

harmony celebrate age

JULY 2018 ₹ 40

The magazine for silver citizens

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Is plastic
money
for you?

Fortifying
soups for
monsoon

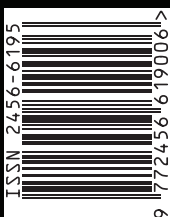
Tuberculosis:
Diagnosis
and treatment

RHYTHM MASTER

TRILOK GURTU

PROACTIVE
Change-maker
Alka Damle helps
clean up Goa

DESTINATION
Palakkad, the
scenic gateway
of Kerala





Godrej No.1 HAS



NATURAL INGREDIENTS
AND ALOE VERA, LIME
THAT GIVE A NATURAL GLOW.



YANG TO THE YIN

Twitter is a very powerful medium—it informs, inspires and provides myriad perspectives and insights in real time. Sometimes, it also forces you to stop and reconsider aspects of life you often take for granted.

That's what happened to me this Fathers' Day upon reading a tweet from my son Anmol. He tweeted: "There might be a lot of superheroes saving the day on the big screen these days, but we had a real one since the day we were born. That superhero is Dad!"

We speak a lot about the role of a mother in a child's life. I too have addressed it often, in these pages and in other media. In fact, last year, I tweeted, "A mother's embrace is the place you call home: it is forever—an eternal source of unconditional love". But what about fathers?

Anmol's tweet reminded me of the incredible contribution of fathers in inspiring their children and helping them grow into adults that do their family, and society, proud. It's something we rarely address—but we must. I truly believe that this intangible force is equally significant; the yang to the mother's yin, completing the circle of love and confidence that empower individual development.

This was certainly true for me—while my mother was the progressive nurturer, raising me to realise my full potential, my father was my guru. He was not only re-



Dabboo Ratnani

ligious but extremely spiritual too. Under his guidance, we were drawn to explore the soul and the spirit almost unconsciously. From chanting the slokas to opening up our minds to philosophy, different streams of thought and even astronomy, he widened our minds, expanded our horizons and made seekers out of his nine children.

And today, it is so heart-warming for me to realise that this is the impact Anil has had on our sons' lives. He has taught them more than is fathomable, a seamless osmosis that has shaped their values, enriched their thought process, and helped them grow into fine, young men.

So while we honour our mothers—as we should—let's not forget the men who play such formative roles in the lives of their children. Let's celebrate our fathers—I thank my son for reminding me of that!

A Harmony for Silvers Foundation Initiative

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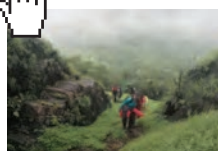
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WEB EXCLUSIVE www.harmonyindia.org



HEAD FOR THE HILLS
Must-visit trails around Mumbai this monsoon

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For virtuoso percussionist Trilok Gurtu, music is a transcendental experience

Cover photograph courtesy: Trilok Gurtu

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Total number of pages in this issue of *Harmony-Celebrate Age*, including covers: 84

Harmony-Celebrate Age

GOES DIGITAL

Harmony-Celebrate Age

www.magzter.com

India's premier magazine for senior citizens, *Harmony-Celebrate Age*, is now available on international digital news stand Magzter



The magazine can now be downloaded and read on a variety of digital platforms such as iPad, iPhone, Android, Windows 8 and tablets.

Download the free Magzter app or log on to <http://www.magzter.com/IN/Harmony-for-Silvers-Foundation/Harmony---Celebrate-Age/Lifestyle/> today to read the latest issue of *Harmony-Celebrate Age*.



column one

"It is egoistic to say 'I perform.' I am never happy with my performances." That, right there, is what sets virtuosos like Trilok Gurtu apart. This stubborn refusal to become complacent, a constant search for newer forms of expression and an eclectic approach that scoffs at barriers and boundaries are just some of the reasons the "Rhythm Master" has held audiences world over in thrall for five decades. "The music I am doing today is for *atmagyaan* [self-knowledge]," says the percussionist, resplendent on our cover. "However, if I can make the listener's mind happy and positive, nothing like it."

Music is one way to spread positivity, another is catalysing civic development. This month, we introduce you to Alka Damle, 'the dust-buster of Vasco'. This indefatigable change-maker is taking the lead on a host of community issues in Goa, from phasing out plastic to cleaning up neighbourhoods and empowering silvers and others who need assistance.

Another silver who has made the community his calling is Jagdish Lal Ahuja. Lovingly known as *langar-wale babaji*, the octogenarian has been serving free meals to the poor—the current count is 500 people a day—in Chandigarh for over 35 years.

Elsewhere, we help you navigate the use of plastic money, the future of personal banking; tell you how tuberculosis can be cured and prevented; whisk you away to the verdant pleasures of Palakkad; explain how yoga can help tackle your thyroid issues; and serve up some delicious soups to chase the monsoon blues away. Dig in—and stay dry!

—Arati Rajan Menon

I am 84 years of age and a subscriber to *Harmony-Celebrate Age* for some years now. I salute your efforts to bring forward the problems of senior citizens, their achievements and activities. Like you, I also do my bit working with senior citizens' organisations. Through your platform, I would like to bring to notice the problem of loneliness in seniors.

A few months back, there was an article in *The Times of India* that UK had appointed Tracy Couch, Minister for Sport and Civil Society, to take on the role of 'minister of loneliness'. It seems the world is recognising the gravity of this problem and hopefully India will soon catch up. Loneliness can be defined as the perception of being isolated from people, whether friends or family, with whom we want to interact. It is the gap between the kind of social relationships we envision and the ones we see ourselves having. It is a mounting problem and longevity is the main culprit, with seniors living up to 70 years compared to 32 years in 1951. Another factor adding to loneliness is the gradual dissipation of the joint family system; now, elders are left to fend for themselves while battling their growing ailments. The effects can be cataclysmic. Nobody dies solely owing to loneliness but heart disease, cancer, diabetes and other such conditions can be exacerbated by loneliness.

Older adults can cope with loneliness by making friends, doing volunteer work, taking up a hobby, adopting a pet ('Pet Pursuits'; April 2018), exploring new technology, etc. These may not be sure-shot ways to alleviate loneliness but definitely a step towards a healthier mind.

Suresh Chandra
Via email

This letter is regarding your 'Helpline' column published in March 2018. The reasons cited in the article for not preparing a Will seem valid, but I feel seniors need only a push to change their perspective. I am prepared to send an email to all the parents and grandparents who are not willing to write a Will, explaining why such a deed is necessary to secure the future of their children and their belongings. It's a step towards alleviating their inhibitions and I would like to take up this service.

Vyasamoorthy
Via email



I love the articles in *Harmony-Celebrate Age*, all of them. There is so much maturity in them.

Selma Pinto
Via Facebook

HITS OF THE MONTH

Our most-read stories in
June 2018 on

 www.harmonyindia.org

1. Live smart!
2. A legacy of lenses
3. "I am not a rebel"

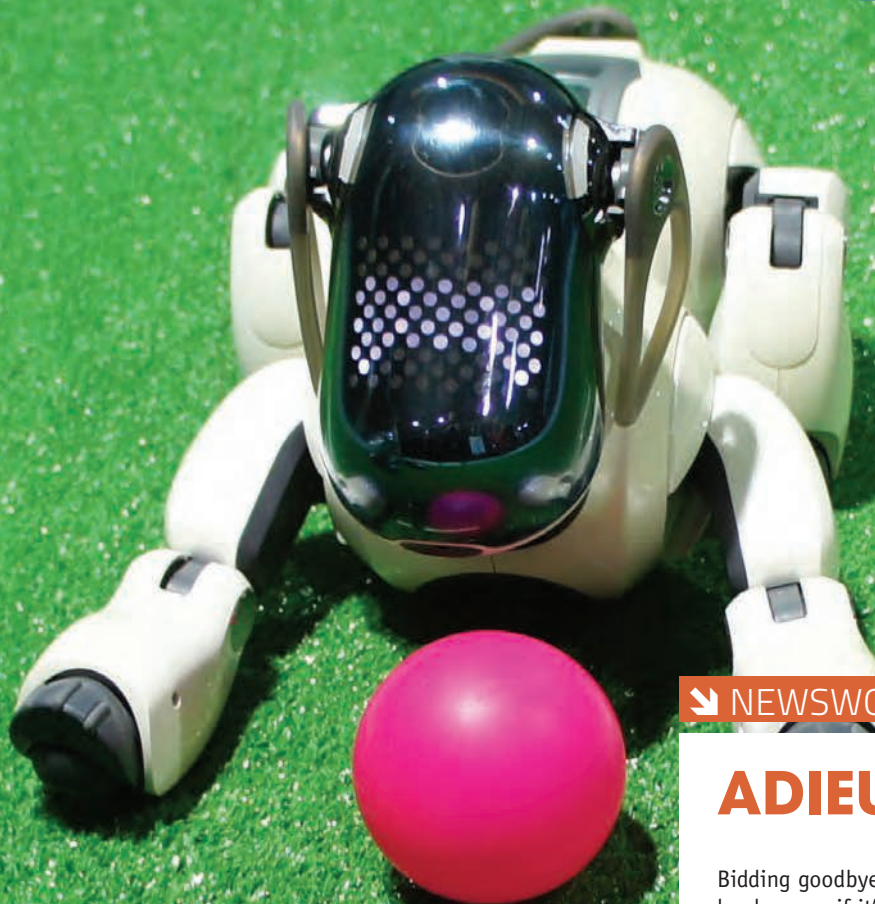
inside

P20: A hearty health plan
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NEWS ● VIEWS ● PEOPLE ● RESEARCH ● TRENDS ● TIPS



istock



NEWSWORTHY

ADIEU AIBO

Bidding goodbye to a beloved pet is always hard—even if it's a robot. So it's especially sweet that **114 Sony Aibo robotic dogs were recently given a Buddhist send-off at Kofuku-ji Temple** in the city of Nara in Japan. Though Version 1 of the Aibo went out of production in 2006, electronics repair company A-Fun Co has kept many of them going by using genuine parts from old or 'dead' robo-dogs for repairs. (Sony has recently rolled out V 2 of the Aibo; see <https://aibo.sony.jp/en>.) Speaking at the ceremony at the 450 year-old temple Nobuyuki Norimatsu, CEO of A-Fun, told *The Japan Times*, "We'd like to return the souls to the owners and make the robot a machine to utilise their parts. We don't take parts before we hold a funeral for them." To this, the head priest at Kofuku-ji who conducted the ceremony added, "All things have a bit of soul." Indeed.

DAREDEVILS

Photographs by iStock



A recent poll for British supermarket chain Aldi will surprise you. It asked a cross-section of people about the hobbies they'd like to indulge in—and discovered that **silvers are closet daredevils!** Of the elders they surveyed, 53 per cent expressed their desire to indulge in adventure sports, with 20 per cent wanting to fly a plane, 14 per cent scuba dive, 9 per cent jet ski and 9 per cent hand glide! By contrast, 20-something millennials preferred more traditional hobbies with baking topping the list (49 per cent), followed by gardening (25 per cent), sewing (20 per cent), crafting (17 per cent) and caravanning (15 per cent). Wow.

THE LONELINESS EPIDEMIC



An astonishing survey of 20,000 Americans by health and insurance services company Cigna reveals that **young people are far more likely to report being lonely and in poor health than silvers.** Youth from Generation Z identified with 10 of the 11 feelings related to loneliness, while more than 90 per cent of septuagenarians reported feeling close to others, having friends and acquaintances to turn to in need.



DANCE TO FORGET

Sadly, the generation that was instrumental in rebuilding the South Korean economy is not doing too well—statistics indicate a high poverty rate and drastically increasing suicide rate among the elderly. In this scenario, **'colatecs'—or daytime discos—have emerged as a source of comfort, companionship and cheap leisure for silver Koreans.** As Reuters reports, nearly 1,000 such daytime discos have sprung up in the country in the last couple of decades; the entry fee is 1,000 won (₹ 63). And regardless of the etymology—colatec is an amalgam of 'cola' and 'discotheque'—the most popular beverage is reportedly probiotic yoghurt for 2,000 won (₹ 125). "My take from running this place is knowing that these old people have a place to go to when they wake up," Choi, the owner of New Hyundai Core colatec tells the news agency. "They can't afford to go travel abroad or play golf every day."



STUDY TIME

IT'S FINALLY BEGUN. We first told you about the landmark **Longitudinal Ageing Study of India (LASI)** by the Ministry of Health & Family Welfare (MoHFW) in these pages in May 2016. Now, the first phase is underway in Dimapur, Nagaland, and is expected to travel to the districts of Kohima, Wokha, Mokokchung, Mon and Kiphire in coming months. In a press release, LASI project manager Surenthung Enny emphasised upon the importance of the research for Nagaland as it will provide tremendous insight on the overall well-being and socioeconomic patterns of the elderly. Local medical officers and concerned administrative officers will work with the field research team, who will be supervised by the MoHFW, field agency Helping Organisation for Poverty Alleviation and Rural Development (HOPARD) and the International Institute of Population Science (IIPS), Mumbai. To know more about LASI, log on to iipsindia.org/research_lasi.htm



THE BIOLOGICAL CLOCK

IIT-Hyderabad is conducting '**A Preliminary Study of Ageing and Assisted Reproduction in India**', which will address the issue of the 'biological clock' and the impact of declining fertility on demographic trends and the social concerns of an ageing population. The project has received funding of ₹ 2.5 million under the Wellcome UK Small Projects Grant 2018. "The aim is to contribute conceptually and through field data to ongoing and future research on assisted conception, infertility and reproduction in India," study leader Anindita Majumdar, assistant professor of the Department of Liberal Arts, IIT-Hyderabad, tells news agency United News of India. "This would include publications and the development of a larger research project that will look at the impact of societal and environmental factors on increasing fears of declining fertility in urban India."



Friends Adult Diapers Presents

FREEDOM with Friends

iStock

Convincing your parent to wear an adult diaper? It may seem difficult, but it is not impossible. Get started with a little help from Friends!

THE SILVER (NOT SUNSET) YEARS

You're enjoying the onset of your silver years, with a world of opportunities ahead to savour. You want your parents to enjoy the same freedoms you do. But something is holding them back from living their dreams, something they don't want to talk about. Is it incontinence? Help them manage the condition effectively and discreetly with your support.

DIAPERS TO THE RESCUE

World over, adult diapers are being used as a practical solution to manage incontinence and sudden urinary and faecal leaks. In fact, market research reports suggest that some consumers, especially in developing countries, actually prefer diapers over public toilets, owing to reasons of hygiene. This is especially true for women.

PREPARE YOUR PARENTS

First, try to gauge if your parents are aware of what an adult diaper is and how it could help them lead their life with dignity. You can initiate the talk during a casual conversation. If they are unaware, let them know what adult diapers are and how

Watch
this space
next month for
more from
Friends!

they've been helping seniors, and even young adults, all over the world manage incontinence and urinary and faecal leaks discreetly. If they love to travel, inform them that adult diapers provide a practical solution to deal with inaccessibility to clean toilets. Mention the experiences of a close friend or relative whose life has changed for the better after using adult diapers.

THE ART OF PERSUASION

Try to assess their reaction. If they seem interested, equip them with more information through print visuals and video clippings. Your parents may initially hesitate and even respond negatively about using a diaper because of the stigma attached to it.

Some may even be embarrassed to discuss it openly, preferring to suffer in silence. Gently explain that the advantages of using an adult diaper are many—they can enjoy undisturbed nights; stress-free travel; and no more embarrassing urinary odours owing to sudden leaks.

THE TEST DRIVE

Some elders refrain from wearing an adult diaper because they feel it will look bulky. Shatter their misconceptions by showing them how comfortable, streamlined and super-absorbent Friends adult diapers are. Another plus: the wetness indicator that signals when they need a change. The best way to remove their apprehensions is to buy them a sample pack—give them a practical demo and make them wear one for a first-hand experience.

HANDLE WITH CARE

Remember, your goal is to help your parents regain their pride and dignity, not embarrass or humiliate them. So, ensure that you don't hurt their sentiments or be harsh towards them. Start the conversation; be patient and empower them to live their best life!

Ensure that he sleeps like a baby.



Urologists believe that irregular sleep due to incontinence leads to depression. The new Friends Overnight Adult Diaper offers up to 16 hours of protection, ensuring a peaceful night's rest. So you as a 'parent', have one less thing to worry about.

TRIPLE ADVANTAGE



Specially designed
for Indian bodies.



Cloth-like;
breathable sides.



Wetness
indicator

FRIENDS®
— ADULT DIAPERS —
Live young

Available on
amazon.in
Flipkart

Call 1860 425 9009 | SMS FRIENDS (space) your QUERY with NAME to 58888
Website: www.nobelhygiene.com | www.facebook.com/FriendsDiaper

Photographs by iStock



SUPER SHOWER

Can your shower actually 'wrinkle-proof' your skin? British company Vitaclean HQ has launched a **filtering device that claims to remove up to 98 per cent of skin-damaging chlorine while dispensing anti-ageing Vitamin C onto the skin**, which will banish fine lines and boost collagen production, all while you bathe. As the online edition of London newspaper *Daily Mail* tells us, the device, created by former model Kristina Velkova and

tech start-up expert Sara Douglas, comprises a portable showerhead that can be attached to the pipe through a wall mount. The showerhead features a microfibre filter cloth designed to trap rust, dirt and other contaminants and packed with aroma oils to enhance relaxation; it also optimises water pressure and reduces water consumption by up to 25 per cent. The cost: £ 79.99 (about ₹ 7,200).

To learn more, log on to www.vitacleanhq.com

Boots out Botox! British drugstore Boots has consistently disrupted the market with its No7 Laboratories range of affordable skincare. The latest from the stable is **Line Correcting Booster Serum**, which claims to reduce fine lines and wrinkles after just two weeks of use. Developed using a unique peptide technology called Matrixyl 3000 PlusTM4, the serum has received rave reviews in consumer trials, with users reporting a decrease in the appearance of lines on the forehead, lips and around the eyes as well as a reduction of stubborn wrinkles like crow's feet, between the brows and the folds around the corners of the mouth. In fact, according to website *independent.co.uk*, women rated this serum better than Botox. Priced at £ 38 (about ₹ 3,500) for a 15-ml tube, the serum is available on www.boots.com with limited international shipping.



MAGIC MUSHROOMS

No, this is a different kind of high! As Spanish news agency EFE reports, students at National Polytechnic Institute in Mexico are using the anti-inflammatory and antibiotic properties of certain varieties of mushrooms to produce anti-ageing face and body creams, shampoos and hair products. Mushrooms are rich in vitamins like B1, C and D, and minerals such as iron, copper and zinc.

COUNTING ON SHEEP

Here's another bizarre offering from the anti-ageing stable—or should we say barn. Sheep (ovine) placenta is one of the key ingredients in

Rest & Revive Restorative Placenta & Stem Cell Night Serum, developed by British company MZ Skin. Other ingredients in the serum, which promises silky soft skin and reduced wrinkles in 30 days, include

phyto (plant) placenta, white kahai oil, asparagus, hyaluronic acids and a bouquet of vitamins. "I created Rest & Revive to enhance stem cells and encourage collagen synthesis with intensive gene re-activating ingredients to repair, restructure and illuminate the complexion," Dr Maryam Zamani, founder of MZ Skin, tells *The Irish Sun*. Your bank balance may need some repair afterwards—the serum costs a cool £ 195 (₹ 17,550).



Juvenescence

Courtesy: Juvenescence Limited



With life expectancy set to increase dramatically world over, Jim Mellon and Al Chalabi, known for their prediction on the financial crisis in their debut book, *Wake Up! Survive and Prosper in the Coming Economic Turmoil*, are out with their latest: *Juvenescence: Investing in the Age of Longevity*. Offering insight into drug discovery and ways to enable the body to self-heal to fight daily wear and tear, *Juvenescence*, available on amazon.in (paperback: ₹ 1,177; Kindle edition: ₹ 643), offers portfolios and analyses of recommended companies as well as lifestyle tips. In an email exclusive with *Harmony-Celebrate Age*, **Jim Mellon** talks about longevity research and its prospects in the near future.

What sparked your interest in longevity research?

Partly self-interest, partly a recognition that science is genuinely catching up with the aspiration of an ultra-long life.

If, as you have said, this research is not just about finding a cure for the “Deadly Quintet” of life-threatening diseases—cancer, cardiac disease, respiratory diseases, dementia and diabetes—what exactly does longevity research entail?

It is looking at ageing as a unitary disease and working to influence the pathways that cause it. About 15 such pathways have been identified

“India is a test bed. A very young population will likely lead to many millions of centenarians in due course, living in good health”

and most can be manipulated to cause animals and organisms to live much longer. Humans next.

A lot of elders, like centenarian Australian scientist David Goodall who chose voluntary euthanasia, believe quality of life is compromised after 100. How do you think this research will directly affect them?

Mobility and robustness are about to be extended by using such drugs as rapamycin, metformin and senolytics. This will revolutionise the way we look at ageing.

How will longevity research impact people living in developing nations like India with a significant number of youth?

India is a test bed. A very young population will likely lead to many millions of centenarians in due course, living in good health. This will be coupled with a significant fall in fertility per woman, leading to a rapidly ageing population—in a good way! But this won't happen till after 2050.





QUINTESSENTIALLY QI

MEET MS QI: 73, retired teacher, backpacker and Internet sensation! This intrepid silver, who shares that she calls her 92 year-old mother every day, has taken to social media to turn traditional Chinese notions on the roles of elders on their head.

With digital news platform Pear Video as her medium, she asks the question: “Why do elderly Chinese people have to do housework and look after their children and grandchildren? We should have our own lives.” The folks at Pear Video followed her on her recent trip

to the Chinese town of Quanzhou, where she lived in a dormitory with other students and saved money—the video went viral with over 11 million views and thousands of comments. Check it out at www.pearvideo.com/video_1297058

FINE ART

Most things get better with age: wine, cheese, fine leather or as Marlana Vaccaro, gallery director of **Carter Burden Gallery** puts it, professional artist! **At this non-profit gallery in New York, only artists over the age of 60 can show their work.** It might appear ageist, but as Vaccaro tells website *npr.org*, “I think it’s more a defence against ageism. It’s giving an opportunity to a group of people that have had the opportunity removed simply because of their age. Opportunities are few and far between at any gallery for any artist of any age, so I think we’re trying to just right a wrong, rather than get in the way of anyone else having an opportunity.” Vaccaro points out that there are very few galleries that are willing to showcase works of older artists, unless they are extremely famous. At any given time, Carter Burden Gallery showcases two or three artists together and only exhibits artists who live in New York. “It is a community,” Elisabeth Jacobsen, 68, an artist from Long Island, tells the website, which reports that the gallery has seen over 500 people turn up at openings to meet, greet and buy. Check out some of the artists and their work at www.carterburdengallery.org



Courtesy: Carter Burden Gallery



Words with friends

Available for: Android and iOS 9.0 or later

What it does: Research shows word puzzles can help reduce the risk of Alzheimer's and dementia. But 'Words with friends' takes it a step further. While this maybe your average scrabble, the in-game options that help you track performances and undertake challenges make this app a notch above the original board game.

The X factor: Let's not overlook the social benefits of the app! According to a recent survey of more than 118,000 players by app developer Zynga, it's good for scoring 'both on and off the board' ('Words with friends is basically a dating app', *The Atlantic*, 2012)—one in 10 respondents said playing 'Words with friends' has directly lead to a hook-up; one in three would be more likely to hook up with someone good on the app; and nearly half the respondents have a crush on someone good at the game. In fact, some players have actually met on the app, dated and gotten married!

How it works: The first step, as with any app, is to register/sign up; you can do this with Facebook or via email. On the home page, you can start a new game, which will then prompt you to add friends from your Facebook or contact list by sending messages. Another (clearly popular) route is to play with someone new. Other options include chatting with your friends in-game, tracking performance and improvements with detailed stats, offline solo play, and challenges that facilitate quick thinking.

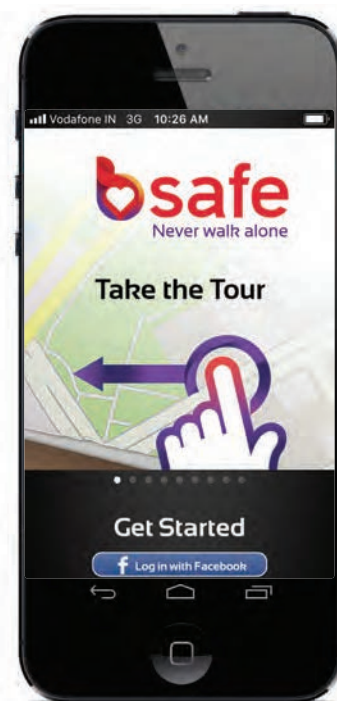
Now, there's a Tinder equivalent for silvers, launched by Toronto-based social networking start-up Aminthro. Launched this May, the app, also named Aminthro, is designed to act as a 'friendship-making platform' for adults aged 50+. The parameters used to define compatibility with another user are defined through years of research in sociology. Aminthro founder Charlene Nadalin's inspiration arose from watching her mother struggle with loneliness after the loss of her husband at the age of 56. With loneliness and isolation being leading causes of mortality among silvers, this app seems to be the way forward for lonely hearts.

bsafe

Available for: iOS 9.3 or later and Android 4.0.3 and up

What it does: Send information automatically about who you are, where you are and what's happening (video + audio) with time stamps. Set up your own social, personal security network of friends and family (guardians). You can ask specified guardians to follow you home with 'Follow Me Live' GPS tracking. Set a timer alarm to automatically notify your guardian if you haven't checked in within a certain time.

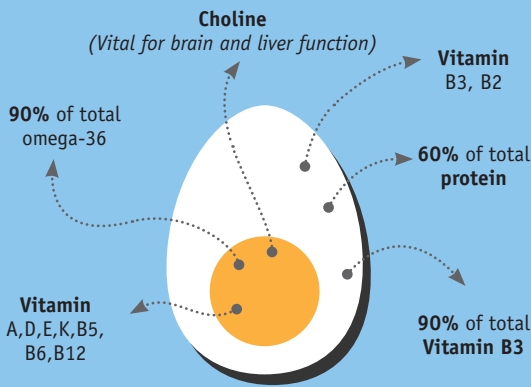
How it works: The initial step is to register with Facebook or your mobile number. Then, add friends from your lists who can become part of your community to be notified in case of any mishaps; this is important as bSafe's efficacy depends on how big your community is. The app has no limits on the number of friends that can be added to cast a wider safety net. Alert friends that you are in danger by tapping the SOS button, which automatically triggers a siren (optional) and starts recording video and sound while broadcasting your location. Check in to different places with the 'I'm Here' tab at the bottom of the home screen and share your location. Receive a fake call set on timer to get out of a dire situation if need be. Set the 'Timer' for walks or midnight excursions; if you haven't checked in on time, bSafe will alert your friends. You can invite friends to digitally accompany you on a walk; with them constantly aware of your location, you can safely walk to and from unknown places. The app is easy to use with most of the functions just a finger-tap away.



GOING THE EGGSTRA MILE

Have them boiled or flip an omelette... now you can include eggs in your breakfast without worrying. According to a study published in the American Journal of Clinical Nutrition, researchers tracked 128 participants for over a year and concluded that **consumption of eggs doesn't affect cardiovascular health or lead to an increase in cholesterol, blood sugar or blood pressure.** Indeed, the study showed that there was no significant difference between those who ate more eggs and those who ate less. Eggs are high in dietary cholesterol but consuming them has little effect on cholesterol in the blood, say researchers. In fact, they are a rich source of protein and micronutrients that support a range of health and dietary factors including regulating the intake of fat and carbohydrates, eye and heart health, and healthy blood vessels.

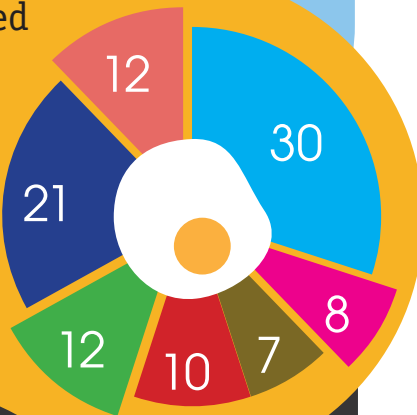
ALL ABOUT EGGS



A single boiled egg contains

(in %)

- Vitamin A
- Folate
- Vitamin B5
- Vitamin B12
- Vitamin B2
- Phosphorus
- Selenium



HEALTH BENEFITS

Weight management
The protein content in eggs helps you feel fuller for a longer time

Healthy pregnancy
Eggs are a good source of choline, a nutrient that helps reduce birth defects

Healthy brain
The choline found in eggs helps brain cell membranes maintain their structure

Healthy muscles
The high protein in eggs helps build muscle and prevent muscle loss

Healthy thyroid
Eggs maintain healthy hormonal functioning of thyroid gland

Healthy eyes
Lutein and zeaxanthin, the anti-oxidants, prevent cataracts and macular degeneration cataracts



BONES, BALDNESS & MORE

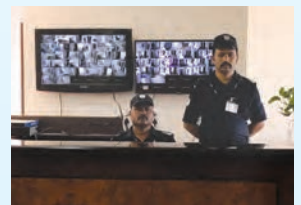
Individuals suffering the pain of going bald may soon be thanking patients of osteoporosis, a degenerative bone disease. Scientists have discovered that a **drug used to treat osteoporosis may actually stimulate hair growth**. It does this by inhibiting a protein that slows the growth of hair follicles. The drug, called WAY-316606, was being studied by a team from the University of Manchester's Centre for Dermatology Research, as an alternative to another drug that

achieved the same result. That drug, called Cyclosporine A, has been used since the 1980s to minimise the chance of rejection after organ transplants and to treat autoimmune diseases. The problem with Cyclosporine A is its many side-effects, which made it unsuitable as treatment for baldness. The recent study was published in journal *PLOS Biology*. Researchers caution that WAY-316606 needs to be studied further—so don't let these findings go to your head just yet.

DO YOU HAVE NOMOPHOBIA?

An increasing number of people across the globe are showing signs of nomophobia—or 'no mobile phone' phobia—the term for fear of not being able to use a cell phone. According to studies at Pew Research Centre, Washington DC, it can cause severe anxiety and even depression, affecting your social life, relationships, and ability to work and study. To know if you're suffering from it, take the nomophobia quiz at www.nomophobia.com/nomo-test0914/

RESORT-RESIDENCES **FOR SENIORS**



A large slice of the young generation is ambitious and therefore constantly travels across the country, if not overseas, thus leaving their loved ones, often elderly parents, alone at home. Keeping house in addition to taking care of their health and completing day-to-day chores is both tedious and stressful for elderly individuals.

Addressing this growing concern with a practical yet sensitive approach is Pune-based Gagan Properties, which has shaped its vision into reality. The result is Nulife, an ultra-modern, world-class resort-residence facility for senior citizens of our country.

A magnificent project sprawled across several acres of holistic goodness at Kamshet near Lonavala, this facility is a haven of comfort for senior living, owing to its adherence to international standards. Justifying its dynamic tagline that reads 'Grow Young', Nulife is that place where seniors can age gracefully while living in the midst of raw nature. Here, they can live a serene life while immersing themselves in pleasant weather and an unpolluted environment.

HEALTHCARE AND SECURITY – YOUR LIVES ARE PRECIOUS!

Nulife recognises that seniors are vulnerable and that they also worry about

their safety and security. Therefore, protecting senior lives is top priority. The residential facility has tied up with Oyster and Pearl hospitals, making it possible to have a hospital equipped with an ICU inside the residential complex with dedicated doctors, nurses and a resourceful pharmacy. This ensures that professionals are always available to take care of the medical needs of seniors, as and when required.

Other Nulife facilities included in the apartment price are a 24x7 ambulance service, periodical preventive medical check-ups, routine physiotherapy, daily housekeeping, weekly laundry services and round-the-clock security services including CCTV surveillance.

DESIGN AND DETAILS – THE SCULPTURE THAT INSPIRED MANY!

The design of Nulife premises reflects a profound understanding of the ageing process, which inspires the support it provides its residents. It is a true representation of what Nulife provides – nourishing the potential offerings of a rich and fulfilling life to all its residents.

From large doorways, no-step entries and wide corridors, to personalised panic alarm bands, grab bars in washrooms and anti-skid flooring, this project has been planned by globally renowned architect Perkins Eastman,

USA. These specifications are only a few of the many design details that have been incorporated to create a little piece of paradise just for you.

PERSEVERANCE AND SKILL – THE TEAM!

A vision of Gagan Properties, Nulife is the culmination of the best experiences of 21 years of work in real estate. It is a brand that is receptive to innovation and customer satisfaction on progressive levels within the real estate sector. Having delivered more than 6,000 apartments to satisfied clients, and with more than 6 million sq ft currently under construction, the credibility of this project couldn't be better. It offers authentic comfort and style to our beloved elders.

The first phase of the Nulife project has 342 apartments up for grabs, with 1 and 2 BHK apartments quoted at a starting price of just ₹ 48 lakh. Nulife introduces itself as a new way of aspirational living for senior citizens in India and is destined to change senior living on a nationwide scale. Hurry and contact Nulife to avail the best offer, now!

For more information
on Gagan Nulife, call 9371806262
or visit www.gagannulife.com

Welcome to your 'Nu Home'

GAGAN nulife

Kamshet-Lonavala

Resort Residencies for Seniors

Phase 1 Ready Possession



**Geriatric
Gymnasium**



**House
Keeping
Services**



**Pharmacy in
Premises**



**Periodical
Health
Checkups**



**24 x 7 Health
Services With
ICU Facility**



**Weekly
Laundry
Services**

1 BHK Apartment
43 LAKHS/-
All Inclusive

2 BHK Apartment
75 LAKHS/-
All Inclusive

Includes 15 Years Maintenance*



Actual Site Photograph

A Project By



9372 80 5656 | 9371 80 6262

Gagan NuLife, Village Khadkale, Off Mumbai-Pune Highway, Kamshet, Lonavala.

www.gagannulife.com



MAHARASHTRA
Registration Number
PHASE 1: PG2100009642
PHASE 2: PG2100002941

CREDAI
MEMBER PUNE

Kalpataru

Game, set, match

You could soon play ping-pong during a brain scan. Researchers at University College London and University of Nottingham, UK, have developed a **light, wearable brain scanner that can be mounted on the head and allows the patient to nod, stretch or even play ping-pong while a scan is being conducted.** The conventional magnetoencephalography (MEG) scanners used for such scans currently employ sensors that require the subject to stay very still. This transformative imaging setup uses quantum brain sensors. The technology is customisable and will help doctors scan patients who are unable to sit still, such as those with neurological conditions. It is also expected to improve the speed and accuracy of scans.



Courtesy: University of Nottingham

DON'T GO WITH YOUR GUT

Busting a big belly has more than aesthetic value; it could help you live longer. And the reason: a new study reveals that **a big belly—and not body mass index (BMI)—could put you at risk of a heart attack.** As part of the study, a team at the Mayo Clinic, Rochester, Minnesota, clinically examined 1,700 people aged 45 years and older, from the year 2000 to 2016. During this time, they measured their height, weight, waist circumference and hip circumference. They also measured them for central obesity or excess belly fat. Over time, the individuals were studied for cardiovascular events. The follow-up showed that participants with normal BMI but central obesity had a twofold higher long-term risk of cardiovascular problems than those without central obesity, regardless of their BMI. The study was presented at the European Society of Cardiology.

DRUGS AND DEMENTIA Linking urological problems with dementia may seem like a bit of a stretch but, then, the brain often works in mysterious ways. Researchers in the UK have found that **'anticholinergic drugs'—used to treat urological conditions, depression and Parkinson's disease—can raise the risk of dementia** by as much as 30 per cent. Scientists already know that anticholinergic drugs block the action of a chemical in the brain known as 'acetylcholine', which helps nerve cells send signals to each other. As part of research conducted by the Alzheimer's Society, UK, the medical records of 40,770 people between 65 and 99 years of age, who had been diagnosed with dementia, were compared to 283,993 people who hadn't developed dementia. The findings showed a strong link between anticholinergic drugs and dementia risk. Those who were on anticholinergic drugs for the treatment of allergies, stomach problems and muscle spasms were not at risk. The findings were published in *British Medical Journal*.

A HEARTY HEALTH PLAN



As you probably once told the young ones, your body is changing but there's nothing to worry about. Age changes the nutritional and water requirements of the body. The silver lining is that a set of simple techniques can help you maintain good health as a senior. According to the US's National Council on Ageing, **what you need is a hearty health plan.** The

first step is water. Look for signs of dehydration; drink a minimum of eight glasses a day. Also, plan your menu well and make sure you get three meals and snacks through the day. To get into the habit of healthy snacking, munch on cereal, sandwiches, fruits and raw vegetables. And choose foods that will give you sufficient Vitamin B12 and eat foods with the right nutritional value.



iStock

CHEW ON THIS

While some believe chewing gum is a stress-buster, others claim it prevents tooth decay and plaque formation. Now, a recent study has found that **chewing gum while walking elevates heart rate and increases the amount of energy you burn.** During their study, researchers at Waseda University Graduate School of Sport Sciences, Tokyo, Japan,

measured the participants' resting heart rate and mean heart rate while walking, and calculated how much energy each participant had spent. The participants, aged 21 to 69, either chewed gum while walking for 15 minutes or swallowed a powder that contained the same ingredients in the gum. Researchers found that those who had chewed gum showed a quicker heart rate and had expended more energy than those who had taken the powder. Moreover, the results were more pronounced in older participants. The research was published in *The Journal of Physical Therapy Science*.

HEALTHY DIET, HEALTHY BRAIN

While it is a fact that the human brain shrinks by 5 per cent every decade after the age of 40, scientists may have found a way to shore up brain volume, which is directly linked to one's cognitive abilities. And, guess what? The answer was served up on a platter. Researchers at the Erasmus University Medical Centre, Rotterdam, Netherlands, took their cue from an earlier study on non-human primates (including apes and monkeys) that had found that the animals' diet was linked to their brain size. The latest study was conducted on a Netherlands-based population sample to observe the **association between dietary preferences and brain size**. The study involved 4,213 participants aged 66 on average, who were asked to fill in details of what they ate for a month. The results revealed that **those who ate a diet rich in vegetables and fruit had larger brain tissue volume**. The findings were published in journal *Neurology*.

5%
brain shrinkage
every decade

Foods to boost your brain power



OILY FISH

The omega-3 fats are good for healthy brain function



BLUEBERRIES

Effective in improving and delaying short-term memory loss



BROCCOLI

Source of Vitamin K, which enhances cognitive power



NUTS

Source of Vitamin E, which prevents cognitive decline



PUMPKIN SEEDS

Contain zinc, which enhances memory and thinking skills



BLACKCURRANTS

Source of Vitamin C, which enhances mental agility



TOMATOES

Contain lycopene, that protects against free radical damage



WHOLEGRAINS

Contain glucose that helps to concentrate and stay mentally alert

Namma vahana! ನಮ್ಮ ವಾಹನ!

harmony
celebrate age



TCS
WORLD 10K
BENGALURU
TATA CONSULTANCY SERVICES



GRIT and (G)RACE

It's the victory of mind over matter." That's what our poster boy for pluck and resolve 77 year-old Jaishivan had to say as he completed the 4.2-km Senior Citizens' Run at the TCS World 10K Bengaluru. With crippling joint issues that have rendered his gait unsteady, Jaishivan struggled but completed the task, exhibiting nerves of steel. As he neared the final lap at the entrance of Sree Kanteerava Stadium, onlookers cheered him lustily.

Jaishivan was not alone in his audacity. Many in our thousand-strong army of silver participants embodied sheer grit and determination. For instance, 72 year-old Gangamma completed the run with a walking stick in one hand and a tight grip on her granddaughter's palm. Matching pace with her grandmother, Raksha said, "Last year, she did it on her own. But now she has developed vertigo and needs support while walking. I had to tag along as *ajji* was keen not to give the marathon a miss."





Flagged off by actor Rajiv Rathod, Miss Earth UK 2010 Bhavya Gowda and the *Harmony* team, the surge of silvers in signature yellow t-shirts was simply unstoppable. Smiling and waving at the cameras, hopping on to side stages along the route to display their dancing skills and posing with clowns in outlandish costumes, the *joie de vivre* was evident. Many, such as 75 year-old Mangalambe, took the opportunity to click that perfect selfie, a light drizzle notwithstanding—the retired LIC officer clicked herself in front of the majestic Vidhan Soudha, which lay along the route.

Similarly, soaking in the spirit was 85 year-old M S S Iyer, a former pilot with Lufthansa, originally from Chennai, who could be seen tipping his cowboy hat at those who cheered for him. “Do I look any older than 58?” he sought to know. “I may look 58, but I feel even younger at heart,” he chuckled.

Certainly, age is just a number. Exemplifying that further was 73 year-old Uma Pai, a cancer survivor from Koramangala. Sporting a flower band and hippie spirit, she was the picture of cool. “I just returned from a trip to Bhutan late last night. When my maid turns up this morning at my door, she’ll be upset the cat got away,” Pai giggled like a sneaky teenager. Asked whether she was there with friends or family, she responded philosophically: “I come alone in this world, and I go alone.”

While Pai revelled in her own company, a group of friends aged 60-plus— Anuradha Sinha, Namrata Mallya, Anita Rao, Gayatri, Radha and Purnima—claimed fitness and fun was a group activity for them. “We meet up for walks, gym and swimming and are each other’s fitness buddies,” said Sinha. “We even go on treks together. Recently, we went to Nainital,” Mallya chipped in.







Friends were motivation for many debutants such as 50 year-old Chandrika from Hebbal who was persuaded by her laughter group compatriots, and 65 year-old retired State Bank of India manager P S Prasad, who said, "I'm glad I came along with my friends. There is so much positivity in the air."

While friends can be inspiration for many, family, too, can push one's endurance limits. Sixty-five year-old Vijaylakshmi from Whitefield, with double knee replacement, was encouraged by her husband, 63 year-old Arunkumar, and son and daughter-in-law. While the couple's son had registered for the 10k, their daughter-in-law was part of the 5-km 'Majja' run. "I prepared for the marathon by



walking 4 km daily over the past month," revealed Vijaylakshmi. "Having completed the run with my husband, I now feel a sense of achievement."

Meanwhile, our regular, 69 year-old Vinod Rai Raja, a self-proclaimed entertainer, who boards the metro daily to amuse people with comic acts, was seen swirling the tricolour and dancing to the music that blared from loudspeakers.

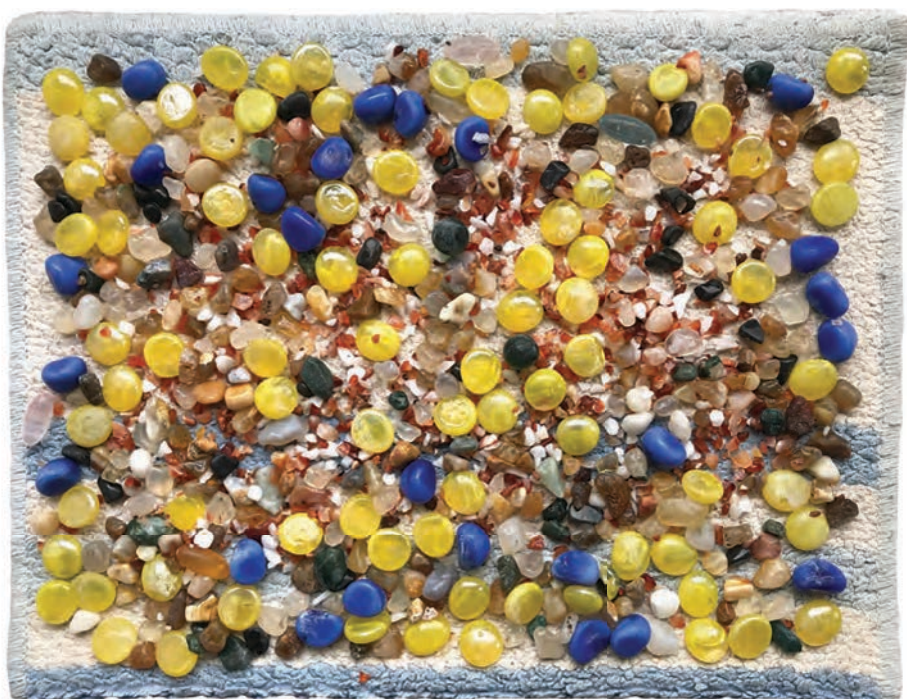
A lucky dip at the marquee saw many participants returning home with gifts sponsored by VLCC, Romsons Group, Tata Housing and Smith & Nephew.

Indeed, it was a day meant to celebrate life and live it to the fullest—a day very well spent.

Pot luck! Forced to stay indoors much of the time owing to the lashing rain? Join a pottery class near you to keep your mind and body engaged and the blues at bay. According to a study conducted at the University of Hong Kong and published in the *Journal of Affective Disorders*, working with clay has a major therapeutic impact on people suffering from depression as it improves mood, focus and motivation. What's more, it gently works and strengthens the hands, wrists and arms, promoting joint movement and dexterity.

Then: Old 'Welcome' Mat Now: Pebble Mat (Reflexology Mat)

Ever heard of the benefits of a pebble walking trail or reflexology footpath? Now you can get your own at home with this DIY solution. You'll need a strong adhesive, an old 'welcome' mat, river rocks with smooth edges or pebbles and a plastic sheet. First, wash the rocks nicely and sort out the rocks you want to use. Lay out a plastic sheet on the floor and place the mat on it. Lay the rocks out on the mat until you are satisfied with the arrangement. Try to keep the rocks as flat as possible and then glue them down. If you'd like your mat to be sturdier, enforce the bottom with a wire mesh in between another piece of mat. For bathrooms, you'll need something sturdier and non-slippery; try adding a thin wooden frame to the pebble mat.



IMPORTANT FACTS

- A reflexology path is designed to massage and stimulate acupressure points on the soles of the feet.
- Stimulation of the reflex zones may initially cause pain and soreness, which also shows how healthy you are. Children can run on such paths with little or no pain at all.
- A study done in 2005 by scientists at the Oregon Research Institute (ORI) confirmed that walking on a cobblestone surface resulted in significant reduction in blood pressure and improvement in balance and physical performance among seniors.
- A study published in the *Journal of Alternative and Complementary Medicine* states that "grounding" appears to reduce clotting in red blood cells and the viscosity of red blood cells, which are major factors in cardiovascular disease.

BIRTHDAYS

Indian classical flautist **Hariprasad Chaurasia** turns 80 on 1 July.

Actor and film director **Asha**, better known as **Revathi**, turns 52 on 8 July.

American actor and filmmaker **Thomas (Tom) Jeffrey Hanks** turns 62 on 9 July.

Indian film and stage actor and director **Naseeruddin Shah** turns 68 on 20 July.

Actor-director **Harikishan Goswami**, better known as **Manoj Kumar**, turns 81 on 24 July.

Austrian-American actor and filmmaker **Arnold Schwarzenegger** turns 71 on 30 July.

Actor **Mumtaz Madhvani** turns 71 on 31 July.

IN PASSING

US Air Force officer and NASA astronaut **Donald H Peterson** died of bone cancer on 27 May. He was 84.

American fashion designer **Kate Spade**, born **Katherine Noel Brosnahan**, ended her life in her New York Home on 5 June. She was 55.

Sri Lankan journalist and TV presenter **Hema Karunaratne** died of cerebral haemorrhage on 5 June. He was 54.

American celebrity chef turned writer and CNN host **Anthony Bourdain** ended his life in a hotel room in France on 8 June. He was 61.

Indian spiritual guru **Uday Singh Deshmukh**, aka **Bhaiyyu Maharaj**, ended his life by shooting himself on 12 June. He was 50.

Indian Kashmiri journalist and editor of *Rising Kashmir* **Shujaat Bukhari** was assassinated in Srinagar on 14 June. He was 50.

MILESTONES

➤ Advertising veterans **Piyush Pandey**, 63, and **Prasoon Pandey**, 57, were honoured with the Cannes Lion lifetime achievement award in Cannes, France, in June.

➤ Veteran singer **Asha Bhosle**, 85, was conferred the Banga Bibhushan, the highest civilian award of West Bengal, by Chief Minister Mamata Banerjee at a ceremony in Kolkata in May. Others who received the award were Bengali superstar **Prosenjit Chatterjee**, 66, and Justice (retd) **Shyamal Kumar Sen**, 77.

OVERHEARD

“I was born with the happy gene and the energy gene. What makes me happiest is seeing my children happy. Honestly, life makes me happy and I’m very aware of how lucky I am. I’ve worked hard all my life, nobody has given me anything on a plate, but I wake up each morning thinking how fortunate I am.... Looking good and feeling great is the right of every woman, no matter how old she is. Beauty is timeless.”

—British actor **Joan Collins**, on her secret to remaining youthful at 85, in interviews with *Hello! magazine* and website www.refinery29.uk/2



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Photographs by iStock

Soup story

Healthy soups are packed with nutrients that boost your immunity and increase your energy during the monsoon

Nothing brings more ease in damp, dismal weather than a bowl of piping hot soup. This comforting beverage bursting with nutrition and flavour is the perfect meal you can consume in muggy weather. A bowl of healthy soup is manna in the monsoon. It boosts immunity and is packed with fibre essential for good health.

To your health!

Soup is the perfect choice for silvers who find it hard to chew food and are otherwise forced to compromise on nutrition. A majority of elders suffer from health ailments—hypertension, diabetes, elevated cholesterol, constipation, acidity, bloating—and tend to be anaemic. The wealth of ingredients in soup provides a healthy balance of carbohydrates, proteins, fats, vitamins and minerals to the body.

It ups the energy levels of silvers, helps them stay fit and is a wonderful way to balance your meal. Further, soup helps cleanse the sinus and

digestive tract system and shed those extra pounds. Losing weight usually becomes a challenge for silvers; they feel hungry or deprived and find it difficult to reduce their food intake. Soup fills you up without adding to the calorie count. Having the right type of soup aids in weight loss, and offers you the option to order in a restaurant while eating out with friends or family.

V positive

Vegetable soup is your best choice—the fibre content helps in the smooth working of your bowels. It regulates the digestive system and maintains a healthy digestive tract. A soup containing vegetables is rich in antioxidants and helps cleanse your body from within. Try to incorporate vegetable soup in every meal during the monsoon.

Vegetables not only lend bright colours to the soup but are packed with nutrients that help to battle the ill-effects of pollution, stress and an

unhealthy diet. In fact, onion, garlic, carrot, pumpkin, carrot, spinach, beetroot and tomato can turn a humble soup into a cancer-fighting weapon. Vegetables contain lycopene, beta-carotene and Vitamin E; all powerful and natural tools to prevent cancer cells from multiplying.

A meal in a bowl

Nutrition experts term soup a 'versatile' beverage. Whether you have a light broth-based soup to beat the monsoon gloom or a meaty meal to satiate your hunger, it hits the right spot. Make it creamy, chunky, smooth or rustic; have it bland for an upset stomach; or make it tangy for an appetiser—soup truly ticks all the boxes. Although it is often seen as an accompaniment to meals, with the right ingredients it can be a complete and healthy meal for you.

A soup encompasses an entire meal with small additions of carbohydrates, fats and proteins along with spices and condiments to enhance

the flavour. Throw in some boiled green peas, kidney beans, chickpeas, mung dal, *toor* dal, edamame beans or lentils, or add cheese, paneer, tofu, yoghurt or similar options for an additional dose of health. Carbohydrates in the form of rice, potato, sweet potato, wholegrain bread, corn or barley kernels can also be added in small quantities to complement the flavour and turn a simple soup into a complete meal.

Vegetable soup is your best choice—the fibre content helps in the smooth working of your bowels. It regulates the digestive system and maintains a healthy digestive tract

Another option is to thicken your soup by blending in fats in the form of coconut, almonds, pistachios, cashew nuts, ghee, extra virgin olive oil or butter as per your taste and choice. With nuts, you can avoid the use of

white flour and cream for thickening; fats lend the soup a creamy and nutty texture. A few examples I can think of are my yummy bottle gourd soup and Singaporean Laksa soup, both brimming with coconut; spinach soup with coconut sautéed in ghee makes it even more delicious.

A soup need not be a soup by definition; *rasam* or vegetable broth is also a soup. Just sauté some vegetables in ghee, blend and puree them, add a dash of boiled rice and mung dal, garnish with coriander and grated coconut, squeeze fresh lemon on top and your healthy, vegetable broth is ready. For a small cost, you can make a meal that feeds the entire family; or make your impromptu guests feel full and healthy.

So the next time it starts pouring, just curl up on the couch and enjoy your favourite beverage. For added flavour, throw in some crusty bread and salad. Soups, with their myriad colours, flavours and textures, are truly cuisine's kindest course.

HEALTHY SOUPS

CLEAR SOUP

Ingredients

For the stock

- Lemongrass: $\frac{3}{4}$ cup
- Green chilli: one
- Bottle gourd: 30 gm; cubed

For the soup

- Cabbage: 30 gm; finely chopped
- French beans: 30 gm; chopped
- Paneer: 30 gm; cubed
- Pepper: 1 tsp; coarsely ground
- Coriander leaves: $\frac{3}{4}$ cup; chopped
- Extra virgin olive oil: 1 tsp



- Salt to taste
- Lemon juice to taste

Method

Take 3 cups of water. Add lemongrass, green chilli and bottle gourd cubes to it and cook on low flame for 15 minutes. Strain the water and the

stock is ready. Heat oil in a pan and sauté the beans and cabbage for 5 minutes. Add the stock and cook for five minutes. Add salt and coarsely ground pepper and paneer; remove from flame after a few minutes. Add lemon juice and coriander leaves and serve hot.



ONE-POT MINESTRONE SOUP

Ingredients

- Vegetable broth: 6½ cups
- White or pink onion: half; diced
- Garlic powder: ¼ tsp
- Carrots: 4; peeled and sliced into thin rounds
- Salt: a pinch
- Black pepper: as per taste
- Cucumber: 1 large; sliced into thin rounds
- Green peas: 1 cup; frozen or fresh
- Tomatoes; 1 cup, halved
- Roasted tomatoes; 4-5; diced
- Basil: 2 tsp; dried
- Oregano: 2 tsp; dried
- Jaggery powder (optional): 1 tsp; unrefined
- Nutritional yeast: 2 tsp
- Kidney beans (*rajma*): 1 cup; rinsed and drained
- Spinach (or any healthy green): 1 cup
- Fresh basil for serving

Method

Heat a large pan over medium heat and add ¼ cup of vegetable broth, onion and garlic powder. Sauté for 3-5 minutes until the onion turns translucent. Add carrots and season with salt and pepper. Cook for 3-4 minutes, stirring occasionally, until

the carrots are slightly tender and vibrant orange. Add zucchini, green peas, cherry tomatoes, fire-roasted tomatoes, the remaining vegetable broth, basil, oregano, coconut sugar, nutritional yeast and white kidney beans and stir to combine. Increase heat to medium-high and bring the soup to a low boil; then, reduce heat slightly to medium-low and allow to simmer.

Cook uncovered for 10 minutes, stirring occasionally. Taste the soup and adjust seasonings if needed. Add spinach and cook for another 3-4 minutes until the leaves wilt. To serve, pour soup in bowls and garnish with fresh basil. Serve hot.

TOMATO AND RED CAPSICUM SOUP

Ingredients

- Tomatoes: 200 gm
- Red capsicum: 200 gm
- Black pepper: ¼ tsp; powdered
- Red chilli powder: 1 tsp
- Salt to taste

Method

Boil the tomatoes; cool and remove the peel. Roast the red capsicum on direct flame. Take it off the flame and

scrape off the dark skin. Blend the tomatoes and capsicum together. Add salt, pepper, red chilli powder and a little water to the mixture. Cook again for 2 minutes and serve hot.

POINTED GOURD SOUP

Ingredients


- Pointed gourd (*parval*): 500 gm
- Almonds: 10; whole
- Pistachios: 10; whole
- Pepper: ¼ tsp; powdered
- Salt to taste
- Lemon juice to taste

Method

Peel the pointed gourd, cut and boil it. Ensure it is not overcooked. Soak the almonds and pistachios for 30 minutes. Peel the almond skin. Blend the gourd, almond and pistachios in a blender. Add salt, pepper and lemon to taste. Cook for 5 minutes and serve hot.



Setalvad is an obesity and lifestyle disease consultant who offers diet counselling at Health for You, a wellness clinic in Mumbai, as well as online. Visit www.nainisetalvad.com for more details or write to contact.mag@harmonyindia.org if you have any queries for her



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.

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celebrate age



YOGA RX BY SHAMEEM AKTHAR

Tackling the thyroid

A regular yogic practice can help boost metabolism and regulate hormones

Thyroid-related problems afflict a large swathe of people, especially women. We talk of messy metabolism almost casually; perhaps we simply have no clue how complex this process is. Nor do we appreciate the huge network of internal biological communication needed for it.

This vast term—metabolism—is handled by the thyroid hormones (T 3 and T4), generated by the gland at the throat. But how much depends a lot on several feedback loops, and a primary one from the pituitary gland in the brain. In recent years, scientists have unravelled that many of the bodily processes, including intercellular ones, depend on feedback loops that source information on how you perceive the external world. We can safely presume for many of us that the perception of external stimuli is largely anxiety-inducing. Many

of us, in fact, hide from this anxiety through addictive behaviour: gadgets, food, mind-numbing stimulants, or even excessive work. In fact, at this point, thyroid problems are treated symptomatically, rather than rooted out at the psychosomatic level where triggers are unleashed.

Excessive thyroid levels cause hyperthyroidism, creating a hyper-person, anxious, nervous, and fatigued as a consequence. Hypothyroidism, which can eventually cause even heart problems, is the other end of the spectrum, causing lethargy, dullness of the mind and lack of interest. It is intriguing how the metabolic topsy-turvy directly impacts one's personality dramatically. Yet, we tinker at the problem at a purely physical level.

Yogic therapy, which should be done alongside conventional medical treatment, should include

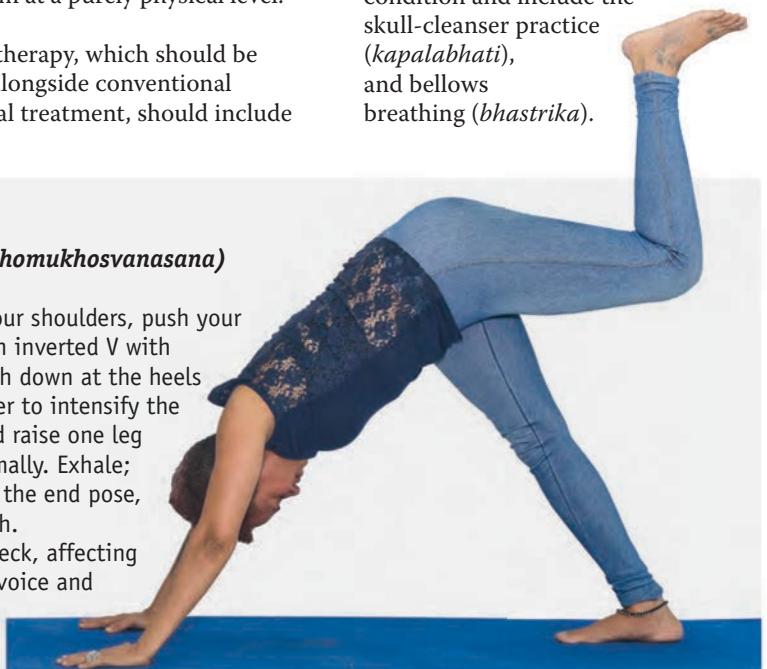
practices that are different for the problems mentioned above. For hyperthyroidism, calming practices need to be included that do not strain the throat. The inverted psychic lock (*viparita karani mudra*) is best for both conditions because it engages the thyroid without stressing it. Gentle energy-releasing practices (the *pawanuktasana* series) are good in hyperthyroidism. Gentle but intense pranayama like the victory breath (*ujjayi*) are ideal to calm high levels of nervous energy in this condition. In hypothyroidism, the fish pose (*matsyasana*) and shoulder stand (*sarvangasana*), which exert a positive stress at the throat, may be employed. Pranayama practices can be stimulating in the latter condition and include the skull-cleanser practice (*kapalabhati*), and bellows breathing (*bhastrika*).

YOGIC MOVES

Inverted V or downward-facing dog pose (*adhomukhosvanasana*)

Go on your fours. Inhale. Exhale. Pressing into your shoulders, push your hips up while straightening your legs to create an inverted V with your entire body. Continue normal breathing. Push down at the heels and move your shoulder blades towards each other to intensify the pose. Look at your feet, or your navel. Inhale and raise one leg into the air. Hold for a few seconds. Breathe normally. Exhale; drop the leg down. Repeat for the other side. For the end pose, drop back on your knees and rest on your stomach.

Benefits: This pose has a gentle impact on the neck, affecting the thyroid positively. It is also said to tone the voice and improve communication skills. Further, it builds stamina and promotes overall flexibility.



Photographs by Haresh Patel



KNOW YOUR KRIYA

Jalandhara bandha

Caution: Do not practice this in extreme conditions of thyroid malfunction and avoid in hyperthyroidism. This *kriya* may be introduced in the later stages of your practice, after you become adept with the initial yoga therapy suggested above. To do this, gently lower the chin, so it rests between the collarbones. This is usually used during retention, while doing pranayama practices like alternate nostril breathing (*anulom vilom*). **Benefits:** This *kriya* is said to prevent the leakage of energy from the above chakras. At the physical level, it massages the thyroid gland at the throat positively. It also makes the neck muscles release tension, and helps with upper back flexibility.

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 the advice given here)



**YOUR
SPACE**



Shyamola Khanna

DOG WHISPERER

I was very young when I was first overtaken by emotion at the sight of an injured dog. I did all I could to nurse the dog back to health. Unfortunately, the dog died but it stirred in me a need to devote myself to these furry friends.

It crushed me every time I saw a stray being mauled or crushed under the wheels of a vehicle. It seemed that curbing the stray canine population was the only way to save them, and I figured sterilising them was the best way to do this. I managed to sterilise a few dogs with my pocket money while in college but it was only after my husband and I settled down to a retired life in Sainikpuri, Secunderabad, in 1996, that I could pursue this long-pending dream.

I got in touch with Amala Akkineni, the owner of Blue Cross in Hyderabad, which is at the forefront of animal welfare in

the twin cities. I spent time at the organisation and learnt how to take my first steps into caring for the dogs.

Before I started working with Blue Cross, I used to feed 20-25 strays near my home, every day. Later, I started putting collars on them; when I would gather about six strays on leashes, I would ring up Blue Cross, who would send their vehicle to pick up the dogs, sterilise them and bring them back. For 10 years, this arrangement continued, until the responsibility overwhelmed the organisation and I had to find alternative means to continue my work.

I was fortunate to meet Doris at Yapral, a nearby locality, about nine years ago, when I had sterilised four of her dogs. We stayed in touch and now she coordinates my operations. Together, we have sterilised at least 40 dogs in her locality itself.

Sapna is another member who coordinates from Kandiguda, another neighbourhood in Sainikpuri. After hearing about my work, waiters and cooks from the Army officers' institutes have started bringing strays to be neutered.

In time, I needed help and now my husband's office assistant Durga Thakur, who has been assisting me for 20 years in transferring sick animals to vets, checks on the health of the dogs that are spayed.

My husband Brigadier (ret'd) Nath helps me finance these operations and logistically too. He believes I have neutered around 1,000 dogs and that I should slow down as I am now 62—out of concern for my health, he has capped the limit to four sterilisations a month!

—Anu Nath, Secunderabad



IT'S NEVER 2 LATE BY JACK YORK

Renaissance man

Based in Northern Virginia, India-born Sanjeev Shetty is a thought leader who mixes compassion with technology

The hunt continues! *Harmony* has put me on the prowl to find interesting people of Indian descent that are making a difference in senior living in the US. To my surprise, it's remarkably easy—since I have started asking the questions, I just keep finding more and more people who are making a difference. This month is no different; in the course of some business discussions around iN2L, I met a technology thought leader with a connection to India. Meet Sanjeev Shetty, a technology visionary living in Northern Virginia, close to the US capital of Washington DC. This story has an interesting diversion to Africa in between India and the US. Read on and you will learn about another fascinating individual from your homeland.

Sanjeev spent his first 10 years in India; he attended elementary school in New Delhi (Shiv Niketan) and Mumbai (Hill Grange and St Mary's). At the age of 10, he left India owing to a shift in his father's career and moved to Dar-es-Salaam, Tanzania. After a brief stint at the Indian Expatriate Study group, he enrolled in the International School of Tanzania (from grade 6 onwards), culminating in his high school diploma ('O' level) and pre-university classes, completing his International Baccalaureate (IB).

His educational aspirations further took him from East Africa to the US, in Wisconsin, where he studied mathematics and computer science. This was a ripe time in US history for technology as the boom was just starting. His deep passion for computers and technology started to

spark his curiosity and drive. He spent a few years in corporate America, working for Time Warner Cable. He continued his education, and got his MBA majoring in competitive strategy and e-commerce at the University of Rochester, New York. Since then, he has settled in Virginia.

Sanjeev was comfortably living the technology dream, but like so many others involved in the field of ageing, personal experiences changed his perspective—and his life. "With ageing parents, I have always dealt

"I feel experiences and culture have a strong influence on my work. My experiences with the 'boomer' and forgotten generation have moulded my beliefs"

with issues related to ageing, such as housing and medical needs, but I never thought that someday I would end up working in this space," he explains. "Apart from my parents, I have witnessed this universal issue all around me and have always been fascinated by ageism. It is a phenomenon we all have to deal with at some point in our lives. It is fascinating to study US census numbers and see how rapidly the population of seniors 65 and over will grow over the next decade. One in five individuals will be a senior over 65 by the year 2030. In fact, the demographic of people 50+ will be about the same size as the millennials. If you weren't thinking about

this group of individuals, it's only a matter of time before their needs and preferences will be front and centre."

His journey into senior living was driven by a desire to have more purpose. After spending over two decades in corporate life, he felt personally unfulfilled. The work he was doing was not purposeful and had left a void in his sense of achievement. In 2017, he started SDS Ventures in an effort to start transformational work. He advised start-ups aimed at transforming healthcare with the use of artificial intelligence. That work got him involved with a progressive organisation called The Asbury Group; he was asked to come in, in a consultative role, to introduce an 'Innovation and Incubator' programme to help Asbury become differentiated and transform into a person-centred organisation.

What's fascinating from my outside perspective of Sanjeev (like others I have written about) is how his roots from India have transformed his perspective and passion. "I feel experiences and culture have a strong influence on my work," he agrees. "My experiences with the 'boomer' and 'forgotten' generation, along with a strong sense of Indian culture in my life, have moulded my beliefs and the work I do. Indian culture is inherently focused on family values and ageing in place, with most parents moving in with their children or having children as their caretakers."

Sanjeev still has extended family in India and visits them often. Both his parents and his wife's parents live in Bengaluru, Karnataka. His



Shetty with his family during a visit to India

ties in India have an influence on his work—he hopes to leverage the growing technology and biotechnology intellectual capital in India to try to solve some of the issues facing the senior living community. There is a vast amount of research that can benefit common diseases and problems plaguing seniors in the US, such as dementia, diabetes and congestive heart failure. And he sees, both in the US and India, a huge role for technology in senior living—telemedicine, smart home technology, fall prevention, resident safety and robotics are all examples of technologies that will transform ageing.

Sanjeev sees the pros and cons of both the Indian and US cultures. “The US has given me opportunities beyond my imagination and something I would have never gotten in any other country,” he shares. “American culture and education challenge you and make you confident in your abilities. They also enable ambitious and entrepreneurial individuals to succeed, if you have the right combination of talent, drive and will. We feel blessed for having the best of what America has to offer in a wonderful part of the country, with

my wife focusing on the children. On the flipside, living in the US can also lead to a sense of social isolation. I don’t feel it as much because even though we are 12,000 miles from my family, I am constantly communicating with and visiting them. Family is not always on top of everyone’s value list. American families tend to be nuclear, with parents rarely living close, much less with their children. This type of nuclear living can lead to some amount of social isolation.”

In his view, India is a vast treasure trove of ‘goodies.’ “As an avid foodie, I can’t help but start with the food in India, which is varied, delicious and addictive,” he says. “When I visit India, which is almost every year, I still crave my mom’s home-cooked food or even dare to eat street food. India has a vast and diverse culture. Indian art, history, culture and love for the movies are all very fascinating to me and woven into the culture. I have been fortunate to have been associated with some of the pillars of Indian cinema through extended family. One of the principal strengths of Indian culture is its emphasis on family and community. Today, India’s youth is a demographic to reckon

with; their mark is everywhere in Indian culture, whether it’s movies, technology or the workplace. They are India’s strongest economic potential, 400-million strong—better educated, better connected to information and the world. They are reshaping the country’s mobile economic revolution and reshaping the way India performs commerce. Today, India is also a hotbed for start-ups; the country has more than 19,000 technology-enabled start-ups, led by consumer internet and financial services.”

Interestingly, Sanjeev’s time in Africa also moulded him in many ways, and gave him a strong sense of volunteerism and giving back. He has volunteered for Mother Teresa’s orphanage, built bridges and nursing centres in remote leprosy-afflicted villages, participated in the Model United Nations and the Duke of Edinburgh’s programme and even climbed Mt Kilimanjaro! His experiences, he avers, will stay with him forever. The poverty and humanitarian need in these countries taught him to never take anything for granted and appreciate all one has.

So once again, another remarkable person found simply in the vendor hall at a senior living conference. I didn’t know this man a week ago. A person I may have had a 10-minute technology conversation with turns out to be a man of action, seamlessly bridging three cultures at once on three different continents. It’s remarkable to see a mix of technological prowess with human compassion, the ideal mix that can change the world. Stay tuned and watch where Mr Sanjeev Shetty winds up—he may be designing a compassionate robot this afternoon that keeps your mother connected to her health records and Bollywood hits at the same time!

York is co-founder of It’s Never 2 Late® (iN2L), an American company dedicated to helping older adults realise the full benefits of today’s technology



HELPLINE BY DR HARSHBIR RANA

In this column, we answer your queries on personal and social issues related to ageing, elder care and intergenerational relationships



Harmony Archives

Q I am a 65 year-old man living alone in a flat in Pune. My wife passed away three years ago after a prolonged battle with cancer. My only son lives in Mumbai with his family. Though I have a good relationship with him and his family, I don't want to go and live with him. However, I have become very lonely and am considering remarriage. Of late, I have started liking a neighbour with whom I interact frequently. She is 63 and widowed. Both of us need company and care. Would it be a good idea for us to get married?

A First, please accept my deep condolences for the loss of your wife. You have had a number of life-changing events in the past few years. Taking care of a spouse suffering from cancer and then losing the battle must

have been a traumatic experience. Senior remarriage is an accepted reality abroad. However, in India, it has not been a norm owing to our cultural belief that old age is the time to connect with God. The accepted concepts of *vanaprasth* and

sanyaas make the idea of remarriage a taboo, especially for aged women. Nevertheless, things are changing now. With increased longevity, both elders and their children have started accepting the concept of remarriage. In fact, society is also warming up to the idea.

Do remember that your remarriage will be the start of a new relationship on new terms. There are a few factual realities and emotional issues you should be clear about before you go forward.

- Her family: children, siblings, relationship with her in-laws and how they will react to her remarriage
- Her aspirations: find out what she is looking for in her relationship with you.

- Her physical and emotional health: you will be her caretaker and you should understand her needs.

Facts you should consider about yourself:

- Your son: how he and his family will react to your marriage
- Your finances: your new wife will be a legal heir to your savings and properties
- Your expectations: what you are expecting from her materially,

With increased longevity, both elders and their children have started accepting the concept of remarriage. In fact, society is also warming up to the idea

physically and emotionally (as you know caregiving is a very important part of old age).

After looking at all the facts, if you decide to go ahead, please spend as much time as you can with your partner. Discuss the issue openly

along with the pros and cons including which house you will live in, your finances, role to play as stepparents, expectations of support (physical and emotional), financial realities, etc.

The silver years can be very lonely and if you have been lucky enough to find someone, you are indeed blessed. Please remember that some people may judge you or your partner based on your decision.

In fact, you may lose some near and dear ones but new people will enter your life. So make the decision that is right for you.

Q. My father is 85 and lives with my brother and his family. Though I live in a different city, I make it a point to call him every day. However, of late, my dad has started hanging up on me saying he can't hear me. I feel so hurt and helpless. My brother says he is getting hard of hearing and does not interact much with family members. What can I do to help him?



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A. While living away from your loved ones, the telephone is the best means of communication. I can understand the pain you feel when your father hangs up on you. Hearing impairment is often witnessed with increasing age. Also, high-frequency noises are more difficult to distinguish by individuals with hearing impairment. My suggestion would be to visit him and assess if he needs an audiometric test. You can casually do the following simple evaluations as you sit with him.

- Switch on the TV, play with the volume switch and gauge if your father can hear at a low volume and whether he can hear as you take the volume up and down.
- Drop a coin on the floor and see if he responds instantly.

This will give you a fair idea if your father has any hearing loss. If this is the case, you can get audiometry done. Also get a 'speech discrimination score' done. These

two tests should be done along with counselling to get an accurate analysis of the extent of the problem. If he has impaired hearing, hearing aids should help, but it takes time to adjust to them.

Meanwhile take advantage of technology; use Skype, Facetime or WhatsApp video call to speak to your father, as watching your lip movements might help him communicate better. All the best!

Dr Rana is a New Delhi-based social gerontologist and Founder of Positive Aged. Email her with your queries at positiveaged@gmail.com or write to us at contact.mag@harmonyindia.org. Visit www.positiveaged.com



Play your cards right: The future of personal banking lies in the use of ATM, debit and credit cards



Photographs by iStock

Why are you late today, Rama?" enquired my friend. Pat came the answer from her maid that she had to visit the ATM to withdraw cash. Two ATMs in the area were out of order and she had to go looking for one that worked.

My friend persisted. "So, do you have an ATM card too?" The maid nonchalantly asked, "What's new about an ATM card?" She continued, "Most of my neighbours have it. I find it extremely convenient to withdraw cash and it's a great way to keep my hard-earned money out of my

drunkard husband's reach." Evidently, while the maid wasn't aware that ATM is an acronym for automated teller machine, she was confident about using it regularly. This incident set my friend, a septuagenarian, wondering why she still visited the bank to withdraw cash.

Today, a variety of cards are an integral part of personal banking. Most banks are working aggressively to boost the card culture; and in the battle of cards vs. cash, the former is emerging the undisputed winner. However, while millennials pull out their cards routinely for every

transaction (digitally as well as at physical retail locations), silvers are yet to become adept at using plastic money.

What causes the hangup?

ATM, debit and credit cards have been around for over two decades. However, for long, many bank account holders did not opt for these cards. In the absence of widespread financial literacy, a large majority of bank account holders continued to stick with conventional banking methods, involving the use of cash transactions for all their payments. After demonetisation, the focus on a

cashless economy catalysed the use of ATM/debit cards, and the younger generation rode the plastic money bandwagon with gusto. However, silvers showed relative disinterest in using cards and preferred to keep larger amounts of cash in their homes instead. For them, a major deterrent was the numerous stories of ATM/debit/credit card frauds they heard on various media channels and from people they knew. But now, there is a distinct, albeit slow, sign of change as the new wave of silvers enters the fray.

Types of cards

ATM, debit and credit cards are widely used by different strata of society, and they all perform different functions. According to the Reserve Bank of India, there were 860 million debit cards and 37.4 million credit cards operational in India in March 2018. Here's a look at how they differ from each other.

ATM cards

These are associated with savings and current accounts. No fee is charged for an ATM card. There are over 200,000 ATMs across the country. These cards offer certain advantages, such as:

- Cash withdrawal from the account at any time, obviating the need to visit the bank during business hours.
- Cheques can be deposited via the ATM dropbox.
- Cash can be deposited at the ATM at any time.
- Account balance enquiry and passbook printing facility are available at the ATM.

Some charges are levied on financial and non-financial transactions at ATMs beyond permitted free transactions (that vary with different banks). ATM card users need to be aware of the daily withdrawal limit. They should also be aware of charges for extra transactions over the maximum number permitted by their bank. That said, isn't it a great convenience to have the freedom to

withdraw money from your account whenever you need it, without having to worry about keeping large amounts of money in your home? All public and private-sector banks, and most cooperative banks, have installed ATM machines throughout India, and people have the flexibility to withdraw money from any of them.

Debit cards

Debit cards are different from ATM cards; bank customers have to opt for them and will be charged an annual fee for using them. The debit card has the functionality of an ATM card, and more. Today, people are increasingly using debit cards as a preferred mode of payment for online as well as offline payments at retail establish-

Today, people are increasingly using debit cards as a preferred mode of payment for online as well as offline payments at retail establishments, for gym and school fees, for supermarket and hospital payments, and more

ments, for gym and school fees, for supermarket and hospital payments, and more.

Banks have collaborations with payment networks such as Visa, MasterCard, Diners, and Discover. RuPay is the domestic debit/credit cardspayment network launched in 2012 by the National Payments Corporation of India. RuPay debit and credit cards are cheaper and are issued by over 600 international, regional and local banks in India.

The common feature of all debit cards is that they're linked to your account

and entirely replace the need to carry cash. As a safety feature, the card has a PIN (personal identification number) as well as a predetermined daily spend limit. Users also receive a message on their mobile phone whenever any transaction is made using the card. While many silvers avoid the use of a debit card, it offers a number of features and benefits including:

- You don't have to be worried about overspending, because your balance acts as the limit.
- Debit cards offer convenience as you can book air, train, bus and movie tickets and pay for food orders online from the comfort of your home.
- Most banks have ongoing offers and discounts for debit card purchases; this helps you save a significant amount of money. Many vehicle owners find the 2.5 per cent fuel surcharge waiver a definite plus.
- Each time you transact using your debit card, the bank sends you an SMS notification and email confirmation, allowing you to track your spend easily.
- Some debit cards offer personal accident cover and loss liability cover of varying amounts.

Different banks offer different categories of cards such as silver, gold, platinum, etc. The benefits and annual fees vary from one card to another and your salary range and creditworthiness will decide which card you are eligible for. High-net-worth individuals may be eligible for platinum and titanium cards that offer higher credit limits, and a larger number of benefits, rewards and cashbacks.

Credit cards

A credit card isn't linked to the balance in an account, and has an annual fee attached to it. It allows you to make purchases and pay for them at a later date (generally within a timeframe of 45 days). It's akin to a loan given to you by your bank. Failure to make the payment within



It is true that credit card phishing, cloning and other scams occur and every debit/credit card holder needs to be aware of how these scams take place. This knowledge will help them avoid identity theft

the specified due date attracts interest and penalties. It's important to have an understanding of how the payment cycles work to ensure you clear payments on time. Some features and advantages of credit cards include:

- They are an alternative to cash payments but with a predetermined limit.
- Annual fee is levied. However, some banks offer free-for-life credit cards to preferred customers on request.
- The cardholder has a grace period after which interest is charged on the amount due.
- Most credit cards also have an accident cover feature.
- You can accumulate bonus points against purchases made.
- Many credit cards offer discounts when you make purchases.
- Credit cards have a good emergency feature; you can withdraw cash at ATMs but have to pay certain fees for the withdrawal. It is a loan without hassles.
- Credit cards offer benefits such as free access to airport lounges and offers on shopping at tax-free stores.

All banks conduct a credit check before offering or issuing credit cards to their customers. Today, some senior citizens use their credit cards to pay for national and international travel.

Confidentiality is the keyword

Most silvers avoid using debit and credit cards because they fear the cards may get misplaced or that someone will defraud them and gain

access to their accounts. It is true that credit card phishing, cloning and other scams occur and every debit/credit card holder needs to be aware of how these scams take place. This knowledge will help them avoid identity theft via phone calls, SMS and emails. Here are some ways to safeguard yourself:

- Ensure the card is kept in a safe place and no one other than you has access to it.
- Never divulge your credit card number, card value number (CVV), PIN and other sensitive, card-related information to anyone.
- In case of misuse or loss of card, use the hotlisting facility to inform your bank.
- Keep track of bank alerts; this will help in the early detection of potential credit/debit card frauds.

The new comfort zone

Digital technologies are the hallmark of the 21st century. This trend will only gather momentum in coming years and the world of personal banking is constantly drawn into this vortex of the technology revolution. ATM, debit and credit cards are good examples of this transformation.

In fact, some techno nerds believe cards too will become passé and be replaced by new technologies for banking transactions. All considered, there is no free lunch in this world and every advance has inbuilt benefits, risks, and costs. The different types of cards are not an exception to this rule.

Should silvers be deterred by this risk factor and stay away from plastic money, or simply be more alert and flag problems early on? A cautious and calculated approach to the use of these cards can open up a new comfort zone and an environment of freedom to carry out financial transactions with convenience and ease.

The author is an economist based in Mumbai



With members of Mormugao Municipal Council distributing cloth bags to citizens of Vasco as part of 'plastic-free' initiative in Goa

Subash Rao

CLEAN sweep

Alka Damle is a 'civic goddess' and change-maker in Goa, writes **Zarine Ahmed**

The 'dust-buster of Vasco' is fresh off her latest triumph. Before the whimsical monsoon clouds roll in, she will be distributing 5,000 cloth bags—all handmade from scrap—to help phase out the use of plastic bags at the local vegetable market.

Our change-maker, Alka Damle is a retired college professor in Goa, where for more than 40 years, she has been helping citizens grow a civic conscience, spreading awareness on social issues, working with silvers, and making an all-round difference through her work. From installing garbage bins near vegetable vendors' stalls to hosting lunch for school children from Pune and talks on investment options for senior citizens, to literally clean-

ing up and greening derelict hotspots in and around her neighbourhood and reaching out to communities that need her help, this 63 year-old is every bit a patron to the city of Vasco.

Her latest campaign, to encourage citizens to use cloth bags instead of plastic ones, is especially dear to her. She had appealed to hotels in and around Vasco to turn in old bedsheets, staff uniforms and other clothes as raw material. "I also posted appeals on Facebook and WhatsApp and they went viral," she shares. "So, people from the community came forward with old dupattas, saris and shirts. I engaged local self-help groups to actually make the bags, which we will now distribute to vegetable vendors free of cost."

The support Damle has received from the Mormugao Municipal Council (MMC) means a lot to her. "With Mrs Damle's initiative, we hope to share our vision of a plastic-free Goa with the local community," says Angel Fernandes, chief officer, MMC.

It all began when Damle first fell in love with Vasco, where her husband, then a lieutenant in the Indian Navy, was posted in 1974. After many other postings across the country since then, the Damles finally came full circle and settled in this port town after retirement in 2009. But it was earlier, right after her two children got married and settled elsewhere, that Damle actually put herself out there to answer the calling of her beloved Vasco.

Damle's first big mission was a kindergarten school that she opened for the children of domestic helpers at the naval officers' residential area in Chicalim, Vasco. Launched with just 40 children in the year 2000, Bal Patshala now has 200 children on its rolls and prepares its young wards for admission to formal school. As soon as the kindergarten was off the ground, she started stitching and computer classes for the naval fraternity, especially for sailors' wives.

Not one to kick up her heels, Damle soon founded a seniors club called Club 50+ in her neighbourhood. This was the beginning of her 'army' of helpers for future projects. With a strength of 30 today, the members meet at least once a month, at either a member's home, a hotel or a meditation centre in Dabolim near Vasco; Damle ensures the seniors have fun as well as do their share for society. Recounting one of her early clean-up drives, our crusader says, "Outside a maternity hospital in Vasco, there were massive piles of garbage. When my letters to the MMC requesting them to clear it up went unanswered, we took matters into our own hands."

Damle and her club hired labourers at their own expense and cleared away the garbage. Then, with the help of a local MLA, they transformed the site into a beautiful fenced area edged with potted plants. Mohini Parulekar, a close aide of Damle and a member of Club 50+, remarks, "She is genuinely concerned about the city's cleanliness. She is selfless and sincere in the projects she takes up. I am blessed to work with her."

"Social work is a thankless job; most important, one has to always have sugar in their mouth and ice on their head!" says Damle. "When I go to the council 10 times, I can't

afford to get angry. I have to keep requesting them to get things done all the time." But she is not easily discouraged. Last year, she set her sights on the area atop Mongor hill, in Mormugao, which was being used as an unofficial dumping ground. When her pleas to government officials for three years went unanswered, she and Club 50+ members hired labourers, gave them masks and gloves, and bought a few thousand rupees worth of plants, all at their own expense.

Next, Damle had planned to cement the area and put up benches and newspaper stands for community use. Two days later, she was shocked to learn that a local councillor had mercilessly uprooted all the plants and thrown them away! "It was all about taking credit. So he, along with a coal mining company, tiled the place, put up benches... everything I had planned. At least the garbage is gone and the community now uses it as a leisure spot."

Sailesh Kerkar, a resident of Mongor hill, remarks, "What Alka has done to the place is simply commendable. You wouldn't believe what this place was like. There is a temple close by and every time I used to go there, I used to feel ashamed that the government was so insensitive to this sacred place. Now, thanks to Alka, after prayers, I sit on these benches and enjoy the view from the top of the hill."

Damle's engagement with a tree-planting drive at the request of the BITS Pilani College of Engineering near Vasco is a true testament to her patience. "Some years ago, the college had roped me in for a tree planting drive in a barren ground on the airport road, where school competitions and exhibitions are held. We planted 30 trees and put up beautiful hoardings and appealed to the people in the locality to water them." Sadly, not only did no one from the local community step forward, her requests to the Sea Scan Maritime Academy, an academy for seafarers in Mormugao, went unheeded as did her letter to the Directorate of Sports and Youth Affairs in the Goa government. Not even a reply to her letter from the Prime Minister's Office could drum up any enthusiasm from local civic authorities. "At present, 24 trees are thriving but six died and our Club 50+ plans to replace them this monsoon," she says.

Damle says that as a social worker, her biggest inspiration has been Baba Amte, whose work with leprosy patients is legendary. As a college student, she had spent hours reading about the great philanthropist and finally got the opportunity to visit his ashram in Nagpur in 2010. There,

"Social work is a thankless job; most important, one has to always have sugar in their mouth and ice on their head! When I go to the council 10 times, I can't afford to get angry"



Damle and the members of Club 50+ donating clothes to an orphanage; the 2018 collection of goods from donors for NGO Goonj

she attended a function put up by 140 men and women disabled by leprosy; it left her in tears. “There was this girl who danced so gracefully and, at the end, she left the audience floored by removing her artificial leg,” she says. “I was so moved by the performance that I brought the entire orchestra to Goa.”

Six months after Damle’s Nagpur visit, buses full of these 140 people arrived in Goa and she organised shows at three different places. “Fortunately, I came across some good people. The general manager of the youth hostel helped me accommodate all 140 people under one roof. The Kala Academy and Ravindra Bhavan, where the performances took place, were given to me free. The shows drew a massive response and donations came pouring in from all sides, raising ₹ 14 lakh for Baba Amte’s organisation.”

While in Nagpur, Damle was introduced to Goonj, a non-profit that works in the area of disaster management. “Since 2011, I have been sending clothes, household items, electrical gadgets and rations to them every year. These items are donated by citizens in Goa, where I have raised awareness for the organisation.” To sensitise Goans to the work done by Goonj, Damle had invited its founder and youngest Magsaysay award winner, Anshu Gupta, to speak about its work at four locations in Goa.

Gupta says that at these talks, he had underlined how urban waste can help create a better rural economy and how discarded and underused material in cities, can become a tool for change in rural areas. “Contributions came flooding in and I have since had volunteers from all over Goa, from the Rotary Club, Lion’s Club and many other organisations pitching in. Last year, we had more

than four trucks full of clothes that were sent to the Goonj office in Mumbai,” says Gupta, adding that none of this would have been possible without Damle.

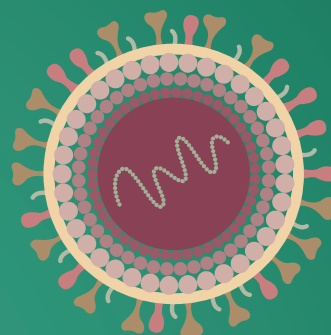
Anita Kawlekar of the Nari Shakti Group of Ponda has worked on many projects with Damle over the years, from a clean-up drive at Colva beach last year, to visiting the tribal settlement of Makadmare in Nirankal, not far from Ponda, in 2016, and working towards getting the community basic facilities like electricity, sanitation and water along with Dr Sachin Tendulkar, an agro researcher working with tribals in the area.

“Our group launched in 2014 and since then we have been part of countless drives for various tribes, promoting sanitation and hygiene,” says Kawlekar. “With Damleji, we conducted a month-long project for the Vanarmare (Makadmare) tribe, who have been living in the Goan forests for the past three generations with no facilities. We collected clothes, utensils and anything that volunteers could offer.”

Damle attributes the roots of her passion for social work to her parents, who taught her and her siblings that whatever one is, one owes it to society. “Moreover, many social activists used to visit our school in Mumbai, where I grew up. This simply underscored the message my parents had instilled in us.”

We wish Damle all the luck she needs with her latest campaign, to replace plastic bags with cloth bags at the Vasco vegetable market. What does she intend to do next? “I have a few new projects in my mind already, wet garbage management being one of them. Whenever somebody needs me, I am there.” 🌸

“TUBERCULOSIS IS CURABLE AND PREVENTABLE”



One of the leading causes of death, tuberculosis is a global threat. However, timely detection and sustained medication hold the key to speedy recovery, says **Dr Falguni Parikh**, Consultant - Internal Medicine, Kokilaben Dhirubhai Ambani Hospital, Mumbai

iStock

Tuberculosis (TB) is an infectious disease caused by the *mycobacterium tuberculosis* bacteria. It is spread from person to person through air. When people with lung TB cough, sneeze or spit, they release TB germs into the air. A person needs to inhale only a few of these germs to become infected.

Though the lung is the most common organ affected, tuberculosis can affect virtually any organ of the body—lymph glands, brain, bones, joints, intestine, pericardium, pleura, genito-urinary tract.

Around the world, TB is a health challenge as it is one of the leading causes of death, especially in children, smokers and patients with HIV (human immunodeficiency virus) infection. Nevertheless, tuberculosis is curable and preventable.

Symptoms

The common symptoms of active lung TB are cough with sputum and blood at times, chest pain, weakness, weight loss, fever and night sweats. Often, patients have prolonged duration of fever, ill health and weight loss.

TB in silvers

Underlying diseases, malnutrition, diabetes and age-associated decline in immunity make the elderly prone to tuberculosis infection. Frail elderly residents of nursing homes and other long-term care facilities are the most susceptible.

Clinical features of TB in older adults may be atypical, like low-grade fever, weakness, functional decline, loss of appetite and weight loss. These can be confused with age-related problems, causing delay in diagnosis.

Diagnosis

High index of suspicion is necessary to avoid delay in the diagnosis and start treatment as soon as possible. Tuberculin test, sputum examination, and radiologic tests like x-ray and CT scan are required. However, culture of the TB bacteria remains the gold standard for diagnosis. Biopsy and histopathology are required at sites other than the lungs. Tests for drug-resistant tuberculosis can be performed on the samples. Rapid tests for identification of TB and drug resistance—GeneXpert—are now available.

Treatment

Active, drug-sensitive TB is treated with a standard six-month course of four antimicrobial drugs. The majority of TB cases can be cured with proper and timely medication. The treatment of drug-resistant tuberculosis is

complex as drugs are toxic and patients need to be supervised for possible side-effects, which include hepatitis and diminished vision. Streptomycin is usually avoided in the elderly because of its effect on hearing and the kidneys.

TB is mostly treated on an outpatient basis. Hospitalisation is indicated if there are complications like intolerance to drugs leading to vomiting, severe liver dysfunction or a surgical complication like intestinal obstruction owing to abdominal TB.

It is important that even though there is a symptomatic feeling of well-being in a few months, the entire course of medication as per the physician's instruction should be completed to prevent relapse, recurrence and resistance development. Regular follow-up with the doctor, supervised medicine administration, good nutrition and a diet high in protein help in early recovery.

Prevention

As pulmonary tuberculosis is highly infectious, early detection of TB cases and prompt isolation and treatment of infectious cases help prevent transmission and spread to family members and others. Maintaining high standards of hygiene and cough etiquette to avoid airborne transmission are required to prevent the spread of TB bacteria.

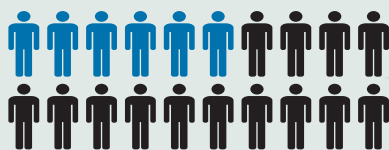
In conclusion

The prevention of TB requires close collaboration between society, healthcare providers and the Government. The National Strategic Plan has proposed strategies to eradicate TB in India by 2025, much ahead of the WHO's End TB Strategy (2015-2035 with milestones set every five years) under the Sustainable Development Goals. Let's hope for a better tomorrow and a world free of TB!

THE BURDEN OF TB

According to statistics from WHO, TB is one of the top 10 causes of death worldwide

One-third of the world's population is infected with tuberculosis

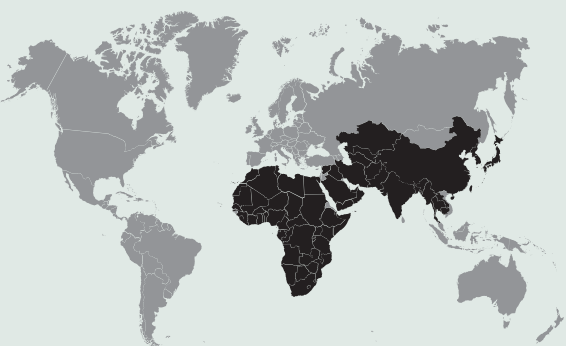


In 2016, **10.4 million** people were affected with TB

(including 0.4 million among people with HIV)

Over 95% of TB deaths occur in low and middle-income countries

Though TB occurs globally, its incidence is higher in **Asia and Africa**



Seven countries

account for 64% of the total, with India leading the count, followed by Indonesia, China, Philippines, Pakistan, Nigeria and South Africa

According to the *Global TB report 2017*, the estimated incidence of TB in India was about **2.8 million**, accounting for about a quarter of the world's TB cases

Globally, the incidence of TB is falling at about **2%** per year. This needs to accelerate to a **4-5% annual decline** to reach the first 2020 milestone of the End TB Strategy of WHO

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THE
SCRIPT.



The youth of India, between 12-30, reads more English magazines than English newspapers.


Once upon a time, the tortoise won. But not anymore. It's all about the rabbit now. According to the latest Indian Readership Survey (IRS 2017), English magazines reach the 12-30 age group more than English newspapers. With 72%* of the Total Readership of English magazines coming from the age group of 12-30 Which essentially means young India finds their fashion, news technology, travel, jobs, entertainment, etc. from magazines So to make your media plan a lot more efficient, advertise on a page like this. Instead of a newspaper page that dies post 10 am and gathers dust. If your brand has to reach young India go with the bunny. New age marketing isn't an old fable

banginthemiddle



:: cover feature ::

The world at his beat



At a time when Indian classical music was considered sacrosanct, he stepped out of its confines to create his own music. Over the past five decades, virtuoso percussionist **Trilok Gurtu** has created his own niche in world music through his eclectic approach. Today, as the maestro continues to play his timeless music, he shares his transcendental experience with **Sai Prabha Kamath**

His nimble fingers can create magical soundscapes on any kind of surface; he calls it “soulful sound designing”.

For internationally renowned master percussionist Trilok Gurtu, musical instruments and mundane objects alike are a source of rhythm and joy. Indeed, his one-of-a-kind percussion kit—encompassing tabla, drums, snare, gong, djembe, metal wires, *ghungroo*, and even a bucket filled with water—is a true reflection of his personality: innovative and unconventional. Gurtu views music as an expression without boundaries. “For the body, we need food; for the mind, we need thoughts; and for the soul, we need music... music without barriers,” he says. As a result, his music transcends style and genre—jazz, rock, pop, Indian classical.

Born in 1951 into a musical family in Mumbai, where his mother Shobha Gurtu was a legendary Hindustani classical vocalist, Trilok had a natural instinct towards rhythms and tunes. Though he was adept at playing the tabla, he refused to play to the gallery and charted a distinct path for himself. At a time when ‘world music’ was an unknown term, this self-taught artist’s bold experimentations—crossing genres—were considered avant-garde and, naturally, not accepted by purists. “If there are parents in the same field, it is easy for children to establish themselves. But I chose the difficult path. Though my mother supported me, she also warned me that my journey wouldn’t be easy,” he recalls.

As he didn’t find any takers for his kind of music in India, he crossed borders in search of an audience and, over time, found Europe the most receptive. After his share of struggle and study of music, he teamed up with great musicians such as Joe Zawinul, Jan Garbarek, Don Cherry, Bill Evans, Pharoah Sanders, L Shankar, Dave Holland and John McLaughlin, creating an enchanting musical amalgamation of the east and the west. The Germany-based percussionist has also collaborated with legends of Indian classical music such as Ustad Zakir



Barka Fabiánová / Courtesy: Trilok Gurtu

Hussain, Pandit Hariprasad Chaurasia, Zarin Daruwala and Pandit Ram Narayan as well as popular singer-composer Shankar Mahadevan.

This summer, from April to June, he finished a packed schedule at music festivals across Europe and is now headed for a well-deserved vacation. We met Gurtu some time ago at his family home in Worli, Mumbai, during his annual visit to India. Joining us for a short while was his elder brother Narendra, who manages his India tours. “All of us are musicians. However, someone had to run our family business and my brother was assigned that task,” says Trilok. Dressed casually in loose cottons, he candidly spoke at length about his inspirations, struggles, experiments and learnings. Excerpts from an interview:

Art runs in your family. Your grandfather was a musicologist and sitar player and grandmother a dancer; your mother was the queen of *thumri* and had sung in Hindi and Marathi, including for films. Your late brother

“

From a young age, whenever I saw a percussion instrument, I couldn’t contain my excitement. I used to be hungry all the time to play them



Ravi made a name for himself as a percussionist in Bollywood. How did they influence you musically?

I am indeed blessed to have had these people around me. I had my first brush with tabla from my mother's lap and started playing it when I was four. She used to allow me to just play. As a young kid, I would play beats on our dining table. My father used to encourage me by giving mangoes as incentive!

What were the learnings from your mother?

I was the youngest kid after my brothers Ravi and Narendra and used to be extremely mischievous. But she used to be very patient with me; she was a simple, saintly person. I received fantastic musical training from her; as a child, I used to accompany her during her musical concerts. I imbibed the art of listening from her. Once there was an urgent need for an accompanist for her vocal rendition as the tabla player fell sick. I was requested to fill the gap. I was only too happy to lap up the opportunity. Over time, I started playing for her regularly.

Did you consider pursuing vocal music like your mother?

Well...she was too great for me to try that. I always felt I could not match up to her!

When did you receive formal training in tabla?

I started training in tabla formally when I was 11 from guru Manikrao Popatkar from the Benaras gharana and then from versatile *dholak* player Abdul Karim Khan *saab*. I have also trained under tabla exponents Ahmed Jan Thirakwa Khan *saab* and Pandit Suresh Talwalkar *saab*.

What inspired you to explore a plethora of percussion instruments later?

From a young age, whenever I saw a percussion instrument, I couldn't contain my excitement. I used to be hungry all the time to play them. When I was about 13, I used to play bongo for [versatile singer] Mahendra Kapoor's troupe and travel with him. A great influence was my late elder brother Ravi, known as the 'king of bongo' and one of the most sought-after percussionists of Bollywood in the 1970s. He introduced me to percussion instruments from all over the world. I used to be his arranger and prompter during programmes and thus imbibed a lot through listening. Both of us used to play at events too.

We heard you were a table-tennis champion in your college days....

Yes, I did a bachelor of arts from Bharatiya Vidya Bhavan, Mumbai, but never actually attended classes. I played



cricket, table tennis and excelled in sports. In table tennis, I used to beat even seeded players and was considered for National level. Thank god I was not selected as I was overage! Else, I would have been a sports person today.

You started playing instruments in Western genres such as jazz and rock. Did you receive training in them?

Thanks to my exposure to Carnatic music, I picked up Western classical genres such as jazz and pop on my own. I used to listen to Carnatic music maestros such as Palghat Mani Iyer, Subramaniam Pillai, M L Vasanthakumari and Palghat Raghu, and it helped. Interestingly, I found African music close to Carnatic music; there is a Dravidian connect.

How was the response when you started playing western music?

When I started playing the drums, no one liked it; many couldn't accept the fact that a local man could play a Western instrument and they even called me names. I was hurt. But owing to my parents' encouragement, I continued my passion. My friend Jack, a drummer himself, recognised my potential. We used to carry instruments on a handcart around Mumbai to play at programmes. However, the response we received was uninspiring

to say the least and I could see no future here for my kind of music.

You joined a music band called Waterfront when you were 18. Could you share some experiences?

In 1969, I joined the band with musicians Soli Dastur, Adil Batliwalla, Roger Dragonette and Derek Julien. Soli used to write original songs and we used to perform at nightclubs and discotheques. But no one understood the music we played and there were no opportunities here. Our future looked bleak. So our band took off on a Europe tour. We toured places such as Germany, Italy, Switzerland and France. However, there were few takers there, too, for our kind of music. We struggled a lot and even had to go hungry for days as we were broke eventually. We then started busking [playing music on the street for voluntary donations]; with no percussion instrument, I played on plates, vessels and whatever I could lay my hands on. This was a period when tabla was unheard of there. This was the most difficult but the best time of my life as it made me a true percussionist. No one at home knew about our struggle. Our troupe finally got disbanded; all of them returned to India but I chose to stay back in Italy, where I learnt to play jazz, free jazz and rock by the sheer power of listening. Later, when I returned to Mumbai, I had a stint

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Thanks to my exposure to Carnatic music, I picked up Western classical genres such as jazz and pop on my own. Interestingly, I found African music close to Carnatic music; there is a Dravidian connect



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Music needs to have a spiritual element to it.

The music that I am doing today is for *atmagyaan*. However, if I can make the listener's mind happy and positive, nothing like it



Jos L Knaepen / Courtesy: Trilok Gurtu



With Mallika Sarabhai at an event; with Dave Holland during a programme

as a percussionist with Bollywood music composers S D Burman and R D Burman's orchestra.

We learnt that you were refused admission to the Berklee College of Music in the US in 1970s. Were you dejected?

I tried to get admission there to learn music arrangement. But the dean of the college was not impressed with me; the artists I played with were unknown to him. Also, he had no idea about African music, which I was familiar with. I just left the place saying, "I will come back with my own music and my own way of playing." With that, I stopped playing in America. Over time, I went on to win American magazine *DownBeat's* Critics Poll for Best Percussionist seven times [see *Awards and Nominations*]. Looking back, the rejection was a blessing in disguise as it made me understand my country and our culture better. In 1976, I was invited to play in Munich, Germany. I went there and studied music, including African, Brazilian and Indian (south), very deeply.

American jazz trumpeter Don Cherry was your mentor who introduced you to world fusion music. Was it a turning point in your life?

Yes, meeting Don Cherry in Italy in 1974 was indeed a turning point. His rhythms and analysing skill of orchestra music were amazing. However, he was an underrated artist. With him, I started analysing every kind of music and got to learn Bulgarian folk music; I also started appreciating the amazing mathematics applied in playing percussion instruments such as

AWARDS AND NOMINATIONS

- Best Overall Percussionist - *Drum* magazine (1999)
- Best Overall Percussionist - Carlton Television's Multicultural Music Awards (2001)
- Best Percussionist - *DownBeat* magazine Critics Poll (1994, 1995, 1996, 1999, 2000, 2001, 2002)
- Best Asia/Pacific Artist Nominee - BBC Radio 3 World in 2002, 2003 and 2004

thavil and mridangam. In 2013, I released an album, *Spellbound*, as a tribute to my dear friend, featuring his favourite instrument—the trumpet.

You have collaborated with top musicians from all over the world. Please share a few key highlights from your incredible career.

Performing for American jazz and world music group Oregon, formed by Ralph Towner, Paul McCandless, Glen Moore and Collin Walcott, was one the highlights of my career. When Walcott was killed in a car accident in 1984, I was invited to replace him as a percussionist. We did three albums—*Ecotopia*, *45th Parallel* and *Always, Never and Forever*—together. The other high point was being part of the quartet that veteran violinist L Shankar led with jazz saxophonist Jan Garbarek and tabla maestro Zakir Hussain; playing as a featured soloist in the John McLaughlin Trio [of Mahavishnu Orchestra]; collaborating with electronic music wizard Robert Miles; and playing for NDR Bigband – The Hamburg Radio Jazz Orchestra. Playing my own music was another milestone in my career.

DISCOGRAPHY (SOLO AND COLLABORATION)

- 1974: *La Terra (The Earth)* - LP with Aktualala (Bla Bla, 1974)
- 1976: *Tappeto Volante (Flying Carpet)* - LP with Aktualala (Bla Bla, 1976)
- 1977: *Apo Calypso* – with Embryo
- 1979: *Friends* – with Toto Blanke Electric Circus
- 1980: *Family* – with Toto Blanke Electric Circus
- 1982: *Personal Note* – Mark Nauseef with Joachim Kühn, Jan Akkerman, Detlev Beier
- 1983: *Finale* – with Charly Antolini
- 1985: *Song for Everyone* – with L Shankar
- 1987: *Usfret*
- 1987: *Ecotopia* – with Oregon
- 1989: *45th Parallel* – with Oregon
- 1990: *Live at the Royal Festival Hall* – with the John McLaughlin Trio
- 1990: *Living Magic*
- 1991: *Always, Never and Forever* – with Oregon
- 1992: *Que Alegria* – with the John McLaughlin Trio
- 1993: *Crazy Saints*
- 1995: *Believe*
- 1995: *Bad Habits Die Hard*
- 1997: *The Glimpse*
- 1998: *Kathak*
- 1998: *Cor* – with Maria João & Mário Laginha



- 2000: *African Fantasy*
- 2001: *The Beat of Love*
- 2002: *Remembrance*
- 2004: *Miles Gurtu* – with Robert Miles
- 2004: *Broken Rhythms*
- 2006: *Farakala*
- 2007: *Arkeology*
- 2009: *Massical*
- 2010: *Piano Car* – with Stefano Ianne
- 2011: *21 Spices* – with Simon Phillips + NDR Bigband (Conducted by Jorg Achim Keller)
- 2013: *Spellbound*

In the 1980s, you collaborated with your mother for group concerts; she was a vocalist in your fusion album *Usfret*. Being a Hindustani classical musician, did she have any reservations about fusion music? Did it require a lot of convincing on your part?

I have always had the thirst to do something new, something different. When I invited my mother to be a guest vocalist in our group concerts, she was immediately game. She was an incredible person: jovial, innocent, pure-hearted, humble. She was the most energetic member of our group, ever ready to sing. Every rendition of hers used to be new and different. During our performance in Italy, she used to get a standing ovation even before the programme commenced. At a time when the term ‘world music’ didn’t exist, I did *Usfret*, a collaborative album with my mother, Don Cherry, [guitarist] Ralph Towner, [violinist] L Shankar, [bassist] Jonas Helborg—a trailblazer that was far ahead of its time.

You innovate, improvise and create music from unconventional things like bells and buckets. What inspires you and how would you describe your renditions?

Soulful sound designing is how I would like to describe my compositions. It is an idea; as a child, I used to create sounds from the *peep* [household drum] in which we stored water. I do the same thing now—create sounds and rhythms from various instruments and objects. For this, you have to be alert to the sounds around you.

Can you describe the transitions you make while playing different instruments?

It’s a natural soul process. When I am playing, I forget that I am in this world; I am with my Sadguru Sri Ranjit Maharaj and it is a transcendental experience.

What’s the greatest compliment you have ever received?

Carnatic music has always had a major influence on my performances. Western audiences love it when I play rhythmic pieces such as *thillana*. In 1982, the master of mridangam Palghat Raghuji heard me playing at the Jazz Yatra festival in Mumbai and called for me. Meeting him was a thrilling experience and dream come true. During our meeting, he said, “You are our real cultural



With daughter
Manini as
a newborn

ambassador abroad.” That is the best compliment I have ever received.

A moment you cherish....

During one of my musical tours as a struggling artist, our band was stranded at Old Delhi railway station, penniless. The coolies helped us; they served us warm tea and kachori when we were hungry and gave us a place to sleep. Later, their joy knew no bounds when we got a job at The Oberoi and invited them to attend our concert. This is a moment I treasure.

What keeps you busy?

I used to perform 300 days a year. Now I have become more selective in choosing orchestras, bands and solo performances. Today, I compose music for orchestras, apart from playing solos. Also, I will be doing a German movie soon.

What is music to you today?

For the body, we need food; for the mind, we need thoughts; and for the soul, we need music... music without barriers. I have done crazy stuff like combining African music with Indian veena and Bulgarian *kaval* for a rock performance. Music needs to have a spiritual element to it. The music that I am doing today is for *atmagyaan* [self-knowledge]. However, if I can make the listener's mind happy and positive, nothing like it.

Do you think we need more musical education in our schools—both theoretical and practical? What steps can be taken in this regard?

Our schools should give children the right guidance for all kinds and genres of music, not just classical. Additionally, we need to empower our children to pursue music of their choice and interest.

What are the changing trends and challenges in the music industry, specifically India?

I am not much aware of the scene in India. But one contrasting trend: In India, while musical shows attract sponsors, abroad the performer needs to attract audiences. One encouraging trend is that reality shows today are giving a good platform to performers. However, the question is: What after the show?

With media playing a significant role in audience reach, is it an exciting time for instrumentalists?

Yes, definitely, that too at a time when record companies are not forthcoming. However, technology should not be misused.

What are your thoughts about e-learning?

Like Ekalavya in *Mahabharata*, if there is dedication, one can learn from anywhere. But it is always better to learn music one-on-one.

Your best performance?

It is egoistic to say ‘I perform’. I am never happy with my performances.

What are your other interests?

Cooking and wine tasting. I learnt cooking from my mother and, now, I cook international and mixed cuisine. I am a connoisseur of wines and have been invited for wine tasting by countries such as Italy, France, Germany and Austria. I have thousands of wines in my cellar and my wife is tired of my expensive hobby!

How do you keep yourself fit?

I go for 45-minute walks twice—morning and afternoon—a day.

Please share something about your family.

I met my wife Ute at a concert in Hamburg and she is the best thing to happen to me. We courted for 15 years before getting married and we have been together for 40 years now. Our only daughter Manini has completed her master's in economical psychology and works in Barcelona, Spain.

What is your message for our silvers?

Though I am 67, I don't feel old. I would advise all my fellow silvers to take care of their health. Don't abuse your body. You can achieve anything if you are healthy and fit. 🌟

A woman with curly brown hair, wearing a blue checkered shirt and white pants, is riding a blue duck-shaped water toy in a pool. She is smiling and has her arms outstretched. In the background, a man with white hair, wearing a light green shirt and khaki shorts, is also riding a similar water toy. The background is filled with lush green trees.

Experience

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DESTINATION

Nature meets CULTURE

Palakkad, the scenic gateway of Kerala, is also a repository of tradition and heritage

📷 📸 Susheela Nair



A panoramic view of sunset at Kava
near Malampuzha Dam



As our train crossed the Tamil Nadu border and trudged into Kerala, the change in the scenic charm was perceptible. The Sahyadri range stood sentinel-like, guarding the region and heralding a welcome to Palakkad (also known as Palghat), the Gateway of Kerala. Swaying palmyras and vast expanses of paddy fields opened up before us. With torrential monsoon rains having washed the land clean, nature was at her dramatic best. The verdant fields emerged greener, refreshed, and ready for harvesting.

After a customary visit to my kith and kin, I decided to explore the tourist attractions in Palakkad. Once a beautiful forest of *pala* (Indian devil) trees, today Palakkad is synonymous with the misty mountain ranges of Nelliampathy, Parambikulam Wildlife Sanctuary and Silent Valley National Park. Parambikulam, a great birding getaway, was once the favourite haunt of legendary ornithologist Salim Ali. Incidentally, it also boasts the first-ever scientifically managed teak plantation and the world's tallest and oldest teak trees.

Palakkad abounds in rivers, dams, and ancient temples. Bharathapuzha, the longest river in the state, meanders

through the district. But there's more to Palakkad than its natural splendours. As I entered the heart of town, the old, granite fort built by Hyder Ali in 1766, with its imposing bastions and deep moat, loomed into view. The fort was captured by the British and modified in 1790. Among the best preserved forts in India, it has thick laterite walls.

About 14 km from Palakkad is the Malampuzha Dam and garden complex on the banks of the Bharathapuzha. We saw busloads of weekend crowds making a beeline to the children's park, mini zoo, snake park and fish-shaped aquarium in the complex. Japanese gardens and the hanging bridge are also major crowd-pullers. But it is the imposing concrete sculpture of Yakshi, the divine enchantress, sculpted by the renowned Kanai Kunhiraman, which dominates the landscape.

A ropeway offers a panoramic view of the gardens, the distant hills and the blue expanse of the reservoir. The Rock Garden of Malampuzha, built by the late Nek Chand, has murals of Kathakali, Mohiniyattam, Kalari and racing boats, all made of waste materials such as broken pieces of bangles, tiles, used plastic cans and tins.



Row houses leading to a temple in Kalpathy

Opposite page:
The Tipu Sultan
Fort in the heart
of Palakkad

NO TRIP TO PALAKKAD IS COMPLETE WITHOUT EXPLORING KALPATHY, A HERITAGE VILLAGE HOUSING THE OLDEST *AGRAHARAM* OR BRAHMIN SETTLEMENT ON THE BANKS OF KALPATHY RIVER, A TRIBUTARY OF THE BHARATHAPUZHA

Palakkad is also famous for its many temples. First on my list was the historic Jain temple of Jainimedu, which still has vestiges of Jainism. Jainimedu was once a thriving community of diamond traders till Tipu's invasion drove them to Wayanad. The 15th century granite temple has images of Jain *thirthankara* and *yakshini*.

Emur Bhagavathy temple at Kallekulangara, where I went next, has a pair of hands enshrined in the sanctum sanctorum. The Goddess is worshipped in myriad avatars here: at dawn, she is Saraswati, at noon Lakshmi, and in the evening she is worshipped as Durga. Late prime minister Indira Gandhi is said to have visited the temple several times to pay respects to the 'hand' symbol. Meanwhile, the nearby Vadakkanthara temple, devoted to Bhadrakali, boasts some unique rituals including the bursting of 101 crackers daily in the morning and evening to drive away evil spirits.

No trip to Palakkad is complete without exploring Kalpathy, a heritage village housing the oldest *agraharam* or Brahmin settlement on the banks of Kalpathy River, a tributary of the Bharathapuzha. It comprises five villages established in the 12th century by migrant Brahmins from Thanjavur. A rich amalgamation of Tamil and Kerala culture is palpable here.

As we ambled in the century-old *agraharam*, we got a glimpse of village life half-frozen in time: Brahmin priests chanting Sanskrit slokas, women clad in traditional nine-yard saris drawing *kolam* or rangoli in front of their houses, and strains of nadaswaram (a wind instrument) from the neighbour-hood temple.

Streets with houses abutting both sides and a temple for each settlement are a typical feature of the *agraharam*. However, in modern buildings, the *patthayam* or granary



ON THE LAST DAY OF MY SOJOURN, WE EMBARKED ON A CULINARY TRIP TO THE NONDESCRIPT VILLAGE OF RAMASSERY TO TASTE THE UBIQUITOUS IDLI—FLAT, CIRCULAR AND ONLY HALF AN INCH IN THICKNESS. THESE IDLIS ARE A CROSS BETWEEN A TRADITIONAL DOSA AND AN IDLI

has disappeared and cowsheds have been relocated. Houses have retained their old frontage, while sanitation and other improvements have been made inside.

The spectacular Kalpathy *theru* (car festival), when the deity from Viswanatha Swamy temple is taken out, installed in the chariot and hauled through the streets around the temple, is another highlight. Kalpathy comes alive during November not

only with the car festival but music, concerts and street fairs. Some of the best names in Carnatic music such as Chembai Vaidyanatha Bhagawathar, M D Ramanathan and Palakkad Mani Iyer hail from here.

Incidentally, Palakkad cuisine is a unique combo of elements of cooking from both Kerala and Tamil Nadu. Authentic culinary delights in Palakkad include homemade delicacies such as rice *murukku*, a crunchy

Clockwise from left:
Kannimara, the tallest teak tree in Asia; a traditional meal in Kerala; a woman makes idlis in earthen pots

Opposite page:
The Manappully Bhagavathy temple



GETTING THERE

By air: Coimbatore, the nearest airport, is 55 km away.

By rail: Palakkad Junction and Palakkad Town, the nearest railheads, are well connected to other major railway stations.

By road: There are regular bus services from other major cities to Palakkad.

ACCOMMODATION

Hotel Indraprastha; Tel: 0491-2534643;

Sayoojyam Residency; Tel: 085475-04549

KTDC Tamarind; Tel: 04924-236404

TIPS

- To go to Silent Valley National Park, part of the Nilgiri Biosphere Reserve, one can hire a jeep from Makkali.
- Visitors are permitted only up to Sairandhri, site of the proposed dam.

snack, *chakka varatiyathu* (jackfruit *halwa*), special varieties of fresh banana, jackfruit and tapioca chips and *kondattam* made from dried vegetables, pickles, *cheeda* (a snack made from rice flour) and *veppilakatti* (spiced leafy chutney powder).

On the last day of my sojourn, we embarked on a culinary trip to the nondescript village of Ramassery to taste the ubiquitous idli—flat, circular and only half an inch in thickness. These idlis are described as a cross between a traditional dosa and an idli. We saw the idlis being steam-cooked in unglazed earthen pots on tamarind tree wood fire.

We had piping hot idlis with sambar, a fiery coconut chutney and delicious ‘gunpowder’. The taste of the idlis and the earthy aroma lingered long after our return from Palakkad. 🌸

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The first time you mustered up the courage.

The first time you bared your heart.

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TRAINSPOTTING



Courtesy: 'Poochi' Venkat

THERE'S A CERTAIN THRILL in watching a train disturb the wind and thunder down the tracks, more so if it is a steam engine from 50 years ago. As part of the Railway Week 2018 celebrations, a recent exhibition at Chennai's Wandering Artist gallery titled *The Iron Horse* showcased Australian photographer Ian Manning's monochromes from the 1960s, when steam locomotives still rode the tracks. The images were captured around Madras State, where Manning worked as an economics pro-

history

fessor at Madras Christian College. His 35-mm negatives have since been digitised and restored through the process of reprography by curator 'Poochi' Venkat, who connected with Manning through the Indian Railways Fan Club. "Reprography is the digitisation of 2-D materials and renders the final images in a format that can be processed to perfection," Venkat tells us. Only a fraction of Manning's 1,200 negatives have been processed over five years, 20 of which were on display at the exhibition.

METRE-GAUGE YP STEAM LOCO RECEIVES THE 'PROCEED' SIGNAL TO ENTER MANAMADURAI (BETWEEN MADURAI & RAMESWARAM), JUNE 1965



Courtesy: D Ravindran

SMALL is *beautiful*

D Ravindran invites **Catherine Gilon** into the exclusive and beautiful world of bonsai

Stepping into the C P Ramasamy building in Chennai is like walking into a secret world of wizardry. Students varying in age from 25 to 70 are in rapt attention as the teacher deftly creates a masterpiece before their eyes.

He takes a bushy, wild bougainvillea plant with its paper-like pretty pink flowers and then reveals how he imagines his final work to be. With his canvas—the plant—ready, he begins trimming and pruning the branches slowly. He carefully binds them by bending and twisting wires, and shapes the plant into his dream piece.

And just like that, before our very eyes, a wild plant is transformed into a living work of art!

“The idea is to create an illusion of a big tree in a pot,” smiles D Ravindran. A nationally noted horticulturist and bonsai expert, the 68 year-old is most content when

craft

pottering around Nikki Bonsai, his 2-acre garden located near Padmanabhapuram Palace in Tamil Nadu’s Kanyakumari district. Named after his son, the property boasts 350 completed bonsais and thousands of pre-bonsai materials (i.e. plants that lend themselves to bonsai).

Ravindran is keen to popularise the craft and after he opened his garden to the public in 2013, he started teaching students with hands-on demonstrations on his pre-bonsai materials. To this day, his collection of banyans, adeniums, tamarinds, bougainvillea, casuarina, ficus and other trees have awed both hobbyists and the public alike.

Amazingly, Ravindran is a self-taught bonsai expert, who has been fascinated by plants since he was a child. “Initially, I was enamoured of roses,” he recalls. “Sometime in the 1970s, I met horticulturist Prof K P Madhavan Nair at Vellayani Agricultural College in Trivandrum to learn about grafting roses. That was the first time I saw a few bonsai plants at the college.”

It was love at first sight for the 20 year-old budding lawyer. Even as he practised law for eight years and then took over the family business of running a wedding hall, his passion for bonsai grew by leaps and bounds.

With no master to turn to in his hometown Nagercoil, in southern Tamil Nadu, Ravindran learnt from the Japanese masters through books such as *Bonsai Miniature Potted Trees* by Kuzo Murata and *Bonsai Master Class* by Peter Chan. Inspired, he would walk through the wilderness and hunt through old buildings and bridges to find those elusive bonsai materials—trees that have a naturally miniature form, like the ones we see growing out of holes in rocks or walls. It was in the wilderness near his home that he chanced upon his first bonsai, a 50 year-old banyan tree, which holds pride of place in his collection.

“Initially, I made a lot of mistakes,” he shares. “So, for instance, I would work on plants that were not suitable, like mango trees, jackfruit, teakwood and so on. Ideally, a bonsai plant must survive for several decades and should tolerate root pruning and changing of soil. Trees like mango and jackfruit cannot withstand root pruning. As bonsai trees need to be aesthetic, it is best to choose species with smaller leaves. If a tree has to adapt and survive in a container, there is no use for long roots. So every four

to five years, we remove the plant, check for thick roots and cut them.”

It was only in the late 1980s that Ravindran first showcased his work in public, at a flower show in Kanyakumari. “At that point, I was still trying to comprehend the concept of bonsai.” In 1993, he received his first-ever recognition, the first prize, for his collection of 75 bonsai plants at a flower show in Thiruvananthapuram.

By 1994, Ravindran knew bonsai was more than a hobby for him. He attended his first workshop in Mumbai

and learnt from global experts Susumu Nakamura and Karuva Nakamura. Soon enough, he was blessed with an opportunity to learn directly from the legendary Peter Chan. “He was so impressed with pictures of my work that he took time to visit my garden. Never in my wildest dreams did I think that Mr Chan would one day visit my own garden.”

Indeed, his work has not gone unrecognised; he is the recipient of the prestigious Iwasaki Award chosen by the legendary Japanese master Daizo Iwasaki, vice-president of the World Bonsai Friends Federation. Like his masters, Ravindran finds utmost joy in sharing his knowledge with those interested in the

art of bonsai. He has taught over 2,000 students around the country for a nominal fee, and sustains his garden by selling a few of his bonsai plants—the 20 to 30 year-olds sell for a few lakhs.

While there’s widespread appreciation for his work, there’s been criticism for bonsai too. Critics say this art form is against nature as it doesn’t let the tree grow to its true size. “This is not true,” contends Ravindran. “Bonsai only brings nature closer to you as you can appreciate it in your hands. The plant is just trained to adapt to the plate in which it is grown. Contrary to popular belief, the tree is neither starved nor stunted. When you leave it unattended, the bonsai will go back into a full-fledged tree. In fact, it has been proved that bonsai plants tend to live much longer than when left in the wild.”



“Bonsai only brings nature closer to you as you can appreciate it in your own hands. The plant is trained to adapt to the plate in which it is grown. Contrary to belief, the tree is neither starved nor stunted”



Another man's treasure

From using firecracker debris to fashion a sculpture to making ink drawings on old Russian magazines, late modern artist and founder of the Bengaluru-based Ken School of Art (KSA) Nadoja R M Hadapad was famous for using any material he could lay his hands on. And he taught his students to be thrifty with their art too. "He would tell me to go and collect waste paper and paint on it," says artist J M S Mani, student and former principal of KSA, speaking to *The Hindu*. "He painted on newspapers and discarded paper. He gave away his works spontaneously. That's how several of us have so many of his works." Fifteen years after their mentor's death, Mani and fellow KSA alumni recently put together a tribute show to celebrate their teacher's generosity at the Swasti Art Gallery in Bengaluru. Unseen works of the modern artist from Badami, Karnataka, were assembled by his students from their own personal collections. They say the best teachers are remembered long after the students leave their classrooms—indeed, long after they leave this earth.

Going LOCAL

To make up for the lack of space for regional arts, the Bhau Daji Lad Museum (BDLM) in Mumbai launched an initiative, Museum Katta, to showcase films, theatre, folk art and music for Marathi-speaking connoisseurs. Its recent instalment was a retrospective of veteran filmmaker duo Sumitra Bhave, 75, and Sunil Sukthankar, 52. "When the National Award-winning *Kaasav* (a 2016 film by Bhave and Sukthankar) was released, one single theatre, Citylight Cinema in Matunga, was screening it. And all the shows were packed," says Himanshu Kadam, curator of BDLM, telling us where the idea for a retrospective came from. Of the duo's vast repertoire of socially inclined films spanning 25 years, six works with strong



"When *Kaasav* was released, one single theatre was screening it. And all the shows were packed"

messages were selected for screening this year, including *Vastupurush: The Guardian Spirit of the House* (2002), which addresses feudal and caste structures in India; *Devrai: Sacred Grove* (2004), a metaphor for the mind of a schizophrenic patient; and *Phir Zindagi: Life Continues* (2014), on organ donation.



“Ninety per cent of our population uses stainless steel utensils, and when the number is so large, there is also an irony to the shininess of the object and the emptiness, because some plates go without food. It must have been around 1997-98, while I was cooking in my apartment, that I decided to bring all of the utensils to the living room and decided to use them in my art. Over the years, I have experimented with their different layers and forms. It is like *samudra manthan*, something new emerges every time. Some artists spend their whole life working on one thing. Actually I don't think even a lifetime is enough; there is so much one wants to do.

—Contemporary artist **Subodh Gupta**, 54, speaking to The Indian Express on Adda/Rendez-vous, his retrospective at Monnaie de Paris in France till 26 August



Dia Bhupal / Hauser & Wirth



Photographs courtesy: Manjusha Ganguly

Nature's call

Who would have thought that the mountains could be of such silky texture!" says collagist Manjusha Ganguly, speaking to *Harmony-Celebrate Age* about her recent show, *Equinox*. Comprising collages and acrylic paintings that depict the changing seasons over mountain landscapes, the exhibition took place at Pune's Art2Day Gallery recently. "The collages represent the sensitivity of nature that I identified during my travels to the mountain ranges of Uttarakhand, Kashmir, Rajasthan, Madhya Pradesh and Maharashtra," Ganguly tells us. Using layer upon layer of torn tracing and tissue paper, and uneven patches of glossy magazine papers, she captures the formidable mountain ranges as soft, thoughtful beings.





OFF THE CUFF BY RAJU MUKHERJI

Dual first: Little-known Norman Pritchard was India's first medallist at the Olympics, and the first Indian star in Hollywood!

The first Indian actor to hit the headlines as a Hollywood hero was a person by the name of Norman Trevor. The first Indian to win an Olympic medal was an athlete who answered to the call of Norman Pritchard. Both these Normans happened to be the one and the same person!

Even before Rabindranath Tagore and Mohandas Gandhi became household names, this young Indian was making waves in the western hemisphere. Baptised Norman Gilbert Pritchard, the handsome gentleman was a Calcuttan by birth; an Indian by nationality.

Who was he? What is his relevance today? By dint of his exploits a little more than a hundred years ago, this now-forgotten individual put India on the map in Hollywood, on Broadway and, most important, at the Olympic Games. His name and fame rest on a tiny statistic that involves complex technical issues.

Of British parentage, Norman Gilbert Pritchard happens to be the first Indian to win honours in the Olympic Games. In 1900 at the Paris Olympiad—the 2nd of the modern Olympic Games—the handsome athlete's blistering speed on the race track left the world's best runners leaden-footed. He was garlanded with the silver medal in the 200-m sprint. To prove it was no fluke, he won the silver medallion in the 200-m hurdles, an event that was discontinued in 1904 after the St Louis Olympic Games.

Olympic researchers have dived deep into Pritchard's career to trace his nationality. Some felt that Britain, not India, should be credited with Pritchard's medals as his parents happened to be from Britain! Some years ago, Olympic Games scholar David Wallechinsky, son of author Irving Wallace, was also undecided about Pritchard's nationality. In his authoritative book on the modern Olympics, *The Complete Book of the Olympics*, he has credited Norman Pritchard with dual nationality. He mentioned that Pritchard's silver medals should be credited both to Britain and India as Pritchard's parents were British and he was born and bred in Calcutta, then the capital city of British India.

Erudite Indian sports historian Gulu Ezekiel and I put forward our argument and convinced the International

Olympic Committee (IOC) that the medals rightly belonged to India, not Britain. What was our contention?

Actually, Norman Pritchard was born in Alipore on the southern periphery of Calcutta on 23 June 1875. He studied at the Jesuit-run St Xavier's School on Park Street (now, Mother Teresa Sarani) in Calcutta and graduated from St Xavier's College, again in Calcutta. From Alipore, he shifted residence to a bungalow on Sarat Bose Road (then Lansdowne Road) and worked for Bird & Co in the thriving jute trade of the late 19th century. His parents were Gilbert Peterson Pritchard and Helen Maynard Pritchard. It may be pertinent to note that like many Indians, Norman took his father's first name as his own second name. His full name, to repeat for emphasis, happened to be Norman Gilbert Pritchard.

While in Calcutta, Norman Pritchard was involved in athletics, soccer and rugby. Apart from winning several athletic championships in India and Europe, he was also involved with the Indian Football Association, both as a player and administrator. His record of seven consecutive 100-yard sprint titles at the Bengal Presidency athletic meet still stands.

Norman Pritchard was a permanent resident of India from his birth in 1875 to 1913. Thus at the time of winning the Olympic silver medals in 1900 he was an Indian by birth and residence. The eventful story of Norman Pritchard does not end here. My research at the Goethal's Library in Xavier's College revealed that he went off to Hollywood in 1913 and made an instant impact as a hero in the silent films of the period. In Hollywood, he changed his name and was known as Norman Trevor. He was highly successful as an actor between 1914 and 1926, both on screen and stage.

According to Olympic scholar David Wallechinsky, "he acted in 27 Hollywood movies, notably *Dancing Mothers* (1926) with Clara Bow, *Beau Geste* (1926) with Ronald Colman and *The Love Trap* (1929), which was directed by William Wyler." Thus, he becomes the first Indian to hit the headlines in Hollywood as a film star, far ahead of any other India-born film actor or actress. He also is the pioneer sports personality to don screen costumes, as Olympian Johnny Weissmuller of Tarzan fame, among others, was to do later.

Unfortunately, film historians in India have never given this man his due recognition. No one in film circles seems to have heard of him! It appears the worlds of sports and films in modern India have no time for their own history and heritage—a pathetic scenario indeed!

In fact, Norman Pritchard, publicised in his altered name as Norman Trevor in the US media, was especially brilliant on stage. The multi-dimensional talent acted in no less than 28 plays on Broadway between 1914 and 1926, thereby becoming again, without an iota of doubt, the first from India to gain honours as an actor on the international platform.

Most unfortunately, the great former athlete succumbed to the glamour of the tinsel world. Highly volatile and erratic in behaviour he always was; in the US, he went berserk. He probably suffered from Alzheimer's late in life and spent time at a mental asylum. He died a pauper in Los Angeles on 31 October 1929 of a brain malady. His wife had left him earlier and returned to their homeland in India.

In Calcutta, no one was concerned with his acting skills. It was the indelible memory of the magnificent athlete that stayed in the mind. Norman Pritchard left behind a host of admirers. One of them was Cecil Leeming—himself a proud Indian of British parentage—who went on to don the cassock of the Society of Jesus and was associated with St Xavier's for decades.

Reverend Cecil Leeming himself was an outstanding athlete. He was a certainty in the Indian athletics contingent to the Berlin Olympic Games in 1936. But the young Leeming could not take part as it coincided with his priesthood duties and studies. I am sure if Reverend Leeming had been able to take the plunge, he would have made both my alma mater St Xavier's and India as proud as Norman Pritchard did.

Cecil Leeming always maintained that although Pritchard had British parents, he was an inspiration to a generation of Calcutta athletes and would never have considered himself to be anything but a '*pucca*' Bengali. With his hearty laugh, he once said, "Dad used to regale us with Pritchard's exploits. Pritchard loved his



Norman Pritchard

luchee and kasha-mangsho. A typical Bong he was, my idol; he loved his food!"

Interestingly, it is on record that Pritchard was the first Indian footballer to score a hat-trick of goals. The match was between St Xavier's College and Sovabazar, then a famous Calcutta football club, in July 1897. A natural sportsman, he seemed extremely adept at whatever sport he attempted. Cricket, of course, was too slow and laborious for a man of his restlessness.

In 1900, the Olympics in Paris coincided with the international exhibition in the city and had stretched over many a month. Those days, the question of nationality did not arise at the Olympics because there were no official Olympic committees of individual countries; the participants competed on their own. Hence, Pritchard's two silver medals remain his very own.

As he was born and bred in Calcutta, there is no earthly reason to think he went to the Paris Olympics in 1900 as a representative of England. Pritchard did go to Europe, including Britain, several times during his life to take part in athletic contests as well as for vacations, but never did he reside long enough in England to be considered British by residence or nationality.

Ethnicity-wise, British most certainly; but nationality-wise, never. Also, consider this. If Pritchard were to be considered a British athlete, what would be the status of cricketer Ranjitsinghji? Ranji was not born in England, nor did he have English parentage.

Yet, based in England, he represented England. India accepted he was an England cricketer by residential qualification and, quite rightly, never claimed Ranji was an Indian cricketer because of his Indian parentage. By that argument, if Ranji, then, is considered an England cricketer, Pritchard most certainly would qualify to be an athlete representing India!

Thankfully, the IOC accepted Gulu Ezekiel's and my version and credited India with Pritchard's two silver medals at the 1900 Paris Olympics. Indeed, Norman Pritchard deserves to be an icon for every Indian. Now that he has been discovered and his outstanding abilities unearthed, let us give the man his due.

Kolkata-based Mukherji is a former cricket player, coach, selector, talent scout, match referee and writer

A ROYAL TRIUMPH

Serendipity has always played a role in determining the course of history; now it has made sure a 'rebel Maharaja' takes his rightful place in the annals of India's rich and glorious past. A new book—*A Political Biography of Maharaja Ripudaman Singh of Nabha (1883-1942): Paramountcy, Patriotism and the Panth*, published by Oxford University Press and priced at ₹ 1,095—has brought to light an unsung royal, hitherto sidestepped by the historical record for no apparent reason.

Co-authored by historians J S Grewal and Indu Banga, the book came about when Grewal stumbled upon references to the Maharaja while researching another book he was writing on Sikh history. The book on Maharaja Ripudaman Singh is set against the canvas of Indian nationalism, Sikh resurgence and British paramountcy, and reveals a stubbornly patriotic royal who defied

the then colonial rulers, blatantly supported the nationalist movement, and actively participated in the Sikh reformist movement.

The book spans 20 years of research and was launched recently in Chandigarh at a function attended by the Maharaja's daughter and grandson.

authorspeak

Indu Banga, 71, emeritus professor, Panjab University, Chandigarh, talks to **Suparna-Saraswati Puri** about the challenges she and Prof Grewal encountered while writing this book. Excerpts:

How did this book come about?

Professor J S Grewal had been interested in Sikh history and I had been working in this area too. He came across references to the Sikh rulers while working on his book *Sikhs of the Punjab*, which is a part of the New Cambridge History of India series. Meanwhile, I too chanced

upon some confidential documents and microfilms relating to Maharaja Ripudaman Singh. Not a great deal had been written about him and Prof Grewal asked me if I would like to work with him on this book. My initial reaction was lukewarm; working on rulers did not come to me naturally as my interests lay in historical processes. But as I read a little more and looked into those sources, I became interested in the subject.

In your opinion, what was the greatest challenge to writing this book?

The biggest impediment was that the materials Maharaja Ripudaman Singh had at Nabha [a former princely state in Punjab] were either destroyed or deliberately misplaced by the Council of Regency because, under the British, the Council did not want any memory of Ripudaman Singh to be preserved. The Maharaja rebuilt his library, his collection, from scratch in Kodaikanal, where he had been exiled by the British. That collection probably went to some members of his family or a part of it was brought to Nabha, but that too is not traceable.

How has the subject of this book altered or contributed to your journey as an author of history?

In case of Ripudaman Singh, so many contexts converge given the vast canvas of his life: his interactions with other Indian princely rulers; his relations with the British on the one hand and his links with the nationalist leadership on the other; and his active association with the Akalis or Sikh politicians. In addition, there were Ripudaman's own very deep religious leanings. All this together provided a better insight



Satdeep Gill

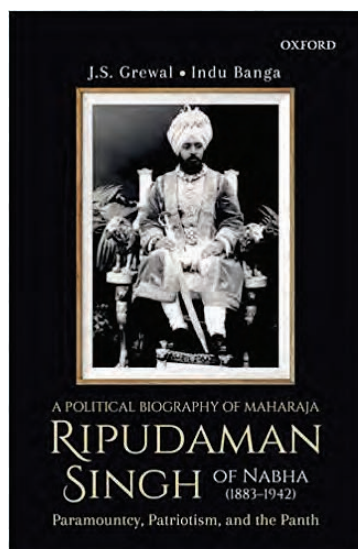
into what made the Maharaja act in a particular way. Also, there could have been instances when he simply went with the flow, without thinking of the outcome. Therefore, as a student of history, you become more aware of intertwining complexities.

Which aspect of the Maharaja made a lasting impression on you?

If you were to think of one defining aspect of Ripudaman Singh, it would have to be his resistance to the British in many different ways. On every possible occasion, he would come up with an idea or statement or action that essentially indicated non-acceptance of the presence of the British in India. I really wish we had more of his own writings about the way his mind worked when he ruled. But, circumstantially, I think it is safe to say that the kind of education he had influenced him, more than his upbringing, against the British.

How was Maharaja Ripudaman Singh different from other Indian rulers of his time?

Ripudaman Singh wasn't sent to a public school or a chief's college (educational institutions for the children of Indian princes during the colonial period), institutions where loyalty to the British was ingrained. Instead, he was tutored by people who were radical social reformers and who had radical political ideas. In fact, he was quite different from his father, Maharaja Hira Singh, a British loyalist. Maharaja Ripudaman Singh followed an altogether separate and distinct trajectory as a ruler. In our estimation, Ripudaman Singh stands apart because of the particular time in history when he was active and his close association with the Akali movement, because of which he could not or would not back off. He was so deeply involved. Meanwhile, there was talk of court marshals in the army as the British were worried that the movement was influencing Sikh soldiers.



“The British thought he was idiosyncratic. Sometimes, in exasperation, they would call him ‘sullen’ or ‘crazy’ because no one in his position would think of challenging the British, which he did every now and then”

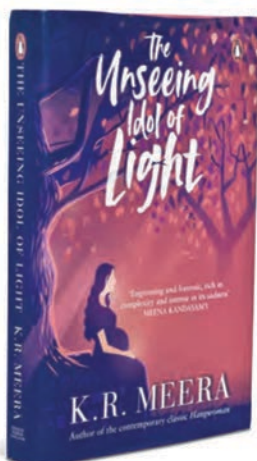
Nevertheless, Ripudaman continued his association with the Akalis and his support to nationalist issues, to leaders, namely Lajpat Rai, Madan Mohan Malviya and Bal Gangadhar Tilak; his links with them went on unabated. This singled him out from the then ruling Indian princes. Another differentiating aspect was Ripudaman Singh's lack of interest in the conferences of the Indian rulers and the affairs of the Chamber of Princes established by the British in 1921. The smaller principalities started to look up to Ripudaman Singh, given his patriotic engagements. In fact, the book details his efforts to get General O'Dwyer, who was responsible for the Jallianwala Bagh massacre, impeached.

In your opinion, did Ripudaman Singh possess any idiosyncrasies as a ruler?

The British certainly thought he was idiosyncratic. Sometimes, in exasperation, they would call him ‘sullen’ or ‘crazy’ because no one in his position would think of challenging the British, which he did every now and then. He would tell them that he would accept only that advice from them which was substantiated by reason. Quite obviously, the bureaucracy did not like him and Ripudaman kept them at arm's length. His father, Maharaja Hira Singh, despite being loyal to the British, was known not to shake hands with them, and if he did on a rare occasion, he would wash his hands or bathe and change his clothes. He would also not eat with them. Ripudaman Singh did not socialise with the British, contrary to Maharaja Bhupinder Singh of Patiala, who was famous for his lavish hospitality to them.

As historians, what did you hope to achieve with this book?

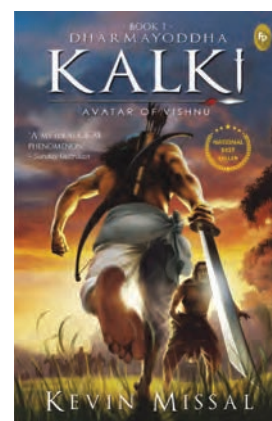
Given how long it took to complete the book, there were times when both of us were being persuaded by some of the interviewees and members of Ripudaman Singh's family to include stories that would glorify the Maharaja, or anecdotes that reflected a more personal side of him. But we did not agree to include oral suggestions that showed him as a great ruler. Whatever we wrote was based on actual evidence. As historians, our idea was to provide a serious study about Ripudaman Singh's little-known aspect as a ruler who actually bridged princely India with British India, and perhaps come up with a model for other such studies. It is a fact that the historiography of princely India has either been misrepresented or merely treated as a footnote in mainstream Indian history. This is evident especially while discussing the national movement, where Indian principalities have been left out.



A tale that explores love and loss, blindness and sight—and the subtle interconnections between them—**THE UNSEEING IDOL OF LIGHT** (Penguin; ₹ 499; 270 pages) is passionate, stirring and haunting. Prakash, a blind man, whose name ironically means light, is at the centre of the novel. In fact, it is his relentless pursuit of the truth behind his father's suicide and the mystery behind his wife Deepti's disappearance that sets into motion a chain of events that throw up deeper insights into human psyche.

K R Meera highlights blindness as a general condition afflicting humanity, not restricted particularly to the sightless. The twists in the tale feature characters struggling with real or metaphorical blindness. As Prakash tells his best friend Shyam, "Sight is nothing but half light and half imagination....You see what you wish to see. And you avoid what you don't want to confront." In the tale, bats become a metaphor for sights, sounds and emotions. While Prakash describes his father's body hanging from the branch of a tree "like a bat", he feels that his life hangs "upside down blindly like a bat" after Deepti's disappearance. The lucid prose by translator **Ministhy S** retains the impact of the original voice.

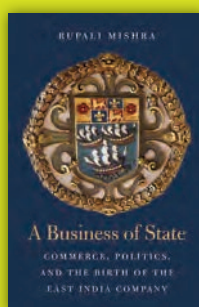
DHARMAYODDHA KALKI AVATAR OF VISHNU (FingerPrint; ₹ 250; 461 pages) is the first book of the Kalki Trilogy by **Kevin Missal**. A fantasy fiction, it revolves around Kalki Hari who learns about his heritage when he is mired in tragic skirmishes, betrayals and forces that seek to annihilate him. The protagonist of the tale, set in the fictitious land of Illavarti around 3600 BC, born in the pre-Kaliyug era, is vested with the responsibility of cleansing the world of muck. To discharge this, he is northward bound, to learn the ways of Vishnu's *Dashavatar*. In a world wrought by political turmoil, treachery and every other societal ill, will he succeed in his mission before the beginning of Kaliyug? An imaginative and interesting narrative, it tends to be repetitive in sections, and could have done with better editing. While the author's creative ability is palpable in the way his characters take shape, as the novel is entirely a figment of his imagination, naming characters from mythology could have been avoided for better effect.



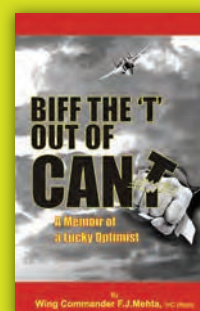
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SUMMER SHOWER

In this evocative poem, **Emily Dickinson** recounts the simple pleasures of rain

A Drop fell on the Apple Tree –
 Another – on the Roof –
 A Half a Dozen kissed the Eaves –
 And made the Gables laugh –
 A few went out to help the Brook,
 That went to help the Sea –
 Myself Conjectured were they Pearls –
 What Necklaces could be –
 The Dust replaced, in Hoisted Roads –
 The Birds jocosely sung –
 The Sunshine threw his Hat away –
 The Bushes – spangles hung –
 The Breezes brought dejected Lutes –
 And bathed them in the Glee –
 The Orient put out a single Flag,
 And signed the Fete away –

One of the greatest poets of all time, Dickinson (1830-1886) experimented with expression, freeing it from conventional restraints

AGE-OLD DILEMMA

Dvora Waysman looks at the lighter side of going silver

They say that old age is always 15 years older than you are.

I can remember when the truth of this hit home most forcibly. When I was a young mother with four small children, 16 year-old Lucy used to come after school to babysit for me. One day I returned from shopping and she told me I'd had a caller, but she didn't remember her name.

"What did she look like?" I asked.

Lucy thought for a minute and said helpfully: "Well, she was really old."

"How old?"

"Oh, she must have been at least 30!"

By now, Lucy would be over 50 herself I wonder if she still remembers that conversation.

* * *

There's a famous advertisement in the glossy magazines promoting a face cream. The gorgeous slim model says: "I don't intend to grow old gracefully. I'll fight it every inch of the way."

Sometimes you get tired of fighting and decide to let nature take its course. For instance, about 10 years ago I stopped colouring my hair, and quite enjoy having it silver-white. My hairdresser was dismayed, no doubt due to a loss of revenue. He never stops trying to persuade me to change my mind.

"I think I look distinguished," I argue.

"No, my dear," he said, sighing heavily. "You merely look extinguished."

Be that as it may, we can't escape being 'golden agers'. It's a silly euphemism for growing older. Maybe it refers to the golden handshake or the obligatory gold watch they give you when it's time to retire. Being able to laugh at yourself

is the best remedy, like jogging on the inside. One of the things naturally we get concerned about as we get older is our health. Some of us go to our doctor's clinic so often that if we don't turn up one day, the nurse says, "We were worried about you. You didn't come on Wednesday. Were you sick?" One old-timer was told by his doctor that he had two problems.

"What's the first?"

"Well, I'm sorry to say your memory is so bad that you're really senile."

"And the second?"

"You have diabetes."

The old guy thought for a moment and then said brightly: "Just as long as I'm not senile."

Sometimes my mind not only wanders. It leaves me completely. I have this little trick when I meet someone whose name I've forgotten. "Now you are..?"

"Mary."

"Of course I know you're Mary. It's your second name I've forgotten." Or vice versa.

It works fine unless Mary happens to be your daughter!

It was George Bernard Shaw who wrote that youth was such a wonderful thing it was a shame to waste it on the young. As we get older, we think that life's experiences have taught us all the answers. The only problem is that now nobody bothers to ask us the questions!

I've often thought that if I had the time, money and courage, it would be great to have a face-lift. But you know what? The quickest and most inexpensive face-lift is just to smile. It draws your features upwards and emits warmth and happiness.



Waysman is an Australian author and recipient of the 'For Jerusalem' citation for her fiction, poems and features on the city of Jerusalem. Her novel The Pomegranate Pendant has been adapted into a film

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This wonder drug was initially used to treat severe menstrual disorders. In due course, the US Food and Drug Administration approved it as a contraceptive, revolutionising sexual freedom and furthering the women's liberation movement. Despite side-effects such as dizziness, nausea, weight gain and sore breasts, the pill became widely popular. However, in 1968, Pope Paul VI renewed a ban on the use of contraceptives by Roman Catholics, arguing it would open up "a wide and easy road" to conjugal infidelity. What he hadn't

bargained for was the erosion of the church's power among European and American Catholics. While the public overwhelmingly disregarded papal direction, bishops too undermined the ban, asking couples to follow their conscience.

The use of the pill got a further boost in 1994 with the United Nations framing the right to reproductive health as a human right. The drug enhanced women's opportunities to control childbearing and their careers, allowing them to plan fertility independently of their partner. In fact, the increase

in women's education and employment since the 1960s can be partly explained by birth-control innovations. In short, the pill became the great equaliser in the battle of the sexes.

Fifty years on, the pill is by no means perfect, but has become a tool and symbol of women's independence. And though we have seen a big shift in recent years with contraceptive coils and implants, the pill continues to be popular, with almost 100 million women around the world still depending on it to ward off unwanted pregnancies.

THIS MONTH, THAT YEAR: JULY 1968

- On 1 July, the Non-Proliferation Treaty (NPT) was signed in Washington, Moscow and London and opened for signature by other nations.
- On 6 July, Billie Jean King of the US defeated Australian Judy Tegart to claim the Wimbledon crown, becoming the first tennis player to win three singles crowns in a row.
- On 8 July, a powerful solar flare owing to an explosion on the sun's surface knocked out shortwave radio communications.
- On 17 July, *Yellow Submarine*, a psychedelic animated film inspired by The Beatles' song of the same name, premiered in London.

Food for THOUGHT



Courtesy: SHARAN

Let food be thy medicine and medicine be thy food,” said Hippocrates (460 BC- 370 BC), regarded as the Father of Western Medicine. Reminding us of this is Nari Shakti Puraskar award winner Dr Nandita Shah. Her organisation SHARAN (Sanctuary for Health and Reconnection to Animals and Nature) is organising an event, ‘Real Health, No Medicines!’, on 1 July 2018 at Freemasons Hall, Chennai, which will focus on ways to avoid medicines by eating healthy. “As long as we are taking medicines we are not really healthy,” she avers. “Medicines have their own side-effects and problems. By eating intelligently we can alleviate problems such as arterial blocks, hypertension, diabetes, obesity, some forms of cancer, most allergies, osteoporosis and more.” SHARAN has been working for over seven years to prevent and reverse lifestyle diseases through food and nutrition. To know more about the organisation and its events, check out sharan-india.org or contact Sabena at 022-40031909.

BUZZ

INSOMNIA IDENTITY

n. The erroneous belief that one has trouble sleeping, which leads to physical and psychological problems similar to those experienced by true insomniacs.

EXAMPLE: With an **insomnia identity**, seeking help is liable to make things worse. Drag your weary bones to the doctor and she may be willing to prescribe sleeping pills. But apart from the fact that they’re not very effective, and often very addictive, the benefits are likely to be outweighed by the very act of visiting the doctor: by doing so, you’ve doubled down on your insomnia identity, signalling to your subconscious mind that you have an intransigent problem, requiring medical intervention.

—*Oliver Burkeman, “Can’t sleep? Tell yourself it’s not a big deal”, The Guardian (London), 20 April 2018*

SCOBY

n. A gelatinous mass formed by the interaction of bacteria and yeast and used in the production of foods and beverages such as sourdough bread and kombucha.

EXAMPLE: There are other important factors that influence how a starter develops, including holding temperature, feeding schedule, proportion of flour and water, contamination from nearby sources, and fermentation technology. Consistency in all of these factors is key if you want to preserve a **SCOBY**.

—*Emily Buehler, “Debunking the 10 myths of sourdough”, The Kitchn, 16 November 2017*

Source: www.wordspy.com

CRY-IT-OUTER

n. A person who practises or advocates letting babies cry themselves to sleep.

EXAMPLE: But the **cry-it-outers** will tell you that you’re just helping your child learn to self-soothe—an important part of emotional development and independence—and that your baby will not remember being so upset when they are older; after all, do you?

—*Whitney Ross-Barris, “Slurp derperration”, whitneyrb.com, 2 February 2012*

Nutpicking

pp. Claiming that the craziest or most outrageous member of a group is a typical representative of that group.

EXAMPLE: One great way to worsen our already gaping political divisions is to engage in what Internet chatroom denizens call **nutpicking**. That is, the deliberate search for the 'nuts' on either side of the political aisle to use as unflattering representations of opponents.

—John Stonestreet, "Campuses going nuts: Why civility and truth matter", CNSNews, 11 January 2018

“ I do think that when it comes to ageing, we're held to a different standard than men. Some guy said to me: 'Don't you think you're too old to sing rock n' roll?' I said: 'You'd better check with Mick Jagger'.

— American singer and actor Cher



YOUR
SPACE



Courtesy: Primla Hingorani

AUNTY 72!

I have always wished to thrive, not just survive, in this life. And at 73 years of age, I can proudly say that I have lived every day staying true to myself.

After my three children left the nest, I had the time to immerse myself in the life I had dreamt of. From aerobics to dance, swimming and running, I did everything in the name of fitness. Marathons became my go-to events and I have participated in over 100 marathons to date. Owing

to my constant engagement with Pinkathon over the years, and their effort to promote a healthy lifestyle for women and their breast cancer initiatives, I have become their brand ambassador.

It is absolutely wonderful that I can combine my love for fitness with my passion for charitable work. Staying at home is not an option. Running the Mumbai Marathon since its inception in 2004 is another feather in my cap. On 8 June, Oceans Day, I completed a 3-km run; on 5 June, World Environment Day, I participated in the Versova Beach clean-up drive.

My passion for fitness has also blessed me with an enormous reservoir of energy that I spend on various causes. Asha Kiran Charitable Trust is one of the organisations I have been associated with for 20 years. Initially, I taught underprivileged children during two sessions a day but now I take care of their extracurricular activities. The flag hoisting ceremonies on 15 August and 26 January are solely conducted by me. I also work with Rajani Foundation, which works with underprivileged children, and Make A Difference Foundation, with whom I painted the walls of Jogeshwari station, part of the Hamara Station Hamari Shaan initiative.

My trysts with organisations like these have not only helped me take my passion to new heights but earned me the moniker of 'Aunty 72' last year! With all the love and affection my friends and fans have showered on me, I hope to continue doing my bit for society and its people while staying actively fit.

—Primla Hingorani, aka 'Aunty 72', Mumbai

“Feeding the hungry gives me joy and peace of mind”

Jagdish Lal Ahuja, 82, Chandigarh, serves free meals to the poor



Sanjay Sharma

As a black jeep comes to a halt outside Chandigarh's Post Graduate Institute of Medical Education and Research (PGIMER), a tall, well-built, silver-bearded octogenarian, dressed in white kurta-pyjama, steps out, enquiring in a thunderous tenor, “Is the food over?” Meet **Jagdish Lal Ahuja**, popularly known as *langar-wale babaji*. Since 1982, he has been serving langar daily without fail. What began as a one-off treat for his elder son's eighth birthday outside his shop became a regular affair, with the venue subsequently shifting to PGIMER by 2001. Each day, food is cooked and served to 500 people on the pedestrian walkway outside the hospital. “I used to sell dal and sweets at railway stations to earn a living. I know what poverty is,” says Ahuja, his eyes welling up. “It is His grace that I survived it all and today can be of service to others.” The freshly cooked meal comprises rice, chapattis, *rajma*-aloo and halwa. Packet snacks for children and bananas are also served. Ram Saran, an auto-rickshaw driver who has

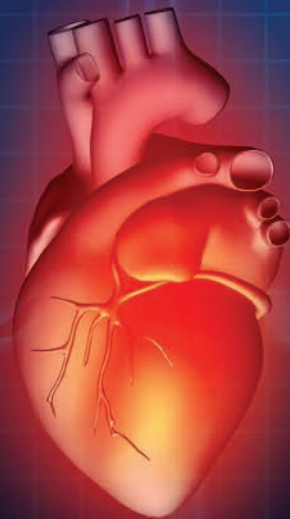
enjoyed the meals several times, notes, “Though many organise langar in this area, none can match up to *bauji* because his preparation is clean and tastes good.” Originally from Peshawar, Ahuja and his family migrated to Patiala when he was just 12. Nine years later, Ahuja shifted to Chandigarh and started a fruit business. Dhani Ram, who oversees the distribution of the free meals, and has worked with Ahuja for 22 years, says, “Thanks to his thriving business, he is called the ‘banana king’ of Chandigarh.” The 82 year-old, who has been feeding the poor without a break for 36 years, also donates blankets, shoes, socks and sweaters during winters. Ahuja, who has seen bankruptcy and was afflicted with cancer in the past, has even sold some of his properties to continue sponsoring langar. Asserting that his biggest learning has been that “everything is transient”, he says, “I wish to do this till my last breath.”

—Suparna-Saraswati Puri

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