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GOING GLOBAL

IN OUR QUEST TO BECOME

A definitive voice for silvers across India, Harmony has been logging plenty of frequent flier miles!

From 26-29 June, accompanied by Dr S Siva Raju, vice president (Research & Training), Harmony, programme coordinator Hiren Mehta, and Sudeep Chakravarti, consultant editor of *Harmony* magazine, I attended the 'Shanghai International Symposium on Caring for the Elderly', organised by the Shanghai Civil Affairs Bureau. There were 200 participants from China and 100 participants from 27 other countries. Harmony was the only NGO from India present—our paper Enhancing Quality of Life of Elderly through an Interactive Centre, jointly presented by Dr Siva Raju and Mehta, was extremely well received. At the end, the chairperson of the session, Ingela Johansson of Sweden, got up and congratulated us. "I don't look upon myself as grey any more," she said, "but silver."

Shanghai was also the venue for an Expert Group Meeting held by the United Nations Economic and Social Commission for Asia and the Pacific (UNESCAP) from 30 June to 1 July. The main

objective: to propose an agenda for the upcoming High-Level Regional Review Meeting for the Macao and Madrid Plans of Action on Ageing. Twenty experts on ageing were invited—once again, Harmony was the only representative from India. My presentation on Enhancing the Quality of Life of India's Elderly: Activities of Harmony struck an emotional chord. Going beyond statistics, it put a human face on the concerns of the elderly and marked a subtle shift in the proceedings towards a discussion of 'active ageing', which Harmony fosters.

Indeed, the need to promote positive images of ageing in society was one of the imperatives that emerged. Another issue of concern discussed was gender disparity. Despite governments increasingly addressing the concerns of silvers, women and their needs have largely been absent from the dialogue—this must change. Finally, Abikusno Nugroho, the delegate from Indonesia, spoke about the need for emergency disaster management, a topic of special concern to a country that has lived through a tsunami and devastating earthquake in the recent past, and was jolted by another



RITU NANDA

tsunami last month. Silvers are usually the worst affected in such situations, he rued.

The issue strikes uncomfortably close to home, considering the recent barbaric blasts in Mumbai. There were many silvers among those injured and helpless, looking for medical aid, seeking succour. The world has saluted the spirit of Mumbai and I too am proud to live in a city that shows such resilience in the face of brutality. But mere platitudes are not enough. We need to get relief to those who need it the most, like silvers, and we need to do it urgently. Less talk, more action. That, I would salute.

Tina Ambani

Tina Ambani

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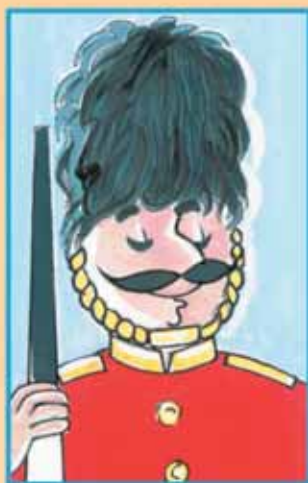
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column one

Anything good on television is rare. But in the 1980s, when television meant Doordarshan, the pleasure of watching was lasting. The few programmes we saw then stayed with us. Including *Karamchand*, the serial that had actor Pankaj Kapur doing old-fashioned gumshoe detective work. After 21 years, Kapur is still known as Karamchand to many. On *Harmony*'s cover this month, Kapur sports a moustache that he has grown for an all-new Karamchand. Yes, the serial is back! Our favourite private detective is a little older—52, to be precise—but promises the energy of the 31 year-old he was when he brought out the detective in all of us.

Money and success haven't changed Kapur. They have merely amplified his talent. Another such man is Niranjana Mahawar ("For Art's Sake"). This owner of rice mills has spent the past 40 years drawing our attention to the rich tradition of Bastar tribal art. In the process, he has written several books. Kapur and Mahawar are wise men, with money in their heads but not in their hearts.

But finances, as always, are still important. This month in 'Money & More', the focus is on Systematic Investment Plan, a mutual fund option to save up an ocean with a drop each month. Of course, we can't promise that your money will have the same purchasing power years down the line. It won't. What will stay with you, though, are a likely insurance against inflation, good judgement, knowledge and health. Take care, with *Harmony*.

—Meeta Bhatti



A friend insisted that I read *Harmony*—when I did, I got hooked. What appealed to me most was the absence of a 'profit' motive, an element most glaring in today's magazines. *Harmony* is the only magazine I read cover to cover. And your tagline, 'Celebrate Age', encouraged me to briefly write about my mother.



Kumudini Moghe recently celebrated her 85th birthday. A small, sprightly person, always on her toes with no signs of fatigue, she still enjoys going out for dinner and watching movies in theatres. She even has her favourites among young heroes! She walks for about two hours a day and reads for about four to five hours. Her only complaint: no one gives her household work. It's as if her age is a figment of everyone else's imagination.

As an alternative, she keeps herself busy making beautiful articles from leftover colour paper, gift-wrapping and old *rakhi*. She also embroiders beads and sequins on her grandchildren's clothes, and makes bookmarks, gift envelopes and wall hangings, which she gives away to relatives and friends. Her zest for life is unbelievable. She's truly a Harmony Woman.

SAROJ JOSHI

By email

The letter of the month wins a gift of Orthaheel footwear, from Orthofit, a Mumbai-based sports medicine and rehab clinic

Harmony's second anniversary issue dealing with various facets of 'duality' is an impressive amalgam of information and style. The dual achievers portray how we can all wear many hats, and confirm the adage that fortune favours the brave. The life-sketch of neurosurgeon-cum-priest Dr M Sambasivan reinforces our faith in the power of religion. Dr Sambasivan overrides the sceptics, who under the influence of scientific zeal are crying foul over the role of faith and the power of prayer. He rightly states that the study of scriptures is essential for better perception and concentration. In fact, Sambasivan sounds like

Einstein, who advocated a balance between science and religion.

ARVIND K PANDEY

Allahabad

I enjoyed reading about Thiruvananthapuram-based neurosurgeon-cum-priest Dr M Sambasivan in *Harmony*'s June



2006 anniversary special.

K K MOORTHY

On email

It is a pleasure reading *Harmony*, a marvellous endeavour focusing on senior citizens. Congratulations for an excellent job. The article "Piece by Piece" on Tara Deo's hobby of quilting in the May 2006 issue fascinated me. She's not just using her time fruitfully but enjoying life too. My mother also loves quilting. At the age of 85, she takes great pleasure in creating colourful quilts, only to gift them. She was also impressed by Deo's art. I wish both of them could meet some day and compare notes!

VAISHALI PRABHUDESAI

Mumbai

In the 'Orbit' section of *Harmony*'s April 2006 issue, you carried an item titled 'Homecoming', which was about LIC's residential projects for senior citizens. I would like to know more.

A SUNDARESWARAN

Mumbai

For more information on LIC's project, you can email B N Samal of LICHFL Care Homes Ltd at bensamal@lichousing.com

Alternatively, you can call LIC's Mumbai office at 022-22818402; Fax: 022-22049839.

—Editors

Ithoroughly enjoyed reading "The Power of Puppetry" in your March 2006 issue. However, Suresh Datta is incorrect in saying that India is the home of puppetry. The puppet show itself is so ancient that it is impossible to tell accurately where it first appeared. Greece, in 5th century BC, was familiar with it. China and Japan are also well known for puppetry, and in Europe in the Middle Ages it was the most



popular form of mass entertainment. From the 16th century to the end of 18th century, puppet or marionette shows reached the height of their popularity. During Puritan times in England, they flourished after theatres were prohibited. Major composers like Mozart composed

for them. Then, in the 1950s, Barr Tilstrom's hand puppet show, *Kukla, Fran and Olloe*, became a popular television series in the US. This was followed by the successful children's series *Sesame Street* in the late 1960s, which introduced an engaging and imaginative group of puppets called Muppets to television.

PETER CASTELLINO

Mumbai

Blogging is a good pastime. I have registered with <http://www.care2connect.com> and joined 5.7 million people all over the world. On my URL, <http://my.care2.com/mvurup> visitors can give their opinion on how various sections of society, government departments and media can help highlight the problems of senior citizens. I have also formed a group called 'Senior Citizens of Mumbai'. Silvers can register here and become a member of this group and enjoy blogging through this site.

M V RUPARELIA

By email

Note: In our July 2006 issue, our travel story 'Magic in the Air' on Mukteshwar was written by Ira Pande, 55, author. Her name was wrongly spelt

AN INVITATION FROM HARMONY

We are looking for contributions from our readers. Write to us if...

- You had an experience related to money or finance
- You faced a serious health problem and conquered it
- You know of someone who has done something exceptional after the age of 55
- You have an hobby or an interesting travel experience to share
- You have a funny or insightful anecdote about your grandchildren

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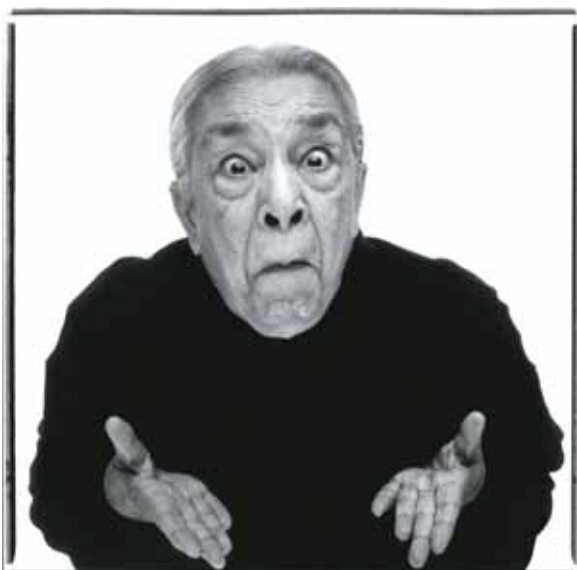
TRENDS



GREEN BRIGADE

Green at heart—that's pensioners in the UK for you. According to a survey of 2,300 people by energy firm npower, **silvers do more to protect the environment than any other age group**. Ninety-two per cent of those over 65 regularly recycle waste such as paper, glass and cans and 80 per cent opt for showers over baths. The least green: young adults aged 18 to 24. The survey covered 11 everyday eco-friendly activities—and the 18 to 24 group was bottom in eight areas. "The older population have raised families and seen environmental change during their lifetime," psychologist Adrian White, who helped compile the findings, told *The Guardian* newspaper. "Thus, they are more concerned with making responsible choices."

AD-VANTAGE SILVER



SURESH NATARAJAN

If you've been watching ads on TV lately, you may have noticed **a lot of silver going around**. Senior citizens are having lots of fun, helping to sell a wide range of products. The latest ad for hair lotion Mrs Marino has an elderly man caressing his wife's hair; McDonald's shows a silver couple taking in a McVeggie burger on the beach; and the inimitable Zohra Sehgal (left) takes a turn as Aamir Khan's adorable grandma in an ad for Titan watches. According to *DNA Money*, most admen feel these ads try and establish the right of old people to enjoy new-age products. "At the end of the day, a story is written to deliver a message most effectively, and good casting is a critical ingredient for good storytelling," Rameet Arora, brand partner at advertising firm Leo Burnett told the newspaper. "Could any of these stories have been told as well, with younger people? Probably not," he added.

ANALYSE THIS

KIDS AND YOU



A recent study conducted by the Centre for Ageing at Johns Hopkins University in Baltimore asserts that **silvers who spend time with children enjoy their life more**. Researchers investigated the activity levels of 113 men and women aged 60 and over. Then, 59 of these people were enrolled in Experience Corps Baltimore, a volunteer programme that places the elderly in kindergarten to be mentors and tutors for 15 hours a week. The other 54 served as a control group. After six months, researchers found that the silvers who joined the programme displayed increased physical and mental activity and more vigour. The study was published in the July issue of *Journal of Urban Health*.

STRESS FOR SURVIVAL?

It's a no-brainer that too much sun, too much exercise or too much alcohol can take their toll on the body. But now scientists are telling us that these '**stressors**', **taken in small doses, may actually help us stay young**. Stressors, which include toxins, radiation and heat, seem to kick-start natural repair mechanisms, including the enzymes that patch up damaged DNA. As the repair systems fix damage normally caused by ageing, the body is rejuvenated. This phenomenon, called 'hormesis', is described in the June 2006 issue of magazine *New Scientist* in the article, "How to live to 100...and enjoy it". "The counter-intuitive effect, called 'hormesis' was once condemned as flaky, but in recent years it has been shown to extend longevity in yeast, fruit flies, worms and rodents," writes biologist Joan Smith-Sonneborn. "If the findings extend to people, it could stretch the average healthy human lifespan to 90."



OFFBEAT

RAINBOW ROOM

There are an estimated 2.9 million homosexual men and women over 55 in the US—and real-estate developers are starting to sit up and take notice. For instance, RainbowVision, a 146-unit village in Santa Fe, New Mexico, the nation's **first retirement village for gays**, recently opened its doors. "Many gays who are over 50 have experienced years of stigma and isolation that might have left them estranged from their families," Joy Silver, developer of RainbowVision, told Associated Press. "This community provides them a haven."

That's what Seymour Sirota, 79, and his long-time partner, Jack Norris, 67, are hoping for. The couple sold their homes in Florida and New York and moved to a new \$361,000, three-bedroom condominium at RainbowVision. "We didn't want to end up sitting alone in an apartment," said Norris. At RainbowVision, they can eat at the cafeteria in El Centro, the village's amenity-laden social centre, work out in the Billie Jean King Fitness Center & Spa, book a massage, take a yoga class, sign up for physical therapy and acupuncture, or get a facial. There are also art studios, a lounge and cabaret. Here, 'straight' people are not excluded—Dina Rubinstein, 90, says, "I can't stand the regular retirement places," she said. "They're just for old people."



Helping hand: NGO HelpAge India has released a quarterly grant of Rs 38.6 lakh to 22 NGOs working for the care and rehabilitation of the elderly in Andhra Pradesh under the 'Sponsor a Grandparent Programme' (SAGP). Over 17,000 destitute older people have already been adopted under SAGP—2,800 are from Andhra Pradesh.

LOVE THAT



CONDOM GRANNIE

Wherever she goes, this great grandma doesn't dole out candy—she hands out condoms. Meet 86 year-old **Miriam Schuler, who's on a crusade to promote safe sex in Florida**, where the rate of HIV is mounting among silvers. Schuler, a volunteer with SHIP, the Senior HIV Intervention Program based in Florida's Broward County, where 13 per cent of people with AIDS are seniors, is a local celebrity—media calls her 'Condom Grandma'. She says it's tough to persuade old people to take condoms because sometimes they're embarrassed. "One old lady threw them back in my face," she tells newspaper *Fort Lauderdale Times*. "I asked her, 'Would you throw back a lifebelt? That's what you just did.' She took the condoms." Schuler says the government needs to be more proactive about safe sex among the elderly.

Welcome home: Sobha Hermitage, a new home for silver couples, has been commissioned at Panniyankara near Vadakkencherry in Kerala. Built by Bangalore-based Sobha Developers Ltd, the Rs 12-crore home has 50 rooms for residents and seven for guests—25 rooms will be allotted to the needy and the remaining 25 let out for a sum of Rs 15,000 per month will be charged for air-conditioned rooms and Rs 14,000 for non air-conditioned rooms. Apart from this, there's a refundable deposit of Rs 7 lakh per silver couple.

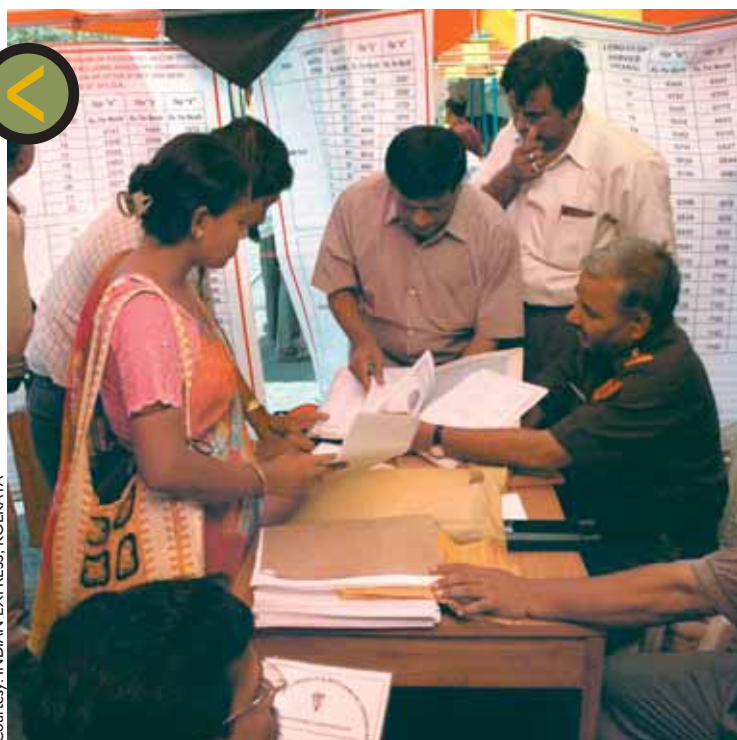
NEWSWORTHY

IN DEFENCE OF PENSIONERS

Monojit Sahu, 77, retired as captain almost 20 years ago after serving the Indian Army for more than 35 years. But he is yet to get his full pension. Sahu was one of the 190 defence pensioners who attended a two-day **Defence Pension Adalat**, held at Barrackpore Cantonment near Kolkata on 22 June. Around 80,000 defence pensioners live in and around Kolkata but it was the first time such a court was held in the area. Under the aegis of the Controller General of Defence Accounts, New Delhi, in consultation with the Ministry of Defence, the *adalat* was organised by the office of the Principal Controller of Defence Accounts, Allahabad. Twenty officers were on hand to hear cases and arbitrate. "It's unfortunate when defence personnel retire after years of service to the nation and then have difficulty in getting their pensions, whether it is the amount of money they are supposed to get or problems of legal successors," Wing Commander R K Das told *Indian Express*. "This *adalat* is a forum where their problems will be solved within 48 hours." Sahu went home a happy man.

GET 'UNRETIRED'

On 9 June, the Kolkata chapter of the Dignity Foundation organised an '**unretirement**' workshop at its new daycare centre for senior citizens at Babubagan Lane, Dhakuria. "After retirement, loneliness is the biggest problem faced by senior citizens," Sarla Totla of Dignity told media. "Such workshops will encourage them to pursue a hobby or passion and make it into a second career." The workshop, open to anyone over 50, was conducted by 'brand coach' Sumit Roy, who coaches



Courtesy: INDIAN EXPRESS, KOLKATA

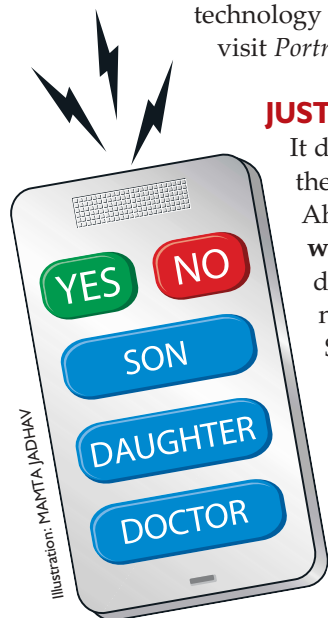
entrepreneurs and managers in multi-national companies on how to 'grow' their career. Twenty-five silvers paid the fee of Rs 100 to take part. Other facilities available at the new 1,500-sq-ft centre (for a one-time membership of Rs 1,000) include a library, psychological, legal and financial advice, meditation and yoga, indoor games, and computer training. Monthly get-togethers and film shows will also be organised. And by October 2006, a Dementia Care Centre for dementia and Alzheimer's patients will be built on the premises.

INNOVATION

LIGHTNING STRIKE



Plasma, the same energy source found in lightning, doesn't just give you state-of-the-art TV technology—it can create new life for your skin, claims Rhytec, a US-based dermatological research institute. The company has patented **Portrait(R) PSR (or Plasma Skin Regeneration)**, a new non-surgical treatment, which goes to work on everything from wrinkles and sun damage to pore size and sagging skin. It delivers pulses of heat energy to the skin's surface as well as to the deep layers underneath, stimulating remodelling of skin. Old damaged collagen is replaced with healthy new collagen (*see photo*). According to Rhytec, results are immediate and long-lasting with clinical studies showing improvements for as long as a year after treatment. The company will soon market the technology to dermatologists but in the meantime, visit PortraitPSR.com to learn more.



JUST CALL

It doesn't get more basic than this. Students at the National Institute of Design in Ahmedabad have designed a **cell phone with just five buttons**: one to connect, one to disconnect, and three pre-programmed numbers. No display. Not even a slot for a SIM card. This phone needs to be programmed and serviced through a connection with another cell phone. Intended for young children or silvers who need to stay in touch with family but have trouble handling complex phones, there's no word yet on when it will hit stores and how much it will cost.

OVERHEARD



"People seem to assume that as we age we become asexual, but that's far from the case. We are flesh and blood too. However, owing to the silence surrounding sex and ageing, many issues like safe sex are not addressed and that just has to change."

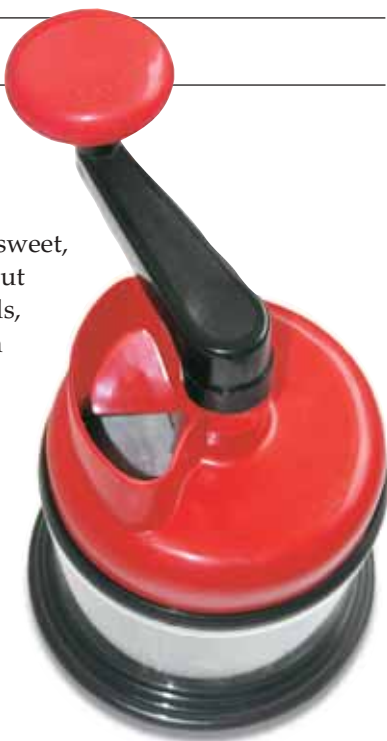
— **Nancy Bird-Walton, 90**, Australia's first female commercial pilot and poster girl for a new government campaign that seeks to promote positive attitudes towards intimacy among older people, on website news.com.au

Low will power: One in four pensioners in the UK do not have a will, a survey by wealth manager Barclays Wealth reveals. Only 37 per cent Brits have a will, with women slightly more likely to have one than men.

RE-INVENTION

TOP SLICE

So you love all things traditional and sweet, like *mithai*, *masala* milk and *srikhand*. But chopping all those dry fruits—almonds, cashew nuts, peanuts—for the garnish leaves you with achy fingers and painful cuts. You're not alone anymore. Try the **dry fruit slicer**, manufactured by Crystal Cook-N-Serve Products Pvt Ltd. Easy to use, it chops your dry fruits, just so. And the price—Rs 440—though not cheap, won't cut a hole in your wallet. Available at leading stores and supermarkets.



POLICY

LEGAL FUND



In China, the Ministry of Justice has established a 2.15 million yuan (about Rs 1.24 crore) fund to offer legal aid to senior citizens—the money was collected from public donations. Any senior citizen who cannot afford litigation and legal fees can apply for financial aid from this fund.

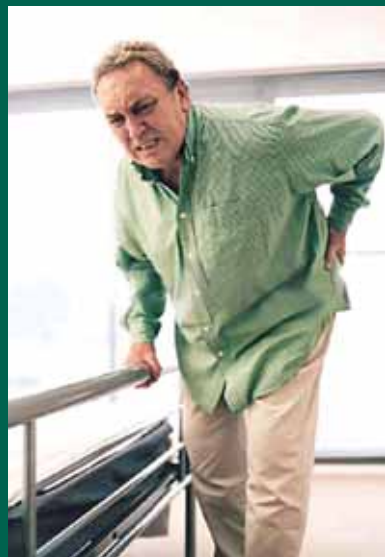
HOT WHEELS

British retirees may be strapped for cash but that doesn't stop them being twice as likely as younger generations to buy a new car.

According to finance company AA Personal Loans, while 43 per cent of those over 50 are expecting to buy a new set of wheels in the next 12 months, the same can only be said for 23 per cent of those under 50.



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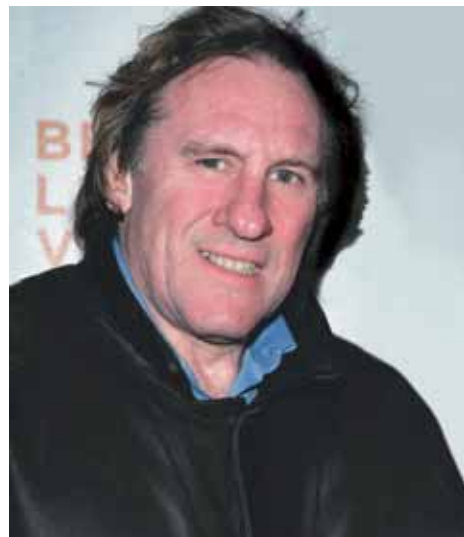
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MEDIA WATCH

DANCE HALL DAYS

Gerard Depardieu's latest film is all about nostalgia. In *The Singer* (directed by Xavier Giannoli), which premiered at the Cannes Film Festival to rave reviews, the 58 year-old French actor plays ageing entertainer Alain Moreau, a lonely dance hall singer in small-town France trying to hold on to a profession threatened by DJs and karaoke bars. He wins the hearts of pensioners and middle-aged ladies by performing heart-rending songs at village discos, homes for the elderly and the local frog festival—then returns home to an empty house, where a juke box, a goat and a self-tanning machine are his only companions. Moreau's life changes when he meets Marion (Cecile de France), an estate agent many years younger. Moreau falls in love. But making the decision to leave his old life behind and start fresh with Marion proves a little harder. "It is rare to find such a tender subject," Depardieu told media. "And it is extraordinary what humility music can bring to you." He sang the movie's songs himself.



H RECOMMENDS

ACTION PLAN FOR AUGUST

Are you an idol? Get your friends together and organise a talent competition in your own senior citizens' club or community centre. Inspired by American Idol, silvers in Sussex County in the US have been holding a 'Senior Idol' contest for the past two years—contestants are judged on voice, attire, choreography and stage presence. This year's winner: 74 year-old Betsy Edsall, who wowed audiences with her rendition of Patsy Cline's *Crazy*.

Be a champion. In Leeds in the UK, a group of 100 silvers have banded together to serve as volunteers in hospitals and clinics. Calling themselves 'The Champions', they range from housekeepers and cleaners to retired nurses and physiotherapists. Their aim: "to fill the gaps in the medical care of elderly". Form your own group of champions and see what you can do to help in your neighbourhood clinics and hospitals.

Leave a legacy. Your body could be useful to society long after you are gone. In Kumbakonam, Tamil Nadu, five silvers have pledged to donate their bodies to Government Medical College, Thanjavur, after their death. "Donating my cadaver is not a big achievement for me," says 80 year-old K S Krishnamurthy. "But medical students can achieve something from it."



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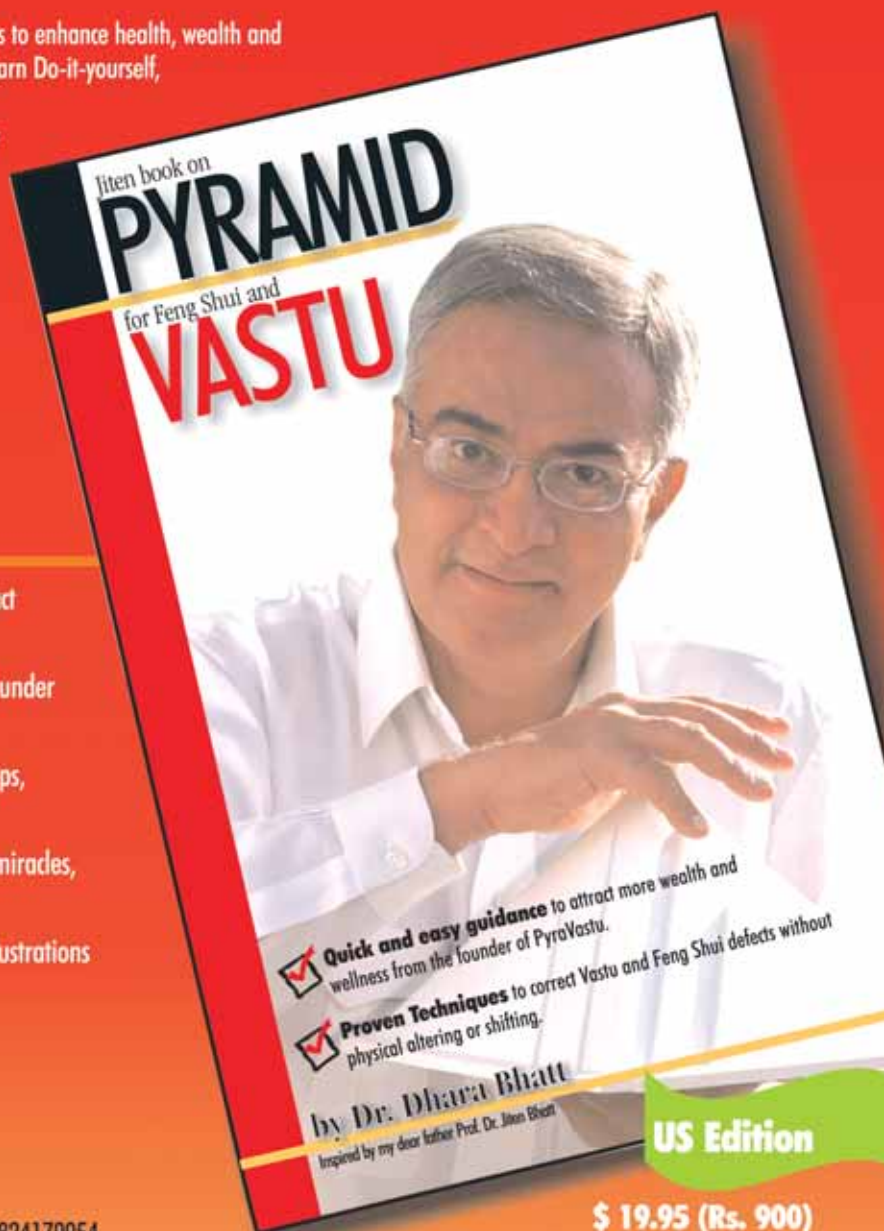
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AND LIFE GOES ON



Dr C V Bhuvaneswari (in sari) with her students

As a 52 year-old professor of English Literature from Mumbai, I can empathise with the problems of India's elderly. A magazine like yours is doing a commendable job by highlighting their aspirations, as these are issues that need urgent media space. Owing to life's constraints, I haven't been able to do much social work. But by putting my thoughts down in black and white, it is a gesture of silent protest to the helplessness of the average man or woman, who is a constant victim of our blind establishment.

I would like to share a recent episode that happened to me while returning Chhatrapati Shivaji Terminal (CST) to Dombivli in the second-class compartment

If the guardians of law turn offenders, whom does a common man turn to?

of the Central Railway local train. I was tired after a long day's work—I had

travelled to Nariman Point to visit the British Council Library (BCL) after teaching at a college in Dombivli. I finished my work at BCL and took a train back home from Chhatrapati Shivaji Terminal at around 2.45 pm.

At about 4 pm, the train reached Mumbra. I was about to doze off when a female vendor of ribbons and hair clips came and occupied the seat opposite

me. It is common for vendors to get into local trains to sell their wares. Short, dark and on the heavier side of 60, she was vaguely familiar.

Her poverty showed in the way she dressed but I noticed that she had a rare sense of dignity in the way she conducted herself. I deduced she must be from Tamil Nadu or Andhra Pradesh as her grey hair was cut short, almost like a man's. Maybe she lost her hair to illness or paid a visit to a temple where hair is given as an offering. She sat, wiping the perspiration from her forehead, oblivious to my presence or curious eyes. I noticed her basket of wares was empty. A while later, another female vendor, a younger one, came and sat beside her. They knew each other and started conversing in Marathi.

Though I can't understand Marathi clearly, I could make out something was bothering the elderly vendor. At the end of the conversation, the elderly vendor said, "*Garib logo ko bhagvan nahi hai* (God doesn't favour the poor)." Hearing this, I found myself inquiring what had happened. The younger woman explained that the poor old woman, who had made Rs 50 since morning selling ribbons and hair clips, had to give away the whole sum to a policeman who had entered the ladies compartment at Thane station as *hafta* (bribe). "*Ek din ka pura kamayi police loot gaya* (The cop took away one full day's hard earned money)," lamented the old lady. Her words still haunt me. Where can people go for justice when the guardians of law themselves turn offenders?

But even in her moment of distress, she personified courage and displayed a will to carry on with life. Tomorrow will be a new day. Struggling with the basket on her head, ignoring the abuses of office-goers, she will once again board a local train to sell her wares, knowing fully well that just around the corner a policeman may stop her and extort *hafta*. Despite age, poverty and injustice, she has the courage to carry on.

—Dr C V Bhuvaneswari, Dombivli,
Thane district

FIGHTING INSOMNIA



K D Mijagiri with wife Vandana in Pune

It was December 1998. I was 65 years old at the time, teaching international marketing at Symbiosis Institute of Foreign Trade (now called Symbiosis Institute of International Marketing) in Pune. One morning, my wife Vandana, then 63, woke up with backache. I took her to our family doctor, who prescribed painkillers. However, the pain spread to other parts of her body. Our physician advised us to consult a heart specialist. When we did, the heart specialist diagnosed the pain as heart attack and got her admitted to the ICU in a nearby hospital. The next day, Vandana underwent angioplasty.

After seven days, Vandana was discharged. Our daughter Varsha came down from Mumbai for a week, leaving her baby behind. After she left, the responsibility of looking after Vandana fell on me. As days passed by, running the house, looking after Vandana and managing my work became too hectic. I was exhausted. I would keep a sleepless vigil outside the ICU. At home, sleep eluded me as thoughts of the ICU haunted me.

My wife started recovering but my health deteriorated. I was unable to eat, read or even concentrate on anything. After a sleepless fortnight, I consulted my doctor. He prescribed stress-relieving medicines. When that didn't work, he gave me mild sedatives. That too didn't work and I was put on tranquilisers.

Meanwhile, I started reading books on insomnia. I stopped using spices in my food. I also stopped drinking coffee. I switched to tea, twice a day.

Evening tea was at 4 pm, and no later. To induce sleep I started reading books at bedtime. I would doze off a couple of minutes after I picked up a book but sound sleep still eluded me.

Advice from friends trickled in. One of them asked me to eat ripe bananas before sleeping. But that only led to a cold. Yet another friend, who took me out for dinner, said I must have a stiff drink before dinner. I hesitantly tried it out only to experience the most terrible of all nights. Then, another friend suggested yoga. I followed his advice. The yoga instructor told me there was no immediate cure for insomnia but taught me meditation and concentration *asana* like *pranayama*, which is basically controlled breathing.

Insomnia was hindering my work at college. I went to see my doctor after a month. He gave me a new tranquiliser but also cautioned me, saying the drug he had prescribed was the strongest available. If I still couldn't sleep, I would need to go in for a brain scan. His words left me dumbstruck. I came home depressed. That night, I prayed to God to let the new tranquiliser work. And it did!

I got up in the morning bright and happy. And then a thought came to me: what if I get addicted to this tablet? I told my doctor about my fears. He asked me to go ahead, but with extreme caution.

I had a plan. The tranquiliser tablet was smaller than a wristwatch battery. I scratched it with a knife only once, to chip off a minute portion, the size of a small chilly seed. I swallowed the rest of the tablet and found myself sleeping peacefully that night. For the next one week, I continued scratching off a minute portion from tablets. It took me around three months to reach the stage to scratch off nearly 1/4th of the tablet. I also continued with my yoga lessons. Finally, after two long years, my insomnia was cured. Now I don't need tablets to sleep at night—and also manage to nap during the day.

—K D Mijagiri,
Pune

**The tranquiliser worked,
but the thoughts of getting
addicted to it troubled me**

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Innovations

With his team, Professor Anil Gupta scouts the length and breadth of the country to bring grassroots innovations to light, discovers **Amita Amin-Shinde**

A bicycle that runs over water as well as road, a low-cost milking machine that works on the principal of vacuum suction, and a bamboo tooth that's strong enough to bite into chicken. These and many similar innovations haven't been born in sterile research laboratories—they come from the backyards of rural India. Bringing them to the public eye is Anil Gupta. The 53 year-old professor at Indian Institute of Management, Ahmedabad (IIM-A), is a devoted supporter of grassroots innovations and the executive vice-chairperson of National Innovation Foundation, a government-funded yet autonomous scientific society that reaches out to innovators and acknowledges their achievements.

Gupta's office at IIM-A, one among rows of cubicles separated by wooden walls, looks as busy as its occupant. Books are strewn everywhere; Gupta picks up a pile to make room for himself. Amid the incessant ringing of the telephone, a fax malfunction and people dropping into his room for brief chats, Gupta animatedly talks about his pet project, which he initiated in 1988. Acting on the belief that the 'I' in India stands for Innovation, Gupta founded

the Honey Bee Network, a scouting team of academics, students, scientists and farmers seeking out innovators from remote villages across the country.

Take the case of Mansukhbhai Patel from Nana Ubhada village, in Gujarat's Viramgam district.

His belief that the
'I' in India stands
for innovations led
him to initiate the
Honey Bee
Network in 1988

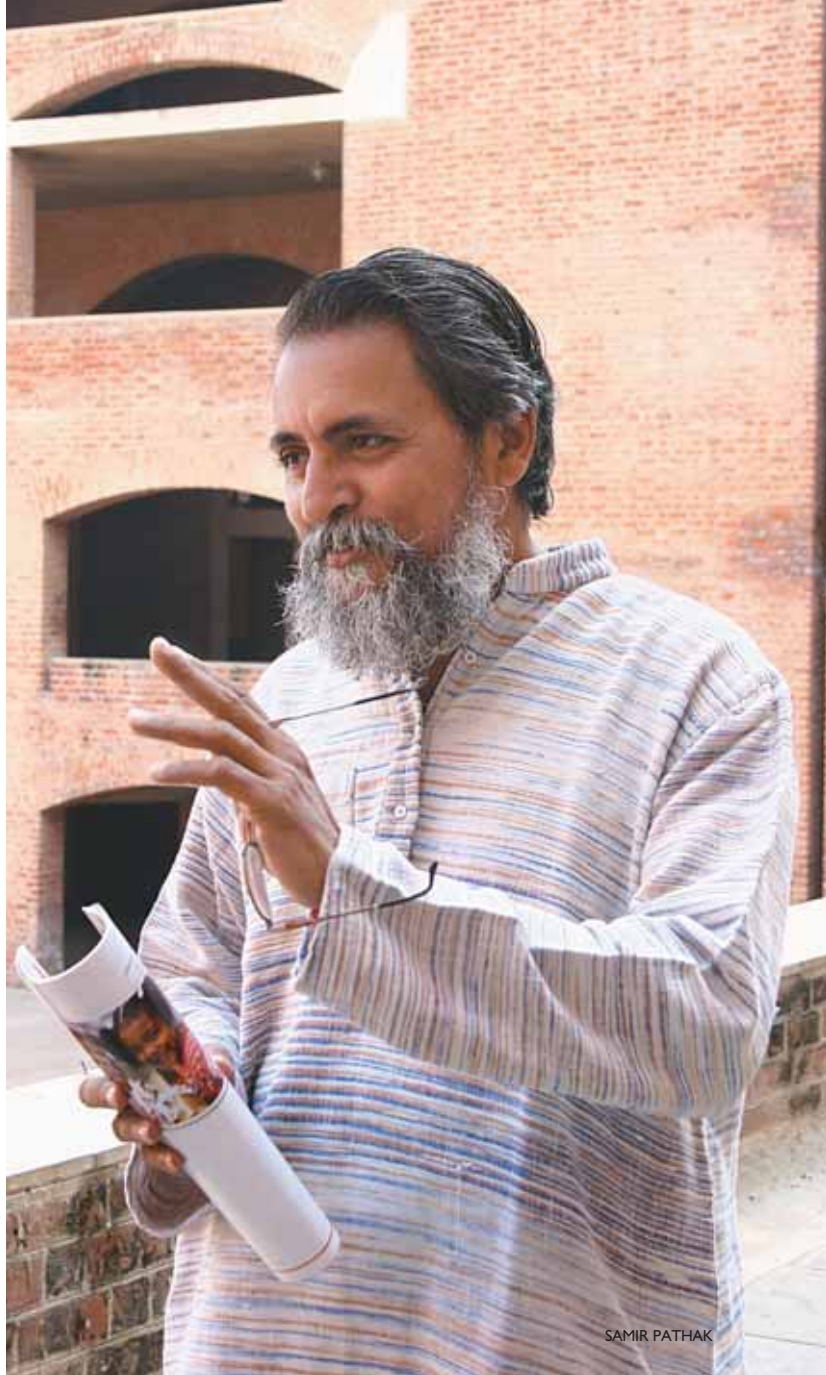
Patel, who studied up to Class X, invented a cotton-stripping machine in 1991. One of Gupta's scouts, Hirendra Rawal, discovered Patel's work in 1995 and reported it to Honey Bee, which helped develop and refine the cotton-stripper and introduce it commercially. Today, patented by a US-based company, the cotton-stripper fetches Patel Rs 2 crore annually. Patel was among 10 awardees of the 2004 National Research Development Corpora-

tion (NRDC) technology award for best innovation. From a village house, he moved to a bungalow outside Ahmedabad. His house is air-conditioned, and he drives his own car. Though the innovation was his, Patel shares the credit for his success with Gupta and his team.

To bolster Honey Bee Network, Gupta established Society for Research and Initiatives for Sustainable Technologies and Institutions (SRISTI) in 1993 and Grassroots Innovations Augmentation Network (GIAN) in 1997. While SRISTI gives finishing touches to innovations, GIAN works towards facilitating ideas into products and sustainable enterprises.

By 1998, Gupta was pushing for a government-funded autonomous scientific society. Fortunately for him, Dr R A Mashelkar, secretary, Department for Scientific and Industrial Research under the Ministry of Science and Technology, shared his passion. In March 2000, the National Innovation Foundation (NIF), with a government endowment (a fund of which only the interest can be used) of Rs 20 crore, was set up by the Department of Science and Technology 'to document, value-add, protect intellectual property

Inc.



(Clockwise from top left) The SRISTI laboratory at Ahmedabad, Prof Anil Gupta in his IIM-A office, the manual pesticide sprayer and the gum collector

rights, and publicise contemporary unaided technological innovations, commercially and non-commercially’.

Mashelkar, who is also the chairperson of NIF, says, “With interest rates going down by the day, the interest on Rs 20 crore is not much any longer. But for every rupee spent, the output is phenomenal.” Gupta’s team has discovered and documented over 51,000 mechanical, technical and herbal inventions and practices from 454 districts out of 594 in the country. GIAN centres have also been set up in several states and efforts are on to try and get additional fund of Rs 20 crore from the government.

Money has never been an issue for Gupta personally. In 1985, armed with a Masters in Biochemical Genetics (1974) from Haryana Agricultural University and later a PhD in Management from Kurukshetra University, Gupta left for Bangladesh to work as a consultant to help farmers use technology to improve their working conditions and yield. “Here, I realised much of the knowledge I claimed to have or the hefty salary I earned came because of the people but they weren’t getting any share of it. That’s when I decided to return to start Honey Bee,” says Gupta, who won the Padmashri in 2004.

Instead of waiting around for innovators to come to him, Gupta set out to search for them. One layer of the network is the bi-yearly Shodhyatra (a journey of exploration), which began in 1998, involving a trek of up to 200 km to remote Indian villages. As part of the Shodhyatra, scouts conduct street meetings with villagers,

show them documentaries, hold biodiversity and recipe competitions and science exhibitions. “We urge villagers to come forward with their innovations,” says Gupta, who has covered about 2,700 km on foot in the past five years. His latest Shodhyatra, the 17th, was to Orissa in May 2006, from Pattangi block of Koraput district to Sabara Srikhetra, a distance of 113 km.

While he gives all his spare time to the network, Gupta continues to teach at IIM-A. In fact, he has brought his passion to the institute by introducing Shodhyatra as one of the seven courses he

The network has documented over 51,000 mechanical, technical and herbal inventions

teaches including intellectual property rights, technology management, design and dynamics of development organisations. “I urge students to take the course, give it a few months and then go wherever they want to. Some oblige,” says Gupta, who writes one poem every day.

The Shodhyatra in December 2005 was to Kerala’s Idduki district, starting from Kumily to Kattappana. In Mannakudy, the scouts came across a disabled-friendly driving system designed by Biju Verghese, physically challenged

himself. He had modified his car by converting all the foot-operated functions (like clutch, brake and accelerator) into hand-operated ones for just Rs 5,000. A similar driving system was found at Thookupalam in Idukki by another physically challenged person called Ninny. The only difference: Ninny had spent only Rs 750 on the modifications. “Remodelled cars may not have a good finish, but it’s remarkable that it has been done by villagers with minimal knowledge or education,” says Gupta.

Even more remarkable is the long list of innovations. While the antidandruff oil of Valsamma Thomas in Mannakudy, Kerala, will soon be commercialised by a Chennai-based company, Kerala-based M J Joseph’s tree-climbing device made out of metal loops, wire ropes and a rubber belt has caught the eye of Florida-based entrepreneur Kevin Davis, who wants to distribute the product in the US. A garlic peeling machine invented by 46 year-old M Nagarajan from a village near Madurai was sold to a Pakistan-based company last year. And Dodhi Pathak, a 50-plus resident of Assam’s Nalbari district, has twisted and turned bamboo to create a water pump, bamboo dentures and a wacky bamboo bicycle, without the tyres and tubes. Other discoveries include a pedal-operated washing machine, windmill-operated power generator and a pomegranate peeling and deseeding machine.

So far, five innovations have got patents of the 60 patents applied for. Gupta’s organisations help innovators apply for patents. It’s a long process—the inventor has to demonstrate that the



Courtesy:SRISTI



(Clockwise from bottom left) Prof Gupta and his team on a 'journey of exploration' in Gujarat; Pulley with stopper made to help women take a breather while drawing water from the well; a girl being felicitated for her project on biodiversity; interactions with villagers and a projector being used to show documentaries to villagers



Rare and forgotten pulses and plants are introduced to urban residents in the form of a food festival, held every year at IIM-A, Ahmedabad

innovation does not already exist in the public domain; a patent agent conducts a search to determine the novelty of the proposed patent; its registry is argued by advocates; and finally the patent is approved or rejected. "I am grateful to law firms for taking up our patents cases *pro bono*," says Gupta. "All we need now are entrepreneurs to manufacture them."

Mohammad Saidullah from Bihar's Motihari district invented the amphibious bicycle, which could have come to the rescue of Mumbaikars during the July 2005 floods. Saidullah's cycle, which runs on land and water and was featured on Discovery Channel's *Beyond Tomorrow* programme earlier this year, cost him Rs 3,000 to build. "If his technique had been developed, at least kids marooned in Mumbai schools could have been rescued," argues Gupta.

Indian cities could also benefit from Kanak Das' cycle. Devised by Das in Morigaon, 70 km from Guwahati, it runs faster on bumpy roads by converting the energy in the shock-absorber into

propulsion. Every time the spring of the shock-absorber compresses, it releases energy to the rear wheel and the cycle runs faster. "Can only rich companies come up with good ideas and not the common man?" asks Gupta with passion. "Why can't this cycle be commercialised?"

Founder of Self-Employed Women's Association (SEWA), Ela Bhatt agrees with Gupta—and shares his angst. She refers to the example of Amrutbhai Agrawat

hasn't found a manufacturer." That hasn't discouraged innovators like Gopal Suresh Patil, 20, from Dondaicha village in Dhule district of Maharashtra. Patil invented a walking stick made out of PVC pipe with a light. His motivation: his grandfather found it difficult to carry a walking stick, a torch and his *tiffin* for night vigils in the fields.

According to Gupta, the only thing rural innovators need is a gentle nudge. He likens them to acrobats, saying, "Putting a net below them would cushion their fall. And we should provide that net." He also sees a potential role for silvers across the country to guide innovators by imparting information in their field of expertise. "The network can be the mediator," he explains. "We will forward queries by innovators to seniors, and forward their replies back." Another innovative idea. ■

"The innovations may not have a good finish, but villagers with minimal education do it," says Gupta

from Junagadh in Gujarat, who developed a pulley with a stopper so that women drawing water from wells could take a breather midway. "This invention has the potential to make the lives of women in villages a shade easier," she says. "But even though the design is ready, Gupta

If you would like to contribute, contact: Prof Anil Gupta at Indian Institute of Management, Vastrapur, Ahmedabad: 380015, Gujarat; Tel: 079-26324927; email: anilg@iimahd.ernet.in. Websites: www.sristi.org; www.gian.org; www.indiainnovates.com; www.nifiindia.org

Our open spaces

Shabana Azmi spells out the need for senior-friendly parks

In the past two months, I have read two different articles about public parks in two cities—Chennai and Mumbai. While the developers of Public Park at Mahalakshmiपुरa in Chennai are drawing flak from senior citizens for an insensitive landscape design, Mumbai is anxiously waiting for its theme parks—a water park, a rock garden, flower garden and a mural park.

Residents of Mahalakshmiपुरa are calling their public park a curse in disguise. A lot of money has obviously been spent on its beautification. There are fancy lights and fountains, but they are of no use. While half of the park is on a steep slope, benches are inconveniently high and parts of walkways are broken. And the state government refuses to acknowledge that senior residents are irked.

The question is what does it take to make a park senior-friendly? Are our needs any different from those younger than us? I don't think so. Everyone appreciates broad, paved pathways. Granite pathways are as much a problem for running and cycling teens as senior citizens. Low-rise benches don't trouble the youth and work fantastically for small children. While certain areas in a park can be detached for isolated seating, the rest can be laid out for community/group seating. As for lighting, if the park remains open beyond evening hours, it's a must for everyone's safety and security. And, well, everyone appreciates fountains if no space is wasted.

For all this, I believe, you don't even need superfluous funds and celebrity landscape designers. All one needs is sensible money and a sensitive landscape designer. Even when I supervised the Bandra promenade in suburban Mumbai, we made sure it was designed by people who understand the needs of Bandra residents for open space; so there are benches at a reasonable

distance, and stretches that can be used as open art galleries, all at a safe distance from the sea.

So why do we hear horror stories from almost every city of bad falls, improper seating and people being mugged in public parks? Why don't municipal corporations of these cities pay attention to its open spaces? If there are no funds for elaborate renovations, can't broken pathways be simply repaired, overgrown trees and bushes be snipped and some benches replaced and reserved for senior citizens? It's actually simpler than it sounds if people do what they are paid for.

And here it's important that we intervene. Seniors who have the time, I have said time and again, are more powerful than an army of youngsters. Our tools are letters, public interest litigations and a visit to the local municipal office. We can ask for what's rightly ours—some moments of peace and company with other seniors in our public spaces every

morning and evening. But if that doesn't work, let's mobilise our youth. Request people who frequent the park every day to contribute as little as they can. Use the money to buy some materials. Hire help or ask youngsters to undertake some tasks. You will achieve something if not the desired results.

Such action, however, cannot change parks built on steep slopes, like the park in Mahalakshmiपुरa in Chennai. Now one can only hope that Brihanmumbai Municipal Corporation focuses on concerns and interests of seniors while designing its planned theme parks. In fact, if you have any suggestions, you could write to the Additional Municipal Commissioner Manukumar Shrivastava, the project in charge. Write to officials in your city. ■

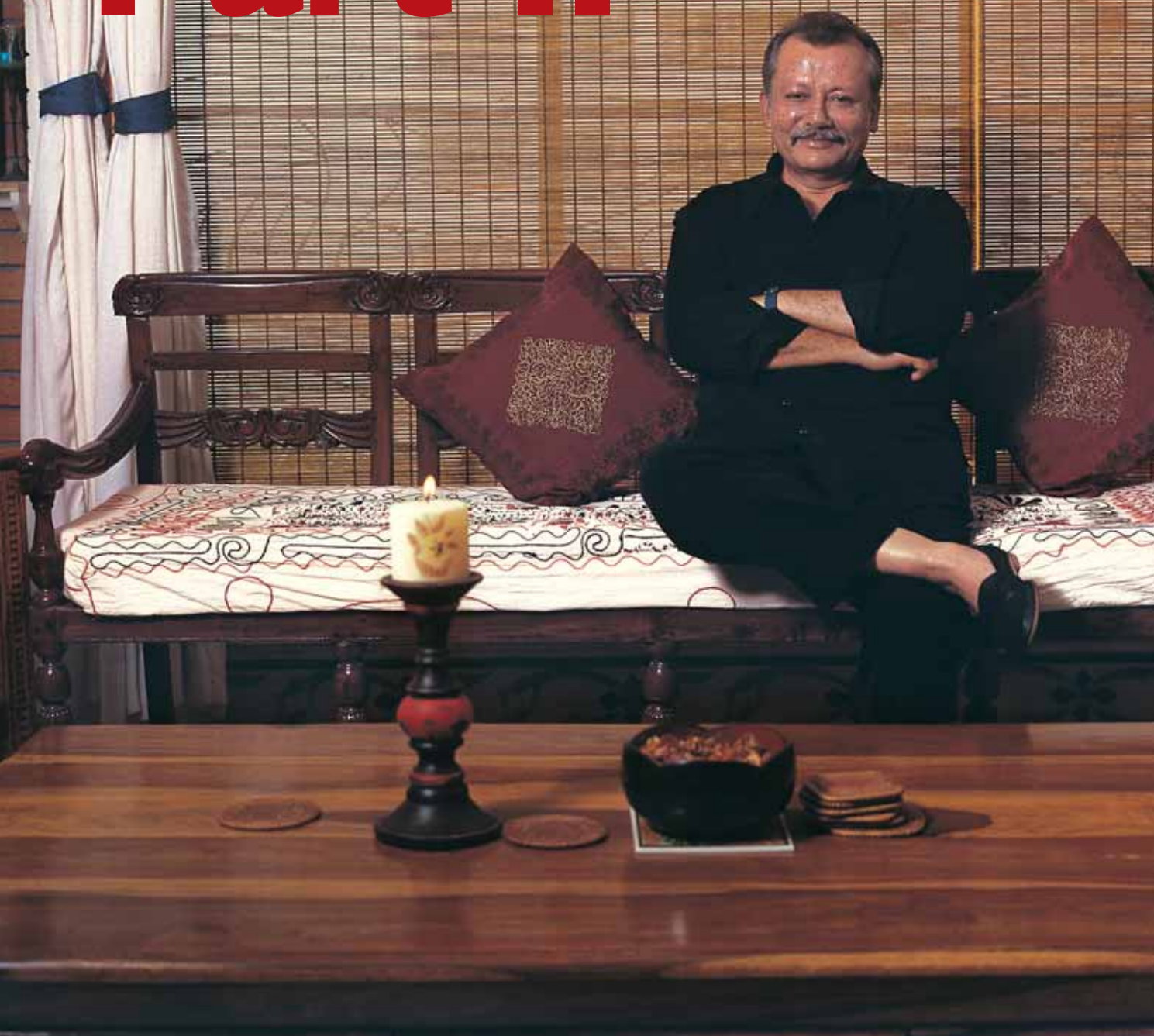


RAM BHERWANI

Everyone likes paved pathways, low-rise benches, proper lighting and seating

Shabana Azmi, 55, is an actor, activist and former Rajya Sabha MP

Carrot Eater Part II





KERRY MONTEEN

With roles on TV and film that do justice to his ability, Pankaj Kapur has found his comfort zone as an actor.

Ruchi Shah meets the 52-year-old as he gets ready to reprise the role of TV's most famous detective, *Karamchand*

Pankaj Kapur's first reaction when asked to act in *Karamchand*, India's first television whodunit in 1985, was, "Who wants to do television?" A trained actor from National School of Drama with eight films behind him, including *Gandhi* and *Jaane Bhi Do Yaaro*, television wasn't a preferred creative destination. "But I had no money left in the bank," confesses Kapur. "The movies I had done previously paid me Rs 3,000 to Rs 5,000 and surviving in an expensive city like Mumbai was getting difficult. And I was too old [31 then] to call my dad in Ludhiana asking for money."

So Kapur accepted the role of a carrot-nibbling detective, dark sunglasses perched on his nose, only to become a gripping

Kapur strikes a grand pose at his suburban Versova home in Mumbai

success within six months. Carrot sales shot up just like spinach among tots emulating Popeye, dark glasses were worn even at dinner parties, and Kapur got his first taste of fame. "I experienced the popularity of a big star for those six months," recalls Kapur. People still remember *Karamchand*'s pony-tailed ditzzy and chatty secretary Kitty's punch line: "Sir, you are a genius."

Director Pankaj Parashar has no old tapes of the first season aired 21 years ago, but the memory of filming it at Bombay's Filmistan Studios was so fresh—the thrilling chase scenes, too-sharp-to-believe plots and the fun on the sets—it inspired him to revive it. *Karamchand* makes a comeback on television (Sony Television has bought the telecast rights) early next year.

Not much has changed in the new *Karamchand*—except a new Kitty, played by 20-something jabber mouth Sucheta Khanna. The detective himself is as fond of carrots; his shades still rest precariously on

It's a long leap, but Kapur says he will be able to pick up from where he left

his nose; and he chases criminals with the same agility. He is a little older though. Kapur, now 52, is growing a moustache for the role and admits he will need to make an extra effort to imbibe the same energy into the character. He says he will be as agile in those 'now grab the criminal by the collar' scenes, sometimes chasing them around narrow streets and around the



Kapur in Sanjay Gupta's *Dus*, and as Karamchand in 1985



police cars. It's a long leap from 1985, but Kapur is comfortable picking up from where he left.

Parashar aims to keep things simple on set—a single camera, no high-end gadgetry or computers. Not even a mobile phone. That suits Kapur just fine. In real life, he's just about managed to write letters on a computer and make and take calls and send messages on his mobile phone. "As Karamchand, Kapur believes using a mobile phone will hamper his way of thinking," says Parashar. Hopefully, in just 26 episodes (the length of the new series) the audience will not exercise the right to remote control.

But Kapur is not laying all his eggs in the Karamchand basket. His award-winning television serial *Office Office* on SAB received rave reviews and its revived version *Naya Office Office* is now running on Star One. A comic rap on the bureaucracy's

knuckles, the serial portrays Kapur as the common man queued up outside offices for licences, clearances and billing problems. A private person who doesn't like to be seen or heard at film parties, Kapur nevertheless doesn't shy away from voicing his views on corruption. "All of us pretend to be righteous but all of us are corrupt," he says. "We don't bat an eyelid when we buy film tickets in black but scream our hearts out when Mumbai comes to a standstill every monsoon. *Office Office* is that real picture of all of us."

The role is a good fit for Kapur, who says he didn't have "the personality of the tall, dark and explosively angry hero of the 80s". With the role of hero's brother or friend being akin to creative suicide, the alternative

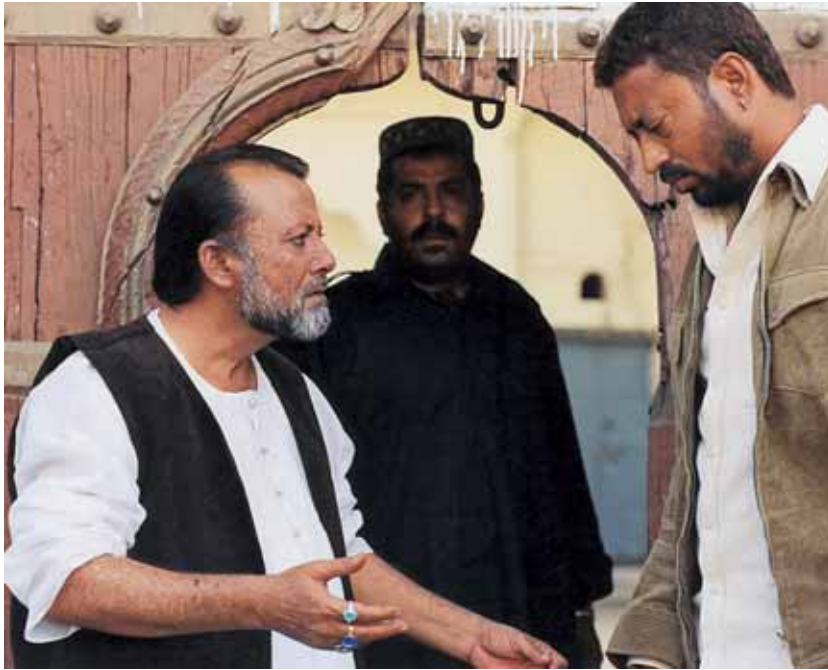
was the occasional art film. "How could one survive on that?" Kapur found the middle way by taking on different projects in television and occasional roles in Hindi films that did justice to his ability. "I am painfully serious about my work and I have to work in whatever exists and make the best of it," he says.

Kapur went on to play Professor Mohan Bharti in the *Mind Your*

Language adaptation *Zabaan Sambhaal Ke* (1993) and Musaddilal in *Office Office*. The quest for other challenging roles like leprosy-curing

"I have to work in whatever exists and then make the best of it"

Dr Dipankar Roy in *Ek Doctor ki Maut* (1991), Kishan Shah in *Rui Ka Bojh* (1997) and most recently the role of Jahangir Khan (aka Abbaji) in Vishal Bharadwaj's *Maqbool* (2003) continues but



The actor as paan-chewing don in Vishal Bhargava's *Maqbool*

Kapur knows he cannot single-handedly change the Hindi film scenario. Most of these roles portray older lives—while Dr Dipankar Roy was a failed and cheated scientist, Kishan Shah feels like a bale of thawed cotton after dividing his property among his sons.

Kapur's performance in *Maqbool* earned him a National Award and awakened the film industry to his potential. "The script is an actor's bible," he says. But when he first saw the script, Kapur couldn't make anything of it. He was to play Duncan from Shakespeare's *Macbeth*, which *Maqbool* was adapted from. "He was a half-retired underworld don and yet terrorising. And I had to convey that in 10 or 12 scenes." After much brainstorming and fiery arguments with director Vishal Bhargava and co-writer Abbas Tyrewala, *Abbaji* evolved into a paunchy, paan-chewing 60 year-old, a sedentary kingpin.

Bhargava even wrote an extra scene with *Abbaji* forcing paan down a politician's throat to depict his tenacity.

In real life, Kapur doesn't chew paan, but is a smoker. His other addiction is tea—he drinks 15 cups a day. Sitting in the living room of his 13th floor Versova flat, he is drinking his fifth sugarless tea with a drop of milk. He says it keeps him going.

Another habit that keeps him going is practicing for two months before filming for a role, reading the script over and over again to gain an understanding of how his character should behave. Kundan Shah, the director of *Jaane Bhi Do Yaaro*, calls him a misfit, "an unfulfilled Sir Laurence Olivier". "He works from within and takes

his character to new areas," says Shah. "He has a special potential that needs to be tapped."

Despite his initial hesitation about the medium, acting in television serials—including his own productions *Drishtan* and *Mohandas BA LLB*—has been creatively satisfying for Kapur. After *Mohandas BA LLB* (1998), though, Kapur cut down his projects; playing actor, director, writer and producer for 20 hours daily for three years had exhausted him. In 1999, he took a break. "I started hating television and needed some time to rejuvenate," recalls Kapur, adding that he still doesn't watch television, except soccer, cricket and some news channels.

He got back to television in 2000 with *Office Office*—and a new way of working. Now, he dedicates 15 days every month to shooting for his two serials, *Office Office* and *Karamchand*. The rest of the time is reserved for the family; wife (and actor) Supriya Pathak, son Ruhaan, 12, daughter Sannah, 16, and Shahid, his actor son from Kapur's first marriage to Neelima Azim. Pathak and

Kapur make sure they balance their work and time at home and, when required, cancel shoots to spend time with the kids. "The family, in fact, feels dependent

on Shahid's affection," says Kapur who separated from Azim when Shahid was three. He feels fortunate that Shahid never felt trapped between two different lives of his parents. You can hear

Kapur rehearses for two months before starting work on each project



Courtesy: EAGLE VIDEO

Kapur as Musaddilal in *Office Office*, a serial about our corrupt system

the pride when he says, "On very young shoulders, he is a mature head."

Unlike his father's low-profile manner, Shahid is a flamboyant young star. When he dropped by at *Harmony's* photo shoot, Kapur couldn't help but quip, "I have passed on all my glamour to Sasha [Shahid] and kept all the simplicity for myself." And although he is unhappy that filmmakers see his son as a lover boy of no substance instead of recognising his acting ability, he stays away from his son's professional decisions and dealings.

Kapur's father, A P Kapur, a retired college principal in Ludhiana, was much the same way. But he opened up new possibilities by introducing his son when he was eight to

Shakespeare and Arthur Conan Doyle. And when Kapur wanted to break into Hindi films at the age of 18, he supported him. "I come from a small town where English was taught in Punjabi but he expanded my imagination with knowledge."

The next film Kapur acts in could be the one that he makes himself

their summer vacations. The family spends a month renting a bungalow in Manali, relaxing. Then, they head for a week to Byas, near Amritsar, home of their guru Radhaswamy. "This is a school for realising God through meditation, self-help and literature," says Kapur.

For the past couple of years, Manoj Bawa—a friend married to Bhawna Talwar who is directing

A legacy Kapur is determined to pass on. Kapur and Pathak have a no-working policy during May, when Ruhaan and Sannah have

a film, *Dharm*, with Kapur and Pathak—accompanies them. In *Dharm*, Kapur plays a Banaras pundit and Pathak plays his wife. It's their first film together after 15 years—Kapur and Pathak first met in 1982 on the sets of *Gandhi* but later paired up for Sagar Sarhadi's *Agala Mausam*. The film was never released.

While shooting for *Dharm*, the couple got to know each other on a different plane. "On the sets you can't talk to him about anything besides work," says Pathak. Kapur, on the other hand, finds his wife's ability to switch on and off remarkable. "She can be a mother this second and play her character in the next," he says, adding, "I have a certain routine in the make-up room. I have a cup of tea and talk to my director about the next scene. And here she comes with her hairdresser and starts calling home, worrying if Ruhaan got his lunch box or not. It's almost like a telephone exchange here. I had to tell her it makes me uncomfortable." The next time they work together, they will ask for separate make-up rooms!

This next film could be one that Kapur makes himself—one that he would probably write too. But when? "I am temperamental writer but temperamentally not a writer," says Kapur. "I wake up one day and write a script or a story in 15-20 days. And years pass by and I wouldn't have written a word."

Web Exclusive!
Actor Shahid Kapur on
father Pankaj Kapur at
www.harmonyindia.org

The first day at school.

The first time you rode the bicycle.

The first crush you had at thirteen.

The first drama you got a part in.

The first day at college.

The first date you went on.

The first kiss.

The first time you proposed.

The first job interview.

The first board meeting you addressed.

The first day after retirement.

Butterflies never retire.

The first click of the mouse. www.harmonyindia.org



A Dhirubhai Ambani Memorial Trust Initiative

Seasonal spread

Dr Pushpesh Pant

keeps oil at bay to serve healthy, piquant delights for the monsoon

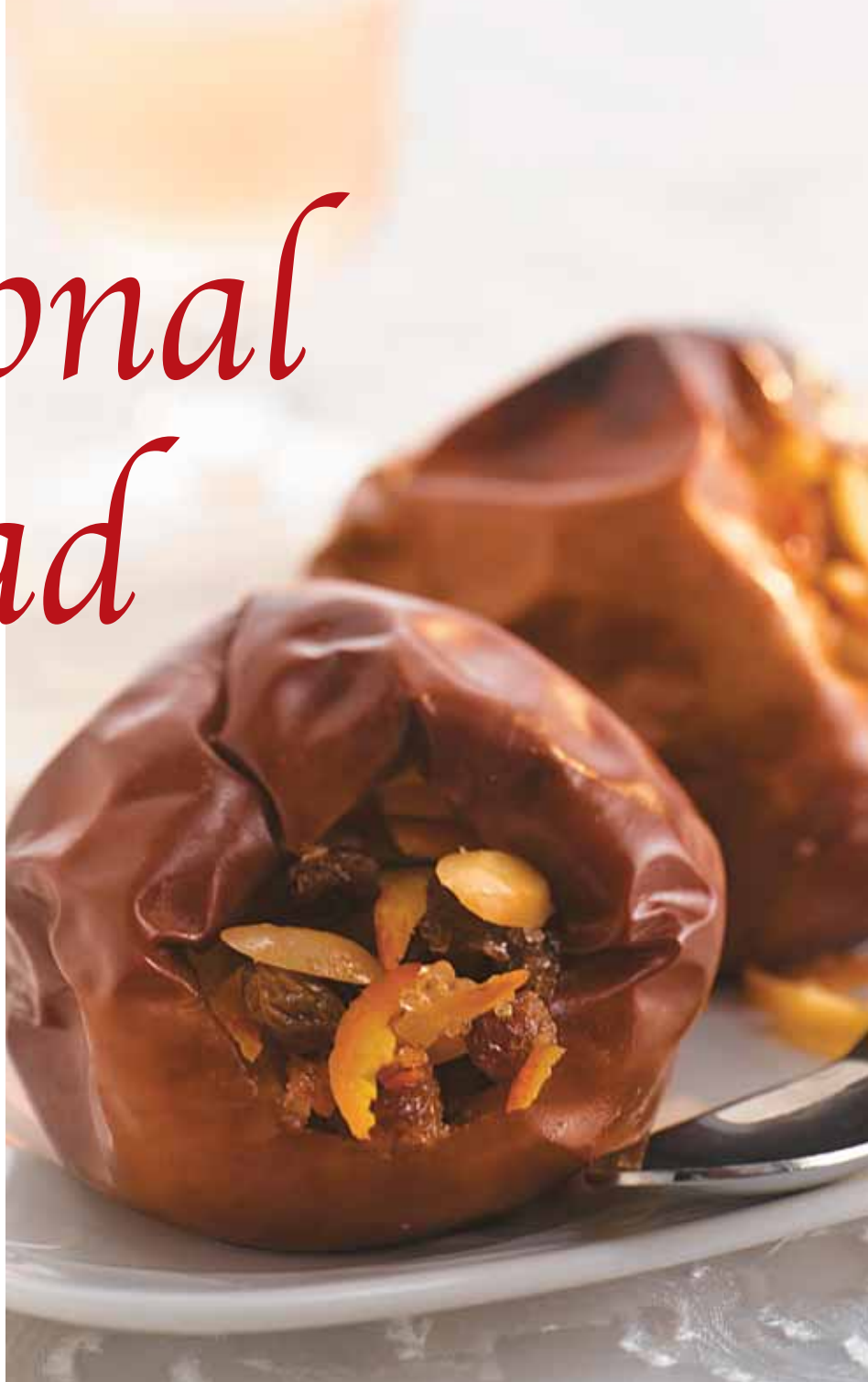
The monsoon is a time when nature rejuvenates us all. Indeed, 'Varsha Ritu' is a special time for Indian miniature painters and erotic poets—but poses complex challenges for food lovers. When we were younger, this was the perfect time for *pakora* and *samosa*. Now, deep fried food would have your doctor up in arms. The alternative? Refreshing grilled, baked or steamed delights that are tangy, piquant, yet scant on fat. The trick is to experiment with sprinklers and chutneys constantly and consume what you cook piping hot.

BAKED APPLES

Preparation time: 15 minutes

Cooking time: 45 minutes

Serves: 2-4



INGREDIENTS

- Apples: 2; medium size
- Butter: 1/2 tsp
- Sugar-free sweetener (powder): 1 tsp
- Lemon or orange rind: 1/4 tsp
- Cinnamon powder: 1/2 tsp
- Clove powder: 1/2 tsp
- Almonds (peeled and blanched): 1 tbsp
- Raisins/blackcurrants: 1 tbsp

METHOD

Preheat the oven to 150° C. Wash and peel the apples. Remove the core with a corer. Mix the ingredients for the filling in a bowl and divide into two portions. Fill the hollows in the apples and press with the back of a spoon. Place in an ovenproof dish, cover with foil with a few perforations and bake for about 35 minutes. Enjoy hot or cold.



SAWANI MURGH PARCHE

Preparation time: 45 minutes + 1 hour for marinating

Cooking time: 15 minutes

Serves: 2


INGREDIENTS

- Chicken breasts: 250 gm; boneless fillets
- Yogurt: 2 tbsp; whisked
- Garlic paste: 1 tsp
- Ginger paste: 1 tsp

- Green chillies: 2-3; deseeded and ground to paste or chopped very fine
- Mint (dried): 1 tbsp; crumbled
- Salt (low sodium): a small pinch

METHOD

Wash well and wipe dry the chicken pieces. Prepare a marinade blending the other ingredients. Rub the chicken with this and let it stay for an hour. Glaze a non-stick pan with a little oil and pan-grill the chicken about five minutes on each side, or to taste. If steaming, place in a clean banana leaf square and

fold. Secure with toothpicks and put atop a reversed bowl and steam for about 10 minutes in a cooker without pressure. A steamer or *idli* maker would be ideal. Serve with a slice of lemon and onion rings. Sprinkle some green chillies in vinegar and a little mint powder on top. 



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



SHILBHADRA DATTA

Ranendranath Sikdar, 64, is a busy man. A former claims manager at West Bengal State Electricity Board, his days after retirement are occupied with consultancy and advisory work for organisations that deal with the board. He also heads the local cultural committee in Santoshpur in South Kolkata, where he lives, and is the president of the Durga Puja committee too. *Gorada*, as his friends affectionately call him, is always around to lend his neighbours a helping hand.

Five years ago, Sikdar couldn't even get out of bed. In 1999, Sikdar developed acute knee pain, which made the daily commute to his Salt Lake office at the opposite end of the city increasingly difficult. He ignored the pain, until he couldn't any more.

"One day, I suddenly realised my signature was getting shaky and I couldn't hold the pen with my right hand," he recalls. Sikdar immediately met his company doctor who recommended a visit to Advanced Medicare and Research Institute (AMRI) in Kolkata for a check-up. His tests and spinal X-rays showed the presence of six damaged vertebrae. However, the doctors could not identify any specific reason for this. They attributed it to age or perhaps an old injury — Sikdar had been an NCC cadet and football player in his youth and had taken his share of falls.

The doctors were convinced, though, that he required immediate surgery. The damaged vertebrae were pressing the nerves close to each other and obstructing proper blood circulation, restricting the use of

Walking distance

His will to fight and get back on his feet again helped Ranendranath Sikdar recover from a severe spinal injury, says **Ritusmita Biswas**

his limbs. Apart from the existing spinal injury, the tests revealed he was also suffering from osteoarthritis.

Sikdar decided to go to Apollo Hospital in Chennai for a second opinion and surgery, if necessary. In August 2000, he was operated upon. After a week in hospital, he returned to Kolkata but in following months, his condition failed to improve. On the contrary, he felt worse. By November that year, Sikdar was completely bedridden.

“My recovery was almost like a child learning to walk for the first time. I stumbled, fell and stood up to walk again”

“I could not walk at all,” he remembers. “All I did those days was sit at the veranda and look outside, watching others walking past, normal people going on with their daily lives. I was frustrated and kept asking myself why I had to suffer this misfortune.” Doctors advised another surgery—but that was not feasible. “I had already spent over Rs 1.5 lakh and the second surgery would have cost around Rs 3 lakh,” he says. “As a government employee, this was far beyond my means.” The only other alternatives: physiotherapy and exercise.

Pahari Ghosh, the doctor he was consulting, warned it would be a rough ride but Sikdar decided to take the hard road. “I still had almost a year of my job left and my responsibilities were far from over,” he says. “Besides, I did not want to be physically dependent on my family forever.” His

physiotherapy began in December 2000. He also began to exercise regularly.

“I took my first step by the end of the month,” he remembers. “It was almost like a child learning to walk for the first time. I stumbled, fell and stood up to walk again.” People on the road would stare at the sight of a 57-year-old learning to walk again—literally—but it didn’t deter him. Son Sangram and daughter Koel accompanied him on his morning and evening walks. “My children

and my wife Maya helped me stand on my feet again,” he remembers fondly.

For her part, Maya credits her husband’s recovery to his “innate strength to fight”. “His recovery had more to do with his roots and his mental makeup,” she says—Sikdar’s parents had left Rangoon, Myanmar, in 1950 to return to India and build a new life for the family. Indeed, Sikdar calls his mother his inspiration. “All through her life she faced many crises but battled them with a smile,” he says with distinct pride. “Widowed at 40 with nine children, she managed to bring us all up successfully. For the past 10 years, she has been blind yet we have never heard her complain.”

Evidently, Sikdar has taken a leaf from her book. He returned to work in March 2001 to complete his tenure and retired on 31 July



Physiotherapy helped Sikdar get back on his feet

the same year. He had begun his career at the West Bengal State Electricity Board in 1965 at the age of 18 as a transport supervisor. Now, Sikdar is enjoying his fresh lease on life. Ask him about his recovery and he only says, “I had to do it, so I did it.” Sikdar still has problems holding a pen, commuting in crowded buses and walking long distances—but refuses to brood over these. “The more you worry about ailments or difficulties, the more they grip you.” He should know. He’s broken free. ■

Back to basics

Dr H S Chhabra helps you understand your back and manage pain effectively

Lower back pain often starts without any warning or obvious cause. It interferes with daily activities and a comfortable night's sleep and then, just as unexpectedly, subsides. When in acute pain, we seek relief—after coughs and colds, lower back pain is the second most common reason most of us seek medical advice. But as soon as we recover from an acute episode, we forget about the problem.

FEELING THE PAIN

A sedentary lifestyle and improper posture are two main reasons why back pain has assumed epidemic proportions. At some point in life, 80 to 85 per cent of people suffer from significant back pain. Seventy per cent of those who suffer from it experience a recurrence within a year of the initial episode. On the positive side, most episodes of back pain last only for a short time—up to 75 per cent of people recover within three months of adopting a healthy lifestyle, and only 1 to 3 per cent of those with back problems require surgery.

More pain usually means more strain—a cue to relax. If you ignore early warning signs and push yourself until you experience more pain, you could risk heavier damage to your back and increased difficulty in controlling the pain. To ascertain

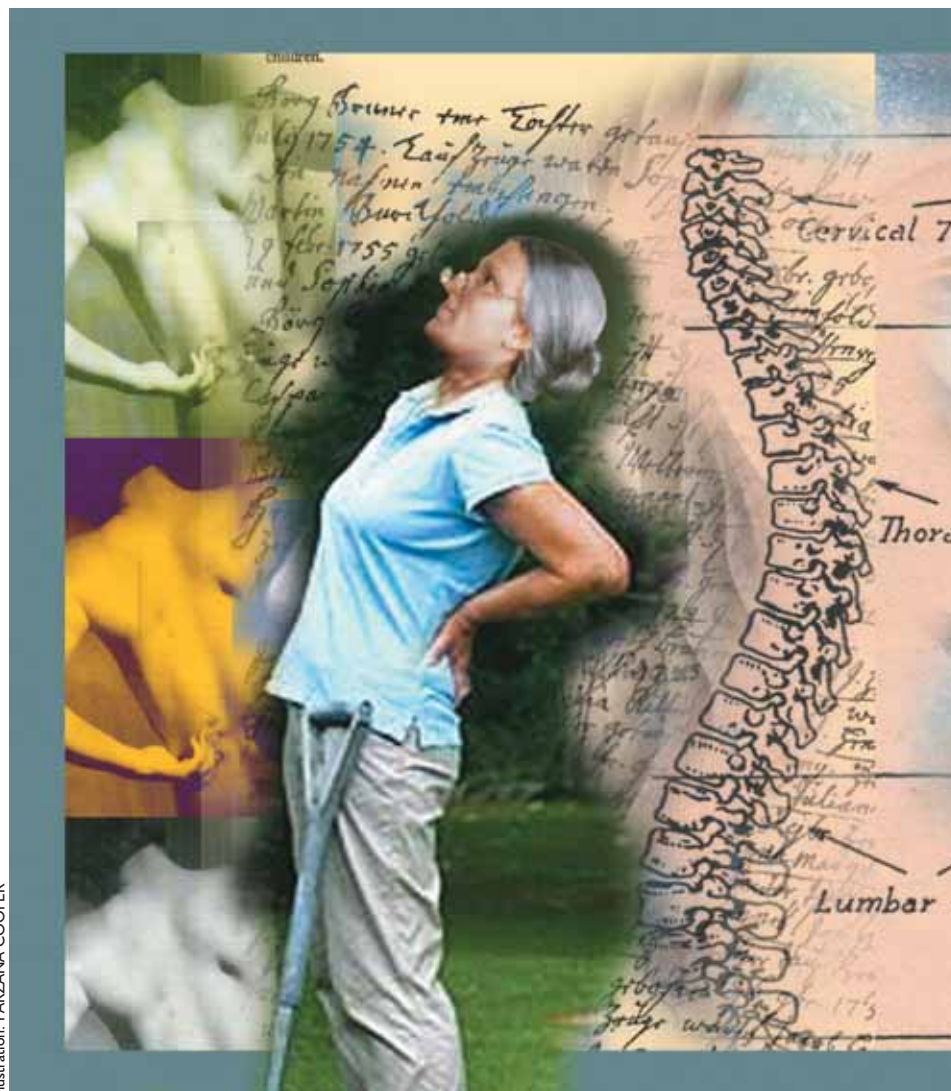


Illustration: FARZANA COOPER

the cause of pain, you need to understand the anatomy of your spinal column.

KNOW YOUR SPINE

The spinal column or backbone is made of 33 connecting bones called the vertebrae. Each

vertebra (see diagram on the facing page) has a solid part in front called the vertebral body. Behind the vertebral body is a hole formed by a circular ring of bone. When lined up, as in the spinal column, these holes form the spinal canal, which serves as the

protected passage for the spinal cord. The spinal cord controls the sensation and movement of the body and bowel and bladder function. Much like the electrical system that controls your car, the spinal cord and connecting nerves transmit signals to muscles, stimulating them to



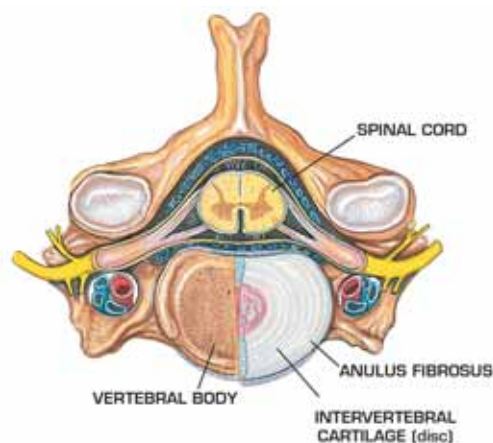
contract and produce movement. If this passage is disrupted with a fractured vertebra, it may cause partial or complete paralysis below the affected vertebra. Between two vertebrae is a structure called the intervertebral disc. It has a jelly-like

centre called the *nucleus pulposus*, which is surrounded by fibrous rings called the *annulus fibrosus*. The physical properties of the disc allow one vertebra to rock upon another and at the same time serve as a most efficient shock absorber.

Nevertheless, the disc is vulnerable to injuries. It can develop annular tears, which are tears in the rings. Sometimes the central jelly can push through these tears against the outer rings. This is called the bulging disc. In a herniated or ruptured disc, the central jelly pushes out through the outer rings. In both the bulging and ruptured disc, the nerves may be compressed. As nerves extending from the spinal cord to the lumbar region innervate (stimulate to action) a particular portion of the leg, compression of these nerves may cause pain, numbness or weakness in that particular region. **Sciatica** is the condition when pain is felt down the back and outer side of the leg, running to the sole of the foot.

The disc is also prone to age-related degeneration. As the gelatinous nucleus gradually dries up, the shock-absorbing function of the disc gets impaired, causing more stress at the vertebral margins. These changes result in instability and subsequent **osteoarthritic degenerative changes** of the facet joints, the appendages that join two vertebrae. This condition is also called **spondylitis**.

Osteoarthritis of the facet joint, if severe, may narrow the spinal canal. Called **stenosis**, the condition is accompanied by back pain and numbness that characteristically occur from



standing or walking for a while and are consistently relieved by sitting, squatting or leaning against a wall. A joint capsule holds the facets together.

Lumbosacral strain and Facet Syndrome are the terms used for partial joint dislocation owing to tearing of this capsule. It causes pain when you bend backwards.

Sprains happen under extreme stress such as sudden vigorous exercises, when either the muscle or ligament (that binds the bones together) or both may be partially or completely ruptured. A '**sprung back**' is caused by tearing of all the posterior ligaments, causing pain while bending forward.

PAIN MANAGEMENT

Pain management can be divided into two parts—general treatment common for any kind of back ailment, and treatment specific to the ailment causing back pain. General treatment comprises treating back pain and reducing the chances of recurrence.

HOT AND COLD PACKS

Back pain is generally treated by heat—fomentation; shortwave diathermy, a high frequency alternating current; and

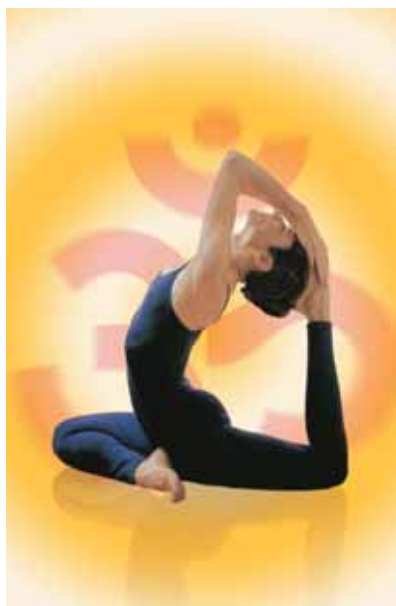
ultrasonic therapy, which makes use of thermal energy for pain relief—ice packs, massage and drugs. Ice packs are more effective during an acute episode of back pain (first 48 hours), whereas heat is more effective after the acute phase. However, this may not hold true for everyone—you need to discover through trial and error what gives you maximum relief. Massage should be gentle and no sudden jerk or strain should be applied.

DRUGS

Non-steroidal, anti-inflammatory drugs should be used only for a limited period. Prolonged use of these drugs can cause serious side-effects to the gastrointestinal system, kidney and heart. A disturbing fact: there are more deaths in the US owing to the side-effects of these drugs than to AIDS. However, this does not mean these drugs are not to be used at all. Follow your doctor's prescription. Many people mistakenly believe that bed rest is mandatory to cure back pain. It's time to dispel this myth. Research shows that bed rest weakens the bones and muscles and is counter-productive. It is advisable only if the pain is so severe that the patient is not able to move around.

EXERCISE

Apart from treatment, reducing the chance of recurrence is equally important. Adequate conditioning exercises like walks, treadmill, aerobics and swimming need to be incorporated into our normal lifestyle. Walking 4 km at a stretch or equivalent exercise four days a week is sufficient. In addition, stretching or yoga can strengthen back muscles. Muscles



stabilise the spine, produce movement and act as shock-absorbers. In conditions where the shock-absorbing function of the disc is impaired, as in spondylitis or herniated disc, strengthening the muscles by exercises helps supplement shock-absorption, thus preventing deterioration.

POSTURE

Posture is also extremely important. A normal posture involves maintaining the normal curves in the spine at all times, whether sitting, lying down or working. You must use a proper chair when sitting for a long time and the right mattress on your bed. Don't slouch in bed or in a chair and don't stay in one position for long—you should change your posture every 40-50 minutes while sitting.

SURGICAL INTERVENTION

Sometimes general treatment and preventive measures are not enough to heal the pain. For example, if a herniated disc does not respond to general treatment, you may need epidural injections

or surgery. In such cases, the budging disc is removed by traditional microscopic or endoscopic procedures. The surgery could cost between Rs 30,000 and Rs 50,000. Nowadays, disc replacement surgery is also an option. An artificial cervical disc costs around Rs 1 lakh, while an artificial lumbar disc costs around Rs 60,000.

Similarly, for those suffering from stenosis, the compression may be removed surgically. This costs the same (Rs 30,000 to Rs 50,000). Worse cases involving bent and deformed spine may require fixation of the spine with screw a rod system. This would add Rs 20,000 to Rs 60,000 to the cost, depending on whether an Indian or imported implant is used. In Pott's Spine (where the spine is infected with tuberculosis), antibacterial or anti-tubercular antibiotics are to be added to treatment. Surgical treatment is required if patients do not respond and involves removal of infected tissue. Vertebral fractures owing to osteoporosis can be stabilised by surgically injecting cement into the vertebra. The process is called vertebroplasty and costs about Rs 30,000. Further, specific drugs are required and dietary counselling is recommended.

Indeed, medicine has come a long way and there is a solution available for most problems. But watch your back.

—Dr H S Chhabra is chief of Spine Service and additional medical director of the Indian Spinal Injuries Centre, Delhi. He is also secretary of Spinal Cord Society of India and counsel to International Spinal Cord Society



When to act

Dr A B Dey replies to readers' queries on prostate problem and forgetfulness

Q I am a 55 year-old civil engineer.

For the past six months,

I have been experiencing frequent nocturnal urination. I have to visit the toilet at least three times a night. My work as a sales manager involves a lot of travelling and driving and often I have to halt every half an hour to urinate. What could the problem be?

A Your symptoms are suggestive of an enlarged prostate, which is a benign problem. At a later age, prostate cancer also creates similar symptoms. Drugs are now available for enlarged prostate and provide symptomatic relief. However, removal of the enlarged part of the organ by endoscopic surgery is a long-term and economic solution in view of your age. You need to consult a urologist for advice.

Q My husband is a 72 year-old former Army man. He is still quite active and exercises regularly, does household chores and is involved in a lot of social work for destitute children. But for the past month, he has been forgetting things. He is not able to locate house keys and important papers. Recently, he even forgot that he had taken

a bath and went for another shower. If I try to help him or speak about his problem, he gets very defensive. Please help.

A Your husband's symptoms suggest recent cognitive impairment. If the symptoms had been present for a longer period, say six months or a year, you could not have ruled out Alzheimer's Disease. Accepting the duration of symptoms as one month, this cognitive impairment is likely to be caused by an acute insult to the brain, the most common being chronic subdural haematoma or bleeding and accumulation of blood between the covering layers of the brain. This condition usually results from injury to the head not severe enough to warrant medical attention at the time of occurrence. Other remote possibilities include a mild stroke, electrolyte imbalance in the blood owing to some systemic disease (caused by many organs or the whole body) or a side effect of some medication. The symptoms warrant detailed evaluation by a physician or neurologist followed by a non-contrast or CT scan of the brain. Surgery can correct symptoms arising out of chronic subdural haematoma after a diagnosis is made. You need to consult your doctor as soon as possible as timely medication helps. 📌

Dr A B Dey is a professor at the Department of Medicine and Chief of Geriatric Services, AIIMS, New Delhi

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It is about **FEELING FIT!**



Our feet were designed to walk on soft, natural surfaces like soil and sand. But throughout our lives, we've given our feet a daily pounding by walking on unnatural hard, flat surfaces like pavements and floors which force our feet to roll over and our arches to flatten. This leads to heel pain, knee pain, back pain and tired, aching legs, especially with advancing age. ORTHAHEEL is a unique, patented orthotic insert and orthotic sandal developed by Podiatrist, Phillip Vasyli, designed to re-align the lower leg to its natural angle and to improve body posture.

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Prostate poses

Shameem Akthar responds to queries on prostate problems

Except for the enlargement of the prostate, most other problems concerning this gland have nothing to do with age. These concerns

become sources of secret embarrassment, preventing men from seeking medical help. Yoga offers poses for problems specific to this area. A regular practice of these *asana* can be your personal medical kit, enabling you to either prevent these problems altogether or control existing problems effectively.

Some common prostate problems are prostatitis, benign prostatic hypertrophy (enlargement caused by ageing), prostatodymia, and prostate cancer. Prostatitis is an inflammation of the gland—this may be chronic (not as painful as in acute cases), non-bacterial (caused by fungal infection and inducing frequent urination), or acute (painful and accompanied by fever, chills, lower backache and painful urination). Symptoms of prostatodymia include painful, frequent urination (caused by zinc deficiency). According to research, controlling smoking and abandoning a diet rich in red meat can help prevent prostate cancer. In inflammatory conditions, nature cure and yoga advocate a drastic dietary overhaul, forgoing a diet that is spicy, greasy, salty or starchy.

Though most people, including gym-sleek youth, balk at the meditative pose called thunderbolt (*vajrasana*), it is one of the most powerful poses in the yogic repertoire (*see box*), especially for all problems related to the prostate gland. Unlike other poses that have a tag of contraindications attached to them, *vajrasana* may be learnt at any age, by anybody (except those with severe knee pain).

Other yogic practices that help include boat-rowing (*nauka sanchalanasana*), spinal twists (*meru vakrasana*), pose of Kali (*kaliasana*), lying stomach stretch (*supta udarakarshanasana*), lying leg lock (*supta baddha konasana*), spread-legged-wide angle pose (*upavista konasana*), butterfly pose (*titali*) and all variations of leg raises in the *padangushtasana* series.

Interestingly, these poses also help combat fertility problems, impotence, premature ejaculation, premenstrual tension, excessive or low menstrual flow, cramps, and menopausal problems. As you practice these poses with a meditative focus, you will feel the stimulating and massaging effect these have on the lower abdomen, directly affecting the sexual glands. Use them to complement your conventional medical therapy for long-term relief. Most of the poses are also extremely simple to learn, unlike other yogic poses. These include *upavista konasana*, *supta baddha konasana* and *vajrasana*. ■

Yogic moves

Thunderbolt (*vajrasana*)

Sit back on your heels, legs folded under. Bring your big toes together. Flare out the heels. Your hips should rest on the cushion formed by your feet. Ideally, knees should touch, but beginners may keep them flared if that is painful. Always use a towel or soft mat to sit on. When starting, hold just for a few seconds, slowly increasing time as tendons at the

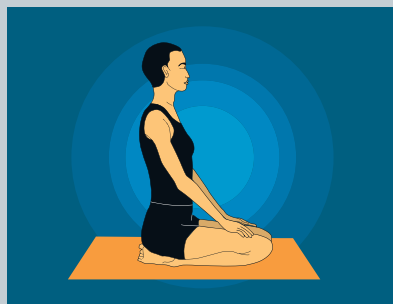


Illustration: MAMTA JADHAV

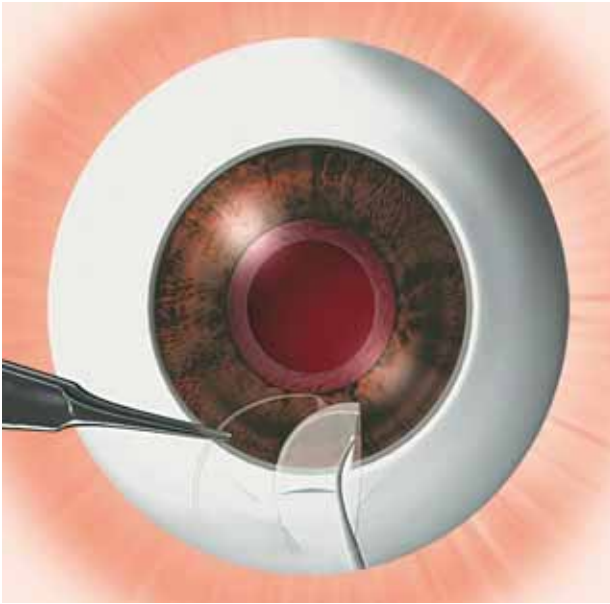
ankle and feet become more flexible and correcting mistakes (like bridging flared knees). Your spine will be naturally erect, but correct it nevertheless.

Benefits: *Vajrasana* is an all-in-one cure. It aids in all digestive problems, calms the mind and is therapeutic in all problems related to the prostate and other genital afflictions. It helps control

blood pressure and blood sugar.

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)

TWO-IN-ONE



Haven't got cataracts yet? It may be because of statins, drugs prescribed to lower cholesterol. These super pills work overtime, unclogging arteries, bringing down bad cholesterol, checking inflammation and protecting body cells from damaging effects of oxidation. And they help your eyes. In a study published in *Journal of the American Medical Association*, eye researcher Barbara Klein of the University of Wisconsin claims that **those of us taking statins in the form of drugs like Lipitor, Pravachol and Zocor are less likely to get common age-related cataracts.** Her team observed 1,299 silvers for five years and found that "the statin-cataract link remained strong even when we factored in their age and smoking habits, which increase the risk of cataracts". However, fellow researcher Natalie Kurinji of the National Eye Institute cautions, "It doesn't mean people should take statins to ward off cataracts."

SOY STORY



Do you know about the **power of soy**? According to a study of 200 post-menopausal women by Rekha Sharma, chief dietician at AIIMS, 70 grams of soy a day works wonders for bones. No small feat in a country where post-menopausal women comprise 10-15 per cent of the total population. They are also most likely to suffer from cardiac disorder because of loss of hormone oestrogen—soy is a natural source. You can consume it in the form of soymilk, nuts, nuggets and tofu (see photo). Sharma's recommendation: "Tofu is best. But as it is difficult to get in India, you can mix soy *atta* in *chapatti* flour and dry roast your *roti*."

WHAT SUITS YOU?



Illustration: FARZANA COOPER

You think microwave cooking is futuristic? Just listen to this. In South Korea, 100 elderly and disabled residents of Daegu City, located southeast of the peninsula, are being fitted with '**bio-shirts**'. These shirts are actually computers, fitted with sensors, which not only **monitor the wearer's blood pressure and heart rate but also signal for help if anything goes wrong.** There is also a 'self-diagnostic option' that gives you basic health advice while enabling remote health monitoring by doctors. Part of the U-Healthcare Service, the \$ 1.4 million programme is initially targeting senior citizens living alone and patients with chronic ailments.

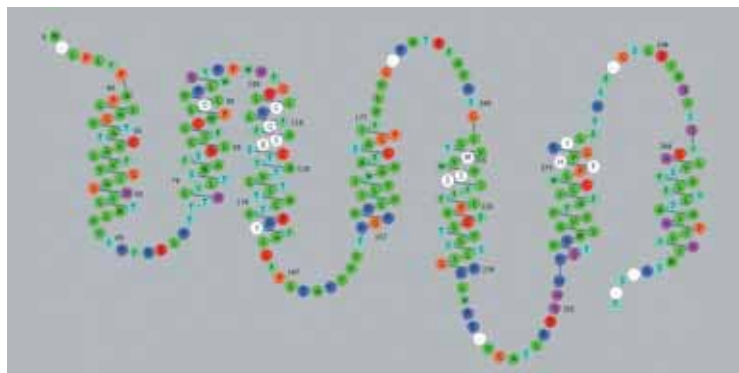
HEALTH BYTES

FANTASTIC FOUR

The war against diabetes just got tougher. Coming soon are **four power-packed drugs that control diabetes** with fewer side-effects. One of the four treatments, Byetta, given as an injection, not only controls diabetes, but also regenerates pancreas cells that produce insulin. Exubera, another invaluable form of insulin, will reach pharmacies next month. The other two drugs, Gallus and Janvia, both taken as pills, are awaiting approval from the American Food and Drug Administration. Do we hear doctors popping champagne corks? "Certainly," says Dr Rakesh Kumar Prasad of Max Healthcare, "After all, they can control diabetes in 90 per cent of cases."



ON THE ANVIL



Want your agility back? A younger heart, perhaps? Pharmaceutical giant Pfizer claims its **age-fighting drug** Growth Hormone Secretagogue (*see photo*) radically improves physical function in seniors by propelling ageing bodies to produce more growth hormones. These hormones decrease with age leading to bigger bellies, weaker muscles, and poorer physical function. Lead researcher George Merriam of University of Washington recently presented her report on the drug

at the International Congress of Neuroendocrinology in Pittsburgh. "We'd like to help people retain physical mobility and strength as they age," she said. As for your heart, cheaper versions of cholesterol medicine Zocor will soon be available. Ranbaxy Laboratories will be bringing it down to in India.

FIVE PLACES TO GET A CAREGIVER

Alzheimer's and Related Disorders Society of India, Kerala; Tel: 0484-2808088; Help line: 9846198471, 9846198786; Email: ucds@rediffmail.com

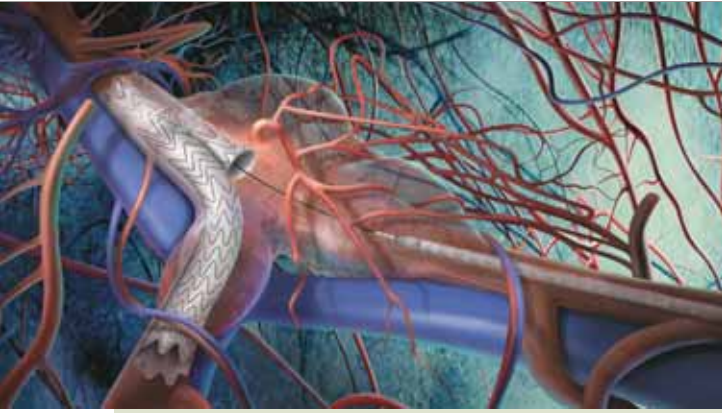
Heritage Hospital, Hyderabad; Tel: 040-23379999, 23379201-5; Email: info@heritagehealthcareindia.com

Janseva Foundation, Pune; Tel: 020-24538787, 24319797; Email: vinodshah@satyam.net.in; Website: www.jansevafoundation.org

National Institute of Social Defence, New Delhi; Tel: 011-26100058; Email: contact@nisd.gov.in

Vidyasagar Institute of Mental Health and Neurosciences (Vimhans), New Delhi; Tel: 011-26310510, 26310520; Email: vimhans@vsnl.net





STENT AND SENSIBILITY

A carotid stent is the latest gizmo in the world of interventional cardiology. A mesh-like device, it is inserted into a clogged artery in the neck to allow blood flow to the brain. This cuts down chances of facing a traumatic stroke and improves cognitive functions. According to Dr Shaji Marar, interventional radiologist, Jaslok Hospital, Mumbai, this procedure is minimally invasive and recovery is faster than the conventional procedure called

endarterectomy (the surgical removal of plaque from a blocked artery). What's more, you don't need general anaesthesia. "Being non-invasive, it requires a couple of days of hospitalisation," adds Marar. However, it's not pocket friendly. While endarterectomy costs Rs 50,000, stenting costs about Rs 1.5 lakh. There is also the danger of using the technique when it is not really required. "Only those with 70 per cent arterial blockage will need a carotid stent," cautions Dr S V Khadilkar, neurologist at Bombay Hospital. "That's only one-fourth of heart patients in India. The rest can be treated by medicine."

STRONG MEDICINE

Until recently, doctors were chiding us for 'not taking the complete course of antibiotics'. Now they are telling us to take the pills only when needed. A team of researchers in the Netherlands have found that **selective use of antibiotics leads to much lower levels of resistant bacteria**. Chief researcher Dr Jan Prins of the Academic Medical Center in Amsterdam wrote in the *British Medical Journal* that even pneumonia could be treated with a three-day course of 'killer' antibiotics, rather than the conventional seven to 10 days of treatment. His contemporary, Dr Ralph

Gonzales from University of California, however, feels patients should never assume they can safely taper treatment on their own when they start to feel better. They will not only strengthen the bad bug but also suffer a relapse if the incomplete drug dose knocks the bacteria down, but not out.



JOB VS. HEART



Researchers at Yale University say **losing your job late in life doubles the chance of suffering a heart attack or stroke**. In 1992, they started studying 4,301 working people aged 51 to 61. Over the next 10 years, 582 people from the study group were forced out of a job or took voluntary retirement. Of these, 23 participants suffered heart attacks and 13 suffered a stroke. Lead researcher Dr William Gallo says, "For many individuals, late career job loss is an exceptionally stressful experience." Ellen Mason, a cardiac nurse at the British Heart Foundation, agrees, saying, "Involuntary redundancy is a stressful experience because it takes away control from an employee." For details, log on to www.foem.org

After celebrating your 25th anniversary, celebrate your first.

The first time your eyes met.

The first time you mustered up the courage.

The first time you bared your heart.

The first time you heard "Yes".

The first date.

The first time you held hands.

The first fight.

The first time you made up.

Shouldn't you be celebrating, that first rush of love
before life

and the babies and the bills intruded?

Because for the first time

you're at an age when

you can fall in love with each other

all over again.





If you're above fifty five, we believe Harmony is just the magazine for you. Filled with human interest stories, exciting features and columns, Harmony encourages you to do just one thing: live young.

celebrate age 
the magazine



Ageless body

Deepak Chopra co-opts quantum physics to reverse ageing

You have been living inside a prison that has no visible walls—the confines of your self derive entirely from

conditioning of your mind. If a rope is tied around the leg of a baby elephant and attached to a stake in the ground, it learns that it can only move within very narrow limits. Years later, it still remains within narrow confines when its leg is staked, even though it has the strength to uproot an entire tree. In a similar way, most people think and act within the narrow limitations of what they have been taught during childhood.

Until recently, few have questioned the assumption that ageing is irreversible, and therefore, generation after generation, people have reinforced that growing older means a progressive decline in mental and physical capacity. It is now time to alter our experience of the body.

From the perspective of quantum physics, reality is a magical place. The quantum realm is the fountainhead of pure potential, giving rise to the raw material of your body, your mind, and the physical universe. We can summarise the key principles of quantum physics in five points:

- In the quantum realm, there are no fixed objects, only possibilities.
- In the quantum realm, everything is inseparably one.
- Quantum leaps are a feature of the quantum realm. A quantum leap is the ability to move from one location in space or time to another without having to go through any place or time in between.
- One of the laws of the quantum realm is the Uncertainty Principle, which states that an event is a particle (matter) and a wave (energy) at the same time. Your intention determines whether you see a

particle or a wave.

- In the quantum realm, an observer creates an event. Before a subatomic particle is observed, it exists only as a virtual particle; all events are virtual events until the moment they are observed.

Your own body/mind system is also an expression of the same quantum field. Therefore, you can apply these principles to the way you look at ageing. Rephrased in terms of your biology, they would be:

- You are not merely the physical body. Your essential state is a field of infinite possibilities.
- Your body is inseparably one with the whole universe. When you are perfectly healthy or whole, you feel expanded. You become constricted only when you have discomfort or disease.
- You are capable of taking quantum leaps in perception and interpretation. With these quantum leaps, you can alter not only the experience of the physical body but its very structure. Your physical body is capable of taking a quantum leap from one biological age to another without having to go through all the intervening ages in between.
- Your body is simultaneously material (particle like) and non-material (wave like). You can choose to experience your body as physical or as a network of energy, transformation, and intelligence.
- Before you decide which biological age you choose to experience, you are all possible biological ages. It's up to you to decide what age you want to be.

**You are not merely
the physical body.
Your essential state
is a field of infinite
possibilities**

If you choose to see yourself as a physical entity, separate from everything else, you discard the chance to reverse the ageing process. If you are able to look at yourself as a field of possibilities, intimately interrelated to everything else, wonderful new opportunities emerge. ■

Excerpted from Grow Younger, Live Longer, Rs 316, publisher Rider Books, UK. Born in India, Deepak Chopra is a contemporary writer on spirituality, synchronicity, integrative medicine and Ayurveda.

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

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Save small, save big!

SIP is a three-letter word giving another three-letter word, IPO, a run for its money



Illustration: MAMTA JADHAV

You want to invest in the share market yet prefer to play safe? **Mutual Funds** have solved the dilemma to some extent, as they cut down the risk of investing in shares. A form of collective investment, a mutual fund is a pool of money made from many investors and the money is invested in several different

stocks. The fund manager collects the income from these investments on behalf of investors, passing the proceeds to them regularly. The value of a share of the mutual fund, known as **Net Asset Value (NAV)**, is calculated daily based on the total value of the fund divided by the number of shares purchased by investors.

One option is to invest a lump sum in a mutual fund. The other option is to invest regularly through a **Systematic Investment Plan (SIP)**, a scheme where you can periodically invest a fixed sum, which could be as low as Rs 500 per month. Considered as one of the ideal low-risk methods of wealth accumulation, SIP helps investors overcome the

fluctuations of equity investment. Some consistently performing mutual fund companies include HDFC, Franklin India, Reliance Mutual Fund, Birla Advantage, UTI Balanced, Kotak, ICICI and Morgan Stanley.

HOW DOES SIP WORK?

Reduces the average cost

Investing through SIP makes timing and cycles of the share market totally irrelevant. With SIP, you invest a fixed amount regularly. Therefore, you end up buying more units when the markets are down (when the NAV is low) and less units when the markets are up (when the NAV is high). This is called rupee-cost averaging. SIP works as a disciplined investment method as it forces you to buy even when the markets are low, which is actually the best time to buy. Let us understand this concept through an example:

Month	Amount invested (Rs)	NAV	No. of units
1	1,000	10	100
2	1,000	9	111.11
3	1,000	10	100
4	1,000	11	90.9

Total investment = Rs 4,000,
No. of units purchased = 402.01
Therefore, average cost per unit
 = Rs 9.95

Does away with the need to time the markets

As your investment is spread across a longer period of time, it helps to average out market swings. This leads to spreading your investments over various

5 MENTAL HURDLES TO OVERCOME

You've read good things about mutual funds, but for one reason or another you fail to trust your hard earned rupees to them. Let us play investment psychologists and help you overcome five common mental hurdles.

Hurdle

1 I don't have enough to invest in a mutual fund

Mutual funds are the ideal place to invest small amounts of money because you can buy a mutual fund without direct trading costs. For example, if you put Rs 1,000 into a stock each month for a year, you will end up paying at least Rs 135 in commissions to a broker. So out of Rs 12,000 invested, only Rs 10,380 goes to work for you—an automatic loss of 13 per cent. But when you invest Rs 1,000 a month directly with a fund, the entire Rs 12,000 goes to work!

Hurdle

2 I don't want to risk investing in non-guaranteed investments

Mutual funds are safer than you think. Mutual fund prices are driven by the price changes of the securities it holds—the fund is only as risky as the type you choose. Banks and insurance companies can go bankrupt but, by definition, mutual fund companies cannot. Once you understand inflation, average returns of different types of investments and compound interest, you may realise you are taking a bigger risk by tying your money up with low-producing products like savings accounts.

Hurdle

3 I can do better by picking stocks on my own

A dedicated team of professionals is better than a single individual picking stocks.

Hurdle

4 I will invest in my company's stocks. It's better

Your job is already tied to your company—if the company crashes, don't let your retirement plans crash as well. The beauty of a mutual fund is that you don't need to be an expert on the thousands of stocks that it buys. Diversification (investing in various types of stocks) helps keep your returns up and risk down.

Hurdle

5 I don't understand how mutual funds work, so why should I invest in them?

Investing in mutual funds is not hard. It can be as simple as filling out an application and mailing it in with a cheque. However, knowledge is power and if you desire to understand mutual funds and make smart investing decisions, call an agent now.

UNDERSTANDING GAINS FROM SIP

Suppose you start investing in a diversified equity mutual fund through an SIP at	35 (age)	40 (age)
Your monthly investment	Rs 5,000	Rs 5,000
You stop investing at age	60	60
Your total contribution	Rs 15,00,000	Rs 12,00,000
Assuming compounded annualised returns from the fund are 15 per cent, your savings could grow to	Rs 1.37 crore	Rs 66 lakh

time horizons, which enhances the probability of lowering your total cost. This translates into better returns. But you must remember that, ultimately, markets do matter. All that a mutual fund company does is cushion your losses on money invested in the markets by putting it in a variety of stocks like petroleum, entertainment, agriculture, pharmaceuticals, to name only a few of them—the final choice is yours.

Does not strain your finances

Mutual funds allow you to invest very small amounts (Rs 500 to Rs 1,000) via the Systematic Investment Plan route. SIP makes investing easier as it does not strain your monthly finances. In fact, this is ideal for working professionals and retired persons who would otherwise not be able to enjoy the benefits of investing in the equity market. In addition, you can change the duration of

your SIP midway, withdraw money, even change plans and the company.

Power of compounding

SIP is a time-tested investment approach that helps you increase your returns through the concept of 'power of compounding'. The longer the period of investment, the more you accumulate because of the compounding effect of returns on your investment. In simple terms, it works on the principle of interest on interest. Whether you invest for short-term goals or long-term ones, the earlier you start and the longer you stay invested, the better.

Mutual fund investments are subject to market risks. Make sure you read the offer document before investing and take advice from an investment planner

QUICK BYTES

HOME RUN



The National Housing Bank is launching an income scheme for seniors. With this, select banks and housing finance companies will pay a fixed monthly amount to

retired persons against a house mortgage. It will be applicable for 15 years, and the amount will depend on the market value of property and the age of the owner. A reverse mortgage, the children of the borrower will be able to recover the house.

DOUBLE BONANZA

Union Bank of India has launched Union Double, an investment product that offers depositors an opportunity to double their investment in eight years and nine months. The returns on the scheme are 8 per cent a year for a general investor and 8.5 per cent per year for senior citizens.



SILVER DEAL

As part of its centenary celebrations, Bank of India has launched a long-term deposit Scheme called Shatabdi. It offers 8 per cent interest a year on long-term deposits by anyone, and 9 per cent to seniors on deposits up to 10 years. The bank also plans to adopt 1,001 villages across the country and launch mobile ATMs and ATM Kisan Card.

Music on the move

A new friend, **Anshumaan Jha**, introduces the Purohits to portable digital music players

I was at the Guptas' place for their son Sunil's 18th birthday party. There, I met the Purohits, their neighbours. I had already heard a lot about these "wired-in guys" from Sunil, who was impressed about how tech-savvy the Purohits had become over the past couple of years. When he heard I was a bit of a tech buff myself, Mr Purohit became voluble. "My wife and I love to learn about new gizmos," he proclaimed. "Unfortunately, Dinesh, our techno friend, is away on sabbatical and we haven't come across anything new." At that moment, Sunil joined us to proudly show off his birthday gift: a sleek iPod Nano.

Mrs Purohit's eyes lit up and she asked, "Is it a phone of some sort?" Sunil explained the iPod, marketed by Apple Computers, is currently the world's best-selling digital music player. The Nano is the latest offering from the iPod range. "The iPod is not just a music player," I interjected. "It is a portable media player." Beginning with a standard full-sized model that can store media—music, pictures, videos and other data—on a built-in hard drive, this nifty device has moved on to its 5th generation makeover in the form of the smaller iPod nano (with 1 GB, 2 GB and 4 GB capacity) and iPod shuffle (512 MB and 1 GB). These use flash memory, which is a form of non-volatile memory that can be erased and reprogrammed. An

iPod, which is as small as a pack of cards and weighs about the same, can also serve as an external data storage device when connected to a computer. The top-of-the-line iPods (30 GB and 60 GB) can hold over 10,000 songs, thousands of photos and hours of video footage. You can also create a 'podcast', a combination of iPod and broadcasting. You can record your story or songs from your collection and share it with others.

Mr Purohit was still not taken in. "This looks like something for youngsters like you," he

murmured. "Did you know that 78-year-old Pope Benedict XVI was presented with a 2 GB iPod Nano? And Queen Elizabeth II owns a 6GB iPod Mini? So what stops you two from getting one?" I said. Mr Purohit, though, had another, question. "How much does it cost?" he asked. "Oh, mine is a 4 GB Nano," Sunil replied breezily, "so about Rs 11,500." "It's quite expensive," Mrs Purohit said. "Why not just buy a less expensive CD player or a walkman?" I replied, "They are cumbersome to carry around if you're going for an evening walk, or travelling.

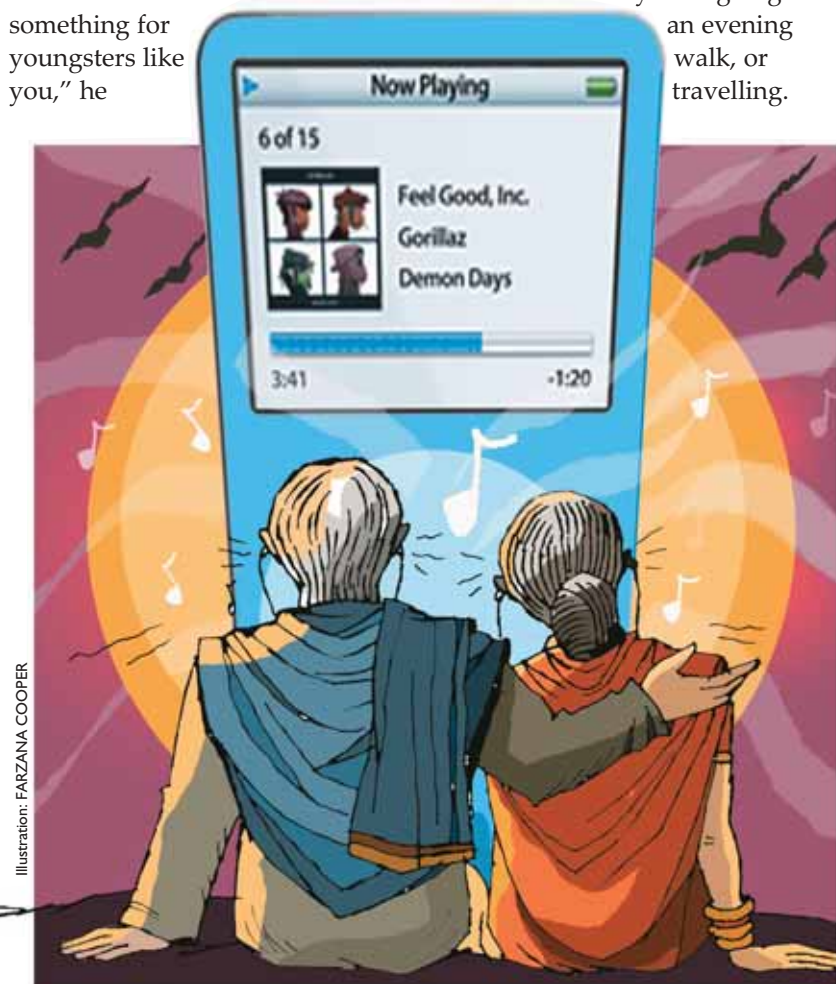


Illustration: FARZANA COOPER

CDs cost around Rs 250-600 and can develop scratches. Digital music, literally, never dies! The music is stored in an MP3 or MP4 format, which can compress big music files and yet give you CD-quality sound. You can download new songs from the Internet or convert your favourite songs from your CDs to these formats."

"Don't you get iPods for less than Rs 18,000?" Mrs Purohit asked. "And aren't there other firms that offer music players for less?" The price of an iPod begins at Rs 4,500 for an iShuffle and goes up to Rs 18,500 for a 60 GB iPod Video, I told them. "But you need not limit your options to an iPod." Companies like Sony, Vega, Samsung and Creative also offer digital musical players that are priced much lower (*see box*). For instance, the Creative Zen Vision range, which is available in five colours, begins at only Rs 3,000, and also offers features of an FM

photos or videos. iTunes converts your existing CDs and other media files to the iPod format. You just plug in the iPod into the computer to load the music. And you can buy new music (starting at approximately Rs 47 a song) at the iTunes Music Store, which has a collection of over 2 million songs in various genres, including 'World Music', which has a fair selection of classical and film music from India.

"But what if you buy some other music player, like this Sony one?" chimed in Mrs Purohit. "No problem," I answered. Windows Media Player, which is free software loaded on every PC, will convert your CDs to MP3 files, which can then be transferred to the music player using a lead that plugs into the USB port in your computer. Apart from your existing CDs, you can download music from websites, including *mp3.com*, *music.yahoo.com* and *musicetc.com*. You

APPLE	
Model	Price
iPod Shuffle (512 MB)	Rs 4,500
iPod Nano (1 GB)	Rs 7,500
iPod Nano (2 GB)	Rs 9,500
iPod Nano (4 GB)	Rs 11,500
I RIVER	
IFP 340 (64 MB)	Rs 1,449
T-30 (256 MB)	Rs 4,499
T-30 (1 GB)	Rs 6,999
T-10 (1 GB)	Rs 7,999
CREATIVE	
Mu Vo TX FM 256 MB	Rs 3,100
Mu Vo TX FM 512 MB	Rs 4,200
Mu Vo TX FM 1 GB	Rs 5,500
Mu Vo Slim 1 GB	Rs 5,800
SAMSUNG	
YP-UIV 256 MB	Rs 4,390
YP-U2X 512 MB	Rs 4,990
YP-FIX 512 MB	Rs 6,100
YP-U2Z 1 GB	Rs 7,490
SONY	
NW -E002 512 MB	Rs 5,990
NW -E105 512 MB	Rs 6,990
NW -E003 1 GB	Rs 7,990
NW -E305 512 MB	Rs 8,990

The price range of an ipod begins from Rs 4,500 and goes up to Rs 18,500

tuner and recorder, and voice recorder. Websites like EBay India (*ebay.in*) offer fantastic deals on digital music players. "The other day, I saw a new Sony music player (256 MB) going for Rs 2,500 on the site," I added. "And many mobile phones now come with built-in music players." "This is great," said Mr Purohit, "but how do you download music on the player?" If you buy an iPod, you need software called iTunes (which comes free with the player) to transfer music,

can either pay per song or album (starting at Rs 23), or pay a monthly fee that entitles you to unlimited downloads (starting at Rs 188 a month). Some sites, like *mp3finder.com*, *coolgoose.com* and *music.download.com*, also offer free downloads, and have plenty of Indian music. You may have to register, though for some of them. Another advantage of an ipod is, you can connect it to your speakers with a cord and hear music at home like a regular music player.

(Prices are based on Maximum Retail Prices in Mumbai and may vary)

Source: JJ Mehta & Sons, Dadar (W), Mumbai, Techtree.com

"Just imagine, we can take our player along on our trip to Lucknow next month and listen to music all the way on the train," said Mrs Purohit, a dreamy look in her eye. "Hang on!" her husband exclaimed. "We haven't bought one yet. First, I have to get online and get the best deal." His wife was already looking at her watch. "Why haven't they cut the cake yet?" she wondered. The Purohits were in a hurry to get home—and I knew why. ■

Anshumaan Jha is a MCA student and music buff

Dance with me

Atul Nanavati, 63, sweats it out in an aerobic class for Harmony. **Firuzan Mistry** tells us how it went



ASHESH SHAH

Atul Nanavati is an active man. A retiree, the former executive with Nerolac Paints, walks every morning on Juhu beach in suburban Mumbai and regularly does yoga. The 63 year-old also meditates and is a member of a laughter club in suburban Mumbai. So when *Harmony* asked him to test drive an hour-long low-impact aerobics class, he accepted enthusiastically.

WARMING UP

The class, organised by the National Institute of Aerobics, is held at Juhu beach—Nanavati's home turf—every Saturday and at Food Shepherd Church in Andheri every alternate Wednesday. It's free for senior citizens. Nanavati promptly showed up on the appointed day at 6.30 am for his class, kitted out in cotton track pants and tee, and Nike shoes.

The instructor was Kumar Bhatt, a certified instructor with 22 years' experience. Bhatt began by taking Nanavati through some easy warm-up stretches, essential before any exercise, especially for silvers. As one background song melted into another, Nanavati went through 15 different kinds of stretches for neck, shoulders, arms, hips, knees, toes and heels. Next, he was told to march in one

place for five minutes before it was time for half-squats (repeatedly assuming a crouching position with the knees bent, which strengthens the leg muscles). Full squats are a definite no-no for silvers—they put undue stress on the knees. Finally, the warm-up session wrapped up with some lunges (sudden forward movement or plunge of the legs).

UP IN ARMS

Bhatt then took Nanavati into the next phase of a low-impact workout—a series of hand movements packaged into a session by Bhatt to give seniors a cardiovascular workout. This involved circling the arms from shoulders; bending elbows, clenching the fists and circling them in front of the chest; extending the arms on sides and circling with palms open. There was also some punching of the arms in the air, and Bharatanatyam and Bhangra moves for relief and some fun. The phase lasted about 18 minutes. "Exceeding this time would create an anaerobic condition, where instead of oxygen being supplied to the body, lactic acid is produced and spreads over the muscles, which is unhealthy," explained Bhatt.

LOW IMPACT, HIGH INTENSITY

Still going strong, an eager Nanavati readied himself for the next set. A word of caution: silvers who aren't used to physical exercise may tire more easily and must always inform their instructor how they are feeling. This workout, though, was specially designed for seniors and Bhatt reassured everyone present that it was low impact, yet high intensity. "These exercises build confidence, urging seniors to continue," he added. By now, Nanavati was sweating profusely, but being physically active held him in good stead. "*Murde mein bhi jaan dalne wala workout hai* (This workout can put life back into a corpse)," he said with a laugh.

PROP UP AND COOL DOWN

It was time for chair aerobics, a set of exercises using a chair. "We have devised several variations using

Aerobics and you

Nanavati geared up for the challenge



The word ‘aerobic’ means with oxygen. Aerobic exercise is any repetitive activity that you do long and hard enough to challenge your heart and lungs. In order to work your heart and lungs hard enough, you must get your largest muscle groups involved—these include your legs, hips and buttocks, back and chest.

Aerobic exercises include walking briskly, jogging, bicycling, dancing, floor-sets, swimming and cross-country skiing. Most aerobic activities can also be done indoors on exercise equipment.

A typical aerobics regimen includes warmup; low impact exercises; high impact exercises like jogging, running, twisting, kick boxing, punching and step aerobics; floor exercises; and yogic relaxation.

Low-impact aerobics is the best bet for beginners and people who are overweight. In fact, many people continue to do only low-impact exercises because they find them more comfortable and because the possibility of injury is reduced. Of course, it is best to consult your doctor before beginning any kind of exercise regimen.

The best times to exercise are early in the morning, before the day’s main activities begin, or late afternoon, which provides a change of pace. Beware: morning stiffness is common in seniors.

Exercise clothing should be loose fitting and comfortable.

Cost: Rs 1,200 to Rs 2,000 for 12 turns every month.

different props like a chair, mat, stick and even the wall,” Bhatt told us. “All of these allow seniors to work on strengthening different muscles and reducing stiffness.” Nanavati completed these exercises with ease.

After the workout, including push-ups against the wall, it was time to cool down with a series of yoga *asana*, stretching exercises for neck, shoulders, back and various joints in the body. Rounding off the session was *kapalbhati* (a yogic cleansing process for the lungs). Though *kapalbhati* is usually done sitting down, silvers can practice it standing up too.

THE VERDICT

Wiping his brow, Nanavati said he felt “charged, energetic and revived”. “My muscles feel like they’ve been worked out well,” he added. Though the exercises were low impact, Nanavati felt a slight tension in his calves, which Bhatt said was natural.

A common perception is that aerobics is a high-intensity workout. In his senior-friendly workout, Bhatt has introduced several innovative variations to keep the exercises light and fun. So, while some sessions would include *bhangra*, which involves a shoulder workout, on other days seniors would twist for a more supple body. Nanavati, who enjoyed every minute of it, was eager to know if he could continue. “The music added extra punch for me,” he said.

Exercise helps combat the loss of muscle strength and bring back much needed flexibility and endurance. Nanavati knows it. “Regular exercise helps me maintain, repair and improve my body,” were his parting words. “It is important that seniors like me stay healthy and fit.” ■

And finally, the advantages

- Strengthen lungs and cardio-pulmonary functions
- Regulate blood pressure and reduce body lipids
- Help protect against the onset of diabetes
- Strengthen bones and slow down the process of osteoporosis
- Induce flexibility in joints, tendons and ligaments
- Improve digestion and help lose weight
- Improve your appearance and self-confidence
- Help you sleep better
- Alleviate stresses, promote a sense of well-being

Explore new horizons

Experts at www.monster.com answer your queries and concerns on jobs after retirement



Q I retired from a law firm as senior clerk six years ago. I could just about manage to run the house with my retirement money and my son's salary. Recently, he lost his job, upsetting our delicate financial situation. With a family of four to feed, I have decided to go back to work at 64. What options do I have?

Getting a job at 64 is not that easy. You can apply for the job of senior clerk or typist in a private firm but you need to remember that small-time private companies are not good paymasters. Hence, think on the lines of self-employment, like setting up a small DTP and Xerox shop, or even a cyber cafe. These options would require a fair amount of capital, which you can get as loan from any nationalised bank or financial institution. Get in touch with service providers for an Internet connection and work out a deal. Alternatively, you could set up an STD/ISD telephone booth. BSNL has a senior citizens' quota under which you can take a telephone connection for your booth. But before you go ahead with any of these plans, check out how much loan you are entitled to. For more information, log on to:

<https://services.vsnl.net/new/home.jsp?country=300> and http://www.bsnl.co.in/service/telephone_concesstion.htm

Q I was working in my cousin's electroplating company in Rajkot as manager for 25 years. A couple of months back, following a misunderstanding, he asked me to quit. At 54, with just matriculation under my belt, I have nowhere to go. Though my working children tell me they will look after my needs, I don't want to depend on anyone. Please help me.

Don't be too disheartened about losing your job. You must use your experience to your advantage. As you have been in the business for 25 years, you

would have established contacts with others working in the same field. Approach them for an opening. Your managerial skills will come in handy. Alternatively, you can also start a consultancy in your city. Call up your contacts and let them know you are available for giving advice on troubleshooting for a small fee. But be ready to travel around the city.

Q After working in an oil company for 29 years as chief chemist, I recently retired at the age of 58. I am physically and mentally fit and would like to continue working in a related field. Any suggestions?

Consultancy is the 'in-thing' these days. It not only brings in money but also lets you work according to your convenience. Before approaching other oil firms, meet your old colleagues and let them know you are ready to be a consultant. Chances are they would be only too happy to retain you as they would save on provident fund, gratuity etc. If you are interested in teaching, you could hold training sessions at oil companies for new entrants.

Q I have worked in the advertising world for 20 years. I am in my early 50s and want to quit this profession and pursue something else. What are my options?

The advertising industry is a constantly evolving, challenging field. Instead of shifting gears to a completely new profession at this age, it is better to stick to your own field and look for a new job. That would break the monotony as a fresh environment and new colleagues would be a welcome change—and challenge. Look towards exploring other areas in the same industry. For example, if you are involved in print advertising, you can turn to TV or big-screen advertising. All the best!

Call of the wild

Colonel John Felix Wakefield was a hunter before turning into a wildlife protector

The Kabini River Lodge, a quality wildlife resort 220 km from Bangalore, is also known for its resident director Colonel John Felix Wakefield. Affectionately known as 'Papa', Wakefield turned this royal hunting ground—the lodge belonged to Maharaja of Mysore—into a holiday spot. Wakefield was commissioned “to get things done” in 1978 by Gundu Rao, the then chief minister of Karnataka. Rao wanted to develop a chain of resorts like Tiger Tops, a private travel group that pioneered environment friendly safaris and jungle lodges in India and Nepal. So began a second innings for Wakefield, a former wildlife consultant with Tiger Tops.

In 1984, Wakefield developed Kabini Lodge as part of the now renowned Jungle Lodges and Resorts chain in Karnataka. Today, at 90, his work has sealed his reputation as a committed conservationist. “Till 1972, I was destroying animals,” Wakefield says about leading hunting



At 90, Colonel John Felix Wakefield is a reputed conservationist

years old when he shot a tiger—his father worked for the Maharaja of Tikari. Wakefield's knowledge of the jungle proved valuable during WW II—he was commissioned as an instructor in

celebrities from all over the world. Staying at this lodge costs between Rs 2,125 and Rs 2,600 per day—the tariff includes all meals and safaris. The Karnataka government recognised Wakefield's outstanding contribution to wildlife tourism in 2002 with a Rajyotsava Award, the state's highest.

—Stuart Forster

Wakefield turned Kabini Lodge, formerly a hunting ground, into a holiday spot

expeditions for foreign tourists. The Wildlife Preservation Act of 1972 changed it all.

Hunting was an integral part of Wakefield's life. Born in Gaya, Bihar, in 1916, he was only nine

the Jungle Training Division in Burma. Wakefield stayed with the military until 1955. In 1967, he began a career in wildlife tourism in Bijnor, UP. Today, Kabini Lodge hosts environmentalists, wildlife experts and

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In long hand

Legalpundits tell you about a holograph will and how to go about preparing one

Harmony first discussed the making of a will in its inaugural issue in June 2004. The column simplified the legal terms and procedures involved in drawing up a proper, enforceable will and explained the role of an executor, beneficiary and witnesses. Now, in response to queries from readers, we take a closer look at an emergency measure—a handwritten will.

Q What is a 'holograph will'?

A Holograph will is a handwritten will—and better than not writing any will at all. Normally, two or more witnesses must sign the will to prove the validity of the testator's (the person making the will and executing it) signature and intent. In special cases, a holograph will made without the presence of any witnesses is considered valid too. But there must be evidence that the testator actually wrote the will. This can be proved by witnesses, handwriting experts, or other methods. Thus, it is better to seek help of legal advisors and make a will that is not only legally valid but also has no room for any hazy interpretations. Holograph wills are usually made in emergency situations, such as when the testator is alone, trapped or seriously ill.

Q Who is the executor of such a will? Can there be more than one executor?

A An executor is the person appointed ordinarily by the testator to administer his property and carry out the provisions of the will. A female executor is known as the 'executrix'. Beneficiary or

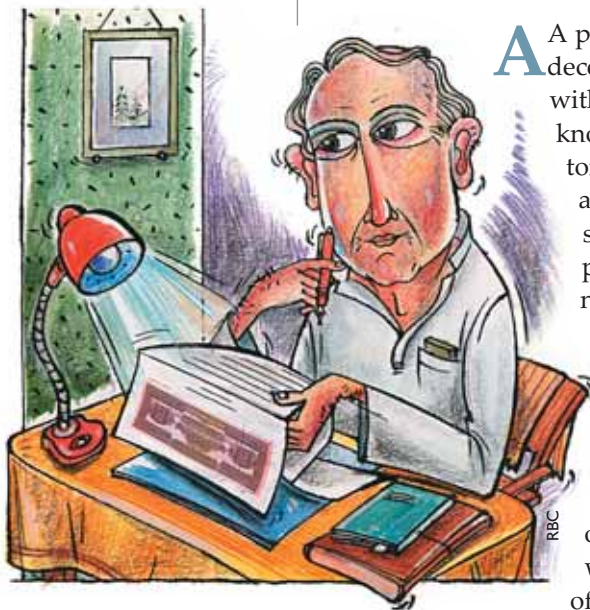
legatee is a person who inherits the property under a will. There is no fixed number for the total or minimum number of executors.

Q Can an executor be related to the beneficiary of the will?

A A person who handles a deceased person's property without proper authority is known as an executor de son tort. The lawful executors or administrators may subsequently approve such a person's actions if they do not contradict the provisions laid down in the deceased's will or the legal rights of heirs. So a son/daughter-in-law can be an executor, even though one's daughter/son would be one of the beneficiaries of the will. In any case, the executor of the will would be merely carrying out the provisions as expressed by the testator in his will.

Q Is it mandatory to register a holograph will?

A Registration of a will is not compulsory under the Indian Registration Act, 1908. An unregistered will, with the executor's name mentioned in it, is valid. However, after the testator's death, any person claiming to be an executor may present the will to a registrar or sub-registrar for registration. A will may be registered in the same manner as any other document. Once a will is submitted for registration, the registering officer has to be satisfied that the deceased wrote the will and the person presenting it is the legal executor. There is no time limit for presentation of a will for registration. ■



Checks and balances

Harmony centre organises a health check-up camp for its members



A senior consults ENT specialist Rajesh Valant

It is a good idea to go for regular check-ups after you have crossed 60—and *Harmony* urges all readers to do so ('Reality Check' *Harmony*, July 2006). And on 15 July, BSES MG Hospital and the Harmony Interactive Centre organised a health check-up camp at the Thakurdwar centre in South Mumbai. The camp was open from 9.30 am to 3.30 pm.

Close to 100 silvers had registered in advance, and most—including some who were not members of the centre—arrived well on time. The check-ups included general diagnostics (blood pressure, routine blood tests), retina tests for age-related degeneration and diabetic hypertension, ENT check-up, orthopaedic tests (including bone mineral density checks for osteoporosis), and gynaecological tests for women that included PAP smears and routine breast examinations. Men had prostate check-ups that included prostate specific antigen (PSA) blood tests, uroflowmetry (a non-invasive screening procedure used to calculate the flow rate of urine over time) and routine consultations. A full-fledged medical team from BSES MG Hospital, comprising five specialists, two assistant doctors, one medical student and 13 technicians, were present for the camp along with volunteers from the centre.

Centre member D B Upadhye, 57, who lives in Girgaon, south Mumbai, went for all the tests except the eye check-up and thought the cost—Rs 600 for all the tests—was extremely reasonable. "I will definitely be back again next year for the camp," he says. R Agarwal, 62, who lives near Churchgate Station, also came to participate in the camp although he is not a member of the centre. He went back more impressed with the efficiency of the medical team than the volunteers in attendance. "Youngsters need to be trained in senior care and management and we also need to spread awareness among people around us on issues like healthcare for seniors," he observes.

All those who attended the camp were given a file with their test reports, including medical diagnosis and advice for further treatment or surgery, if required. Pending test reports, including PAP smears, will be couriered later to their homes. That's not all. In case anyone wants to go for additional check-ups or surgeries at the hospital, BSES MG Hospital is offering 20 per cent off—a healthy discount.

IN AUGUST

YOGA

Mondays, Wednesdays, Friday: 10.30 am to 11.30 am; 4.00 pm to 5.00 pm (only women)

COMPUTERS

Mondays, Wednesdays, Friday: 10.30 am to 12 noon; 3 pm to 4.30 pm

TAI CHI

Every Saturdays: 4 pm to 5 pm

INTERACTIVE

August 7: 5.30 pm to 6.30 pm. Session on Trust Your Physician by Dr M G Zaveri

August 8: 5 pm to 6 pm. Session on Brahmaildya by Brahmaildya Sadhak Sangh members

Programmes are subject to last-minute change

MOOD CHINA

In May, 73 members of the Senior Citizens' Club of Mumbai's Cricket Club of India went on a 12-day trip to China. **Anjana Jha** finds out what they saw, what they did and just how much fun they had



Just say China, and Anjana Thadani's eyes light up. Back from a 12-day trip across the country, the 65 year-old can't stop raving about it. "Oh, Shanghai!" she rhapsodises. "It was like an advanced version of New York, with beautifully pruned trees lending a picturesque beauty to the city." Thadani is glad she followed her heart—she had signed up for the trip with some trepidation.

Why the concern? Well, consider the logistics. Seventy-three silvers from the Senior Citizens' Club of Cricket Club of India (CCI), Mumbai—while the majority were in their 60s, about 30 were in their 70s, and around 10 were 80-plus. The five or six people in the 55-plus age group were the outnumbered youngsters. But Karl and Amala Dantas, managing director and director of Bombay Travels, which has organised many tours for senior groups in the past, were up to the challenge. "It was an enriching experience," says Amala Dantas. But such a large group was a first for them as well, so they decided to go along for the ride.

It started off bumpy, as it were—a 10-hour flight from Mumbai to Beijing, made longer by a three-hour stopover in Hong Kong—but things took an immediate upturn once the group landed. Seasoned travellers Arun Kasbekar, 68, and his 65 year-old wife Mangala, like the other travellers, were surprised to get their hotel room keys even before they had collected their luggage. That wasn't the only thing that impressed Arun Kasbekar. "The entire trip was very relaxed," he says. Thadani can attest to this. "My roommate 81 year-old Lila



The group of silvers from India (above) pose on the Great Wall of China (opposite page)

Lall had plenty of time for yoga before the wakeup call," she says with a chuckle.

The trip was planned at a relaxed pace to allow silvers plenty of time to sightsee, shop, and rest. After landing in Beijing on Day 1, the next three days were devoted to exploring the capital city. The group travelled around the city in two comfortable buses, each equipped with two wheelchairs.

Inter-city travel was in two buses, each equipped with two wheelchairs

Language was not a problem either. "All the local guides spoke such impeccable English that we had no problems," says Roda B Billimoria, 60. This was her second trip to China—the first one was in the early 1970s. "Beijing had changed so much since my last trip that I could hardly recognise the city," she

adds. "Only the Forbidden City and Tian'anmen Square looked a little familiar."

Indeed, the first stop was the staggeringly large 400,000 sq m sprawl of Tian'anmen Square in the centre of the city. The world's largest plaza and venue of a student uprising in 1989, it made headlines across the world. After that, the group went to the magnificent Forbidden City, seat

of imperial power during the Ming and Qing dynasties and the largest existing ancient structure in China. The museum there houses a vast collection of antiques, paintings, objets d'art and jewels. "There was too much walking there," gripes Asha B Lulla, 71. "I feel it could have been avoided." But not many



Courtesy: AMALA & KARL DANTAS

flight took a little under two hours. Traditional culture combines effortlessly with modernity in this city, where must-sees include the Big Wild Goose Pagoda—an ancient building and holy place for Buddhists—and the famous Terracotta Warriors. The 6,000 life-sized terracotta soldiers, warriors and horses created 2,200 years ago to guard the tomb of the first emperor of the Qin Dynasty, Qin Shihuang, were discovered in 1974. “I had read so much about them,” says Mangala Kasbekar. “Seeing them was a dream come true.”



others were complaining. Besides the wheelchairs from the buses, one could hire a wheelchair and attendant at most places—a contingency plan that encouraged silvers to keep walking. About 2 km southeast of the Forbidden City is the Temple of Heaven, the best known and grandest of the various temples in Beijing. Then, onto the Summer Palace, a tribute to Chinese landscaping. The group also enjoyed looking at the exquisite jewellery at the Cloisonné factory in the city, reminiscent of Indian meenakari.

Another beautiful city is Hangzhou, under two hours away by air from Xi’an—where the group spent Days 7 and 8. The city, south of Shanghai, is a laid-back place. “The broad roads with flowerbeds on either side are so pretty,” says Mody.

After two idyllic days, it was time for the bustle of Shanghai on the east coast. The trip from



Chinese boys and girls, dressed in Indian attire, did a Bollywood number

One of the most awaited stops on the itinerary was the visit to the Great Wall. The group took the cable car up—Billmoria had walked up on her first visit. Roshan Mody, 72, was one of the 10 people who took a 40-minute walk along the wall. “We wanted to see Mongolia [located along China’s northern border] from top,” she says excitedly.

On Day 4, the group shifted base to Xi’an in central China for two days. Southwest of Beijing, the

Hangzhou took about three hours by road, the first long road journey for the group. The last three days in First-World Shanghai—everyone enjoyed each minute. They marvelled over the modern skyscrapers and buildings in different styles—the collection of 52 buildings of different architectural styles, including Gothic, Baroque, Romanesque, Classical and Renaissance, reflect the city’s European past. Thadani says the Bund, Shanghai’s famed



(From top)
Artists getting ready before a Beijing opera; a Hutong ride in old Beijing; cruise on the West Lake in Hangzhou and the Dantas at the Temple of Heaven in Beijing



Enjoy a smooth ride in the Maglev, a magnetic levitation train, in Shanghai

waterfront with colonial era buildings, and the one-hour cruise on Huangpu River was “delightful”. For his part, Lulla liked the study in contrast that the cruise afforded. While one side of the river was oriental, the other side was occidental, with a skyline of high-rise buildings comparable to New York.

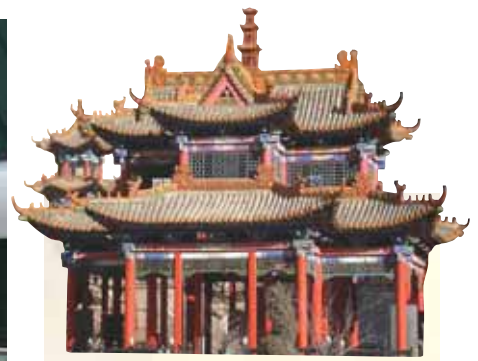
The Oriental Pearl TV Tower was one of the ‘optionals’ in the tour. The stunning view of Shanghai at night from the top of the highest tower in Asia was well worth the extra payment. One option that almost every member of the group fell for was a foot massage. According to Mody, the one-hour acupressure session after all the walking was just what the doctor ordered—she called it “sheer bliss”. Another new experience was the smooth, vibration-free ride on the Maglev, the magnetic levitation train—Shanghai is the only city in the world that runs a commercial service. The 32-km journey from the airport to the city centre took under eight minutes. Incredible!”

Also ‘incredible’ was the shopping. It even got habitual wheelchair users to walk about with new energy. After every jaunt, the silvers would exchange notes—showing off their purchases and comparing prices. The ‘fakes’ market in Shanghai sells clothes, shoes, watches,

handbags and luggage of every conceivable brand. The group scored some great bargains. Mody picked up a ‘Cartier’ watch—with a steel body and dial with large Roman numbers—for all of Rs 400. “On the last day, someone managed to buy eight fake watches for Rs 650 each!” says Arun Kasbekar with a guffaw.

Other than shopping, the group also enjoyed the cultural programmes—the tour itinerary included a show in each city, including the Kongfu Show (Chinese martial arts) in Beijing. “We enjoyed the Songcheng Show in Hangzhou the most,” says Arun Kasbekar. The show depicted the story of a travelling emperor through song and dance sequences, including Hindi film number *Yeh cheez bari hai mast mast*, performed by 40 Chinese girls in Indian traditional attire. “We clapped and whistled like teenagers,” he says. “All of us forgot our age!”

“We had a rollicking time,” says Mody with a glint in her eye. Unlimited beer and soft drinks were served with every meal and an impromptu cocktail party with good liquor was hosted in each of the four cities. Lulla’s birthday, which fell during the Shanghai stop, was just one more excuse to celebrate. As if this band of intrepid seniors needed one. ■



FACT FILE

When to go

March-April and September-October

How to get there

- Air India
- Cathay Pacific Airways
- Malaysia Airlines
- Singapore Airlines
- Thai Airways
- China Eastern Airlines (from Delhi)

For further details, contact:

● Bombay Travels Private Ltd
53-B, Mittal Tower, ‘B’ Wing, 5th Floor, Nariman Point, Mumbai 400 021; Tel: 2202 8415; Fax: 2202 8456; Email: bomtrav@hathway.com and bomtrav@vsnl.com

● Henan Tourism Group Company Ltd; Tel: 86-371-8262769 / 8262818; Fax: 86-371-5952273; Email: liangyf@hntg.net & zhoujh@hntg.net

● SOTC Corporate Tours
The New Shreyas Education Society, Plot No 25, Dadyseth Lane (next to Bombay Garage) Babulnath, Mumbai: 400 007
Tel: 2362 5273/2362 8657; Fax: 2362 5137; Email: aslams@kuoniindia.com

● Prime Air Global Ltd
X-37 Green Park Main, New Delhi 110 016; Tel: 26964996/2653 7790; Fax: 4175 9996; Email: info@primetravels.com

For art's sake

Niranjan

Mahawar tells

Anjana Jha

how he has

dedicated his life to

discovering and

documenting tribal art,

craft and tradition



DESTINY'S CHILD

Born in 1937 in Pahel village in the Alwar district of Rajasthan, I had six siblings. My family owned rice mills, but opulence never fascinated me. My father, a rural banker like 10 generations before him, was also a member of the local *praja mandal* (public forum).

I was eight when my father sent me to Rajgarh to complete my primary education. Staying with his friend, a teacher of Urdu, Persian and English, influenced me immensely. Destiny took me to Dhamtari, a town in Madhya Pradesh, where we had our family business. I lived with my uncle and finished school before moving to Raipur for Law and a Masters in Economics simultaneously. In 1961, I became the first person in our community to have two post-graduate degrees. During my post-graduation, poetry became a passion.

After completing my studies, I was sent to supervise our rice mill in Jagdalpur, Chhattisgarh.

Spending my leisure time learning about the indigenous population, I discovered they were remarkably talented despite their underprivileged and oppressed lives. Their craftsmanship inspired a spark of creativity in me. Timber lying around the construction site tempted me to sculpt. I bought canvas and began to paint.

AGENTS OF CHANGE

When it was least expected, some people played a vital role in shaping my parallel career. The collector of Bastar, who had approached me during the 1962 Indo-Pak war for donations to the national fund, noticed my interest in art. He sent some local artisans from Bastar to me with samples of their work. I bought the nominally priced artefacts as gifts for friends and relatives.

Many years later, in 1982, the outcome of meeting writer Dom Moraes was unexpected. Moraes found the combination of my business antecedents and

knowledge of the region unusual, and included two pages about me in his memoir, *Answered by Flutes*, published by Asia Publishing House, Mumbai, in 1983. That opened many doors for me.

COLLECTING A HABIT

I began visiting local bazaars and *haat* (market) in search of unusual pieces to keep for myself. The creativity and artistry of these *adivasi* (tribal) groups, looked upon and treated as savages, was truly amazing. I resolved to draw the attention of the outside world to their rich tradition. My opportunity came some years later, in 1963, when I was invited to give a talk on Bastar art on All India Radio, Raipur.

To gain a better understanding of tribal religion and society, I began to visit tribal shrines in interior regions and study their deities. When I tried to locate a book for more information, I was surprised to discover that no Indian had written on the subject before. I decided to change that.



PRADEEP DADSENA

(Opposite page, left to right): Goddess Maoli Mata with Khandakankalin; Priest in reverence of Goddess Maoli; Budhi Mata, an ancient goddess of the Gond tribe. (Above) Niranjana Mahawar with his collection of Bastar art

My extensive knowledge of the area earned me the reputation of an expert. I read extensively, constantly adding to my library. Today, over 5,000 books, covered in brown paper, fill the shelves in my home. I also have around 400 original, handcrafted bronze pieces and 2,000 unique combs, mostly wooden and some bronze—young tribal men present these combs to girls during courtship.

After the Madhya Pradesh Adivasi Lok Kala Parishad was established in the mid-1970s, I was nominated executive committee member. We started a journal *Choumasa* (every four months), of which I was the editorial advisor until 2004. No equivalent Indian periodical on tribal art exists even today.

WRITE TIME

Constantly self-motivated, I have documented my research and studies for almost 45 years. I am

now 69. Today, besides several negatives and transparencies, the 10,000-odd pages of facts I have amassed are enough material for about 18 books. A 400-page book on Bastar bronzes is with my publishers, Abhinav Publications of Delhi. Another book, *Performing Arts and Folk Songs of Chhattisgarh* is also with them. I am writing five more books documenting folk theatre in India.

Other plans include books on tribal painting, folk art and tattooing. Besides 1,000 paintings of Gond, Soura and Warli art, I have around 1,000 motifs and 250 transparencies of tattoos covering the entire belt from Kutch to Nagaland. This work will be encyclopaedic. In 2004, I was hospitalised for a month after sudden renal failure. The setback only strengthened my determination to complete my books without delay. It's a colossal task, but one close to my heart.

HOME AND HEART

I was still a student when I got married to Sharda in 1958. Our three children are well settled. One son has a mineral business in Raipur while the other works in Dubai. I never lost sight of my responsibilities to the family. Once our rice mill in Jagdalpur was working smoothly, I went back to Alwar for five years to establish a mining business in 1967. After my return, I concentrated on setting up a business in sal seeds. Now, I am happy to let others take over the responsibility.

Sharda has always been supportive of my passion for art. Her only grievance has been dusting my precious artefacts, a task that cannot be delegated to helpers. Appreciating her complaint, I gifted my collection of 600 Bastar terracotta pieces to the Anthropological Survey of India museum in Jagdalpur in 1992. ■



A M FARUQUI

Small wonders

A determination to carry her garden wherever she went drove Jyoti Pandya to learn the art of bonsai making, discovers **S Vani**

Watch 68-year-old Jyoti Pandya working in her garden and you see someone lit up from within. Surrounded by her treasured bonsai plants, she smiles, indeed glows, as she tends and talks to the little trees laid in neat rows in front of her house in Bhopal. Pandya explains how bonsai, Japanese for ‘tray planting’, has long outgrown its definition—today, it is a fine art of shaping trees or plants by trimming, pruning and growing them in containers.

Pandya’s “love for everything green” began early. From a business family in Ahmedabad, she used to spend hours gardening as a child. After her marriage to bureaucrat A K Pandya, an early posting to Bhopal in Madhya Pradesh only stoked her passion—the couple had a beautiful garden with

exotic plants. Then, in 1981, her husband was suddenly transferred to Delhi. She remained in Bhopal for a year until her husband could find suitable accommodation for her—and her plants. “I was panic stricken about losing the feel of my garden,” she recalls. This panic made her remember the bonsai plants she had once seen at her friend’s place. Providentially, Pandya dug out a small booklet a friend had given to her on bonsai.

“I was determined to carry my garden with me wherever I went next,” she says. So she delved into the subject with passion. Initially, she learnt to make bonsai by trial and error with the help of books. It took her three years to get the basics right. Soon her bonsai plants became a topic of conversation among her friends. In Delhi, she enrolled in the Kitchen

(Opposite page) Jyoti Pandya in her bonsai garden in Bhopal; (right) a pomegranate bonsai

Garden Association, a local group of garden lovers, and started attending workshops on bonsai by experts. "All you need is a basic aesthetic sense and workshops such as these take you further," she says.

Pandya often went back to Bhopal to visit friends and upon their urging, she held her first lecture-demonstration session in the city in 1988. The response was tremendous and the event became a half-yearly, weeklong workshop. Eventually, the Bonsai Club, Bhopal, was formed in 1990 with Jyoti Pandya as founder president. The club held annual exhibitions for eight years and later became a

Using books, Pandya learnt to make bonsai by trial and error

biannual affair. It continues to attract bonsai enthusiasts from all over India. They also participate in bonsai workshops held by visiting foreign experts.

In 1991, Pandya settled down in Bhopal after her husband's retirement. She continued to hold classes and participate in bonsai competitions like the World Bonsai Photo Competition organised by Japan Airlines, with the support of her husband and children. Her older daughter Parul is married and lives in Guragaon, and son Parag is a well-known veterinary doctor in the city. "We always admired her single-minded devotion to her plants," says Parag with evident pride.

Today, Pandya no longer holds daily classes and keeps herself busy by tending to her plants. "Nurturing my plants makes me feel young and happy," she says, adding that the hobby is ideal for silvers as it doesn't require much physical effort. "More than physical labour, you need love for plant life, elementary knowledge of horticulture and patience to learn this traditional Japanese art," she explains (see box). Money is not an impediment either, according to her, as the hobby can be pursued at any level. "You can spend as much or as little as you can afford on bonsai." Once the bonsai plants are in place, you need to invest about 10 minutes of care every day on them, excluding seasonal pruning sessions and re-potting when required. ■



MAKING A BONSAI

With bonsai, the planter is basically a sculptor who is ready to create miniature art with a living subject, says Pandya. However, this is not a simple process of horticulture where you grow a tree in a pot. Systematic and scientific techniques like specialised pruning, shaping, wiring, pinching, root pruning, judicious watering and fertilising according to requirement of different species are important. For a beginner, it's important to read books on the subject and refer to experts, as experimenting with cutting, shaping, wiring without proper knowledge would ruin the plant. Pandya contends that calling bonsai making 'cruelty to trees' is unfair as the plants are healthy and given adequate nourishment.

TO MAKE A SIMPLE BONSAI:

- You need a healthy plant from a garden or nursery. You also need a ceramic, clay or terracotta pot, basic bonsai soil (three parts each of soil and well worked, disinfected cow dung manure, and two parts of coarse sand), a pair of scissors and a shovel (*khurpi*).
- Consult books and experts before you make a bonsai. The roots and foliage need to be cut in correct proportion to give shape to the plant. For beginners, Pandya recommends *Wonder World of Bonsai* by Nikunj and Jyoti Parekh, and *Bonsai Culture* by the late Leela Dhanda.
- The tray should have proper drainage and you should water judiciously according to season.
- Remember that bonsais are not indoor plants or trees and love air and sunshine like any other plants.
- Wiring is an art that changes the shape and direction of the branch required for making good bonsais.
- Pruning is important for creating a worthy bonsai in a short time. You need to do it throughout the growing period of the plant, with proper technical know-how.
- Use manure regularly. Avoid chemical fertilisers. Liquid manure made of neem cakes and other oil cakes is good.



Age with attitude

Treat kids as your equals and reap the returns, says **Amita Malik**

The other day, a policeman came to my house to check my residential address for my passport. Although it was none of his business,

he asked me where my husband was, how many children I had and many such typically Indian questions. Not content with that, he added that he had never known anybody above the age of 80 who wanted a passport. At this stage, I lost my patience and said, "Anyone can fall ill and want to go abroad for treatment." I think he realised he had gone too far and said, with some embarrassment, "May God bless you, Mataji." I think most people over the age of 60 are written off by such people, not realising that they will also be 80 one day.

In fact, I found my life changed completely once my dearest friends decided to give me a fantastic birthday party. Everyone from editors to friends exclaimed: "Good heavens, are you 80? We thought you were about 60." I laughed and said: "I sometimes feel I am 30." But in spite of all this joking, I found the attitude of most people who knew me had subtly changed. They started thinking that my writing was perhaps passé, and some elderly ladies wondered why I still love bright colours like red when I should dress in drab, sober colours.

The only people who stood by me, curiously enough, were my very young friends. From little children to under-teen schoolchildren and college girls and boys, they treated me as one of them, because I treated them as equals.

In fact, although I am equally at home with all ages, from babies to grandmothers, I find I am perhaps most at home with youngsters. They often tell me things they would not tell their own mothers. One

of my dearest young friends, then a teenager, once ran away from home and told me he had come to me because he hated his mother and could not live with her any more. "Sure, stay with me as long as you like," I said. But once he was asleep at night, I rang up his mother and told her not to worry; he was safe with me and I would send him home as soon as he had cooled down.

I have many such instances of young people bringing their problems to me because, as one of them once told me, to my delight: "You think like us young people and we trust you." Maybe I should have said that to the policeman who asked me why I wanted a passport when I am 80 plus.

I suppose in the end it boils down to a question of attitude, the way different generations look at themselves and at other generations. I am sorry to say that by and large the 60-plus generation often creates problems for itself after retirement or when they feel they are getting really old. They tend to isolate themselves, which is why I am against old age homes where younger people become occasional visitors. Getting older people together might help them solve common problems but it also cuts them off from other generations who can help them keep in touch not only with the present but also the future, and get them away from too much discussion of their happier past.

I have personally found the youth appreciative of the wisdom of older people

On the other hand, much as the younger generation of today is sometimes maligned, I have personally found it receptive, questioning and appreciative of the wisdom and experiences of older people. I have also found youngsters polite, humorous about themselves and even critical of their own generation. Perhaps it is because I treat them as equals and don't dismiss them as Generation Next. As I said, it is all a question of attitude. ■

Amita Malik, often referred to as 'the first lady of Indian media', is a columnist and film critic

Lady undercover



Spy Princess
By Shrabani Basu
Roli Books; Rs 395; 234 pages

This is the story of a Muslim woman from a conservative family who went on to become a secret agent in Europe in World War II. Noor Inayat Khan was Indian, French and British all at once. Babuli to her parents—her father was Indian Sufi preacher Hazrat Inayat Khan and mother Ora Ray Baker was of American origin—Noor-un-nisa to the world and, later, Madeleine the



Noor Inayat Khan (right) with her family

spy, hers was a story of courage and inspiration for the world after the war.

After Germany invaded France, Noor fled to England in 1940 and trained as a wireless operator before being recruited by the SOE (Special Operations Executives, a World War II body initiated by Winston Churchill for conducting warfare). She volunteered to go back to France and was captured by Germans. On 13 September 1944, she was shot at point blank range in Dachau concentration camp in Germany. Reports say Germans treated her worse than others because of her dark skin but she bore it with dignity, never betraying her colleagues.



Courtesy: ROLI BOOKS

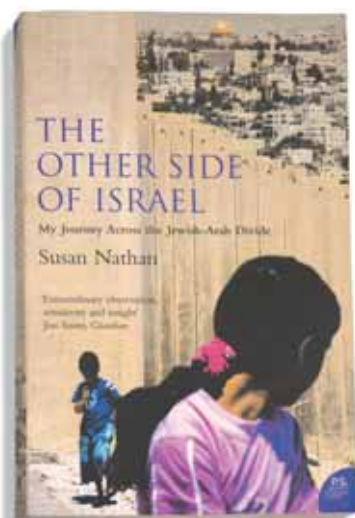
Later, she was honoured by Britain with the George Cross. In France, she became a heroine—a street square in Suresnes in north-central France is named Cours Madeleine after her. Her story has inspired many books, including Shauna Singh Baldwin's *Tiger Claw*, which came out a couple of years ago. *Tiger Claw* stays true to the facts despite being fictionalised somewhat. But Shrabani Basu writes off that book and most other works on Noor, calling them "romanticised versions". This arrogance aside, Basu's work is undeniably seminal. With her leads coming from the personal files of SOE agents, she has with great readability pieced together the jigsaw puzzle that Noor's life was. Don't miss this book.

Wake up!

In NAHIN RAHMAN BABU, a Hindi translation of Joginder Pal's Urdu book by the same name, the legendary Urdu writer is in a philosophical dialogue with a silent, imaginary friend, Rahman Babu. Each page is a short, sharp take on life. The one that stands out is a scene at an airport. There are two types of bells that ring when passengers go through a security check—one bell goes off if someone is carrying any arms and the other goes off when someone has terrorism on mind. After standing in a queue for several hours, the second bell rings for every passenger; they all want to kill the security personnel at the airport. As for the security personnel themselves, both the bells go off in unison. In *Nahin Rahman Babu* (Penguin; Rs 125; 144 pages) Pal leaves no stone unturned in shaking the reader out of his stupor. Sometimes caustic, sometimes heart wrenching, every story is someone's own.



Dark Secrets



The Other Side of Israel
By Susan Nathan
Harper Perennial
Rs 420;
302 pages

At the core of modern Jewish identity is the idea of victimhood, shaped by Holocaust. Most Jews are all too ready to tell you how much Israel means to them as a sanctuary. They feel safe knowing that there is a country they can flee to should anti-Semitism raise its ugly head once again.

So, Susan Nathan, a Jew born in Britain, took up the 'Law of Return' offered by Israel to Jews throughout the world. Since her childhood, Nathan had secretly

harboured a dream of returning to Israel. At the age of 50, in 1999, she behind left her home in Wimbledon, South London, two grown-up children, and her work as an AIDS/HIV counselor and went to Tel Aviv. But her idealistic world soon came crashing when she saw how Israelis have an appetite for what does not belong to them, especially land, and their unhealthy admiration for violence. And Israel did not appear to place many controls on their behaviour.

Nathan was also taken aback when in an eye hospital, where she spent few days for an operation, she found Palestinians sharing the ward with Israelis. These Palestinians were Israelis citizens and she soon discovered that they were called 'Israeli Arabs'. The Jewish state was clearly a lot less ethnically pure than she had been led to believe.

Questions quickly began to surface in Nathan's mind about the indigenous Arab commu-

nities. Where did they live? Why were they so invisible? So Nathan packed her bags and moved to Tamra, an area earmarked for Arab Israelis. She moves in with the Abu Hayja family headed by 67 year-old widow, Fatima, called Hajji by everyone because she has completed the Hajj pilgrimage to Mecca. This world soon became Nathan's own and she started loving these people, their traditions, their food, and their land. And even their personal and political battles became a part of her life. Later, she wrote *The Other Side of Israel*, a deeply troubling account of her life in Tamra.

The other side of Israel is not a place you read about in newspapers. It's invisible even to most Israelis. And those who know the unmade roads to non-Jewish areas and refugee camps where Arab Israelis live think they are a hotbed of terrorism. Nathan quashes these myths and presents a reality unknown to most of us.

—Meeta Bhatti



FIRST HAND
Basant Nair, 87, tells *Harmony* about her first novel *Indian Spring*, an autobiography set against the backdrop of Independence

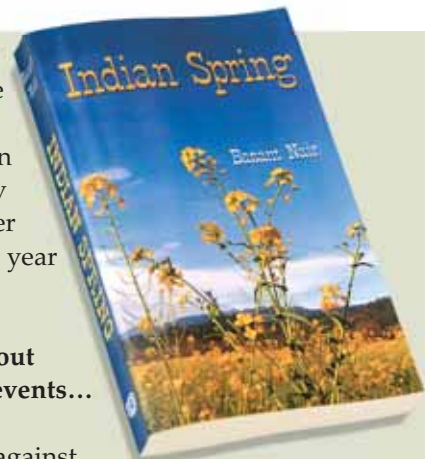
Q Why did you decide to write a book?

A It started when I moved out of my son's flat in late 2004 to live alone. I had time to spare and my son-in-law Rajinder suggested that I should start writing. So I started penning my memories. They

may not be of much value to most readers but my children and their children may like to read about my life and times in India after World War I. It took me a year to complete it.

Q Your book speaks about your family and related events...

A I speak about my life against the backdrop of momentous events and names like Jalianwalla



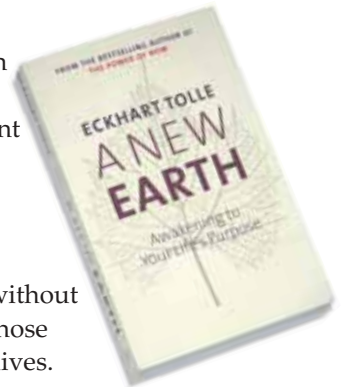
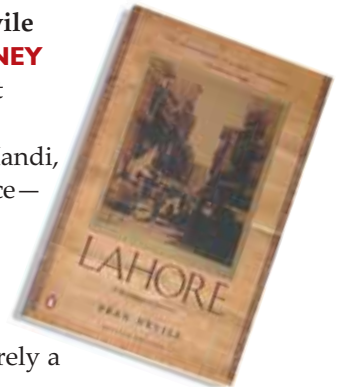
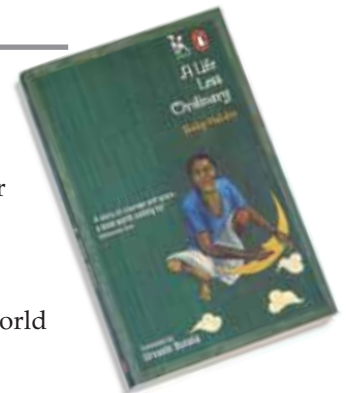
Authorhouse;
Rs 550; 345 pages

BRIEFLY

Baby Haldar's book, **A LIFE LESS ORDINARY** (Zubaan/Penguin; Rs 195; 163 pages) gives voice to a section of society that is seldom heard: housemaids. The book is a narrative of Haldar's hard life—she was married off at 12 to a much older, abusive husband, and became a mother at 14. Later, trouble in her marriage drove her to run away with her three children and become a maid. Haldar's search for work finally led her to the home of Prabodh Kumar, a retired professor and grandson of Munshi Premchand. With his encouragement and support, she wrote her life story, which is now translated into English by **Urvashi Butalia**. A moving addition to the world of women's writing.

Author of *Rare Glimpses of the Raj and Nautch Girls of India* among others, **Pran Neville** published his first full-length literary work, **LAHORE: A SENTIMENTAL JOURNEY** (Penguin; Rs 250; 208 pages) in 1993. Teeming with nostalgia, the book brings vibrant Lahore of the 1930s and 40s to life. Forced to leave the city during Partition, Neville's evocative memories—the tempting shops of Anarkali, beautiful courtesans of Hira Mandi, *khilari* (expert kite flyers) of the kite flying festival and clandestine trysts on the terrace—create an atmosphere of fascinating contradictions and grandeur. Included in this revised edition is an epilogue that highlights the metamorphosis of the city into the Lahore of today. Neville's meeting with Tamacha Jan, the provocative singing star of the 40s, after 50 years is particularly poignant. His lucid style together with uncommon reproductions from old journals and photographs make the book not merely a memoir but also a historical treasure trove.

New-age guru **Eckhart Tolle's** preoccupation with living your best life continues in his third book, **A NEW EARTH – AWAKENING TO YOUR LIFE'S PURPOSE** (Penguin; Rs 750; 315 pages). Having emphasised upon the need to focus on the present in *The Power of Now*, he continues with the same premise, only building on it. Urging readers to grow and evolve by being in the present moment, Tolle says we must dismantle the many armours of the ego in order to fuse primary purpose (evolving a higher consciousness in daily living) with secondary purpose (daily affairs) in perfect harmony. Then, we can reach a higher consciousness where the ego remains centred without vacillating from hopes and regrets of the future. An engaging psychobabble read for those who enjoy inspirational writing and are looking to achieve balance and poise in their lives.



Bagh, Mahatma Gandhi and the role of the Congress after the First World War. I was not directly involved with these incidents but, along with Partition, they had an impact on my life, my family and India at large.

Q Did you find it difficult to write the book?

A Yes! I am computer illiterate so I just jotted down whatever came to my mind on foolscap sheets. I would write for an hour for almost a year. As memories flowed from the heart, writing became easier although I had not written anything earlier, except for a couple of articles in the early 1970s.

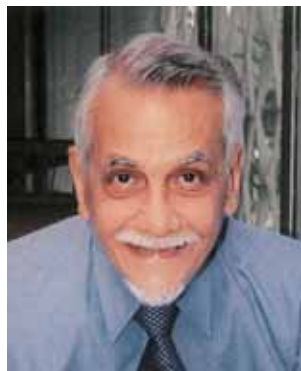
Q Apart from writing, how do you keep busy?

A Mornings are spent cooking and doing household chores. At times, I cook for the children when they are in town. I enjoy a daily card session at the local card club and catch up on my reading or watch television in the evenings.

Q Will you write another book?

A I am just enjoying the excitement of this book and have not yet planned anything else. I will go with the flow.

—Kanchan Maslekar



Decline of a city

Mumbai is sinking to apathy, laments **B K Karanjia**

It was a singular incident that made me decide to leave Mumbai. I have grown and survived in the city for 86 years, and have

known great loves and happy times, although most of my memories belong to the distant past.

The incident I am referring to occurred on 26 July 2005, known as Black Tuesday by the city's residents, when 36 inches of rain fell in 24 hours, surprising even Cherapunji. Whenever heavy rainfall (8 inches or more) coincides with high tide it is sufficient to bring the city to a standstill. Low-lying areas continue to be flooded despite assurances given year after year. Promises to replace the city's 100 year-old drainage system have remained just that: promises. Hence the disruption and destruction, which occurred on 26/7, repeated itself in early July this year. By then I had left Mumbai. My memory, therefore, is restricted to last year's disaster. On my way home from Godrej Bhavan in South Mumbai,

traffic jam I have seen in years—cars clogged, strangely silent roads right from Dadar to Mahim. Shockingly, there was not a policeman in sight. At last, in a *baniya* store on high ground, I found a telephone that worked. Seeing my plight, the *baniya* was gracious enough to dial the number for me, also offering me glucose biscuits and a cup of tea. His assistant brought out a stool for me to sit on.

After a long wait, Shabir brought the Maruti over. We drove back to Dadar to take the inside road to Bandra. This road was even worse—and still no policeman in sight. The Maruti drove in second gear up the Bandra flyover, triumphantly passing Hondas and Audis stalled by the wayside. When we reached Mount Carmel Church—the waters were so high that the car's bonnet got submerged—my Maruti gasped and finally gave up. Shabir tried pushing the car and there was nobody around to help.

We decided again to wade through the water to reach my house, just five minutes away. As if my cup of misery wasn't already spilling over, the



I found myself marooned on Cadell Road in Bandra, in my Maruti Zen, from 3 pm to 10.30 pm. As the floodwaters seeping into the car reached knee level, I told my driver Shabir that we could no longer continue sitting in the car. Today, I can afford to laugh at the spectacle I must have made of myself, 86 years old with a heart ailment, wading through waist-high, muddy, swirling water across the entire length of Cadell Road, in quest of a working telephone (my cell phone wasn't with me) to inform my wife about what was happening. It was the worst

watchman at the gate informed me that the lift was not functioning. Exhausted, drenched and feeling wretched, I slowly climbed the staircase, stopping at each landing, gasping for breath till I reached the fourth floor.

Somehow, by God's will, I survived to tell this tale of the 'maximum city' having failed its devoted citizens once again. It was a fatal breakdown of the city's public services. And the chief minister's press conference, making excuses for the inexcusable,

avoiding straight answers to the most direct questions, was a mockery, adding insult to injury. I recalled the words of a foreign tourist writing in *Indian Express* that one sign of how much rulers care for their citizens is the condition of the city's roads. Judging by the state of our roads all these months after Black Tuesday, it would seem that our rulers couldn't care less. Tuesday, 26 July 2005, appeared to me to be the final gasp of a failing city, no longer safe. I had the fearful premonition that if a similar deluge occurs in 2006, there will be a repeat of the same, even worse disaster. And if not worse, it did happen. This time, sitting in Dhahram, Saudi Arabia, I watched it on television.

It would not be the last time, because the basic causes leading to such disasters is not even being considered. Apart from poor public services, there are two more causes: an alarming rise in our numbers and all-pervasive corruption.

Today, our numbers are quite simply, totally and absolutely unmanageable. There are more children of school-going age than there are schools. More people than there are houses for them. More thirsty mouths and empty stomachs than available water and food. More cars than roads, more criminals than police to catch them, courts to try them and jails to house them. Worse, diseases like TB, cholera, malaria and plague, eradicated at great cost and with the help of international agencies, are coming back with a vengeance. And law and order have already reached breaking point. Never before in this city have seniors living alone faced such grave risk to their lives.

The second problem, corruption, which was institutionalised, is now ritualised the giving and taking of bribes has become a fact of daily living. There is a widespread belief that the crores intended for mega plans for the city's development, and even for relief during man-made or natural disasters, find their way into the mega pockets of people in power. Recently, after my wife's death, we had to go from pillar to post just to obtain the death certificate. Ultimately, in despair, we had to pay a bribe of Rs 100 over and above the prescribed fee to

a clerk in Bandra Municipality. Have we sunk so low as to make money out of people's deaths? Finally, there is evidence of a lack of will, a strange apathy on the part of the authorities to prepare against possible future disasters. In 1975, the House of Godrej donated six acres of land in its Vikhroli township to the Indian Red Cross. Worth Rs 30 crore, it was meant for building a much needed disaster centre. It took the government 21 years to inaugurate the centre.

At the formal inauguration of this facility by the governor P C Alexander in October 1996, great promises were made. The centre was intended to cater to Maharashtra and surrounding areas. It would serve as a depot for supplying food, medicines and blankets and would provide other facilities like ambulance services, collapsible boats and tents. It also promised to train field-level workers from Maharashtra and other states, providing them accommodation on campus. However, in his inaugural speech, the governor sounded a discordant, almost prophetic note, "This disaster relief complex should not itself become a disaster," he said. When Terrible Tuesday struck the city, the centre, difficult as it is to believe, hadn't even been installed!

All this apart, as I was packing my suitcase for Dhahram, I felt a touch of sadness. My mind went back to the beautiful city Mumbai once was, with life moving at a leisurely pace. Just a few cars on the roads, tram cars clanging, orderly queues at bus-stops, police guiding traffic with ease (the best police force in the country), no Marine Drive (built only in 1935), no Backbay Reclamation, all roads in excellent condition, greenery all around, plenty

of open spaces, a contented citizenry under an honest, caring government, a city in control of itself.

Way back in 1669, Gerald Aungier, then governor of Bombay wrote: "Bombay is a city, which by God's assistance is intended to be built." Well, Mumbai has been built, some would say overbuilt. Is it not fine now to invoke God's assistance to save the city from further decline? ■

**Today, our numbers
are quite simply,
totally and
absolutely
unmanageable**

H PEOPLE

SEX AND THE GRAN

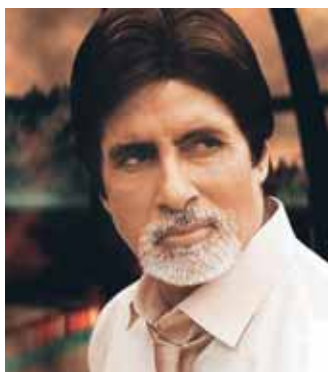
Can't imagine a grandmother teaching Generation X about sex? You haven't met **Sue Johanson**, a 78 year-old TV anchor based in Ontario, Canada. On her hugely popular show, *Talk Sex with Sue*, beamed across the US every Sunday night on New York City-based Oxygen channel, the retired Canadian nurse answers questions from callers on every aspect of intimacy. "This kind of show increases sexual literacy, which helps to counter the shame, fear and silence that often surround sexuality in the US," says Joy O'Donnell, education and outreach manager at the National Sexuality Resource Center at San Francisco State University. "There should be more!" Johanson's age deflects criticism of the program's explicit nature. "They need people like me who respect religion and moral and ethical values," says Johanson. She chose this path as a reaction to the absence of sex education in her children's school curriculum. So far, the show has had 450 broadcasts in the US, and in other countries like France, Switzerland and Israel. Johanson receives an average 80,000 calls per show, of which only 12 make it on air. She's a hit in print too—her recently authored manual *Sex for Dummies* is a bestseller.



SIGNED AND DELIVERED

Gita Biswas, 84, daughter of Sarat Chandra Bose and niece of Subhas Chandra Bose, will soon share a piece of history with the public when she donates a rare autograph book to Victoria Memorial in Kolkata on 6 September to commemorate her father's 117th birth anniversary. The book contains signatures of freedom fighters like Mohandas Karamchand Gandhi, Rabindranath Tagore, Sarat Chandra Chatterjee, Netaji Subhas Chandra Bose and Sarojini Naidu. The 71 year-old book, pages yellowed with age, also contains a letter by Netaji. "Gandhiji would charge Rs 5 from others for an autograph but he charged me Rs 10 as I was Netaji's niece," recalls Biswas, who works for the Kolkata-based Sarajnalini Dutt Memorial Association, which works for underprivileged women. Biswas originally planned to give the book to Teen Murti House in New Delhi but Dr Chitta Panda, curator of Victoria Memorial, persuaded her otherwise. "He said the book and the history associated with it should not leave Bengal," she says. The museum will make copies of the book available for public purchase.

DR BACHCHAN



Awarded. An honorary degree of Doctorate of Arts by Leicester University to actor **Amitabh Bachchan** for his outstanding contribution to the movie business in India. Bachchan, who became the first Indian film star to be

awarded an honorary Doctorate degree by the British university, was also mentioned in a special motion—Early Day Motion—in the British parliament. He also met three leading members of Prime Minister Tony Blair's government. The motion, signed by 100 MPs, commends Bachchan's "towering contribution to Indian cinema". The motion, moved at Westminster by Goan British MP Keith Vaz from Leicester East constituency, is a British parliamentary device tabled by MPs to call for a debate on a particular subject.

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MATH FOR ALL

A year after his death, the work of legendary mathematics teacher **P K Srinivasan** has been made widely available with the release of his book *Math Fun for Senior Citizens* in Chennai on 23 June. PKS, as he was known, was one of the founders of the Association of Mathematics Teachers of India in 1965. He also served as the Curator-Director of Ramanujan Museum and Math Education Centre which he helped establish in 1993. In 1991, he was awarded the National Science Award by the Government of India for 'promoting the cause of mathematics education to enable children to learn mathematics with interest and enthusiasm'. A crusader against learning by rote, he used simple material and improvised it to illustrate mathematical concepts. This technique not only made mathematics easier but more interesting. Srinivasan died on 20 June 2005 at the age of 80.

DOUBLE WHAMMY



Poland has been twin-struck! On 14 July, President **Lech Kaczynski** swore in his identical twin brother **Jaroslaw**

Kaczynski as the country's new prime minister. The 57 year-olds are former activists in the Solidarity movement, which toppled Communist rule in the late 1980s. And both ran for office on a pledge to fight the corruption and cronyism that has since flourished in Poland. As prime minister, Jaroslaw will run the government's day-to-day affairs and try to get laws through Parliament. As President, his twin has a more ceremonial role but also wields significant powers, including the right to veto legislation and approve military missions, such as Poland's deployment in Iraq.

President Lech Kaczynski wished the new Cabinet luck on a "tough road of change" in Poland, saying the ministers must devote themselves to cleansing the state apparatus of corruption.

BIRTHDAYS



Sultan of Brunei **Hassanal Bolkiah** celebrated his 60th birthday on 15 July with a lavish banquet for 10,000 guests, including political and business leaders from the region. Bolkiah, one of the richest men in the world and ruler

for over 40 years, also announced the first pay rise in 20 years for the kingdom's civil servants. But the festivities, which will continue till 18 August, aren't as lavish as the Sultan's 50th birthday—Michael Jackson and Britain's Prince Charles showed up for that one.



Anti-apartheid icon **Nelson Mandela** turned 88 on 18 July. Among the gifts he received was a shipment of rum and cigars from Cuban President Fidel Castro. To celebrate, Mandela held a private party with the staff of the

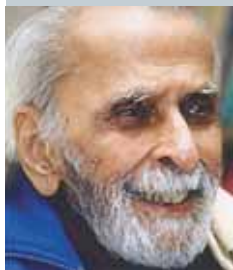
Nelson Mandela Foundation in Johannesburg and blew out candles on a giant birthday cake.

MILESTONES



Appointed. **N Gopalaswami** as chief election commissioner. The 62 year-old will oversee the next presidential and vice-presidential elections and assembly polls to some states, including Uttar Pradesh, next year.

IN PASSING



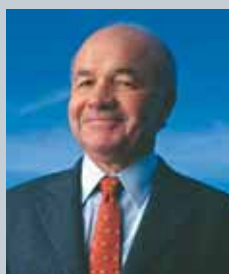
Padma Bhushan **Raja Rao** made his appearance on the literary circuit in the 1940s with his first novel *Kanthapura*. At the time, British novelist E M Forster praised it as "perhaps the best novel to come out of India". Born in Mysore in 1909, Rao moved to the US in the mid-1970s. His last published work was *The Great Indian Way* (1998), a biography of Mahatma Gandhi. His latest novel, *Daughter of the Mountain*, was to be published on 8 November, his 97th birthday. Rao died on 8 July in Austin, Texas.

Faced with a 100 million yen political donation scandal, former Japanese prime minister **Ryutaro Hashimoto** resigned last July as head of the largest faction (at the time) of the ruling Liberal Democratic Party. On the positive side, he helped diffuse national tensions over the presence of US military bases in Japan. Hashimoto passed away due to multiple organ failure in Tokyo on 1 July at the age of 68.



In the 1952 Test match between England and India, England's debutant fast bowler **Fred Trueman** reduced India to 0 for 4. In 1964, he became the first cricketer to take 300 wickets. Considered one of the finest fast bowlers of all time, Trueman died in Keighley near Bradford, West Yorkshire, on 1 July due to lung cancer. He was 75.

Six weeks after his criminal conviction on six counts of conspiracy, wire and securities fraud over the collapse of American energy trading firm Enron, former chairman **Kenneth Lay**, 64, died of a heart attack while on a vacation to Aspen, Colorado, on 6 July. Former US president George Bush and his wife Barbara attended his memorial service held on 12 July.



Syd Barrett, the original front man of iconic rock band Pink Floyd, was the group's primary songwriter and guitarist, composing its breakthrough singles *Arnold Layne* and *See Emily Play*. Barrett died from complications related to diabetes on 7 July at his home in Cambridge, England, where he lived as a recluse for the last 30 years. He was 60.

ONE
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ONE
Personal Classifieds



I am a 69 year-old veterinary doctor from Hyderabad. I am looking for like-minded people interested in nature studies, photography, naturopathy, health counselling and yoga.
Contact Dr K Ramana Reddy at (040) 27121576; mobile: 09849739699

I am a 59 year-old housewife from Lucknow. For the last 15 years, I have been conducting *kirtan* for ladies for four hours every Tuesday. You are welcome to join me.
Contact Mohini Srivastava at (0522) 2418916

I am a 60 year-old Pune-based psychotherapist. I want to help schizophrenic patients through 'Schizophrenia Management and Related Therapies' (SMART). I would also like to provide information on medication, psychological counselling for caretakers, patients for free.
Contact Ambrish Kumar Verma on: 09371000966; email: ambrish_verma@rediffmail.com

I am a 65 year-old retired officer from Mumbai. I am interested in spirituality and astrology. I have written articles on astrology and would like to get in touch with like-minded people. Those interested can get in touch with me.
Contact Arun Waman Tannu at (022) 26141538

SAY IT OUT LOUD



Television enables you to be entertained in your home by people you wouldn't have in your home.
— British television presenter David Frost

Seeing a murder on television can help work off one's antagonisms. And if you haven't any antagonisms, the commercials will give you some.
— Director and producer Alfred Hitchcock (1899-1980)

Television is the first truly democratic culture—the first culture available to everybody and entirely governed by what the people want. The most terrifying thing is what people do want.
— British journalist Clive Barnes

Don't you wish there were a knob on the TV to turn up the intelligence? There's one marked 'Brightness'—but it doesn't work.
— American conservative talk show host Mike Gallagher

THE WORD IS OUT

New terms that have made their appearance in newspapers, magazines, books, websites and other recorded sources

ringxiety (ring.ZY.uh.tee) *n.* 1. The confusion experienced by a group of people when a cell phone rings and no one is sure whose phone it is. 2. Mistaking a faint sound for the ringing of cell phone.

Example: With Britain stuffed full of more mobile phones than people, connected members of the public are developing ways to fret about their handsets. The result, say experts, is the telecommunications equivalent of phantom limb syndrome, where amputees still feel the sensations of a limb that isn't there any more. Some cases become far more complex: individuals have reported hearing their phone ring at concerts, or while driving.

—Bobbie Johnson, "Do you suffer from ringxiety?",
The Guardian, 1 June 2006

freemium *adj.* Relating to a business model that offers basic services free, but charges a premium for advanced or special features.

Example: Rather than bragging about how insanely great its products are, Skype makes its users insanely productive by letting them talk with any other user worldwide for free. The company makes money by charging users for connecting to phone systems outside of its network. It's a **freemium** model: attract users with free services, then charge them a premium for special features.

—Bruce Sterling, "Blogging for dollars",
Wired, 1 June 2006

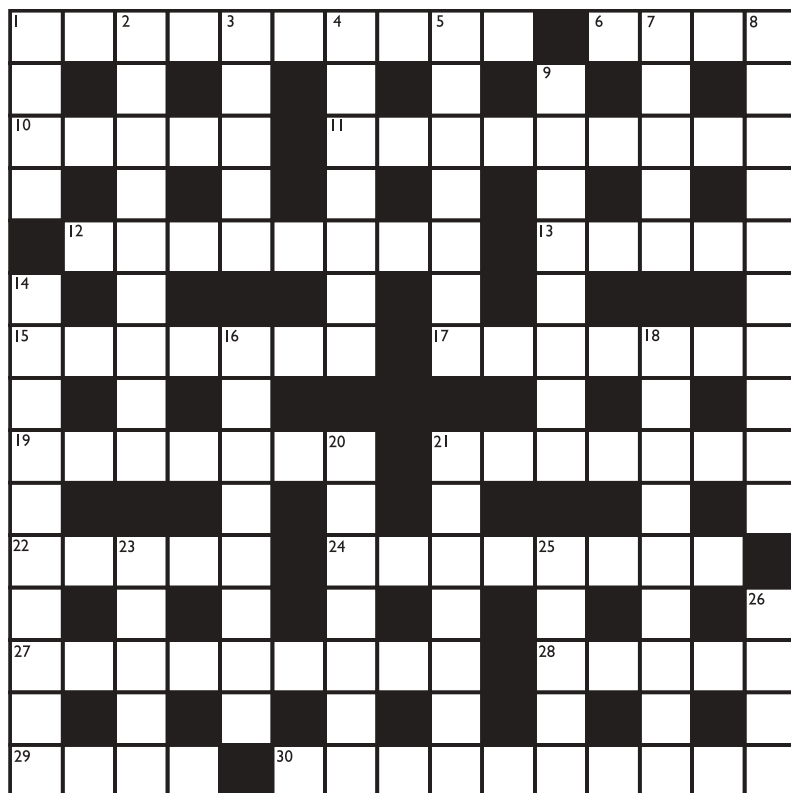
godcasting *pp.* Podcasting an audio feed with a religious message. Also: Godcasting.
—godcast *n*; godcaster *n*.

Example: Welcome to **godcasting**, in which churches use video and iPod technology to create virtual sermons that range from amateur to Emmy-award quality. Then, the godcasts are delivered to adherents gathered anywhere—from a grocery store converted to an auditorium to a local movie theatre.

—Patrik Jonsson, "Love that new-time religion",
Christian Science Monitor, 18 May 2006

Courtesy www.wordspy.com

HEADSTART



EXCLUSIVE HARMONY CROSSWORD 23

By Raju Bharatan

ACROSS

- 1 Lad 'meeting' Usha about Ian turning music master? (7 3)
 6 Six-footers crawling all the time (4)
 10 Wimbledon? (5)
 11 Extended road-traffic directive viewed to be looking the very same, going back and forth? (9)
 12 Shakespearian proposer (8)
 13 No more than a walk-down for Vinoo Mankad (3-2)
 15 A point on orbit of planet answering nurse's query about what patient feels inclined to want? (2 5)
 17 Eastman Colorful welcome extended by screen vamp Faryal when she was an air-hostess? (7)

- 19 Conscript to doctor a foot long (2 5)
 21 Little to accompany Gavaskar & Tendulkar? (7)
 22 Image of Diana Dors as one is enough to make male eyes narrow (5)
 24 The gold-digger, having fleeced the immoral man of fashion, does when she indulges in 'Kiss & Tell' (4-4)
 27 Principle on which that chain is spotted as clinging to the heiress's neck? (3 2 4)
 28 Ear-holding Peter Sellars soap (5)
 29 Great follower when a dog (4)
 30 Aparna Sen picturing Ramanathan Krishnan and wife Lalitha materialising at

Wimbledon as newlyweds? (2 1 3 4)

DOWN

- 1 Inn raised to accommodate a constitutional authority (4)
 2 Kind of practice our players could learn any time from Greg Chappell? (9)
 3 Full of them is the beginner-fisherman's description of a catch (5)
 4 ...were 'Gabbar' Amjad Khan's *Sholay* eyes as they surveyed the '*Teraa kya hogaa Kaalyaa?*' scene (7)
 5 Tiger Pataudi vis-a-vis India, as our captain 'progressively' dropped to No 9 from No 5, during the 1974-75 home series lost 2-3 to Clive Lloyd's West Indies (3 4)
 7 The 1951 Madhubala-Dev Anand starrer in which Talat Mahmood had us on velvet in putting over *Aa teree tasveer banaa loon*, as scored by Chic Chocolate under the 'supervision' of C Ramchandra (5)
 8 Tapestries coming as a revelation, tantalising bit by tantalising bit (10)
 9 How the Harold Larwood bodyline bumper, misdirected for once at Don Bradman, travelled (4 4)
 14 Idi Amin evidently did the moment he came to power (5 5)
 16 With it in her eyes did Shobha De come to the fore (8)
 18 Ever met the illicit pub-owner who'd let a hard drinker-customer pay in such instalments? (5-4)
 20 Drum for tour in which is encountered a Bachelor of Medicine (7)
 21 Ma'am embracing cad descriptive of material once going into the smoothening of the Marine Drive roadway, fenced vividly green (7)
 23 Go up den, Nash (5)
 25 Who but Brian Lara could instinctively divine whether or not Darren Ganga's foot crossed them! (5)
 26 Sad but true, could we ever again view Lata Mangeshkar holding it? (1 3)

For answer, see Page 81

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

NEW 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. The clue, *Walls have them yet they hear not*, has *EARS* for its answer. Next, *pertinacity* could split into *Pert in a city, face to face into facet of ace*. For *ANISEED*, the clue could be: *Carminative I see inside and outside*—*AN(I SEE)D*. The possibilities are endless.

BRAIN GYM

THINK LATERAL

1. The saucy sorcerer

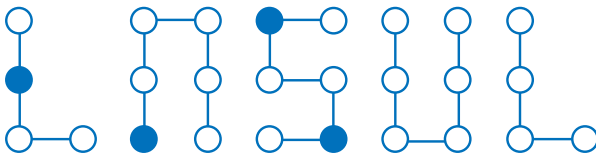


One day a saucy sorcerer winks at a witch. She immediately pays him back by turning him into a toad. Can you take away six of the seven shapes below to leave a SORT of toad?

- Leave his hat
- Leave his brow
- Leave his right eye (his perspective)
- Leave his left eye (his perspective)
- Leave his nose
- Leave his moustache
- Leave his mouth

2. Letter sequence

Which other circle should be black to complete the sequence BELOW?

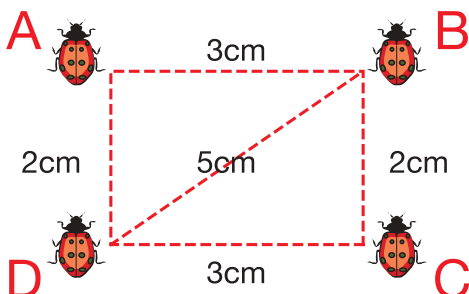


- Top circle on the first figure
- Top right circle on the third figure
- Top circle on the last figure
- Bottom left circle on the fourth figure
- Bottom right circle on the second figure
- None of these

3. A different slant

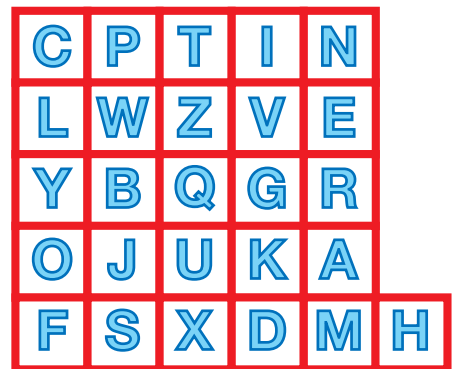
A, B, C and D are four sleeping ladybugs on a perfectly flat tabletop. What is the direct distance between ladybugs A and C?

- 1 cm
- 2 cm
- 3 cm
- 4 cm
- 5 cm
- None of these



4. Alphabet tickle

Take away one of the letters in this grid and yet still leave all 26 letters of the alphabet. Which letter can be taken away?



- Q
- I
- L
- R
- O
- H

5. Home alone

Which home below is incomplete?

- A
- B
- C
- D
- E
- All of the above



6. The magic word

After hours of searching the castle you eventually find the mysterious Room 88 at the end of a long gloomy corridor. Appropriately enough, it has 'R88' on it. You try to open the door, but it is locked. Suddenly a ghostly voice from inside murmurs: 'Say the magic word and the door will open.' What word should you say?

- Warlock
- Abracadabra
- Magic
- Wizard
- Hocus-pocus
- Voodoo



Courtesy www.puzz.com

HEADSTART

BRAIN GYM

AMAZING ANAGRAMS

Two numbers given in each sentence need to be replaced by words. Each word is an anagram of the other—each word can be formed by rearranging the letters in the other word. Based on the clues given in each sentence, figure out what the two words are. The numbers given in each sentence indicate the number of letters in each word.

1. Read further, and you'll see that he (4) on the (4) of March.
2. I love fruits, especially (6) and sour (6)!
3. The raised (4) (4) listeners by making it possible for the crowd to see the speaker.
4. Her face became (4) when she thought that he was going to (4) from the balcony.
5. What a (4) life the gangster did (4).
6. He used a special (4) to break into the safe and make off with the (4).
7. He did not (6) vision in his right eye after the damage to his (6).
8. The prisoner used a (4) to wear down the bars in his cell. He hoped to escape in time, as he did not look forward to (4) in prison.
9. The (5) bit her when she leaned against the (5) tree.
10. That man with (4) does not need his (4) to walk; it conceals a weapon.
11. The hero removed his (4) and began to (4) back and forth, trying to think of a way to stop the villain.
12. Fear was (4) among the people during the forest (4).
13. A true (4) always wears colourful clothing; not something (4) like you're wearing today.
14. You could hear the (5) playing in the distance as they carried the casket across the (5).

Answers

- | | |
|-------------------|------------------|
| 1. Dies, ides | 8. File, life |
| 2. Melons, lemons | 9. Cobra, carob |
| 3. Dais, aids | 10. Acne, cane |
| 4. Pale, leap | 11. Cape, pace |
| 5. Vile, live | 12. Rife, fire |
| 6. Tool, loot | 13. Bard, drab |
| 7. Retain, retina | 14. Dirge, ridge |

SUDOKU FOR YOU

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

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

				15	12		
			17			20	
	4	11					
	16						22
	8				12		
			11				
	7	11			17		
29					20		
6			4			16	
3				16			
			4	6			
	25						
		3					

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.



TEXT: MUKTA HEGDE; PHOTO: ABHIJIT GHOSH

“A feeling of loneliness cuts across all sections of the elderly in society. While the poor wait for their children to come home and feed them or give them medicines, the affluent wait for that three-minute call from the US and a packet of photographs of their grandchild.”

In 1993, Lalitha Ubhayaker and a group of friends founded Ashvasan, a voluntary organisation to reach out to silvers in Bangalore. Today, Ashvasan runs 10 centres where silvers meet for programmes on health, yoga, safety, financial investments, entertainment and more. Apart from the elderly, Ubhayaker has also turned her attention to arts and culture. A Hindustani classical vocalist of the Agra gharana and former radio artist, in 1983 Ubhayaker established the annual Devnandan Ubhayaker Yuva Sangeet Utsav—in memory of her son, who died at the age of 20—to provide a platform for struggling young talent. And in 2004, she established Smriti Nandan Cultural Centre in Palace Road, which hosts interactive events in art, music, dance and theatre, and art and culture courses for children on weekends. Five years ago, Ubhayekar was diagnosed with cancer but the 75 year-old says, “The positive energies all around me, like music, the sound of children’s laughter and the look of happiness on the faces of the elderly, give me strength.”

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