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THE POWER OF 14

Success can be measured in so many different ways. It may translate to prestige or power for some; well-being or wealth for others. In my view, there's yet another yardstick of success: the opportunity to touch lives.

That's the first thought that crossed my mind when I realised we are celebrating another anniversary this month. For 14 wonderful years, we have had the privilege of reaching out to silvers across India, through this magazine and our events, activations and advocacy.

Over this time, we have sought to inform silvers about the world as it relates to them; inspire them through the success stories of their peers; and motivate them to be proactive about their own rights. In turn, we have impelled society to look harder and deeper at the needs and aspirations of elders, and view them as a demographic with great relevance and immeasurable potential.

In this journey, we have worked not as thunderous revolutionaries but quiet change-agents, a team working in concert, aware that the work we do is bigger than all of us; honoured to be representing Generation A; proud of the positivity we generate in a world that needs much more of it. Instead of splashy advertising or loud self-promotion, we have let our work speak for itself—and society is listening. Proof of this is the increasing space



Dabboo Ratnani

elder-related issues are garnering in mainstream media and advertising; the growing number of organisations working in what was considered a niche space; and the mushrooming of intergenerational initiatives building bonds across ages. And it's wonderful to see.

I take this opportunity to acknowledge all those who have shared our journey: our silver stars, both renowned and unsung, who have entrusted us with their stories; all the writers, photographers and designers who have brought these stories to life; and, of course, all our readers who have supported us, appreciated our work, and driven us to strive harder and raise our own benchmarks of quality.

Thank you for walking with us, month after month, year after year. I feel truly blessed at the opportunity to connect with you. And I promise to stay the course and make you proud.

Tina Ambani

A Harmony for Silvers Foundation Initiative

Harmony Celebrate Age—June 2018 Volume 15 Issue 1

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index

features

38 . Footsteps: Versatile dancer Papiha Desai continues the legacy of her dance choreographer father Yog Sunder Desai



columns

26 . NUTRITALK: Wellness consultant Naini Setalvad serves up 14 simple solutions for optimum health

30 . YOGA RX: Shameem Akhtar recommends breathing practices for arthritis relief

34 . CAPITAL GAINS: Financial adviser Dick Mody discusses SEBI's new guidelines for mutual funds

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9 . ORBIT: News, views, people, research, trends
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and miscellany

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column one

Smart means savvy. It's that simple. It's not always about cutting-edge technology and tons of money—just applying inspiration and innovation to the ordinary to make it extraordinary. So, while the Government rolls out its smart cities mission across the country, we decided to concentrate on the basics: the home.

Indeed, your home is your haven, where you eat, pray, love...live. And making your home smarter and safer can be a game-changer in keeping you independent, active, healthy and, most important, happy. This month, we open the door to a range of possibilities and prescriptions to retrofit your residence to its best, to make it a truly 'Smart Home', whatever your budget and bandwidth.

As with many of our special issues, the whole editorial team came together to work on this feature, compiling information, gathering expert perspectives and selecting photographs to present a blueprint for renovation and revival. My thanks goes out to them and our design consultant Jit Ray who always 'gets' the idea and is able to seamlessly, stylishly, translate it into reality across our pages.

We urge you to read this feature, take what works for you and incorporate it within your home. Independent living is intrinsic to our mantra of active ageing and making your home silver-friendly is a significant step in achieving that. We could think of no better way to mark our 14th anniversary—we hope you agree. Finally, to our beloved readers, who have kept the faith all these years, gratitude, *dhanyavaad*, *shukriya*. This is your magazine and your celebration—cheers!

—Arati Rajan Menon

First, I am extremely grateful to *Harmony-Celebrate Age* for taking the initiative to print an exclusive magazine for senior citizens like us. It feels good to be thought of and makes us feel included in a society where youth is celebrated but old age is projected as a burden and dependency.

I am a 67-year 'young' woman, a grandmother, mother, wife, retired manager and friend. But today I feel like a star in my own eyes when other people recognise me, featured in "Best Foot Forward" in your magazine ('Orbit', February 2018).

After retirement I wanted to lead an exciting life, so I looked towards a life with challenges. Running was something I had never explored. Today, seven years since, I have run 30 marathons, been recognised by *Guinness World Records* twice, successfully completed the Mumbai ultra-marathon and finished a 170-km run from Mumbai to Pune in November 2017. All these have helped me stay happy and motivated. But what has brought a true sense of accomplishment is seeing a picture of mine in a prominent magazine like yours! It made me feel appreciated and has motivated me to continue on this exciting path and do more with my life.

Indeed, coming from a middle-class family and seeing myself in a magazine was like a dream come true. My entire family, relatives and friends congratulated me and appreciated my picture. I thank the magazine once again for putting the spotlight on us seniors and boosting our morale and providing encouragement with such articles. Thank you for making me feel special and keep up the good work!

Daksha Kanavia
Mumbai



Thanks for sharing useful information through your articles. It is a pleasing thought that an organisation like yours is bringing forth our stories and inspiring us to chase our dreams.

Avishek Roy
Via email

HITS OF THE MONTH

Our most-read stories in
May 2018 on

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1. Mohiniattam is my life
2. Hair-raising tales
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Harmony-Celebrate Age

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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*.



WILD SILVER

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KEY TO THE
MYSTERIES OF
AGEING

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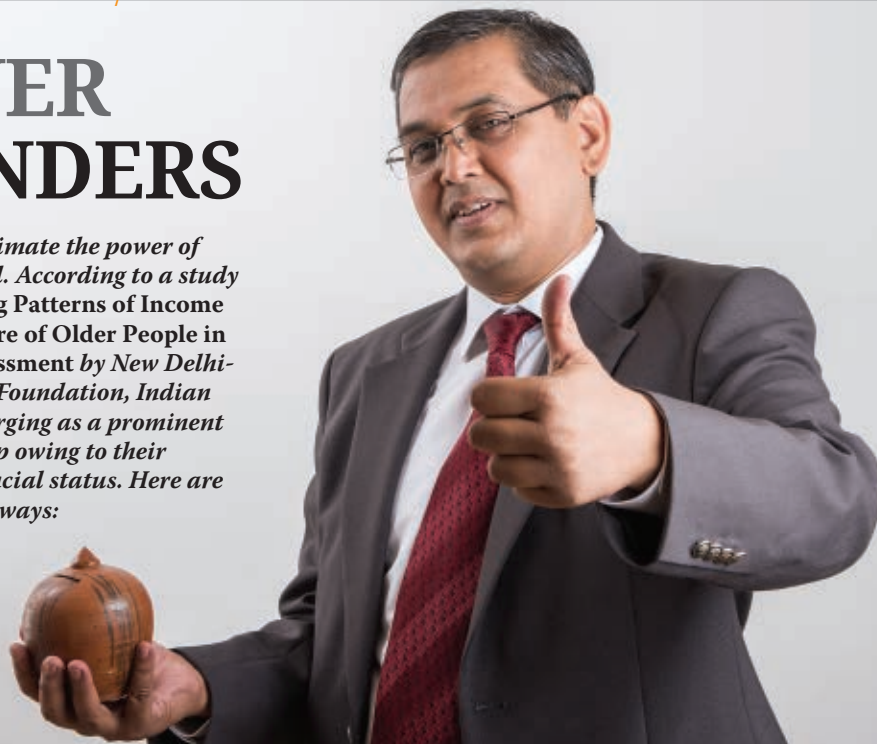
Could the secret of longevity really lie in the most humble of species? Well, according to an international team working under the European Union's AGELESS project headed by researchers at University College Dublin, the study of DNA repair **genes in bats could hold the key to the mysteries of ageing.** Bats are the longest-lived species relative to their body size among

mammals—they live an average of 37 years, the human equivalent of 234 years. When they studied the telomeres (the protective caps at the end of chromosomes) of four different species of wild bats using their wing samples, they found that one of the species, *Myotis myotis*, displayed no relationship between telomere length and age. They also identified 21 genes (among 225) that could play a role in preventing telomere shortening. “When our

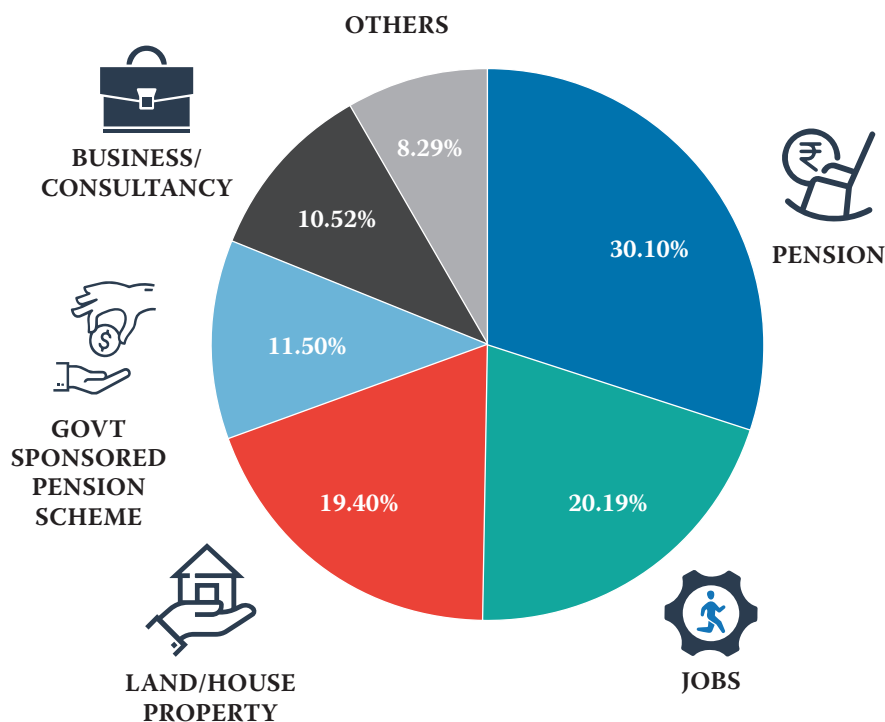
telomeres get too short, our cells become old, stop replicating, and this drives our ageing process,” research director Emma Teeling tells media. “Potentially, bats may have evolved a unique process to lengthen their chromosomes without inducing cancer. These results will help us design better intervention methods to slow down the ageing process and ultimately extend human health spans.” The study was published in journal *Science Advances*.

SILVER SPENDERS

Don't underestimate the power of the silver spend. According to a study titled Changing Patterns of Income and Expenditure of Older People in India: An Assessment by New Delhi-based Agewell Foundation, Indian silvers are emerging as a prominent consumer group owing to their improved financial status. Here are some key takeaways:



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Every fifth silver earns between ₹ 5,000 and ₹ 10,000

32%

of respondents have a monthly income of ₹ 10,000 to ₹ 20,000

27%

report a monthly earning of over ₹ 20,000

A significant share of their earnings (31 per cent) is spent on medical and healthcare services and 24 per cent on family and social obligations

"With changing patterns of income expenditure in old age, the role of older persons in today's market-oriented economy is becoming more significant with every passing day," Himanshu Rath, Chairman of Agewell Foundation tells The Financial Express, "They are not only growing in numbers and living longer but also emerging as an influential consumer section now." You can read the entire study at www.agewellfoundation.org/images/Changing%20Income-Expenditure%20Pattern%20of%20Older%20Persons%20Apr-2018%20-%20National.pdf



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- Working in 5,000 villages globally. Reaching out to 7.5 million people annually through the Aditya Birla Centre for Community Initiatives and Rural Development, spearheaded by Mrs. Rajashree Birla.
- Focusing on: Health Care, Education, the Girl Child, Sustainable Livelihood, Women Empowerment, Infrastructure and espousing social causes.

Highlights-

Health Care

- Over a million patients treated at 5,000 medical camps and our 20 hospitals.
- The Aditya Birla Hospital at Veraval in Gujarat, also caters to the marginalised.
- More than 1,200 children have learnt to smile again as they underwent cleft lip surgery.
- More than 5,000 physically challenged persons were provided with artificial limbs, making them self-reliant.
- 50,000 people screened on HealthCubed.
- Cochlear Implants embedded in 50 children.
- Alongside, we are engaged in a major project with Vision Foundation of India to provide sight to 6,600 visually impaired people.
- We have installed 50 Reverse Osmosis Plants (RO) which provide drinking water to villagers near our units.
- We have helped set up over 22,000 toilets, partly leveraging Government schemes for the social sector. In 50 villages, spanning over 2,000 households in Jammu & Kashmir, we have provided 2,010 toilets.

Education

- At our 56 schools across India, we provide quality education to 46,500 children. Over 28,000 children in the hinterland of India are being taught conversational English to build their confidence.
- We support schools for the differently abled in Gujarat, Karnataka, and Odisha.
- We are transforming 20 schools in Rajasthan into model schools.
- We foster the cause of the girl child by supporting 40 Kasturba Gandhi Balika Vidyalayas (residential schools for girls).
- Over 4.5 lakh school children (Grade V to XII) in 31 remote blocks of Madhya Pradesh, Rajasthan, Maharashtra and Odisha have been provided with solar lamps.
- We provide midday meals to 74,000 children through Akshaya Patra.

Sustainable Livelihood

- Our Vocational Training Centres and the Aditya Birla Rural Technology Park accord training to 95,000 people.
- Working with BAIF and JK Trust in 13 centres, we have covered

more than 100 villages under the project 'Integrated Livestock Development Centres'.

- Our 4,500 Self-Help Groups empower 45,000 women.
- Under the Private Public Partnership projects, we -
 - Work in collaboration with the Watershed Mission of Madhya Pradesh government to better the standard of living of people in 21 villages in Neemach district.
 - We are engaged with the Government of Odisha on 'Sustainable livelihood enhancement of 500 families through commercial vegetable cultivation' under the Odisha Tribal Empowerment Livelihood Programme in Raygada district.
 - Manage an ITI near Raipur.
- We help farmers plant more than a million saplings, including fruit-bearing trees, in their villages.
- Installed more than 1,000 biogas plants pan India.
- Working closely with Habitat for Humanity, we have so far built more than 500 houses, besides supporting the building of an additional 3,800 houses across India.

Model Villages

- We are also engaged in creating model villages in rural India. We have chosen 300 villages for this transformation - whereby in a five year time frame the villages would be self-reliant in every aspect, moving out of the "below the poverty line" status. So far more than 90 villages in India's hinterland have already reached the level of model villages.

At the macro level

- To embed CSR as a way of life in organisations, we have set up the FICCI - Aditya Birla CSR Centre for Excellence, in Delhi.
- Ongoing education, healthcare and sustainable livelihood, housing projects in North America, Philippines, Thailand, Indonesia, Egypt, Korea and Brazil, lift thousands of people out of poverty.

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NEEDLEWORK?

Forget darning and those pesky buttons that keep coming off, **the humble thread and needle now form part of an anti-ageing technique.** Beauty magazines are talking about a quick non-surgical

lunchtime facelift to tighten the skin, define the facial contour and lift cheeks and brows. Here's how it works: Using a needle, a re-absorbable thread, made of polylactic acid, is inserted in the face. The thread has 3-mm cones attached to it to anchor



the tissues under the skin while holding the thread in position. This thread stimulates the production of collagen. This seemingly terrifying procedure is touted as painless, with the use of an anaesthetic of course. Ouch.

Pillow talk



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Could your pillow be ageing you? That's the contention of Hollywood skincare expert Nurse Jaime in a feature in *Wmagazine.com*. The article puts forward three alternatives to the traditional pillow:

SILKY SOFT

Unlike cotton pillowcases, silk allows the facial skin to slide and diminishes wrinkle-causing sleep creases. These pillows are also better suited to control frizzy hair and preserve natural moisture in your hair, according to Dr Elizabeth Tanzi, founder and director of Capital Laser and Skin Care. A wide range of silk pillowcases is available in the market, starting from ₹ 800.

TECHNO PILLOW

You might have an intensive night skincare regime but all goes in vain when skin-damaging bacteria find their way to your skin, thanks to a worn-out pillowcase. Prolonged and unwashed use of the same pillowcases

can facilitate bacterial growth, which can lead to acne and other skin-related concerns. Silver, with its antimicrobial properties, has been a go-to ingredient in many beauty products; more recently, brands have been designing silver ion pillowcases to prevent skin damage caused by microbes. Pillowcases by Skin Laundry are coated in antimicrobial silver ion spray that claims to eradicate up to 99.9 per cent of bacteria. They are listed on Amazon India but currently unavailable—the indicative price is around ₹ 1,950.

COPPERHEAD

As we age, collagen production reduces significantly but polyester pillowcases with copper infusion can apparently help collagen synthesis and naturally rejuvenate the skin. The Illuminage range of skin rejuvenating pillowcases is designed with special fibres that transmit copper ions onto epidermal layers to initiate skin cell renewal. These lush pillows are pretty heavy on the pocket, though, with prices starting at about ₹ 11,880 on Amazon India.

AGE-DEFYING
INGREDIENTSEAT &
TREAT

THE SANDWICH SPA is a new addition to London's swish La Galleria Pall Mall. As the London edition of website www.timeout.com reports, on the menu are five sandwiches from healthy food brand BFree that claim to promote "anti-ageing, energy and mindfulness", each matched to a spa treatment. Examples: Roll Back the Clock, a multigrain wrap made with "age-defying ingredients such as sweet potato and spinach" paired with a collagen-boosting Vitamin C facial. And the BLT (Beautiful Long Tresses) tofu wrap sans bacon, paired with a keratin-enhanced scalp massage! The website advises those interested to make reservations in advance.

BFree Foods

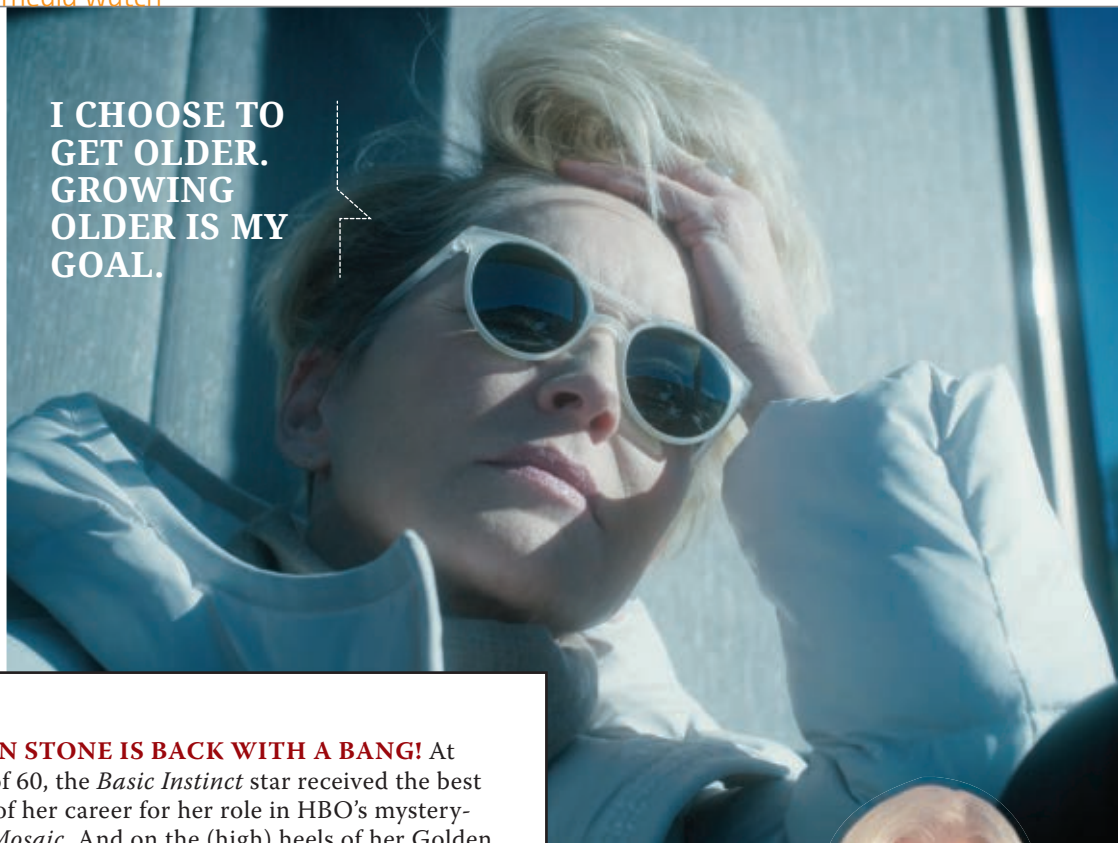
BLOOD BATH Ghoulish doesn't even begin to describe this. According to ancient Russian tradition, **bathing in the boiled blood of severed antlers of Siberian red deer can defy the ageing process and improve sexual performance.** "It makes our immune system strong, heals the body and gives us great strength, men's libido in particular," farm manager Ludmila Korotkhih from Nikolskoe tells CNN. Although there is no scientific evidence to support these claims, the practice is believed to be quite widespread, so much so that Russian president Vladimir Putin, 65, is rumoured to have indulged in it often. Enough said.



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Hot Stone

I CHOOSE TO
GET OLDER.
GROWING
OLDER IS MY
GOAL.



SHARON STONE IS BACK WITH A BANG! At the age of 60, the *Basic Instinct* star received the best reviews of her career for her role in HBO's mystery-thriller *Mosaic*. And on the (high) heels of her Golden Globe red carpet walk with Mariah Carey, Stone wowed us in her comeback fashion shoot in the February issue of *Vanity Fair Italia*: black lace underwear and fur coat set off by smoky eyes and spiked hair. "I actually find ageing a benefit," she tells *Hollywood Reporter*. "I don't choose to make growing older a negative. I choose to get older. Growing older is my goal. I love it when people say, 'In Hollywood, you're not allowed to get older.' Really, who gives a s**t what Hollywood thinks about anything?" Word.

Courtesy: HBO

COVER GIRL

Her son may be billionaire entrepreneur and Tesla founder Elon Musk. But this 69 year-old Canadian-South African model and dietician is blazing her own trail: **Maye Musk, who has over 187,000 followers on Instagram, is the oldest model to be the face of American beauty company CoverGirl with her blazing silver hair.** (In fact, she says allowing her hair silver naturally has actually helped her career!) "If you keep on working and posting your work, you can build up a following," she says of her Instagram success in an interview with *bbc.com*. "Also, you can be booked directly from your photos and don't have to go to castings. It's been amazing to see how brands, magazines and designers are focusing on real stories from older women. Young models love to see me on a modelling job as it gives them hope for the future. My hashtag is *#justgettingstarted*." Follow her at www.instagram.com/mayemusk/



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Shattering stereotypes



Courtesy: Nikhil Makode

Overcome barriers of age, health and discrimination and lead a vibrant life—that was the message of The Star Seniors Festival, held on 19 May 2018 at the Pandit Bhimsen Joshi Kaladan Auditorium in Pune.

The programme commenced with an interactive music performance by Bharat Krishnan. Followed by a round of vocal calisthenics, in which the audience participated wholeheartedly, he sang some favourite tunes from yesteryears. In fact, one of the silvers present, V Hariharan, joined him on stage, showing off his own impressive talent!

In his welcome address, Dr Ashwin Naik, physician-entrepreneur and founder of The Star Seniors Festival, shared the need to create “a platform to celebrate the contribution of seniors and their aspirations for the rest of the senior community”. Further, lauding the efforts of seniors and impelling them to break their shackles was chief guest Madhuri Sahasrabudhe, corporator of the Pune Municipal Corporation, who set the tone for the event with her inspiring speech.

The event’s first panel, ‘Age is an Asset’, examined how seniors can be a force to reckon with. Moderated by Arati Rajan Menon, our executive editor, the panellists included Sailesh Mishra, founder of Silver Innings, a social enterprise to provide need-based services to senior citizens and their families, and gerontologist Dr Nidhi Mishra, founder of Senior Express, an online platform to discuss healthy, productive and active ageing. From highlighting the challenges of demography and dispelling the myths of ageing, the panellists discussed the idea of seniors going beyond their preconceived roles. “They have to realise that they are more than just grandparents but a contributing part of society,” urged Dr Nidhi Mishra. The discussion concluded with Sailesh Mishra speaking of his efforts to promote intergenerational interaction among silvers and youth.

Following this, Col S G Dalvi, district manager of The Climate Reality Project, took to the stage to sensitise the audience about the water crisis and the inevitable cataclysmic effects of global warming. He, too, laid emphasis on the need to incorporate intergenerational participation, sharing stories from his past about how implementation of

such practices was the way forward to brave the challenges posed by the changing climate.

The second panel of the event on 'Active Ageing' was moderated by Dr Nidhi Mishra of Senior Express. The panellists included Professor Ravindra Nimbalkar, president of Sanghvi Jyeshtha Nagrik Sanstha; Madhuri Pawar, president of the Women's Wing of Associations of Senior Citizens' Organisation of Pune (ASCOP), and Madhukar Pawar, vice-president of ASCOP. Following a brief on the definition of active ageing and its three pillars (health, security and participation), the panellists, active-agers all, spoke about their own service for the welfare of the senior communities of Pune.

Two more active-agers took the stage for the third panel on 'Fulfilling the Need for Rightful Ageing', moderated by Arati Menon. While Dr Vidya Gokhale, founder and director of Maya Care, provides free services for silvers with a dedicated band of volunteers, Subhash Gupte, founder of Diapers to Home, ensures they get adult diapers at their doorstep at a subsidised price. Their inspiring

Opposite page: Speakers at The Star Seniors Festival; *Harmony-Celebrate Age* Executive Editor Arati Rajan Menon

journey held the audience in thrall.

This was followed by a rousing talk by Col Achal Sridharan, managing director of Covai Care, who spoke upon the need to banish negativity, reinvent the idea of retirement and focus on positivity and activity in the silver years. The event ended with closing remarks from Lt Col Kumar Fulay, president of Colonel's Cube, who encouraged senior to "help others and be compassionate".

Indeed, there were many takeaways from the event; foremost was the need for silvers to believe in themselves and their potential to craft change, and aim for the stars.




Namma run, here we come

With the countdown to TCS World 10K Bengaluru, *Harmony-Celebrate Age* hosted a pre-event in the Garden City on 22 May. Marathon veterans and newbies came together to celebrate the spirit behind one of the most sought-after road races in the world. Welcoming them, we announced to loud cheers that Bengaluru had managed to cross the magical figure of 1,000 participants, the only city besides Mumbai to do so in the Harmony marathon circuit.

Further, Srinivas J V, director, department of orthopaedics, Fortis Hospital, Bannerghatta Road, talked about the advances in the management and treatment of knee pain. He exhorted silvers to indulge in a comfortable exercise routine to postpone the onset of age and lifestyle-related ailments. "Training for *namma* run around the year is one way of staying agile," he said. Silvers were also taken on a virtual tour of Riva, a senior citizens' community by Tata Housing, one of our partners; the others being Smith & Nephew and the Romsons Group.





NOT TRUE

MUSCLING IN ON PROTEIN

Call it vain but more people than you would imagine believe that raising protein intake will boost muscle mass as they age. Not true, say researchers at Brigham and Women's Hospital, Washington, US. The Recommended Dietary Allowance (RDA) for protein is the same for adults of all genders and ages (0.8 gm/kg/day), and the findings of the study suggest that **raising protein intake in the hope of increasing muscle mass and muscle function simply doesn't work.** A six-month clinical trial called 'Optimised Protein Intake in Older Men (OPTIMEN)' and published in *JAMA Internal Medicine* took 78 men aged 65 or older and gave them prepackaged meals with individualised protein and energy content and supplements. At the end of the six months, the increase in protein intake had no significant effect on lean body mass, fat mass or muscle performance over those who got the normal RDA of protein.



Photographs by iStock

STEP UP TO PREVENT FALLS

Your calcium supplements aren't magic beans. That's the subtext of a recent recommendation issued by the US Preventive Services Task Force. For silvers prone to falls, it says, **regular exercise is better protection against injury than calcium and Vitamin D supplements.** This contradicts recommendations issued in 2012, but citing fresh analysis of clinical trials, the task force suggests that supplements prevent fall-related injury only in seniors with osteoporosis or a Vitamin D deficiency. In addition, it says that those who take supplements regularly are at higher risk of developing kidney stones. The fresh recommendation is based on a study of 11 clinical trials that covered over 51,000 people and was published in *JAMA*. It recommends exercise interventions for those over the age of 65 and prone to frequent falls, and emphasises that exercise intervention also lowers the risk of heart disease, stroke, diabetes, dementia and cancer.

MEDIUM, RARE OR WELL DONE?



Step away from the grill. A study presented recently by researchers from the American Heart Association indicates **a link between foods cooked at high temperatures and incidence of high blood pressure.** The researchers examined data from 100,000 people across various health studies and collected information on their

cooking methods and blood pressure. While none of them suffered high blood pressure at the start of the survey, the findings showed that 37,000 people had developed blood pressure during follow-ups conducted 12 to 16 years later.

It turned out that those who grilled, roasted or broiled beef, chicken or fish more than 15 times a month were at 17 per cent higher risk of hypertension than those who did it less than four times a month. Cooking meals at high temperatures produces chemicals that

induce oxidative stress, inflammation and insulin resistance, and leads to elevated blood pressure.

If that doesn't sound like a big deal, do keep in mind that sustained high blood pressure leads to hypertension, which is called a 'silent killer' because there are usually no discernible symptoms until the worst of the damage is well underway. Something to think about the next time you're asked, 'medium, rare or well done'? The best answer could just be 'none of the above'.



Photographs by J Ramaswamy

The sparkle in her eyes and her infectious energy belie her age. That, and the silver strands on her crown, signs of wisdom, only hint at the powerhouse that she is. Bengaluru-based **Padmaja Ramamurthy** has the perfect disposition to be a teacher. The 65 year-old is also an innovator and visionary educator who changes the lives of every child whose life is touched by her work.

On International Women's Day this year, Ramamurthy was honoured by a Kochi-based company, Eastern Condiments, with the 'Eastern-Bhoomika Iconic Woman of the Year' award. The award was instituted by the founder M E Meeran in 2015 to acknowledge women across cities for their service to society.

Ramamurthy is known for her unorthodox and innovative teaching methods, a talent that syncs perfectly with her current calling: she is a teacher at Dream School, run by the Bengaluru-based Association for

Promoting Social Action (APSA), an organisation that focuses on educating trafficked and abandoned children, child labourers and children of construction workers.

It was nothing like what she had done before but Ramamurthy was up to the challenge. In 2008, she began working as an English teacher for Class X. "Since most of the students were from Kannada-medium schools, I knew it would be a challenge to help them clear their exams in English." But Ramamurthy's resilience and multilingual abilities enabled her to converse in English, Hindi, Tamil and Kannada and put her students at ease. The first year was tough but slowly things changed for the better, and her innovative teaching methods helped her students to get a good grasp on all the subjects. Her efforts paid off and slowly absenteeism levels fell, confidence levels rose and a positive outlook settled in.

In subsequent years, the number of students graduating from Dream

School rose. "In 2009, 20 students passed the English exam, a first for the institution. The turning point came when four street urchins from Dream School found jobs in BPOs by virtue of their English language skills, and started drawing salaries of ₹ 10,000 to ₹ 15,000. This made a great impact on the students," she says.

Despite her almost innate ability to teach, Ramamurthy became an educator quite by accident. One day, at their home in Bengaluru, her chartered accountant husband flip-pantly remarked that he would love to trade places with her and spend more time at home. It was all she needed to leave the cosy confines of her home to kick-start a career. "I told my husband that I would take up a job on the condition that there would be no turning back. I said he would not have a wife waiting with coffee and tiffin when he returned from work, and that he would have to be an equal party in doing the household chores!"



Clockwise from left: Children at play at the school ground; the APSA Dream School in Bengaluru; Ramamurthy with her students in class

A native of Karnataka, Ramamurthy grew up in Chennai and Kolkata and earned a home science degree in Coimbatore. Armed with this degree, she landed up at Kamala Garden Nursery School in Jayanagar, Bengaluru, and filled in for the UKG teacher who was on leave. Thus began her tryst with teaching, a profession that became her lifelong passion. Even when her husband's transfers took her to various Indian cities, she pursued her career with the same gusto. In Chennai, the Padma Seshadri Bal Bhavan (PSBB) was a great learning experience for her. In her words, "The school was very appreciative of my teaching methodology and encouraged me."

Ramamurthy's out-of-the-box teaching methods were a welcome change from traditional classroom teaching. "In the setting sun, the beams of which filtered through to my classroom, I found the opportunity to teach the concept of concave and convex mirrors. My classes soon became a model for the rest of the school to emulate," she smiles.

The family's move to Kolkata took her to National High School in Lansdowne Road, where she had once been a student. She joined as assistant professor for nutrition

and child psychology for Class XI and XII. Her husband's ill health took the family back to Chennai, where Ramamurthy did a second stint with PSBB. She simultaneously pursued a B Ed degree, took a computer education course from Intel and equipped herself with a master's degree in education management from Karaikkudi University. After her husband passed away in 2003, she moved to Bengaluru to be with her sons.

She continued to work in the field of education, doing stints with the education wing of Infrastructure Leasing & Financial Services, which created content for schools under Technology-Aided Lessons (TAL). Her job as a consultant required her to initiate schools into the use of TAL, to make education more interactive. Then, she joined as coordinator of the Presidency Group of Schools, where she had to make sure the syllabus and curriculum were organised uniformly within the group. She also did a stint with the Concern for Working Children, an NGO working towards eradication of child labour.

Working with APSA was a huge change from the elite schools she had earlier worked in. She realised that there was a need to give an opportunity to the most marginalised and underprivileged children of society. And education is the most integral part of helping children lead their lives as sensitive, caring and successful individuals. "I want to see education being wholesome in moulding the personality of students and not restricted to bookish knowledge," she says. "We don't want toppers with great scores; we want students to feel connected with the real world, with empathy for fellow beings." Right now, working with Dream School, it doesn't get more real than this.

—Chitra Ramaswamy



Kiran Bedi



P T Usha

BIRTHDAYS

Versatile character actor and Hollywood's favourite voice for documentaries **Morgan Freeman** turns 81 on 1 June.

Filmmaker **Mani Ratnam** turns 62 on 2 June.

Actor **Dimple Kapadia** turns 61 on 8 June.

Retired IPS officer and Lieutenant Governor of Puducherry **Kiran Bedi** turns 69 on 9 June.

US President **Donald Trump** turns 72 on 14 June.

Athlete **P T Usha** turns 54 on 27 June.

IN PASSING

Eminent economist and former West Bengal finance minister **Ashok Mitra** passed away on 1 May. He was 90.

Veteran Bengali actor **Lolita Chatterjee** (featured in the April 2018 issue of *Harmony-Celebrate Age*) passed away on 9 May after suffering a cerebral stroke. She was 81.

Australian scientist and right-to-die advocate **David Goodall** ended his life at an assisted-dying centre in Basel, Switzerland, on 11 May. He was 104.

Former Maharashtra Anti-Terrorist Squad chief **Himanshu Roy**, 54, shot himself and ended his own life on 11 May. He was battling cancer.

American author and pioneer of 'New Journalism' **Tom Wolfe** died of pneumonia on 14 May. He was 88.

Pulitzer prize-winning novelist **Philip Roth** died of congestive heart failure on 22 May. He was 85.

MILESTONES

- Veteran actor **Dilip Prabhavalkar** received the Jyeshth Abhineta Puraskar for his contribution to cinema at the Shahu Modak Smruti Puraskar Foundation event held in Pune in April.
- Telugu actor **Rajendra Prasad** was honoured with the Lifetime Achievement award for his contribution to the field of arts by the Senate and General Assembly of New Jersey.
- The Master Deenanath Mangeshkar Smruthi Pratishthan felicitated sarod maestro **Ustad Amjad Ali Khan** with the Master Deenanath Mangeshkar Award, legendary singer **Asha Bhosle** with the Master Dinanath Mangeshkar Lifetime Award, and veteran actor **Anupam Kher** and musician-playwright **Shekhar Sen** with the Master Dinanath Mangeshkar Special Award at a ceremony held in Mumbai in April.



OVERHEARD

"I think I do prefer modelling now that I'm older. It's more compatible with my general spirit. Here I am, wrinkles and all, and people simply have to accept that. When I was younger, I never really felt that I was beautiful; I was very insecure. These days I'm much happier. I stopped colouring my hair years ago, and it felt very good to not worry about keeping up with some impossible image. It's easier getting older, I look the way I look and that's that!"

—Jan De Villeneuve, a 72 year-old model who walked the ramp at London Fashion Week

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- States like Uttar Pradesh, Madhya Pradesh, Maharashtra and Jharkhand have already started promoting and distribution of DFS Salt.

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HOME TRUTHS

We all know pollution levels are at an all-time high. And according to a recent study by Kolkata environmentalists and Calcutta University's Economics Department, as quoted in *The Times of India*, the air in the comfort of your home can actually be three times worse than outdoors. Other than the increase in the toxicity of air inside the house, cooking emissions, cobwebs and dust as well as pesticides and cleaning agents used on a daily basis can exacerbate the problem. In fact, a study conducted from April 1999 to March 2002 by the National Poisons Information Centre at the Department of Pharmacology, AIIMS, revealed that 47.3 per cent of calls received at the Centre related to household products found in insecticides, phenyl, detergents, corrosives, kerosene, naphthalene, and so on.

With World Environment Day on 5 June, we present all-natural home solutions that reduce your exposure to toxic substances while improving your indoor air quality.



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BATHROOM TILE CLEANER

Combine $\frac{3}{4}$ cup of baking soda with $\frac{1}{2}$ cup of vegetable oil in a jar or a bottle with a spray nozzle. Add $\frac{1}{2}$ cup water and 2 tbsp vinegar to the paste. Shake well before using. Spray or apply with a cloth or a sponge and let it rest for 15 minutes before cleaning with water.

FRIDGE CLEANER

Combine 2 cups of hot water, 1 cup of white vinegar and 10 drops of essential oil (lemon, peppermint or tea tree) in a spray bottle. Spray the mixture inside your fridge and let it sit for 2 minutes before wiping it off with a damp cloth. The hot water and white vinegar will loosen stuck food and eliminate odours.

BEDROOM AIR FRESHENER

Combine $\frac{1}{2}$ cup of water, $\frac{1}{2}$ cup of rubbing alcohol and 10 drops of essential oil (lavender or chamomile) in a bottle. Shake well and spray as needed.

LIVING ROOM DUSTING SPRAY

Mix 1 cup of water, $\frac{1}{4}$ cup of vinegar and 15 drops of lemon essential oil in a bottle and shake well to mix. Spray directly on furniture and buff it off with a clean cloth. If you have wooden furniture, you can add 2 tsp olive oil to the mixture for extra shine and to protect the wood. Remember, water and oil don't mix, so shake well before each use.

MIRROR AND WINDOW (GLASS) CLEANER

Combine 2 cups of water, $\frac{1}{2}$ cup of white vinegar, $\frac{1}{4}$ cup of rubbing alcohol, and 1-2 drops of orange essential oil and store in a spray bottle. Apply directly on glass and wipe off with soft cloth or paper towel. White vinegar and alcohol help remove greasy fingerprints and stains.

IMPORTANT FACTS

- According to a study by the Poison Information Centre (PIC) of Mysore, over a period of one year in 2012, 15.8 per cent of queries received were regarding poisoning from household products and 23.2 per cent from accidental poisoning.
- Phthalates, known as endocrine disruptors, are found in many fragranced household products such as dish soap, air fresheners and even toilet paper.
- Perchloroethylene or PERC, found in dry-cleaning solutions, carpet and upholstery cleaners, is a neurotoxin classified as a 'possible carcinogen' by the Environmental Protection Agency (EPA) that can lead to dizziness and loss of coordination, among other symptoms.
- Aerosol cans use CFC (chlorofluorocarbons) that contribute significantly to ozone depletion and global warming. Aerosol sprays are also triggers for migraine and asthma.
- In 2000, cleaning products were responsible for nearly 10 per cent of all toxic exposures reported to US Poison Control Centres, accounting for 206,636 calls. Of these, 120,434 exposures involved children under six, who can swallow or spill cleaners stored in the house.



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Hacks for health!

To mark the 14th anniversary of *Harmony-Celebrate Age*, we serve up

14 TIPS FOR A HEALTHIER YOU

Not everyone is naturally blessed with good health; most of us have to constantly work towards an optimally functioning body. Indeed, wellness is like a relationship; we have to give it our best to make it work. A conscious effort from within greatly improves quality of life and ensures health in the silver years. Start caring for your body proactively and pursue holistic health solutions that help you achieve well-being and avoid disease.

01 DRINK PLENTY OF WATER: Every living organism—flora, fauna or human—needs to consume water. The human body is 80 per cent water and every single part of it requires water. Filled with nutrients, water is the most powerful drink: it transports blood, instantly refreshes you, and keeps you healthy. Aim to drink at least 2 litre of water or eight glasses every day to keep your body well hydrated.

02 EAT REAL AND ORGANIC FOOD: The smallest change you can make for the biggest effect on your health is to eat 'real' food. Real food is organic food grown in your local area depending on the season and eaten fresh. Following this simple step can turn your life around, as real fruits, vegetables and grains are rich in essential minerals and antioxidants. Don't forget to add fats like cow's ghee, spices, herbs and condiments to your meals; these work along with organic food to become natural disease fighters. Aim to eat at regular intervals to avoid your energy levels from falling.

03 ADD FIBRE TO YOUR DIET: A common notion we have is that all the food we eat will be eliminated completely. Foods provide us necessary nutrients for good health but they need to be smoothly



moved out of the body. Foods that tend to hang around in the digestive system, especially in the colon, accumulate toxins. This might lead to digestive disorders; most disorders begin from the gut. To ensure effective elimination, add more fibre to your food. Don't rely only on grains to get the intestinal walls moving; eat fibre-rich foods, particularly fruits and vegetables, to prevent chronic diseases like diabetes and heart disease.

04 LIMIT YOUR PROTEIN INTAKE: Made out of small molecules called amino acids, proteins are the building blocks of the body. They are used to make enzymes, hormones and neurotransmitters that serve important functions. However, excess protein damages the kidneys, causes joint pain and increases uric acid levels in the body. Thus, it is important to limit protein intake. Also choose vegetarian protein over animal protein as it decreases your risk of cancer and elevated cholesterol.

05 CONSUME FATS AND OILS: Remember your own childhood when your grandmother insisted you eat cow's ghee but you avoided it completely? For years, we all believed that fats make us fat and we skipped them altogether to stay fit. However, this thinking is completely incorrect. The truth: it is in the presence of fat that vitamins A, D, E and K get absorbed by the body, resulting in sharp memory, lustrous hair, glowing skin and improved eyesight. Fat is essential to make your bones healthy and strong and improve bodily parameters. But ensure you choose fat wisely; go local and seasonal and buy cold-pressed and organic fat, whether it is cow's ghee or oil.

Photographs by iStock



SMART TIP

“ I always believe that when change needs to be implemented in life, an easy thing to do is add in the good first and then eliminate the bad. This will ensure that the implemented change leads to an effective and permanent effect. Addition and not subtraction is the key; only when the good comes in can the bad go out



06 SPICE UP YOUR LIFE: I consider spices magic ingredients bursting with natural flavours that make the art of cooking enjoyable and protect us with their medicinal properties. Organic spices are best to eat as they do not contain any added preservatives, chemicals or artificial colour. Cumin seeds are a brilliant digestive aid; ginger is good for flatulence and joints; mustard seeds help lower cholesterol levels; cinnamon lowers blood sugar; and golden turmeric is an antihistamine, works against Alzheimer's, slows cancer cell production, and is an excellent blood purifier and all-round healer. Always cook spices in fats such as cow's ghee to absorb their bioavailability. India has a variety of spices to offer; try to avail benefits from all!

07 HAVE FERMENTED FOODS: Fermented foods such as yoghurt, buttermilk, dosa, idli, etc, contain friendly bacteria, which are beneficial to the body. These foods are probiotics that counteract inflammation and control the growth of disease-causing bacteria in the body. A majority of Indians eat yoghurt daily in the first half of the day as it is important for gut health, immunity and prevention of chronic diseases like cancer. Make sure to include a good amount of fermented foods daily in your meals.

08 SAY NO TO SUGAR: White sugar is the root cause of life-threatening and degenerative diseases such as Alzheimer's, Parkinson's and all types of cancer. It also sets the foundation for diabetes and obesity. Scientific research says that white sugar contains empty calories and is equivalent to a drug as it releases the same hormones as morphine or heroin in the brain. As a quick fix to satiate our sweet cravings, we reach out for white sugar but what the body really needs is natural sugar that is found in fruits and dry fruits. Cut down on added sugars and net carbs

(total carbs minus fibre) to allow your body to start burning fat, which is a primary fuel. The sugar cravings will soon disappear and you will not have to struggle to abstain from junk foods any longer. Switch to organic jaggery, organic honey, raw sugar or dry fruits and fruits to satisfy your cravings.

09 TEST YOUR VITAMIN LEVELS: Deficiencies in vitamin levels are generally not seen or felt till they reach an extremely low level and threaten your health. Today, most of us lack in Vitamin D as busy workdays keep us away from sunshine, the most natural form of this vitamin. Also, as we grow older, the body finds it difficult to absorb Vitamin B12. Therefore, regular checking of vitamin levels ensures your body is functioning at optimum levels.

Stock your fridge with healthy foods such as fresh fruits, vegetables and nuts, and discard the junk and stale food

10 GIVE UP NICOTINE: Smoking and chewing tobacco is one of the most common causes of cancer. It can also lead to Alzheimer's, dementia, elevated cholesterol and some life-threatening diseases. Quit smoking to stay away from heart and respiratory problems. Quitting may be challenging but it will improve your health and add years to your life.

11 AVOID HARD AND SOFT DRINKS: The smartest step towards healthy living is abstaining from soda, sweet drinks and alcohol altogether. Scientific research has found a direct link between drinking soda or alcohol and chronic diseases such as obesity, diabetes, liver damage, heart disease and osteoporosis. Substituting soda with diet soda can cause stroke,

dementia, depression and neurological disorders. Just stick to basic water or herbal infusions instead.

12 STAY ORGANISED: Your eating schedule plays a huge role in your health. Bad eating habits are a result of lack of foresight. Pre-planning and scheduling your meals in advance helps you plan your shopping trips as well. Thus, it is necessary to know what your next meal is going to be. Planning well keeps your energy at optimum levels and prevents binge eating. Stock your fridge with healthy foods such as fresh fruits, vegetables and nuts, and discard the stale food.

13 SLEEP WELL: A good night's sleep refreshes your body and automatically peaks your performance the next day. It also ensures you do not resort to sugar-filled caffeinated drinks to survive the day. Follow the circadian rhythm of life to maintain a healthy lifestyle. Sleeping and waking up at the right time also require you to eat at the right time. Choose foods that are easy to digest with low glycemic index levels and prevent a sugar dip first thing in the morning.

14 GET MOVING: Living a sedentary lifestyle causes serious back and shoulder problems, reduces blood circulation and increases your body weight. Therefore, it's important to be on the move constantly—at work and home. Whether it is getting up to take a small walk, finishing up your chores or taking time out to work out, maintaining a good balance between the right food and adequate exercise will leave you healthy and happy.

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



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YOGA RX BY SHAMEEM AKTHAR

Addressing arthritis

A regular yogic practice can control physical flare-ups caused by emotional triggers

Arthritis can afflict any age group. Many people mistakenly think that the deterioration of joints and musculoskeletal pain it ushers is somehow triggered by ageing. On the contrary, many young people are prone to it. While arthritis can be lifestyle related, many cases may also have deep emotional triggers. This may explain why though the symptoms are many and well-

known, the causes themselves can be elusive, flummoxing experts as to the choice of appropriate treatment to address it.

Yoga sees the roots of arthritis as emotional. To some extent, when highly sensitive people turn their helplessness and pain from emotional triggers back upon themselves, they experience flare-ups. This mirrors what happens within the body, when

the auto-immune system turns back on itself, causing an inflammatory response in the body. Many victims of arthritis immediately identify this emotional trigger as an appropriate explanation for how they feel.

Indeed, much has been written about this mind-body link in arthritis. Seeing that we can never completely change our personality, how do we deal with this problem that attacks

YOGIC MOVES

Hissing breath (*seetkari*)

Sit in any meditative posture with your eyes shut. Roll the tongue around, as shown. Inhale from the mouth. Relax the mouth and tongue back to the original position. Then, exhale from the nose. This is one round. Do up to nine rounds.



Caution: Do not do if you have sensitive teeth. And never practise mouth-breathing pranayama outside in the open, because you will draw pollution directly into your lungs.

Benefits: This cools down inflammatory conditions and calms the mind.

Photographs by Hareesh Patel

KNOW YOUR KRIYA

Sleep of yoga (*yoga nidra*)



Lie down in the corpse pose (*shavasana*) with arms away from the body, feet apart and eyes shut. Stop all fidgeting. Focus on keeping the body still and relaxed by focusing on the breath. After a few minutes when the body's restlessness has settled, take your mind over each body part in an orderly fashion, starting from the extremities (fingers/toes) and covering the limb, then the torso, neck, face and head. Do this steadily, without falling asleep or losing focus. This is ideally done after a yoga *sadhana*. At least five minutes is essential for it to have an impact. After you finish, you can stretch yourself, sit up and open your eyes. **Benefits:** Even a few minutes of this is more relaxing than several hours of sleep. As it is very healing, it is advised in all chronic sicknesses.

the body as well? A large part of yogic treatment advises regular, daily meditation to deal with most auto-immune flare-ups. Somewhere, the clarity that meditation provides helps us step back from the problem, enough to refuse it permission to cause sickness.

Arthritis treatment also needs a lifestyle overhaul with expert intervention. For instance, staying away from excessive meat, especially at night, and foods that leave an

Arthritis treatment also needs a lifestyle overhaul with expert intervention... A regular practice of yoga will also help cut down flare-ups by removing acid build-up in the blood. The practice can be gentle but it must be regular

acidic trace. A regular practice of yoga will also help cut down flare-ups by removing acid build-up in the blood. The practice does not need to be intense; it can even be gentle but it must be regular.

Pranayama like alternative nostril breathing (*anulom vilom*), cooling breath (*seethali*) and hissing breath (*seetkari*) are advised. These cooling breathing practices are believed to bring great relief and go far in cutting down inflammatory conditions.

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)

GAGAN NULIFE

Welcome to a New Life!



Today's silvers have wide-ranging requirements and concerns for their day-to-day living. Topping the list are healthcare and socialisation. Traveling is another challenge, now that age is not on their side. Tackling these issues with utmost practicality, Gagan Properties has shaped their vision into existence, naming it Nulife. This ultra-modern initiation is a world-class resort-residence for the country's silvers at Kamshet, near Lonavala. The magnificent project sprawls across acres of holistic goodness. With a dynamic tagline 'GROW YOUNG', Nulife is a place where seniors can age gracefully while constantly socialising with nature in an unpolluted environment.

LIFE'S A PLEASANT VOYAGE

The residents here wake up to a soothing aura brought in by pleasant mornings. Of course, the scenic view amidst mountains allows you to experience the freshness and cherish the feel over a steaming cup of coffee. Meditation, yoga sessions, a game of badminton and light strolls along an acupressure track lie in store for all those seasoned folks whose desire to stay fit.

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YOUNG AT HEART AND HOW!

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Kalpitaru



Simply MFs! SEBI guidelines make investing in mutual funds fairly simple now

Compared to its global peers, India ranks high when it comes to domestic savings rate and overall savings pool. Yet, being a conservative society, the dominance of traditional financial instruments such as bank deposits and public provident fund (PPF) over modern tools such as mutual funds (MF) and unit-linked insurance plans (ULIP) still prevails.

The lack of enthusiasm for modern financial instruments can be attributed to a dearth of market awareness and confusion created by scores of schemes and strategies. Moreover, terminologies used while marketing these products can be confusing too. Adding fuel to the fire, sometimes MFs try to re-brand with a fancy name.

ENTER SEBI

Financial gurus, distributors, asset management companies and industry associations have long debated and tried to resolve the above issue without much success. However, we see a ray of hope in the form of market regulator Securities and Exchange Board of India's (SEBI) guidelines to mutual funds to categorise and rationalise their schemes by June 2018.

Here is a summary of SEBI's announcement:

- Rationalisation of schemes into below categories and subcategories:

Equity (10 subcategories)

Debt (16 subcategories)

Hybrid (six subcategories)

Solution-oriented (two subcategories)

Others include index funds, exchange traded funds and fund of funds (two subcategories)

(See Appendix 1 for more details)

- Each fund house can have only one scheme in each category. So only one large-cap fund, only one tax-saving fund, etc with the exception being sector funds, exchange traded funds and fund of funds.
- Once such a scheme has been classified to a category, it cannot change the same and the fund manager has to comply with the mandate.

- Unlike the past, now SEBI has clearly set the definition for each category and each fund house does not have the authority to change it.

The advantages

The new guidelines bring in several advantages for investors, namely:

- Fund categories are simpler to understand.
- Risks and rewards associated with each category is easier to explain, helping in quicker decision making.
- Ambiguity and chaos created by "unnecessary and high-pitch" advertisement campaigns gets substantially reduced.
- Onus on the fund manager for his performance increases several-fold.
- Long list of duplicate schemes will now be merged or reclassified.
- Easier to compare similar schemes across fund houses.

WHAT SHOULD BE AN INVESTOR'S STRATEGY?

STEP 1

Carefully understand the changes in the schemes held in the portfolio (in case of doubt, contact us or your financial advisor)

STEP 2

Status quo if the change is only in the name

STEP 3

If the key attributes have changed and don't meet your financial goals any longer, you need to reallocate your portfolio

Important: There is no need to panic as the changes seen so far are in a few funds, whereas most schemes continue to get only consolidated.

In short, investments should be based on well-researched facts, a fair understanding of the schemes and not rumours. In case you have any query regarding long-term investing, feel free to write to me at dhm@ethicaladvisers.in



iStock

The lack of enthusiasm for modern financial instruments among silvers and those with a non-financial background can be attributed to a dearth of market awareness and confusion created by scores of schemes and strategies

EXAMPLES OF A FEW SIGNIFICANT CHANGES IN MF SCHEMES

Current scheme name	Current category	New scheme name	New scheme category
HDFC Multiple Field - Plan 2005	Hybrid debt: Conservative	HDFC Multi-Asset	Multi-Asset Allocation
ICICI Prudential MIP 25	MIP/Debt	To be merged with ICICI Prudential Regular Savings	Credit Risk Fund
DSP BlackRock Treasury Bill Fund	Debt: Gilt short-term	DSP BlackRock Savings Fund	Debt: Money Market Fund
UTI Equity Fund	Equity: Large cap	UTI Equity Fund	Equity Multi-Cap Fund
Reliance NRI Equity Fund	Equity: Large cap	Reliance Balanced Advantage	Hybrid: Dynamic Asset Allocation
Franklin India Opportunities Fund	Equity: Diversified	Franklin India Opportunities Fund	Equity: Sectoral/Thematic Fund

Appendix 1

Details of major equity and hybrid categories as proposed by the SEBI circular:

EQUITY FUNDS

Category	Portfolio construction	SEBI defines stocks as	Stocks with market capitalisation
Large cap	Minimum 80% assets in large-cap stocks	1st - 100th company by market capitalisation	1st Reliance Industries (₹ 5.4 lakh cr) 100th Vakrangee Ltd (₹ 29,304 cr)
Mid cap	Minimum 65% assets in mid-cap stocks	101st - 250th company by market capitalisation	101st - Colgate-Palmolive (India) Ltd (₹ 29,255 cr) 250th - Manappuram Finance Ltd (₹ 8,584 cr)
Small cap	Minimum 65% assets in small-cap stocks	251st company onward by market capitalisation	V-Guard Industries Ltd (₹ 8,580 cr)
Multi cap	Minimum 65% assets in equity across market capitalisation	NA	—
Large and mid cap	Minimum 35% in large-cap and 35% in mid-cap companies	NA	—
Focused funds	Maximum number of stocks 30 irrespective of market capitalisation	NA	—

**Stocks are as per AMFI's list of average market capitalisation of listed companies during the six months ended 31 December 2017*

HYBRID FUNDS

Category	Portfolio construction	Description
Conservative hybrid	Equity - 10 to 25% and debt - 75% to 90%	These funds will be considered as debt-oriented for tax purpose . MIPs will be categorised under this category
Mid cap	Equity - 40 to 60% and debt - 40% to 60%	These funds will be considered as debt-oriented for tax purpose. No arbitrage would be permitted in this scheme
Small cap	Equity - 65 to 80% and debt - 20% to 35%	These funds will be considered as debt-oriented for tax purpose . Current balanced funds would come under this category
Multi cap	Equity - 65% and debt - 10%, and rest in hedged & unhedged instruments	These funds will be considered as debt-oriented for tax purpose

**Mutual funds will be permitted to offer either balanced hybrid or aggressive hybrid*

Dick Mody, a 25-year veteran in the Indian equity markets, is the founder-CEO of Ethical Advisers. Write to us with your financial queries at contact.mag@harmonyindia.org and Mody will answer them in this column. You can also reach him directly at dhm@ethicaladvisers.in or visit www.ethicaladvisers.in



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When the curtains rise

Versatile dancer and choreographer Papiha Desai continues the legacy of her father, dance maestro and choreographer Yog Sunder Desai, reports **Rachna Viridi**



Back in the 1980s, Delhi was throbbing with art and culture. Mandi House was the cultural hub of the capital and its by-lanes resonated with music, dance and drama. It was in one of these streets that Papiha Desai lived as a child and trained in dance under her veteran dancer-choreographer father Yog Sunder Desai.

The adventurous and distinguished choreographer, 96 today, is ranked among the pioneers of Indian dance and was conferred the Sangeet Natak Akademi Puraskar in 2008. Together, under the banner of the Indian Revival Group (IRG), the father-daughter team has built and presented a remarkable body of work for audiences around the world—and posterity.

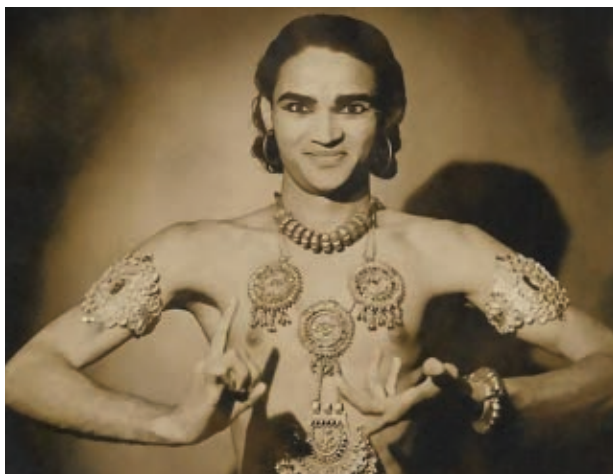
IRG was founded by Yog Sunder in 1948 in Calcutta as a dance ensemble dedicated to furthering the rich multicultural heritage, mythology, philosophy and glory of India. Its first programme was a ballet titled *Birth of Freedom* as India had just attained independence from British rule and the spirit of freedom was in the air.

The group's vast repertoire includes regular shows, revival projects and new productions. In 1950, IRG presented *Rhythms of India* for Doordarshan. In 1957, it had the honour of performing for India's first president Dr Rajendra Prasad and first prime minister Pandit Jawaharlal Nehru as well as other national and international dignitaries at Rashtrapati Bhavan.

Yog Sunder married Geetasree Gupta, an Odissi dancer with IRG, in 1965, and their first child, Papiha, was born the next year in Kolkata. Yog Sunder would frequently travel to Delhi for performances and stay there for months at a stretch. The family finally shifted base to the capital in 1970. Being raised in an atmosphere surrounded by dance and music deeply influenced Papiha, who instinctively imbibed the art form. "My best childhood memories concerning my father and his work revolve around dance and growing up amid artists," recalls the 52 year-old. "After school, I would spend my time learning dance, watching the rehearsals and shows of the group and other legendary artists at Mandi House."

Intrigued by the diversity of dance forms in India, Papiha formally trained in Odissi and learnt Kuchipudi and martial art forms under various gurus. At age 15, she joined IRG and delivered her first performance as an adult. "The group was going to Himachal Pradesh for a dance show, *Rhythms of India*, and I insisted on joining. My father said if I wanted to come, I would have to dance too. It was my debut performance with IRG."

Being passionate about dance didn't mean academics were any less important, and Papiha went on to acquire



Above: Yog Sunder performing in his early 20s; Papiha presenting an Odissi performance

a master's degree in literature from Delhi University in 1991. But her career in dance was already cut out for her. "My father guided me all along and inspired me to hone my talent as a choreographer and director. In my early 20s, I got the opportunity to choreograph along with him, for Akshardham's Cultural Festival of India in New Jersey, US, and work independently on projects directed by him."

Over the years, the father-daughter team has presented performances of great artistic merit across the world. Today, Papiha, who has been at the helm of IRG for the past 20 years, presents her work globally and conducts lecture-demonstrations and workshops at prominent dance schools in India. In an email interview, the dancer speaks about her work, and her father and mentor.

IN HER WORDS

My father's maternal grandfather Jhaverbhai Amin was Diwan of the state of Limbdi in Gujarat. My paternal grandparents were freedom fighters: Darbar Gopaldas



Desai (the Inamdar of Baroda and ruler of Dhasa state in Gujarat) and Bhaktiba Desai. Even though he belonged to a royal family, my grandfather would play *dandiya raas*, the most popular dance of Gujarat, with his *praja*, or subjects. That was probably one reason my father fell in love with dance choreography.

My father was born in 1921 in Limbdi and grew up in havelis where singing and dancing were part of Vaishnav culture. Fascinated by the performing arts from childhood, he went on to study in Tagore's Santiniketan, like his elder brothers, in 1939. There, he learnt painting in Kala Bhawan and then dance at Sangeet Bhawan. Santiniketan kindled his passion for dance. In 1941, he went to Kerala Kalamandalam and trained in Kathakali, Krishnaattam and Mohiniattam under various gurus. His guru, the legendary Padmashri Vazhenkada Kunchu Nair, created several dance pieces for him to perform as a soloist; later, he created several dance productions and mythological dance dramas based on Kathakali.

He first performed in 1945 in Bombay at Bharatiya Vidya Bhavan, in K M Munshi's *Jai Somnath*. He played the lead role of Raja Bhim Dev, along with famous Manipuri danseuse Nayana Jhaveri, who was Chaula Devi. As a dancer, he has performed with legendary dancers such as Ram Gopal of Bangalore and partnered with Sadhona Bose of Kolkata, and teamed up with several fellow artists.

We belong to a family of freedom fighters and Gandhians. My father participated in the freedom movement along with his parents, who led the masses of Gujarat under the guidance of Sardar Vallabhbhai Patel. My grandparents believed in the nation before the self and were ready to sacrifice their state, their royal status, family and self for the nation. My grandfather played a leading

role along with Sardar Patel in the Satyagrahas of Gujarat: the Borsad, Bardoli and Salt Satyagraha. The whole family was actively involved in the Quit India Movement and, as a child, my father accompanied his parents on these Satyagrahas and lived and studied at Gandhiji's Bardoli Ashram in his early childhood as my grandparents had set up base there. Following Gandhiji's principles and guidance, my father was hugely inspired to take art to the masses by organising stage shows in the villages of Gujarat in the 1950s.

I was fond of dance shows from a very young age. I was initiated into dance formally by my mother, who devoted her attention to me and enrolled me in a dance school, Bharatiya Kala Kendra, where I learnt Odissi dance under the same guru as her. My first Odissi performance was at Jhankar Theatre during the Saraswati Puja of my dance school. My first performance was at the age of six on my school's annual day when I did a Kullu dance and in another instance where I became a lamppost! I also used to play the wild boar in my father's ballet *Kiratarjun*. The only instance we were performing together on stage was when I played the golden deer in *Ramayana* in Ahmedabad at the age of 10.

I have three younger brothers; growing up with them was a rollercoaster ride but also lovely and memorable. They were all just two years apart in age and sometimes brought the roof down! All of us inherited artistic instincts and followed in our father's footsteps. They too performed with the group in their early years. Now only one of them works with me in the group. My father was a disciplinarian during my childhood though he mellowed later. He has been loving like a father but also strict like a guru. We share a great camaraderie. I look up to him as 'my God-like father'!



Clockwise from left: Yog Sunder receiving the Sangeet Natak Akademi award from ex-President of India Pratibha Patil; a dance show in progress; members of IRG celebrating Yog Sunder's 96th birthday
Opposite page: A glimpse from the latest dance theatre production *Ek Tha Raja*

“My father was a disciplinarian during my childhood though he mellowed later. He has been loving like a father but also strict like a guru. We share a great camaraderie”

Indian Revival Group has delivered many productions of high artistic merit, such as *Ramayana*, *Mahishasuramardini*, *Lakshmibai*, *The Rising*, *Amader Gurudev*, *A Life In Dance*, *The Wonder That Is India*, *Celebrating Life*, *Bharat Ek Adbhut Ashcharya*, *Mahakali*, *Parshurama* and the recently premiered *Ek Tha Raja*. Sangeet Natak Akademi has documented three productions of the group for its archives. To date, IRG has presented 5,000 shows and conducted 250 tours throughout the length and breadth of the country as well as 30 overseas tours.

As director and choreographer of IRG, I handle conceptualising, visualising, executing and producing the creative work along with our team of artists. I have inherited my father's qualities of being independent and fearless, helping others and being selfless—something my grandfather was also popular for. Artistically, I always run my ideas by him before embarking on a production, and he usually approves my ideas, structure and visualisation. I have also learnt the basics of life management from my father and follow his ideas for running the group, handling the artists, handling finances, etc. However, when it comes to dance choreography, there are no comparisons between us.

IRG has performed in remote areas of the country and under difficult conditions, such as the border areas of Ladakh and Arunachal Pradesh for the Indian Army. We have also performed in the villages in Gujarat for workers in industrial areas, school and college students, and before huge masses at the Kumbh Mela and innumerable mela in Himachal and Uttar Pradesh. I love all the productions as I have been part of the creative process; they are all wonderful and have been highly successful, receiving standing ovations.

IRG has crossed important milestones and represented India many times overseas as an official cultural delegation. Recently, it was selected to represent India at the Festival of India in Morocco and Italy and received huge appreciation. Last year, it presented *The Rising*, a tribute to the country's forgotten heroes, and themed on the gripping saga of India's freedom struggle, to celebrate 70 years of India's independence. It was about the rising of a nation and one of the biggest mass movements contemporary society has ever seen. Our latest dance theatre was *Ek Tha Raja*, the exemplary story of my grandfather Darbar Gopaldas Desai, also known as 'Darbar Saheb', the Prince of Gujarat. ✨



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One of the most important steps is to know your size. The right size guarantees you comfort. Plus, a snug fit ensures you have less chance of a leak. Today, adult diapers are available in a wide range of sizes, from medium and large to extra large. What's more, they are suitable for both men and women. Choose the best one for you.

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Leaks can leave you embarrassed. Hence, absorption is the keyword. For no-leak, incidence-free absorption, you can trust the super-absorbent design of Friends. Also, absorption doesn't mean that you have to deal with the awkwardness of a bulky diaper. With Friends' non-bulky fit, you don't have to compromise on comfort either. Their wetness indicator signals when you need a change—after all, you can always count on your Friends! In fact, Friends' newly introduced Overnight Adult Diapers—India's first overnight adult diaper—provide you

with 16 hours of protection allowing you to reclaim your sleep.

WHAT'S INSIDE?

As diapers are in direct contact with your delicate skin for hours, you need to be aware of what goes inside: the ingredients. The topmost layer of Friends' diapers is soft and breathable; the acquisition and dispersal layer ensures liquid spreads evenly throughout the diaper. The cushiony core below is made of wood pulp that soaks up all the liquid and makes you feel dry.

Watch
this space
next month for
more from
Friends!

Next, its magical super absorbent polymer coverts liquid into gel, locking it in its place. The standing leg guard ensures a snug fit and prevents leakages while the cottony back sheet at the base holds the diaper in place. For added comfort and protection, you can pull on your well-fitting briefs over the diaper.

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Whatever you need, there's one just for you—because no two silvers are the same! Celebrate your individuality, choose freedom, and live your 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.

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breathable sides.



Wetness
indicator

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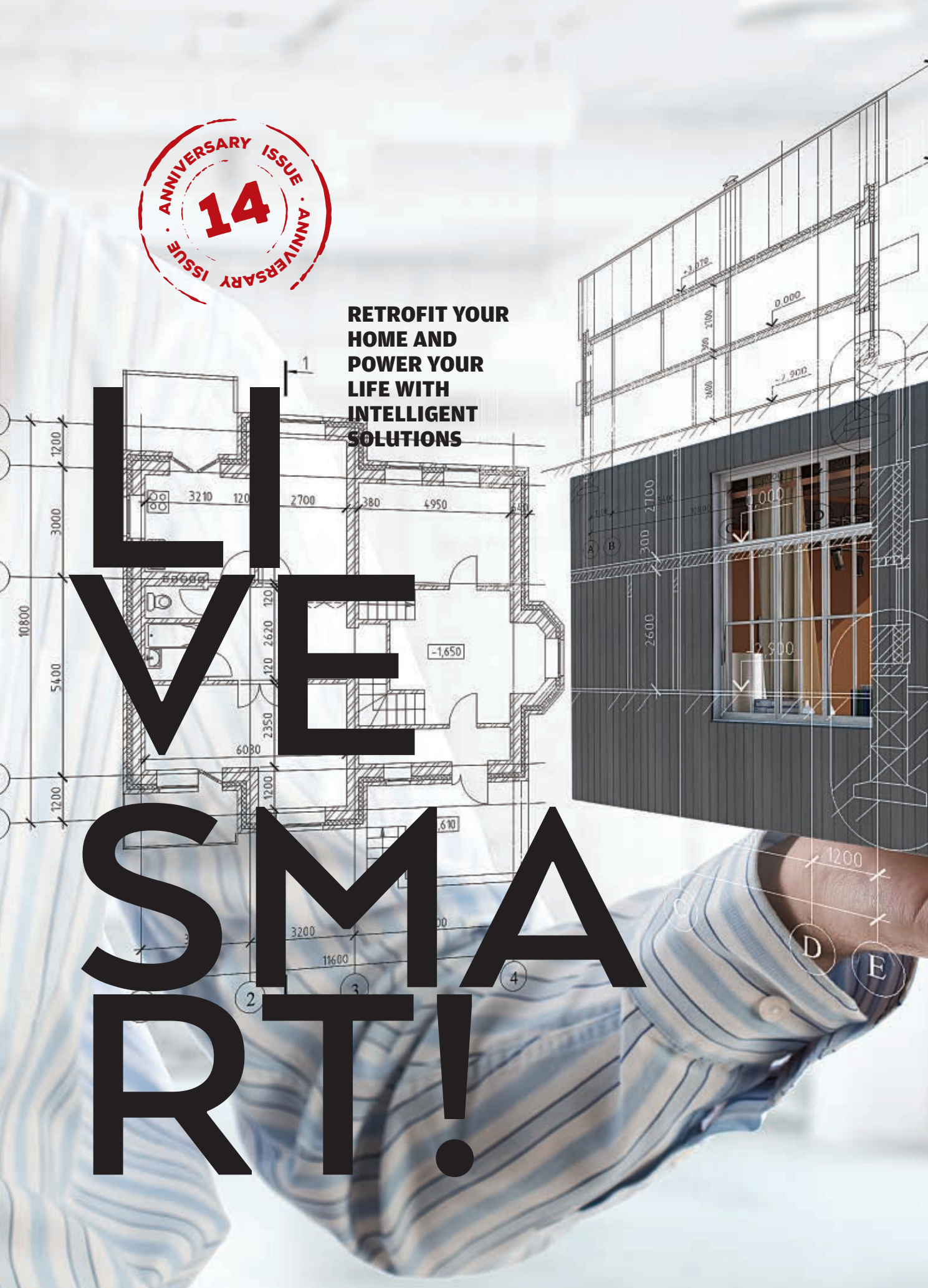
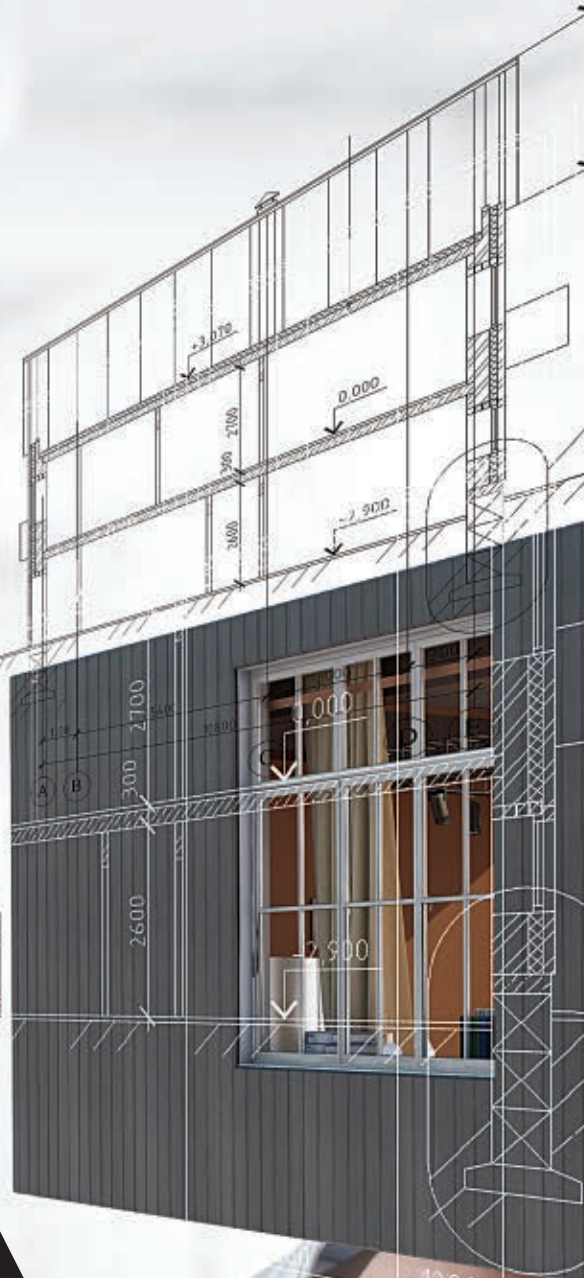
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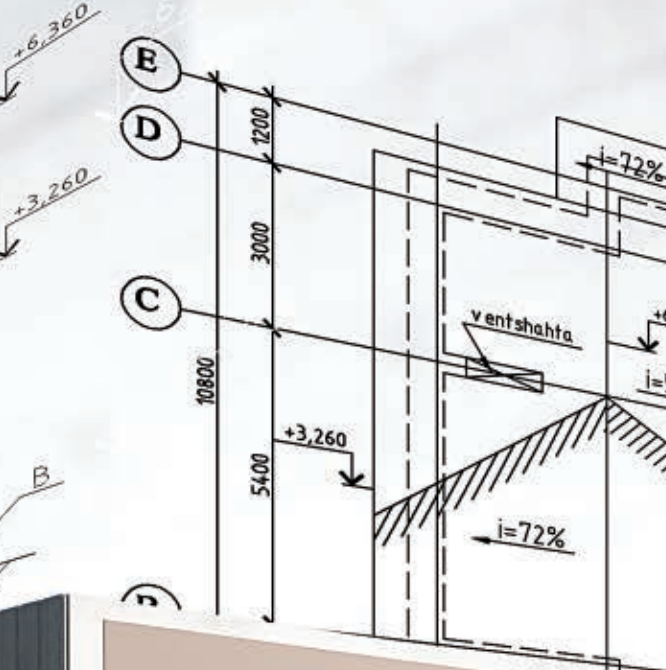
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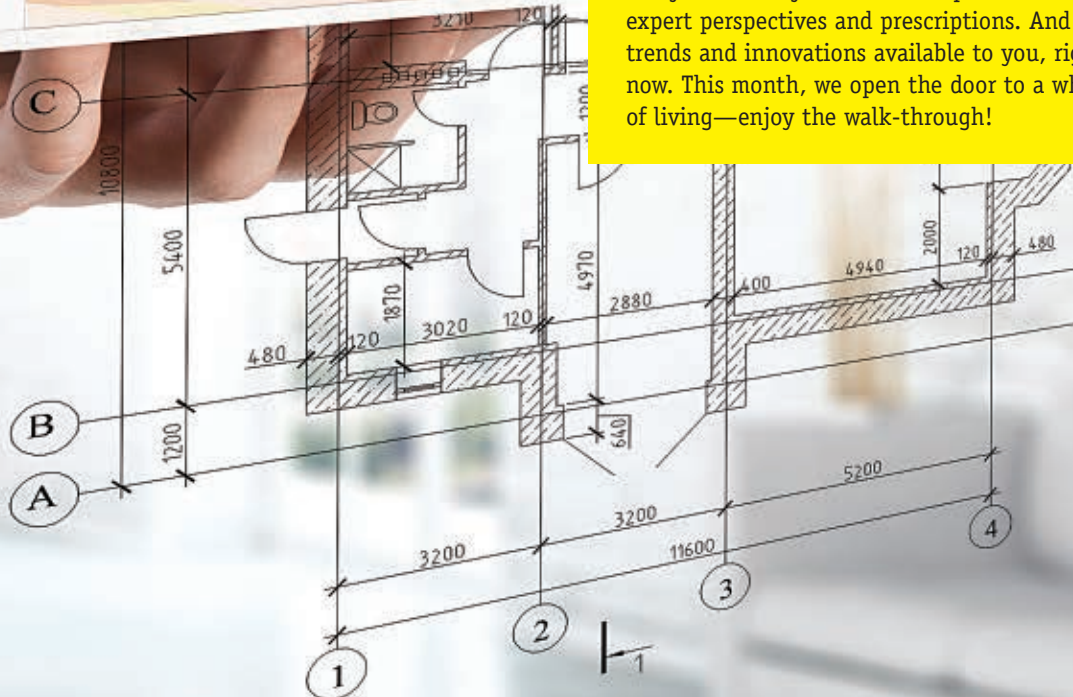


Science fiction has seamlessly morphed into smart reality. From everyday appliances and entertainment devices that sense your every need (even without your presence) to robots to do your bidding (especially those pesky chores), all connected on a single network, futuristic technologies focused on energy-efficiency and occupant comfort are transforming homes, and the lives of the people who inhabit them.

For elder care, the potential of these technologies is immense. Every month, in our 'Orbit' section, we tell you about groundbreaking research in making homes smarter—and safer—for silvers, from assistive devices and activity monitors to fall detectors and intelligent appliances. Especially fascinating is the concept of the 'granny pod', which is gradually becoming popular in the US: a prefabricated, 'micro' home that is small enough for silvers to manage; accessible enough to navigate with ease; tech-enabled enough to ensure safety; and close enough to relatives or friends for comfort (it can be set up in your kids' backyard!) while retaining privacy and independence. Smart enough? You bet!

Now, while such a concept may be still light years away in India, 'living in place' is an idea whose time has certainly come. With an expanding market brimming with design and technology innovation, it is easier than ever to retrofit your own home to enable active ageing.

Indeed, this is the lodestone of *Harmony-Celebrate Age*. And to mark our 14th anniversary, we present a special edition on intelligent homes to power independent living. Products and devices, across bandwidths and budgets, for every corner of your home. Simple life hacks alongside expert perspectives and prescriptions. And the latest trends and innovations available to you, right here, right now. This month, we open the door to a whole new way of living—enjoy the walk-through!



HOME, SMART HOME

Universal design can be defined as 'broad-spectrum ideas meant to produce buildings, products and environments that are inherently accessible to older people, people without disabilities, and people with disabilities'. In short, a home that is safe, secure and savvy for everyone, age no bar.

It is a concept gaining currency world over and senior living design takes it even further. As Alnesh Somji, director, Gagan Properties, tells us, "We need to address needs arising not only from the natural human ageing process but also the various physical and mental challenges faced by seniors on account of various disabilities." We present some of his key takeaways across various parameters.

DESIGN ESSENTIALS

- Safety is the key, along with ease and comfort.
- All aspects of design, materials,
- equipment and process should flow into each other.
- Ensure easy navigation of the resident from one area to another.
- Design has to be responsive to the changing needs of the occupant.
- There must be a clearly accessible emergency call system.

FLOORING FIRST

- Quality flooring is essential to ensure safety and prevent falls—the flooring type should meet safety criteria to minimise falls owing to slippery surfaces, material density or pile height.
- Choose flooring according to the geography of your location and its climatic condition.
- Owing to reduced visual acuity and disorders such as difficulty in focusing, delayed glare recovery and loss of depth perception, choose



"DESIGN PARAMETERS FOR SENIOR LIVING INCORPORATE THE CONCEPT OF 'AGEING IN PLACE, AS WELL AS EASE OF SERVICE PROVISION"

- ALNESH SOMJI,
DIRECTOR,
GAGAN PROPERTIES



Air purifier
Price: ₹ 28,999
Available at
Seniority.in



AIR PURIFIER: With dust, dirt and hair, exposure to pollutants at home is often greater than outdoors and can pose serious health issues. Today's air purifiers, starting from ₹ 3,000, come with layered filter systems to eliminate allergy-causing pollutants and circulate pure air.

DOOR KNOB GRIPPER: A boon for those with limited hand strength, door knob grippers, beginning at ₹ 149, give you an effortless grip on door knobs and faucet knobs that are usually tight and slippery. Just fit it around the knob and you are good to go.

Door knob gripper
Price: ₹ 149
Available at
Seniority.in





ORTHOPAEDIC BACK REST: Beginning at ₹ 549, this ergonomic back support can convert your poorly designed chair into a comfort zone. Place it behind you while seated on a sofa, bed or even wheelchair and enjoy cushiony comfort, improved posture and reduced spinal discomfort and pain.

:: cover feature ::



Glow tape
Price: ₹ 599
Available at
Seniority.in

GLOW TAPE: Illuminate your path with tape that glows in the dark. Useful especially at night and during power outages, you can stick this tape, beginning at ₹ 99, on doors, knobs, handrails, stairways, cabinet corners and even switchboards to ensure visibility, even from a distance.

ANTI-SKID SOLUTION: IguanaGrip, priced at ₹ 2,999, is India's first nanotechnology-based anti-slip coating solution. The treatment guarantees an anti-slip floor within a couple of hours; it is effective on all kinds of tiles and can be used indoors and outdoors. Eco-friendly and odourless, the treatment leaves a fine, microscopic texture on your floor without damaging it.

colours wisely—floor coverings in contrasting colours can demarcate the boundary between surfaces as well as the floor and wall.

- Avoid floor coverings of different types.
- Tile flooring, which is preferred in India, must meet anti-slip specifications for minimising the risk of falls (*see box*).
- If you prefer carpet flooring, choose stain-resistant carpets with a low pile for easy movement and maintenance, ensure adequate padding, and use contrasting colours to easily identify boundaries between the floor and wall.
- For water-prone areas, use anti-slip floor tiles with a minimum dynamic coefficient of friction. (DCOF) >=0.60
- Anti-skid tape and mats for showers and other wet areas.

LIVING SPACES

- All living areas need to be spacious and clutter-free to ensure ease of movement at all times.

AREA	TILE SPECIFICATION
Living room, kitchen and covered hallways	Tile with a minimum rating of DCOF>=0.42
Bathroom or wet covered areas	Tile with a minimum rating of DCOF>=0.60
Open areas subject to elements of nature like water	Tile with a minimum rating of DCOF>=0.80

DCOF: Dynamic coefficient of friction

- Wheelchair-accessibility should be ensured and there should be clearly defined pathways.
- There must be sufficient lighting at all times of day and night with easy-to-access lighting points. Further, the level of illumination should be visually comfortable and safe for mobility. (*For more on lighting, see page 49.*)
- There should ideally be a no-step entry into the living room, or a maximum of ½ inch step entry.
- They must be well-lit.
- There should be a no-step entry or a maximum of ½ inch height difference.
- Ensure that the terrace/balcony is covered. Install safety rails.
- Flooring tiles at home should have a minimum rating of DCOF>=0.60.
- All electrical outlets in these areas should conform to outdoor specifications.

OUT IN THE OPEN

- Open areas such as the terrace, garden and balcony should be easily accessible (and wheelchair accessible) at all times.
- Garden beds should be uniform to minimise risk of fall.
- Ensure easy access to an emergency system.

—Compiled by **Sai Prabha Kamath**

LIGHTING THE DARK

Lighting design is a process of integrating architecture and light to enhance safety, comfort and aesthetics. And designing for seniors requires special consideration as the eye of an average 60 year-old requires three times more luminance than that of an average 20 year-old. Indeed, light plays a vital role in dealing with physiological changes like reduced retinal luminance, increased sensitivity to glare, slower adaptation to the dark, reduced sensitivity to contrast, altered depth perception and yellowing of the lens, affecting sensitivity to blue and violet colour hues; diseases like macular degeneration, cataracts, glaucoma and Alzheimer's; and psychological changes like depression and mood swings. Here are some takeaways across key parameters.

LIGHTING 101

- All electrical fittings and outlets should comply with safety standards.
- Replace burned-out lightbulbs promptly.
- Light switches should be positioned about 32 inches above the floor; they should be located directly inside or outside doorways, easily visible and easy to access.
- Owing to sensitivity to glare, don't expose your eyes to naked bulbs. Shades or concealed lights, also known as recessed lighting, can diffuse the lighting source. Reduce glare through frosted bulbs, shades or globes on light fixtures, indirect



:: cover feature ::



LED bulb (12 W)
Price: ₹ 450 onwards

Motion sensor
Price: ₹ 1,100
Available at
Seniority.in

THAT'S LIT! A new breed of smart, connected lights is available across major brands that let users switch between cool and warm light with abandon or set the bulb to any colour under the sun. Many can be controlled using a mobile app via a wireless network. Some even allow a tweak in colour temperature, turning the bulb on/off or establishing schedules for the same.
PRICE: ₹ 5,000 to ₹ 20,000

lighting, partially closing draperies or blinds, tinted shades or polarised window glass. Avoid halogen bulbs.

- Avoid a brightly lit area blending into a dark and poorly lit corner. Consistency in light levels is important for safe navigation.
- Avoid monochromatic colour schemes—contrasting colours help differentiate better. Use dark-coloured switches as a contrast on light-coloured walls. If a monochromatic colour scheme already exists, use glow-in-the-dark safety tape (*see page 48*) to highlight the switches.
- Full-range dimming controls allow for personal optimal light levels that minimise the need for the eye to adjust, regardless of the different light intensities in the room. It is preferable to keep lights uniform across all rooms. The trick is to increase recessed ambient lighting.
- Rheostat light switches (between ₹ 200 and ₹ 500) permit you to increase or decrease illumination levels as desired without sudden and pronounced shifts.
- High fall risk locations (e.g. the path from the bedroom to the bathroom) need to be well lit. Use inexpensive motion-activated LED nightlights (between ₹ 500 and ₹ 1,000) that plug into electrical outlets to illuminate hallways, bedrooms and bathrooms.

- Install power failure lights in key areas, especially near stairs.

OUTDOOR LIGHTING

'Layered lighting' is recommended for the entrance: a mix of ambient lighting to provide a comfortable level of brightness to see and walk safely and task lighting for cumbersome applications such as locating the keyhole or dissipating shadows that can alter depth perception. The path to the entrance can be lit with a series of task lights equipped with motion sensors and adjustable heads that can be pivoted (between ₹ 3,500 and ₹ 10,000). For overall illumination, overhead/suspended lighting fixtures (between ₹ 1,800 and ₹ 100,000) or wall-mounted ambient lights (between ₹ 1,400 and ₹ 100,000) can be used.

LIVING AREAS

The demands differ according to the size of your living room—bright furnished rooms need less light than darker rooms. Areas close to the floor should be carefully illuminated to prevent falls and accidents and lighting should be indirect, flicker-free and dimmable.

LED lamps with different lighting intensities that produce soft warm light that are dimmable can help create a conducive atmosphere for various interactions. Use bright task lights near seating areas in the living room. You can buy table lamps (between ₹ 1,500 and ₹ 2,000) with LED bulbs that can be used for reading and then dimmed



Emergency light
Price: ₹ 2,000 onwards



LED torch
Price: ₹ 99 onwards



Dimmer
Price: ₹ 200 onwards

Photographs by iStock

for social interaction. For ambient lighting, try ceiling luminaires that let you control the intensity and style of lighting.

Light from hanging fixtures provides warm white light for a cosy atmosphere. Wall lights in the form of scones are a low-shadow solution with minimal reflecting and reduced glare. A hanging fixture equipped with a dimmer over the dining table is suitable for different needs: dining, games, household chores or other such tasks.

KITCHENS

Kitchens have to be well lit as misjudgements here can prove to be most harmful. General lighting is now increasingly being replaced by task lighting and recessed lighting. Recessed cove lighting to light up the ceiling is a good option when tackling glare from wet kitchen counters or floors.

A T5 fluorescent or LED light source (between ₹ 1,500 and ₹ 3,000) will provide good overall illumination. Task lighting (between ₹ 2,000 and ₹ 6,000) is really important, especially over the stove, kitchen counters and the sink, but should be placed well to avoid glare from wet kitchen counters. You can use dimmable and flexible LED lights for under-cabinet lighting that can be cut to any length to fit shelves or corners perfectly.



“PROPER LIGHT SYSTEMS WITH SPACE DESIGN MINIMISE THE RISK OF FALLS; THE LEVEL OF ILLUMINATION SHOULD BE VISUALLY COMFORTABLE AND SAFE FOR MOBILITY”

- ALNESH SOMJI, DIRECTOR,
GAGAN PROPERTIES

BATHROOMS

Optimal lighting in the bathroom is essential to avoid falls and accidents. It is highly advisable to use water-resistant light fixtures. Light switches should be placed outside the bathroom so you don't have to enter a dark room and try to find the switch. For ambient lighting, use wall light fixtures to add accents and open up the space. For the shower area, explore task lighting for better focus with recessed lighting for a blanketed lighting experience. Provide task lighting for the mirror area on either side to avoid shadows on the face. To better avoid accidents and glare,

recessed cove lights can be installed near the floor.

Trending for night-time navigation are battery-operated, motion-activated toilet bowl LED lights featuring around eight colour modes (priced around ₹ 1,500) as well as LED decorative foot lights (priced around ₹ 7,000). And LED low-watt emergency lights with rechargeable battery (₹ 2,000 onwards) can come in extremely handy in case of a power shortage.

BEDROOMS

Soft and warm light is recommended to get up in the morning—when it is still dark outside—or to get up for the bathroom. For reading, glare-free task lights placed on the bedside are ideal. For precision reading, touch-activated table lamps (priced around ₹ 4,000) come with a sensor, dimmable warm white light and one-step colour changing functions. Also, sound-activated lights, commonly known as 'clap on/clap off lights', are easily available (priced around ₹ 2,000).

What's more, you can install LED amber-coloured rope lights activated by motion sensors under your bed. (The colour amber avoids wavelengths that make it difficult to go back to sleep.) Amber LED lighting controlled by motion sensors can also be integrated into handrails for safe navigation.

—Compiled by **Sahil Jaswal**

:: cover feature ::



PEEPHOLE VIEWER: The conventional peephole or door viewer remains a great way to prevent intrusions. Ensure it is at a proper height and never forget to look through it every time you answer the doorbell. LCD peephole viewers come with a screen and show the image of the visitor. **PRICE:** ₹ 5,000 to ₹ 25,000 **TIP:** Door chains or door limiters come in very handy when you forget to peep through the door viewer.

SAFETY DOOR: A basic measure is to fix a safety door installed as an additional layer of security. A half-metal grill door provides privacy and helps you see the visitor from behind the barrier. A third layer of protection in the form of a sliding or collapsible grill or rolling shutter door is also useful.

PRICE: ₹ 10,000 to ₹ 15,000

TIP: If you have a terrace or balcony, secure it with an iron railing, especially if you reside in a high rise. And ensure doors and windows are made of toughened glass.

STAY SAFE AND SECURE

Silvers are perennial soft targets. In fact, according to the National Crime Record Bureau (NCRB) 2016 report, 21,410 cases of crime against silvers were registered in India—and countless more surely went unreported. Thus, the security of your home should be a paramount consideration. Highlighting the need for user-friendly security devices, Mehernosh Pithawalla, vice-president and global head – marketing, sales & innovation, Godrej Security Solutions Division, Godrej & Boyce Mfg. Co. Ltd, shares his takeaways across key parameters.

GO MODERN

- Modern devices, with their intuitive and simple user interface, outsmart criminals by working on the ‘detect-act’ principle and outsmart criminals.
- Key products for silver security include video door phones, Wi-Fi-enabled home cameras, motion sensor-enabled burglar alarm systems and biometric-enabled home safes.
- The cost of these modern security solutions begins from ₹ 4,000,

depending on the intricacy and level of sophistication based on the threat perception and number of systems put in place.

THE PROS

- The ability to stream video from video door phones to the television, landline or mobile phone helps monitor visitors and grant or deny them access without having to move around much.
- Access to the video stream can also be granted to neighbours, siblings or relatives.
- DIY-enabled home cameras can keep track of how caretakers are treating the elderly.
- Wi-Fi enabled home security cameras allow people to speak with their parents from anywhere, at anytime.
- Home alarm systems are important in unfortunate or emergency situations such as fires or intrusions. They raise an alarm, alerting neighbours, and send SMS alerts to preregistered mobile numbers.



“FOR SENIORS, MOBILITY AND ACCESSIBILITY PLAY A VITAL ROLE IN CHOOSING SECURITY SOLUTIONS. EASE OF USER INTERFACE IS ALSO OF UTMOST IMPORTANCE; THE EASIER IT IS TO USE A SECURITY SOLUTION, THE MORE EFFECTIVELY IT IS USED”

- MEHERNOSH PITHAWALLA,
VICE-PRESIDENT AND
GLOBAL HEAD - MARKETING,
SALES & INNOVATION,
GODREJ SECURITY
SOLUTIONS DIVISION;
GODREJ & BOYCE MFG.
CO. LTD

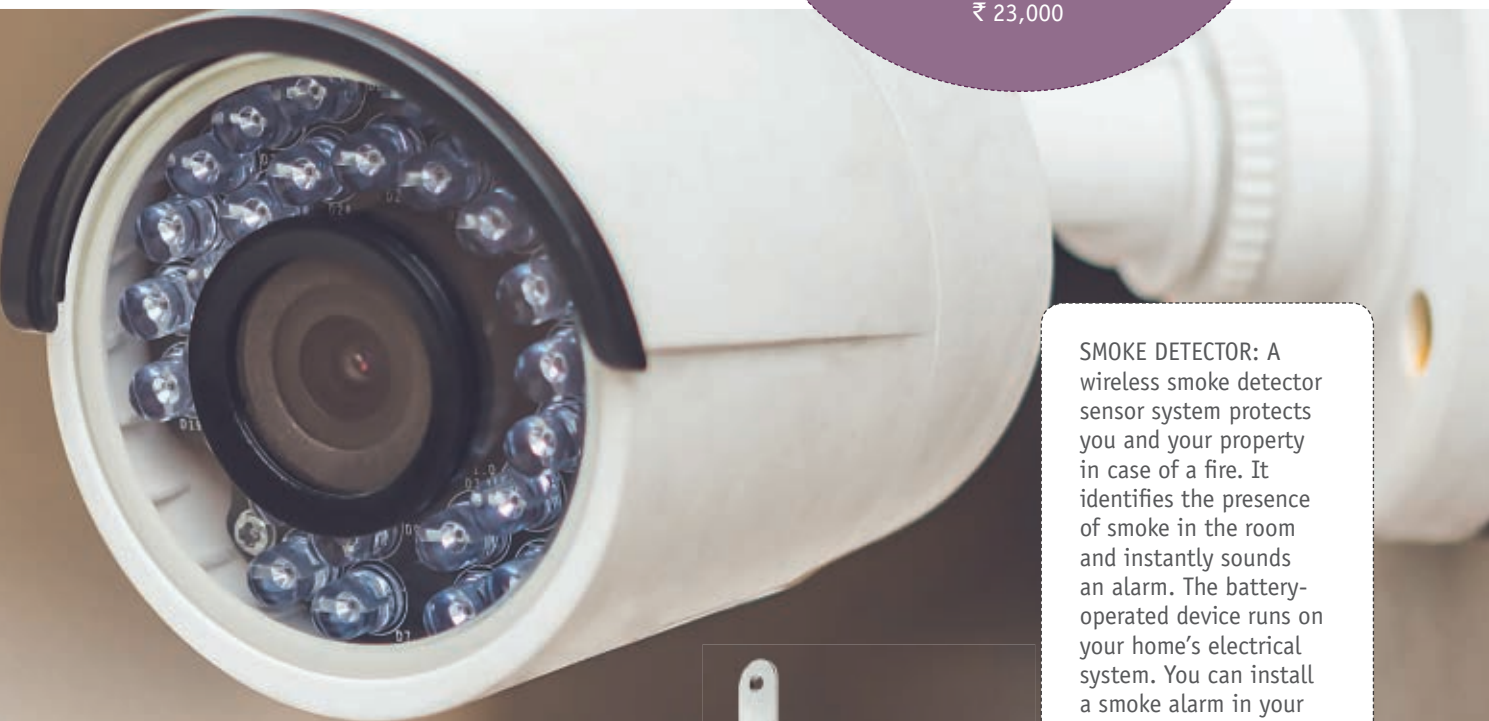


MAGNETIC BURGLAR SECURITY ALARM: A burglar alarm system acts as a warning signal to indicate that there's an intruder in the house. If there's forced entry through the doors or windows, the magnetic sensor triggers the burglar alarm that is loud enough for you as well as your neighbours to hear. A convenient on-off switch lets you set the alarm as and when needed.

PRICE: ₹ 200 to ₹ 6,000

CCTV CAMERA: The CCTV (closed-circuit television) camera is the best security tool for surveillance. It wirelessly broadcasts from the video camera to the monitor and is a great way to track the movement of silvers when they are bedridden or alone at home. The camera connects to a tablet, phone or computer and offers live streams that can be checked at regular intervals. This wireless technology helps silvers stay protected against theft, slips or falls, especially when the family is away.

PRICE: ₹ 3,000 to ₹ 23,000



DOOR LOCKS: A smart door locking system with sound latches and locks improves the security of your existing door. The market boasts a variety of cylindrical locks, compression locks and combination locks that are easy to operate and cannot be broken easily. Electronic door locks and keyless padlocks unlock the door effortlessly with an app on your smartphone. **PRICE:** ₹ 200 to ₹ 10,000



SMOKE DETECTOR: A wireless smoke detector sensor system protects you and your property in case of a fire. It identifies the presence of smoke in the room and instantly sounds an alarm. The battery-operated device runs on your home's electrical system. You can install a smoke alarm in your kitchen as well as your bedroom or other areas.

PRICE: ₹ 600 to ₹ 1,200

TIP: While fire safety measures are mandatory for residential complexes, get a portable fire extinguisher for your own home for extra safety and install it near the exit door.

:: cover feature ::

VIDEO DOOR ENTRY PHONE: This wall-mounted phone doubles as a security camera with dual communication. It facilitates interaction with the visitor, even from the comfort of your sofa. The high-resolution pinhole camera captures minute movements and helps detect any kind of trouble before you grant access with the press of a button; the infrared LED allows visibility even at night. **PRICE:** ₹ 5,000 to ₹ 25,000 **TIP:** For a cheaper solution, digital doormen are available in the form of smart doorbells with a camera that keep track of anyone at the door.



Smart bell
Price: ₹ 9,999
Available at
Seniority.in

Smart SOS Tracker

Price: ₹ 4,999
Available at
Seniority.in



The X FACTOR: The Smart SOS Tracker is a GPS-enabled device with an SOS button that can send an emergency alert to your family—even if you don't have a mobile phone. With the press of a button, it automatically dials emergency numbers for a two-way call; an ideal form of protection against falls, mistreatment by caregivers and getting lost outdoors owing to forgetfulness.

MOTION SENSORS: A motion sensor or detector comes with a battery-operated system and infrared sensor that detects human movement and alerts the control panel with an alarm, which is transmitted to caregivers/families. A motion sensor can be mounted anywhere on the wall; it helps prevent falls, especially at night. For instance, it can be programmed to make the light switch off after a specified period of time if no motion is detected. It also promises additional security by tracking unwanted intrusion at the door. **PRICE:** ₹ 400 to ₹ 6,000


HOME SAFES: Electronic safes with advanced locking systems are a great option to keep your prized possessions safe. These fire-resistant steel lockers are durable and strong and come with a motorised bolt mechanism for extra protection. High-tech versions come with biometric finger reading and an auto-freeze function when entering an incorrect password. **PRICE:** ₹ 5,000 to ₹ 40,000

INTERCOM SYSTEM: Many housing societies or complexes install a wireless intercom system to stop the entry of salespersons, vendors, unwanted visitors and, of course, burglars. It provides connectivity within apartment buildings and with security guards to announce the arrival of visitors and reach out in case of an emergency. The system can be easily mounted on the wall near the entrance. **PRICE:** ₹ 400 to ₹ 8,000

- Biometric-enabled home safes do away with the hassle of memorising passwords.
- Install sensors and alarm systems on doors and windows. Opt for automatic dialling facilities with health-related emergency numbers.
- Don't let people know when you are alone at home.
- Keep emergency numbers of the nearest doctor, hospital, police station, etc, on speed dial so no time is wasted on communication.
- Don't open the door to strangers; use the convenience of a wireless video door phone.
- Maintain a diary with telephone numbers of your immediate family members and neighbours.
- Always ask for photo identification from service or delivery people before letting them inside the house. If you are worried, call the company to verify.
- Avoid keeping cash, jewellery or valuables at home and out in the open. Keep them secured in a home safe. Anchor or bolt your safe to the wardrobe or to the ground.
- Do a thorough check before appointing a maid or other household help and always get them registered with the nearest police station.
- Organise systems to reach out to other senior citizens and assist each other in an emergency.

SECURE YOUR SAFETY

—Compiled by **Rachna Viridi**




GRAB BARS: These simple safety devices attached to the wall help you get around the toilet—from getting on and off the WC to balancing yourself on a wet floor. Made of stainless steel or hard plastic, they come in different sizes. **PRICE:** ₹ 1,000 onwards for stainless steel (12"); ₹ 1,500 onwards for hard plastic (15")

BATHROOM BASICS

Bathrooms are potentially the most hazardous space in a home with slippery floors, sharp edges and uneven surfaces. With age and the deterioration of physiological and cognitive function, we only become more susceptible to accidents. In fact, according to researchers at Manipal College of Allied Health Sciences, Manipal University, about 38 per cent of people over the age of 60 in India experience a fall; about 21 per cent of these happen in the bathroom. Wider doorways, unobstructed access to the WC, shower area and sink, demarcation of wet and dry spaces, accessible storage, soft close glides for cabinets and a minimal clutter-free approach are all ways to make your bathroom safer. In addition, Ketan Trivedi, senior general manager – marketing, H&R Johnson, shares his takeaways across key parameters.

- Bathrooms must be free of obstacles.
- Avoid sharp edges as far as possible to minimise risk of injury while moving around or if there is a fall.
- Anti-skid tiles do not have a glossy texture unlike regular tiles and, hence, help prevent accidents. Tiles should not only be skid-resistant but also germ-free and stain-resistant for better hygiene and easier cleaning.
- Install non-slip floor mats outside the shower area for drying your feet after a shower.



“THE BATHROOM IS SPECIFICALLY AN AREA THAT NEEDS TO BE GIVEN MAXIMUM FOCUS—ACCORDING TO AN INTERNATIONAL STUDY, OVER 30 PER CENT OF BATHROOM INCIDENTS AMONG SENIOR CITIZENS LEAD TO HOSPITALISATION”

- KETAN TRIVEDI,
SENIOR GENERAL
MANAGER – MARKETING,
H&R JOHNSON

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:: cover feature ::

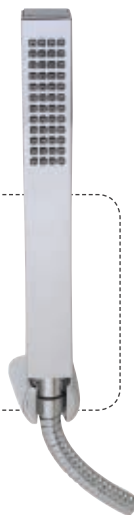
Handheld shower

Price: ₹ 860

Manufactured by
H&R Johnson

HANDHELD SHOWER: Sit back on your shower chair and enjoy continuous water flow. The elongated hose gives you extended reach and access to hard-to-reach areas. Some handheld showers can also be used like a normal shower by adjusting the angle, flow and height.

PRICE: ₹ 600 onwards



iStock

NON-SLIP SHOWER MAT:

Made of rubber-like material, these mats provide resistance against slippery floors.

PRICE: ₹ 350 onwards

JET SPRAY HOSE: Installing a jet spray hose near the toilet makes it easy to access hard-to-reach areas and clean oneself properly.

PRICE: ₹ 1,600 onwards

Safety rail

Price: ₹ 3,753

Available at
Seniority.in

SAFETY RAIL: Designed to help silvers with knee and lower body immobility issues, the frame is usually installed over or under the commode, with strong rails to help you raise and lower yourself. These are usually made of stainless steel but aluminium and plastic variants are also available. **PRICE:** ₹ 2,500 onwards



ANTI-SKID TILES: Your best weapons against slippery floors, there is a huge variety in the market available at affordable rates. Price begins at ₹ 30 per sq ft but product quality is questionable; branded Indian and imported tiles range between ₹ 100 and ₹ 500 per sq ft

RAISED TOILET SEAT: This eases the process of getting on and off the toilet. Easy to install and low maintenance, these come with side clamps to hold them in place and are available for both Indian and western commodes.

PRICE: ₹ 999 onwards



Foam toilet seat

Price: ₹ 999

Available at
Seniority.in

INDIAN CONVERSION COMMODE: Indian commodes require you to bend into a squatting position, which may be difficult for people with reduced physical strength and joint-related issues. This commode converter acts like a western commode and is easy to use. It is available in a range of styles: wall-mounted, foldable and as a chair with a cover. **PRICE:** ₹ 1,000 for the basic variant



**Wall-mounted
Indian conversion
commode**

Price: ₹ 5,499

Available at
Seniority.in

**SECURITY POLE WITH
CURVE GRAB BAR:**

This helps silvers with bathtubs climb in and out and provides additional support while getting on and off the toilet. **PRICE:** ₹ 14,500 onwards

SHOWER CHAIR:

A comfortable option for silvers suffering from ailments like arthritis and severe backaches, these foldable chairs are made of stainless steel and can be fixed on the wall at a height best suited for the user. **PRICE:** ₹ 4,000 onwards; a four-legged, broad-back and height-adjustable alternative is available for ₹ 2,999



Shower chair

Price: ₹ 2,999

Available at
Seniority.in

Single-handle faucet

Price: ₹ 850

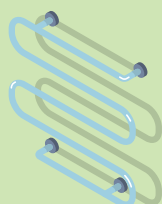
Manufactured by
H&R Johnson



SINGLE-HANDLE FAUCETS:

Easy to use and less confusing than dual-handle faucets, they eliminate the danger of scalding while getting both hot and cold water with one hand. **PRICE:** ₹ 800 to ₹ 5,000. **Plus:** Thermostatic shower faucets ensure that the temperature remains constant for the duration of use. **PRICE:** ₹ 30,500 onwards

- Toilet seats can be higher than normal for sitting and getting up more easily, thereby minimising the risk of tripping while using the toilet seat.
- Avoid the use of tubs for bathing as far as possible as getting in and out of tubs with wet feet is a major source of bathroom falls.
- Installing handrails is really helpful as you don't have to worry about losing balance. The towel rod can be replaced with a handrail, which serves both purposes.
- Having handheld showers besides overhead showers eliminates the need to stand on a wet and soapy floor while showering, making bathing safer.
- Installing single-lever faucets can help reduce the twisting and turning of faucets.
- The one-push flush with concealed cisterns is easy to operate with just a little finger push unlike traditional flush valves that need more pressure to be applied.
- Place comfortable seating in front of the sink or shower for grooming purposes.
- Germ-free sanitary-ware items are coated with silver ions that are safe to use, last for the lifetime of the product, and help maintain a much higher level of hygiene.



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BIDET/ BIDET SEATS:

A hygienic but expensive alternative, a bidet is an oval basin designed specifically to wash one's private parts. An advanced version of the bidet, a bidet seat, fits on top of the toilet seat and is pre-programmed to wash and air dry. **PRICE:** ₹ 13,000 onwards for a bidet; ₹ 40,000 onwards for a bidet seat

FOR THE LUX LOO! This adjustable sink comes with built-in hand grips to enable you to stand and maintain your balance. The curved basin provides easier access to the water and a raised back edge directs excess water back into the bowl.

—Compiled by **Sudakshina De Sarkar**

If you're remodelling your kitchen, widen your doorway and leave enough floor space to make it wheelchair-accessible, if that's how you roll!

Lower a section of the kitchen counter to a height that is comfortable for you to sit down and prep your ingredients; while you're at it, get your contractor to broaden the surface to give yourself more workspace. Ask your contractor to leave out a cabinet under this section to make knee space for a stool or for a wheelchair.

WHAT'S COOKING?

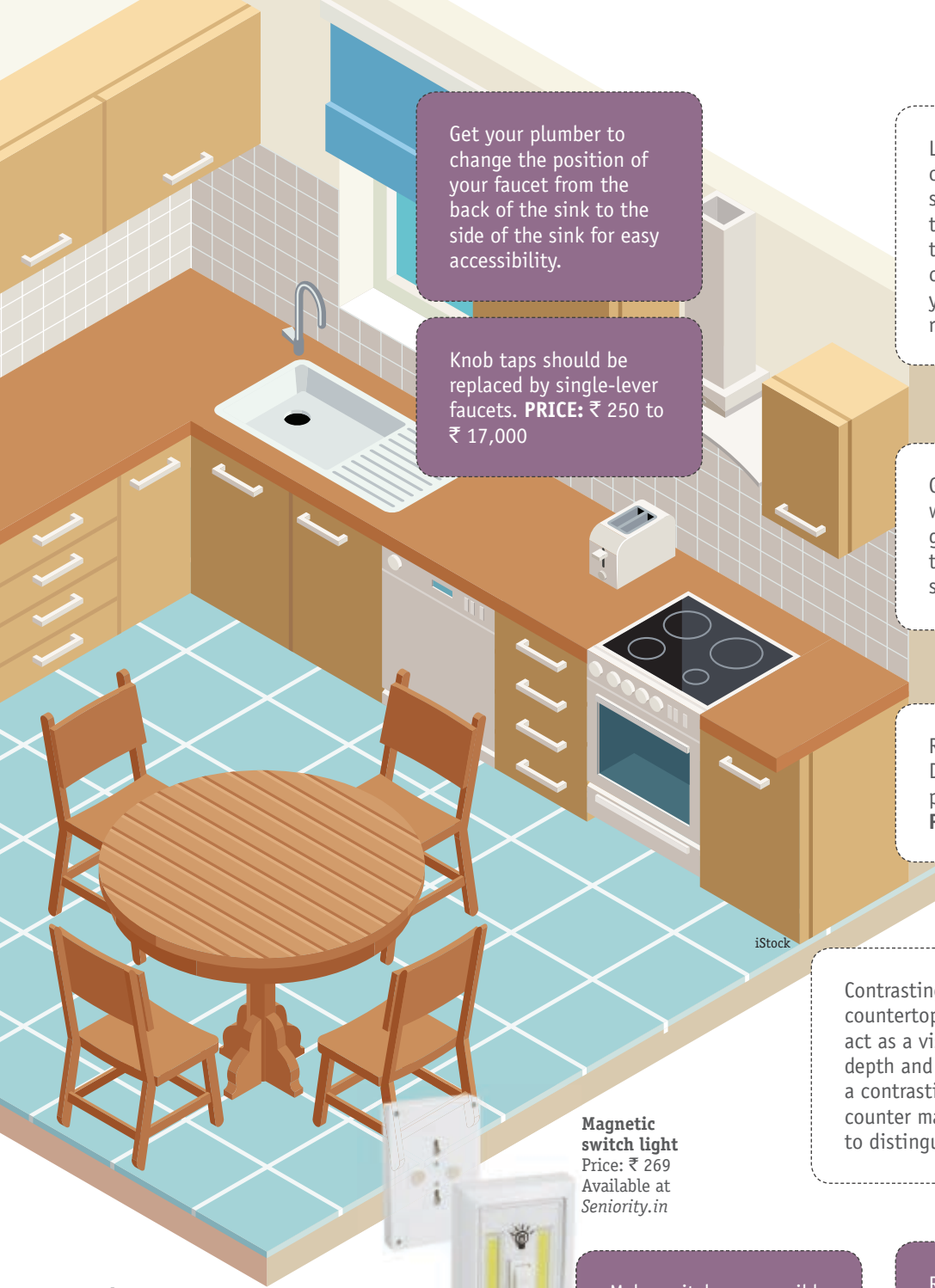
Of all the living spaces, the kitchen represents best, people's attitudes and their culture," writes Prof S Balaram, inventor, designer and former chairman of the National Institute of Design (NID), in his book *Thinking Design*. Yet the kitchen is often the first room to be abandoned when the vagaries of age set in. The good news: a nip here and a tuck there, based on necessity, budget, and the size and shape of your kitchen, can make the kitchen more accessible (and safer) in the silver years. Mirza Moizz Namazi, business manager, IFB Industries Ltd, shares his takeaways across key parameters.

- The most important aspect of kitchen design is to complement the height of the user. The cabinets, countertop and appliances should be placed at a level that is easier to approach and requires less or no effort to operate.
- The height of the countertop should be at a level that doesn't require silvers to bend while working.
- Cabinets should be placed on the walls rather than under the counter, so bending is minimised. They should be enabled with soft-closing mechanisms that don't require much effort when opening or closing.
- In case of a wheelchair-bound silver who is active in the kitchen, the height of the surfaces should be adjusted according to the height of the wheelchair.
- Cabinets should also be placed low enough to be accessed while in position. Support via handles should be given at places for the person to travel from one corner of the kitchen to another. The chopping station should be kept in such a manner that the chair on which the person is sitting slides in easily.
- For people with poor eyesight, the colours of the cabinets should be bright and contrast with the rest of the kitchen so that they are easily differentiable.



"THE MOTIVE SHOULD BE TO KEEP THE KITCHEN LESS CLUTTERED, MORE COMPACT, YET HAVE GOOD SPACE FOR SMOOTH FUNCTIONING"

- MIRZA MOIZZ NAMAZI,
BUSINESS MANAGER,
IFB INDUSTRIES LTD



Get your plumber to change the position of your faucet from the back of the sink to the side of the sink for easy accessibility.

Knob taps should be replaced by single-lever faucets. **PRICE:** ₹ 250 to ₹ 17,000

Lower the placement of your wall cabinets so you can reach the topmost shelf without too much effort. Your contractor will help you settle on the right height.

Go for a kitchen counter with rounded edges or get your mason to mould the edges to make them safe to grab or lean on.

Replace hob-knobs with D-shaped handles with plenty of finger space. **PRICE:** ₹ 100 to ₹ 5,000

Contrasting colours of the countertop, cabinets and flooring act as a visual cue and help with depth and space perception. Even a contrasting cutting board on the counter makes the surfaces easier to distinguish.

Magnetic switch light
Price: ₹ 269
Available at Seniority.in

Box drawer
Price: ₹ 2,738 onwards
Available at Godrej Kitchen Fittings

Make switches accessible by rewiring those behind the counter.

Reposition electrical outlets near the sink to a place with zero water exposure.



Install full-extension slides on all drawers and pullout shelves in the lower cabinets so that even the back comes out. **PRICE:** A complete installation can cost between ₹ 50,000 and ₹ 1 million depending on the size and materials used

:: cover feature ::



iStock

Invest in a grabber to reach things that are high or far.

PRICE: ₹ 300 to ₹ 2,500

Change lids and knobs that have to be gripped and twisted to mechanisms that can be grasped and pulled.



Food container
Price: ₹ 650
Available at
Seniority.in

Supplement your gas stove with an induction cooktop with a built-in timer that automatically switches off when the cooktop overheats. **PRICE:** ₹ 999 to ₹ 16,500

Put a thick, flat, tight rubber band around jar tops for easy grip.

Ensure pots, pans and mugs are lightweight and have double handles.

Bent spoon

Price: ₹ 450

Available at
Seniority.in



Add an arthritic-friendly bent spoon to your cutlery. **PRICE:** ₹ 450 to ₹ 1,000

A little alarm clock to accompany your cooking goes a long way; if you have to step away from the stove while boiling the milk or cooking the dal, the ring of the alarm will remind you to get back into the kitchen and turn off the fire. But don't forget to set the alarm before stepping out!

- For the washing area, single-lever faucets that can extend according to the height preference are useful.
- The counter edges should be kept smooth or rounded to avoid injury.
- The kitchen should be made as automated as possible to avoid excess work.
- Optimal lighting includes windows in your kitchen that also allow ventilation. The artificial light source should be placed in such a manner that the cabinets don't hinder the light. Wall cabinets and shelves can have spotlights fitted inside for easy viewing of containers. And spotlights can be attached at the bottom panel of the cabinets, which keeps the kitchen lit even at night. (*For more on lighting, see page 49*)
- A tall unit can accommodate many containers and utensils, so it's convenient to pick up products from one place; similarly, a bottle pullout can accommodate your ketchup, jams and pickles.

ELECTRICAL SAFETY

- Check all electrical cords regularly for frays, cracks or kinks, including extension cords. In fact, extension cords are only a temporary solution, and their use should be minimised.
- Cords should be firmly plugged into outlets—if the cord is loose and can pull out easily, choose a different, more snug outlet. Do not make modifications to a cord's plug at any time; do not clip off the third prong or attempt to file down a wider prong to fit in a different outlet.
- Unplug unused appliances and stow cords safely out of reach.
- Always follow appliance instructions carefully, and do not attempt amateur repairs or upgrades.
- Keep all electrical appliances away from water.
- Do not operate any electrical appliance with wet hands or while standing in water.



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If rice is your staple, don't mess around with draining and straining a hot pot. Instead, use a rice cooker that automatically stops cooking once the rice is ready. Some of these products also double up as idli makers and can be used to reheat leftovers as well. **PRICE:** ₹ 1,250 to ₹ 16,500

Purchase appliances with large or easily discernible buttons and display.

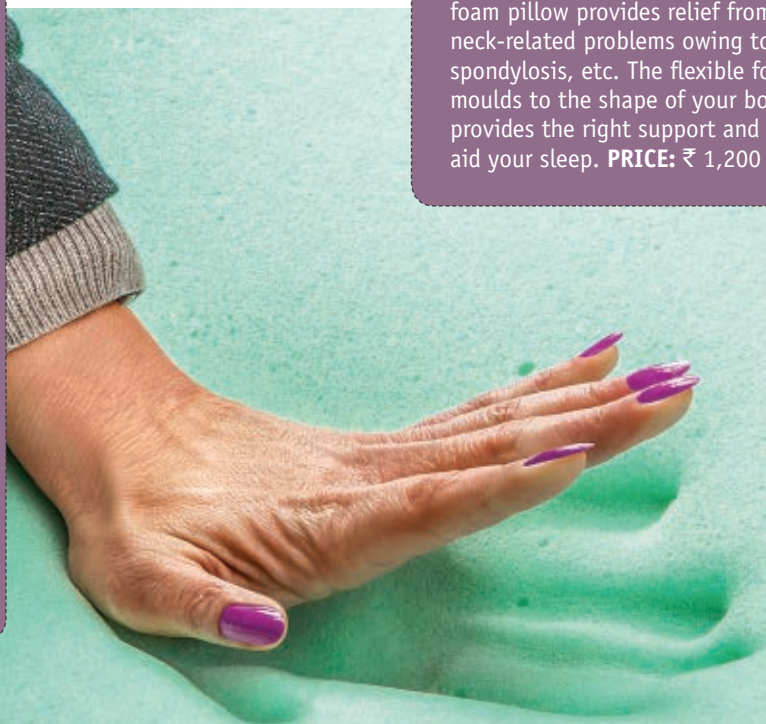
—Compiled by **Natasha Rego**

ORTHOPAEDIC MATTRESS:

Designed to give gentle yet firm support to joints, back and the whole body, the orthopaedic mattress helps ensure comfortable sleep while alleviating morning stiffness.

Available in coir-sprung, pocket-sprung, organic and memory foam varieties, you can choose the level of firmness (soft, medium firm, very firm, etc) according to your sleeping position. Ideal for people with arthritis, spondylosis, slipped disc and lower back issues. **PRICE:** ₹ 8,500 to ₹ 300,000

MEMORY FOAM PILLOW: While maintaining natural cervical curvature, a memory foam pillow provides relief from head and neck-related problems owing to stress, spondylosis, etc. The flexible foam pillow moulds to the shape of your body and provides the right support and comfort to aid your sleep. **PRICE:** ₹ 1,200 to ₹ 2,700



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REST AND REJUVENATE

Good sleep is intrinsic to good health. It is estimated that, on average, a person spends about one-third of their life sleeping.

And contrary to popular perception, seniors need about the same amount of sleep as younger people. In fact, sleep deprivation can affect you mentally, leading to confusion, irritability and depression, as well as physically, affecting your health and balance and leading to diminished muscle strength and weakened immunity. Thus, it is important to ensure that your bedroom is conducive to quality of sleep and is a safe haven. Alnesh Somji, director, Gagan Properties, shares his takeaways on a well-designed bedroom.

- The bedroom should be wheelchair-accessible.
- It should have clearly defined pathways.
- The lighting points should be easy to access.
- There should be an accessible emergency system.
- There should be a no-step entry to the bathroom from the bedroom.
- One must ensure unobstructed access to the bathroom, which should be well lit at all times of the day and night.



“ALL THE ASPECTS OF SAFETY, COMFORT AND MOBILITY THAT ARE APPLICABLE TO LIVING ROOMS ARE ALSO APPLICABLE TO BEDROOMS”

- ALNESH SOMJI,
DIRECTOR,
GAGAN PROPERTIES



Adjustable bed with mattress

Price: ₹ 114,999

Available at
Seniority.in



Adjustable back rest

Price: ₹ 1,499

Available at
Seniority.in



ADJUSTABLE BACKREST:

Convert your normal bed into a recliner with an adjustable backrest. Washable and foldable, it can be used not just by patients but anyone looking for comfort and extra support on the bed while engaging in activities such as watching television or reading. **PRICE:** ₹ 1,400 to ₹ 4,700

Portable desk

Price: ₹ 649

Available at
Seniority.in



MULTIUTILITY PORTABLE DESK:

Enjoy your breakfast in bed or work on your laptop without getting out of your pyjamas! The portable bed desk has ample legroom and is lightweight. What's more, you can conveniently move it around to other areas of your home or convert it into a mini picnic table while travelling. **PRICE:** ₹ 649 to ₹ 1,500

ADJUSTABLE BED WITH MATTRESS:

Get a good night's sleep or just relax on a bed with multiple adjustable positions. Using a remote control, you can opt for a reclining position or just raise your legs to relieve pressure off the lower back; the bed uses modern technology to adapt effortlessly to your body, providing comfort and support in myriad positions. **PRICE:** ₹ 100,000 to ₹ 200,000

BED SAFETY RAIL:

Reduce the risk of falls from your bed with an easily fixable safety rail. Portable and suitable for all types of cots, the rail's collapsible mechanism ensures you get in and out of bed comfortably. **PRICE:** ₹ 1,700 to ₹ 11,000

—Compiled by **Sai Prabha Kamath**

B. Braun (India)
Hindustan Unilever Ltd
Procam International
Reliance Communications
RIVA-New Age Living
(Project by TATA VALUE HOMES)
Romsons Group of Industries
Seniority.in
Silver Talkies
Smith and Nephew
VLCC Wellness

Special mention:
Bhavya Gowda & Rajiv Rathod

harmony
celebrate age

thanks all those who supported the Senior Citizens' Run
at the **TCS World 10K Bengaluru 2018**

Visit us at www.harmonyindia.org



SMOKIN' HOT

With full-bodied flavours and wild ingredients, the sizzling Coorgi fare is sure to jolt your taste buds



Gustasp and Jeroo Irani

Secrets are not to be revealed. And so, still cloaked in secrecy are the origins of the warrior-like Kodavas or Coorgis—inhabitants of Kodagu, that most alluring district in Karnataka—whose ancestry, culture and cuisine are the focus of endless speculation.

Coorgis are the only community in India allowed to possess a gun without a permit. These handsome people of noble visage and robust build, it is conjectured, are descendants of Alexander the Great's army. Are they the progeny of stray soldiers who stayed back to live a life of ease in a land of peace and plenty, bordering Kerala? Does the blood of ancient Greeks flow in their veins or were they Kurds who fled Iraq and Islam? There are no conclusive answers to these thorny questions.



Coorgi style mushrooms



This is a cuisine that is not doused in spices but allows the unique, fresh seasonal produce that goes into it have its say! Topping the list of ingredients is rice, a selection of meats and vegetables cooked in gleaming copper vessels

The cuisine, too, of these valorous people is muscular and brawny, evoking hot smoky flavours, incorporating ingredients that jolt rather than tickle the taste buds! In the days of yore, these were garnered from the forest—wild boar, venison, fowl, yams, colocasia leaves and mushrooms. The meat was smeared with salt and turmeric and placed on wooden slats or strung from the rafters over a roaring fire as a way to preserve it and impart a smoky flavour to the flesh. These hunks were strung alongside muzzle-loading guns and horns of gunpowder!

Even today, the meat of the goat is dried, then roasted on an open flame, pounded and softened and cooked in spicy gravy. In the 21st century, the seemingly random exotica

have bowed out to what is available in a homemaker's larder; for instance, pork has replaced wild boar in the district's sizzling curries. Yet, some wild ingredients continue to sneak into dishes like wild bamboo shoot curry or wild mango curry, imparting that inimical tang to the cuisine. While we were told the best Coorgi cuisine is savoured in a local home or at a wedding, our curiosity and insatiable appetite had us gorging on this tantalising local fare during a halcyon stay in Coorg.

Our resort, Tamara Coorg, located 10 km away from the historic Nalknad Palace, snuggles within 180.2 acre of a lush organic coffee and spice plantation, and is surrounded by a tangled, waterfall-streaked forest. Tamara Coorg



Clockwise from left: Ripe coffee beans at Evolve Back; fine dining at the restaurant; a Coorgi meal
Opposite page: Coorgi food laid at the table

echoes the wilderness aura of Coorg itself, where lush farmlands merge into forested slopes and rolling coffee estates. And in its restaurant, cantilevered over a waterfall, with a wrap-around veranda to boot, Coorgi cuisine did a martial tap dance on our taste buds, seeming to draw colour and heft from its robust past.

This is a cuisine that is not doused in spices but allows the unique, fresh seasonal produce that goes into it have its say! Topping the list of ingredients is rice, a selection of meats and vegetables cooked in gingelly or sesame oil in gleaming copper vessels. At one time, the wealth of the Kodavas was gauged in glistening green paddy fields and horns of cattle. But nocturnal raids on paddy by wild

boar prompted the owners to shoot the invaders and eat them. This is how the famous staple, *pandi* curry or wild boar curry, evolved; it is a rich, dark, spicy curry infused with the taste of dry roasted spices and spiked with a light drizzle of the local, tart-tasting *kachampulli* vinegar. (The vinegar is essentially the juice of a plant, extracted, boiled and thickened in earthen pots.)

We first ladled *pandi* curry onto rice at Tamara Coorg's Falls restaurant where we bit into another centre piece of this unique cuisine: crisp *akkiooti* or roti made with cooked rice and rice flour. We dabbed the roti with dollops of sweet forest honey and, on another occasion, slathered it with *kaipulli* chutney made of wild bitter oranges.



Clockwise from left: Madikeri waterfalls; pepper plantations near the resort; Tamara Coorg cottages

Opposite page: (left) Private pool cottages; the restaurant located on stilts over a waterfall

Mushroom pepper fry, *rajma* Coorg style, cucumber curry made with plump cucumbers from Mangalore; *chekke* or raw jackfruit curry...the clash and clang of flavours was intriguing and left us wanting more.

Meals in that sunlit restaurant were mood lifters, for the chirping of birds weaving around the sounds of turbulent rushing waterfalls and the unending vistas of green that flooded our vision and the viewfinders of our cameras filled us with unadulterated joy.

We had *pandi* curry again but with *kadambuttu*, steamed rice dumplings, and wild mango curry made from mangoes that fall on the ground from

very tall trees. We rounded off the meal with a dessert, *payasam*, made with broken rice cooked with coconut and jaggery.

Perhaps harking back to their warrior-like past, the Coorgis love all kinds of meat and are inventive in the way they use it in their cuisine—the esoteric goat's brain was once baked in hot ashes and the goat head's meat curry is considered a delicacy even today.

We savoured their vegetarian options at a linen-less restaurant in the historic district capital of Madikeri where the wild bamboo shoot curry is made from conical bamboo shoots gathered from the forest and stripped of their outer layer;



As coffee plantations in Coorg with their Raj-style bungalows flaunt their charming avatars as homestays, Coorg cuisine too has increased its fan following

only the soft flesh underneath is used. The shoots are soaked in water for two days and allowed to ferment and then cooked with onions, turmeric, salt, green chillies, cumin seeds et al and thickened with rice powder. Wild peach-coloured mushrooms are also concocted into a curry with onions, ground coconut and green chillies and seasoned with mustard seeds. A squeeze of lime adds zest to a simple dish.

Coorg Cuisine, an atmospheric little eatery in Madikeri, is run by a Kodava family. Here, the taste of the local cuisine lingers on the tongue, elusive yet full-bodied. The décor too evokes the indigenous martial tradition with walls studded with traditional weapons and sepia-tinted portraits of famous Kodavas. Varun Chauhan, a gourmet we met, waxed eloquent about the Kodava chicken curry, pork chops and tender bamboo shoot fry he savoured at the eatery.

At luxe Evolve Back, formerly Orange County, which launched Coorg as a destination, Coorgi fare finds pride of place in the old-world Granary restaurant where you can pick from a range of Coorg dishes like *noolputtu* (string hoppers), a toothsome accompaniment with chicken curry; broken rice cooked with milk and coconut and fashioned into small cakes called *paputtu*; bamboo shoot curry, vegetable curry, *kooru* or beans curry, spicy pepper chicken, and the not-to-be-missed pork curry.

As coffee plantations in Coorg with their Raj-style bungalows flaunt their charming new avatars as homestays, Coorg cuisine too has increased its fan following. Mumbai-based avid travellers, the Batliwallas, stayed at

For more info

- Tamara Coorg: www.thetamara.com
- Evolve Back: www.evolveback.com/coorg
- Polaycad Estate: www.coorghomestays.co.in/homestay-item/polaycad-estate
- Karnataka Tourism: www.karnatakaturism.org

the 1920s Polaycad Estate, buried amidst 160 acre of coffee plantations. At this heritage bungalow, they got to interact with the genial hosts, Mallige and Robin Cariappa, and savour local cuisine wreathed in earthy, home-cooked aromas and flavours. The prima donna pork curry featured prominently while mutton pepper fry, *paputtu*, *akki roti* and the seasonal delicacy, *kadabu* (made with bamboo shoots), made an appearance.

We were told about exotica like crab chutney made with fresh water crabs found in paddy fields in the monsoons and chutneys crafted from dried and smoked meat or fish; pickles made from wild bamboo, oranges, gooseberries and mushrooms. All these and the interesting fiddle-headed-fern curry eaten with *noolputtu* and washed down with betel leaf wine or gooseberry wine, and the even more outré cinnamon and pineapple wines.

We vowed to try these on yet another trip to this quiescent corner of the country where the trill of birds mingles with the rustling wind to create an unending symphony. 🌸



OFF THE CUFF BY RAJU MUKHERJI

CAPTAIN COMET! Propelled to the national stage with the help of two talent-spotters, the stratospheric rise of M S Dhoni to becoming India's most successful (and respected) cricket captain is the stuff of fiction

In 2004, the BCCI introduced a system by which young talented cricketers around the country would be identified. The idea germinated from Makarand Waingankar, a freelance journalist from Mumbai. Very appropriately, he thought young players from the obscure corners of India were being neglected by the national selectors.

Former first-class cricketers were appointed by the BCCI as talent scouts to watch every representative BCCI match, junior and senior, and to inform the Board of potential talents. Prakash Poddar and I travelled to Jamshedpur to watch the players in action in the one-day senior interstate championship in January 2004.

At the end of the first day's match while discussing cricket, Poddar blurted out, "Today, I saw a man striking the ball with awesome power. Never before have I seen anybody hit the ball so hard." Coming from a man of his wide experience, I was extremely curious to watch the player in action. Poddar added, "Tomorrow, have a good look at the Bihar opener with long hair."

Next morning, as I alighted at the Keenan Stadium gate, I saw a motorcycle screech to a halt. A well-built lad in his mid-20s wearing a tight T-shirt and denims parked his vehicle. Instantly, two pariah dogs came towards him and he brought out some biscuits from his pocket to feed them. The speeding bike, the long flowing hairstyle, the bulging biceps all belied the sensitive care and affection he showed for the roadside canines!

I asked the Bihar coach if he was the opener who hit the ball very hard. He said, "In my Bihar team, everybody hits the ball hard. But this boy from Ranchi is an exceptionally powerful striker. He is playing first-class cricket for four years. No one has ever taken any notice of him yet. Why are you so keen to know about him?" By the end of the day, when he had scored just about 40, I realised I had seen an uncut diamond.

That evening both Poddar and I sent our report to the chief talent scout, Dilip Vengsarkar, specially mentioning the exceptional power of the young man's strokes. Thankfully, BCCI took serious note of the report and the career graph of a young talent from a neglected corner of India took an upward curve.

By the end of that very year—2004—M S Dhoni was playing for India and had done enough to cement his place. Other wicketkeepers, who hailed from favoured provinces and were being played in the national team by turns and on whims, were now vying for the reserve stumper's post. A new star had risen on the horizon.

Dhoni's career graph is a unique case in Indian cricket. Hailing from a family with a modest financial background, he had little option but to accept whatever employment came his way. Indian Railways gave him a job based in Kharagpur in West Bengal but, true to tradition, decided that a man from the eastern region would not be good enough for the all-India Railways cricket team! The Railways recruited him for his cricket ability yet it appeared they had no faith in their own choice.

As Dhoni was based in Kharagpur, he was qualified to represent Bengal in national championships. But the Bengal selectors—all former cricketers—had no time for him. Their job was to select the best of talent residing in Bengal. Were they doing their job? Or, were they only concerned about extracting personal favours from influential quarters? Equally disappointing were the selectors of East Zone. Although Dhoni had already played for no less than four years for Bihar in first-class cricket, not one zonal selector ever thought that this man had exceptional ability!

The tough, talented youth had little exposure to the 'big names' of Indian cricket when he was in Ranchi and Jamshedpur. He picked up the finer points from various sources as he went along without ever forgetting his first school coach, "Banerjee Sir", as Dhoni still most respectfully addresses him. He kept his ears and eyes open in the dressing room to observe what Tendulkar and Dravid were doing to prepare themselves for the battles ahead. Off the field, his cool and composed personality was just the right ingredient required for a person craving to learn the ways of the world.

During an IPL match, as match referee I requested Chennai Super King skipper Dhoni to call very loudly at the toss because the extremely high decibel music from the stands could plug one's ears. Dhoni, true to his impeccable manners, said, "Do not worry, sir. I will call 'tails.'" He was, it goes without saying, true to his promise.

Reams have been devoted to his exceptional abilities. I shall not repeat these to bore my readers. But I would like to relate that never before have we had a leader in India as exemplary as the man from Ranchi. He led India to the inaugural T20 world cup trophy with all the top names dropping out of the team for one reason or other! A young set of keen lads helped the new captain bring off one victory after another.

Before leading India, did M S Dhoni ever lead a cricket team? Perhaps his school team. But, even then, I doubt it. Because he was first and foremost a football goalkeeper. It was only when his school coach, Keshav Ranjan Banerjee, asked him to become the school keeper did he pick up the wicket-keeping gloves. Surely you do not give the captaincy to a replacement player? Dhoni had no experience of captaincy; no grooming at all. It seemed he did not need any. Players instinctively followed him for his sterling qualities of character. A distinct sign of a born, natural leader of men.

The magnificent man went on to lead India to the world ODI title which only skipper Kapil Dev was able to achieve in 1983. As if these crowns were not enough, Dhoni led India to become the numero uno in the Test rankings. No other Indian captain has been able to match these statistical highlights. Has any other captain from any country been able to hold all three world titles at the same time?

Despite such achievements, the cool and composed man still remains as modest and accessible as he was nearly two decades back when he was making his debut in first-class cricket for Bihar. Far from stooping to gamesmanship, he was the epitome of the 'spirit of cricket' concept. His classic calling back of Ian Bell in England will forever remain a great lesson in sportsmanship. He even allowed a re-toss after having won the first toss in a world cup final.

Dhoni never took advantage of his position. He could have promoted players of his choice or his state but he never did. He respected the selectors and allowed them to do their job. Never got involved with any publicity stunts. Never bothered to get into conflicts and controversies. Detested sledging and avoided verbal duels. Never resorted to any kind of one-upmanship. He was and still remains a champion in the truest sense of the word.

His persona was and still is such that people consider him to be the leader, whether he is leading the team or not. He retired from Test cricket so a younger man could come in. He did it in style and in isolation. He did not create any hullabaloo about it.



Mukherji with M S Dhoni at an IPL match in 2011

How many men have given up the India captaincy voluntarily without any pressure? None till Dhoni showed us the way. An ignored Indian from an obscure corner showed the world what actual magnanimity was all about. It was only because of his generosity that the crown prince Virat Kohli could be gradually groomed for the leadership seat.

It is to the great credit of Virat Kohli that he has shown the highest possible respect to his benefactor. In the dressing room, Dhoni in his quiet and low-profile manner is still a great influence on other cricketers. Indeed, after being out of the captaincy throne, no other India captain has earned the respect and affection of his peers as Dhoni has. This shows the man's actual worth. Even when not in any seat of power, his considerable aura pervades every nook and corner of Indian cricket.

When not actively involved with the national team, Dhoni still finds the time to be with his Jharkhand players at the ground. He does not need any official appellation but he becomes everyone's mentor. His accessibility, easy manner and ready smile are not artificial at all. Spontaneous, modest, sincere, honest is what Dhoni was and, thankfully, still remains.

No fiction writer would ever have conceived the rise and shine of M S Dhoni to fame and fortune. He was nowhere on anybody's radar in early 2004 before two talent-spotters strongly recommended him to BCCI. By the end of the year, his name was an obvious choice for the national team. A man ignored by all the concerned people for four years suddenly became the cynosure of all eyes within four months! No wonder it is said that truth is stranger than fiction.

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

The flight of *Bulbul*

When she is not handling the pen or paintbrush, **Bulbul Sharma** is happy bird watching, a hobby so intrinsic to her personality that she likes to describe herself as “a sort of magpie who weaves stories around stray moments in peoples’ lives”. Indeed, her tales resonate with the simplicity of ordinary lives, triumphs and tragedies.

“Writing is not a cerebral process for me,” she says. “When I read the critics’ perspective, I am often left wondering whether I really wrote it.” Sharma has authored several books, including *My Sainted Aunts*, *The Perfect Woman*, *Anger of Aubergines*, *Banana Flower Dreams*, *Shaya Tales*, *Eating Women Telling Tales* and *Now That I’m Fifty*. Her books have been translated into Italian, French, German and Finnish. Sharma describes her latest, *Murder at the Happy Home for the Aged*, set in an old age home in Goa, as a tribute to “every single brave silver out there”.

Sharma also conducts art and storytelling workshops for children with special needs and runs an NGO called Sannidhi, which takes school students to villages to work with children there and learn about trees and plants. Her books for children include *The Children’s Ramayana*, *Fabled Book of Gods and Demons* and *The Book of Indian Birds for Children*.

An acclaimed painter, her paintings feature at the National Gallery of Modern Art and Lalit Kala Akademi. Born in New Delhi, Sharma spent her childhood in Bhilai in Madhya Pradesh. Currently, the 65 year-old divides her time between New Delhi and Goa. In an email interview with **Srirekha Pillai**, Sharma shares her creative process and explains why it’s good to age in India.

You are a keen bird watcher. Incidentally, you share your first name with a bird. Is it a mere coincidence?

Yes, it is. Bulbul is a very common Bengali *dak* [pet] name.



Naina Shukla

authorspeak

You’re an accomplished writer and painter. When you plot a story, is it in terms of images or words?

To begin with, I outline with words, but then I shut my eyes and draw the scene in my head. It is a bit odd and often gives me a headache. I am also mildly dyslexic, so it adds to the confusion. But I enjoy sorting the plot out later, bit by bit. I find painting more soothing. I love the tactile quality of paints, the brushes moving on the canvas, and the way the images gradually emerge. And there is no copy editor to point out your mistakes! At the same time, when a new book emerges after a year or two of hard work, it brings so much joy and its own rewards.

As a creative person, what are your stimuli?

My unusual childhood in a small town, my amazing extended family and the tumultuous, chaotic and colourful life in India—a country of such mindboggling contrasts, where you find a story waiting at every corner even if you are not looking.

My real name is Anjana. Unfortunately, only my bank manager calls me by that name!

Would you like to share some interesting bird-watching tales with us?

It has often happened with me that while I’m out birding, I get chased by guards and farmers because they think I have come to steal their vegetables or crops.

You pursued Russian literature at Moscow State University, a rather unusual move for an Indian. How did you get drawn to it?

I grew up in Bhilai, a steel town where there were many Russians. I found their literature rich and fascinating. Everyone in my family speaks Russian, so I decided to join JNU and graduate in Russian language and literature and later went for higher studies to Moscow.

You also teach art to children with special needs. How does that enrich the visual and verbal storyteller in you?

It enriches and rewards me in every way, and not just in my work. I remain sane because I spend time with these children who are specially gifted because they can cope with everything despite their handicaps. There is so much I learn from them through the workshops I do. I love their sense of impish fun, their courage and imaginative minds.

How did your latest book, *Murder at the Happy Home for the Aged*, come about?

I had spent some time at an old people's home doing an art workshop a few years ago and was surprised to see how brave and tough the inmates were. Many had been abandoned, yet lived a life with dignity. They joked, they loved dancing and singing and were so curious about everything. Their only complaint was that young people ignored them.

I wanted to write about the fragile vulnerability of old age and how difficult and lonely life can be for many old people. The book is a tribute to brave elderly people everywhere.

Food plays an important role in both *Anger of Aubergines* and *Eating Women Telling Tales*. Are you a foodie? Also, do you consider food a major binding force?

In most Indian homes, food is a major element of bonding—showing love, squabbling and power sharing. I wanted to explore that facet since I think it is disappearing fast, as families break up into smaller units. I am not a foodie and like simple, vegetarian food. Also, I am a very bad cook.

You have consistently engaged with mythology. What draws you to it?

I just love the storytelling aspect of myths. I feel it is a kind of sharing of ancient secrets and learning how people lived, loved and thought a thousand years ago. Not much has changed over the years.

Can you tell us about *Now That I'm Fifty*, a book that discusses ageing?

I wrote it when many of my women friends were turning 50. I was already 50-plus and felt very different. So I wanted to write about it from an Indian woman's point of view. Our situation is quite different from the way women in the West look at becoming older. The book was translated into French, and I was surprised when many French women told me they felt the same way.

Do you find ageing empowering in certain ways?

Yes. Fortunately in India it is good to grow old even though we have the largest number of young people in the world. People still respect old age and take care of silvers in their family. I often see young children holding their grandmother or grandfather's hand when they walk in the park. The other day I saw a teenage girl trying to feed her aged aunt a taco.

It seems you write at a stretch and rarely go for rewrites. How does a story take shape in your head?

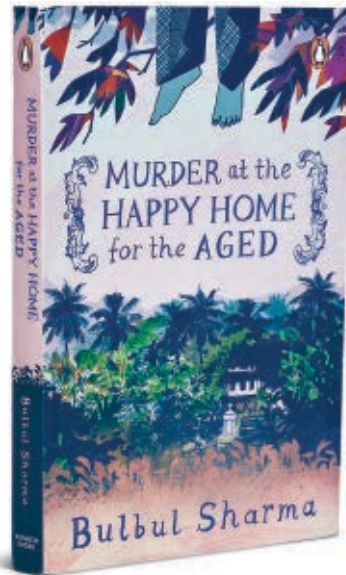
I write very fast since the story is already brimming in my head because of which my text is full of grammatical mistakes. My editors complain all the time but they have been kind and patient for the past 20 years of my writing career. Autocorrect has helped me a great deal!

Have your grandkids taken after you in their love for writing and art?

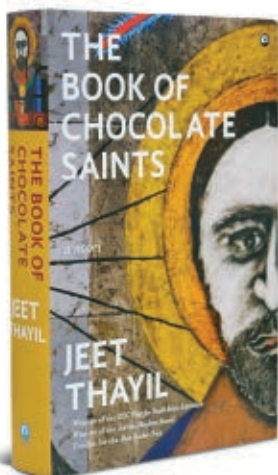
I have five grandchildren. Both my granddaughters love writing and are very good at it but the boys are not that keen as yet. Who knows what may happen when they grow up? Children change. I hated writing as a child and only loved painting on any surface I could find. Words became my friends when I turned 30!

What is in the pipeline?

I have almost finished a novel that includes several ghosts and lots of time travel. After that, I will start a book on Delhi's monuments that will have my daughter Shonali Shukla's pen and ink illustrations.

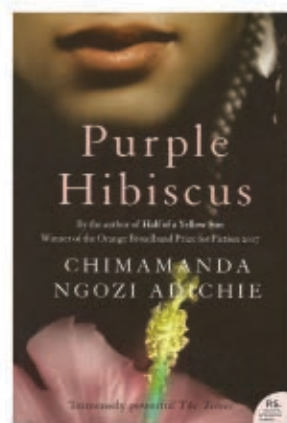


"I wanted to write about the fragile vulnerability of old age and how lonely life can be for old people. The book is a tribute to them"

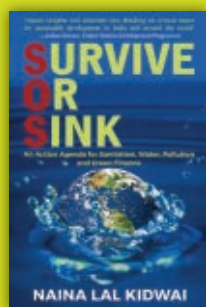


THE BOOK OF CHOCOLATE SAINTS (Aleph; ₹ 799; 500 pages) is an elegiac novel that recounts the life of Francis Newton Xavier, a doomed genius. Death, remorse and revenge are recurring themes in this tale by award-winning poet and writer **Jeet Thayil**, narrated in a wide variety of voices and styles. Through this, Thayil pays tribute to Bombay poets of the seventies and eighties who, “sprouted from the soil like weeds or mushrooms or carnivorous new flowers, who arrived like meteors, burned bright for a season or two and vanished without a trace”. Several of these poets flit through the novel under their real names and pseudonyms. The book itself is dedicated to Dom Moraes, Thayil’s mentor and friend, who was at the vanguard of the modernist poetical movement in English in India. The main protagonist Xavier has a lot in common with Moraes, besides the names of his parents, Frank and Beryl. Like Moraes, he too is painfully shy and introverted and has numerous muses. Thayil also makes an allusion to self with “skeletal fellow, strung out, or drunk, who put together an anthology some years later, *The Bloodshot Book of Contemporary Indian Poets*, or something like that”. Deftly paced, the novel also deals with the preposterous aspects of human behaviour.

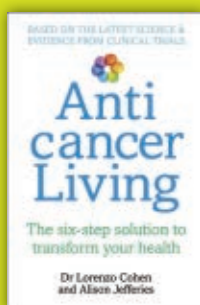
PURPLE HIBISCUS (HarperCollins; ₹ 299; 307 pages), set in Igboland in Eastern Nigeria, is narrated by 15 year-old Kambili Achike. **Chimamanda Ngozi Adichie’s** award-winning debut novel lucidly portrays the voice of post-colonial, modern Nigeria, a land of great potential beset by political instability and economic difficulties. As in many post-colonial societies, the personal and the political are inseparable. The story revolves around the family of a wealthy businessman and proprietor of a newspaper, Eugene Achike, Kambili’s father, who is an oppressive and tyrannical householder. A military coup forces Eugene to send his children—son Jaja and daughter Kambili—to stay with his sister Ifeoma, a university professor. Here, Kambili and Jaja discover a life of love and freedom very different from their father’s authoritarian ways. At a personal level, this is a story of the disintegration of the Achike family and the children’s struggle to grow to maturity. The purple hibiscus that blooms in gay abandon in their aunt’s garden symbolises the children, everything that their ruthless father and a violent military regime would trample upon.



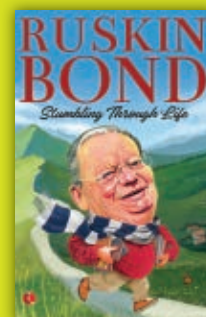
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An action agenda for sustainable development and growth.



Anticancer Living
Lorenzo Cohen and Allison Jefferies
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₹ 699; 417 pages
A six-step scientific solution to reclaim your health.



Stumbling Through Life
Ruskin Bond
Rupa; ₹ 295; 136 pages
A collection of essays and writings that showcase the octogenarian author’s rich tapestry of life.

A photograph of an elderly man with a grey beard and a young girl with dark hair, both smiling and playing in a pond. The man is in the water, and the girl is sitting on a wooden dock, splashing water towards him. The scene is set at dusk or dawn, with a dark, calm body of water in the background.

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DEAD CERTAIN

In this satirical verse, Paul Curtis alludes to the aches and agonies of silver years

A senior couple were lying in bed one morning.
Just as a new day was dawning
Having had the most perfect night's sleep
Long, restful, undisturbed and deep

The old gentleman turned to his wife and asked
"Would you like a cup of tea?"
She lay perfectly still in the same position,
"NO! Of course I don't want a cup of tea."

Surprised by her vehemence, he asked, "Why not?"
She answered, "Because I'm dead"
"What are you talking about? Of course you're not;
What put such a thought in your head?"

"It's no good you arguing with me about it
I have no doubt at all. I'm definitely dead,
And that's it and all about it, because
I woke up this morning and nothing hurts," she said.

Curtis (b 1956) works for the Surrey police force and writes in his free time



DEAR CEO,
THERE'S A

FLY

IN YOUR
SOUP.



The Total Readership of English magazines is a whopping 84% of English dailies.

Consider this critical finding in the latest Indian Readership Survey (IRS 2017). The *reach* that English magazines deliver is 84%* of English dailies. That's right. Even if you look at NCCS ABC, English magazines deliver 80% reach offered by English dailies. That too for a lot lesser cost, and a longer shelf life. Which essentially means your media plan becomes a lot more efficient. Quite simply, you'd get the max bang for your buck if your brand comes alive on a page like this. Instead of a morning medium destined to wrap evening peanuts at the park. Do change your soup. It's not just a mere fly you have to deal with. It's an extra large beetle.

banginthemiddle



14 'words of the year' chosen by Oxford Dictionaries that have made it into our vocabulary

2017: YOUTHQUAKE

n. A significant cultural, political, or social change arising from the actions or influence of young people.

Originally coined in the 1960s by Vogue editor Diana Vreeland to describe how British youth were changing fashion and music around the world.

EXAMPLE: The artist and her assistant pulled up to the shop in a black Escalade. The place was spotless, all black leather and mirrors, and throbbing with a soundtrack that ranged from Barry White to Migos. The customers came from many nations but only one generation: an inky pan-ethnic **youthquake**.

—Jane Kamensky, *"When writing a book leaves a (literal) mark on its author"*, The New York Times, 28 February 2018

2016: Post-truth

Adj. Relating to or denoting circumstances in which objective facts are less influential in shaping public opinion than appeals to emotion and personal belief.

EXAMPLE: We are rapidly becoming prototypes of a people that totalitarian monsters could only drool about in their dreams. All the dictators up to now have had to work hard at suppressing the truth. We, by our actions, are saying that this is no longer necessary, that we have acquired a spiritual mechanism that can denude truth of any significance. In a very fundamental way we, as a free people, have freely decided that we want to live in some **post-truth** world.

—Steve Tesich, *"A government of lies"*, The Nation, January 1992

2015:



emoji. Face with tears of joy

EXAMPLE: Judges said the **emoji**—which shows a smiley face crying tears of joy—captures the ethos of our modern

age because of its popularity. Emoji culture has exploded into the global mainstream with US presidential candidate Hillary Clinton even using the pictographs in an attempt to connect with Twitter users.

—Aaron Brown, *"Oxford English Dictionary's Word of Year 2015 is ... NOT a word at all"*, Express.co.uk, 17 November 2015

2014: VAPE

Verb. To inhale and exhale the vapour produced by an electronic cigarette or similar device.

EXAMPLE: **Vape** if you want, that's your business. But don't give tobacco companies free rein to profit by manipulating the public's mind and jeopardising its health.

—Robert McCartney, *"Don't let Big Tobacco hook a new generation on nicotine with alluring ads for e-cigarettes"*, The Washington Post, 16 August 2014

2013: SELFIE

n. A photograph that one has taken of oneself, typically one taken with a smartphone or webcam and shared via social media.

EXAMPLE: A photo of the Pope posing with young fans at the Vatican has gone viral on social media, with gleeful reports that it was the first ever 'Papal **selfie**'.

—Harriet Alexander, *"Pope Francis and the first 'Papal selfie'"*, The Telegraph, 31 August 2013

2012: OMNISHAMBLES

n. A situation that has been comprehensively mismanaged, characterised by a string of blunders and miscalculations.

EXAMPLE: So, Mr Speaker, we're all keen to hear the Prime Minister's view as to why he thinks, four weeks on from the budget, even people within Downing Street are calling it an '**omnishambles**' budget.

—Ed Miliband, *House of Commons*, 18 April 2012

2011: SQUEEZED MIDDLE

n. The social group consisting of people whose income is too low to support them comfortably but not low enough to exempt them from higher tax rates or qualify for government assistance.

EXAMPLE: When he became Labour's new leader, Ed Miliband promised that his mission in politics would be to stand up for the "**squeezed middle**". According to Ed, this category consists of people who are not on benefits, but are "working hard" and "are not on six-figure salaries".

—Neil O'Brien, *"The squeezed middle: why Ed Miliband's phrase defines the new political battleground"*,
The Telegraph, 24 October 2011

2010: BIG SOCIETY

n. A concept whereby a significant amount of responsibility for the running of a society is devolved to local communities and volunteers.

EXAMPLE: David Cameron today pledged to create communities with "oomph", as he launched the Tory vision of a **big society** that would involve a dramatic redistribution of power from "the elite in Whitehall to the man and woman on the street".

—Nicholas Watt, *"David Cameron reveals 'big society' vision—and denies it is just cost-cutting"*, The Guardian,
19 July 2010

2009: UNFRIEND

Verb. To remove someone as a 'friend' on a social networking site such as Facebook.

EXAMPLE: Even Facebook's allies have **unfriended** it.

—*"The Facebook scandal could change politics as well as the Internet"*, The Economist, 22 March 2018

2008: CREDIT CRUNCH

n. A sudden sharp reduction in the availability of money or credit from banks and other lenders.

EXAMPLE: Shares in Lehman Brothers slumped another 44% on Wall Street today, sending fresh jitters through global share markets as fears mounted that the beleaguered investment bank will become the latest victim of the **credit crunch**.

—David Teather, *"Lehman shares slump another 44%"*, The Guardian, 11 September 2008

2007: LOCAVORE

n. A person whose diet consists only or principally of locally grown or produced food.

EXAMPLE: While those sound suspiciously similar to the reasons many Americans choose to hunt, the literature of localism neglects the management and harvest of wildlife. This is a shame, because hunters are the original **locavores**.

—Steven Rinella, *"Locavore, get your gun"*,
The New York Times, 14 December 2007

2006: BOVVERED

Verb. Am I bothered? Do I care?

EXAMPLE: The Queen was asked "Is one **bovvered**?" by Royal Variety Performance star Catherine Tate as Wales staged the annual show for the first time.

—Catherine Tate to the Queen, BBC News,
November 2005

2005: SUDOKU

n. A puzzle in which players insert the numbers one to nine into a grid consisting of nine squares subdivided into a further nine smaller squares in such a way that every number appears once in each horizontal line, vertical line, and square.

EXAMPLE: Wayne Gould, a Hong Kong-based entrepreneur who has written a computer program that generates **Sudoku** puzzles, said that his firm, Pappocom, has received "well over \$1 million" in revenue in less than a year from the game.

—Paul R. La Monica, *"Much ado about Sudoku"*,
CNN, 20 September 2005

2004: CHAV

n. A young person of a type characterised by brash and loutish behaviour (usually with connotations of a low social status).

EXAMPLE: Vicky Pollard of Little Britain is a chav, the latest object of middle-class derision. But the sneering reveals more about the detractors than the **chavs**.

—Julie Burchill, *"Yeah but, no but, why I'm proud to be a chav"*, The Times, 18 February 2005

F O U R T E E N



NUMBER OF PARTS
OF AFTERLIFE GOD
WAS CUT INTO,
REPRESENTING THE
TOTAL NUMBER OF FULL
MOONS IN A YEAR

ATOMIC NUMBER OF
SILICON

NUMBER OF SIDES OF A
CUBOCTAHEDRON

DAYS IN A FORTNIGHT



UNLUCKY NUMBER IN CHINA

4

PIANO SONATA
NO 14 IS A POPULAR
COMPOSITION
OF LUDWIG VAN
BEETHOVEN

14 FEBRUARY IS
CELEBRATED AS
VALENTINE'S DAY

COMMON
DESIGNATION FOR THE
ACTUAL 13TH FLOOR
OF SOME TALLER
BUILDINGS OWING TO
THE SUPERSTITION
SURROUNDING
NUMBER 13

NUMBER OF STARS
ON THE FLAG
OF MYANMAR,
REPRESENTING
THE STATES



YEARS SPENT BY RAMA,
SITA AND LAKSHMANA
IN EXILE

LINES IN A SONNET

POUNDS IN A STONE

14 JULY IS THE
ANNIVERSARY OF
THE STORMING OF
THE BASTILLE IN
FRANCE

NUMBER OF
DAYS THE MOON
TAKES TO WAX
FROM NEW TO
FULL AND TO
WANE FROM
FULL TO NEW









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2 BHK Apartments

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Hiranandani Estate, Thane

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