

AUGUST 2007 Rs 30

harmony

celebrate age



Joint Services

**Hip and knee
replacement
surgery**

**Giving heritage
a home**

**Dancing
grannies**

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ROUGH WATERS

AS INDIANS, WE ARE PROUD of so many things these days: a booming economy, a greater international profile, even the Taj being declared one of the 'new seven wonders of the world'. Unfortunately all it takes is the monsoon to rain on our parade.

Karnataka, Maharashtra, Gujarat, West Bengal—they've all witnessed the fury of nature lately. Lives have been lost, homes destroyed and millions of rupees gone down the drain. While all our much-vaunted mega projects (airports, expressways, metros) are coming along very nicely, basic civic infrastructure has failed the acid test once again.

It's depressingly familiar. And, as with natural calamities world over, silvers bear the brunt. Take the case of 87 year-old Krishnaji Joshi and his wife Sheela, 80, who live in a 200 sq-ft tenement in Patra Chawl, Goregaon, in suburban Mumbai. For the past five years, every time it pours, their home gets submerged and neighbours have to carry the couple to higher ground. Joshi, a retired bank employee, says he

has seen worse rains in the past but the accumulated water used to recede in two to three hours. Today, he says, it takes more than a day even with pumps. Joshi blames the civic administration for unplanned development and resultant flooding. For his part, Joshi's neighbour Digambar Ghome, 79, says, "Monsoon creates fear among residents."

This situation—in a city that some are ambitiously calling India's Shanghai—is deplorable. And it's the same in every city. As responsible citizens we must take up cudgels on behalf of our communities. Many silvers are leading the way. Bertha Noronha is one example. For 10 years, she was at the forefront of a drive to keep her neighbourhood clean. The 80 year-old was chairperson of Advanced Locality Management of St Francis Avenue, Santa-cruz, in Mumbai, an organisation that stops people from urinating, spitting or littering, ensures garbage disposal, and looks out for open manholes and drains. Noronha moved to Pune in July—but left behind a neighbourhood cleaner than most.

RITU NANDA



"There is no garbage scattered anywhere in the locality," she tells *Harmony*. After last year's monsoon, her team also got the drains opened to allow an outlet for rainwater. This year, when the rains came down, the roads did get flooded but the water subsided sooner. "There's only so much we can do," she says. "The municipal corporation has a big job before it to tackle the flood situation." Indeed, with citizens like Noronha doing their part, it's up to civic authorities to at least meet them halfway to keep our cities clean and functional, despite nature's vagaries. Now that would make us really proud.

Tina Ambani

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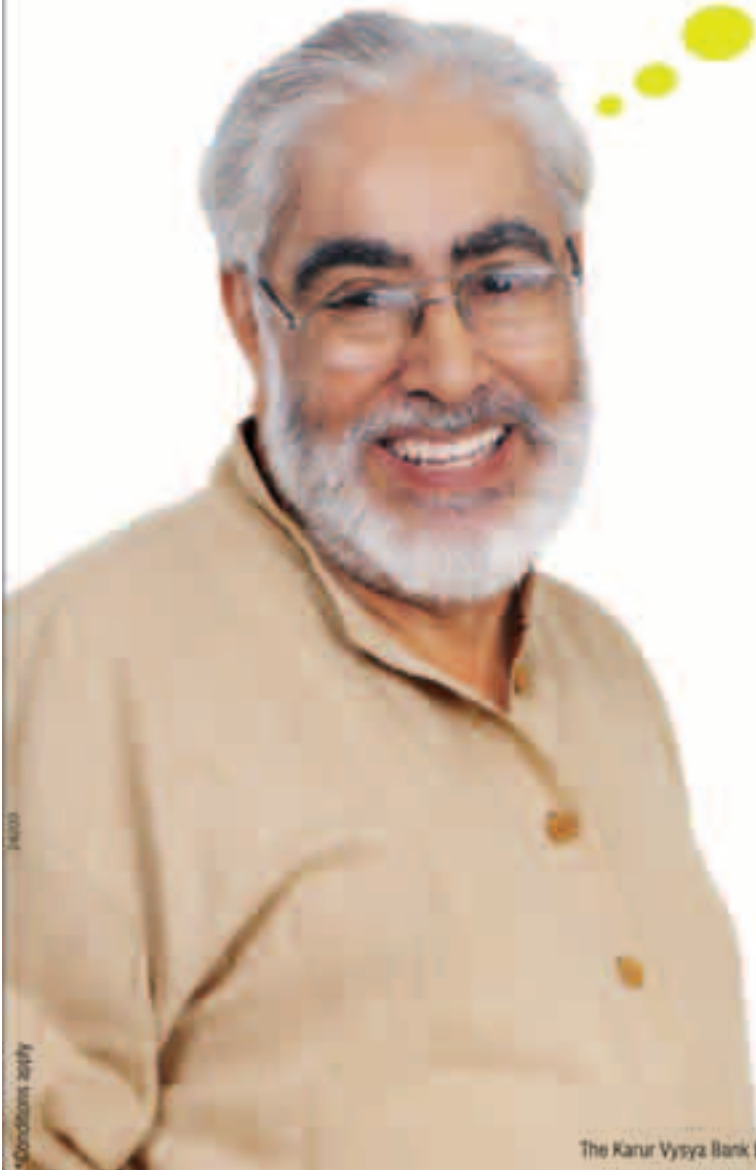
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I response

column one

Recently, a news channel showed Delhi-based Satish Chander Suri, 78, effortlessly climbing on a chair to demonstrate the success of his knee replacement. A senior vigilance officer with ITDC until 1987 when he was incapacitated by arthritis, Suri is now taking another shot at a second career as a tax and finance consultant.

After bypass surgery, the second most significant treatment today to give silvers their life back is joint replacement. While only 1,000 surgeries were conducted in 1998, 21,000 total hip replacement procedures and 39,000 total knee replacement procedures are expected to take place in India by 2009. "Joint Services", our cover story, is an effort to make you bone smart and learn your options for hip or knee joint replacement.

Whatever you read in *Harmony* has immediate relevance. While the cover story highlights solutions to fight arthritis, our tech story ("A Bright Idea") on fluorescent bulbs helps you save power and money.

Don't miss "Flying Feet", our feature on Bihu dance group 'Aitar Bihu' (*aita* is grandmother in Assamese). Headed by 64 year-old Kiran Barua, they refuse to stay on the fringes. Sharing this virtue is Raja Dinkar Kelkar Museum in Pune that is coming of age ("Giving Heritage a Home") with a state-of-the-art facility on the outskirts of the city.

Elsewhere, other nuggets of information will open your mind to the world. Owing to space constraints, we are giving Money & More a miss this issue. It will return next month.

—Meeta Bhatti



I am 58 years old. When I rated myself in your Happiness Quotient Quiz ("The Pursuit of Happiness", June 2007), I scored 22—in the 'slightly satisfied' range.

That my score is even this high is because of my positive attitude to life. I have faced many ordeals. A doctor myself, I was once wrongly diagnosed with an incurable blood disease. It took away a lot of my practice and peace. When I underwent further investigations, it proved to be an abscess in the liver. Despite this, I went on working. In the process, I developed courage and improved my life.

I started looking outside myself and became interested in the arts. While maintaining my busy paediatric nursing home, I served as the president of our district's Theatre Artists Association for six years. I published a poetry book and playlet, and wrote articles, poems and features for different magazines on social issues. I was felicitated by the speaker of the Andhra Pradesh Assembly and the cultural affairs minister for my social and cultural work. At present, I am associated with eight service organisations, including educational institutions, literary and cultural associations.

Hobbies and interests definitely give a person a great deal of solace. Another source of support is my family—my wife Kamala is loving and my three children, all well settled in the US, remain unaffected by the generation gap. With their backing, I continue to drive myself further. I recently joined a postgraduate diploma in geriatric medicine at Nizam's Institute of Medical Sciences, Hyderabad, 150 km away from my town. I travel there everyday for classes. I feel hope and hard work can overcome any setback. We must never forget that we are the makers and masters of our destiny.

DR B UMA MAHESHWAR RAO

Warangal

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

I am 75 years old and enjoy going through *Harmony* magazine each month. I read



your cover story "In Pursuit of Happiness" (June 2007) with great interest. Health is the most important component of happiness for silvers. And though money is a significant factor, sometimes it can become an obstacle to happiness. I know of a self-made businessman in Mumbai who established an empire from scratch but



remained a miser to the end. He built three bungalows in the swank Juhu area and gifted them to his three sons as estate duty was very high at the time, leaving nothing for himself. He was happy as long as he controlled the business but once he retired and handed over control to his children and his brother's children (his brother was a partner), he didn't know what to do. A widower by then, he decided to live with his sons in rotation. Initially, his sons were happy to welcome him but slowly his miserly nature and constant comments on their 'lavish' lifestyle alienated them. He spent the last 10 years of his life a recluse in mental agony.

RAMESH B PARIKH

Mumbai

I am a subscriber to your magazine, which has interesting features. It was a pleasure to read Amita Malik's column "Access for All" in the May 2007 issue of *Harmony*. I fully agree with her that people must be considerate to people who suffer from arthritis. I hope your magazine will campaign for better buses in airports to carry passengers from the terminal building to the tarmac to board a flight. I have written to various airlines for

'arthritis-friendly' buses but to date nothing has been done about it. For people like me, boarding the buses that are used today is nothing short of a struggle.

KAMALA KUMAR

Bengaluru

I wanted to inform silvers in Maharashtra about two good measures instituted by the state government that many people may not know about. On 12 December 2006, the government directed hospitals (including hospitals attached to medical and dental colleges) run by all municipalities across the state to provide free investigation and treatment to people aged 60 and above. There will be separate windows for senior citizens. This directive follows a similar order (issued in 2004) to state government hospitals. The December 2006 directive also orders municipalities to make available a classroom in municipal schools to nearby senior citizens' associations free of charge for the whole day on Sundays and holidays for their meetings and activities.

M V RUPARELIA

Via email

I read an article on Narayan Murthy and Sudha Murty ("IT Must Be Love", June 2004) in the

inaugural issue of *Harmony* on a friend's insistence and got hooked. What appealed to me most was the absence of a profit motive, something most glaring in today's magazines. Now, yours is the only magazine I read cover to cover. I believe my mother Kumudini Moghe, who turned 85 in April, is the perfect example of your tagline, 'Celebrate Age'. She remains sprightly and enjoys going out for dinner and watching movies. She walks about two hours a day and reads for four to five hours. Her only grouse is that nobody gives her work—it's as if her age is a figment of everyone else's imagination! So she keeps herself busy making decorative items from scraps of paper, gift wrapping, old *rakhi*—things we would throw away. She also does embroidery on her grandchildren's clothes, and makes bookmarks, gift envelopes and wall hangings to give people on special occasions. Her zest for life is truly unbelievable.

SAROJ JOSHI

Via email



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 a hobby or an interesting travel experience to share
 - You have a funny or insightful anecdote about your grandchildren
- ...and we'll print it in the column 'Your Space'



Mail us at 4th Floor, Maker Chambers IV, Nariman Point, Mumbai-400021. Or email at contact.mag@harmonyindia.org

ORBIT

Latest products and services, news and views, tips and cribs, quotes and reports—all to jumpstart your month

NEWSWORTHY



SILVER WHEELS

Silvers in Korea can gear up for custom-made cars. According to the country's Ministry of Construction and Transportation, **the Korean government will invest W25 billion (about Rs 1 billion) to develop cars tailored to meet demands of older drivers.** News website *chosun.com* reports that the government will shoulder W14.1 billion (about Rs 600 million) of the investment and private carmakers W10.8 billion (about Rs 400 million). Features will include an oval-shaped steering wheel (it doesn't hit your legs when you get into the car), electric parking brake and easy-to-use instrument panel. As the addition of such options would drive the price of the car up, the government plans to give tax breaks and insurance benefits to drivers older than 65. The cars are expected to hit the market in 2012.

A NEW SMILE



Forty-six silvers in Phagwara in Kapurthala district, Punjab, are now able to grin with confidence—they received free dentures as part of **'Smiley', a community dentistry project** of Christian Dental College, Ludhiana. The camp was arranged in association with Blood Donation Council, Phagwara, and Operation Blessings India, a humanitarian organisation. In coming months, the camp will move to other villages in Punjab. Apart from dentures, the dentists at the camp will also fill cavities and extract decayed teeth, and promote awareness of dental hygiene through exhibits and lectures. Anyone interested in having such a camp in their area can contact Dr N C Mann at 0988510080 or Dr Simarpreet Singh at 09888336626.

YOUR RIGHT

Second appeals filed by senior citizens and differently abled persons under the Right to Information Act (RTI) will now be taken on high priority, according to a directive of the Central Information Commission. It was issued on

19 June in response to a petition by Pune-based RTI activist Vihar Durve. Earlier this year, Durve sought information on the delay in issuing passports in the city. RTI petitions (which fall under the ambit of human rights) are first filed with the public information officer and then the first appeal is filed with the first appellate authority; the time limit for both petition and appeal is 30 days. If the petitioner is unsatisfied with this reply, the next resort is a second appeal to the CIC (City Information Commissioner) or the State Chief Information Commissioner (SCIC).

"The CIC used to take four to six months to hear Central Government-related second appeals and more than one-and-a-half years to hear state-related second appeals," Durve told the press. "Our demand was to fix a time limit of 30 days for the second appeal too, but the CIC has not committed to this. At least now it becomes mandatory for the state information commissions to give high priority to senior citizens and the differently abled." Petitioners need to include proof of age or medical certificate with their RTI application.

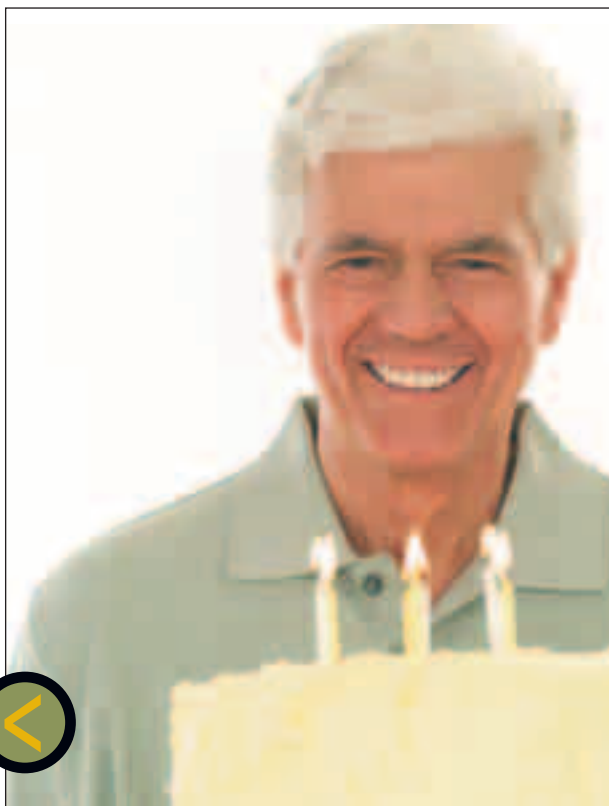


Work till the end: Nearly **one out of five** Americans plan to **work all their life**, according to a new poll. The percentage is even more dramatic for senior citizens, with almost four of 10 surveyed saying they plan on working **until their death**. The poll was commissioned by *bankrate.com*, a leading Internet consumer banking marketplace.

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INVESTING IN AGE

As part of a far-reaching initiative titled 'Ageing Well in the Information Society', the **European Commission (EC)**, the executive body of the 27-member European Union, which has the right to initiate legislation, **will invest more than 1 billion euro (about Rs 55 billion) on research into new information and communication-based technologies** to improve the lives of silvers. The main goals of the plan: raise awareness, promote the widespread use of new technologies, and prepare for future challenges through joint research, innovation and dissemination. The plan is accompanied by a joint public-private research programme dedicated to 'ambient assisted living', which will seek to develop innovative, IT-based products, services and systems for Europe's ageing population. By 2020, 25 per cent of the European Union's population will be over 65. The EC believes new technologies will allow silvers to stay active and productive for longer; to continue to engage in society with more accessible online services; to enjoy a healthier and better quality of life; and to live independently in their own homes longer.



TECH TALK WITH PUROHITS



Illustration: FARZANA COOPER

To target the female market, LG's phones now have the focus calibrated to arm's length as women are fond of taking pictures of themselves with a friend. And Nikon and Olympus have recently introduced lighter, more compact preset cameras for women.

ANALYSE THIS

MOM AND ME



Every little girl wants to be just like her mother—but not for long. A survey conducted by the US-based MetLife Mature Market Institute reveals the **changing attitudes of women towards retirement**. The institute interviewed 1,267 women—510 retired mothers with an average age of 65.5 and 757 working daughters with an average age of 45.3 years. The majority of mothers (75 per cent) and daughters (80 per cent) were married. While 75 per cent of the mothers retired before 65, only 37 per cent of their daughters predict they will retire before 65. Married women in both age groups were more likely to retire earlier. “Today’s younger women clearly do not see themselves staying home, caring for the house and relaxing,” says Sandra Timmermann, director, MetLife Mature Market Institute. “These findings point the way to lifestyle changes for tomorrow’s older women. And there will definitely be an increased number of older people in the workplace.”

TRENDS

ORIENT EXPRESSION

A year ago, Japanese cooking was all the rage after writer Naomi Moriyama announced that Japanese women don’t get old or fat—her book with the same title, reviewed in *Harmony* in June 2006, was a hit. And now, **women in the US and Europe are clamouring for Japanese beauty treatments** that promise youthful skin. “Geisha-inspired treatments like the nightingale droppings facial, goldfish pedicure and bull semen hair treatment are all the rage,” reports *The New York Times*. “Japanese skincare looks to the past, with ancient rituals and unusual ingredients,” beauty expert Krista Madden tells the *Times*. Now, these traditional formulas are being sold online. The hottest products? Apart from the treats mentioned earlier, big sellers include exfoliating cotton wool balls with Matyutama (silkworm cocoons), a detoxifying foot ‘patch’ with vinegar distilled from burnt mandarin wood, and anti-wrinkle cream with Nuka (rice bran)—in fact, the highest compliment a Japanese woman can be paid is to be called *Nuka Bijin*, a rice bran beauty. For a complete listing and all the (steep) prices, check out naturaljapanesebeauty.com



BRINGING SILVER BACK



In the 1990s, stagnation forced many German firms to send older employees into early retirement. Now, with the economy booming, they are bringing their silvers back. Today, there are 690,000 part-time

workers in Germany who have passed the retirement age of 65. If you add to that people under 65 who took early retirement but have come back, there are 1.5 million ‘retirees’ now working. **“Older people are needed in all areas and on all levels,”** Jürgen Deller, professor of industrial psychology at Lüneburg University (near Hamburg), tells *BusinessWeek* magazine. Now silvers hold the cards. “Many elderly are no longer willing to work full-time and want flexible schedules,” he adds. “Many want to look after grandchildren and pursue hobbies. Or they try to combine work with pleasure, like taking up an assignment abroad and spending another two months there on holiday.”

ORBIT

MEDIA WATCH

ROCK AROUND THE CLOCK

Boy bands and pop tarts may be all over MTV like a rash but it takes silver to sell out stadiums. Ageing rockers are the hottest ticket in the rock concert scene today, across the world. Some examples:



SIMON & GARFUNKEL Americans Paul Simon and Art Garfunkel, both 66, started playing together in 1957. Although they 'officially' broke up in 1970 and have a reportedly acrimonious personal relationship, they repeatedly reunite for concerts. A famous example is the Concert in Central Park in 1981—the recording of that concert went on to become a smash hit. The duo's 40-show reunion tour in 2003 grossed \$ 31.3 million (about Rs 1.25 billion). Simon & Garfunkel last performed their greatest hits, including *The sound of silence*, *Mrs Robinson* and *Bridge over troubled water* in Washington in May in front of an audience of 80,000 people. Average ticket price: \$ 250 (about Rs 10,000)

ERIC CLAPTON In 2006, the British guitarist and singer made \$ 35 million (about Rs 1.4 billion) in live concerts playing to 800,000 people. Known as 'Slowhand' by fans for his incredible artistry on the guitar, Clapton began his musical career in 1963. Though rooted in the blues, he went on to embrace psychedelic rock, reggae and pop in a diverse career producing smash hits like *Layla*, *Wonderful tonight*, *I shot the sheriff* and *Tears in heaven*. The 58 year-old continues to tour prolifically—he has just completed a 30-show world tour that generated around \$ 45 million (about Rs 1.8 billion). The last sold-out show of the tour was on 28 July in Chicago. Average ticket price: \$ 90 (about Rs 3,650)



MADONNA The 49 year-old American dance-pop singer, dancer, actor, writer of children's books and style icon, who began her career in 1979, pulled in \$ 260 million (about Rs 10.4 billion) for her 2006 'Confessions' tour, the highest earning tour by a female artist in history. In the 60-concert tour, she sang chartbusters like *Hung up*, *Ray of light* and *Like a virgin* to an audience of 1.2 million in North America, Europe and Japan. Her most recent performance was at the Live Earth concert in Wembley, London, on 7 July. Average ticket price: \$ 184 (about Rs 7,400)





AEROSMITH Formed in 1971, the American band grossed \$ 58 million (about Rs 2.3 billion) when it toured the US in 2006. The guys (average age 58) belted out hits like *Janie's got a gun* and *Crazy* in Bangalore in June as part of their 30-show 2007 tour, AeroForce. Average ticket price: \$ 150 (about Rs 6,000)

BARBRA STREISAND The American diva who started her career in 1962 stepped on the stage in 2006 for the first time in 12 years and racked up more than \$ 92.5 million (about Rs 3.7 billion) from her 20-show tour featuring hits like *Funny girl* and *The way we were*. This year, the 65 year-old performed in Europe in June and July. Tickets: \$ 100 (about Rs 4,000) to \$ 1,500 (about Rs 61,000)



ROLLING STONES Formed in 1962, this British band (average age 62) rocks on. The Bigger Bang Tour, which started in 2005 and is still on, has netted \$ 437 million (about Rs 17.5 billion) with shows in 18 countries, including India. It is the top grossing tour of all time. Average ticket price: \$ 137 (about Rs 5,500). In 2006, in the biggest concert ever, 2 million people rocked—free—to songs like *Satisfaction*, and *Brown sugar* at Copacabana Beach in Brazil.



ROGER WATERS The 64 year-old who co-founded Pink Floyd in 1965 is on the last leg of his 62-show tour, which came to Mumbai this year. The tour, featuring classics like *Another brick in the wall* and *Comfortably numb*, will gross over \$ 90 million (about Rs 3.6 billion) when it ends. Average ticket price: \$ 100 (about Rs 4,000)



THE BUZZ

HELP IN PUNE



For silvers in Pune, help is just a phone call away. A **new dedicated help line established by city police—1091**—in collaboration with the city-based International Longevity Centre will provide immediate medical, legal and domestic help to the elderly in case of an emergency. While the police will play the role of coordinator, doctors, lawyers, financial advisors and social workers will volunteer their time to make the help line a comprehensive service.

This help line is expected to fare better than Pune's last help line for elderly (24472069) as it is located in the police commissioner's office, enabling immediate action and assistance. The last one was located in a commercial area and response time was extremely slow. When a reporter from *Harmony* called the new line, it was answered promptly and the complaint attended to with care. A good start, but it remains to be seen if the service holds up.

ORBIT

INNOVATION

MINDWARE

You already know—through *Harmony* and others—that training your brain can keep Alzheimer's at bay. Now, Andrew Carle, a professor at George Mason University in Washington DC (who famously coined the term 'Nana' technology to describe technologies for older adults) picks the **best computer-based games and software available on the market to "maximise cognitive function"** for website *seniorjournal.com*.

Posit Science–Brain Fitness Program 2.0:

Developed in conjunction with more than 50 brain scientists, the program utilises software that can be purchased for use on a home computer. Recommended 'training' includes completion of 40 hours of a variety of 15-minute exercises over a period of 90 days. A peer-reviewed study showed an average 10-year improvement in memory among participants,

with results maintained three months past conclusion of the training. The price: \$ 395 (about Rs 16,000) for a single user, \$ 495 (about Rs 20,000) for two users. Available at www.positscience.com

MindFit: Another software program, MindFit™ is part of a portfolio of products available from CogniFit™, an Israel-based company focusing on cognition products for people of all ages. The software provides a patented 'Individualised Training System (ITS)', taking users through 24, 20-minute brain training sessions. Recommended

WILD SILVER

A DOG'S LIFE

Like their human counterparts whose families don't have the time or patience to care for them indefinitely, an increasing number of **geriatric dogs in Japan will now spend their twilight years in private nursing homes**, reports *The Times* from London. The first such home, the Soradi Care Home for dogs, threw open its doors in June in the city of Tochigi, 80 km north of Tokyo. The resident dogs are of similar seniority (aged 13 human years and older) and vets monitor their health around the clock. "There's a special menu with canine favourites and old dogs are accompanied for part of their day by puppies to cheer them up and stimulate them," says Takao Kanai, director of the home. The cost of this service



will run to about 111,000 yen (about Rs 36,700) a month, depending on the size of the animal. And when a dog is deemed to be at death's door, it will be moved to a suite large enough for its owner to stay with it during its final hours. Such care is not surprising in a country where, in 2003, the number of pet cats and dogs (about 26 million) surpassed the number of children aged 15 and below. Treats for Japanese dogs include visits to 'grooming parlours' that offer hair extensions, massages and clay

packs, and trips to boutiques. They even travel in style—at the Pet Inn Royal, the luxury pet hotel at Narita airport in Tokyo, dogs can stay in a "six-mat suite" for 20,000 yen (Rs 6,600) a night.

participation is three times per week. Results of an independent study showed short-term memory improvement of 18 per cent among participants aged 50 and over. The price: \$ 129 (about Rs 5,200). Available at www.cognifit.com

Dakim [m] Power: Currently available only in assisted living and retirement communities in the US, [m]Power™ was developed by former Hollywood and Disney executives in conjunction with the Centre on Ageing at the University of California – Los Angeles (UCLA). A standalone touch screen system eliminates the need for a mouse or keypad and ‘EasyTouch™’ log-on allows

those with early to mid-stage dementia to access and participate in a variety of entertaining activities. Results are uploaded daily to a central computer, allowing individualised programming designed to maximise results. A home version is scheduled for release later this year. Estimated price: \$ 1,995 (Rs 81,000). Available at www.dakim.com

MyBrainTrainer.com: While not supported by product-specific research, this website-based program provides 19 brain-training exercises based on neuroscience and includes a recommended 21-day training programme. Participants can track and measure personal results on a ‘Brain Diary’ or against any of the site’s 12,000 members by age, occupation, or other characteristics. The price: \$ 9.95 (about Rs 400) for a one-year membership. Available at www.mybraintrainer.com

H RECOMMENDS

ACTION PLAN FOR AUGUST

Create a chorus. If you reckon your vocal talents go beyond the bathroom, share them. In Northampton, Massachusetts, the 23-member Young@Heart Chorus (*see photo*), whose members range from 73 to 92 years old, have been singing at community events and weddings for the past five years. “We don’t charge much and we put on a hell of a show,” says 80 year-old Fred Knittle, who joined the group two years ago. “People expect us to sing the classics but we prefer the new lot. You should hear us do Radiohead and Coldplay!” Catch them singing *Fix you* by Coldplay at www.youtube.com/watch?v=2u6k-99qcCE

Get savvy. Shocked at rising crime rates? Protect yourself and your friends by learning more about crimes and their prevention. In Pensacola, Florida, a group of silvers who call themselves ‘Savvy Seniors’ meet once a fortnight to discuss safety measures. Each week, one member is given the task of researching a crime in the news—mail fraud, Internet scam, identity theft, burglary—and then speaking to the rest of the group about how it happened and how it could be avoided. “It’s a great way to stay informed and aware,” says Adele Lithgow, 72, who takes notes at every meeting. “And now, we are planning to start inviting guest speakers like lawyers and policemen.”



I your space

Welcome to the section where you can share your thoughts and experiences on anything under the sun. Write in with full contact details, and make this space your own!

LIFE IS BEAUTIFUL



Singh: resilience to survive

My husband passed away a few months ago. I was 17 when we married; at 70, it was as if life had come to an end. The loss and the pain of living without him were unbearable. Until his death I laughed so easily and lived every single moment fully. It was all changing. And then I decided not to lose faith in myself and in the belief that he would have wanted me to lead a full life.

I will always remember one cold winter evening when he said, "If ever you die before me, which is

"Life means courage, faith, and living each day constructively"

unlikely, I will never live alone in this big house." I remember being taken aback as he was such a self-

sufficient man and he was the one who insisted that we live independently in Delhi after retirement, instead of staying with any of our two children. I remember asking him, "What about me?" He

replied, "Oh, you will be able to manage better—you have such a full life."

He was referring not to any great socialising on my part, though I have a loyal circle of friends, but to the fact that I was fully occupied with our home. After he passed away, I took a decision that surprised many friends, neighbours, relatives and my family. I decided to live alone. My children wanted to cocoon me, look after me, but I withstood all these attempts with stubbornness unknown even to me. I don't think many people understood my logic; my definition of what life is about.

I let prying neighbours be, and when they intrude into my privacy and ask why I am living alone and where my daughter-in-law is, I gently tell them that I have the most loving daughter-in-law but I want to live independently. I want my own space. My son is in the Army and they are always moving. I want them to have complete lives, like I lived mine.

There are other reasons why I prefer to live alone. My home is the only 'constant' now. At home, I can fall back on a familiar routine. To lock it up and live with my children would mean uprooting myself and that would be traumatic. I would also like to maintain my status as a parent to whom my children and grandchildren come when they wish to.

I am convinced that I have the resilience to survive. Life has after all not ended, but moved on. I have reconciled with the changed circumstances and evolved. I have got back to teaching English, which I had given up a while ago—I give English tuitions to children of all age groups. It helps me use time efficiently and interaction with children keeps me young. I have understood that life means courage, faith, attaining mental equilibrium and living each day as constructively and with as much peace of mind as possible. Each night I sleep at ease with the challenges I have faced during the day. Every morning is a beautiful, new day.

—Pramilla Bharat Singh, Delhi

HUMBLING BY NATURE



My wife and I have been visiting the US for the past couple of years to meet our two sons, who are software engineers. In 2005, we were in Minneapolis, Minnesota. It was our fifth visit to the States. During previous visits, we had been to Chicago, Denver, Aspen, San Francisco, Houston, Disney World in Florida, Mount Rushmore and Royal Gorge. However, I had always wanted to visit the Grand Canyon, not only because it is one of the seven wonders but also because of its ethereal beauty about which I had heard a lot.

Someone told me that being to the US and not seeing the Grand Canyon was as bad as not seeing the Taj Mahal in India! Thankfully, providence favoured me this time and I could finally visit my dream destination. To get there, we took a flight to Las Vegas and then a tourist bus.

Located in the state of Arizona, the Grand Canyon is more than a great chasm carved over millennia through the rocks of the Colorado Plateau. It is one of the finest examples of arid-land erosion in the world and a magnificent visual treat. Travelling its length requires a river journey of about 446 km through canyons with walls varying in distance from less than 750 m to more than 29 km apart, and through depths reaching nearly 6,000 ft.



(Left) Bhatia (centre) with his wife and son in the US; the magnificent Grand Canyon

I was initially apprehensive about covering the vast length but fell prey to nature's beauty. Indeed, the visual impact of the landscape humbles the soul.

Sitting at the southern rim of the Canyon, we watched the changing play of light and shadows on the rocks. The

“The visual impact of the Canyon’s landscape humbles the soul”

Canyon’s timelessness provokes comparison to our short existence. Its vast spaces offer us solace from our hectic lives and we experience the awe of nature’s accomplishments that led early visitors to name many of the large buttes after ancient gods—Jupiter, Juno, Vishnu, Shiva and Brahma. Somehow, being there, I realised the futility of the rush-hour life that we all lead. One must visit this marvel just for the serenity it has to offer.

After spending the whole day at the Grand Canyon, we returned to Las Vegas in the evening and the following day, took a return flight to Minneapolis after an extremely enjoyable trip.

—I J Bhatia, Nashik

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| legacy



HEMANT PATIL

Giving heritage a home

The Raja Dinkar Kelkar Museum in Pune, built by Dr Dinkar Gangadhar Kelkar and nurtured by his family, will soon be converted into a sprawling 'Museum City', discovers **Brinda Gill**

"You have never been to the Raja Dinkar Kelkar Museum!" exclaimed my grandfather when I was in Pune one summer in the mid-1980s. Surprised at my unawareness, he whisked me off. After working our way through meandering streets, we turned into a quiet lane lined by tall mast trees. "Here we are," he said with a beatific smile, eager to share the museum with me.

We stepped in through a solid wooden door that led to the interiors of an old-world *wada*, a traditional Maharashtrian home surrounded by a courtyard. We walked through one room after another, each of which thematically exhibited exquisitely crafted objects from different parts of the country, dating from the medieval period to the 20th century. The exhibits included rare paintings, sculpture, doors, indoor games, lamps, ivory objects, textiles, betel-boxes, *hookah*, lime containers, inkpots, ritual spoons, tribal statues and masks, locks, kitchen accessories, gun-powder cases, textiles, manuscripts, pottery, articles of everyday use of women and unusual musical instruments with 30 miniature *ragamala* paintings (illustrated musical instruments) juxtaposed with them.

Figures frozen in time: (top) Tara, Nepal, 18th century; Lord Krishna, Maharashtra, 18th century

After savouring the visual feast, my grandfather requested to meet Dr Dinkar Gangadhar Kelkar—the family lives in the *wada*—the passionate collector who had collected about 20,000 fascinating objects and created this museum spread over 20,000 sq ft on four floors of his house. A smiling, old man in a spotless white *dhoti-kurta* soon graciously welcomed us and explained how his museum was a tribute to craftsmen who had been forgotten.

PRIZED INHERITANCE

Dr Kelkar dedicated his entire collection to the state of Maharashtra in 1975. In recognition of his lifetime contribution, he received the Padmashri in 1981. He passed away in 1990 at 95, leaving behind a collection built up over 70 years. Today, Dr Kelkar's prized legacy is looked after by his daughter Rekha Ranade; her Sanskrit scholar husband Dr H G Ranade, who is also trained in musicology; and their sons Sudhanva, 49, Sudarshan, 39, and Surendra, 37, all active members on the board of management of the museum. Right now, only about 2,500 objects are on display owing to lack of space—the rest are in storage boxes. The family is now working towards converting the museum into a well-equipped 'Museum City', which would be a fitting showcase for the collection.

"The museum is stifled by lack of space and the ravages of time have taken their toll," says Sudhanva. "We need to bring new life to this repository of Indian culture." The Maharashtra government has allotted six acres at Bavdhan on the outskirts of Pune where Museum City will be built on an area of 200,000 sq ft, with support from the government and private sector. The family is in talks with business houses—Infosys is already on board—to contribute. "The government gives us yearly grants but the family looks after day-to-day functioning," adds Sudhanva. Other members on the board include chief secretary, Maharashtra Government, divisional commissioner of Pune and vice chancellor, Pune University. The Ranades also maintain www.rajakelkarmuseum.com, a website to generate awareness about the museum.

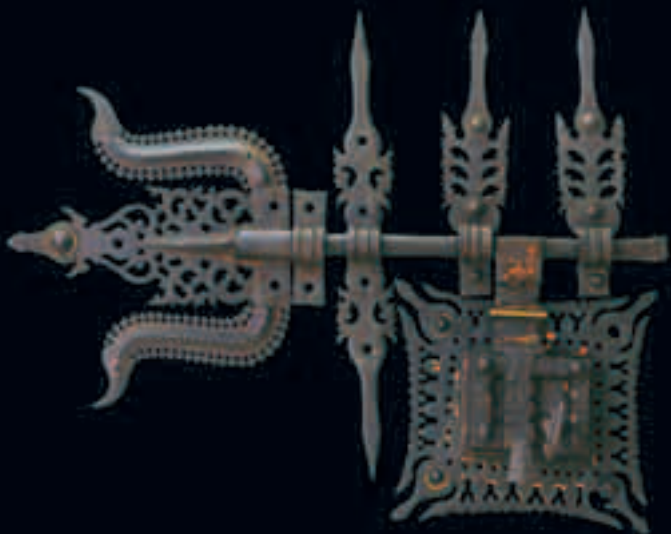
CRAFTING HISTORY

The genesis of the museum goes back to Dr Kelkar's student days when he wrote essays and poems on

Antique glimpses of everyday life: (from top) an ivory comb, a betel nut-cracker and a rose water-sprinkler



| legacy



the Marathas, Mughals and Rajputs, and met families with links to history. This interest soon extended to collecting antiques, which he arranged in his room. Even when he opened an optician's shop with the help of his elder brother in 1924, he bought artefacts to decorate the store.

One step led to another. In 1936, Dr Kelkar gave up his work as optician and dedicated all his time to collecting crafts. "If we don't collect and preserve art objects of our country, who will?" he would often ask friends. So obsessive was his interest that he was once sent to buy medicines but returned with a chandelier instead, having forgotten all about the pills. When something caught his fancy, he just had to have it and if he did not have the means to pay for it, he simply said, "I have nothing to offer you in return, but you can cut off my thumb and keep it." The statement often shocked the owner into parting with the piece.

In 1941, after his only son Raja, 10, tragically passed away, Dr Kelkar decided to create a museum in his memory. He travelled to remote villages and visited metal shops, old homes and collectors to pick up crafts and art that would later form one of the best one-man collections of the country—each object has a story to tell in its craftsmanship or how it made its way into the collection. In fact, the collection of lamps here is said to be the single largest in India.

EVERY OBJECT TELLS A STORY

"Once when in Madurai, my father entered a shop crammed with metal utensils and articles," recalls Rekha Ranade. "His eyes swiftly scanned the objects around him and a truncated bronze head of Rama with classic features, which he instinctively dated to the 13th century, caught his eye. He realised that if he showed any interest, its price would multiply. A few cursory enquiries later, he left the shop."

After visiting more shops, Dr Kelkar spotted a shirt hanging from an odd stand. He looked at its base and spotted a pair of bronze feet! "As the shopkeeper went indoors to get him a cup of tea, my father removed the shirt and discovered a headless bronze figure," Ranade goes on. "He measured its neck with his fingers. Later, he returned to the first shop

Intricate artistry on display: (from top) tabla from South India, contemporary; Lord Ganesha with Riddhi and Siddhi, Maharashtra, 19th century; an elaborately carved door latch

and figured the two sections belonged to the same sculpture. He purchased the head cheaply saying that a broken head was of little value and bought the headless figure at a bargain from the other shop sighing that a body without a head was of no value." Back in Pune, the figure was bonded. Now, it's one of the best pieces in the museum.

One of the wooden doors in the museum used to be the entrance to the worship house of Sardar Dabhade, commander-in-chief of Shivaji. It is believed that the great Maratha leader once entered it to pay homage to Lord Shiva before leaving on an arduous campaign. The descendants of Sardar Dabhade sold his residence to a timber merchant but Dr Kelkar 'saved' it just in time!

One of the most beautiful sections of the museum is the Mastani Mahal, a structure with carved columns and painted walls, lit with huge, sparkling crystal chandeliers. Built in 1730 in Kothrud, then on the outskirts of Pune, it was the residence of Mastani, Maratha prime minister Peshwa Baji Rao's beloved.

"In 1962, my father heard that Mastani Mahal was being sold off," reminisces Rekha Ranade. "He immediately rushed to the site and bought the 3,000 sq ft treasure. I left college early that day and sat in a truck on the front seat with the driver. My mother, the carpenter and workers sat at the back as we dashed to the site. I covered my face with a book in case any of my college friends spotted me leaving early for the day!" Over a period of three months, the wooden sections, ceiling and columns of the palace were meticulously numbered, dismantled, transported to the family's residence and reassembled over the next two years. K C Shroff, a visitor from Bombay, was so impressed by the museum that he donated Rs 10,000 of the total cost of Rs 13,000 for the process.

Dr Kelkar's elder brother Dr Bhaskar Gangadhar Kelkar and his wife Kamlabai supported his passion. Ranade recalls how, once at a wedding, someone asked her mother if her bangles were gold. Kamlabai replied that she was not sure about that, but she was sure that the hand that held hers was more precious than gold! She passed away in 1980.

Marvels wrought from patience and passion: (from top) ivory door, New Delhi, 19th century; epic chariot, Mysore, 18th century; sandalwood box, Mysore, 18th century



I legacy



The opulent chambers of Mastani Mahal, built in 1734; (below) the Ranade family

BUILDING THE FUTURE

Today, the entire Ranade family is actively involved in planning Museum City. They plan to invite other collectors from Maharashtra to be a part of it. Museum City will offer cultural, educational and recreational facilities with a state-of-the-art display of the collection. The complex will also include Mastani Mahal; an academic area for studying museology and allied subjects; an auditorium; library; art gallery, conservation laboratory, separate

exhibition area; publication and sales counter; administration area; and recreational area.

According to Sudhanva, discussions are on with the local corporations and government to provide financial assistance for the project which will cost about Rs 1 billion. The family hopes a response from the government, people and business will help preserve the collection as a part of the nation's wealth. 🇮🇳



RAJA DINKAR KELKAR MUSEUM

1377-78, Natu Baug, Off Bajirao Road,
Shukrawar Peth, Pune-411002

Tel: 020-24482101, 24461556

Email: sudhanvaranade@hotmail.com

Website: www.rajakelkarmuseum.com

Visiting hours: 9.30 am to 5.30 pm, seven days a week. Closed on Anant Chaturdashi (the day of the immersion of Ganapati, generally in September); 26 January and 15 August

Entry fee: Rs 15 per adult, Rs 5 per child; Rs 200 foreign tourist (adult), Rs 50 foreign tourist (child)

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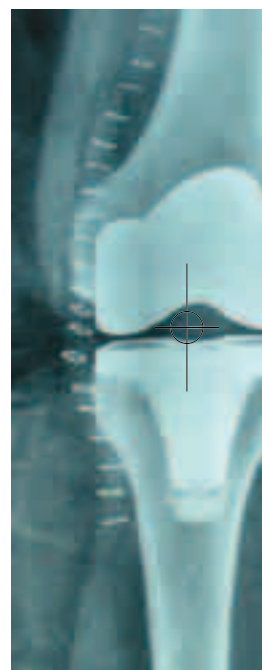
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I cover feature

Joint se

From being a last resort until a few years ago, joint replacement is now of osteoarthritis, reports **Teena Baruah**. Making the decision easier are



HI-FLEXION KNEE

Allows enough movement for high-tension activities like walking fast, climbing stairs and gardening

For two years, stockbroker Uday Shah couldn't do anything but hobble painfully within his Mint Road residence in South Mumbai. Shah was 59 when he was diagnosed with osteoarthritis of the knee in 2005. A degenerative joint disease where cartilage (ends of the bones that cushion the joints) deteriorates, arthritis causes stiffness, pain and injury. In severe

cases like Shah's, when bone rubs against bone, it also causes loss of movement. In fact, it is one of the most common causes of arthritis-related disabilities in India.

By March 2006, the condition completely restricted Shah's movement—but his family physician wouldn't let him lose hope. For months, he looked for a surgeon to work on his patient's

right knee. Most refused because of his weight, 113 kg—the bone cement that attaches artificial joints to bone snaps easily in the case of obese people. But in February 2007, the doctor finally gave his patient the good news: the surgery was on. Shah underwent his operation in May 2007. Mumbai-based orthopaedic surgeon Dr Nilen Shah used a minimally invasive procedure called 'mini-

Services

considered a common and successful option to increase quality of life for patients
implants and procedures that are minimally invasive and promise quicker recovery



Courtesy: BOMBAY HOSPITAL

BRAND KNEEW!

X-ray of an implanted knee joint

subvastus', which he introduced in India. An advanced version of subvastus ('cut below the knee muscle'), mini-subvastus involves a 4-inch cut on the side of the

knee to implant an artificial metal joint, without touching key muscles and tendons.

In Chennai around the same time, Hema Malini, 52, underwent hip replacement surgery—her second. Having suffered a fall at her Puducherry residence in 2004, Malini had her first surgery immediately afterwards at a Chennai hospital. Her hip had become dislocated owing to osteoporosis and was screwed back—but the pain never went away. By 2005, Malini, an officer at State Bank of India, couldn't walk at all. In May 2007, she went back for her second surgery to Apollo Hospital in Chennai. It cost her Rs 300,000.

A minimally invasive surgery (called keyhole or buttonhole surgery), Dr Surya Narayan, orthopaedic surgeon at Apollo, operated upon her through a 12-mm incision that spared key muscles. Malini was discharged from the hospital four days after the surgery and travelled over

two hours by taxi to reach Puducherry. Today, she can't sit cross-legged and has to take care while turning but can walk without pain and even climb stairs.

In Mumbai, Uday Shah could walk a few hours after the surgery. "I am being taught how to walk again; I feel like a child!" he told *Harmony*. Today, Shah is as active as he was before arthritis almost disabled him. Every day, he visits the temple, goes for a swim, attends work and walks for 40 minutes in the evening. The surgery set him back Rs 250,000 but he says, "I only wish I had done it earlier."

GAINING CONTROL

True enough, but any earlier than 2003 and Shah's recovery wouldn't have been as quick. It is only in the past five years that **arthroplasty—hip and knee joint replacement or joint resurfacing**, where artificial prostheses or implants (comprising a stem, ball and socket) are fitted onto bone ends to allow normal joint

Close to **10 million** people in India suffer from **osteoarthritis** of the knee
Doctors say the country is on the verge of an **"arthritis epidemic"**
India is **one of the 12 strategic focus areas** for orthopaedic device manufacturers



I cover feature

movement—has become common and successful.

Ever since the late Dr K T Dhola-
kia of Bombay Hospital introdu-
ced arthroplasty in India in 1986,
it was seen as high-risk surgery
performed only on wheelchair-
bound patients. Most patients
considered it only when the pain
was impossible to bear. The main
reasons for prolonging the agony
were prohibitive cost of replace-
ment surgery (Rs 200,000 to
Rs 300,000), the prospect of
revision surgery (inevitable as
lifespan of the replaced joint is
only 10-15 years), prolonged
hospital stay (one month), and
the risk of fracture or dislocation
of artificial joints manufactured
by local Indian companies.

Until 2000, most artificial joints
were clunky and made of cement
and stainless steel. They were
fitted onto sawed off bone ends
with bone cement through a 12-
inch incision, damaging muscles
and ligaments. The patient
required months of post-operat-
ive care and physiotherapy to
regain minimal flexibility—
movement as simple as walking
and sitting on a chair.

Thankfully, we have left the days
of traditional joint replacement
behind. Today, artificial implants
are anatomically precise and
procedures are state-of-the-art.
Together, they spell good news:
minimally invasive, low pain,
low risk, quick healing and
competitively priced. They have
you longer in the operation theat-
re (two to five hours as against 30
minutes to an hour for traditional
surgery) but get you walking
within hours and allow you a
maximum range of movement
within one to three months. After

surgery, you can climb stairs, sit
cross-legged and even garden,
which requires squatting. Newer
devices of arthroplasty also help
delay revision surgery—instead
of 10-15 years, it can be done in
15-20 years. It costs less too—
Rs 100,000 to Rs 300,000.

MAXIMUM EFFICIENCY

Today, most implants are
engineered to have better fit,
mobility and shelf life. Even their
size is really small so they can be
implanted through keyhole
incisions, as in mini-subvastus,

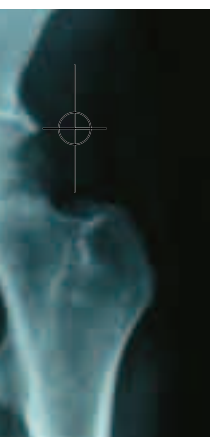
the procedure performed on
Uday Shah. While a knee implant
is 10-11 cm long and 6.4- 6.8 cm
wide (like an ice hammer), a hip
implant is 19-20 cm long and
1-1.2 cm wide (like a long screw
driver). They are made of metal
alloys (stainless steel, cobalt-
chromium, titanium or tivanium,
a combination of titanium,
aluminium and vanadium)
and a plastic called polyethylene
as metal and plastic together
minimise wear and tear. These
implants are mostly light and
provide strength without



HIP IMPLANT WITH FINS

(Above) This tivanium implant offers strength without stiffness





Courtesy: BOMBAY HOSPITAL

HIP AND TRENDY

(Left) X-ray of a newly implanted hip

stiffness and can be used in combination with almost every new procedure. On the market are the following implants:

HIP IMPLANTS

- **Hip implant with fins.** Made of titanium, it's lightweight, offers strength without

stiffness, and gains stability by being minimally embedded (1 mm) in the original bone.

- **Ceramic implants** (usually made by pressing and heating oxides like aluminium and zirconium till they turn hard). These were in vogue once for hip and knee but fell from favour as they broke easily.
- **Cement-less Proxima hip.** Developed by Johnson & Johnson, this doesn't dig too deep into the thighbone and leaves enough bone for revision surgery. Recovery is a little slow—it allows walking on crutches in three weeks, with complete recovery in three months. Eventually, though, it allows people to kneel, squat and sit cross-legged.

KNEE IMPLANTS

- **The hi-flexion knee.** This allows you enough movement for high-tension activities like gardening.
- **Revision knee.** Intended for those whose first implant has worn out, it is designed for activities that require 0-125° of flexion such as walking, sitting and climbing stairs.
- **The un-cemented knee.** One of the most popular implants, it has a special porous coating that allows tissue to grow through it for more stable and long-lasting fixation. It is used on patients with good bone density and excellent bone growth, common in younger arthritic patients. This knee also uses a special type of

acrylic cement to secure it to the bone.

- **The gender knee.** Women have narrower knees and this product developed by Zimmer is shaped to fit the female femur better (70 per cent of osteoarthritis patients seeking replacement are women). Better fit means more comfort and less pain after surgery. With this implant, arthritic women are proven to be able to do everything—from walking and bending to gardening, squatting, even picking up grandchildren. Implantation is minimally invasive so the patient recovers faster, getting back on her feet in two days.
- **Rotating platform knee or flex-fixed knee.** Designed by New York-based Dr Chitranjan S Ranawat, it provides 155° movement, greater than what other implants offer.

From the time when Ranawat brought joint replacement to the public eye in India by operating on then prime minister Atal Behari Vajpayee's left knee in October 2000, the demand for 'new' hips and knees has rocketed. According to international business research group Frost & Sullivan's 2005 study (the most recent and largest survey available), 21,000 total hip replacement and 39,000 total knee replacement procedures are expected to take place in India by 2009. Compare this to a total of 8,000 knee replacements and 9,000 hip

In 1998, 1,000 surgeries were conducted in India

By 2003, the figure was 9,000

In 2009: 21,000 hip and 39,000 knee replacements expected



I cover feature

**BIRMINGHAM HIP**

A ball-on-ball metal joint placed on top of a lightly shaved femur in Birmingham hip resurfacing, a procedure that came to India recently

**UN-CEMENTED KNEE**

With a special porous coating that allows tissue to grow through it for better strength and stability, this implant is popular for patients with good bone density

replacements conducted in 2003 and a total of 1,000 surgeries in 1998.

Translate these numbers into economics and India becomes one of the world's 12 strategic focus areas for companies manufacturing orthopaedic devices. According to the Arthritis Foundation of India Trust, close to 10 million people in India suffer from osteoarthritis of the knee. And they are spoilt for choice today. Depending on the severity, they can opt for **hemiarthroplasty** (half arthroplasty), where only one bone's joint surface is replaced, or **unicompartmental arthroplasty**, where both surfaces of the knee

are replaced but only on the inner or outer sides, not both. For those who need **total arthroplasty**, there are many implants and procedures to choose from.

"India is hot on technology," says Dr Ashok Rajgopal, director (orthopaedics) at Fortis Hospital, Delhi. So hot that manufacturers of orthopaedic devices in the US like Zimmer, Depuy, Johnson & Johnson and Stryker, which together supply 95 per cent of joint implants to India, established marketing offices in India in 2000 and 2001. The implants are imported from Singapore and the US. Newer products reach India within two to three months after their launch in the West.

SMOOTH SURGERY

According to the Frost & Sullivan study, 80 per cent of India's surgeons are using minimally invasive procedures aided by infrared trackers, global positioning systems (GPS) and computers. Some popular procedures include:

- The minimally invasive **mini-subvastus**, which provides instant pain relief, 90° flexibility in knees and the ability to squat in two months. Cost: Rs 250,000
- **Quad sparing surgery**, where the implant is lodged in the knee by making a 3-5 inch incision on the side of the knee without cutting through key tendons and the four knee

I promotion

Is it time to talk to your doctor about knee replacement?

If you answer yes to any of the questions below, you should speak with your orthopaedic surgeon about knee replacement surgery.

- ☐ Does your knee hurt one or more days per week?
- ☐ Does the pain interfere with your sleep?
- ☐ Is it painful for you to walk more than 10 minutes continuously?
- ☐ Are pain medications no longer working?
- ☐ Is knee pain limiting your participation in activities?
- ☐ Has inactivity from knee pain caused you to gain weight?
- ☐ Can you limit activities for a few months to recover from surgery?
- ☐ Are you willing to commit to work hard during rehabilitation for a successful recovery?

Discuss the results of this quiz with your orthopaedic surgeon to learn more about your treatment options.

For more information on "Arthritis and Its Management" call on **022-66778090** between 10 am - 6 pm from **1st - 31st August, 2007** or email: **freedomfrompain@rediffmail.com**

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Back to walking: within **hours** after surgery

Maximum movement (**climbing stairs** and **gardening**): **1 to 3 months**



muscles (from where the procedure gets its name)

- **Birmingham hip resurfacing**, which requires lightly shaving off the head of the femur and fitting it with a metal implant. Cost: Rs 225,000

- **Cartilage implant or autologous chondrocyte implantation (ACI)**, where cartilage is artificially grown and implanted in knee or hip (see interview). Cost: Rs 300,000

- **High tibial osteotomy**, a preventive procedure that uses a fixator or bone plate to realign the knee (it shifts the weight of the body on the undamaged area of the knee). Cost: Rs 60,000 to Rs 70,000

- **Cadaver bone grafting**, in which cadaver bone is implanted along with the artificial joint in both knee and hip for natural stability. Cost: Rs 75,000 to Rs 100,000

"Earlier, people kept suffering when arthritis hampered their quality of life," says Rajgopal, who was among 55 surgeons who contributed to the evolution of the gender knee—it has already been used on 100 female patients in the past six months. He adds, "When they finally came to us, they had already exhausted all their joints, bones, muscles and treatment options. Their sole argument used to be, 'Why opt for such an expensive option when we have so few years left?' But then quality of life became as important as living longer." According to him, today arthroplasty is as common as common as bypass surgery.

One arthroplasty procedure that's fast becoming popular for knee replacement is mini-subvastus. "You don't need to blast a wall to enter a room; just open the door and walk in," says Dr Nilen Shah. The success of minimally invasive arthroplasty largely depends on computer navigation. "Precision is needed to cut the bone through a small incision, as any gap between it and the implant can cause loosening and faster wear and tear," says P K Banerjee, orthopaedic surgeon at Peerless Hospital, Mumbai. "A shift of 5-6° can halve the life of joints." For 100 per cent accuracy, some surgeons use GPS. However, most minimally invasive procedures use infrared trackers as a 'third eye' to highlight where the new joint should be positioned. Besides a



HIP HIP HURRAY!

Priya Vincent, 61, moved to India 14 years ago. A British widow, she grows vegetables in the Buddha Garden Community Farm in Puducherry. At 38, after the birth of her second child, her hips and back started aching. Though the

pain eased a bit after she delivered her third child, it became worse again. Initially, Vincent did not compromise on her active lifestyle but over time she was forced to give up all exercise, cycling and painting. She decided to seek help. "Surfing the Net, I found out about resurfacing," she recalls. She immediately got in touch with Dr Vijay Bose at the Apollo Hospital in Chennai. What reassured her was that Dr Bose was trained at Birmingham Hospital where resurfacing was first developed. Though the UK's National Institute for Medical Excellence's guidelines called it an "experimental approach", Bose's assertion that a resurfaced hip could even last a lifetime dispelled her remaining doubts. Vincent's first hip was replaced in April 2005 and the second was operated upon six months later. Both times, when she was discharged from hospital, she walked unassisted. "After living with the pain for 23 years, I was suddenly amazed to feel no pain after surgery," she says. "In a week, I could walk, climb stairs, bend and squat." And she only had to wait six weeks to cycle (to prevent the risk of falling). Today, Vincent exercises regularly to gain more flexible hip muscles. She also cycles every day to sell her produce at the market.

INTERVIEW: DR P K DAVE

MAMTA BHATT

Prof P K Dave of Rockland Hospital, New Delhi, introduced autologous chondrocyte implantation (ACI) in India, which replenishes lost cartilage to minimise bone degeneration. In 2007, Dave did his first cartilage transplant surgery on 46 year-old Vimla Devi. Here's what he told *Harmony*...

Q Why is preserving cartilage so important?

A Cartilage protects bones at the joints from rubbing against each other and wearing off. It

contains water and cells that generate new cartilage. With every step, our body exerts pressure on our knees and hips. Consequently, water in the cartilage is squeezed between the bones. When the pressure is released, the water flows back with nutrients picked up from the fluid that fills the joints. Constant fluid exchange is critical for pliable cartilage and explains why exercises like walking help delay osteoarthritis.

Q Tell us about ACI.

A ACI, which costs about Rs 300,000, is a pain-free procedure and involves no blood loss. First, we insert a tiny telescope into the joint and extract chondrocytes, which are cells found in cartilage. The tissue is then sent abroad for culture and flown back after it multiplies in about six weeks. Then we scrape off damaged chondrocytes and introduce fresh cells along with a cementing gel. As a half-centimetre incision is made to scrape the torn cartilage, the knee muscles are completely spared. If the newly formed film doesn't break on

smaller cut, the technology involves minimum blood loss, preserving key leg muscles. Both infrared trackers and GPS cost Rs 10,000 extra.

Dr Surya Narayan of Apollo Hospital Chennai was one of the first surgeons to try minimally invasive arthroplasty in 2002.

"When I learnt it, it was the buzzword in arthroplasty," says Narayan whose buttonhole surgery for knee and hip replacement involves a 12-mm incision and therefore spares key muscles and ligaments. It's painless, ensures quick recovery and has 80 per cent of India's orthopaedic surgeons following it.

Cutting-edge procedures are also available for those who cannot afford exorbitant expenses on joint replacement. Since early 2006, Dr Surya Bhan, head of the orthopaedic department at All India Institute of Medical Sciences (AIIMS) in New Delhi and his colleague Dr Rajesh Malhotra have been treating low-

1st time in India

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- Reduced hospital stay
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flexing, the area is closed. Depending on the damage, the patient is made to walk around normally in two to six weeks. Patients need to be hospitalised twice for two to three days each. Though the pain disappears soon, they may need a walker for three weeks and can't lift weights for three months. ACI is expected to delay total knee replacement in 95 per cent of cases. The procedure is pending approval from the FDA (Food and Drug Administration, which regulates all food, drugs and cosmetics in the US).

Q Won't the new cartilage be subjected to the same pressures as the original cartilage?

A It takes years to destroy new cartilage. Regular exercise and calcium supplements are a must.

Q Who's the ideal candidate?

A A person who's between 40 and 50 years of age, active and has just started having knee pain. Unfortunately, many people come to me at a very

advanced stage with damaged bones. Then I advise total knee replacement surgery.

Q What's stopping ACI from becoming a full-fledged alternative to total knee replacement?

A Chondrocytes are difficult to grow because of their poor nutrition intake. We cannot clone them either as our body may reject them. Also, right now, our Korean partners are not ready to share their technology.

Q When you decided to do the first ACI procedure, were you putting your reputation on the line as some of your peers consider ACI a 'gimmicky procedure' with marginal value?

A I believe that science will advance only if we take new initiatives. I will start talking about this procedure at conferences only after I have done at least 10 to 15 transplants and followed them up for six months. I also believe we should wait and watch before rushing into surgeries.

density, fractured, damaged or deformed bones with cadaver implants. The technique is called bone grafting. The first step is strengthening the femur and tibia with a cadaver bone from AIIMS' bone bank and then fixing the best fitting implant to it.

"We use it in 5 per cent of primary joint replacement and 80 per cent of revision surgeries," says Bhan, who set up the Replacement Department at AIIMS in 1992—it was very expensive then and he conducted about 50 replacements a year in the early

1990s. Bhan also established the cadaver bone bank at AIIMS in 2000. In bone grafting, bone gets integrated into the parent bone within six months and improves its quality. It doesn't need genetic typing, causes no immune rejection and lasts a lifetime.

"Even poor people come to us for surgery [it costs Rs 75,000 to Rs 100,000]," says Bhan. In 2002, Bhan and Malhotra operated on 54 year-old Anju Bhuttan's hip. After four failed surgeries, she can now walk without support. "They promised me the impossible," she says. "Today,

my friends can't believe I was nearly crippled a year ago." Bhuttan has resumed her daily life comprising cooking and washing clothes, and goes on pilgrimages to Haridwar and Rishikesh with friends.

CATCHING THEM YOUNG

So successful has arthroplasty proved that it is now being considered for younger patients. For instance, one procedure gaining in popularity is high tibial osteotomy (HTO), which realigns the knee in initial stages of arthritis.

Knee implant: 11 cm long, 6.4-6.8 cm wide; Hip: 20 cm long, 1-1.2 cm wide

Procedure: Tiny incision, no damage to key muscles, low risk, no pain

Cost: Rs 100,000 to Rs 300,000



I cover feature

**A 'KNEEDFUL' BREAK**

Satish Chander Suri, 78, wasn't seeking an armchair when he retired as a senior vigilance officer from ITDC in 1987—he was looking forward to a second career as a tax and finance consultant. For Suri, long client meetings and longer working hours were compensated by holidays abroad. In 2001, on one such European trip he felt a twinge in his right knee.

Initially, he ignored it, thinking he was too young for arthritis. But as every step became more painful, he ended up confined to his hotel. Back in India, he started struggling with simple activities—walking, bending, even sleeping. By October 2001, Suri grew totally dependent on painkillers and couldn't keep pace at work. What's worse, his other knee too started giving him trouble. Soon, he decided to go for total knee replacement as recommended by his doctor Ashok Rajgopal, director of orthopaedics at Fortis Hospital. "I had complete faith in my doctor, so much so that I didn't even take a second opinion," he says. On November 2001, both his knees were replaced by a minimally invasive procedure (through a small 3-4 inch incision) called quad-sparing. After spending a week at the hospital, Suri diligently attended physical therapy and performed daily exercises to regain full motion in his knee. He also became a vegetarian, gave up high-calorie food and stopped drinking. Instead, he took to daily walks and *pranayama*. The best compliment he received after his joint replacement came from his wife—"You walk better than our ex-PM!" In a recent interview on TV, Suri walked effortlessly to demonstrate the success of his surgery. Now, he's back to where he left before his knees gave way: he has just returned from a holiday in the Andamans and is already planning his next vacation.

where cartilage is still healthy. All this can be done through a 1-mm incision, without inserting an external joint. A virtually painless procedure, it requires only two to three days of hospital stay.

"While an artificial knee wears out, HTO enables active patients to continue using the healthy side of their knee, postponing progression of osteoarthritis and replacement by 15 years," says Parihar, who has operated on 150 patients. "It's ideal for when osteoarthritis is first detected, between the ages of 45 and 60. But it's not a permanent cure."

In Shenvi's case, the fixator that aligns her bone will go away in three months and she'll resume her *garba* class, well in time for her cousin's wedding. "Arthritic patients think only in terms of total knee replacement," she says. "They should learn about alternative procedures like HTO that postpone and even eliminate the need for replacement."

A NOTCH ABOVE

There are some replacement and resurfacing procedures too that are recommended for younger patients. One such procedure is Birmingham hip resurfacing, brought to India by Dr Vijay Chandra Bose of Apollo Hospital in Chennai in January 2007. Invented in 1997, it has already been used on 60,000 patients worldwide. It lasts for as long as 20 years, causes minimum wear and tear in the bones involved, and therefore makes revision surgery much easier.

"As traditional prostheses wore out faster, patients decided to delay standard joint replacement surgery till they turned 60," says Bose. "However, the new resurfa-

Mumbai-based homemaker Savita Shenvi, 48, is younger than the average contender for joint replacement. She underwent HTO in May 2007 and can walk without any pain today. She even takes the stairway to her fifth floor apartment in Mumbai. "Most osteoarthritis patients are told not to consider surgery till the pain is bearable but that is no longer the case," says Dr Mangal Parihar of Mumbai's Wockhardt Hospital, who operated upon Shenvi. "HTO arrests the degenerative process

for as long as 15 years." As Dr Parihar explains, between the ages of 40 and 50, the cushion of cartilage starts to grow progressively thinner and bones begin to grind against one another. In HTO, the tibia (the bone that stretches from knee to ankle) is cut and straightened. Then a 'fixator' or bone plate of surgical steel is used to fix the bone at a required angle. This increases width of the knee joint so cartilage can grow. It also shifts weight off the damaged area to the other side of your knee,

FIT FOR LIFE

- Chaitanya Shah

Aging cannot be halted. But by staying fit and healthy, you can live a complete and independent life.

After the age of 50 fitness tends to take on a new shape. Physical activities and exercise routines that you once found merely challenging may become painful by the time you have crossed 65. Even if you are modestly or quite fit, the body will shift and change and you will automatically lose your sense of balance.

If you have been diagnosed with Osteoarthritis, you are not alone. Many aging people discover Osteoarthritis is the reason for their creaking knees, aching backs and sore fingers. It is 'the most common form of disability and a natural part of aging'. However, arthritis doesn't have to take control of your life.

With age, the 'cartilage', the rubbery cushion covering the bones in the joints, begins to stiffen and gets damaged more easily. Gradually it loses its 'shock absorbing' qualities. Moreover, the connective tissue (the supportive framework for the body- like cartilage, tendons, and ligaments) becomes less elastic leading to greater risk of injury to the joints. Ultimately, bones start rubbing against each other and the resulting pain is the symptom that finally gets everyone's attention.

Our body is like a car. There is going to be wear and tear as we grow older. However, car parts and even the car itself can be easily replaced, unlike our body, which is a self building, self cleansing, self repairing and self destroying 'human machine'.

Whether you are 45 or 70, it is never too late to start (or restart!) an exercise program. If you don't want to join a gym, remember that even daily activities - things like gardening, household chores, walking the dog - can help you stay active, maintain or lose weight and keep your body active.

Once you start moving, it is like a snowball effect. You feel better, your clothes fit better and you begin to eat better. Studies reveal that those that who became active and exercised regularly were not only more fit but increased their "good" cholesterol levels, got sick less often, and showed fewer signs of heart disease and lived longer.

TIPS FOR ACTIVE AND HEALTHY AGING:

Stay Tuned: Listen carefully to what your joints and muscles are telling you when you are involved in physical activities and exercise.

Aerobic Activities: It is more critical than ever to continue physical exercise including walking, stationary cycling, swimming, yoga and pilates for maintaining and enhancing endurance level.

Strength Training Programme: It is crucial to avoid loss of muscle mass and slow the decline in metabolic rate. Muscles weaken with age leading to increased pain. Combat this with muscle strengthening exercises.

Lose Weight: Being overweight or obese puts additional stress on weight-bearing joints and increases the risk of injury.

Warm up and stretch: Reduce the risk of injury and counter age-related tightening of the body by warming up before and adding stretching to your workouts will help counter the tightening of the body.

Modify and improvise: Instead of running, hike. Instead of running three miles, walk five. Walk faster, on a spongy asphalt trail. Instead of lifting heavy weights, use light weights with more repetitions. Don't abuse your body. If your body is saying take it slower, then take it slower. Period!

Seek expert help: Consult a Physiotherapist, Occupational therapist or a fitness trainer to create a program for you and demonstrate proper form and control and learn to use the equipment. Periodical physical and medical check ups are obligatory to your body.

Use Assistive Braces and Supports: If you feel unstable and experience joint pain, it is advisable to use clinical and rehabilitative braces for support and stability.

Stay Mobile: People's perception of exercise is extreme. The fact is - we're animals, we're meant to move. Not moving is the worst thing you can do to your body."

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cing options offer pain-free and fully functional joints to younger patients." While the surgery takes about one-and-a-half hours more than other newer procedures, recovery is rapid. "The patient can walk with crutches on the fifth day, can get back to work in three weeks and play a sport in six weeks," claims Bose.

Bose's patient Priya Vincent, 61, had been suffering from hip pain since she was 38. The Puducherry-based organic farmer consulted him in early 2005. The day after her surgery on April 2005, Vincent could move her legs without pain. In six weeks, she resumed cycling. "It has been life transforming," she says.

"The rising acceptability of artificial joints is owing to the need for high quality of life," says Bhan of AIIMS, adding that people know exactly what implant and procedure they want today. "If you don't have it, they move to the next surgeon." Today, the orthopaedic department at AIIMS gets 400 cases a year and surgeons try out all the latest techniques on their vast pool of patients. Bhan alone has performed 2,500 surgeries since 1992 and documented case studies for implant manufacturers.

THE OTHER SIDE

However, not everyone is thrilled about the new technologies. "They are like froth in coffee; when it settles down you will know how full your cup is," says

Mumbai-based orthopaedic surgeon J A Pachore who has stuck to conventional joint replacement surgery for affordability (it costs Rs 90,000 to Rs 150,000 today) and simplicity (even surgeons in smaller cities, where hospitals lack hi-tech infrastructure, can perform it). "Most new procedures have come out of market pressure." Pachore has performed 7,000 replacements in his 25-year career—he says he hasn't had a single failed surgery.

"A good procedure is one that gives 100 per cent results," says Rajesh Malhotra of AIIMS. "I may be smart enough to do a knee replacement through a 2-inch hole, but it's of no use if it's not accessible to the masses." He says India, which is on the verge of an arthritis epidemic, doesn't need niche doctors centred in metros. Malhotra argues that these surgeries are more suitable in the West where hospital stay is an issue because health insurance is paid for. In India, hospitalisation is an event. Patients come from distant villages and need to be watched closely after surgery as they don't get decent post-operative care at home.

CAUTION AND CARE

It's an important point. Whether you undergo conventional replacement or a newer procedure, surgery itself is only the beginning. Patients under 60 should be prepared for revision surgery in 15-20 years and must prevent postoperative dislocation.

Usually, after hip or knee replacement, patients are allowed to sit up in a chair on the first day. They can walk on the second and by the third, they go into physiotherapy. On the fifth, they are discharged from hospital. After three months, most are able to return to work. After total joint arthroplasty, patients are usually discouraged from intensive activities like running, competitive tennis, and kick-starting a two-wheeler. And they shouldn't even think of jumping from a bus. But walking, cycling and swimming are allowed.

For at least three months after hip surgery, patients must sit with the hips elevated. The hip should not be flexed beyond 90°. They must also avoid forward bending for a few months. After total knee arthroplasty, motion exercises and muscle strengthening are required for a minimum of six weeks. Tracing circles in the air with your arms and legs to keep the joint from stiffening is recommended.

Patients are asked to pop Vitamin D and calcium pills daily. They should also regularly check their eyesight, blood pressure and blood sugar, and keep their home and workplace well lit and uncluttered to avoid falls. The payoff: renewed quality of life with your brand new joints. ■

*With Shreya Sethuraman
in Mumbai, Padmini Natarajan
in Chennai and Ritusmita
Biswas in Kolkata*

HELP FOR KNEE PAIN IN WOMEN

How does the knee work?

Essentially, the knee is a hinge that joins your thigh bone (femur) to your shin bone (tibia). Cartilage provides a cushion between the bones, preventing them from grinding directly against one another when you bend and extend your leg. Muscles and tendons connect the bones and keep the joint stable. When the knee is healthy, all of these things work together unnoticed – gliding smoothly and without pain.

What is osteoarthritis?

There are more than 100 different types of arthritis. Osteoarthritis, often called “wear-and-tear” arthritis, is the most common type. Osteoarthritis is a noninflammatory degenerative joint disease characterized by the breakdown of the joint’s cartilage. As the largest joint in your body, knees are a prime target for the disease. The cartilage that cushions the bones of the knee starts to erode, eventually allowing the bones to grind or rub directly against each other, causing pain and stiffness.

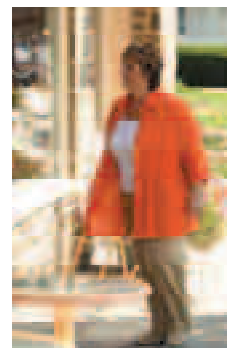
While the exact causes of the various types of arthritis are unknown, researchers have found that genetics may play a role in approximately 40 to 65 percent of knee osteoarthritis cases, according to the National Institute of Arthritis and Musculoskeletal and Skin Diseases.

Women are different, and so are their knees

Knee replacements have been a highly successful surgery for more than 30 years. Women account for nearly two thirds of the more than half a million people who undergo knee replacement in worldwide each year, and that number continues to grow. For the first time, there is a knee implant designed especially for women. The new *Gender Solutions* Knee is the first and only knee replacement shaped to fit Women.

Women and men are different in many respects, including their knees. Traditional knee replacements are sized and shaped to fit an average of men’s and women’s knees. As more and more women have knee replacement surgery, it’s become apparent that traditional knee replacements, while highly successful in alleviating pain, may not feel or move like your natural knee. Woman knees tend to be narrower than a man’s, and their hips are wider, women knees move differently. The *Gender Solutions* Knee is designed to accommodate those differences and is the only knee replacement shaped to fit a woman’s anatomy.

For more information on Gender specific knee please contact your nearest Orthopaedic surgeon.



Lousie D'Amico, Age 50 years,
Eastern Pennsylvania, US
Louise was one of the first patients to
receive a Gender Specific Knee.



Skintessential

Dr Rajiv Sekhri answers queries on skin ailments

Q I am 62 years old. I have a mole on my face that has swollen up recently. Though I have tried many different remedies, nothing has helped.

A At this age, if a mole swells up, you need to ensure the growth is not cancerous. Get in touch with your dermatologist. If required, he or she may remove it surgically. The mole has to be examined under a microscope to rule out any malignancy.

Q I am getting boils all over my neck. What should I do?

A You need to consult a doctor. You may even be suffering from diabetes. Though antibiotics may help, approach your doctor for the correct diagnosis and prescription.

Q I am unable to walk comfortably owing to a painful, stony growth on my foot. What should I do?

A You probably have a corn on your foot. Soak it in warm water and clear the dead skin on top with a foot file or brush. Do this every day; it will take a few weeks to remove all the dead layers. Also switch over to loose-fitting footwear with soft soles. Don't walk barefoot.

Q I am losing a lot of hair. At the rate at which I am losing it, I am afraid I may soon go bald.

A Don't worry—hair loss is a common problem. Sometimes, even heavy medication can affect your scalp. If that's not the case, get a blood test done to check your thyroid and haemoglobin levels. A healthy diet with proper hygiene should help restore your hair back to its original glory. If the problem persists, consult a dermatologist. ■

Dr Rajiv Sekhri is a Noida-based consultant dermatologist

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I am a 70 year-old retired veterinarian, and president of the National Academy of Veterinary Sciences in India. The organisation has about 400 fellows and members, including serving and retired directors of research institutes and professors of veterinary colleges. I am interested in animal welfare, especially humane treatment of experimental animals, and general preventive healthcare. I would also like to promote veterinary education in India. In this regard, I would like to correspond with likeminded people in the country through email.

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Expand yourself

Pranayama boosts energy and longevity, says Shameem Akthar

*P*ranayama has been given a fresh lease in India, thanks to yoga's poster boy Swami Ramdev. Indeed, time spent on these breathing practices is time well-expended—the health of all the major systems hang on the breath's health. This includes the nervous, digestive, circulatory, excretory and reproductive systems. *Pranayama* also gifts you with unbelievable stamina and longevity.

On the physiological level, *pranayama* was designed by our yogis by watching nature. They noticed how animals whose breath was slow and steady, like the elephant and tortoise, lived longer. They also noticed that animals that breathed fast and erratically, like hunting lions or dogs, had a short lifespan. Further, they realised mental control could be achieved by reining in the breath as it linked body and mind. One simple illustration: when you exhale after prolonged breath retention, you go beyond the habit of the mind, the desperation of the body (for a deep breath). You calmly tell your mind and body to follow your command.

Researchers have found that breathing practices also keep the entire body-mind complex in peak condi-

tion. Simply put, *pranayama* makes you fuel-efficient and reduces hunger levels. You will not eat just for entertainment or out of boredom but only when the body needs food. Studies have shown that people living in mountainous regions who ate sparsely enjoyed longevity. The fact they lived on hilly terrain indicates that they had super lung capacity. But for those living on plains, the habit of sparse eating cannot be acquired overnight; it must occur naturally as the body becomes more efficient. That efficiency is gained with *pranayama*.

Though there are several *pranayama* practices, the three classic ones are skull-cleansing (*kapalabhati*), *nadi* purifier or alternate nostril breathing (*nadi shodhana* or *anulom vilom*) and humming bee (*bhramari*). Do these in the order listed, as *kapalabhati* is stimulating, *nadi shodhana* is balancing and *bhramari* is calming. The last two do not have major contraindications but keep the following in mind: *bhramari* can be avoided by those with low blood pressure or those who are shy as it introverts the mind. As *kapalabhati* is stimulating, it must be avoided by those with heart and blood pressure problems, epilepsy or inflammatory conditions. *Nadi shodhana* is very therapeutic, but breath retention can be avoided by those with heart or blood pressure problems or while menstruating. ■

Yogic moves

Humming bee (*bhramari*)

Sit in a meditative pose. Close your eyes. Inhale and exhale a few times in preparation. After inhaling deeply, exhale with a humming sound, making a soft 'mmm', up to capacity. This is one round. Inhale, exhaling again with a hum. Do six to nine rounds. Sit still for a few seconds, enjoying the relaxation.

Note: The length of your hum could be a pointer to



Illustration: MAMTA JADHAV

lung health: the longer your hum, the more efficient your lung. But do not strain. Relax your body consciously, especially your shoulders. Avoid if you have low blood pressure, ear infections and are depressed or excessively shy.

Benefits: This *pranayama* expands lung capacity naturally and calms the mind. It is the most healing of the *pranayama* and is used as

therapy for most ailments.

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)



THE FORTUNATE ONE'S!

*My heart wails yet my eyes are dry,
Even those tears have deserted me!
If you could hear my silent cry,
Grateful, my soul shall forever be...*



Shanthi Didi is cradling a child to sleep. The little one sleeps peacefully in her gentle arms. As the infant smiles in her sleep, it brings a benign smile on our Shanthi Didi's face. They are birds of different flocks that have found shelter at our home.

Few years back, Shanthi Didi lived in a large mansion, surrounded by her friends and family. She believed them in a blind manner. This trust cost her dearly. They surrounded her and sucked her wealth slowly, while she remained blissfully ignorant. One day, she found that her wealth had vanished and along with it, her rich relatives. Stranded and desperate, she started begging for alms. Even her worst nightmares had not prepared her for this. Stripped of the very dignity of her life, she lay there in the streets.

A well-wisher brought her to "Udavum Karangal" a welfare organization meaning Helping Hands which lent a hand to mend her broken heart. While nursing her wounds, she also looks after the little angels in Udavum Karangal. The children do sometimes siege her, not for her money but for her love. She could never regain the wealth she lost, but here she found the dignity she much valued.

There are many such Shanthi Didis and Dada-Dadis around. With a little assistance from well wishers and kind hearted people, we can keep them going. You too can help to build hope.

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HEALTH BYTES

DEADLY DIABETES

Diabetes can cut down your life by eight years, proclaims a recent study by Oscar H Franco of the University Medical Centre in Rotterdam, Netherlands. The study—published in the June issue of the *Archives of Internal Medicine*—says diabetics are more likely to develop heart disease earlier than non-diabetics, which increases their risk of mortality. For their study, Franco and his team collected data on more than 5,200 American men and women over 50 years of age and followed them till they developed heart disease or died. They found that diabetic men lived an average of 7.5 years less than men without diabetes, and diabetic women lived an average of 8.2 years less. “Effective prevention of diabetes will not only increase life expectancy and free people from cardiovascular disease but will also lead to savings on healthcare,” says Franco.

**PRESS ‘PAUSE’**

A fertility revolution is on its way. Professor Robert Winston of Imperial College, London, has discovered a protein that could extend the life of women’s eggs

and stave off menopause. Winston is already planning to develop it into a pill or jab. At the age of 16, a woman has about 500,000 eggs. With the loss of around two eggs an hour, by the age of 46 she has virtually none left. “We’ve seen an increasing number of healthy 40-plus women having IVF treatment over the past 15 years,” explains Winston. “But the chances of success fall dramatically after the age of 37 and are negligible by 45, because by then very few eggs are being produced.” Without revealing the protein, he says it will be able to delay menopause without risk. David Hodgson, medical director of the London Fertility Centre, says such a drug would have a dramatic impact. But he warns that thorough trials are required to make sure the treatment is safe.

INSTANT DIET

Here’s the new diet pill on the block. GlaxoSmithKline’s Alli, which got approval from the US FDA (Food and Drug Administration, which regulates all food, drugs and cosmetics in the country) recently, can cut as much as 150-200 calories per dose by clearing out the gut more than normal. The

pharmaceutical company claims that if the drug is combined with exercise, a low-fat, reduced-calorie diet, and a multivitamin at bedtime to offset nutrient loss, it can help shed 5 to 10 per cent of body weight. Charles Ganley, director of the FDA’s Office of Non-Prescription Products, however, emphasises that diabetics and those using blood-thinning drugs should consult a physician before taking Alli. Because of the potential for drug interactions, people with transplanted organs will be warned not to use the treatment. Alli is also off limits for anyone under the age of 18. It is expected to hit the market this summer.





HEALTH BYTES

PICK A PUMPKIN

Here's exciting research on an unexciting vegetable. According to researcher Tao Xia of the East China Normal University in Shanghai, pumpkins could drastically reduce the daily insulin intake of diabetics. His studies revealed that diabetic rats that were fed pumpkin extract had only 8 per cent fewer insulin cells compared to normal healthy rats. The protective effect of pumpkin is thought to be because of antioxidants and D-chiro-inositol, a molecule that mediates insulin activity. The rats used in this study represent Type I diabetes, but the researchers believe the pumpkin extract may also prove effective in Type II diabetes. Before reaching further conclusions, Xia's team will next conduct tests on humans.

PATCHWORK

The FDA has recently approved a skin patch to treat dementia. The Exelon or rivastigmine drug manufactured by Novartis Pharmaceuticals Corp is already available in the form of a capsule but the patch will provide a regular and continuous dose throughout the day. As the drug enters the bloodstream directly, the patch also eliminates some of the gastrointestinal side-effects associated with the drug when swallowed. The drug is meant to treat the symptoms of mild to moderate dementia in patients with Alzheimer's disease.

About 4 million Indians have Alzheimer's, which robs them of their memory and changes how they think and behave. It is ultimately fatal. Although rivastigmine isn't a cure, it inhibits the breakdown of a chemical in the brain called acetylcholine, proven to be important for both learning and memory. "It will be easier for caregivers to administer on Alzheimer's patients than a pill," says Dr Ravi Samuel of Psychotherapy Clinic, Chennai. "But rivastigmine is expensive and costs Rs 3,500 per month, so most patients may not be able to afford it."

YIN YAWN

After years of trying to stifle our yawns (especially during board meetings), researchers from the University at Albany are now telling us that yawning is actually good for us. Contrary to popular belief that long associates yawning with sleepiness, exhaustion, boredom and low oxygen levels in the brain, researchers have found that yawning acts as a brain-cooling mechanism. The brain burns up to one-third of the calories we consume and as a consequence generates a lot of heat. According to researchers Andrew Gallup and Gordon Gallup, the brain operates more efficiently when cool, and yawning enhances its functioning by increasing blood flow and drawing in cooler air. Their findings are published in the journal *Evolutionary Psychology*. "Very few studies have been conducted on yawning and so very little is known about it," says Dr H N Malik, professor of physiology at AIIMS. "Till today, most people thought yawning was a prelude to sleep. But this study turns that theory on its head. It's very interesting."



HEALTH BYTES

DOUBLE WHAMMY

A single pill may help you kick the cigarette butt and lay off the booze. A drug called varenicline has been developed by Pfizer to help smokers quit—it is already on the market in the US. Now, preliminary research by neuroscientists at the Ernest Gallo Clinic and Research Centre at the University of California, San Francisco suggests it could also help heavy drinkers. In fact, it may even be developed further to help treat addiction to painkillers and gambling. For more details, read the 15 June issue of *Proceedings of the National Academy of Sciences*. However, Professor B M Tripathi of National Drug Dependence Treatment Centre, AIIMS, cautions that there is no such thing as a magic cure-all for addiction.



LAP OF TROUBLE

According to research by the Indian Association of Occupational Health (IAOH) in Mumbai, using laptops for more than two hours at a stretch can lead to strained tendons and sore shoulders. The reason is simple. If the keyboard is optimally positioned for the user, the screen isn't, and vice versa. "Laptops are meant to be used for a short time but executives use them instead of their desktop computers," says S R Pingle, lead researcher at IAOH. "The keys are cramped. Also, many users type with just one or two fingers, which puts pressure on the hand." If you are glued to your laptop, use an external mouse for some relief.

5 SYMPTOMS YOU MUST NOT IGNORE

- **Blackout:** Usually a portent for cerebral stroke or heart block. Diabetics may have one when blood glucose levels fall steeply. When you experience one, lie flat, call a doctor, and suck on a sweet.
- **Chest discomfort:** If it occurs after eating, climbing or walking, it could be heart trouble (ischemia). Sometimes it may also be because of gallstone disease. Lie down, keep a sorbitrate under the tongue, and get to a hospital.
- **Breathlessness:** If you are not a patient of bronchitis or asthma, beware! Heart failure, a blood clot in the lung (embolism) and pneumonia are some of the potentially deadly culprits.
- **Blood in stool or urine:** In the elderly, cancer of the rectum or colon, and also of parts of the urinary passages, has to be ruled out and the cause treated.
- **Sweating:** Never underestimate the significance of sudden sweating, especially in diabetics. It could be a sign of a heart attack, or dangerous hypoglycaemia (low blood glucose).

—Dr B Ramana, advanced laparoscopic surgeon,
Wockhardt Hospitals, Kolkata



The absurd ego

Understand it to conquer your misery, says **Acharya Rajneesh**

Why is it so difficult to forgive, to stop clinging to hurts long since past?

The ego exists on misery—the more misery the more nourishment for it. In blissful moments the ego totally disappears, and vice versa: if the ego disappears, bliss starts showering on you. If you want the ego, you cannot forgive, you cannot forget—particularly the hurts, the wounds, the insults, the humiliations, the nightmares. Not only do you not forget, you will go on exaggerating them, you will emphasise them. You will tend to forget all that has been beautiful in your life, you will not remember joyous moments; they serve no purpose as far as the ego is concerned. Joy is like poison to the ego, and misery is like vitamins.

You will have to understand the whole mechanism of the ego. If you try to forgive, that is not real forgiveness. With effort, you will only repress. You can forgive only when you understand the stupidity of the whole game that goes on within your mind. The total absurdity of it all has to be seen through and through, otherwise you will repress from one side and it will start coming from another side. You will repress in one form; it will assert in another form—sometimes so subtly that it is almost impossible to recognise that it is the same old structure, so renovated, refurnished, redecorated, that it looks almost new.

The ego lives on the negative, because it is basically a negative phenomenon; it exists on saying no. No is the soul of the ego. And how can you say no to bliss? You can say no to misery, you can say no to the agony of life. How can you say no to flowers

and stars and sunsets and all that is beautiful, divine? And the whole existence is full of it—it is full of roses—but you go on picking the thorns; you have a great investment in them. On the one hand you go on saying, “No, I don't want this misery,” and on the other hand you go on clinging to it.

The ego can live through forgiving, it can start having a new nourishment through the idea that, “I have forgiven. I have even forgiven my enemies. I am no ordinary person.” And, remember, one of the fundamentals of life is that the ordinary person is one who thinks that he is not; the average person is one who thinks that he is not. The moment you accept your ordinariness, you become extraordinary. The moment you accept your ignorance, the first ray of light has entered in your being, the first flower has bloomed. Spring is not far away.

Remember: the ego is like darkness. Darkness has no positive existence; it is simply absence of light. Light has a positive existence; that's why you cannot do anything directly with darkness. If your room is

full of darkness, you cannot put the darkness out of the room, you cannot throw it out, you cannot destroy it by any means directly. If you try to fight with it, you will be defeated. Darkness cannot be defeated by fighting. You may be a great wrestler but you will be surprised to know that you cannot defeat darkness. It is impossible, for the simple reason that darkness does not exist.

**The ego is like
darkness. Darkness
has no positive
existence; it is just
absence of light**

If you want to do anything with darkness you will have to go via light. If you don't want darkness, bring light in. If you want darkness, then put the light off. But do something with light; nothing can be done with darkness directly. The negative does not exist—so it is with the ego. ■

Extract from Joking Around (Jaico Books; Rs 250; courtesy Oxford Bookstore). Acharya Rajneesh (also known as Osho after 1972) remains one of the most talked about gurus. He preached and wrote on diverse subjects—spiritual, religious, physical and metaphysical. He died in 1990

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



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Illustration: MAMTA JADHAV

Silver Times

Harmony scopes out the best sites with news on seniors

Dan Rather, one of America's longest-serving TV anchors, calls news more addictive than crack cocaine, heroin or cigarettes! If you're looking for your daily news fix online, there are thousands of websites that tell you what's happening around the world. But try looking for sites that give you news exclusively on silvers and the choice narrows—drastically. Most websites for seniors have a news 'channel' but these are updated infrequently. Also, as many of these sites are community-based or regional in scope, the news they feature has little relevance for the global community of silvers. Here are some sites that break the mould.

Seniorjournal.com: Without a doubt the most comprehensive news site for silvers online. It has two 'Front Pages' of news updated two or three times a day and a variety of channels—Health-Fitness, Enjoying Life, Money—that also carry news items and features. Although this is an American site, it features news from all over the world, including the latest research reports and surveys conducted on ageing-related issues. The only problem with this site is its chaotic design. Every conceivable inch of space is covered with text so it takes you a long time to find what you're looking for on each web page.

Todaysseniorsnetwork.com: Now here's a site that's delightfully easy to scan—you scroll down the screen and find summaries of news articles and features (with lovely pictures) lined up one after another in extremely large text size. Click on what interests you and you're taken to a separate page. The site claims to be a one-stop media source that seniors in America can go to for information.

America is the operative word here—while the health and science news and features are extremely well-researched and relevant for silvers everywhere, the lifestyle reports (though well-written) are too localised to be of interest to silvers anywhere else.

Modernsenior.net: Go to the home page of this site and you'll be a little confused at first. There's a motivational quote, some jokes, a couple of stray pieces of research, and a couple of links (Shopping, Travel, Amusement), scattered rather haphazardly across the page. Then you spot it, a little box that says News Corner and you've hit the mother lode. There are three links in the box—Today's News for Seniors, Health & Medicine News, and Research in Human Science—that take you to a list of wire reports from around the world. This is completely no-frills news, with no images or fancy writing. But in terms of hard, international news on silvers and ageing-related research, it's a valuable resource.

Seniors-world-chronicle.blogspot.com: This is not a website but a blog (web log) from India. Called a "digest of world reports on seniors", it is compiled by veteran journalist Ravi Chawla. The collection, culled from newspapers and magazines from across the world, is far from comprehensive. What makes it worthwhile is that it includes the quirky that other 'serious' sites tend to avoid. Like the old man in Fujian (China), who spent a decade hitting a rock with his palms before he finally left a permanent imprint on it. Unfortunately, like his collection, Chawla's blog is unpredictable—he might post an entry every day for three months and remain silent for the next three.

—Arati Rajan Menon

A bright idea

Is your electricity bill burning a hole in your pocket? Switching from light bulbs to power-saving lamps can help, says **Rajashree Balaram**

It's the same story every month. The electricity bill slips in through the door and the figure sends your eyebrows skyward. You launch into a mental jog through your power consumption pattern the previous month and end up pinning the blame on the refrigerator, washing machine, microwave and television. Though these appliances do use up a lot of power, you have probably forgotten to count one of the key culprits: the power-hungry light bulb.

The light bulb is far guiltier than you can imagine. An electrical current passes through the filament inside the bulb, heating it and causing it to release thermally equilibrated photons (carrier of electromagnetic radiation). The result: illumination. In this process, 90 per cent of the power that the bulb consumes is used to generate heat!

You don't have to tolerate such an astounding waste of resources any more. Today, the market abounds with a variety of power-saving lamps, known as compact fluorescent lamps (CFLs), manufactured by companies like Philips, Bajaj, Osram, Havells, Anchor, Wipro, Surya and Oreva. Prices vary depending on wattage and brand; a rough price range would be around Rs 95 to Rs 600.

MORE FOR LESS

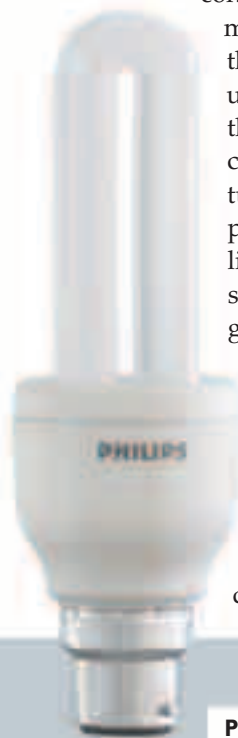
CFLs come in a variety of shapes: single, double and triple U-tubes, spiral, candle-shaped, cylindrical and spherical. They need just a quarter of the electricity consumed by ordinary light bulbs and last six to

eight times longer. The electricity a CFL consumes is expended to excite mercury vapour, which triggers the production of short-wave ultraviolet light. This light then causes the phosphor coating inside the tubing to fluoresce, producing visible light. To put it simply, less heat generated so less power consumed.

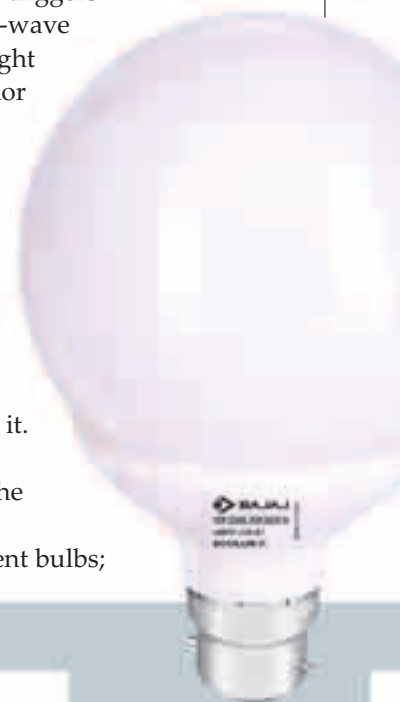
The world is beginning to realise it. In 2005, Brazil and Venezuela became the first two countries to discontinue incandescent bulbs;



Anchor
85 W; powerful enough
to replace the tube light
Price: about Rs 600



Philips Essential
8 W; ideal for bathrooms; have
an in-built power stabiliser
Price: Rs 115



Australia has announced that it will replace incandescent bulbs with CFLs by 2010; Canada is also backing the CFL movement aggressively. In India, we use an estimated 32,000 megawatt (MW) of power annually for lighting alone, according to the Indian Bureau of Energy Efficiency. This could be reduced considerably by switching to CFLs.

DOING THE MATH

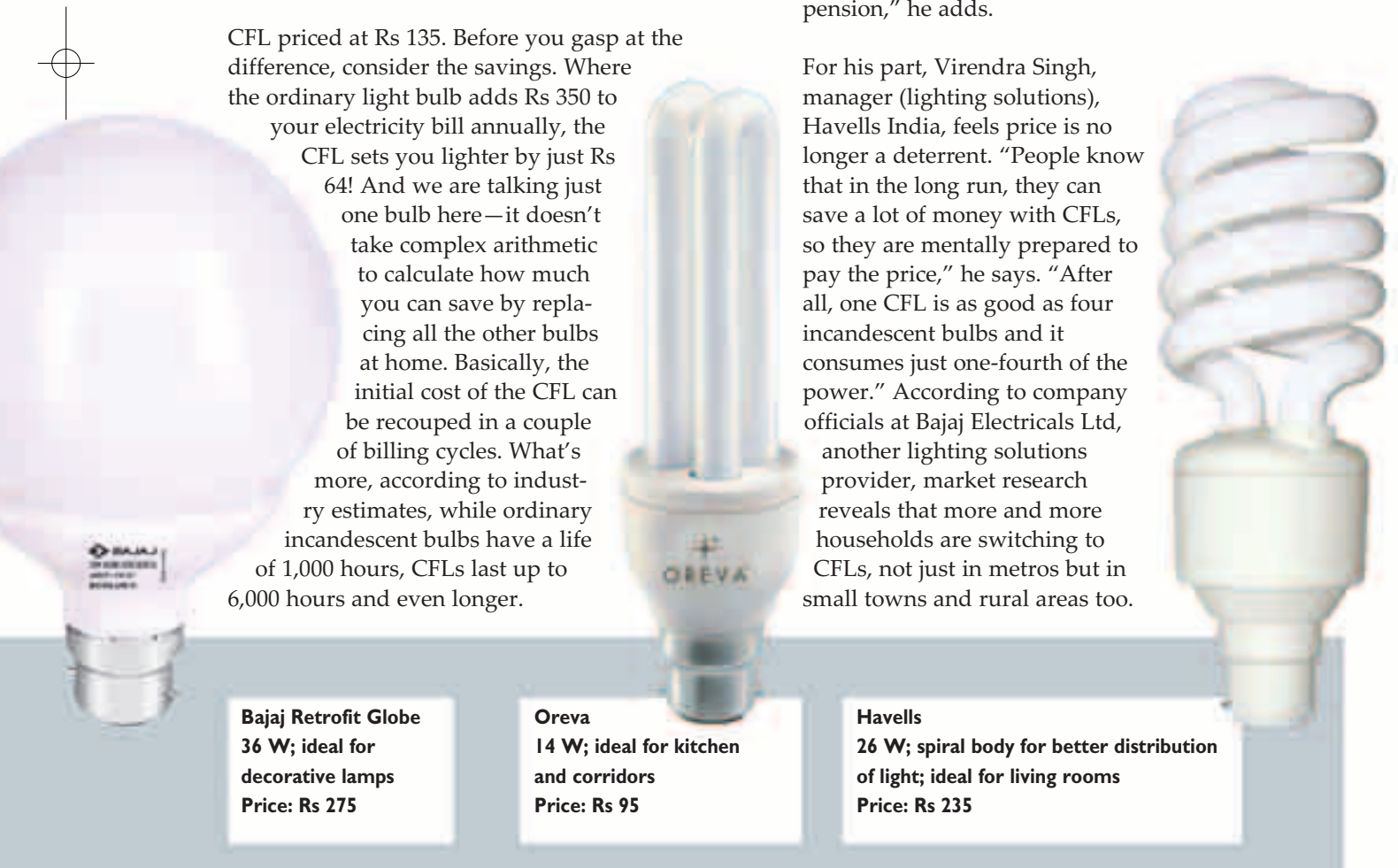
The sole reason why CFLs had to wait so long to receive a warm welcome in India—they arrived here in the early 1980s—is owing to (what seemed at first) prohibitive pricing (the price of a 9 W CFL was Rs 900). Today, the average 60 W incandescent bulb costs Rs 11; compare that with the Philips 11 W

“If you see the history of CFLs, lamp prices have come down considerably and manufacturers are consistently trying to reduce capital cost,” says India’s leading lighting designer and educator Anil Valia, who has over 30 years’ experience as an independent lighting design consultant. He conducts courses on lighting in India and overseas and has released an acclaimed handbook on lighting, titled *Designing with Light*.

Overseas, many lighting companies have collaborated with electric supply companies to recover the cost of their product through the customer’s electric bills, explains Valia. Such promotional schemes are like convenient installment plans. The customer buys the CFL at a small fraction of the cost, and then pays a dollar or two more in his electric bill till the manufacturing company recovers the full cost of the CFL. “Such schemes if launched in India can make compact fluorescents far more affordable for the average middle-class elderly who are living on their pension,” he adds.

CFL priced at Rs 135. Before you gasp at the difference, consider the savings. Where the ordinary light bulb adds Rs 350 to your electricity bill annually, the CFL sets you lighter by just Rs 64! And we are talking just one bulb here—it doesn’t take complex arithmetic to calculate how much you can save by replacing all the other bulbs at home. Basically, the initial cost of the CFL can be recouped in a couple of billing cycles. What’s more, according to industry estimates, while ordinary incandescent bulbs have a life of 1,000 hours, CFLs last up to 6,000 hours and even longer.

For his part, Virendra Singh, manager (lighting solutions), Havells India, feels price is no longer a deterrent. “People know that in the long run, they can save a lot of money with CFLs, so they are mentally prepared to pay the price,” he says. “After all, one CFL is as good as four incandescent bulbs and it consumes just one-fourth of the power.” According to company officials at Bajaj Electricals Ltd, another lighting solutions provider, market research reveals that more and more households are switching to CFLs, not just in metros but in small towns and rural areas too.



Bajaj Retrofit Globe
36 W; ideal for
decorative lamps
Price: Rs 275

Oreva
14 W; ideal for kitchen
and corridors
Price: Rs 95

Havells
26 W; spiral body for better distribution
of light; ideal for living rooms
Price: Rs 235

CFLS AND YOU

According to Dilip Saroj, customer service specialist at electronics showroom Croma in Mumbai, "Many senior citizens prefer CFLs because the light is gentler on the eye unlike the harsh glare of the light bulb." As a 60 year-old needs five times the light required by a 10 year-old child, Valia recommends a 21 W/23 W CFL (priced between Rs 100 to Rs 200) for strain-free reading.

If you are planning to switch over to CFLs, a good way to start would be to install them in rooms where you need light more often: kitchen, family room and outdoors. The glare-free illumination also makes them ideal for high-accident areas such as stairways, landings and corridors. "Switch over to a CFL only if you are using a bulb," advises Valia. "If you are already using a tube light, you don't need to change over to CFL. In that case, you should change your electro magnetic ballast to energy saving 10 per cent total harmonic distortion (THD) electronic ballast [available at electrical stores]. If it's a standard halo phosphor tube (Rs 30-Rs 40), switch

With each CFL you use, you prevent 34 kg of carbon dioxide from entering the environment

to a tri-phosphor tube (Rs 60-Rs 80) for 30 per cent extra light and lamp life. For those who can afford it, installing a dimmable electronic ballast with bell push switch is a good way to control the quantity of light and save on power."

Want to leave the light on all night? Switching to CFL makes more sense. As Milind Ghongde, national marketing manager, Anchor Electricals & Electronics Ltd, says, "The 500 W sodium street-lights in Chhattisgarh are now being replaced by our 85 W CFLs. That's how powerful CFLs are!"

Look out for additional features while buying a CFL. For instance, the Philips Essential series (Rs 115-Rs 500) comes with an inbuilt power stabiliser that helps sustain voltage fluctuations. If you want to use a dimmer with your CFL, ask the shopkeeper for a brand that's specifically made to work with dimmers. However, according to www.osram-india.com using a dimmer switch with

FAST FACTS

- CFLs first made news in the West in the late 1970s; they reached India only in the early 1980s.
- Lighting involves a lot more than mere wattage. A **watt** is the measure of power consumption but what you should really look for is **lumens**—the measure of light output. A 60 W ordinary bulb offers around 800 lumens; on the other hand, a 13 W CFL radiates the same lumen output but consumes very little power.
- As the ordinary bulb generates a lot of heat, you may feel a bit warm under its glare. CFLs emit only around 30 per cent of their energy in heat, making them a much cooler lighting option.

regular CFLs can shorten the lifespan of the lamp. Osram's Vario/El Vario series of CFLs are specially made to work with dimmers.

There are some things to keep in mind while using CFLs. Be careful while removing them from their packaging, installing or replacing them. CFLs are made of glass, so when twisting one into a socket, be gentle. While buying a CFL, don't forget to check the ISO mark on the lamp. Also, as it contains a small quantity of mercury, if a CFL breaks, don't vacuum—use a broom to sweep up the shards and the phosphor into a plastic bag, seal the bag and dump it in the garbage can.

Indeed, using CFLs has a wider-ranging impact than the fate of your own electricity bill. "If there is a mass shift towards CFLs, a lot of the power could be channelled to villages deprived of power supply, and even cities will not have to suffer from load shedding," points out a spokesperson of Philips India. Further, a lot of the greenhouse gas (CO₂) is being spewed into the air by coal fired power-generating plants. Obviously, lower power consumption translates into reduced carbon dioxide emissions. According to www.digitaljournal.com an online network that covers news and debates issues, if there were a worldwide shift to compact fluorescent lamps, estimates suggest that the ensuing drop in power consumption would help shut down 270 coal-fired power plants. And with each CFL lamp you use, you help prevent 34 kg of CO₂ from entering the environment every year—reason enough to join the CFL movement. ■

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WOULD YOU FIND
SOMEONE ABOVE
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IN TUNE WITH YOU?

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Right to property

Legalpundits answers queries on ownership and transfer of property

Q My father is 72 years old. He bought a flat that was under construction in Mumbai 10 years ago. He paid 60 per cent of the total cost at the time. After a few months, he realised the builder was using defective construction material. When he brought it up, the builder refused to offer any concession. My father filed a court case, which keeps coming up for inconclusive hearings. The matter has now been pending for almost nine years, and has affected him financially and mentally. He has hypertension and chronic asthma. He also underwent angioplasty and another surgery for gall bladder. Is there any organisation that can help senior citizens with civil matters?

A The Bombay High Court has issued directions for itself and all subordinate courts in Maharashtra that any litigant over the age of 65 years can apply for a quick hearing of his case. You should apply to the court or consumer forum hearing your father's case and ask for priority in hearing his case.

Q My mother is a 60 year-old retired bank employee but has no pension. Seven years ago, she had booked a Maharashtra Housing and Development Authority (MHADA) flat. After it was allotted to her, she was also elected member of the cooperative housing society. Later, she rented out the flat—she couldn't stay there for two reasons: the flat is near a construction site and therefore prone to air and noise pollution; and the rent from the flat helped her financially. Last year, the society passed a resolution banning members from renting out their flats. The rent was her sole

source of income, yet she complied. Now I [her daughter] stay in the flat. My mother stays in a flat that is in my name. The housing society is now proposing a resolution that will force residents to stay in their own flats, failing which the house will either be sold or locked. Members of the managing committee have informally asked residents to sell the flats to their sons/daughters. Does the law permit the society to pass resolutions that prohibit sons/daughters from occupying flats? Can I become a nominee/associate member of the society where my mother is a member as I already have another flat in my name in the city?



A The model bylaws issued by the Registrar of Societies do not restrict legal heirs from occupying the flat. No permission is required from the housing society for relatives to occupy the house of the owner. According to Hindu Succession (Amendment) Act 2005,

'Family' comprises husband, wife, father, mother, sister, brother, son, daughter, son-in-law, daughter-in-law, brother-in-law, sister-in-law, grandson and/or granddaughter. Even in case of a housing society adopting its own bylaws, it cannot contravene or vitiate the legality of model bylaws. The independent bylaws prepared by the society have to be in consonance with model bylaws and must be approved and registered with the Registrar of Societies. As for the other queries, your mother can declare you a nominee in a nomination form and submit it to the society. You can also be an associate member, if your mother makes an application to the society asking it to include your name in her share certificate as a member. ■

For advice from Legalpundits International Services Pvt Ltd, mail us or email at contact.mag@harmonyindia.org or fax at (022)22852217. Harmony takes no responsibility for advice offered

On the right track

Experts answer your queries and concerns
on jobs after retirement



I am a retired IAS officer living in Ahmedabad. I have an economics and law degree and am deeply interested in intellectual property rights (IPR). I wish to educate people about the relevance of IPR in today's time. Please tell me what my options are.

First, make sure you're abreast of all the latest happenings in the field of IPR, which is developing very fast. In fact, there are new aspects added to it everyday. A book that can help you a great deal is *Law of Intellectual Property Rights* by V J Taraporewala. It will provide you with basic knowledge on IPR. Then, once you know the basics, you can choose to specialise in patents, trademarks or copyrights depending upon your area of interest. Your law degree and IAS background are definitely assets.

I would not suggest beginning an individual practice right away. It would be more sensible to join an established firm that deals exclusively in IPR as a consultant. Another option is to become a visiting lecturer in local management colleges or media colleges. Both these faculties require considerable knowledge about IPR. Contacts made during your years in the administrative services will help you get in touch with colleges and law firms easily.

—Ashutosh Kane

Kane is an advocate at W S Kane & Co, a law firm in Mumbai



I am a 63 year-old woman. I recently retired from the airlines industry. I have always been on the move owing to my profession and have considerable knowledge about Indian cities and what to do and see in them. I wish to know how my skills and experience can be put to use.

Given your long experience in the industry and in-depth knowledge of Indian cities, you could work with a travel magazine on an advisory level. As customer service happens to be your forte, joining a BPO as a customer service advisor would also prove lucrative for you. Another option you have is to join an airhostess academy in your town as a part-time trainer—these academies are always on the lookout for people with your kind of experience.

—Sabina Chopra

Chopra is co-founder of Yatra.com, a travel services portal



I was general manager of my bank and took voluntary retirement two years ago. I am an active tennis player and have participated in many state-level matches. I wish to start a sports academy in Bhopal where I live. Will it be profitable to do so?

First, you should mark out the different disciplines that you wish to begin with. Will your academy cater exclusively to tennis or other sports too? Second, do you have ready instructors? You have to understand that it will take a lot of infrastructure to begin an academy—it is an expensive affair and needs heavy investment. You will also have a tough task generating enough clients for your academy in your neighbourhood to guarantee success. You need to be a great motivator to get students for your academy.

A simpler option would be teaming up with a sports club in your locality as instructor. You can begin by teaching absolute beginners, which includes children between the ages of five and 10, or veterans.

—Jude D'souza

D'souza is a coach at the Maharashtra Lawn Tennis Association, Mumbai

A new horizon

Former Air Force fighter pilot **Donald Lazarus** now builds hope as a counsellor

During the 1971 operations against Pakistan, Flying Officer Donald Lazarus was the scourge of Pakistani pilots. For his bravery, he received the Vir Chakra. Today, Group Captain (ret'd) Donald Lazarus, at 60, helps others win their battles—as a counsellor.

While posted at the Defence Services Staff College (DSSC), Wellington (in the Nilgiris) from 1987 to 1990, Lazarus and wife Anita (a trained family counsellor) volunteered to work with orphans for the Christian Mission Service (CMS), based in Coonoor. It was a turning point. In 1991, Lazarus, who was then posted at the Air Force Base in Naliya, Gujarat, 'put in his papers' to follow his heart. He was 45.

With Anita, he moved to Coonoor and worked at CMS for the next 15 years in an administrative capacity, while Anita began to counsel trauma victims. After learning a lot about families on the job, he decided to make the transition to the counsellor's chair, working as a team with Anita. Cases started pouring in and, last year, the couple broke away from CMS to go it alone.

"Donald is not a counsellor by profession but is a great listener," says Anita, 58. "Also, some men find it easier to open up to a man." Lazarus believes his background in the Armed Forces has helped. "The Forces are all



Lazarus and wife Anita: troubleshooting with teamwork

about camaraderie and teamwork," he says. Donald and Anita have their own teamwork down pat. Operating from home,

"We are happy to invest in people and retrieve them"

they sit down together for counselling sessions unless a client requests otherwise. On an average, they handle about 20 cases a month—from failing marriages and extramarital affairs to child abuse and children in their pre-teens addicted to pornography. Their clientele

ranges "from masons to generals, locals as well as outsiders".

Since 1993, they hold annual workshops at DSSC on parenting and marital harmony. They also conduct workshops on stress management for Bangalore-based Infosys Group and have designed a training programme for caregivers of Oasis, which rehabilitates children of sex workers in Mumbai. While they charge professional fees for workshops, the couple doesn't have a fixed rate for counselling, letting people give out of their free will. For them, the 'service' is reward enough. "We invest in people and retrieve them," says Lazarus.

—Padmaja Kesnur

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etcetera | destination

God of small places

Silver traveller **K Ponnuswamy**, 79, discovers divinity hidden in the hills at Amarkantak and other little-known villages in Chhattisgarh



K PONNUSWAMY

Can you repeat that?
How is it spelt?"

"A-m-a-r-k-a-n-t-a-k."

It's a bit of a tongue twister—Amarkantak—but repeat it a couple of times and it settles on your tongue. I first heard of it while visiting relatives in Bilaspur in Chhattisgarh. The pace of Bilaspur is slumberous. However, long years of travel have taught me that often the most nondescript of places reveal

a secret or two. Among the many secrets that Bilaspur shared with me, Amarkantak, a village on the border between Madhya Pradesh and Chhattisgarh, will always remain the most cherished.

Though the brochures at the state tourism office at Bilaspur railway station seemed hastily put together, the people were helpful. Enquiry over, next morning I toggled up in woollens to kick off my 116-km drive northwest from Bilaspur to Amarkantak. (My wife Saraswati is always amused at the agility with which I get

ready for my adventures. As for me, I couldn't afford to take the rare rush of agility for granted.)

Amarkantak sits at an altitude of 3,000 ft where the Vindhyas rub shoulders with the Satpura range. The two-hour drive ribbons through *sal* forests where *langur* and *mynah* compete for higher decibel power. I was told I may catch a glimpse of tigers, *sambar* and wild *gaur* while passing through the Achanakmar Wildlife Sanctuary. Turned out, luck was not on my side. But the scenery along the way more than made

(Far left) Sesame fields on the way to Amarkantak; dilapidated remnants of the 8th century Mandwa temple





up for it. Charming hamlets draped in curtains of mist cuddled up with yellow mustard fields. Through it all glimmered the joy of Amarkantak—India's oldest river Narmada. It starts as a cheerful overflow from Narmada Mayi temple tank, then lopes as a stream for 2 km before cascading from basalt rocks to settle into a lyrical flow.

Amarkantak is said to be the abode of Gods before demons disturbed its peace; therefore, the name: *amar* (immortal) and *kantak* (obstruction). Ancient texts also mention that when Lord Shiva destroyed Tripura (the three cities), the ashes of one of the cities fell upon Mount Kailash, the other over Amarkantak and the third was retained by the Lord. Shrouded in such legend sits the Narmada Mayi temple. Goddess Narmada is the presiding deity in this cluster of conical, marble-clad temples. Thousands from nearby villages flock here for a dip in the tank.

Next to the temple complex are a few Nagara style temples (distinguished by curvilinear towers) and another tank. Though dilapidated, the temples showcase the architecture of the 9th-10th century Kalachuri dynasty. Half a kilometre away is the Shree Peetam. Adorned with sculptures, the hall has an imposing entrance dominated by four divine faces pointing in different directions. By the time my camera had its fill, the sun was rushing back to the horizon. I decided to make my trip

(From top) Deorani-Jethani temple; Narmada Mayi temple and tank; Bhoram Deo temple: a walk through the forgotten past





(Clockwise from top) Devotees at the Bhoram Deo temple; sculptures at the temple; dense *sal* forests



downhill to Bilaspur while there was still daylight left.

Amarkantak was just one stop on my itinerary. Next morning, I followed the trail to Talagaon, a village 28 km south of Bilaspur (under an hour away) on the Raipur-Bilaspur highway. A narrow road leads to a bullock-cart track, ending at the Deorani-Jethani temple—*deorani* is younger sister-in-law while *jethani* is elder sister-in-law—a reference to the different sizes of the two

temples in the complex. These stone temples have a newly excavated sculpture of Shiva with demonic faces, hinting at past *tantric* worship. Sadly, parts of the temple have been vandalised.

After offering a silent prayer, I returned to Bilaspur. My next stop was 60 km west of Bilaspur at the Bhoram Deo temple in Kawardha. A remnant of the Naga dynasty, this 11th century temple complex stands on the cusp of ruin. Named after a tribal god, the outer walls have fine carvings depicting love, war and celebration. In stark contrast, the inner walls enclose an austere chamber. Nearby, there is the 14th century Mandwa Mahal, a brick temple with erotic sculptures that lend Bhoram Deo the nickname 'mini Khajuraho'.

My limited exploration of the area came to an end here. I hope to be back and find out if the state has more secrets. While we drove back, I wondered how many of these marvels would survive the ravages of time. As these thoughts lingered, I also discovered a place within me that was as peaceful as the temples I had left behind. ■



FACT FILE

WHEN TO GO

October to March. Carry your woollens if you are planning to travel in December/January.

GETTING THERE

By air: Fly to Raipur and hit the road to Bilaspur (110 km away) continuing to Amarkantak. Raipur is connected to Delhi, Mumbai, Kolkata, Ranchi and Chennai.

By train: Bilaspur is connected to major cities. Hire taxis from the station to the temples.

By bus: Jabalpur (Madhya Pradesh) is connected to Raipur, Bilaspur and other cities. The state highway connecting Jabalpur to Bilaspur leads to Amarkantak.

WHERE TO STAY

Though government-run hotels may be disappointing, there are some clean, budget hotels in Bilaspur, including:

Hotel Anand, Shiv Talkies Road; Tel: 07752-226977; Rs 300-Rs 600

Hotel Mahua, near Bilaspur bus stand; Tel: 07752-221683; Rs 250-Rs 700

Hotel Shiva International Tel: 07752-419431; Rs 900-Rs 2,300

TRAVEL TIP

As there are no restaurants near the temples, pack lunch or snacks.

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Shall we dance?

Kiran Barua, 64, tells **Tapati Barua Kashyap** how she got a group of grandmothers to follow their own beat



Grandmothers on the move: Barua with other members of Aitar Bihu

SUBHAMOY BHATTACHARJEE

CULTURE HUB

Tezpur is popularly known as Assam's cultural capital, having produced some of the most renowned figures of art and culture in the state. It is said that almost every child born in this beautiful town on the northern bank of the Brahmaputra is gifted with some kind of musical

ability—singing, dancing or playing a musical instrument.

I was no exception. 'Kalaguru' Bishnu Rabha recognised my potential after he saw my first dance performance. I was only four, but I like to think I was committed enough to win his approval. "This girl will do well

in dance; I think you should put her under a good teacher," he told my father Bhabiram Baishya, a businessman. Thanks to this generous encouragement, my father enrolled me in a prestigious dance school, where the faculty included eminent personalities like Ajay Chaliha and Bishnu Rabha himself.

ACCOLADES APLENTY

By the time I was in high school, I had become quite a star by winning accolades in inter-school competitions. I still recall a function in Guwahati where then prime minister Indira Gandhi sat in the audience and watched me essay the role of Priyambada in the dance-drama *Shakuntala*.

In college—initially Darrang College (Tezpur) and then Cotton College (Guwahati)—I also developed an interest in acting. Of course, nothing rivalled my passion for dance. I learnt Bharatanatyam under Guru Kalawant Singh, and Kathak and Kathakali under Guru Charu Bordoloye. If I needed more inspiration I could turn to my classmate Garima Barua (now Hazarika), who is today a renowned exponent of *satriya* (an Assamese classical dance form) and winner of the Sangeet Natak Akademi Award.

SPELL OF DOMESTICITY

I got a chance to act with Ishan Barua, the campus heartthrob of Cotton College, at a youth festival in 1961. By the time I graduated in 1962, we were in love. In 1966, Ishan got a job with the British Drug House and we were soon married.

I spent the next four years as a homemaker, caring for my in-laws and adjusting to the rhythm of domesticity. The year our son Rupam was born was also the year we struggled with the loss of Ishan's parents. Somewhere between bottle-feeds and nappy changes, my stagnating talent stirred from slumber.

BACK TO WORK

At this time, Ishan was involved with several theatre groups,





including Kumar Bhaskar Natya Mandir and Pragati Shilpi Sangha. I returned to the arts with a small role in *Sanglap*, a radio play directed by Ishan. Following this, I supervised the costumes for many of his other productions. Along the way, I also did a couple of minor roles in films.

Despite this, the artist in me was yearning for a place in the sun. Though acting was creative, it was not lucrative in Guwahati (in those days). In 1979, I took up a schoolteacher's job; which I continued for 17 years. I never regretted my decision but the dancer in me was restless so I started training children in classical dance-dramas.

Drawing on my experience in various dance forms, I composed dance-dramas and choreographed songs of Jyotiprasad Agarwala and Bhupen Hazarika. As I experimented with classical and ethnic dance forms, I discovered that my newfound role offered me a chance to introduce children to the rich and varied dance forms of our country. That was when I found myself gravitating towards Bihu, a robust rustic dance form popular in Assam.

DANCE OF THE ELDERS

The Latasil Bihu Sanmilani of Guwahati is the oldest urban Bihu celebration in Assam. While the Sanmilani showcased traditional Bihu songs in an urban setting, I noticed women played only a marginal role, such as serving tea and snacks during committee meetings; all important portfolios were steered by men. Some of us protested and negotiated for a more prominent role for women. Our perseverance paid off: last year, the all-male committee agreed to set up a women's wing of the Sanmilani.

However, the question remained: what contribution could we elderly women make towards a cultural festival? After all, Bihu is characterised by vigorous movements, something more suitable for younger women. Ironically, we realised it is this vigour that could liberate us from the inertia and complacency of our advanced age. We decided to assemble a Bihu troupe exclusively comprising grandmothers. My friends loved the idea, and a group called 'Aitar Bihu' (*aita* is grandmother in Assamese) was born.

Bihu, with its association to springtime fertility cults, is performed to songs with a sexual focus. As we would have risked ridicule by dancing to such songs, the next task was to rewrite the lyrics to make them more palatable for our age group, without compromising on their vibrancy. Two 'grandmothers'—Bhanu Gogoi and Minakshi Phukan—came up with some brilliant compositions.

OUR OWN SPACE

As the word spread, many an *aita* turned up for rehearsals. After rigorous practice for over a month, our first performance was telecast—live!—on a local television channel.

Our practice sessions had helped us shed both lethargy and body weight. Many of us complained of muscle pain initially, but these vanished soon and we actually grew to love the 'exercise'. Our efforts also encouraged our friends all over Assam to organise grandmothers' Bihu in their respective towns and villages. It is never too late to follow your heart. Your song is still playing out there. All you need to do is listen—and act! 🎭



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Marigold

KEE LANTER

SALMAN KHAN

PG-13

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Floored by *rangoli*

Avlokita Mane makes her designer creations out of vegetables, spices, grains, even seashells and sweets, discovers **Khursheed Dinshaw**

Avlokita Mane is more finicky than most while buying vegetables, checking carefully for colour, shape and size. She's not planning dinner but art—the gourds, pumpkins and carrots she has bought will form an elaborate vegetable-based *rangoli*, part of her wide repertoire of “designer rangoli”.

Mane created her first 10 years ago, quite by accident. Soon after Diwali, while sorting out some boxes of dry fruit, she unconsciously arranged pieces of dry fruit in the shape of a woman's face. Happy with the result, she went on to make *rangoli* with materials as diverse as flowers, spices, grains, seashells, pieces of crockery, cutlery, bangles, and even sweets and biscuits.



HEMANT PATIL

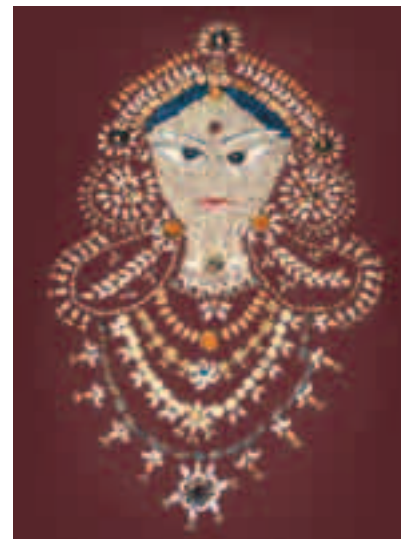
Mane and one of her creations (right):
Durga made with dry fruits

The time she takes for each *rangoli* depends on the material, ranging from an hour-and-a-half to about three to four hours. And

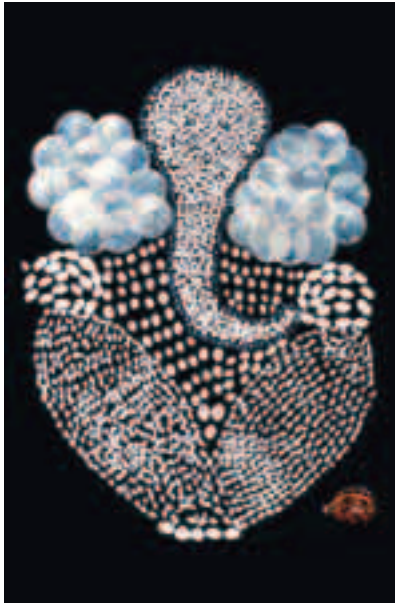
“All it takes is ideas, patience and imagination to brighten up your home”

“It gives me pleasure to find novel media to express beauty,” says the 54 year-old who also enjoys flower arrangement, bonsai making, embroidery and knitting. She quit her 10-year job as legal officer at New India Insurance Company back in 1986 (well before she started making *rangoli*) to give more time to her creative pursuits.

her ideas come from varied sources. For instance, when she visited Kerala and saw the spices available there, she decided to make a *rangoli* of women selling spices, but in Rajasthani attire for an interesting twist—she made it from whole spices, like cinnamon, bay leaves, coriander and cumin seeds, turmeric and red and green chillies.



Apart from decorating her own home for festivals like Dussehra and Diwali and birthdays and anniversaries, Mane makes *rangoli* for functions all year round—she accepts a fee, which varies



Ganesha in many avatars: (from top) from shells, peas and pulses

depending on the materials used, and donates part of it to charity. She also takes part in competitions and exhibitions, and has won accolades at shows organised by the Empress Garden Committee of the Poona Women's Council. "My family adds to my ideas," she says. Mane and husband Arvind, deputy commissioner of sales tax, have two daughters: Avantika, 26, a jewellery designer, and Advaita, 21, a professional Odissi dancer.

Mane held her first solo exhibition in 2003 to raise funds for children suffering from polio, with 25 *rangoli*. Earlier in 2000, at a seminar organised for the platinum jubilee of the National Council of Women in India, she created a 12 x 8 ft *rangoli* using grains. One of her most challenging projects, it took her six hours. And last year, she created table calendars of her *rangoli* to raise funds for causes including cancer patients, people in old age homes and the visually impaired. Mane published the calendars herself under the name Parvati Creations, in honour of her 96 year-old mother-in-law Parvati.

Mane has tried passing her skills on to the younger generation—with mixed success. "I tried teaching it to some youngsters but they lacked the patience to sit down for long hours," she rues. "However, the annual workshops I have conducted for three years for speech and hearing-impaired children are successful." She believes creating *rangoli* is an ideal hobby for silvers. "You can do it throughout the year to brighten up your home," she says. "It does not involve any strain. All it takes is ideas, patience and imagination."



GANESHA, WITH VEGETABLES!

Materials: Two pumpkins (a large one for the body and a smaller one for the head); two bottle gourds (one longer than the other); one snake gourd; two bitter gourds; one onion; a lotus flower (optional); two aubergines (one small, one mouse-shaped); a few carrots; one big leafy cabbage; one white radish; and one beetroot.

Method: Cut the large pumpkin into a spherical half and place it on the table so the top resembles Ganesha's belly. Below, place the two bottle gourds as legs—one longer than the other to depict him sitting cross-legged. Above the pumpkin, place the small pumpkin as the head. For the crown, place the carrots with tapering ends facing upwards. Place small aubergine on top of carrots to complete crown. For the ears, cut the big leafy cabbage into half and place on either side of the small pumpkin. Cut the white radish in the shape of an eye. Cut the red beetroot into a circle and place on the eye-shaped radish to form the iris of the eyes. The snake gourd will form the trunk. Place it on the belly so one end reaches the left hand. The two bitter gourds are the hands—in the left one, place the onion and in the right, the lotus. The mouse-shaped aubergine placed below Ganesha completes the *rangoli*.

etcetera |

BOOKSHELF

Science faction

Measuring the World By Daniel Kehlmann

Translated from German by Carol Brown Janeway

Quercus (distributed in India by Penguin); Rs 395; 259 page



A strange thing has been happening in Germany this past year—hundreds of thousands of dour Germans have been smiling. Now, the rest of us are in on the joke with the release of the English translation of *Measuring the World*, hailed by normally recalcitrant German critics for bringing humour back to German literature. At first glance, this is an improbable funny-book—the protagonists are Prussian aristocrat and geographer Alexander von Humboldt (1769-1859), the first to describe South and Central America scientifically; and physicist and mathematician Carl Gauss (1777-1855), whose work in number theory and magnetism remains unrivalled. They aim to measure the world but their approach to science is antagonistic; one believes in getting out into the world to understand it, the other believes epiphany can occur in the comfort of an armchair. Out of these dry bones, Kehlmann fashions a story weak on historical fact but abundantly rich in playfulness and irony. You can see the barely restrained glee when he describes the

seduction of Humboldt by a young girl (she fails probably because the geographer is homosexual) or when he describes the eccentric Gauss, sublime when solving equations but crass in the bedroom. This is 'faction' (mix of fact and fiction) and to establish the fact, Kehlmann even throws in an alien spaceship, just for fun. Just like Gauss' brain, there's nothing linear about Kehlmann's construction—he bends time and space with impunity. His heroes actually meet as sad, old men at Humboldt's instigation (despite Gauss' reluctance) at the end of the first chapter but it takes Kehlmann the entire book to show us the inevitable meeting of their minds. Although his frame of reference is firmly German, Kehlmann's book has deeper resonance as it deals with universalities: discovery, displacement, loneliness and life. What's remarkable is that he imbues these potentially weighty themes with a delightful lightness that keeps you smiling long after you finish reading.

—Arati Rajan Menon

Rocket flower

A Thousand Splendid Suns By Khaled Hosseini

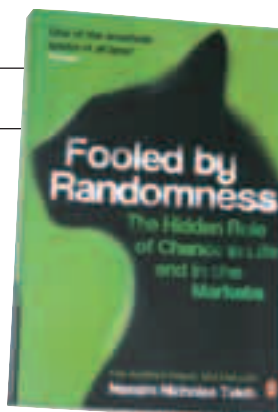
Bloomsbury; Rs 475; 370 pages

To me, it's nonsense—and very dangerous nonsense at that—all this talk of I'm Tajik and you're Pashtun and he's Hazara and she's Uzbek. We're all Afghans, and that's all should matter. But when one group rules over the others for so long... There's contempt. Rivalry. There is. There always has been. Against this backdrop, Mariam, who is only 15, ends up becoming an ageing Rasheed's wife. Twenty years later, 15 year-old Laila, Mariam's neighbour, finds herself in Rasheed's house. By cruel twist of destiny, she agrees to be his second wife. It's an oppressive life for Mariam and Laila, with only memories to fall back on. After *The Kite Runner*, a gut-wrenching story of disillusionment that is Afghanistan, Hosseini sets another tale in his country, this time through its women. For them the future does not

matter and the past holds only one enlightenment: love is a mistake, hope a delusion. But when Laila realises that Tariq, her daughter Aziza's father is still alive, Mariam and Laila decide to flow against the stream. Laila rebels for her love Tariq and Mariam for hope on behalf of Aziza, illegitimate like her. But for the end, this is a sad tale of a country being shredded to pieces. Hosseini's happy Part III in post-Taliban Afghanistan of "planting saplings in old Mujahideen shells" and painting broken houses is his choice for redemption—and symbolises hope.

—Meeta Bhatti





BOOKSHELF

Rising stock

Fooled by Randomness: The Hidden Role of Chance in Life and in the Markets

By Nassim Nicholas Taleb

Penguin; about Rs 250; 265 pages

As a kid, Nassim Nicholas Taleb must have loved puncturing balloons. One finds traces of the same glee in *Fooled by Randomness*, a jab at the hubris of investment geniuses. This bestseller, hailed by *Fortune* magazine as “one of the smartest books of all time”, unsettles your faith in stock experts. With insightful examples, Taleb unravels the mysterious workings of the stock market. Along the way, he cheerfully shreds math models and analyses, and excavates the gem that lies buried in the number-choked labyrinths: randomness. According to Taleb, “We tend to think that traders are successful because they are good.” But the truth is that “one can make money in the financial markets totally out of randomness”. Taleb’s

‘randomness’ is an alias for old lady luck who is the administrator of our fortunes; not patterns indicated by graphs and indices. To be fair to risk managers, this book is not without its share of theories and jargon yet the style is jaunty in most pages. Although Taleb’s self-important tone can be exasperating at times, you are forced to admire the multifaceted intellect of this math professor from the University of Massachusetts. He makes his case for probability not just by quoting market highs and lows but by borrowing examples from Greek mythology, medicine, human relationships, even Proust. If you are an investor, read this book for the rebellious perspective it offers. If you are an orthodox stock expert, consider yourself bitten—hard.

—Rajashree Balaram

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BOOKSHELF

BRIEFLY



When Manjooran, a 62 year-old widower, falls in love with Rekha, a 52 year-old divorcee, life curls into a corkscrew twist for his three children in **C K Mathew's THE BEST IS YET TO BE** (self-published; Rs 150; 354 pages). With the febrile intensity of *Romeo and Juliet*, the twilight love affair between the lonely souls resists dogma, familial pressures and their own inner turmoil. In the ensuing drama, some relationships are bruised, some resurrected and some others meet with tragic death. Mathew's second book (the first was *The Mustard Flower*) is not just about two silvers out to defy convention, it's also about the tenuous relationship between parents and children; forgiveness for what was said and regret for what wasn't. Careless editing apart, the narrative often welters in verbosity; at times, you wish the author had let silence have its say. As if to strike a balance between subtlety and embellishment, the denouement of the book hangs precariously—leaving uncomfortable questions echoing long after you have finished reading.



Kenyan? Indian? Kenyan-Indian? When these questions started haunting **Neera Kapur Dromson**, a fourth-generation Kenyan of Indian origin born in Nairobi, she decided to revisit the history of her family. She was 42 when she first saw a portrait of her great grandfather Lala Kirparam Ramchand. She caught snatches of his adventures from different people and they sounded like 'one-upon-a-time' stories. She took more than a year to get used to the discovery that her ancestors arrived from India. And then she couldn't stop herself from digging deeper—old photographs, pieces of conversation, everything helped. With each discovery, she grew closer to her family she didn't know yet. The result is **FROM JHELUM TO TANA** (Penguin; Rs 395; 421 pages), a remembrance of things past. With individual histories, the book also conjures up greater India and Africa of 1890s and a whole civilisation in transition. "My ancestors became alive for me long after their death. They now live within my soul as if I had always known them," says Dromson while concluding the book, which is a journey in time and space you will love.



To mark the 60th birthday of independent India this month, a motley group of academicians, journalists and activists turn stock-takers in **INDIA 60: TOWARDS A NEW PARADIGM** (HarperCollins India-India Today; Rs 495; 355 pages). Edited by author Ira Pande, this collection of essays features some gems, like activist Srilata Swaminathan on the millions of Indians untouched by the economic 'boom', Raghunath A Mashelkar on scientific strides, art writer Juliet Reynolds's critique of the "currently glamour-filled" Indian art scene, and magazine editor Kai Friesse's bittersweet-funnysad symphony on growing up with a country. Making an honourable appearance is *Harmony's* resident foodie Pushpesh Pant, writing on the divergent trajectories of nation and self at 60. Unfortunately, there's some very turgid stuff here, like journalist Inder Malhotra's fawning tribute to Nehru's "luminous legacy" and Kapila Vatsyayan's exposition on the evolution of culture. Visually too this book is patchy—despite the presence of photo essays by Parthiv Shah and Dayanita Singh, a few 'Common Man' cartoons by R K Laxman strewn about and the odd photograph, the pages are lacklustre and insipid. Shame really; if edited with a firmer hand and designed with passion, this could have been a keeper.

All titles are available at Oxford Bookstore, Kolkata, Bangalore, Mumbai, Goa, and New Delhi, and on www.oxfordbookstore.com



Little deceptions

Being cheated by humble people leaves **Amita Malik** feeling hurt

I suppose we should not get hurt when we are deceived—I hesitate to use the word cheated—by humble people whom we would like to help,

whom we trust in principle because they are poor and we feel privileged in comparison. I am no longer surprised when politicians at the highest level are proved to be corrupt. I only hope that one day they will get their deserts. But I never cease to be surprised at the little deceivers.

Take this one instance I encountered recently. The British planted trees along many roads in Lutyens' Delhi. One of their most charming ideas was to plant *jamun* trees along Ashoka Road, near Hyderabad House, the palace of the erstwhile Nizam of Hyderabad and now used for official banquets and press conferences. During this season, families, sometimes from Orissa and Uttar Pradesh, camp below the *jamun* trees lining the road. They hold huge pieces of cloth and catch the fruit that comes down as the trees are shaken. Then they pile the fruit in baskets or on durries on the pavement and sit there while cars, cyclists, scooters and people going to work buy the tasty sweet-and-sour *jamun*, always sold with little packets of *chaat masala* to add to the flavour.

Up to last year, they would charge Rs 50 per kg and the fruit was weighed and given to you in a bag. But this year, there were reports in the papers that the vendors were selling the *jamun* in cardboard boxes at Rs 70 per kg, and that the weight was suspect. They were also reportedly claiming that the *jamun* were from Japan, Korea and Australia.

I simply could not believe this of the humble vendors who always look pleasant and friendly. So I decided to go along and see for myself.

Allowing for the fact that the sight of a customer in a car sends up prices, I was nevertheless taken aback when the first vendor told me it was Rs 100 for a 1-kg box. "*Hum akhbaar se hai*," (I am from a newspaper) I said. "*Paper bolta hai 70 rupaiya kilo*" (The paper says it's Rs 70 per kg). He immediately agreed with a sheepish smile. Then I said I didn't want a box, how about weighing me a kilo from the pile on the pavement? My driver immediately warned me that they were all rotten so I settled for the box. The vendor told me he had put the best ones in the box and it weighed a little over a kilo.

I took the box home and found there were many layers in it. The top layer had reasonably good fruit. Two layers down were utterly rotten fruit. Two more layers below that were small, unripe fruit. I had reached only halfway down the box. The other half was lined with neatly cut cardboard and paper, not a fruit in sight. I had been well and truly cheated and wondered if I should take the box back. But it would have cost me more in terms of petrol for my car and he would have done the same to

other customers anyway. I intend to ask the New Delhi Municipal Committee to carry out a raid, perhaps the right thing to do.

I next drove to Khan Market, Delhi's elite market. I went to my old shop—I know full well he overcharges me in spite of calling me 'Mummy' but I go there as he has quality fruit. I told him about the *jamun* from the pavement and

he reassured me and handed me his box for Rs 100, typical of the prices at snobbish Khan Market. At home, I opened the box in expectation and found it had exactly the same layers of good and bad fruit as the one from the pavement. And the same half box of cardboard and paper. Both vendors from the pavements and the fashionable market seem to be brothers in crime and far smarter than you and me. But I still feel hurt and let down. Foolish me. ■

**Corrupt politicians
do not surprise me
but I never cease to
be surprised at the
little deceivers**

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

etcetera |

H PEOPLE

HOPE FLOATS

Shrichand Chhabra, 94, the oldest Indian to undergo bypass surgery, symbolises hope for elderly patients who consider the option too risky for their age. It was a tough decision for his surgeon Dr Z S Meharwal, director of cardiovascular surgery at the Escorts Heart Institute and Research Centre in Delhi. Chhabra was recently admitted to the hospital with acute angina (pain and burning sensation in the chest), damaged heart muscle and a four year-old pacemaker. "The risks of surgery were less because we work on a beating heart and don't let the heart-lung machine take over the function of the heart and lungs for the duration of the surgery," says Dr Meharwal. "I was brought here nearly dead, now I feel better than I have felt in decades," says Chhabra. He was recently discharged from the hospital.



HT



STAY IN TOUCH

That's the message sent out by **A P J Abdul Kalam**, who shifted base to a bungalow at 10 Rajaji Marg in New Delhi on 25 July. The outgoing president is in the process of revamping his personal website www.abdulkalam.com. "He will never lose touch with the masses, wherever he is," a senior Rashtrapati Bhavan official tells *Harmony*. Kalam's official website—www.presidentofindia.nic.in—was extremely popular and received hundreds of visits a day, mostly from schoolchildren seeking advice and offering their comments. Apart from abdulkalam.com, which will host new features and be updated regularly, Kalam will also set up a multimedia studio in his new home from where he can speak to people around the world. The 75 year-old plans to realign himself with the space programme and be an advisor to India's moon mission, Chandrayaan-1.



SHILBHADRA DATTA

MISSION HOMEOPATHY

When Kolkata-based homeopath **Dr Pratip Banerjee**, 51, received an invitation from NASA recently, he first dismissed it as a joke before realising it was the real deal. Along with his 75 year-old father Dr Prashanta Banerjee and research associate Dr S Das, he has been invited to make a presentation on the possible use of ultra-diluted homeopathic medicines during lunar missions. The presentation will be part of a NASA symposium on 'Lunar Settlement', held at Rutgers University in New Brunswick in the US. "Allopathic medicine has not been effective on lunar missions because of problems related to their absorption and solubility in extreme environments without gravity," says Banerjee. The symposium will include speakers like Harrison Schmitt, part of the Apollo 17 mission and the last scientist to have stepped on the moon.

LIFE IN TECHNICOLOR

Singer Anjan Dutt, 55, has turned filmmaker—his films *Bong Connection* and *Bow Barracks Forever* were released last month. “If stories are rooted in reality they will always have an audience,” he says, referring to *Bow Barracks Forever*, the real story of a tiny Anglo-Indian community in Kolkata, desperate to keep alive its identity even as real-estate giants move in to build



an apartment complex. “It was important to tell their story, in their language,” he says. “We have our stereotypes when it comes to Anglo-Indians and I wanted to bring out the real people.” Dutt lived with his subjects for days with his crew, soaking in the place, learning the dialect, watching their body language. The cast of the film includes Victor Banerjee, Lillette Dubey, her daughter Neha Dubey, Rupa Ganguly and Moon Moon Sen.

MILESTONES

Awarded. A Guinness World Record certificate to Japan’s oldest person **Yone Minagawa** on her 114th birthday. She received the certificate by mail at the Keijuen nursing home in Fukuchi, south-western Japan. Widowed early, she raised her five children selling flowers and vegetables in a mining town.



COURTESY: ARPANA CAUR

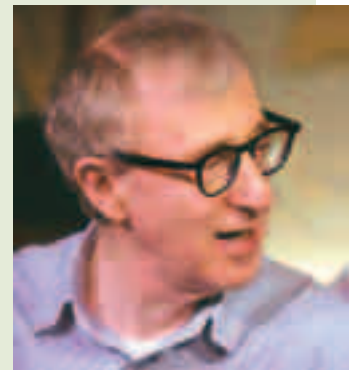
Built. A private museum of miniature art, by artist and poet **Arpana Caur**, 53, at the Academy of Fine Arts and Literature, near Siri Fort, Delhi.

The museum has around 1,000 miniatures from Mughal, Persian, Rajasthani, Pahari, Kashmiri and Sikh style of paintings.

Listed. IT mogul **Azim Premji** as one of the top 30 global entrepreneurs, in the July issue of *BusinessWeek*. Others on the list include Microsoft Chairman Bill Gates, Apple CEO and founder Steve Jobs, founder of Ford Motor Company Henry Ford, inventor Thomas Edison and CEO and founder of Dell Computers Michael Dell. The magazine praises his acumen—he turned the struggling business he inherited at 21 into a leading IT company.

Inaugurated. A 300-bed health city in Hyderabad by Apollo Group Hospitals chairman **Prathap C Reddy**, 75. The 33-acre property includes institutes for heart diseases, cancer, orthopaedics, emergency, renal disease, neurosciences, eye, minimally invasive surgery, trauma surgery and cosmetic surgery. About Rs 10 billion has already been invested in the health city. “It’s a milestone in healthcare,” says Reddy.

Released. His first collection of essays in over 25 years by Allen Stewart Konigsberg, better known as **Woody Allen**, 72. *Mere Anarchy* (Random House; Rs 745) proves that when it comes to prose, the writer-actor still retains the impish inventiveness that animated films such as *Love and Death*. Read about a universe populated by private eyes on the trail of truffles, envious hacks, crooked contractors and nannies writing tell-all memoirs.



H PEOPLE

BIRTHDAYS



musicians and cultural troupes, shouting slogans eulogising the king.

Nepal's controversial king **Gyanendra** turned 60 amid protests and cheers. Despite criticism from pro-democracy activists, hundreds of people arrived from various parts of Nepal to Narayanhity Palace in Kathmandu to greet their monarch and participated in a rally, accompanied by

Former West Bengal chief minister **Jyoti Basu** celebrated his 94th birthday on 8 July at his residence, with schoolchildren and colleagues visiting him. "Celebrating birthdays is not the culture of Marxists," he told media. "But I didn't want to disappoint the children." His best

gift: a 16-inch 22-carat gold-plated figurine of Basu by Asansol-based sculptor Susanta Roy.

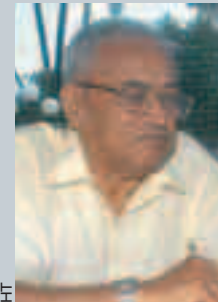


IN PASSING



Former Delhi chief minister **Sahib Singh Verma** died in a road accident on 30 June when his car collided with a truck in Alwar, Rajasthan. He was 64. Verma, a Jat, became chief minister in 1995 after the BJP felt the need to reach out to the non-Punjabi constituency comprising Jats and OBCs. His tenure was marked by the 'onion crisis' (when prices of onions soared) and power and water shortages. In 2004, Verma lost the Lok Sabha election and had been lying low since then.

Former Test batsman **Dilip Sardesai**, best remembered for his performance in India's historic series victory in the West Indies in 1971, died in Mumbai on 2 July owing to multiple organ failure. He was 67. In his Test career (1961-73), the Goa-born former middle-order batsman and occasional opener scored 2001 runs (at an average of 39.23) in 30 Tests that included three centuries and two double hundreds.



Former prime minister **Chandra Shekhar**, a socialist who opposed liberalisation and 'personality politics', and briefly headed a minority government at the Centre, died on 8 July after a prolonged battle with cancer. He was 80. Expressing his condolences, Prime Minister Manmohan Singh described him as "a truly secular nationalist who was committed to people's welfare and national development".



Renowned businessman and avid golfer **Dr Bharat Ram** of the DCM Group passed away on 10 July at the age of 93 following prolonged illness. He joined the company in 1935 as apprentice and rose to the position of chairman and managing director. He was also involved in establishing the Delhi Golf Club and industry lobby Confederation of Indian Industry.



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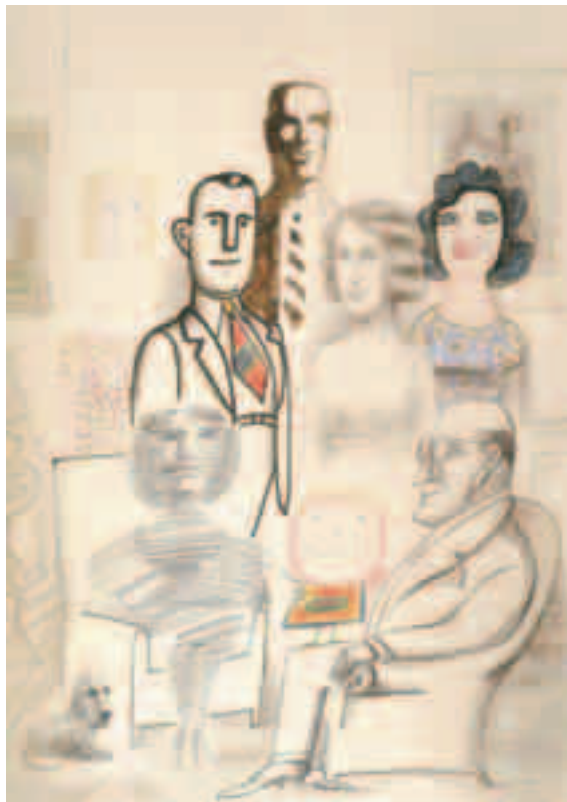
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HEADSTART

SAY IT OUT LOUD



To live so that you would not be ashamed to sell the family parrot to the town gossip is to have lived well.

—Author unknown

A family is a unit composed not only of children but of men, women, an occasional animal, and the common cold.

—American poet Ogden Nash (1902-1971)

The family is the country of the heart

—Italian patriot and politician Giuseppe Mazzini (1805-1872)

The best way to keep children home is to make the home atmosphere pleasant—and let the tyres out.

—American poet Dorothy Parker (1893-1967)

Human beings are the only creatures that allow their children to come back home.

—American comedian Bill Cosby

THE WORD IS OUT

hypermiler *n.* A person who attempts to maximise gas mileage by using driving techniques that conserve fuel.

Example: She accelerates gently when the light turns green, and coasts down hills to save gas. On highways, she stays in the right lane and watches the SUVs zoom past. “When I see someone roar past me, I think, ‘They just used enough gas to last me a week,’” she said. She is part of a dedicated group of drivers who call themselves **hypermilers**. They almost exclusively drive hybrid vehicles, and their goal is simple: squeeze every mile they can out of each drop of gas.”

—Chris Miller, “Hypermiler drivers try to squeeze every mile they can out of a gallon of gas”, Associated Press, 29 May 2007

gorno *n.* Movies that contain scenes of extreme horror or violence. [Blend of gore and porno]

Example: Has extreme horror gotten, well, too extreme? Will the prevalence and popularity of torture porn—a.k.a. **gorno**—warp our views on mayhem, inure us, seep into our consciousness in creepy, vestigial ways? Is this stuff—the S&M gear, the leather and vinyl butcher couture, the power tools—being glamorised, fetishised? (Heck, yes!)

—Steven Rea, “When gory movies are torture to watch”, *Philadelphia Inquirer*, 12 June 2007

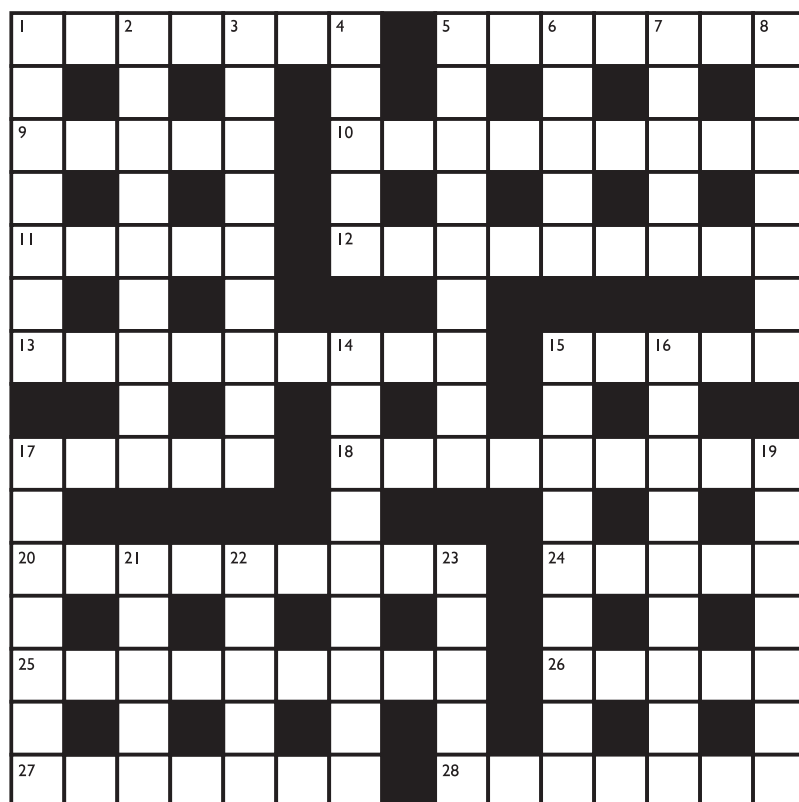
cappuccino economy *n.* An economy that displays frenzied activity in one sector while showing only steady growth or activity in another sector

Example: Many children of the boom often romanticise the early days of Silicon Valley as a period of geekdom. But it might be time to embrace the effervescent nature of Silicon Valley, a place that Paul Saffo, a technology consultant who saw the rise of the PC, is inclined to describe as a **cappuccino economy**. “We always have lots of little bubbles in Silicon Valley”, Mr Saffo said. “It’s like the froth on cappuccino. A little froth is a very good thing. A lot of froth, especially if you mix in a lot of inexperienced people, that’s a bad thing.”

—Gary Rivlin, “In Silicon Valley, the crash seems like just yesterday”, *The New York Times*, 3 June 2007

Courtesy www.wordspy.com

HEADSTART



EXCLUSIVE HARMONY CROSSWORD 34

By Raju Bharatan

ACROSS

- 1 Bride to be or not to be? (7)
 5 'The British Police' demanding early settlement? (3 4)
 9 Dancer Kishore Kumar indefinite about articles he's absorbing? (5)
 10 'Am me' darts beautifully associated with Ash? (9)
 11 Central Railway going into a Chartered Accountant capital (5)
 12 The first to break the DD songbook-hugging performer-image (4 5)
 13 What Rameshwari, as *Dulhan Wahi Jo Piya Man Bhaye*, turned out to be for Rajshri (4 5)
 15 Kind of team India looked in the

World Cup under Rahul Dravid, as under S Venkataraghavan once (5)

- 17 Put forth love tips (5)
 18 The odds looking all set to rise for lunch! (4 2 3)
 20 A Saqlain Mushtaq first? (3 6)
 24 Ameen Sayani certainly abides in the mind and heart as that of *Binaca Geetmala*! (5)
 25 Did viewing Zeenie Baby alongside Hema Malini (with Karan Johar on STAR Plus) give the final lie to the snazzy notion of that glam-puss's being this? (2 7)
 26 Big fish caught? (2 3)
 27 Tennis ace half-merits entering nose turned (7)

- 28 A sports injury just not letting you forget that it's there! (7)

DOWN

- 1 Khar featuring in circular ad by no means easy to shake (3-4)
 2 Only men with a certain push can set them going (9)
 3 How Roger Federer, with that final overhead smash, rose in our viewing imagination (4 1 4)
 4 With which Farokh Engineer departed from India, following the Sixth and Final Test vs Clive Lloyd's West Indies at Bombay's Wankhede Stadium, end-January 1975 (1 4)
 5 Laxmikant-Pyarelal's Rafi-in-Bhairavi climax number, *Khilauna jaan kar tum to mera dil todey jaate ho*, is (2 7)
 6 You say the horse named House On Fire did? I say that's the spirit! (5)
 7 Take Malini after it and what you have is The White Wonder Of The South! (5)
 8 Blow up one looking innocent? (7)
 14 How to credit Naushad's Yaman Kalyan classic, *Dil-e-betaab ko seene se laganaa hoga*, going on Waheeda Rehman and Rajendra Kumar in *Palki* (4-5)
 15 Heights Waheeda Rehman-Dilip Kumar's *Dil Diya Dard Liya* scaled and yet didn't scale (9)
 16 Treatment Anthony Eden needed after going through the Suez adventure in the teeth of severe opposition? (4 5)
 17 Great effect to turn into pence? (7)
 19 What Shoaib Akhtar is of the ball if, like Tendulkar-Sehwag, you view him as a violent thrower (7)
 21 Invest with an ability by which *Evening News* becomes imminent? (5)
 22 Tellingly used by Salil Chowdhury in *Milaa hai kisii ka jhumka*, going on Sadhana in Bimal Roy's *Parakh* (5)
 23 Villa you watch with interest on TV (5)

For answers, see Page 80

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

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

etcetera |

HEADSTART

BRAIN GYM

BITS AND PIECES

Here's a fragment of a popular English word. Put three letters before the fragment and the same three letters at the end to get the word.

---ERGRO---

BOLLYWOOD CHAOS

Check your BQ (Bollywood Quotient). Each set of jumbled letters hides the name of a popular movie. Rearrange the letters to get the answers.

1. IGHAATPN
2. EHICEN MKU
3. RMAE AMNA KJOE
4. APIRHYAC
5. YTMSAA MVHSIA RNDASMUA
6. HPKCUE ECKPHU
7. AOHFRSRAS
8. AIAPRMLA
9. MKAINAA
10. HSEAHSAHNH

SPOT THE SPORT

Find the nine different sports hidden in the grid below.

W	W	R	E	S	T	L	I	N	G	I	J
U	J	A	T	H	L	E	T	I	C	S	O
S	N	O	W	B	O	A	R	D	I	N	G
S	Y	L	L	A	B	E	S	A	B	C	L
N	I	L	E	V	A	J	T	M	J	A	L
W	O	L	O	P	R	E	T	A	W	N	A
Z	N	F	G	V	C	Y	X	X	V	O	B
S	J	Z	Y	W	H	I	F	P	S	E	T
L	L	A	B	Y	E	L	L	O	V	I	E
Y	E	R	L	P	R	X	Q	G	O	N	N
R	V	J	P	C	Y	M	G	G	C	G	Y

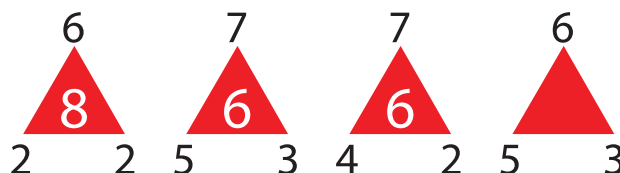
WHAT'S THE SYMBOL?

Look closer—there is a sequence to the five symbols shown below. Can you guess the sixth symbol?



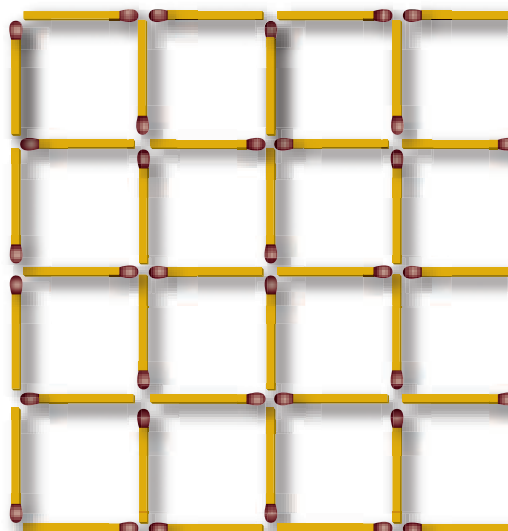
THE MYSTERIOUS TRIANGLE

Guess which number should occupy the fourth triangle.



MATCH POINT

Arrange matches as shown in the following grid. Remove nine matches so that NO square (of any size) remains.



LAUGH LINES

NOSTALGIA REMIX

Here's Elvis Presley's *Are you lonesome tonight?* rewritten for silvers. Tongue firmly in cheek.

Are you lonesome tonight?
Does your tummy feel tight?
Did you bring your Mylanta and Tums?
Does your memory stray
to that bright shiny day,
when you had all your teeth and gums?

Is your hairline receding,
Your eyes growing dim?
Hysterectomy for her,
And it's prostate for him.
Does your back give you pain?
Do your knees predict rain?
Tell me dear, are you lonesome tonight?

Is your blood pressure up?
Good cholesterol down?
Are you eating your low-fat cuisine?
All that oat bran and fruit
Metamucil to boot
Helps you run
like a well-oiled machine
If it's football or baseball,
he sure knows the score.
Yes, he knows where it's at
But forgets what it's for.
So your gall bladder is gone
but your gout lingers on.
Tell me dear, are you lonesome tonight?

When you are hungry, he's not
When you are cold, he's hot
Then you start the old thermostat war.
When you turn out the light,
he goes left and you go right,
then you get his great symphonic snore.
He was once so romantic,
So witty and smart.
How did he turn out to be such
a cranky old fart?
So don't take any bets,
it's as good as it gets.
Tell me dear, are you lonesome tonight?

THE WAY WE WERE

Here's something really interesting we found in our email. We thought it's worth sharing with you.

According to today's regulators and bureaucrats, those who were kids in the 1960s, 70s and early 80s probably shouldn't have survived, because our baby cots were covered with bright lead-based paint, which was promptly chewed and licked.

As children, we drank water from the garden hose and not from a bottle and it tasted the same.

We ate chips, bread and *laddoo* and drank sugarcane juice, but we were never overweight because we were always outside playing.

We shared one drink with four friends, from one bottle or glass, and no one actually died from this.

We could play all day, as long as we were back before it got dark. No one was able to reach us and no one minded.

We did not have Play Stations, X-Boxes or 99 TV channels. No personal computers or chat rooms either. We went outside and found our friends.

We played with marbles on the street without footwear and sometimes that road really hurt!

We fell off trees, got cut, and broke bones but there were no lawsuits.

We wore the same sweater the whole winter.

The idea of a parent bailing us out if we broke a law was unheard of...they actually sided with the law.

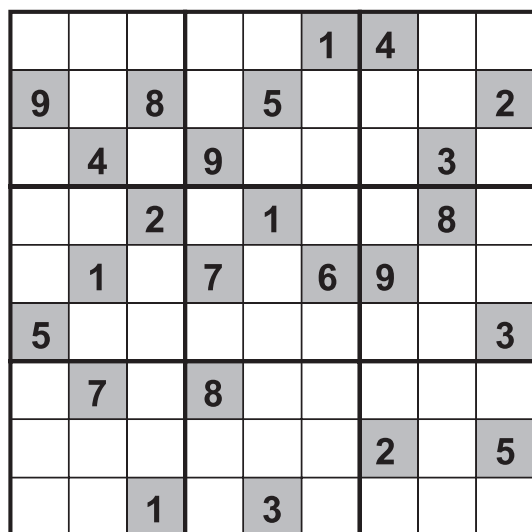
We had freedom, failure, success and responsibility, and we learned how to deal with it all.

These people were part of a generation that has produced some of the best risk-takers, problem solvers and inventors, ever. So much for 'modern' ways!

etcetera |

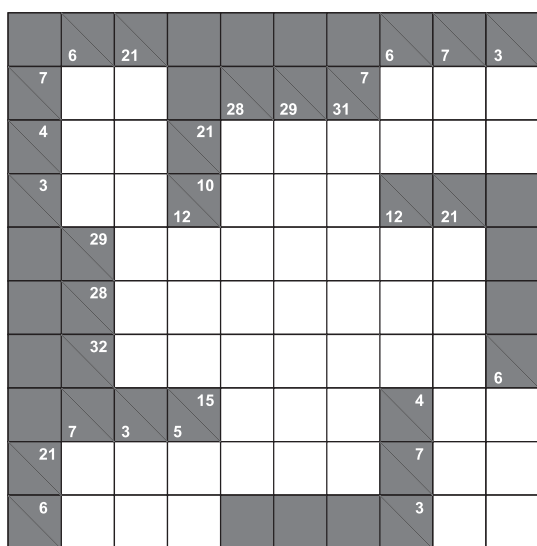
HEADSTART

SUDOKU FOR YOU



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



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.

SOLUTIONS TO
EXCLUSIVE HARMONY
CROSSWORD 34

ACROSS:

1 Ophelia; 5 Old Bill (how colloquially the British refer to their police); 9 (Rele) KANAK:

K/an/a/K, Kishore Kumar absorbing indefinite articles (a & an), dancer is Kanak (Rele); 10

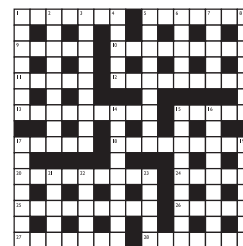
Amsterdam ('am me' darts, the 9 letters of Amsterdam

rearranged); 11 ACCRA (*a C/CR/A: Central Railway going into a Chartered Accountant*); 12

Runa Laila; 13 dark horse; 15

worst; 17 posit (*love tips*, the 5 letters of posit rearranged, taking o as love); 18 five to one; 20 the *doosra*; 24 *emcee*; 25 no doormat; 26 in net; 27 Emerson: *e/mer/son*: mer is half-*(merits)*, *eson* is nose turned; 28 niggler

77



DOWN:

1 oak-hard (*o/a/Khar/d*: circular ad in which Khar features);

2 handcart; 3 like a shot; 4 a pair; 5 on Sanjeev; 6 dwell (said of a racehorse failing to take a start); 7 Iddli (Malini);

8 lambast (*lamb/ast*); 14 Rafi-Suman; 15 Wuthering (*Heights*), the Emile Bronte work on which *Dil Diya Dard Liya* is based; 16 root canal; 17 potence (*plot/ence*: to turn into pence); 19 ejector; 21 ENDUE (*EN/DUE*: EN standing for *Evening News*); 22 Oboes; 23 Aston (Villa)

BRAIN GYM

Bits and pieces

U N D E R G R O U N D

Bollywood chaos

1. AGNIPATH
2. CHEENI KUM
3. MERA NAAM JOKER
4. PARICHAY
5. SATYAM SHIVAM SUNDARAM
6. CHUPKE CHUPKE
7. SARFAROSH
8. AMRAPALI
9. ANAMIKA
10. SHEHANSHAH

Spot the sport

WRESTLING
SNOWBOARDING
ATHLETICS
BASEBALL
WATERPOLO
JAVELIN

78

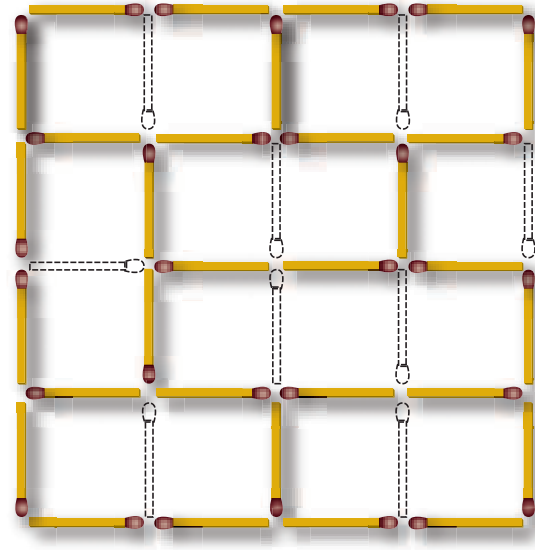
RESOURCES

NETBALL
CANOEING
VOLLEYBALL

W	W	R	E	S	T	L	I	N	G	I	J
U	J	A	T	H	L	E	T	I	C	S	O
S	N	O	W	B	O	A	R	D	I	N	G
S	Y	L	L	A	B	E	S	A	B	C	L
N	I	L	E	V	A	J	T	M	J	A	L
W	O	L	O	P	R	E	T	A	W	N	A
Z	N	F	G	V	C	Y	X	X	V	O	B
S	J	Z	Y	W	H	I	F	P	S	E	T
L	L	A	B	Y	E	L	L	O	V	I	E
Y	E	R	L	P	R	X	Q	G	O	N	N
R	V	J	P	C	Y	M	G	G	C	G	Y

Match point

This is one of the solutions to this puzzle. You may discover other possibilities too.

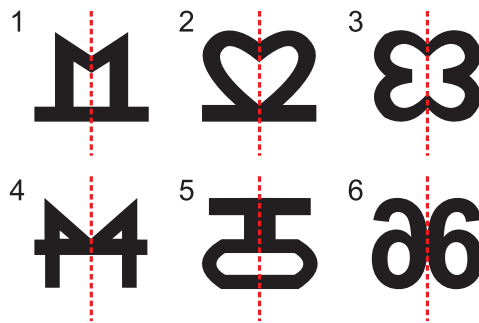


SOLUTIONS TO SUDOKU

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

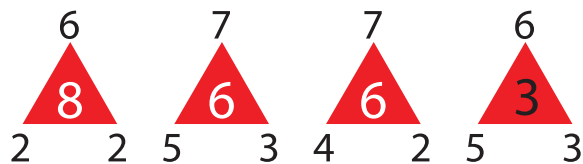
80

What's the symbol?



Each 'symbol' is one of the numerals from 1 to 5 displayed as mirror reflections. The vertical lines of symmetry where the mirror reflections are joined are shown in red. Thus the sixth figure has to be 6 with its mirror reflection as shown.

The mysterious triangle



The top number minus the bottom left-hand number is multiplied by the bottom right-hand number to give the number inside the triangle.

SOLUTIONS TO KAKURO

	6	21					6	7	3
7	3	4					7		
4	1	3	21	28	29	31	1	4	2
3	2	1	10	4	5	1			
		12					12	21	
	29	2	5	3	1	8	4	6	
	28	6	4	1	2	3	7	5	
	32	5	3	6	8	7	1	2	6
			15	7	6	2	4	3	1
21	7	3	5				7		
	6	1	2	5	3	4		4	3
6	1	2	3				3	1	2



TEXT: PADMINI NATARAJAN

“It is up to all of us to go beyond the trappings of wealth and spend time to give marginalised people—the poor, mentally ill, elderly, destitute and abandoned—dignity and an opportunity to join the mainstream and become productive in society.”

*Her routine has not varied for three decades—every Tuesday **Zubeida Asgarali** spends the day at the Institute of Mental Health in Kilpauk, Chennai. The 60 year-old is an advisor to the institute (appointed by the Tamil Nadu government) and uses her contacts with organisations like Lions Club to generate funds for better facilities. Asgarali first heard of the institute from Dr Sharada Menon, her mother’s friend, who asked her to volunteer there. Her involvement became a passion—she organises picnics and employment workshops for residents. Former chairperson of the FICCI’s women’s wing in Chennai, Asgarali is assistant secretary of Anjumane Himayath Islam Girls’ Home, which educates girls from slums, and oversees her own family’s Ahmed Ali Parpia Memorial Matriculation Higher Secondary School. “Girls can only handle life’s problems through education,” she says. Further, Asgarali volunteers to wash and prepare bodies of the poor for their last rites when called upon by her mosque or the women’s wing of social service organisations in the city.*



*They say there is only one freedom:
The freedom of the mind.*

*This independence day, we salute those visionaries,
those pioneers and those intrepid souls who dared.
To imagine, to dream, to visualize.*

A free India

