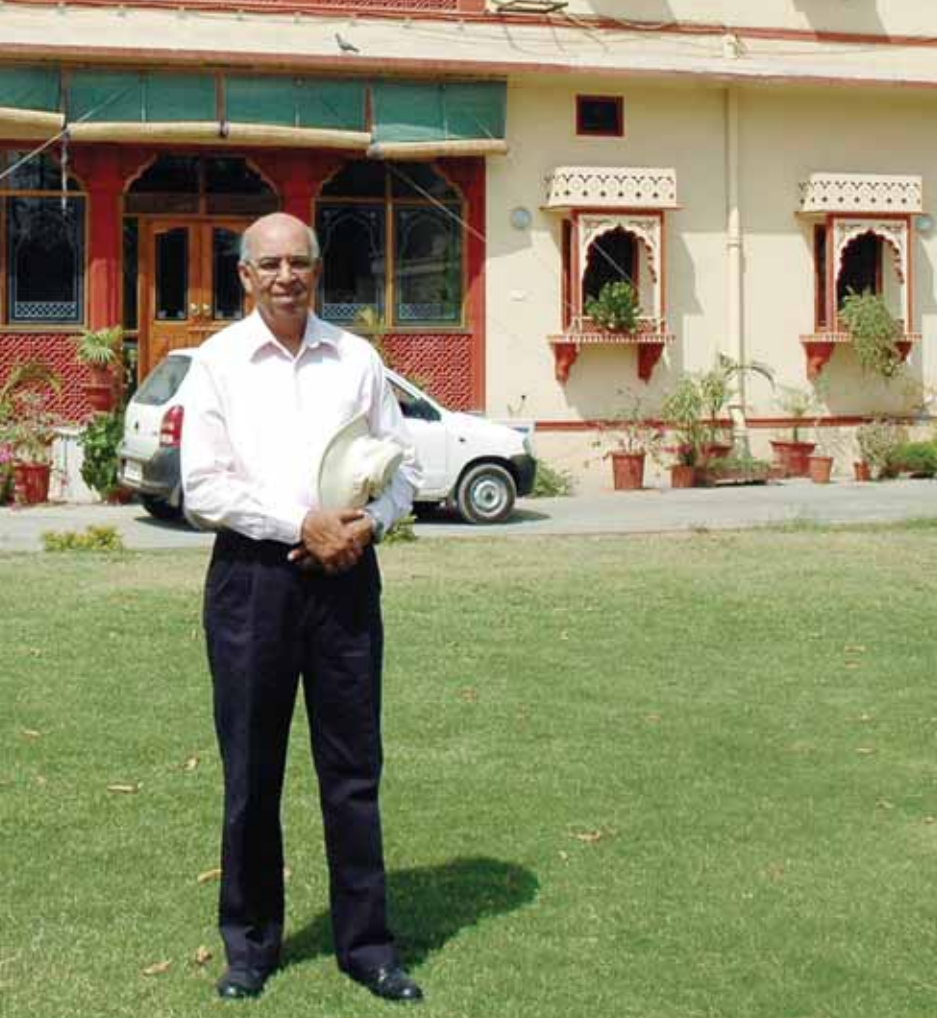
time investment of Rs 12,000 to Rs 15,000 and can be recovered from the initial assignments. Drop your portfolio at production houses, advertising agencies and with model coordinators. If you get a job through an advertising or modelling agency, they will take a commission from the fee you earn. Famous Studios in Mumbai has a large number of production houses that are always on the lookout for fresh faces.

—Punit Chovatia

Chovatia is head of Inmatch Modelling Agency in Mumbai



After working for 30 years in a nationalised bank, I have recently taken VRS. However, I would like to continue working on a regular basis. Please suggest a good option.



GOPAL SUNGER

is a courtyard, lounges, a rear lawn and a large open terrace. I inaugurated the hotel with my daughter's wedding and later [on 22 February 2008] opened it for guests.

I am happy that I could use my administrative skills. I believe running a hotel and running a ship are quite similar as the basic modalities are the same. Devi Niketan generates enough revenue to stay operational and I get tremendous satisfaction out of running it. I have a staff of six people. My wife Kumu, a special educator, helps in the kitchen; In return, I help her with the administration of her school. I have designed brochures and developed a website, and hopefully the word about Devi Niketan will spread.

—As told to Nitika Bajpayee

Financial institutions and banks often seek the services of retired bankers for auditing. For this, you need to join a chartered accountancy firm. If you are interested in a more challenging career option, go in for teaching. Besides centres that teach spoken English and communication skills, there are those that specialise in coaching students for recruitment exams of various public-sector banks. You could teach banking-related subjects and soft skills like professionalism, verbal and written communication, and customer service. If you are familiar with Finacle—the software increasingly being used by banks these days—you have a definite advantage. Though most banks are converting to core banking, many are not equipped with adequate in-house training facilities. Hence they are outsourcing corporate training to various organisations.

—Nita Jhaveri

Jhaveri is senior faculty at Institute of Finance, Banking and Insurance, the Finance and Management Training division of NIIT in Ahmedabad



I have occasionally dabbled in shares. After my retirement, I plan to become a broker. Considering the current scenario, do you think it is a wise decision? Please advise me.

In the global context, one doesn't know how deep the pain is. The FII (Foreign Institutional Investor) held \$ 70 billion worth of Indian equity when the Sensex was at its peak. It has so far sold equity worth \$ 20 billion, resulting in the Sensex falling to 8,000. Despite sustained purchases Indian financial institutions are unable to keep share prices steady. Therefore, retail business volumes are down. They are, however, expected to reverse in a year or so. You may not earn anything substantial initially but consider it as training for the future when markets go up again. Earning a steady income through brokerage requires lot of networking. Go ahead if you fit the bill.

—Amitava Ghose

Ghose is a financial consultant based in Kolkata

Send queries to contact.mag@harmonyindia.org; for second career options, go to www.harmonyindia.org

PICTURE PERFECT



DPF-V900/B; 512 MB; Rs 14,990
DPF-D70/B; 256 MB; Rs 8,990

SONY

Make your home a safer, brighter, better place with *Harmony's* new series

Research shows that a flashback to happy moments is the best way to elevate your mood. And what better pick-me-up than photographs of your loved ones and the good times you've shared. As our walls cannot always accommodate all our memories, we found just the thing: the Sony Digital Photoframe.

The frame can run a slideshow of hundreds of images all through the day. It has a 7-inch LCD screen and comes with an inbuilt advanced image processor that scales and displays images up to 48 megapixels—essentially it can handle photos from basic as well as

the most advanced digital cameras as well as your computer without any special software. The frame also offers clock and calendar views, and two index modes so you can preview several photos at once. You can conserve energy with the auto power on/off setting, which lets you programme the frame to turn on and off when you want it too. There's also a remote control for ease of operation.

So go ahead and put this sleek, slim marvel anywhere you wish—on your walls, on your desk, or on top of the TV in the living room.

RECYCLE

- Don't let your carpenter trash the wood-shavings left over while making furniture. Stuff them in a bag and make a comfy bed for your pets.
- Keep wood-shavings handy to stoke a barbeque.



Spring song

Every season has its own message, says Vrinda Nabar

It was winter when we arrived here to a cold, bleak landscape. We've coincidentally been assigned the same apartment for some

years now, one that overlooks a university car park whose near-deserted expanse makes for a welcome sense of space bordered by trees. I can see one-storied houses with sloping red rooftops, smoke spiralling out of their chimneys in a thin column against a cloudless sky so blue it's as if a child had spilt a paint jar. The old-fashioned bookstore imaginatively named 'Great Expectations' where I once spent many pleasant late afternoons no longer exists, a casualty to the onslaught of larger retail chains, but its signage still beckons from across the road in enticing capital letters.

Does one's perspective change with the years? As with all experience, it does to the extent one allows it to. Over the years we've watched Midwest winters come and go, and when it snows the spiked branches of the bare trees bear silver fruit that glistens in the bright sunlight and forms an elaborate fretwork screen through which I see commuters hunched up in bulky jackets and overcoats awaiting the next train on the EL (elevated rapid transit system) to downtown Chicago. It's a sight that's always enchanted me but I now prefer the safe predictability of the university shuttle service over those windy platforms I once haunted. My excitement when it snowed this year was tinged with a fear of icy pavements and broken bones till I told myself it was significantly in the mind and that 75 year-olds *jogged* on these pavements every morning. That day I placed my foot firmly in the middle of an icy patch and found I could navigate the worst stretches without slipping.

It's easy to forget what creatures of habit we become as we age so that one solitary detail can suddenly feel like a homecoming. It wasn't much to go by, just a few tentative cheeps that pierced the sounds of winter's silence one morning, a touching base with old friends as one bird call was met by another and yet another. But as I walked to work I saw the season's first robin bare its red breast to the sun and melodiously pour forth its joy at being a part of whatever action was about to unfold. For the birds were back in a big and determined way that morning, and even as the robin sang, a long blackbird chain high up in the sky did a crazy ritual dance, every movement punctuated by a high-pitched chant.

I realised that the lenses of age enlarge the old and familiar and nostalgia takes on a whole new dimension when the birdsong that morning became an aching reminder of how the crows, sparrows and *koel* in the cassia trees on my street back home perform pre-dawn arias the year round, that the seasons bring no startling shifts in scenery. That only the cassias hint at the changing seasons, slowly

shedding their leaves as December approaches, transforming in early March from naked and dusty to a green that darkens as the summer heat coaxes them to burst into bloom and carpet the street with their fragrant yellow flowers.

I realised that the lenses of age enlarge the old and familiar

I'm about to wrap up my visit here as the annual ritual of daylight-saving heralds spring-time and the cool dry breezes of March bring with them the scent of grass, reminding me of childhood Octobers in the village of Kamshet near Pune. It will be good as always to return to my familiar quirky neighbourhood, to breakfasts at Café Mysore and evening walks on College Road, even to irritants I'd been glad to escape from, for they are part of the place I think of as home. ■

Vrinda Nabar, 61, is a feminist writer based in Mumbai. She is currently a visiting professor at Northwestern University, USA



AYAZ SIDDIQUI

RoganJOSH!

The Khatri in Bhuj are the sole exponents of a traditional art, reports **Nayem Quadri**

LEGACY

I've never regretted the day I left my job in Mumbai and rejoined my family to practice *rogan* at my grandfather's insistence," says Abdul Gafoor Khatri. The 45 year-old belongs to the seventh generation in a long line of *rogan* artists from Bhuj in Gujarat. His uncle, 54 year-old Arab Hasham Khatri, his three younger brothers—Sumar, 26, Juma, 32, Ashraf, 18—and his 14-year old son Sahil are the last surviving *rogan* artists in Gujarat. Once a popular art form practiced all over Kutch, *rogan* is now solely kept alive by the Khatri family in the sleepy village of Nironha.

The art, characterised by geometric motifs, involves freehand painting and demands a fair amount of dexterity. A lump of coloured paste is held in the left palm and a 6-inch steel needle—is dipped into the paste and dragged on fabric to produce breathtaking designs. Common motifs include floral patterns, animal forms and oriental art. No tracing paper, measuring devices or frames are used. Colour pigments are pounded on stone along with glue made from castor oil. Typically, a small wall-hanging takes roughly six months to make and can cost anywhere between Rs 3,000 and Rs 15,000 depending upon the intricacy of the design.



In December 2008, the Khatri sold a 35" x 50" wall hanging for Rs 150,000. The family's masterpiece, though, remains a silk sari that took a year to make.

Foreign tourists form the majority of their buyers. Sumar, who speaks fluent English, handles all customer queries. Khatri, a National Award winning artist, is all praise for his brother, saying, "Sumar is the only left-handed artist in our family and is exceptionally promising." Khatri's son Sahil too is already following in his father's footsteps. "After he comes from school and finishes his homework, he sits to work with us—though I never ask him to."



INDIAN EXPRESS

A 120-year-old giant old clock in the Western Railway workshop in Lower Parel, Mumbai, has another veteran for company—an equally old bell. Both timekeepers were manufactured in the same foundry: Gillett & Co Manufacturers, in Croydon, UK. Though the two have been in the workshop for more than a century, they were mounted in two different locations. Works manager A K Garekar decided to put the two together in honour of their shared history. The clock is 1 m in diameter while the bell has a diameter of 425 mm and weighs 57 kg. The railway authorities have built stairs leading to the two heritage masterpieces to enable easy access to visitors.

REPertoire

ROCKING REUNION

The Jets, Mumbai's earliest rock group, reunited after 43 years for a one-night gig at the Blue Frog club in Lower Parel (in South Mumbai) on 7 March 2009.

The five-member group—lead guitarist Michael 'Mike' Kirby, rhythm guitarist Malcolm 'Muzzie' Mazumdar, bassist Suresh 'Bhoj' Bhojwani, drummer Napoleon 'Nap' Braganza and unofficial manager Ashok Daryanani—met as teenagers in the early 1960s and became extremely popular with their rendition of songs by The Savages and The Ventures. The Jets were regular performers at the Taj Crystal Room, the Sun 'n Sand Hotel and the Ambassador Hotel in Mumbai. Over the years, all five had drifted off to different shores. Though Bhojwani and Braganza are based in Mumbai, Kirby, Mazumdar and Daryanani are now settled in New Zealand, Canada and UK. Bhojwani sound-ed the idea for a reunion concert via email three years ago and each

practised in different countries till they finally congregated at an undisclosed location in Goa in late February where they jammed for eight to 10 hours everyday. Though the 'salt n pepper' rock

group admit that another concert is not in the offing anytime soon, the euphoria of their performance will linger awhile. "It was great," says Bhojwani. "We never felt like we were ever apart."



DEEPTI HIRANANDANI

Mandolin rain

Ashok Shinde's passion for the instrument runs deep, discovers **Khursheed Dinshaw**

REVIVAL

The haunting strains of the mandolin stirred many a lovesick heart through countless Hindi film songs in the early 1950s and '60s. In fact, its gentle tremolo was a signature element in Raj Kapoor's *Awara* and *Barsaat*. Over the years, as digital music grew in riptide proportions, the quaint voice of the teardrop-shaped instrument faded into oblivion.

For Pune-based Ashok Shinde, however, there is no sound sweeter. His lifelong love affair with the mandolin began when he first



HEMANT PATIL

Lost and FOUND



While embracing the musical future, don't let the past slip away, urges **Ameen Sayani**

MUSIC

When I heard *Jai ho!* from *Slumdog Millionaire*, I couldn't understand the *mukhda* till my friend explained it to me later. My inability to grasp the song had me worried for some time. Especially because Gulzar has always been—and remains—one of my favourite lyricists. I admire him for his brilliance at balancing subtlety with wit and

delicacy of language. Rahman too is one of my favourite music directors. I have to admit that my inability to relate to the song in no way diminishes its value. *Jai ho!* is a splendid song; the abundant global acclaim and appreciation it has won is proof enough. Even when I could not understand the lyrics initially, I had to admit it had a vigorous, lively beat—so much like the generation it belongs to.

heard it being played on stage by famed mandolin guru Kamlakar Pawaskar. After the concert, he coaxed Pawaskar to teach him to play. Ever since, for the past 45 years, Shinde has played the mandolin at public shows. And for over 18 years, he has taught hundreds of mandolin enthusiasts how to play. After retiring from music coaching, Shinde also performed at five-star hotels for five years. His students, though, still approach him when their mandolin is in need of fine tuning.

The 66 year-old has four mandolins but still cherishes his first that he bought in Pune in 1963 for Rs 100. These days, he generally plays the mandolin for his inner circle of 25 mandolin enthusiasts though, seven months ago, he performed for a 600-strong audience at Pune's Udyan Prasad Karyalaya. Going forward, Shinde hopes his students will keep the sound alive. "My students have now started their own mandolin training classes," he says with

pride. "So I am sure there are many youngsters out there who will save the mandolin from eternal silence." Like Anil Pendse, perhaps, who Shinde taught in the 1980s. "We still meet once every month and play the mandolin for hours together," says Pendse. "No one can bring alive old Hindi songs the way he does."

TRIVIA

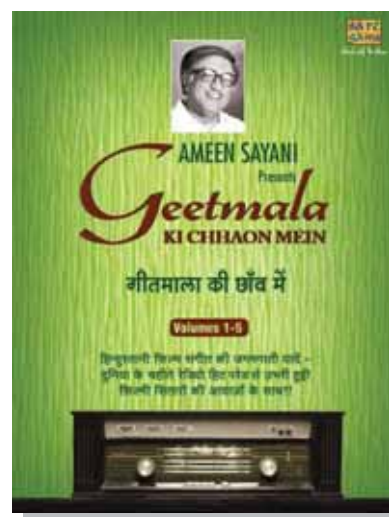
The mandolin was very popular in Europe and America in the first half of the 20th century. It evolved from the lute family in Italy during the 17th and 18th centuries. Its early form can also be seen in cave paintings dating to around 15,000 BC. The mandolin comes in three main variants—Milanese, Lombard and Brescian—with a choice of four, 12 or 16 strings. The instrument is plucked with a small flat tool called the plectrum.

Sahitya Sahavas, a leafy residential colony in Bandra in Mumbai, once housed some of the most distinguished Marathi writers, such as Y D Phadke and V P Kale. Built in 1968, the complex now has a book dedicated to its history: *Colony* (Laxman Bhagaji Pardhe Charitable Trust). The author Siddharth Pardhe, a development officer at LIC, is the son of one of many labourers who worked on the construction site of the colony. The book traces Pardhe's growing years in the area and thus offers a glimpse into the growth and transition of the place. Priced at Rs 150.

I have always believed our music is a reflection of our society. I belong to a generation that was partial to subtlety and the finer nuances of language. Though like many people my age, I yearn for the songs of 'our' time, I also understand that people today do not have the time to stand and stare and smell the roses, so to speak, as we did. Whether we like it or not, we have to confront the fact that subtlety and depth of sentiment are fast fading from our music. In its place, we have zest and spunk. As we rue the loss,

let's not blame our youngsters. They are a product of their times; a derivative of the so-called progress of civilisation.

Civilisation is like a river, the origin of which lies way back in the past. As this river flows ahead, it gathers from its shores the treasures they have to offer, then segregates them and transforms them subtly in its own way to redistribute them in different forms. If this happens the way it should, all that was good in the past will remain in the river and lots of >>



>> new treasures will be added to it as it moves ahead. But if we dump our treasures by the wayside and move ahead, we lose something that's irretrievable. Youngsters today only need to ensure that they do not greet the future with empty hands. Instead, fill your hands with treasures from the past and the future will undoubtedly bestow you with something that will endure as a timeless legacy; not just a 'flavour of the month'.

These days, I am busy broadcasting on radio archival interviews with great singers and music directors of yore. These programmes are being beamed in six countries. Along with appreciation from the elderly, I have received many letters from youngsters. The letters are full of praise for the music and lyrics. These letters encouraged me to recently launch a five-volume CD of old forgotten songs, *Geetmala Ki Chaon Mein*. I am reassured that we haven't lost our legacy yet. Yes, there is hope.

Ameen Sayani, 76, is a radio and TV broadcaster based in Mumbai



SHILBHADRA DATTA

What was once the residence of social reformer Raja Ram Mohun Roy is now the Kolkata Police Museum. Inaugurated in 1996, the two-storied structure houses quaint relics: artefacts dating back to 1704; vast archives of information on the Police Training School and the Detective Department; a 30-kg wooden club used by freedom fighters for exercise; 19th century official memos warning citizens against violation of traffic rules; and even an unexploded Japanese bomb that was dropped on the city during World War II. Well worth a visit, the museum, located at Acharya Prafulla Chandra Marg, is open 10 am to 6 pm all week.

COORGI-LICIOUS

There aren't too many restaurants where you can sample authentic Coorgi cuisine. But if you enjoy cooking, here's a book that helps you rustle up delicious Coorgi fare with step-by-step instructions. *The Essential Kodava Cookbook* (P P Bopanna) by C B Muthamma and P Gangamma Bopanna offers interesting information on various Coorgi celebrations and the distinctive dishes associated with each. With recipes for *akki roti* (rice flour roti), *pandi curry* (pork curry), *chidukuwa* (pork preserved in its own fat) and *thambuttu* (a banana dessert) among others, the book promises to be every gourmet's dream come true. The authors have more than this book to their credit—Muthamma was India's first woman diplomat and Bopanna was the first woman lawyer from Coorg. Priced at Rs 250.



A prince among men

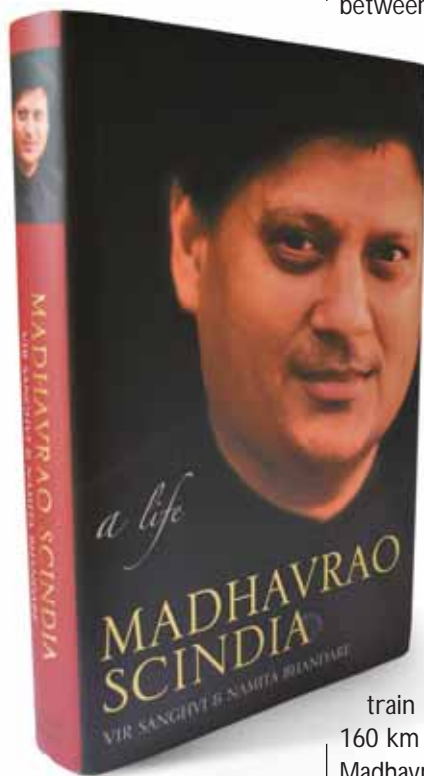
Madhavrao Scindia: A Life, by Vir Sanghvi and Namita Bhandare; Penguin; Rs 550; 355 pages

As both maharaja and politician, Madhavrao Scindia was to the manner born. In his case, his suave, aristocratic mien did not preclude the scion of the royal family of Gwalior from thriving in the cesspool that is Indian public life. Even more remarkable, he did so while remaining well-liked across the political spectrum and retaining a reputation untarnished by political or personal scandal.

That's why Scindia's death in 2001 at the age of 56 shocked India—it marked not just the untimely loss of a life but the loss of one more aspirant to high office (fellow Congressman Rajesh Pilot died the year before).

While columnist Namita Bhandare sketches the outline of this book with an account of his political life, journalist Vir Sanghvi, who was one of his closest friends, fills in the colour with his memories. From his student days in India and the UK, his foray into the world of business in Bombay, his entry into politics, his love of cricket, and even his fractured relationship with his mother, you get a composite picture of a sensitive yet driven man with abundant ideas; one who is widely credited with modernising the railway network in India (see *excerpt*). Of course, if there was a less than stellar side to Scindia, the man or the politician, you wouldn't find it in this book, which enjoys the backing of the Madhavrao Scindia Foundation, run by his widow Madhavi Raje. (The top brass of the Congress showed up for the launch.) Still, this is a well-written chronicle of an interesting life that doubles up as a reader on contemporary Indian politics.

—Arati Rajan Menon



Excerpt

For Madhavrao, the Shatabdi Express was a dream. He travelled to Paris to take a look at the TGV Express and he went to Tokyo.... But international collaborators wanted to build a dedicated rail track. Madhavrao considered this wasteful. He asked his technical team to find out the best existing track. It was the stretch between Mathura and Agra, the team reported back.

Excellent, said the minister. The first Shatabdi would run between Delhi and the tourist hub of Agra in just two hours. Like the Rajdhani Express, the fastest train in the country then, with a speed of 120 km an hour, the Shatabdi would be fully air-conditioned, with chair-car travel and a meal included in the cost of the ticket.... Technically, there was no reason why the train couldn't run at 170 km an hour. But his advisers objected: such a fast train couldn't run in Indian conditions, where people lived along the tracks and old people, young children and cattle crossed the track at will. Madhavrao wasn't convinced. Together with Anup Singh, he decided to go on a trial run between Delhi and Gwalior. The two got into the cab with the engine driver. It was early morning and up to Faridabad, the train inched along. Then, after Faridabad, the tracks cleared and the

train began picking up speed: 120, 130 and finally 160 km an hour. Everything was going fine and Madhavrao turned to look at Anup Singh with a smug look that said, 'See! We can do it.' Then, suddenly, without warning, a few kilometres ahead, an old man with a cycle began crossing the track. 'Slow down, slow down. Slam the brakes,' yelled Madhavrao. 'I'll still hit him at 30 km an hour,' replied the engine driver, pulling at the whistle, hooting desperately for the man to get off. Finally, when they were only about four to five feet away, the man got off the track. It was a narrow escape. Reaching Gwalior, Madhavrao declared that the Shatabdi would run at a maximum speed of 140 km an hour—still faster than the Rajdhani—but suitable enough to deal with the idiosyncrasies of life along the Indian track.

PASSAGES

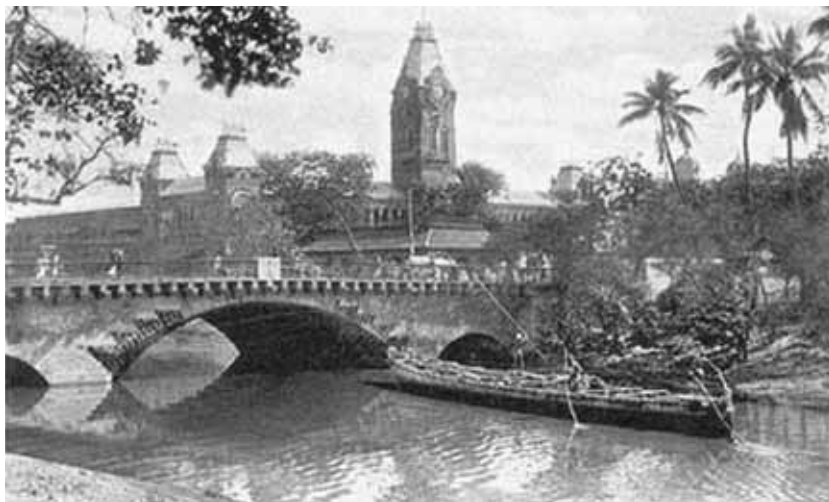
Madras, Queen of Southern India, Her Snakes and Their Charmers

An excerpt from *Yes, Lady Sahib - A Woman's Adventurings with Mysterious India*, by Grace Thompson Seton. Published in 1925 by Hodder and Stoughton Ltd, London

Here was I, caught in the grip of southern India, which caused me to eat up weeks as an elephant does hay. All hope of getting north to keep the fascinating engagement for a shoot with the Maharaja of Bharatpur had to be laid on the funeral pyre of Fate. Madras the beautiful, with her fakirs, her snake-charmers, and her cobra, held me.....

Perhaps you will share with me the novelty of the 40-hour trip from Calcutta down to the long stretch of the Bay of Bengal to Madras the coquette, the fascinator. In a comfortable compartment equipped with a refreshing shower-bath, I watched the country change character as we sped towards the equator. The thermometer was at least 100° F, but fans made it not too bad. The Southern Cross became visible. Haystack houses, round and low, with thatched roofs, were set in palms and brightened by the pipal trees and the flowering acacia.

A low range of hills follows down the coast and humanity has shed most of its raiment; the dhotis (one-piece garments) of the men are white with red or pink border. The turbans are smaller than in the north. Likewise the people grew darker skinned. The costumes of railroad officials also showed climatic adaptations. A red helmet

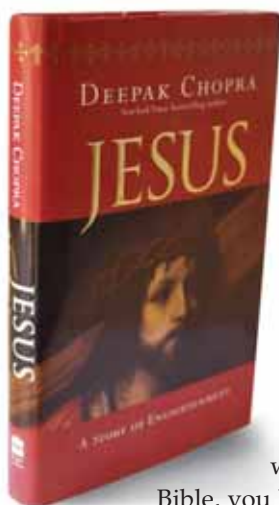


turban, a khaki shirt, and very short 'shorts,' bare legs and feet, except for khaki puttees! One free-lance was wearing an official turban and a loin-cloth hardly larger than a gee-string.

Just as the train was leaving Calcutta the guard tore off my 'reserved ladies' and inserted an apologetic female in white flowing coif with much smaller luggage. She proved to be a French nun who had been working in a Madras Catholic Mission for 24 years. She never unbent, nor disrobed, other than to take off the first outer layer of starched head-gear. Her head still swathed in linen, she arranged herself, with her luggage roll for a pillow, flat on her back, a drapery over her face and toes demurely turned up like a 14th century effigy. There

she lay hour after hour exhibiting marvellous self-control. The heat, the dust, the mosquitoes, caused no quiver. Long before daybreak she was up and ready to get off, but had a long wait as the train was late. From the station where she finally alighted she had to do 50 miles in a bullock-cart. This would take three nights. Travel in this part of the world is done by night to avoid the heat of the day.

At a small station another woman got into my compartment, again with much small luggage—tin boxes, metal pans, and food containers, baskets of provisions, and rolls of beddings and clothing. She curled up like a caterpillar on the head seat and went to sleep any old way. She neither ate nor drank nor left the seat for the eight hours she remained with me. ■



I, Messiah

Jesus: A Story of Enlightenment, by Deepak Chopra
HarperCollins; Rs 395; 273 pages

In 2007, Deepak Chopra released his path-breaking *Buddha: A Story of Enlightenment*, an entertaining retelling of Buddha's life. Now, the New Age guru takes another stab at "religious fiction" (his words) with the story of Jesus. "In the

Bible, you have Jesus as a child in the nativity scenes, then at age 12 at the Temple in Jerusalem, and then you don't see him until he's 30," says the author. "Where was he for those 18 years?" In simple but engaging prose, Chopra sketches in those missing years, drawing from myth, legend and folklore both Western and Eastern. Against a backdrop of social and political churn and much geographical to and fro (Jewish warriors on one page and a guru in Tibet on another), the young Jesus

evolves from a malleable lad to a man who has come to terms with his own reality and identity.

Chopra calls this road from boy to Messiah "a map of enlightenment that follows the young seeker from Nazareth on his path to Christhood". On this route, familiar characters like Judas and Mary Magdalene pop up like signposts. What's interesting is that this journey "from suffering and separation to bliss and unity with God" is not unique to Christ but common to mankind. Herein lies the crux: that Jesus wanted his followers to reach the same unity with God that he did. More important, Chopra believes we all can. This is a courageous statement—the notion of 'acquired godhood' and the idea of enlightenment being a universal privilege may well anger the orthodox. For daring to make it, Chopra deserves our applause.

—Arati Rajan Menon



Live Life Pain Free

Beneficial for:

- * Injuries: Minor, Moderate or Major
- * Osteo-arthritis
- * Rehabilitation pre & post surgery

ORTHOFIT
SPORTS MEDICAL & REHAB CLINIC

Telephone: (022) 23671674 / 3013

Email: contact@orthofit.in

Website: www.orthofit.in



SUPPORT

**SUPPORT
& STABILITY**

**SUPPORT,
STABILITY
& STRENGTH**

PRO STABILIZER

The **PRO STABILIZER** is the ideal advanced **Knee Brace** for delaying and, in some cases, even avoiding Knee Replacement. It works by practically taking over the knee compartment. The **Side Hinges** with pads and **polycentric gears** allow full flexion, unload the upper body weight from the Knee, hold condyles to prevent friction between the Femur and the Tibia and restrict further degeneration. Sewn-in **Horseshoe Buttress** tracks the **patella** to avoid erratic movements of the knee compartment. It promotes healing by providing **continuous therapeutic heat**.

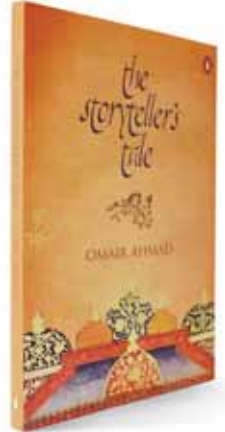
BRIEFLY



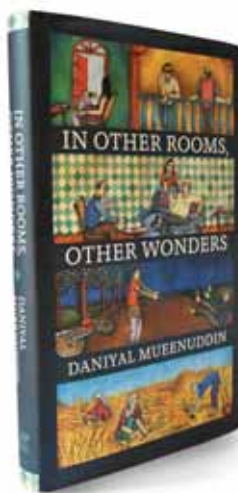
Legendary Bengali writer **Buddhadeva Bose's** *Moner Mato Meye* is now available in English (translated by Arunava Sinha) as **MY KIND OF GIRL** (Random House; Rs 350; 171 pages). A train derailment forces four middle-aged men to spend a night together in a waiting room. A contractor, a Delhi bureaucrat, a doctor from Kolkata and a writer of sorts can't stop

thinking about the young couple that peeped into the room before leaving to find a cosy spot somewhere else. It's "as though the bird of youth had shed a few feathers as it flew by". With life no longer rosy for any of the travellers, they decide to narrate and, therefore, confront their first brush with love. What follows is a slice of Bengali culture through quiet stories about young men and girls next door. Written in 1951, *My Kind of Girl* still tugs at the heartstrings. It's a pleasure reading about people around town—some simple and therefore obscure, and some with "polish on their casing gleaming more".

Here's a slice of short-story pie in the guise of a novel. **THE STORY-TELLER'S TALE** by **Omair Ahmad** (Penguin; Rs 225; 122 pages) is about a disenchanted storyteller, Afzal, living in the reign of Ahmed Shah Abdali who devastated Delhi. Cynical about love, life and relationships, Afzal sets out on a journey to fulfilment. With a loose grip on riches, he stops at the *haveli* of Mirza Azeem Jalal-ud-din Khan who is in the middle of the Delhi tempest. The silk in the poet's speech impresses the Begum and she invites him to tell a tale. Afzal's tale of an unwed mother bringing up her son Wara with a baby wolf who she names Taka (nameless) takes on a new meaning when the Begum outstrips him by retelling the story as one of Aresh and Barab, the son of Amir of Thakir and his adopted sibling. The challenge turns into love. "Words from a long time ago echoed in his thoughts, 'You're never really prepared to listen unless you're prepared to change'." And he answers the Begum's tale by retelling her story and his own. With it the reader gets as many views on life, love, truth and betrayal. Read it to find your own meaning.



Pakistani writer Daniyal Mueenuddin's debut collection of short stories **IN OTHER ROOMS, OTHER WONDERS** (Random House; Rs 395; 247 pages) is a wonderful page-turner about a Pakistan grappling with its traditions and compulsions. A country that values its inheritance yet "envies the freedoms" of the West. "In your life you'll have solid things, and you'll have them more solidly than I did," says a much emancipated Rafia Harouni to her son Sohail's American girlfriend Helen in the story titled "Our Lady of Paris". At the heart of the book is a Lahore-based industrialist K K Harouni; all the stories are somehow connected with his nameplate; all the characters weighed down by their families or history, trying to climb the social



ladder in their own little way. In fact, in one of the stories, someone (or is it the author?) says in jest, "If I ran away to the South Pole some Pakistani would one day crawl into my igloo and ask if I was the cousin of K K Harouni." So there's Nawabdin, the electrician who works on Harouni's farms; a bootlegger's daughter Saleema who comes to work on the farms and moves into Harouni's valet's room; Zainab, the industrialist's farm manager's mistress; Sohail, Harouni's distant nephew, who by the end of the book is a wild party animal married to American Sonya; and Husna, K K's mistress. Most of these lives dissipate into nothingness with Harouni's death. But if they were to meet, each one would probably find the others freer than themselves.

WHERE ELSE
WOULD YOU FIND
SOMEONE ABOVE
55 YEARS
WHO'S PERFECTLY
IN TUNE WITH YOU?

HARMONY, OBVIOUSLY.

Cooking. Reading. Fitness. Whatever your interests are, you're sure to find a silver citizen who shares your passion. Thanks to One-On-One, our personal classified section. You can post your messages in our columns absolutely free (for a limited period only). For more details, please refer to the form on the next page.

ONE
-on-
ONE



Name of Advertiser:

Address:

Age: E-Mail:

Tel: Signature:

Tick chosen category

- | | | |
|---|---|--|
| <input type="checkbox"/> Travel | <input type="checkbox"/> Services | <input type="checkbox"/> Pet & Animals |
| <input type="checkbox"/> Hobbies & Interests | <input type="checkbox"/> Health & Sports | <input type="checkbox"/> Jewellery & Watches |
| <input type="checkbox"/> Entertainment & Events | <input type="checkbox"/> Computers | <input type="checkbox"/> Exchange |
| <input type="checkbox"/> Books & Music | <input type="checkbox"/> Antiques & Collections | <input type="checkbox"/> Others |

Please fill in the space provided below

Terms and conditions

1. Advertisers are required to read and approve the text and other details of the advertisement before sending the form.
2. The Publishers reserve the right to decline, change or reschedule any advertisement.
3. Advertisements are accepted in good faith and the Publishers accept no responsibility whatsoever regarding the bonafides of the Advertisers, not the contents of the advertisements. No interviews shall be granted or correspondence entered into regarding any advertisements published.
4. Under no circumstances will we be liable for any loss to the Advertiser for any error or omission by us.
5. The above conditions and any other conditions stipulated by us will govern the acceptance and publication of any advertisement.
6. One-on-One is a free readers service only for bonafide readers of Harmony.
7. Please fill up the enclosed form along with all the necessary details and mail it to: 'One-on-One', Harmony- The Magazine, 4th Floor, Maker Chambers IV, 222, Nariman Point, Mumbai - 400 021.
8. Harmony shall not be responsible for any loss/delays in transit for the forms.
9. The offer is open for a limited period and is on first cum first serve basis.
10. No correspondence shall be entertained regarding non-publication of One-on-One.
11. Harmony reserves the right to modify/change the One-on-One received at their end.
12. Maximum number of words allowed per One-on-One is 30.
13. All forms should be sent by ordinary post only. No registered post or courier shall be accepted for One-on-One.
14. Only one entry per person shall be accepted.
15. Each entry should be in the original form printed in Harmony. No photocopies shall be allowed.

For office use only

- | | | |
|------------------------------------|----------------------------------|---------------------------------------|
| <input type="checkbox"/> Advt. No. | <input type="checkbox"/> Heading | <input type="checkbox"/> No. of Words |
|------------------------------------|----------------------------------|---------------------------------------|

ATTENTION SENIOR CITIZENS



loan against your house, **live** in it and
get paid every month

REVERSE MORTGAGE TOLL FREE HELPLINE
1800 100 1111

**CALL
NOW!**
Mon-Sat
10am To 6pm

THE WAY WE WERE

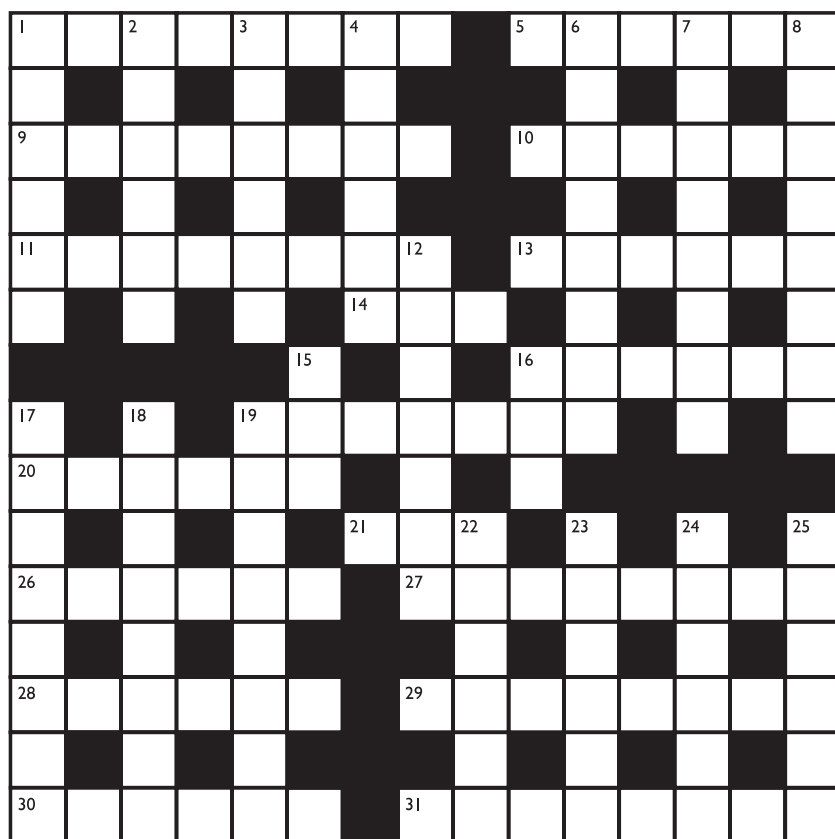
WE GO 50 YEARS BACK IN TIME TO BRING YOU PRODUCTS, PEOPLE, EVENTS AND FASHION THAT INFLUENCED THE WORLD...

COPY CAT!

The Xerox 914, the world's first automatic plain paper office copier, was unveiled by Xerox Corporation in 1959. The company was established by American physicist and patent lawyer Chester Carlson (1906-1968). The photocopier was designed to make 7.5 copies per minute on any type of paper. It was called the Xerox '914' as it could copy pages up to 9 x 14 inches in size. The product was a smash—more than 200,000 units were sold around the world between 1959 and 1976. Production was finally stopped in 1976, with the launch of Xerox's next offering, the 720. Now, the 914 occupies pride of place at the Smithsonian Museum in Washington DC.

THIS MONTH, THAT YEAR: APRIL 1959

- **On 9 April 1959**, NASA announces the selection of America's first seven astronauts. The news media quickly dubs them the 'Mercury Seven'.
- **On 30 April 1959**, the Dalai Lama greets Jawahar Lal Nehru, the first prime minister of Independent India.



EXCLUSIVE HARMONY CROSSWORD 54

By Raju Bharatan

ACROSS

- 1 Channel update advocating re-reading of speed at which the 1970-71 Ashes-tilting English fastie bowled? (5 3)
- 5 *Slumdog Millionaire* or no *Slumdog Millionaire*, Oscar or no Oscar, *Darshan do Ghanshyam* is written, not by him, but by Gopal Singh Nepali in its original avatar (6)
- 9 Does this working-class white from the southern part of U.S. cede rank? (1 7)
- 10 Pet holding resident programmed to go? (3-3)
- 11 He at her X following with a purple-flowered look (8)
- 13 Its – was Lata Mangeshkar's own suggestion: "Pancham se shuru

karte hain!" exclaimed that chanteuse, as all set was Salil Chowdhury to record *Aa jaa re pardesee* to go on *Madhumati* Vyjayanti (6)

- 14 Not the better half of Tansen! (3)
- 16 Ariel a material used as teaching aid (6)
- 19 The seven letters of *Bhairav* are the seven letters of the man in the case of *Mohe bhool gaye saan-wariyaa*, so memorably happening on Meena Kumari as Gauri in *Baiju Bawra* (7)
- 20 They bluff the Vietnam icon looking in the mood to chop dead-wood! (6)
- 21 It lies in concealing it (3)
- 26 Artist distinguishing characteristics (6)
- 27 'Sounds', but is not, a 'remedy'

for eliminating that cushy posting in our political system! (8)

- 28 How much of truth there was, and there wasn't, in India's oft-repeated platitude of the nation's never going nuclear? (2 4)
- 29 Not the only example of 'Hindi viewing' Bollywooden as Bollywooden could be (4 4)
- 30 Ground reality of being Viru Sehwag (2 4)
- 31 'After Suraiya Who?' (3 5)

DOWN

- 1 Try embracing Ash looking far from worthy (6)
- 2 M S Subbulakshmi and Hema Malini inviting comparison, as legends, on the silver screen? (6)
- 3 Take out *Sach* and what you have is no Don accompanist (6)
- 4 It's not as if they are reserved for the *Solid Gold Cadillac* genre of films (6)
- 6 Kunderan failing the ratings? (8)
- 7 Doctrine-famed British ruler portraying English princess as surrounding Israel (8)
- 8 Truly entitling Dharmendra to a Lifetime Achievement award? (8)
- 12 Coinage tellingly summing up those habitually positive in their speech (3-4)
- 15 Goes after Kamala (3)
- 16 The three letters of CCI (3)
- 17 Thing raising the question about East-West meeting point (3 5)
- 18 Maya as core of classic (8)
- 19 The Girl fantasizingly near and dear! (4 4)
- 22 On which the light-footed V V S Laxman appears to make his way to the crease (6)
- 23 How Shashi Kapoor addressed Nirupa Roy? (4 2)
- 24 Lost and found? (6)
- 25 Act familiar with call to turn a cat's paw? (2 4)

For answers, see Page 79

Raju Bharatan is the originator of the 'Sunday Cryptic' crossword in *The Times of India*, where he set the first 1,500 puzzles

TIPS FOR BEGINNERS: A whole variety of clues goes into framing a cryptic puzzle. For instance, the anagram. The clue here could be: *Unresting opponent of authority* (*Unresting* being the 9 letters of *insurgent* rearranged). Another variety of clue is the palindrome—*DEIFIED*, when viewed backward or when viewed up in a Down clue, reads *DEIFIED* all the way. Next, there could be the clue (8-letter answer) reading: *Complete view of daughter sandwiched between parents*—*PANORAMA* (*PA/NORA/MA*). The 8-letter solution to the clue, *The framework of our constitution*, is *SKELETON*. At times, what looks straight could prove tricky. For example, the clue, *How we stand*—has *UNITED* for its 6-letter answer. The clue, *How we fall*, has *DIVIDED* for its 7-letter answer.

SAY IT OUT LOUD



Kind words can be short and easy to speak, but their echoes are truly endless

—Mother Teresa (1910-1997)

THE BUZZ

SOLAR POWER



"Green is Delhi's favourite colour," Delhi Chief Minister Sheila Dikshit recently proclaimed to media. As part of its eco-friendly drive, the city has introduced four

solar-powered electric rickshaws on the roads of Chandni Chowk, in the walled city of Old Delhi. Each 210-kg 'Solekshaw' costs Rs 17,000 each and runs at a speed of 15 to 20 km per hour. The 'green rickshaws', developed by the Council of Scientific and Industrial Research (CSIR), function on a battery with solar panels that lasts about 70 km on a single charge. The battery takes about five hours to charge. The charging units have been set up above the Delhi Metro station in Chandni Chowk.

THE WORD IS OUT

flashpacker *n.* A backpacker who travels in style.

Also: **flash-packer**. [Blend of *flash* and *backpacker*.]

—**flashpacking** *pp.*

Example: There are still the communal areas that made hostels the social place to be in the early 1990s, but now they are matched by posh facilities. The clientele includes fewer backpackers, more **flashpackers**: holidaymakers with a taste for the nice things but who are cost-cutting in keeping with the climate.

—Lucy Tobin, "Hostels hustle to add an upmarket tag", *The Boston Globe*, 22 February 2009

niche dating *pp.* Dating people based on a single characteristic, or on a very limited set of characteristics. —**niche-dating**, *adj.* —**niche dater**, *n.*

Example: Tracking down someone who shares your passion for Zemlinsky, intermediate skiing or off-shore banking before Saturday might seem tough—but thanks to the latest revolution in romance, securing a genuine soul mate has never been easier or quicker. Forget speed dating: welcome to the esoteric world of **niche dating**. Whether you're into ballroom dancing, kittens or dirt bikes, there's a site out there for lonely hearts just like you.

—Judith Woods, "Valentine's Day: the 20 best niche dating websites", *The Daily Telegraph*, 11 February 2009

SPIN *adj.* Relating to the dense cultivation of vegetables and other crops on small plots, particularly in urban settings. [From the phrase *Small Plot INtensive*.]

Example: Some cities, most notably Vancouver, have websites that match urban landowners who don't care to garden with those who have no space but want to immerse their hands in soil. Here and elsewhere, a few entrepreneurs, engaging in **SPIN**, or Small Plot Intensive agriculture, rent backyards—several at a time—to grow produce for sale.

—Peter Gorrie, "In gardens, a design for the city", *The Toronto Star*, 22 February 2009

vishing *pp.* Attempting to fool a person into submitting personal, financial, or password data either by sending an email message that includes a scammer-

BRAIN GYM

controlled phone number, or by spoofing an automated phone call from a financial institution using the voice-over-IP system. [Blend of *voice* and *phishing*.]

—**vish** *v.* — **visher** *n.*

Example: Ever got email prompting you to change your banking password? This particular fraud is called **vishing** and is on the increase. Scam artists are always trying new ways to get your personal information. Vishing operations try to persuade consumers to divulge PIN numbers, claiming accounts have been suspended, deactivated or terminated. Recipients of the scam emails are directed to contact their bank via a telephone number provided. Upon calling the telephone number, the recipient is greeted with “Welcome to the bank of...” and then instructed to enter account information to resolve a pending security issue.

—“Awash in bureaucracy”, *The Kansas City Star*, 6 November 2008

self-tracker *n.* A person who uses websites or other technologies to meticulously track various aspects of his or her body, mental state, and activities.

—**self-tracking** *pp.*

Example: The Internet had long ago turned navel-gazing into an international pastime, but self-tracking takes the self-absorption to a new level. Using elaborate graphs, pie charts, websites and newer technologies, **self-trackers** catalogue everything in their lives, sometimes with no clear result.

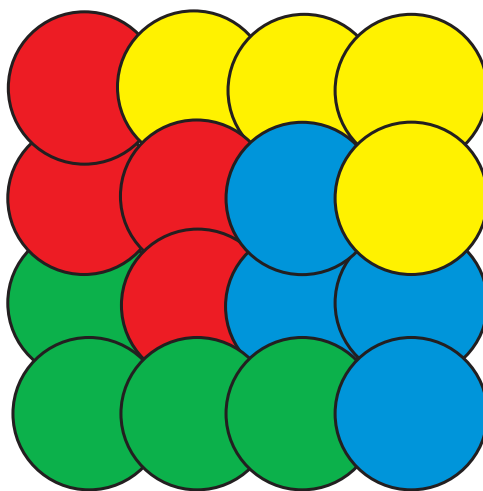
—Zosia Bielski, “My so-called life”, *The Globe and Mail*, 19 February 2009

HENRY *n.* A person with a substantial income, but who is not yet wealthy. [From the phrase *High Earner, Not Rich Yet*.]

Example: “All these luxury brands are extremely vulnerable, unless they have been selling only to the truly rich who are always going to be rich,” Danziger said. But all luxury brands depend on the \$ 250,000 to \$ 500,000 income group, a cohort Danziger said has been dubbed **HENRYs**: High Earners, Not Rich Yet.

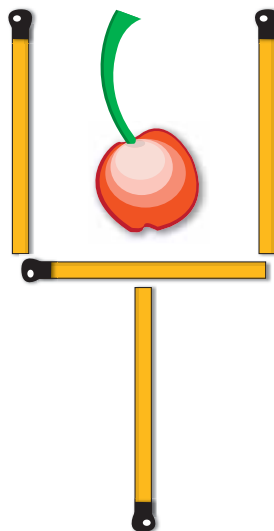
—Joan Verdon, “Well-heeled shoppers having second thoughts”, *The Record*, 21 November 2008

CIRCLES IN THE SQUARE



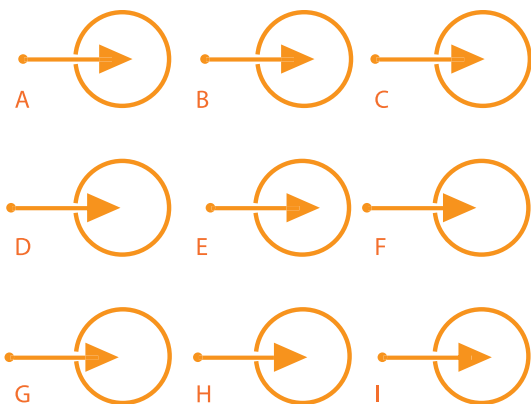
The shape above consists of overlapped colour circles. Which two colours have their total visible areas equal?

OUT OF GLASS



The object is to move two matches to get the cherry outside the glass. At the finish, the glass may be turned in any direction, but it must be exactly the same shape as before.

POINT THE CENTRE



Only one of the nine arrows' tips points exactly into the centre of the respective circle. Which one is it?

THE WAITER

Three men in a cafe order a meal at a total cost of \$ 15. They each contribute \$ 5. The waiter takes the money to the chef who recognises the three as friends and asks the waiter to return \$ 5 to the men.

The waiter is not only poor at mathematics but dishonest and instead of going to the trouble of splitting the \$ 5 between the three, he simply gives them \$ 1 each and pockets the remaining \$ 2 for himself.

Now, each of the men effectively paid \$ 4, the total paid is therefore \$ 12. Add the \$ 2 in the waiter's pocket and this comes to \$ 14—where has the other \$ 1 gone from the original \$ 15?

THE FROG

A frog is at the bottom of a 30-m well. Each day he summons enough energy for one 3-m leap up the well. Exhausted, he then hangs there for the rest of the day. At night, while he is asleep, he slips 2 m backwards. How many days does it take him to escape from the well?

Note: Assume after the first leap that his hind legs are exactly 3 m up the well. His hind legs must clear the well for him to escape.

SUDOKU FOR YOU

7							2	1
2			9	6				
		4	5			6		
			2		3	5	9	
	8			9			1	
	2	9	8		1			
		8			5	7		
				7	9			4
9	6							2

Choose a number from 1 to 9, and place it in the grid. Every digit from 1 to 9 must appear once, and only once, in each of the columns, rows and in each of the sets of nine boxes.

KOFFEE WITH KAKURO

	12	16	24	11					29	21
16					9		18	8	12	
24						18				
	10			26		16				
	8			10	12			15		
		17			19			28		
	11	20					15			
15			25						15	
10			16		17					
33			8		13		8			
						9				7
12				23						
8					16					

The object of a Kakuro is to insert digits from 1 to 9 into the white cells to total the clue associated with it. However, no digit can be duplicated in an entry. For example, to total 6, you could have 1 and 5, 2 and 4 but not 3 and 3. You may, however, use a number again in the same row or column.

Pradeep Kshetrapal, 56, for helping disabled children in rural Korba, Chhattisgarh



TEXT & PHOTO: CHITRA RAMASWAMY

"The purpose of service is defeated when one seeks the limelight. We should always remember that by pitching in our lot for any social cause, we are not doing anyone a favour—we are only serving God."

In 1971, **Pradeep Kshetrapal**, 56, turned down a seat in architecture at IIT, Kharagpur, and later a place in Indian Institute of Science, Bengaluru, to nurture his father's business in refrigeration and air-conditioner spare parts. A gold medallist in mathematics, Kshetrapal admits that though he is good with numbers he was always inept at making profits. Twenty years later, when his business floundered, he went back to what he loved most—teaching. Kshetrapal set up the Rotary School for Deaf, Blind and Autistic in Korba, Chhattisgarh. Besides basic education up to Class X, the school provides vocational training for functional and economic independence. Approximately 80 per cent of the children come from poor families. Kshetrapal gathers aid from every possible source—parents of financially well off students, his friends and philanthropists. While some offer money, others donate computers, hearing aids, Braille equipment, and utensils and bedding for the school hostel that Kshetrapal set up in 2004. The school has 150 students and follows the Chhattisgarh state syllabus. Besides speech training, lip reading, training in sign language and mobility training, the curriculum includes personality development modules. At present, Kshetrapal is struggling with a shortage of special educators. Being a die-hard optimist, he remains undaunted. He is now working to develop a full-fledged residential school and vocational training centre.

Next generation phones for today's generation. Available only with Reliance Mobile.

The exciting new range of LG CDMA phones with smart technology and stylish design is here to enrich your life.



LG 9800

- Dual LCD
- E-mail
- 1.3 Mega Pixel Camera
- QWERTY Keypad
- MP3 Player / Bluetooth
- External Memory



LG 10000

- Full Touchscreen
- HTML Browser & E-mail
- 2 Mega Pixel Camera
- QWERTY Keypad
- MP3 Player / Bluetooth
- External Memory upto 8GB



LG 9100

- Slider Phone
- WAP Browser & E-mail
- 1.3 Mega Pixel Camera
- QWERTY Keypad
- MP3 Player / Bluetooth
- External Memory



LG 9800

- Dual LCD
- E-mail
- 1.3 Mega Pixel Camera
- QWERTY Keypad
- MP3 Player / Bluetooth
- External Memory



LG 6600

- 1.3 Mega Pixel Camera
- Video Recording
- MP3 Player / Bluetooth
- FM Radio
- External Memory



LG 6100

- VGA Camera
- FM Radio
- Speaker Phone
- Hindi SMS



LG 3610

- 12 FM Channels
- FM Alarm
- 65,000 CSTN Colour Display
- Rhythmic keypad lighting
- Built-in Speaker phone
- Hindi SMS



LG 3500

- 65,000 CSTN Colour Display
- Rhythmic keypad lighting
- Built-in Speaker Phone
- Hindi SMS



LG 3510

- 65,000 CSTN Colour Display
- Rhythmic keypad lighting
- Built-in Speaker Phone
- Hindi SMS

THE BIRTH OF A NEW GENERATION MEDICAL FACILITY

Presenting Sahara Hospital

A world-class, multi-disciplinary, tertiary care hospital at Lucknow with a complete bouquet of healthcare services.

Sahara Hospital with 52 super specialities and a complete range of diagnostics, is going to be one of the most advanced centres for healthcare in the country.

We are operational and all set to serve you.



The Hospital offers a large bouquet of Super Specialities with many more to be added very soon.

Emergency & Trauma Care | Neurology | Neurosurgery | Plastic Surgery / Cosmetology | Paediatrics & Neonatology | Paediatric Surgery | Nephrology | Urology | Cardiology | Endocrinology & Diabetology | Endocrine Surgery | Orthopaedics | Sports Medicine | Clinical Immunology | ENT | Obstetrics & Gynaecology | Internal Medicine | General Surgery | Minimally Invasive Surgery | Bariatric Surgery | Gastro Medicine | Gastro Surgery | Clinical Hematology | Anaesthesiology | Pulmonology | Ophthalmology | Dermatology | Pathology | Radiology | Critical Care Medicine | Psychiatry | Surgical Oncology | Nutrition & Dietetics | Physiotherapy | Preventive Medicine | Ayurveda & Panchkarma

