

harmony celebrate age

DECEMBER 2016 ₹ 40

The magazine for silver citizens

ENCOUNTER

**ASHA SHETH
ON INDIA'S
MARITIME
HERITAGE**

JOURNEY

**HOLY PLACES
OF HIMACHAL**



GODS OF ROCK

**CAPTURE THE
FRACTURE**

**SEASONAL
SWEET TREATS**

GOLDEN GIRL

P T U SHA



NOW, IT'S OUR TURN TO LOOK AFTER MUMMY'S HAIR.

With **Godrej Expert Rich Crème hair colour**, we can give Mummy's hair the 'dekhbhaal' she has always given us.

It not only covers greys, but its aloe-milk protein formula keeps hair soft and shiny. Now, that's what we call colour, along with Rich Crème's 'dekhbhaal'.

If she can look after us so well, even we should do our bit, right?

dekhbhaal
Godrej Expert Rich Crème
hair colour ki



Aloe & Milk Protein
Formula



*20g + 20ml ^50g + 50ml

HOPE ON THE HORIZON

There's never a dull moment in the news cycle! Between demonetisation and the American presidential elections, there's been plenty to occupy our talking heads. In all the furore and flurry of opinions, however, some other nuggets of information on unrelated (but equally significant) topics appear to have slipped through the cracks.

Here's one: the prevalence of dementia among American silvers has fallen sharply in recent years. A new study of over 21,000 people, published in *JAMA Internal Medicine*, tells us that dementia rates fell from 11.6 per cent in 2000 to 8.8 per cent in 2012—down an impressive 24 per cent.

If you are wondering why this American study is so significant for us, consider this: In 2015, 47 million people around the world were living with dementia, with 4.1 million of them in India (up from 3.7 million in 2010). And, according to the *World Alzheimer Report 2015*, the incidence of the disease is expected to double by 2030. That's why this latest study is such wonderful news. Especially as the researchers have attributed the decline to rising educational levels and better heart health—doable goals for us in India, too.

Indeed, a key enabler of heart health (in addition to diet and lifestyle) is a regular exercise regimen. This is a common refrain for us at Harmony; one that resounds loud and clear at every edition of our Senior Citizens' Run.

The latest was held in New Delhi on 20 November, as part of the Airtel Delhi Half Marathon. About 1,200 silvers braved the nip in the air to flaunt their vigour and enthusiasm on the streets of the capital. I would like to thank S K Roongta, former chairman,



Dabboo Ratnani

SAIL, and managing director, Vedanta Aluminium Ltd, and Surendra Singh, former cabinet secretary, Government of India, for cheering on our participants; Axis Bank, Big 92.7 FM, BSES Rajdhani Power Ltd, BSES Rajdhani Yamuna Ltd, OOH Division Hindustan Lever, Procam International, Reliance Communications, Smith & Nephew Health Care India Pvt Ltd, Silverglades, VLCC Wellness and Widex India Pvt Ltd for their support; and the Harmony team for its untiring efforts in making the event a success.

Take a cue from our participants and get moving—whether you run, walk, amble or stroll, remember that you are moving ahead to a healthier tomorrow. There could be no better resolution and no better investment than your mental and physical health as we draw the curtains on another year and look to the horizon with hope. See you in 2017!

A Harmony for Silvers Foundation Initiative

Harmony Celebrate Age—December 2016 Volume 13 Issue 7

Publisher **Dharmendra Bhandari** Editor **Tina Ambani** Executive Editor **Arati Rajan Menon** Assistant Editors **Sai Prabha Kamath**, **Rachna Virdi** Special Correspondent **Srirekha Pillai** Chief Sub-Editor **Natasha Rego** Correspondent (Mumbai) **Aakanksha Bajpai** Design Consultant **Jit Ray** Studio Manager & Photographer **Haresh Patel** Senior Graphic Designer **Dattaguru Redekar** Production Manager **Rohidas Adavkar** Consultant, Business Development **Shrenik Mehta** Managers, Business Development **Gavin Dias**, **Vikaran Chauhan**

Assistant Manager, Business Development **Vijay Singh** Website Coordinator **Ajit Nair** Editorial & Marketing Coordinator **Johnsi Nadar**

Editorial & Marketing Offices: Reliance Centre, 1st floor, 19, Walchand Hirachand Marg, Ballard Estate, Mumbai-400001. Tel: 91-22-30327115 (Editorial), 30327102 (Marketing). Email: contact.mag@harmonyindia.org **Printed and published** by Dharmendra Bhandari on behalf of the owners, Harmony for Silvers Foundation.

Printed at Thomson Press India Ltd, 18-35, Milestone, Delhi-Mathura Road, Faridabad-121007 (Haryana). **Published** at Reliance Energy Centre, Santacruz (East), Mumbai 400055. **Disclaimer:** The material provided by *Harmony* is not a substitute for professional opinions. Readers are advised to seek appropriate advice from qualified and licensed professionals in the concerned field. © Harmony for Silvers Foundation. All rights reserved worldwide. Reproduction in any manner is prohibited.

Harmony does not take responsibility for returning unsolicited publication material. www.harmonyindia.org

index

features

38 . Celebration: This festive season, savour some irresistible sweet treats

42 . Health: Prevention and timely intervention can capture the fracture

46 . Encounter: Maritime heritage patron Asha Sheth on her vision for India's coasts

58 . Journey: Awaken your inner self in the holy shrines of Himachal

50 cover feature

Sprint queen P T Usha's story of grit, gumption and glory

Cover photograph: Vivek R Nair

every issue

7 . ORBIT: News, views, people, research, trends and tips from around the world

28 . YOUR SPACE: Reach out to fellow silvers with your inspiring stories

65 . ETCETERA: Culture, leisure, lifestyle, books, buzz and miscellany

82 . SPEAK: Ganesan Parasu Raman and Chellamma distribute milk to poor children in Hyderabad



columns

32 . YOGA RX: Shameem Akthar analyses the connection between art therapy and yoga

70 . AT LARGE: Failing vision may land you as the butt of jokes, writes S Raghunath

WEB EXCLUSIVES www.harmonyindia.org



MOVING MOUNTAINS

R Krishnan shares his best birthday gift—the trek of a lifetime in the Himalayas

RAISING THE BAR

Tax consultant N M Ranka from Jaipur is a legal warrior and a philanthropist

FOR SUBSCRIPTION ASSISTANCE CONTACT: HarmonyCare, Living Media India Ltd, A-61, Sector 57, Noida (Uttar Pradesh) - 201301.

Toll-free: 1800 1800 100 Phones: New Delhi: (0120) 2479900 from Delhi and Faridabad; (0120) 2479900 from Rest of India

Fax: (0120) 4078080; **Kolkata:** 033-22827695 Fax: 22828949; **Bengaluru:** 080-2212448, 22213037, Fax: 2218335;

Mumbai: 022-66063355 Fax: 24444358; **Chennai:** 044-28478525 Fax: 24361942; Email: harmony@intoday.com

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

INDIA'S 1st EVER LIFESTYLE TOWNSHIP FOR RETIREMENT



**1 & 2 BHK FULLY FURNISHED
GROUND FLOOR VILLAS**

**30
Lakhs
onwards**

CCTV Monitoring / Drone Security | Housekeeping by Society
Temple / Derasar in the Premises | Banking Branch
Centralized Kitchen | Transportation Facility | Shopping Center
24X7 Emergency Care Center | Call Center & Staff Quarters in Society
PRARAMBH CLUB SPREAD OVER 2,50,000 SQ.FT.



Site Address : Bavla-Ahmedabad
(25 Km. from S.G. Highway)

Prarambh Buildcon Ahmedabad LLP
307, 3rd Eye One, Above Vijay Sales,
Opp. Havmor, Panchvati,
Ahmedabad - 380006

E : info@prarambhlife.com
W : www.prarambhlife.com

Follow us :   

Call: 830 60 44 111

column one

At the Rio Olympics, the silver lining for India undoubtedly came from the women. Watching them in action, focused and resolute, evoked a surge of pride in us all. It also evoked memories of another lithe, limber lass who fired our imagination each time she bounded across the track like a gazelle. It is indeed an honour to have P T Usha, who has won the most international medals in the history of Indian sport, on our cover. "There's no point in throwing your hands up in the Olympic year," she tells us. "We should give more importance to grassroots-level training." That's exactly what she's doing with her athletics school near Kozhikode—spotting and training talent, determined to bring an Olympic medal, which so narrowly eluded her, to India.

National pride is a sentiment Asha Sheth understands only too well. "Over the past 5,000 years, India has crafted many a fascinating story on its 7,500-km coastline," says the 83 year-old chairperson of Vasant J Sheth Memorial Foundation. Making it her mission to preserve, document and promote India's maritime heritage, she wants us to hear each one of these stories.

From the ocean to the mountains, we take you on a breathtaking visual journey to the high-altitude shrines of Himachal Pradesh—paean to faith, endurance and human ingenuity in the face of challenging terrain. And then across the world for a 'Desert Trip'—the California music festival where legends Bob Dylan, The Rolling Stones, Paul McCartney, Neil Young, The Who and Roger Waters held 90,000 diehard fans in their thrall. Rock on, with *Harmony*!

—Arati Rajan Menon

Congratulations on the 150th issue of *Harmony-Celebrate Age*. It has been a good companion for silvers all these years. The 'Money Matters' column, "Plan Your Retirement", is worthy advice! As is the sound advice given in the 'Legalease' column, "No Ill Will". If a house or any other immovable property is owned by a senior citizen, it should not be transferred to anyone except through a Will. However, some parents make the mistake of transferring their assets in favour of their children without keeping adequate assets to generate an income for their own needs. Nuclear families are unable to care for the older generation. That much emotional attachment is only possible in a joint family, an institution that is fast disappearing.

Mahesh Kapasi
Via email

Your travel story "Silver Nomads" in the November 2016 issue was a great read. Recently, on a trip abroad with the family, I met a group of travel-savvy Indian silvers who were on a three-nation trip (unlike ours) in the hotel lobby. They were enthusiastic about the places they were going to visit and making the most of their travels. The joy showed on their glowing faces—clearly, travel was agreeing with them! The next day, I spotted them again. They were all set to catch their tour bus to see the sights. I must admit, the encounter with them impressed me to the core.

Shashi Balachandran
Mumbai

This is with reference to the story "Silver Nomads" in the November 2016 issue. Gone are the days when leisure for seniors meant a stroll in the park or visiting a relative. Today, seniors are the



new globetrotters. Undeterred by age, they are all set to redefine retirement. They have understood that it's never too late to follow their passion and financial security allows them to do so. No wonder their travel plans are getting bigger and better! Your story was relevant in these socially changing times, and informative too.

M K Rakhi
Chennai

I am 76 years old and live alone in Bengaluru city. Demonetisation came as a surprise to me. I withdraw money once a month (old habits die hard!). So I headed straight to the bank when it opened two days later to exchange my cash. To my dismay, the line was already snaking far from the entrance of the bank, so I turned back. With aches and pains galore, standing in line was not an option. The 'special' line for elders didn't start for another two days. Fortunately, my regular storekeepers gave me my groceries on credit (bless their hearts). My nephew came by the other day to see how I was doing. He was surprised I wasn't making "online payments" to fulfil my daily needs. I was surprised to hear this—what exactly are "online payments"?

Miriam Roy
Bengaluru

inside

P18: The legends rock it!

P26: A class apart

NEWS ● VIEWS ● PEOPLE ● RESEARCH ● TRENDS ● TIPS



NEWSWORTHY

THE MAN AND HIS MISSION

There's a mammoth anti-ageing study underway in the US and a person of Indian origin is at the vanguard. Professor of comparative medicine and immunobiology **Vishwa Deep Dixit and his colleagues at the Yale School of Medicine** have been granted close to \$ 10.5 million funding over five years by the **National Institute of Ageing**. The grant is intended for four projects to explore the effects of protein FGF21 on the body and how it influences the development of age-related diseases. The team has already established that when the protein is artificially over-expressed in mice, it improves immune functions and longevity and battles Type 2 diabetes.

Courtesy: Yale School of Medicine

CASH CRUNCH

It's a time when they should be reaping the rewards of a lifetime of work. Yet, **65 per cent of elders in India remain dependent on others for their financial requirements and undergo financial crisis.** That's the disturbing conclusion of a nationwide survey conducted by Delhi-based NGO Agewell Foundation, titled *Financial Status of Older People in India: An Assessment*. Here are some other highlights of the study, which involved a random sample of 15,000 silvers over the age of 60:

- People over the age of 70 years are marginalised and isolated to a large extent.
- For 38 per cent of silvers, pension is the main source of income.
- Only 20 per cent of elderly women are economically independent. A probable reason is that women constitute over 65 per cent of the 60-plus population and most are homemakers.
- Almost 6-7 per cent of economically dependent elderly men are supported by their spouses, 85 per cent by their children, 2 per cent by their grandchildren and 6 per cent by others.
- Though most elderly between the ages of 60 and 70 are looked after well by their children, quality of care goes down as they age further owing to the advancing age of their children and their increased responsibilities.
- The silver lining: 46.4 per cent of elderly claim their net worth has increased, primarily owing to an increase in real-estate prices over the past two decades. However, despite higher purchasing power, younger family members often manipulate their decisions.
- Over 80 per cent say their major problems are related to healthcare issues. While the financially secure prefer private medical institutions for better services, the financially insecure expect social security, free healthcare and subsidies.

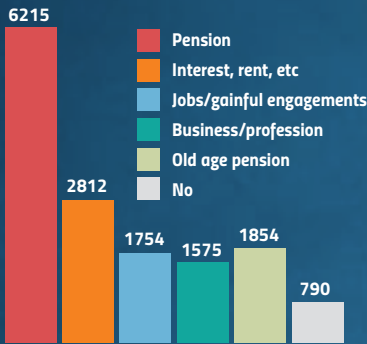


POLICY MATTERS

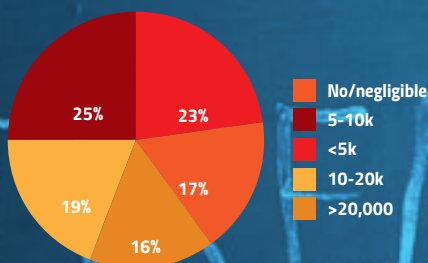
Odisha has unveiled its Senior Citizens Policy 2016, which lays emphasis on health, financial and physical security. A multi-department council, including NGOs, will be formed to ensure implementation and an initial corpus of ₹ 7.4 crore has been announced as well as the establishment of an old-age home in each district of the state. Orissa has 4 million silvers above the age of 60 and silvers are expected to comprise 13.8 per cent of the total population by 2026.



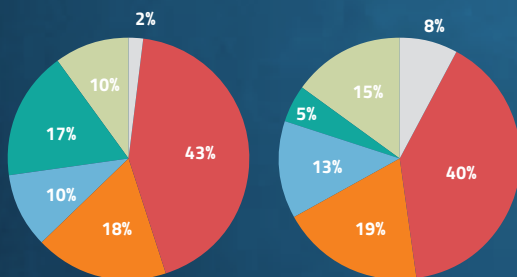
CLICK FOR HELP: SOME GOOD NEWS FOR THE CAPITAL'S BELEAGUERED SILVERS. A NEW MOBILE APP 'DELHI POLICE SENIOR CITIZEN' PROMISES HELP IN TIMES OF DISTRESS OR MEDICAL EMERGENCIES. JUST PRESS THE SOS BUTTON FOR AN EMERGENCY CALL TO THE DELHI POLICE SENIOR CITIZENS' HELPLINE, 1291. ACCORDING TO MEDIA REPORTS, THE APP WILL SEND AN ALERT TO THE 24x7 CONTROL ROOM WITH THE LOCATION OF THE CALLER AND A SIMULTANEOUS ALERT IN THE FORM OF AN SMS WILL GO TO THE AREA STATION HOUSE OFFICER, BEAT OFFICER AND A PRE-ASSIGNED CONTACT. THE APP IS AVAILABLE FOR ALL ANDROID DEVICES.



SOURCE OF INCOME OF ELDERLY RESPONDENTS



MONTHLY INCOME OF ELDERLY RESPONDENTS



ELDERLY MEN

ELDERLY WOMEN



MONTHLY INCOME: RURAL-URBAN COMPARISON

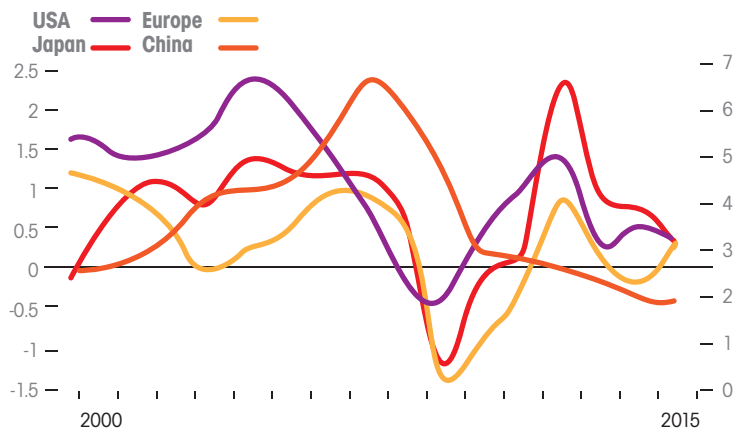
Photographs by iStock

A SILVERING WORKFORCE

According to international financial services firm Morgan Stanley, the global labour force is ageing rapidly. The share of workers aged between 55 and 64 rose to 13 per cent in 2015, and is projected to rise to 15 per cent in the next 10 years.

TOTAL FACTOR PRODUCTIVITY GROWTH SLOWING

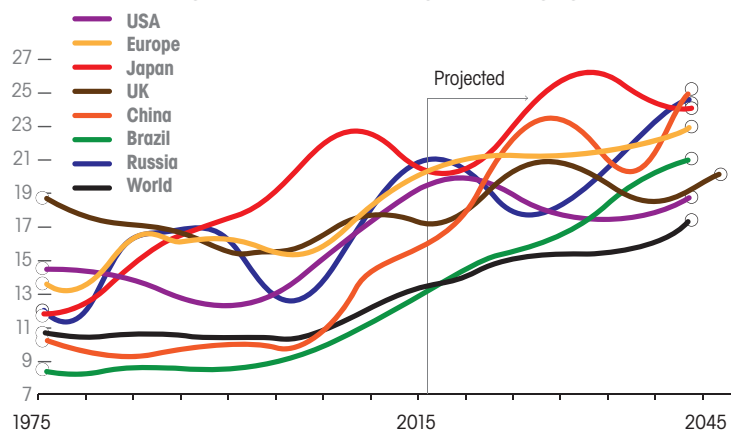
Three-month moving average (in %)



Source: US data from BLS, Euro area and Japan data from European Commission, China data from NBS and Morgan Stanley Research

GLOBAL LABOUR FORCE AGEING RAPIDLY

Share of workers aged 55-64 as a percentage of working age population



Projections refer to UN projections
Source: United Nations World Population Prospects, Morgan Stanley Research

DIWALI BONUS

ON THE EVE OF THE FESTIVE SEASON, THE CENTRAL GOVERNMENT ANNOUNCED A HIKE OF 2 PER CENT DEARNESS RELIEF ON BASIC PAY FOR ITS PENSIONERS, EFFECTIVE FROM JULY 2016, BASED ON THE RECOMMENDATIONS OF THE 7TH PAY COMMISSION.



istock

Health comes home

Silvers in Chandigarh can now get healthcare at their doorstep. 'Kushal Mitra', an initiative by The Red Cross Society in collaboration with the Indian Medical Association, Chandigarh, Dabur Dhanwantari Hospital, Sector 46, Bharat Vikas Parishad, Chandigarh, and the UT health department, started operations in November. Under its aegis, silvers will have access—from the comfort of their home—to services like doctors' visits, physiotherapy and laboratory tests at nominal charges.



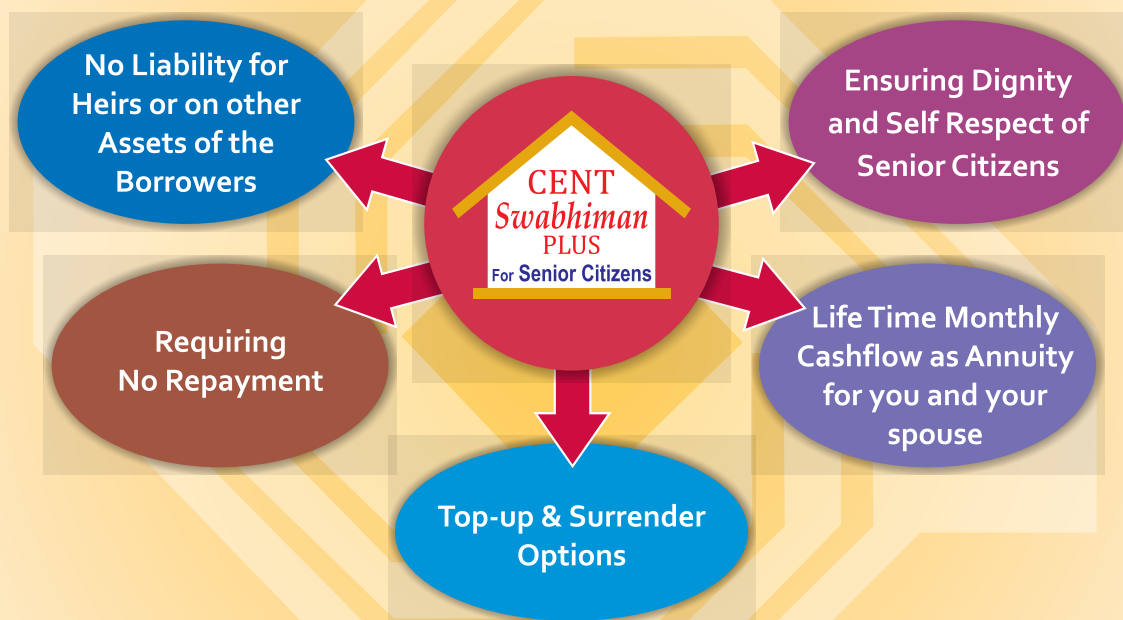
सेन्ट्रल बैंक ऑफ़ इंडिया
Central Bank of India

1911 से आपके लिए "केंद्रित"

"CENTRAL" TO YOU SINCE 1911



Hold your Head High
With Cent Swabhiman Plus

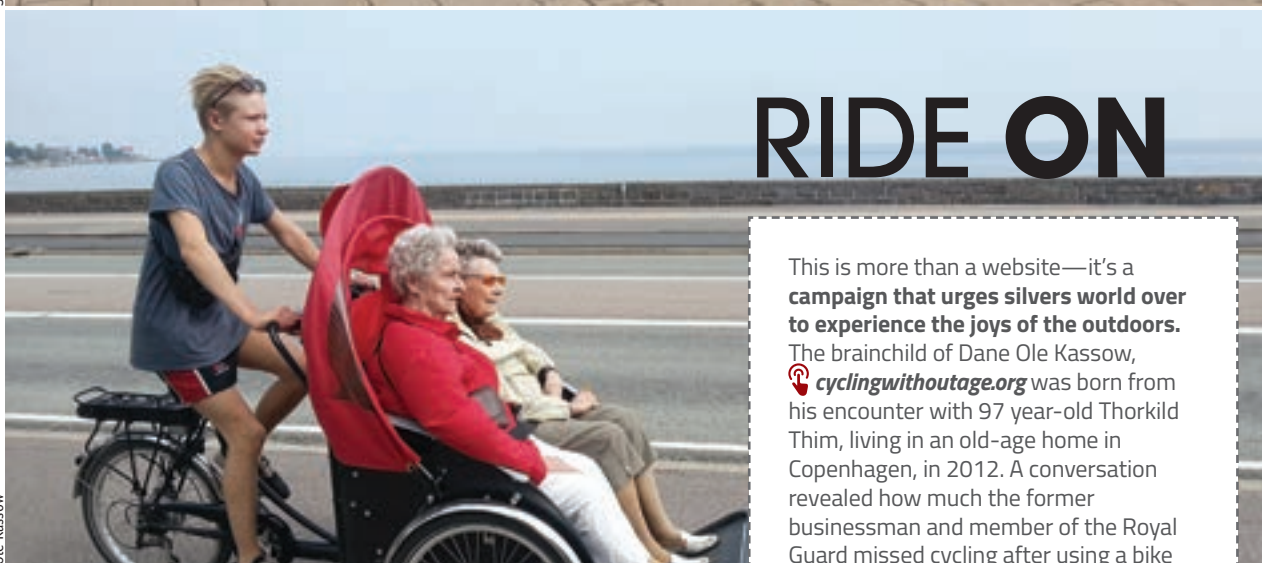


For more details please contact your nearest branch or log on to www.centralbankofindia.co.in

Like us on:  <https://www.facebook.com/CentralBankofIndiaMumbai> Follow us on:  https://twitter.com/centralbank_in



Soren Kuhn



Ole Kassow

RIDE ON

This is more than a website—it's a **campaign that urges silvers world over to experience the joys of the outdoors.**

The brainchild of Dane Ole Kassow,  **cyclingwithoutage.org** was born from his encounter with 97 year-old Thorkild Thim, living in an old-age home in Copenhagen, in 2012. A conversation revealed how much the former businessman and member of the Royal Guard missed cycling after using a bike for close to 80 years. This story inspired Kassow to start a new project: taking pensioners out for rides on specially designed cargo bikes, kitted with two passenger seats and blankets. Four years later, as London newspaper *The Guardian* reports, the project has become a large-scale endeavour spanning 150 old-age homes and 600 volunteer riders.

Kassow aims to achieve a global scale-up for the campaign—the scheme has already begun to spread, with royalty-free license granted in many countries. "It's about relationships; about reconnecting elderly with their environment," Kassow tells the newspaper. "Every time I take an old person out, I learn something; whether it is a life lesson or something I didn't know about my own city."



AN AFTERNOON HIGH: NEW BRITISH TV SHOW *A GRANNY'S GUIDE TO THE MODERN WORLD* (CHANNEL 4) FEATURES A BUNCH OF SILVERS ATTEMPTING TO BRIDGE THE GENERATION GAP. THE FIRST EPISODE FEATURED THREE WOMEN—MARGOT (73), TRISH (82) AND DAPHNE (78)—TRAVELLING TO AMSTERDAM AND TRYING OUT THE GOODS (READ WEED AND HASH) ON OFFER. THE SPACE CAKE THEY ORDER IN A COFFEE SHOP, NEEDLESS TO SAY, HAS THEM DOING SOME PRETTY INTERESTING THINGS, LIKE FROLICKING IN A CHILDREN'S PLAYGROUND, HAVING A GO AT THE SWINGS. FUNNY, IF NOT PARTICULARLY SOPHISTICATED.

THE BOLD AND THE BEAUTIFUL



Photographs courtesy: be-bolder.com



We've been saying it for a while—silver is the new black. And here's the proof. "Dedicated to the older fashionista", the blog *Bolder*, curated by writer Dominique Afacan and photographer Helen Cathcart with the tagline 'How to Grow Older', features a series of stunning silver portraits accompanied by an interview of the subject. "We were scared about getting older—in part, thanks to the way ageing is portrayed in the media—and we wanted to do something that would help us

feel more positive about it," Afacan tells website *metro.co.uk*. "On a wider level, we also wanted to change perceptions about ageing and champion older people who were interesting or inspiring in some way." When we took a peek at the blog, we were greeted with the slamming Speedo-clad body of 85 year-old physiotherapist, ski instructor and swim coach Pierre Gruneberg! Check him (and other hot silvers) out for yourself at be-bolder.com or on the Twitter and Instagram handle [@being-bolder](https://twitter.com/being-bolder)



iStock

SECRETS OF THE sea

The ocean provides us with a rich yield—in more ways than one. Three recent studies point out how **the study of marine life can shed great light on the ageing process and aid the anti-ageing industry.**

For starters, meet the Greenland shark, the longest-lived vertebrate on earth, which can live up to an average of 400 years, according to a study published in journal *Science*. Led by Julius Nielson, a PhD student at the University of Copenhagen, the team made this startling discovery using the radiocarbon dating technique on the eyelid of 28 female Greenland sharks.

And then there's the sea urchin, known for its longevity. Indeed, the ability of some of their species to

live long (till a 100), re-grow lost limbs and reproduce well into old age has already made them a hot topic as they share a close genetic relationship with humans. Now, a study by James A Coffman and his team at Mount Desert Island Biological Laboratory in Maine, USA, has taken things further. Their study of three species of sea urchins, reported in journal *Ageing Cell*, suggests that even short-lived species of sea urchins do not lose their regenerative capacity. "We found that ageing is not inevitable: sea urchins don't appear to age," Coffman tells media. "This suggests there may be something else, a trigger that tells them they must die. Confronted with these findings, we may have to rethink theories on why ageing occurs."

Meanwhile, iMare Natural, a spin-off company of the University of Granada, is partnering with TASCAR, a research project under the EU's Blue Growth Strategy, to explore how marine invertebrates can be tapped for their cosmeceutical, pharmacological and nutraceutical potential. The team from iMare Natural, led by Rafael Belda Poveda, will select echinoderms, sea anemones, soft corals, sponges and tunicates for chemical investigation and their compounds will be tested for anti-ageing activity. As website www.natureworldnews.com reports, their ambit is not limited to skin ageing but encompasses possible cures against osteoarthritis, eye degeneration, Parkinson's disease and Alzheimer's disease, among others.

NEW INDIA FLOATER MEDICLAIM

Premier Health Insurer...



**Single Floater
Sum
Insured for
entire family.**

**Hospitalisation
benefit up to
Rs. 8 Lakhs.**

**Attractive
zone wise
Premium.**

**More than
74 Day Care
Procedures.**

**Critical Care benefit
in addition to the
Sum Insured.**

New Born Baby Cover.

Hospital Cash.

**Cashless in Network
Hospitals across India.**

For more details on risk factors, terms & conditions please read sales brochure carefully before concluding a sale.

*Condition apply

Beware of Spurious Phone Calls and Fictitious/Fraudulent Offers : IRDAI Clarifies to public that : IRDAI or its officials do not involve in activities like sale of any kind of insurance or financial products nor invest premiums. IRDAI does not announce any bonus. Public receiving such phone calls are requested to lodge a police complaint along with details of phone call, number.

www.newindia.co.in

Toll free 1800-209-1415



NEW INDIA ASSURANCE

**दि न्यू इन्डिया एश्योरन्स कंपनी लिमिटेड
The New India Assurance Co. Ltd**

Regd & Head Office: New India Assurance Bldg., 87, M.G. Road, Fort, Mumbai-400 001, INDIA

IRDAI REGN. No. 190

CIN : U 99999 MH 1919 GOI 000 526

UIN. NIAHLIP13030V011213

URN: NIA/PC/2016-17/256-Dec

Get booked for life. Reading is not just a great pastime—it's also a longevity booster. According to a 12-year study at Yale University of Public Health, people who read frequently are likely to live almost two years longer than those who do not. More significant, they retain their cognitive skills longer. Even those who read magazines and newspapers report better cognition than non-readers although the effects are not quite as dramatic as book readers. The study was published in journal *Social Science & Medicine*.



istock

Then: Old jeans Now: Slippers



RECYCLING FACTS

- The US Environmental Protection Agency estimates that the average person throws away 70 pound of clothing per year. That adds up to 3.8 billion pound of unnecessary waste added to landfills. Clothing and household textiles currently make up 5.2 per cent of the waste in landfills.
- Jeans can be 100-per-cent recycled if discarded carefully, as cotton and indigo are the main materials used in making them.

Hate throwing out those well-worn baggy jeans you've owned for ages? Here is a way to hold them close forever—as a comfy pair of slippers. Along with the jeans, you need cardboard, thin foam, scissors, straight pins, a marker pen, some chalk, and a thread and needle. To get started, make sure your feet fit into the back pockets of the jeans. Next, take a pair of your slippers and mark the outline on two pieces of cardboard. Cut out the traced outline and use it to cut out the same size from the end of the legs of your jeans. Use straight pins to attach the front and back of the

denim as you cut it. Ensure the material is long enough for your foot and has a seam allowance. Sew the two layers closed but keep one side open. Use your cardboard cut-out again and cut out the shape of your foot from the foam. The next step is to slip the cardboard cut-out and foam into the feet of the jeans and sew the base closed. Then, cut out the back pockets of the jeans, making sure they remain intact. Put each denim base inside each pocket and sew the base to it. Ensure you sew only the base of the pocket. Now, take your new denim slippers for a walk!

MORE RECYCLING IDEAS...

1. YOU CAN USE THE LEFTOVER PART OF THE JEANS TO MAKE A STUFFED ANIMAL BY CUTTING OUT AN OUTLINE, SEWING IT WHILE LEAVING ONE END OPEN, STUFFING IT WITH FOAM AND SEWING IT CLOSED. YOU CAN ADD TWO BUTTONS ON IT TO GIVE IT A FACE.
2. SIMILARLY, CUT THE LARGER PART OF THE JEANS IN THE SHAPE OF A SQUARE AND SEW IT TOGETHER WHILE KEEPING ONE OPENING. STUFF IT WITH FOAM AND SEW IT CLOSED. YOUR PILLOW IS READY TO USE.



देना बैंक DENA BANK

(A Government of India Enterprise)
Trusted Family Bank

**MORE HAPPINESS
WITH
MORE SAVINGS**

- Attractive Interest Rates
- Zero Process Fees
- Furniture Loan at Home Loan Interest Rates
- Loan for used Vehicles

**Enjoy a bouquet of benefits with Dena Vehicle
& Home Happiness Campaign this Festive Season**

**Limited
Period
Offer**



To apply sms DHOME<space>Name<space>City to 9223175152

For details please visit nearest Dena Bank Branch

Dena hai to Bharosa hai

www.denabank.com

FOUR CLASSMATES FROM THE CLASS OF '82 OF LAWRENCE SCHOOL LOVEDALE, NEAR OOTY IN TAMIL NADU, DECIDED TO ATTEND DESERT TRIP, THE MOTHER OF ALL MUSICAL FESTIVALS

DESERT TRIP!

Photographs by Popeye

It was a 'trip' like no other. Four classmates from the Class of '82 of Lawrence School Lovedale, near Ooty in Tamil Nadu, decided to attend Desert Trip, the mother of all musical festivals, at Coachella Valley near Los Angeles from 14 to 16 October. Our trip was organised by US-based Sashi Reddi, IIT-Delhi, NYU, Wharton biz school hotshot, with three of us flying in from India: Farrokh, glamour photographer extraordinaire; Rajiv, part-time engineer, full-time cashew magnate; and a Rear Admiral! Prashant, our friend, a sports management guy, joined us too. We were a disparate bunch but what brought us together was a passion for music developed during our schooldays.

This passion was honed over hours, watching the vinyl turn at 33 1/3 rpm, or listening to the best '70s rock on a canary-yellow, 10-watt Panasonic cassette player, with our stash of

TDK, Sony and Meltrack cassettes and the de rigueur pencil to spool unspooled tape! The lucky guys eventually got Walkmans—strutting around with one of those clipped to the belt was the new cool. Music became an integral part of our lives and we soaked in all we could about our favourite bands—their hobbies and influences, love lives and pet peeves. Eventually, we left school and moved on with our lives, just like the world, which transitioned from vinyl and cassette to CDs and iPods and streaming music. However, while the times changed, the music we listened to didn't.

That's why Desert Trip was so special. The best ever line-up. Bands and singers that defined various genres and inspired scores of musicians, who later became icons in their own right. The Gurus of sound. How could we miss it? So, our motley crew (!) flew in from our own corners of the

world to LA; from there we drove three hours to Coachella Valley in an SUV. It was like one of the many camp trips in school. We stayed on site in fancy tents, which completed the camping experience.

And then the music began. Two bands played each night over three nights; each played nonstop for over two-and-a-half hours to a mesmerised crowd. The youngest of these icons was 69, the oldest 75. We saw Bob Dylan, a day after he won his Nobel Prize for literature, belting out his songs on his piano without any greetings or niceties between his anthems. The Rolling Stones guaranteed *Satisfaction* with Mick Jagger welcoming us to the "catch-them-before-they-croak concert", running all over the stage, belting out his hits that have stood the test of time. Paul McCartney was amazing with his sense of humour and sheer brilliance, not to mention his touch-



(Above) Roger Waters wows with his signature visuals, lasers and props; (left) Neil Young reminds fans to *Keep on rockin' in the free world*; the Rolling Stones take a bow

ing tributes to George Harrison and John Lennon. Neil Young, with his characteristic whine, reminded us to *Keep on rockin' in the free world*. The Who played many a classic from the *Tommy* and *Quadrophenia* albums; Roger Daltrey's super vocals and Pete Townshend's guitar work with his signature 'windmilling' of the right hand kept the audience in thrall. And Roger Waters hypnotised with visuals, lasers and props providing the perfect foil to tracks from the *Dark Side of the Moon* and *Animals* albums.

It was as though someone clicked the rewind button and took us back to our dorms in Lovedale. Every song brought back a memory—the lyrics, the guitar solos we memorised note for note, the stage antics we read about, the signature guitars, which we recognised from the countless posters, album covers and videos. Some bands had to regroup as the members had gone their separate ways; others got sessions musicians to back them. All of them were magical.



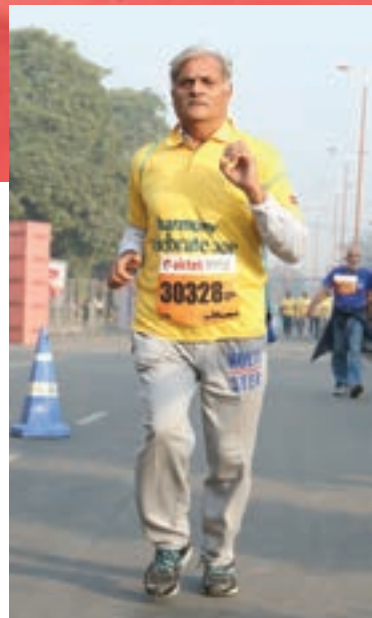
To think, 35 years after passing out of school we actually saw these guys *live* at 10-m distance from the mosh pit! Indeed, it took us grit, patience and sore backs and other body parts to claim 1-sq-ft premier spots next to the stage. Any closer and we'd probably have been handed guitars to join the band! The experience was mind-blowing—the sound, the energy, the sheer talent. We watched these 70-odd year-olds play each riff and solo to perfection as their gnarled fingers moved effortlessly over the fretboards of their Fender Stratocasters.

Now, the four of us are back to our day jobs. But the adrenaline remains. And our respect for these bands has only spiked further. They've enriched us through good and bad times, success and failure, anger and joy, triumph and tragedy. They made those miles go by effortlessly, on car stereos and all life's journeys. And with *Desert Trip*, they gave 90,000 diehard fans an opportunity to witness what might be their Swan Song. The Gods that defined music took us back in time, proving they still had it in them. My only regret: we couldn't hit the pause button.

—Popeye



As the sun burst through the clouds on a chilly capital morning, about 1,200 silvers matched its radiance with smiles and swagger in their bright yellow T-shirts. It was time, yet again, for the 4-km Senior Citizens' Run supported by Harmony at the Airtel Delhi Half Marathon on 20 November! Flagged off at 8 am from Jawaharlal Nehru Stadium with cheering crowds lining the route, the participants soaked in the atmosphere. For the audience, it was a real treat to see indefatigable silvers like 96 year-old Madan Swarup Sethi (bottom left) and 80 year-old Usha Mittal (bottom centre) go the distance. The fun continued after a round of refreshments when guests of honour S K Roongta, former chairman, SAIL, and managing director, Vedanta Aluminum Ltd; Lalit Chopra, senior VP, Axis Bank; Paritosh Arora, managing director, Widex; and Shakeel Rizwi, marketing director, Widex, gave away prizes to the lucky dip winners. Cheers!



Photographs by Humayun Khan, Nitin Sharma & Manoj



Former cabinet secretary Surendra Singh (in the black cap) and S K Roongta (in the black jacket) flagging off the event



Caffeine BOOST

WHAT IS PARKINSON'S DISEASE?

In Parkinson's disease, cells in the part of the brain called **substantia nigra** die off

These cells make dopamine. Less dopamine leads to the motor symptoms of Parkinson's disease



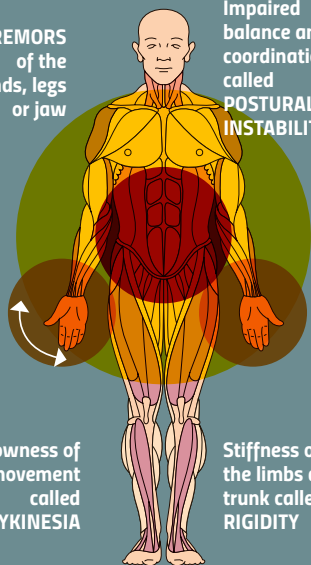
SYMPTOMS

TREMORS of the hands, legs or jaw

Impaired balance and coordination called **POSTURAL INSTABILITY**

Slowness of movement called **BRADYKINESIA**

Stiffness of the limbs and trunk called **RIGIDITY**



Photographs by iStock

That morning cuppa Joe doesn't just kick-start your day; it could also protect your brain from Parkinson's

Researchers from the University of Saskatchewan College of Medicine in Saskatoon, Canada, have identified **two caffeine-based chemical compounds that could prevent the damage caused by Parkinson's**. Parkinson's is a progressive disorder sparked by the loss of brain cells that produce dopamine, a neurotransmitter that allows nerve cells to communicate with each other. The study focused on a protein called alpha-synuclein (AS), which is involved in dopamine regulation. In Parkinson's, AS forms clumps and causes the death of dopamine-producing neurons. The researchers created a caffeine-based, chemical 'scaffold' that formed a protective shield around the brain cells that produce dopamine. They identified two compounds in the caffeine that bind to AS and prevent it from mis-folding. Their findings were published in journal *ACS Chemical Neuroscience*.

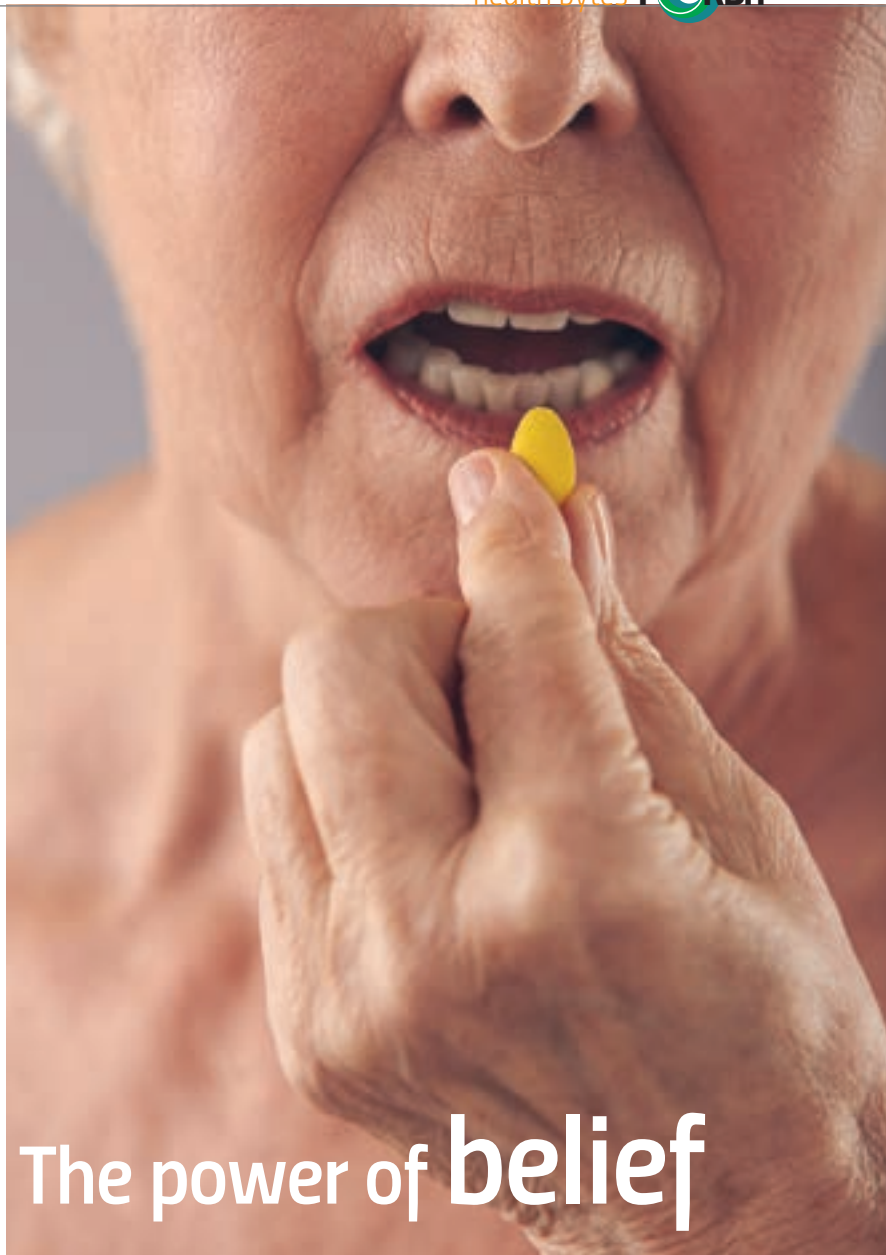
Bionic knee

STROKE AND SPINAL CORD injury patients could benefit greatly from a bionic knee that could help them regain their mobility. Suggesting that science fiction could soon become a reality are researchers from Beihang University, China, and Aalborg University, Denmark, who have developed a **wearable lower-limb robot for stroke and spinal cord injury patients**. The robotic knee mimics natural knee movement, which can help patients regain the ability to walk or strengthen their muscles. The team is now trying to collaborate with doctors and hospitals to test the robot on patients.

BUTT NATURALLY



Vitamin E is the latest superhero in the health battles fought by smokers, especially the more serious ones involving pneumonia. According to researchers from the University of Helsinki, Finland, **Vitamin E supplementation may reduce the risk of pneumonia in elderly men after they quit smoking**. An intake of 50 mg of Vitamin E reduced the risk of pneumonia by 72 per cent in men aged between 50 and 69 and who had kicked the habit. However, the supplement had no effect on decreasing the risk of pneumonia in those who started smoking when they were younger than 21. The findings were published in journal *Clinical Interventions in Aging*.



The power of belief

When life's a pain in the, well, back, use the power of belief to feel better—medical researchers suggest that you will. A study at Harvard Medical School used **the power of belief to ease physical pain** and came up with some pretty surprising results. They found that patients who took a placebo, or a 'fake pill', along with traditional treatment, showed significant pain relief—even when they knew the pills were mere placebos. Patients were divided into two groups: those who only received traditional treatment and those who were also given a placebo with their knowledge. After three weeks, the 'placebo group' experienced a 30-per-cent reduction in lower back pain levels while the other group reported a 9 and 16-per-cent drop in their usual and maximum pain levels, respectively. A 29-per-cent drop in pain-related disability was also seen in the placebo group. Researchers believe the placebo worked, because these patients believed they were receiving special attention and were surrounded by symbols of healthcare. The study was published in journal *Pain*.

ONION FOR OVARIES

When you tear up while chopping onions, turn them into tears of joy. According to a study by researchers from Kumamoto University, Japan, **a natural compound isolated from onions can help treat ovarian cancer**. In epithelial ovarian cancer (EOC), cancer cells are formed on the tissue covering the ovary. Researchers studied the effects of a natural onion compound, onion A or ONA, on a preclinical model of EOC. It was found that tumours showed inhibited growth after the introduction of ONA, which also enhanced the effects of anti-cancer drugs. ONA appears to activate anti-tumour immune responses by nullifying the immunosuppressive function of cancer cells, the study concluded.



Blame it on PROTEIN

AFTER A LIFETIME OF BEING TOLD TO MAKE SURE YOU'RE EATING ENOUGH PROTEIN, HERE'S A CHANCE TO TAKE REVENGE. ACCORDING TO RESEARCHERS FROM THE UNIVERSITY OF ULSAN COLLEGE OF MEDICINE, SOUTH KOREA, **A PROTEIN CALLED USE1 IS FOUND MORE FREQUENTLY IN LUNG CANCER PATIENTS**. RESEARCHERS ARE CLAIMING THIS COULD BE THE CORE PROTEIN RELATING TO LUNG CANCER THAT PROMOTES TUMOUR FORMATION. THEY ARE NOW HOPING THIS DISCOVERY WILL LEAD TO THE DEVELOPMENT OF DRUGS FOR LUNG CANCER TREATMENT. THE RESEARCH WAS PUBLISHED IN *JOURNAL OF THE NATIONAL CANCER INSTITUTE*.



Photographs by iStock

‘Common’ remedy?

Up until now, the letter C was the only thing in common between cancer and the common cold. Now there could be a deeper connection. **Drugs used to treat the common cold might also be used to prevent bladder cancer**. Researchers from Hokkaido University, Japan, introduced human bladder cancer cells into mice and let them grow for 45 days, after which they found tumours in the rodents' lungs, liver and bones. They also found that introducing flufenamic acid, a non-steroid anti-inflammatory drug used to treat the common cold, into cancer cells suppressed the cells' invasive activities and restored the effectiveness of anti-cancer drugs. They are now looking forward to clinical tests.

SHAPEUP!™

VLCC
NATURAL SCIENCES

Stay in front



in every picture, this festive season.

UNHIDE TO THE NEW YOU WITH ADVANCED SHAPE UP!™

Add Advanced SHAPE UP!™ to your regular exercise and diet plan, to feel the difference in just 3-6 weeks*. Its formulation works from within on unwanted cellulite and undesirable flab to give you a toned body.

1. MAKES SKIN TISSUE FIRM AND SMOOTH
2. IMPROVES BLOOD CIRCULATION IN AFFECTED AREA
3. TONES MUSCLE AND MOBILIZES UNWANTED FAT

SHAPE UP!™ Range... designed as per your need !



Waist & Tummy Trim Gel



Slimming Oil



Hips, Thighs & Arms Shaping Gel



*Results may vary from person to person

Available in all leading stores near you and at www.vlccshop.com
For more information, log on to www.vlccpersonalcare.com/wellness/

Class ACT

What separates **Anuradha Joshi** from other educators is how she defines her role. "It is not teaching at all; it is all about learning. It is all about giving children a platform to explore themselves and in the process experience the unbridled joy on their faces," says the principal of Delhi's Sardar Patel Vidyalaya and recipient of the National Award for Teachers in the Special Category earlier this year.

Sardar Patel Vidyalaya is the only private school in Delhi to have Hindi as a medium of instruction up to Class V. And Joshi, who joined the school 10 years ago, calls it a "wonderful barrage of Gandhian ideals and Tagore's creativity, and Sardar Patel's ability to plan".

Marks, she feels, are too absolute. "We therefore have a grading system, for academics and otherwise. No one ever stands first, second or third. We have a 'merit card' system. If you achieve the specified benchmark, you are given what we call a merit card." The school places a premium on developing the children's innate talents. "The ability to innovate, research and work with people should have weight. We are instead struggling with what the British left. We are not giving enough space to skills and creativity," says the 55 year-old educator.

Joshi attributes her perspective on education to her mother. "She is a fabulously gifted person. From embroidery to care for the environment, she has ingrained these things in us. She wanted me to learn all these crafts, especially the ones that require the use of the hands, includ-

ing gardening. It has made me an environmentally aware person."

Her father wanted her to join the Indian Administrative Service and so did her in-laws. But Joshi had begun to forge her own path much before entering the professional realm. "I often used to teach kids from my colony while I was still in school myself," she recounts, of what is now a 22-year vocation for her.

A master's degree in physics and bachelor's in education did not stop her from learning interior decoration, block painting and flower decoration, and even winning prizes for these. "The desire to excel comes from Mummy," she shares. "There's no point in pursuing something if you do not wish to excel in it."

At Sardar Patel Vidyalaya, the children run the school, Joshi reveals, complete with an Upper House, Lower House, a 32-member Council and a voting system. "We teachers only facilitate," she says. "The students make all the decisions through a democratic set-up." Under her guidance, learning often goes beyond four walls. Two years ago,

she encouraged the kids to set up a solar panel on the rooftop. A third of the power utilised in the school now comes from this solar plant. Right from floating tenders for the project to coordinating with the contractors, the students did absolutely everything, she says.

'Saanjhi' is another project that began under Joshi. Here, students explore Indian traditions and crafts and share them with schools across Delhi. Storytelling in various Indian languages, folk art and much more are explored through completely non-competitive formats. Further, the Yamuna Yatra is a project where students travel along the river in Delhi and study the city's dependence on the river and its ecological, social and historical significance.

"When you are passionate about something, nothing is ever enough," she points out. "You always want more from yourself and the children." What really upsets her is when parents drive and steer their children. "I always tell parents, do not judge your kids. Stop looking at them through the spectrum of marks."

—April Cleopatra



Courtesy: Anuradha Joshi

Joshi (standing second from left) at a school event



BIRTHDAYS

American actor **Woody Allen** turns 81 on 1 December.

Actor **Dharmendra** turns 81 on 8 December.

Congress party president **Sonia Gandhi** turns 70 on 9 December.

Actor **Dilip Kumar** turns 94 on 11 December.

Filmmaker **Shyam Benegal** turns 82 on 14 December.

Actor **Anil Kapoor** turns 60 on 24 December.

Former prime minister **Atal Bihari Vajpayee** turns 92 on 25 December.

Businessman and interim chairman of Tata Sons **Ratan Tata** turns 79 on 28 December.

IN PASSING

The world's oldest giant panda **Jia Jia** died on 16 October at Ocean Park, Hong Kong. She was 38.

Former Jammu and Kashmir (J&K) deputy chief minister **Mangat Ram Sharma** passed away on 3 November following prolonged illness. He was 85.

Renowned physicist **M G K Menon** passed away on 22 November. He was 88.

Carnatic vocalist **M Balamuralikrishna** died on 22 November in Chennai at the age of 86. He was suffering from age-related problems.

Cuba's revolutionary leader **Fidel Castro** died on 26 November. He governed the country as prime minister from 1959 to 1976 and then as president from 1976 to 2008. He was 90.

MILESTONES

- Senior journalist **Akshaya Mukul** won the Shakti Bhatt First Book Prize 2016 on 21 November for his book *Gita Press and the Making of Hindu India*. The book was published on 10 August 2015.
- Actor **Rekha** will be honoured at the upcoming Dubai International Film Festival (DIFF) with a Lifetime Achievement Award. The festival will commence on 7 December and conclude on 14 December.
- Poland-born art critic **Marta Jakimowicz** was selected for the Lifetime Achievement Award 2016 by the Karnataka Lalit Kala Akademi on 10 November. She lives in Bengaluru.



Dinodia Photo Library

OVERHEARD

"I think a woman only gets more interesting as she gets older. Youth and superficial beauty have their place and that is, understandably, celebrated to a degree. But that's so fleeting and it's only for a moment in your life. As you mature, you're not just getting older, you're becoming more of who you are supposed to be, and becoming the best version of yourself, better and more interesting. It's a more powerful beauty and it's a more valuable beauty. Besides, I don't want to stay the same! I'm curious about what comes next!"

—American actor **Renee Zellweger**, 47, in conversation with media to promote her latest film **Bridget Jones's Baby**

HAVE SOMETHING TO SAY?

THIS IS THE PLACE TO DO IT. REACH OUT TO FELLOW READERS WITH INTERESTING ANECDOTES, INSPIRING STORIES AND HEARTWARMING MOMENTS FROM YOUR LIFE. WRITE IN WITH FULL CONTACT DETAILS, AND MAKE THIS SPACE YOUR OWN.

BEYOND BORDERS

I live a simple life and run a general store in Jaipur's Tripolia Market—but it's a life built on wisdom and patience. These were qualities people like me learnt quickly or we wouldn't have survived the brutal and bloody era of Partition in 1947.

I was born in Dera Gazi Khan in Pakistan, where my father was a manufacturer of plastic and ivory bangles. I joined my father in the business but later branched out on my own. I ventured into the cotton trade, initially in partnership, and then relocated to Multan for better business opportunities in 1942. I started a cotton thread factory there.

Partition marked a massive and bloody upheaval for the Hindu community in Multan and we migrated en masse. Our family left Multan for good and arrived in Jodhpur, Rajasthan. I started my business in Delhi but suffered massive losses, so I shifted to Jaipur in 1954. Since then, I have been running my shop. Owing to modernisation and intense competition, my business is no longer very profitable. But I am 97 years old and I keep my shop running only to stay occupied. My son and two daughters are well settled, and none of them is interested in running the shop after my death.

I lead a comfortable and peaceful life owing to the grace of God and my soulmate Thalo Bai, who is 94. I am a true believer in the Almighty and follow a simple yet disciplined life. I wake up early and take a walk to Bees Dukan Temple, which is 1.5 km away from my home, and spend three hours there. Then, I take a cycle-rickshaw to my shop, which is around 4 km away, and reach there by 11 am. My wife and I are strict Jains. For proper digestion, I try to eat before sunset, so I return home by 5.30 pm and eat my dinner.

Today, I am horrified and very saddened at the deteriorating relationship between India and Pakistan. As I have

lived in Pakistan and now live in India, I can say with confidence that the people of both countries are innocent and want to live a peaceful life. Political meddling and the vested interests of a few powerful people are making the situation complex. I would dearly love to see the spirit of brotherhood blossom between the two countries.

—Indra Bhan Jain, Jaipur



Surendra Jain Paras

At 97, Jain runs a general store in Jaipur

GOLDEN MEMORIES

I consider myself lucky to have been part of the golden anniversary celebrations of the 96th Pilots' course and the 34-35th Navigators' courses. I wish my husband could have attended because these were his buddies and comrades. But, then, he was in a hurry to meet his Maker, so I was there by myself!

Although the event was being celebrated in Hyderabad, close to where I live, I too checked in at the five-star hotel where everyone else was staying because I didn't want to waste time commuting between home and hotel.

Fifty years ago, 235 ragtag boys aged 19-20 graduated from Air Force Station, Begumpet (Hyderabad). After they were commissioned, some became fighter pilots, others flew transport aircraft and some became fighter controllers and ATC officers. While in uniform, there was some heartburn when one got his rank before the others, but after all these years what really matters is the fact that inside each one of those uniforms, a heart beats for the nation, for comrades, family and the families of comrades who have passed on. This is why I go to meet these stalwarts who may have greyed but still tell tall stories and naughty jokes.

In 1991, when the course completed 25 years, A S Chawla and J K Singh decided to set the ball rolling to celebrate the occasion. Although my husband was still in uniform, we managed to meet the gang at DSOI [Defence Services Officers Institute] in Delhi. It was an eye-opener for my civilian upbringing. Some of the Sikh officers were literally a head and shoulders taller than my husband—and I saw him lifted off the ground a couple of times! There was so much back thumping, so many bear hugs and so much love in the air—it was very heart-warming! Thereafter, these course-mates got together every year. The event was named Udaan and, every 12 months, we met at an exotic destination: the Andamans, Pattaya, Bhubaneswar, Goa, Bhutan, among others. Time moved on and many stalwarts fell by the wayside.

Here's a tiny peek into what it's like to be a part of so much bonhomie and camaraderie, especially when you consider

the decades that have flown past. Lalitha Mathew, whom we used to fondly call 'Lali', attended this reunion with her son, daughter, their spouses and their kids. No one had seen her for 30 years, since her husband Flight Lieutenant Tommy Mathew passed away. Then there was Bhanumati Singh, widowed at 22, wife of Flight Lieutenant S K Singh, the guy who had topped the course. She had never attended any of the earlier gatherings.

The duo who organised the recent gathering personally got in touch with Lali and Bhanumati and gently persuaded them to come. Dr Mandakini, daughter of late Flight Lieutenant V K Awasthi, and her husband flew in from Boston, while Justice Sodhi, who upheld the verdict in the famous Manu Sharma case, came in from Delhi and A V Singh from Aizawl.



Courtesy: Shyamola Khanna

Khanna (in the black sari) at the golden anniversary celebrations of the 96th Pilots' course

The average age of the veterans at the gathering was 70 while the wives were in their mid-60s. But I spotted Anil Bendre, looking trim and dapper as ever with jet black hair! I chided him and he admitted he would retain the image as long as he could. Sohal and Merlin were confined to wheelchairs but that didn't stop Merlin from singing while her trumpet act kept everyone amused.

It was an unforgettable event, and I am told we will meet in Sri Lanka next year. I am already looking forward to it.

—Shyamola Khanna

A soldier gives back

COLONEL NEERAJ MEHRA, 60, JAIPUR

They say there are no coincidences but sometimes these poignant events unfold in the most dramatic of ways. I am 60 years old and I retired from the Indian Army three years ago. I have since been leading a peaceful retired life with my wife and daughter and started working with Pipavav Defence and Offshore Engineering Company (now Reliance Defence) in Gujarat as the company's 'Country Head of Security & Administration' two years ago.

Early this year after coming back from Gujarat to Jaipur, it was a sheer coincidence that one day while driving, a woman took a lift in my car. She introduced herself as Sadhana Garg, founder of Raghukul, an NGO that is rehabilitating the Rana community on the outskirts of Jaipur. The Ranas were once folk performers but are now marginalised and live a sorry existence. She said her NGO was educating the Rana children and helping the community earn a dignified living.

Garg's next question came like a bolt from the blue: Would I be interested in teaching the children? I was taken aback and said I did not hold a degree in teaching. She smiled and said that she still wanted my services because she felt I was good enough for the children. For me, the only experience that came close was the community service and welfare work I did while in the Army. However, I accepted the proposal and joined Raghukul around two months ago. Besides teaching, I also look after the NGO's administration, thanks to the managerial skills I learnt in the Army.

At Raghukul, I learn something new every single day. The children are bright but owing to poverty and lack of opportunities, they face many challenges. Some of them are so eager to study that they attend the NGO's classes against unbelievable odds. One of the girls has a mother who is physically challenged, so she attends classes as and when she can. Others are busy eking out a living but still attend classes whenever they get a chance. But there are so many who are dependent on begging; convincing their parents to let us educate them is very difficult. The midday meal we offer is the only bait.

Motivating these children is a big challenge for me, so I use innovative techniques to make every topic interesting. For instance, to understand multiplication or division,



Anubha Agarwal

I use ice-cream sticks to make things more exciting. My wife was a primary school teacher and is great support to me.

At Raghukul, we promote pottery and get diyas painted by the Rana women and children, just as we did in the Army. In the Army, we also carried out welfare projects like carpet weaving, candle making, tie-and-dye work and so on. When I was posted in Cambodia, we constructed schools and colleges. Likewise, in J&K, we undertook a number of projects, including providing educational instructors for children living in areas out of bounds for regular teachers. We also conducted plantation drives every year. Many of these projects resonate with my work at Raghukul and hence I am very comfortable with what is expected of me.

I drive 10 km to work every day and take two classes, in English and mathematics. I leave my Army background and regimented life behind and interact with these children according to their level of understanding. My new line of work is not just enjoyable but fulfilling. My country has given me so much and I believe I can express my gratitude by lighting the lamp of education in the lives of these children.

—As told to Anubha Agarwal



Kokilaben Dhirubhai Ambani
hospital & medical research institute

Every Life Matters

Introducing

Adult Immunization Clinic

Immunization protects individuals from various illnesses that may be contagious and fatal.



NEED FOR ADULT VACCINATION

- When immunity from childhood vaccination wanes
- For prevention of disease outbreaks and diseases transmitted via blood or sexual contact
- For post transplant patients
- For cancer patients undergoing spleen removal

COMMON VACCINES ADVOCATED FOR ADULTS

Influenza (including swine flu) | **Pneumococcal vaccine** (Pneumonia) | **Typhoid vaccine**
Hepatitis BTdap/Td (Diphtheria, tetanus, pertussis) | **Shingles** (Herpes)
Meningococcal (Meningitis) | **Chicken pox** (in non-immunal adults) | **Cervical Cancer**

Get vaccines on time to prevent diseases and live a healthy life.

ADULT IMMUNIZATION CLINIC

For appointments, please call 022 - 3093 7192 | SMS 'KDAH VAC' to 55454
Email: appointment.kh@relianceada.com

World-class healthcare. Accessible & Affordable

A social initiative by



Four Bungalows, Andheri (W), Mumbai - 400 053

Appointments: +91 22 30696969 / 30666666 / 30999999

Web: www.kokilabenhospital.com | [/KokilabenHospital](#) | [/KDAH Mumbai](#) | [kokilabenhospital](#)



Art of the matter: The link between art therapy and yoga



Art therapy has gained its own momentum. In the adult hobbies section of bookstores in the West, colouring books are increasingly assuming pride of place (*see November issue of Harmony-Celebrate Age*).

In this wave of self-healing through art, Zentangles offer an added spiritual connotation. These modern-day self-healing therapies are gaining different expressions daily. You have colouring books that focus on one colour, colouring books with distinct topics, mandala (translated to mean a circle, but denoting infinity and radial expansion) workbooks and mandala kits...the list is endless and growing, fusing into other art therapies.

Yoga's own branch of art therapy is that of the yantra. Somewhere in the more recent past, yantras were being done by experts and sold to those seeking relief for certain personal problems, including spiritual ones. But originally, it appears yantras were actually drawn by the *sadhaka* (practitioner) as a healing art, with guidance being offered by the expert. In this original yogic model, they were empowering and offered relief.

Yantras include colours (from the rainbow spectrum) and sacred geometry, shapes that establish a certain type of mindset. Interestingly, the modern aspects of ergonomics, architecture, interior decorations, even advertising, are finding out that there is a deep biological response to

these that is so primitive as to reach the subconscious in a powerful way. When manipulated to act in our favour, they offer conclusive healing.

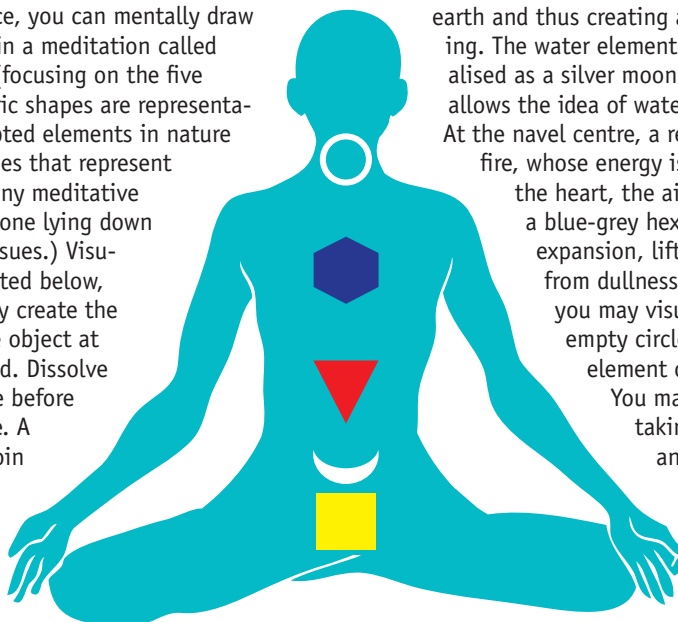
The best authors on the topic of yogic yantras are master Swami Satyananda and Harish Johari. According to the former, these are based on the idea of the individual self

being a hologram of the entire cosmos. It is believed that corralling the mind back to this perspective, through the hardwiring of geometric shapes and colours and our responses to them, helps us through crises in our life, including ill health. So, the modern-day art therapies that deal with colours, geometric shapes and doodling work around this premise.

YOGIC MOVES

Panchatattwa dharana (focus on the five elements)

In yoga's tantric practice, you can mentally draw your geometric shapes in a meditation called *panchatattwa dharana* (focusing on the five elements). The geometric shapes are representative of the widely accepted elements in nature and said to have qualities that represent these elements. Sit in any meditative posture. (This may be done lying down for those with health issues.) Visualise the shapes suggested below, taking your time to fully create the shape and colour of the object at the body part mentioned. Dissolve the image of that shape before moving on the next one. A yellow square in the groin area represents the earth elements, its four corners representing the stolidity of the



earth and thus creating a sense of stability and grounding. The water element, at the tailbone, may be visualised as a silver moon. Visualising cools the mind and allows the idea of water and its flow as creative energy. At the navel centre, a red triangle creates the burning fire, whose energy is purifying and transforming. At the heart, the air element may be visualised as a blue-grey hexagon. This suggests the idea of expansion, lifts the spirit and moves it away from dullness and lethargy. At the throat, you may visualise its element of ether, as an empty circle pulsing with myriad lights. The element of ether is expansive, unafraid.

You may do this for a few minutes a day, taking your time to savour the images and their colours. **Benefits:** This helps focus the mind and shift perspective, aiding with problem-solving. It also helps with pain relief and encourages self-healing.

Mandukya Upanishad

It is said to be the shortest of the *Upanishad* but is listed with the best. It is said that Lord Rama had suggested that only *Mandukya* was sufficient to understand all the yogic truth. The beauty of this treatise is that it is written by an author who has understood the yogic secret. It is at once a sharing of his experience and an instructional manual. It compacts the truth into the ancient syllable Om and examines

the different states of consciousness through the four aspects of this syllable. When you read this *Upanishad*, if you are a serious *sadhaka*, you are likely to feel the goosebumps of a soul that understands the secret code. The words are abstruse for those who do not have a glimmer of what yoga is really about. But for those who have what is called *mumukshutva* (deep spiritual yearning) it resonates with a powerful message. Though a lot of scholarly ink has no doubt been shed

on this amazing treatise, the experience of reading a pure translation and relating to it is the most powerful experience of this *Upanishad*. It leaves theory and transcends into experience. Here is a quote that puts a cap on this mind-shifting experience: *The fourth is soundless: unutterable, a quieting down of all relative manifestations, blissful, peaceful, non-dual. Thus, OM is the Atman, verily. He who knows thus, merges his self in the Self – yea, he who knows thus.*

Shameem Akhtar 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)



HEART TO HEARTH BY PRATIBHA JAIN

A series about silvers who believe nurturing the body and mind is the key to joy

Today and hereafter

Tara Dakliya • JALGAON



Photographs by Chennai Pix

I have known of people competent in arts and crafts, people who specialise in their professions, but this was something I was hearing for the first time! Eighty year-old Tara Dakliya is a *Sallekhana* specialist, known in the Jain community for easing the passage to death. *Sallekhana* means 'fasting unto death', the last vow prescribed in the Jain ethical code. It entails abstinence from food and all material comforts, with the intention of preparing for death.

I first met Taraji at her brother Ashokji Galada's residence in Chennai during her visit last month. Confident, frank and friendly, she is inspiration personified. Rather than restricting her activities to the four walls of her house, as many in her generation would have, she keeps herself well-informed and busy. In fact, she takes a keen interest in the social and religious activities in her locality, and is often asked to speak at important gatherings. An extempore speaker, she willingly addresses the audience, winning their rapt attention and is only too happy to shoulder the responsibility of the activities of the *sangha* (religious congregation).

As we spoke, I realised this was someone who firmly believes that sharing and caring are the ideal ways to live.

Pranam Taraji. Having heard much about you from your brother's family, I have been looking forward to meeting you. Can we start with your childhood?

I was born in Bodwad, a town in the Jalgaon district of Maharashtra. It was a full house with my five sisters and four brothers. My mother trained us in housework, which held us in good stead later on in life.

How old were you when you got married?

I was barely 15 when I got married to the late Madanlalji Dakliya and moved to Jalgaon. It was a joint family and the atmosphere at home was strict, rigorous and religious.

Is that what triggered your deep interest in religion?

Religious activities are an intrinsic part of most Jain families. Even in my own *peehar* [maternal family], they observed several religious practices, which became a way of life for us. I have never consumed any root vegetables in my life, not even carrots or ginger. For the past 50 years, I also make it a point to eat before sunset.

How did your love for religious literature blossom?

I always loved reading! I can read Hindi, Prakrit and Sanskrit. I think I was inspired towards reading religious literature because of the *shivir* [religious camps]. Several competitions and exams were organised in these *shivir* and I always came through with flying colours. Perhaps the highlight among all this was the time I heard the *Uttaradhyayana Sutra*. It was a truly enriching experience and propelled me further in the direction of a deeper study of the scriptures.

Was there any significant event at the time that you would like to share?

Renowned Jain monk Acharya Hastimalji came and stayed in Jalgaon for his *chaturmas* [holy period from July to October]. As you are aware, Jain ascetics stay in one place during the four rainy months of *chaturmas*. He noticed my religious interest and asked me one day, "What is the use of

restricting your knowledge within the four walls of your home? Step out and put what you have learnt to good use." I was really moved by what he said, feeling blessed and honoured. So I came home and asked my husband. He agreed and I then became a *swadhyayi*, which means religious teacher. From then on, almost every year, I would go to some place as a *swadhyayi* during Paryushan [a Jain religious festival] to spread awareness about religion.

"I firmly believe it is important for us to cook for the family ourselves. When we cook, the food gets infused with the vibrations of the positive and loving thoughts we have. If you were to understand that love is caring for and nurturing someone, you will never feel the need to eat out"

How difficult was it to manage both the housework and your outdoor religious activities?

Managing anything is what you make of it. It is only a matter of balancing things out. As a community, Jains are very hospitable. I have five daughters and two sons, and all my children helped a lot. My daughters are married. Now, we are a happy joint family comprising my sons, daughters-in-law and grandchildren. Balancing the house and outdoor activities was never an issue, either then or even now, whether it was just the family or attending to visitors and guests.

Did you employ a cook to manage the kitchen?

Oh no! I firmly believe it is important for us to cook for the family ourselves. When we cook, the food gets infused with the vibrations of the positive and loving thoughts we have. Can a professional cook ever have the same selfless love and care as a mother has for her children? I believe in cooking as well as serving with my own hands. If you were to understand that love is caring for and nurturing someone, you will never feel the need to eat out.

What if people have different tastes? What do you do to accommodate the fussy?

The reality is that no two people think alike. But you have to contain everyone—that is what life is all about. Staying together, understanding, adjusting and sharing with each other become the ideal way to live.

What are some of your favourite dishes?

I appreciate healthy food the most! I have never ever eaten fried snacks. There are so many healthy traditional dishes to choose from. I strongly recommend jowar—it is light to digest and a healthy staple. I am very particular about cow's milk as I find it light to digest, and we use it to make ghee. I think my diet has kept me in good health. I have suffered two heart attacks but have sailed through quite easily on account of my healthy eating habits.

I have heard so much about your expertise with Sallekhana. Tell us about the immense responsibility that surrounds this practice and enormity of the decision.

Undoubtedly, it is an immense responsibility. But it is also a great honour for both: the one who



undertakes the vow and the one giving the vow. First of all, we must ascertain whether the person is really ready for *Sallekhana*. I check their bodily functions and evaluate their mental strength. After that, their family has to give permission. My father always wanted to

undertake *diksha* [renunciation] but the family did not grant him permission. So as his end neared, I initiated him into *diksha*, with the permission of the family members and *sangha*, and followed it up with the vow of *Sallekhana*. He passed away within two hours. To date, I feel

a sense of peace whenever I think about his end.

For how many people have you facilitated this process?

I have not kept count but I am sure it has been more than 50 people. When



our sadhus and sadhvis are around, they bestow the vow of *Sallekhana* upon the *saadhak* [spiritual aspirant]. But basically, our sadhus and sadhvis are wanderers and do not stay in one place. Hence, this responsibility often falls on a few of us who are well-informed about the vow.

Thank you for sharing this. My last question: How do you respond to changing times?

Change is natural as it is certain, but one should be able to differentiate between change that is good and change that is bad for us. I notice a definite change in the way today's parents are bringing up their children. I am not saying which is a better system, but today's parents are far more attentive. Earlier, families were large and children just grew up in each other's company. I don't ever remember needing my mother's attention. That too had its own advantage!

STEAMED ROTIS WITH CHANNA DAL STUFFING

Known as 'Pune ke baingan', here is a healthy Maharashtrian snack of rotis stuffed with the paste of channa dal. Rolled to look like brinjals (thus the name), this dish is pleasing to the eye and delicious to the palate.

Ingredients

For the stuffing:

- Channa dal: 1 cup
- Oil: 2 tbsp
- Chilli powder: ½ tsp
- Cumin powder: ¼ tsp
- Turmeric powder: a pinch
- Asafoetida powder: a pinch
- Salt to taste

For the rotis:

- Wheat flour: 2 cups
- Oil: 2 tbsp
- Salt to taste

For the tempering:

- Oil: 1 tbsp
- Green chillies: 2; slit
- Mustard seeds: ¼ tsp
- Cumin seeds: ¼ tsp
- Poppy seeds (khus khus): ¼ tsp
- Chilli powder: ½ tsp
- Turmeric powder: a pinch
- Salt to taste
- A few curry leaves

For the garnish

- Copra (dried coconut): 1 tbsp; grated
- Coriander leaves: 1 tbsp; chopped

Method

Wash and soak the channa dal overnight. In the morning, strain and discard the water. Now, grind the dal into a paste but not too fine, adding a few drops of water while grinding. Transfer the mixture to a plate. Add the oil and spices: salt, chilli powder, turmeric, cumin powder and asafoetida. Mix well and set this stuffing aside.

For the rotis, add the oil and salt to the wheat flour. Now, knead it well, adding water as required. The dough should be stiff. Roll out the dough into thick rotis of 5-inch diameter. Add a little stuffing and fold into the shape of brinjals. Steam for 15-20 minutes until well cooked. You can poke them with a fork to check if they are cooked. Allow the steamed rolls to cool. Now, cut them into pieces like thick burfis.

Heat the oil for the tempering. Add the mustard seeds; as they begin to pop, add the cumin seeds, poppy seeds, green chilli and curry leaves. Immediately add the salt, chilli powder and turmeric powder and add the rolls. Stir gently for 2-3 minutes. Switch off the flame and garnish with copra and coriander leaves.

These can be served as a snack. Taraji's family enjoys them with plain *kadhi*.

Pratibha Jain, an author and translator from Chennai, is the co-author of two award-winning books Cooking at Home with Pedatha and Sukham Ayu. Her area of specialisation is documenting Indian traditions through research, translation and writing

Sweet tidings

USHER IN CHRISTMAS AND THE NEW YEAR BY DIGGING INTO THESE IRRESISTIBLE DESSERTS BY **CHEF VIDITA KAMAT**



DARK FLOURLESS SPONGE CAKE

Makes 8 slices

Nutritional composition (1 kg)

- Calories: 342
- Protein: 80 gm

Ingredients

- Bittersweet chocolate: 120 gm
- Unsalted butter: 125 gm
- Castor sugar: 150 gm (or sugar substitute: 130 gm)
 - Eggs: 3; large
 - Cocoa powder: 60 gm (and additional for sprinkling)

Method

Preheat the oven to 180°C and butter an 8-inch round baking pan. Line the bottom with foil. Chop the chocolate into small pieces. In a double boiler or metal bowl set over a saucepan of barely simmering water, melt the chocolate with butter, stirring until smooth. Remove the top of the double boiler or bowl from heat and whisk castor sugar into the chocolate mixture. Add eggs and whisk well. Sift the cocoa powder over the chocolate mixture and whisk until just combined. Pour the batter into a pan and bake for 25 minutes, or until the top has formed a thin crust. Cool the cake on a rack for 5 minutes and invert onto a serving plate. Dust it with additional cocoa powder, if desired, slice and serve.



TRIFLE PUDDING

Makes 4 glasses

Nutritional composition (1 portion)

- Calories: 300
- Protein: 2.6 gm

Ingredients

- Fruits (kiwi, pear, apple, pineapple, orange, pomegranate or any fruit of your choice): 1 each; totalling 100 gm
- Whipped cream or hung yoghurt beaten with sugar: 300 ml
- Cookies: 8 pieces
- Strawberry jelly: 1 packet

For the custard mixture

- Milk: 200 ml
- Castor sugar: 40 gm
(or sugar substitute: 20 gm)
- Custard powder: 18 gm

Method

Take the desired fruits; peel, chop, deseed and keep aside. To prepare the custard mixture, heat the milk, add sugar and ensure it gets dissolved. Add this mixture to the custard powder, mix well and let it cool. Make the strawberry jelly and let it set for 2 hours in the refrigerator. Crush the cookies into crumbs. Just before serving, place the crushed cookie mixture at the bottom of a glass. Add the layer of mixed fruits followed by layers of custard mixture, strawberry jelly and whipped cream. Do it again to get two layers of each depending upon the size of the glass. Refrigerate and serve cold.

CHIA SEED PUDDING WITH MANGO

Serves 2

Nutritional composition (1 portion)

- Calories: 206
- Protein: 4.6 gm

Ingredients

- Chia seeds: 50 gm

- Almond milk: 500 ml
- Coconut milk: 237 ml
- Vanilla extract: 1 tsp
- Fresh ginger: ½ inch; minced
- Mango: 1; diced
- Fresh mint leaves: a few; to garnish

Method

Soak the chia seeds, ginger and vanilla extract into a mixture of almond milk and coconut milk for an hour, stirring occasionally until a gel forms. The pudding is ready now. Pour this pudding into serving glasses

and top with diced mango pieces. Garnish it with fresh mint leaves and place in the refrigerator. Eat chilled or at room temperature.



TEA CAKE

Serves 4

Nutritional composition (1 slice)

- Calories: 25
- Protein: 1.45 gm

Ingredients

- Raisins: 50 gm
- Tutti frutti: 50 gm
- Earl Grey tea: 4 teabags

- Hot water: 300 ml
- Flour: 250 gm
- Baking powder: 10 gm
- Granulated sugar: 100 gm (or sugar substitute: 80 gm)
- Eggs: 2

Method

Soak the raisins, tutti frutti and tea together in hot water for 25 minutes.

Now mix the flour and baking powder and sieve together. Add the eggs and sugar and beat well till it becomes light in colour and the sugar melts. Add the soaked ingredients to this mixture. Pour the batter into a baking tin and place in the oven for 25-30 minutes at 160°C. Check with skewer/knife if done. Remove from the oven, slice and serve.



CRÈME BRÛLÉE

Makes 4 portions

Nutritional composition (1 portion)

- Calories: 25
- Protein: 3.25 gm

Ingredients

- Cream: 500 ml
- Egg yolks: 6; large
- Vanilla essence: ½ tsp
- Castor sugar: 125 gm
(or sugar substitute:
105 gm)
- Golden brown sugar:
75 gm

Method

Warm the cream just enough to dissolve the sugar in it. Mix the eggs, vanilla essence and castor sugar. Pour the warm cream over the egg-vanilla essence-sugar mixture. Strain the mixture and pour in small, oven-resistant bowls. Heat for 20-25 minutes at 140°C. Caramelize the brown sugar; pour on top and serve.



Vidita Kamat is the founder of Mezclaa-Blend It!, a service for sweets, snacks and beverages. You can contact her at: mezclaa@gmail.com



Photographs by iStock



Capture the fracture

Fracture owing to osteoporosis can have a serious impact on a person's health and quality of life. **Dr Abhijit Y Pawar**, consultant orthopaedic spine surgeon at Kokilaben Dhirubhai Ambani Hospital, speaks about the significance of timely intervention in preventing fractures

Osteoporosis is a condition characterised by decrease in density and strength of the bones. It leads to skeletal weakness and frequent fractures. Bone loss is a natural part of ageing but not everyone loses enough bone density to develop osteoporosis. However, the older you are, the greater your chance of having osteoporosis. Back pain, caused by changes in the vertebrae, may be the first sign that something is wrong.

The risk factors for osteoporosis include deficiency of calcium and Vitamin D₃, a sedentary lifestyle, female gender/

post-menopause, ageing, a family history of osteoporosis, history of broken bones, smoking, alcohol, excessive intake of coffee and certain medical conditions like rheumatoid arthritis, celiac disease and overactive thyroid gland. Intake of some medications like corticosteroids and anticonvulsants for a long duration is also a risk factor.

Why the concern?

In India, there were 20 million reported cases of osteoporosis in 2005; this number increased to 25 million in 2008. And this is just the tip of the iceberg as many cases go unreported. According to the International Osteoporosis

Vertebral fractures significantly affect the ability of people to carry out normal daily activities. After an initial hospitalisation for a vertebral fracture, there is a greater risk of another fracture in the following years



Foundation, one in three women above 60 and one in five men above 60 in India are likely to suffer from a fracture owing to osteoporosis. Despite its serious impact, the approximately 80 per cent of people at high risk and who have already had at least one osteoporotic fracture are not identified or treated. This fracture 'epidemic' is a serious challenge for healthcare authorities, social institutions and, ultimately, for patients and their families.

Indeed, fractures owing to osteoporosis can have a serious impact on a person's health, happiness and quality of life. They can result in chronic pain, long-term disability and death. As our life expectancy increases, so too does the proportion of the population suffering osteoporotic fractures. Osteoporosis can be present without any clinical features because it doesn't cause any symptoms until a bone breaks. The symptom associated with an osteoporotic fracture is usually pain at fracture site. Some of the most common sites of fractures are the hip joint, wrist joint and spine. These fractures tend to happen from a minor trauma.

The impact of hip fractures

Hip fractures are one of the main reasons why older people lose their independence. After a hip fracture, 10-20 per cent of patients who used to live in the community will require long-term nursing care. Almost one in five people dies in the first year after suffering a hip fracture, and a greater risk of death may continue for at least five more years. A year later, 40 per cent are unable to walk independently and 60 per cent still require assistance.

The impact of vertebral (spinal) fractures

These can lead to back pain, loss of height, deformity, immobility, increased number of bed days, and even reduced pulmonary function. Vertebral fractures significantly affect the ability of people to carry out normal daily activities. After an initial hospitalisation for a vertebral fracture, there is a greater risk of another fracture in the following years. The overall socioeconomic impact of fragility fractures is huge in terms of direct costs for medical, hospital and surgical care.

DAILY CALCIUM NEEDS

WOMEN	
Age 50 and younger	1,000 mg daily
Age 51 and older	1,200 mg daily
MEN	
Age 70 and younger	1,000 mg daily
Age 71 and older	1,200 mg daily

DAILY VITAMIN D NEEDS

WOMEN AND MEN	
Below 50 years	400-800 IU
50 and above	800-1000 IU
IU-International Units	

The diagnosis

The process of diagnosing osteoporosis begins with a physical exam. A DEXA (Dual Energy X-ray absorptiometry) scan or X-rays may be taken to detect skeletal problems. The DEXA scan is quite a precise method for diagnosis and takes only five to 10 minutes to perform. The patient is exposed to very little radiation (less than 1/10th of a standard chest X-ray), which typically measures bone density in the hip, spine and forearm. The bone density of the patient is compared to the average peak bone density of young adults of same race and sex. This score is called 'T-score'. Osteoporosis is defined as a bone density T-Score of -2.5 or below.

Management

Diet: Dietary calcium may help combat low bone mass and reduce the risk of osteoporosis. Recommended food sources of calcium include low-fat dairy products (such as milk, cheese, and yogurt); dark, leafy green vegetables (such as broccoli and spinach); sardines and salmon with the bone; and foods fortified with calcium (such as orange juice and cereals). About 1,300 mg/day of calcium is recommended for children and adolescents from nine to

Cases of osteoporosis

20 million

2005

25 million

2008

80%

of people at high risk and who have already had at least one osteoporotic fracture are not identified or treated

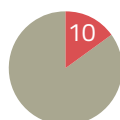
Number of people above 60 likely to suffer from a fracture owing to osteoporosis



one in three women



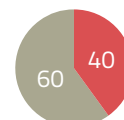
one in five men



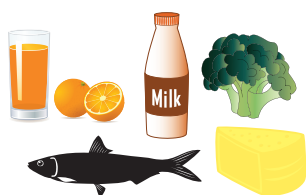
10-20 per cent of patients require long-term nursing care



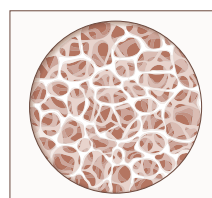
One in five people dies in the first year



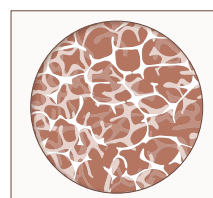
A year later, 40 per cent are unable to walk independently; 60 per cent still require assistance

**Diet****Exercise**

NORMAL BONE



OSTEOPOROSIS



18 years of age, and 1,200 mg/day is recommended for adults above 51. The body makes Vitamin D through exposure to sunlight (15 minutes per day is recommended), and it can also be found in food sources such as egg yolks, saltwater fish and liver. Vitamin D supplements may be suggested for people who cannot get adequate sun exposure.

Exercises: High-impact weight-bearing exercises such as running, hiking and climbing stairs help to build bones and keep them strong. Low-impact exercises such as walking and some yoga poses also help keep the bones strong. These can be used as an alternative if one cannot do high-impact exercises. Muscle strengthening includes activities where you move your body, a weight or some other resistance against gravity. Weight-bearing impact exercises should be done for 30 minutes a day, five to seven days a week. Muscle-strengthening exercises should be done two to three days a week. If a person has osteoporosis or is frail, it may be better to do 10 to 15 repetitions with a lighter weight.

Medications: Treatment for three to five years with bisphosphonates is safe and effective in treating osteoporosis and preventing fractures of the hip and spine. These inhibit bone loss by encouraging osteoclasts to undergo cell death. The most popular first-line bisphosphonate drugs are Alendronate and Risedronate. Another medication is teriparatide, genetically engineered analogue of human parathyroid hormone used to treat osteoporosis in patients at a high risk for fracture. Administration of teriparatide stimulates new bone formation, resulting in increased bone strength and density. Combination therapy with bisphosphonates and teriparatide may be appropriate for patients with very low bone mineral density (BMD), T-scores, high risk of hip and other fractures, rheumatoid arthritis or patients in whom rapid response is required.

The burden of osteoporosis can be significantly reduced with adequate precautions and medications. Treatment goals have now shifted to 'capture the fracture', i.e. prevent the fracture before it catches you. ✨

RELIANCE

4G
LTE

₹149/-

Enjoy unlimited local/STD voice calls

On all networks

300 MB data (4G/3G/2G)

Insert the SIM in any 4G/3G/2G handset and enjoy



NO CONDITIONS APPLY


To avail your connection, please visit our nearest Reliance Mobile store. To locate the nearby store, please SMS store <PIN code> to 55444 (Postpaid) & 55333 (Prepaid). Offer not available in J&K, Assam, North East, Bihar, West Bengal & Orissa circles.

Charting her own course

Over the past 5,000 years, India has crafted many a fascinating story on its 7,500-km coastline. From the world's first tidal dock circa 2300 BC in Lothal, the ancient Silk Route and the establishment of East India Company in the eastern coast to today's modern container ports, the country has been a crucial link in the world maritime trade," says **Asha Sheth**, chairperson of Vasant J Sheth Memorial Foundation and former vice-chairman and currently a member of the Indian National Trust for Art and Cultural Heritage (INTACH). "However, there was a time when the significance of India's rich seafaring past was overlooked. Today, as a sign of changing times, maritime heritage is finally finding pride of place."

A pioneer in documenting and promoting India's maritime heritage, Sheth has played a vital role in preserving this invaluable part of India's history by highlighting environmental issues relating to coastal activities and garnering social support. Unconventional in thinking and independent in her endeavours, she produced the documentary fiction film, *Chattarbhang*, on untouchables in Uttar Pradesh in 1976 and was one of the founder members of the Museum Society of Bombay at the Prince of Wales Museum in 1963. The only daughter of K D Malaviya, considered the father of the Indian oil industry, and wife of Vasant J Sheth, a pioneer and visionary of the Indian shipping industry, Sheth has charted her own course. In an exclusive conversation with **Sai Prabha Kamath**, the 83 year-old talks about her family, journey and vision for the country's coasts.





“There was a time when the significance of India’s rich seafaring past was overlooked. Today, as a sign of changing times, maritime heritage is finally finding pride of place”

You were brought up in a family of freedom fighters. Please share your memories of your father K D Malaviya’s involvement in the freedom movement.

I was born in a family of eminent Brahmins from Allahabad. We lived a simple and happy life in a joint family. My father was a very dynamic and bold person. He was noted as he was part of the Bengal *kranti-kari* and the British were keen on tracing him. During this period, Pandit Jawaharlal Nehru spotted the young brave man in my father and started giving him work at the Congress office in Allahabad. During the freedom movement, my father was imprisoned several times by the British; Nehru was his fellow inmate during one such confinement. In fact, there was a time when all male members of the family were in prison. However, my grandfather Baldev Malaviya—nephew of Bharat Ratna Pandit Madan Mohan Malaviya—was an orthodox and rigid person; he did not like my father’s involvement in the freedom struggle.

How do you recall your participation in the freedom struggle?

Though I was very small, I was proud to be part of the struggle. During an All India Congress Committee meeting in Allahabad, where Mahatma Gandhi was present, young lady workers participated wearing yellow khadi saris. I was too small; I was wearing a frock! I joined them in serving water to the party workers and, finally, I remember being pulled up on stage where all the great leaders including Gandhi were seated.

Did you ever think of taking up politics as a profession?

After my father’s death in 1981, when I visited his constituency—Basti [now Siddharthnagar] in East Uttar Pradesh—to meet the workers of the Congress Party,

I was received with huge enthusiasm and affection. My good rapport with these people made me continue visiting the area. Congress was the major party at that time and I regularly visited the village party office to meet the workers. I used to visit the schools and talk to teachers. Slowly, I established a pattern of socially committed work, which moved towards the concerns of villagers’ health. I organised several medical camps that got a fabulous response. I got many appreciation letters from senior political leaders who were often not affiliated to political parties. Before my father’s death, there were often discussions on me joining politics. In fact, my father said I would do very well in politics but I should give priority to my husband’s health as he had a heart ailment. After my husband’s death in 1992, I had to gradually stop my visits and work as I took on the responsibility of running the Vasant J Sheth Memorial Foundation and became a director on the board of Great Eastern (GE) Shipping Co Ltd.

Your husband Vasant J Sheth was a Bombay-based businessman from a different community. How did the marriage come about?

After India gained Independence, we moved to Lucknow as my father became a deputy minister in the Uttar Pradesh government. In the early 1950s, my father quit Congress for a brief period. During this time of uncertainty, my mom was worried about my future; she felt I should get married and settle down. I was 18 then and doing my bachelor of arts at Isabella Thoburn College in Lucknow. Though I wanted to study languages in Switzerland and become an interpreter at the UN, my father and some close friends arranged my marriage in the Sheth family of Kathiawad, Gujarat. My father, who used to have very progressive views, liked the idea of an inter-caste marriage—it was his strong



Photographs courtesy: Asha Sheth

Inaugurating a toilet project in Wagachiwadi, a village in Maharashtra; at a workshop for school teachers on heritage awareness
Opposite page: With father K D Malaviya during a trip to Japan; on a boat ride with husband Vasant Sheth

belief that such marriages would integrate India. My grandfather, however, was opposed to this proposal. Despite this, the marriage happened.

Indeed, such deep patriotism must have prompted your father to fight for India's oil industry.

Yes, with Nehru's unstinted support, my father—then Minister of Natural Resources—founded ONGC in 1956, making India self-reliant in the hydrocarbon sector. I do not wish to go into the details as there are books written on the subject. To establish the Indian oil industry was an extremely important period in Indian contemporary history and remains a key factor in India's economic growth.

Your husband was a pioneer in the Indian shipping industry. Please tell us a little more about him.

My husband was a remarkable person. He was my father-in-law Jagjivan Ujamshi Mulji's blue-eyed boy. The foundation stone for the shipping venture was laid by my father-in-law, an enterprising sugar trader in Mumbai who started the practice of fair-price shops for an efficient sugar distribution network in the country. My husband took over

the idea of the shipping business as this was discussed in the family, led by my father-in-law. His ailing health didn't deter him from setting up GE Shipping Co, India's largest private-sector shipping company. For a young entrepreneur, it was, in fact, challenging to manage a completely new industry—hitherto controlled by the British—under a socialist government. Under his leadership, GE Shipping pioneered tramp servicing [shipping without a fixed schedule or published ports of call], which transformed Indian sea logistics. He loved the company like his baby and shipping became his passion. My husband was also actively involved in the cause of maritime education. When he passed away at 62, he left behind great goodwill among shareholders and business associates.

Did you ever think of joining him in the family business?

My husband wanted me to understand and get involved in the business. But, unfortunately, I was not interested. Money has never been a motivator for me. I was always more inclined towards the arts and immersed myself in cultural activities. And my husband was very accommodating. Eventually, after his death,

I served GE Shipping as a director for more than two decades. I am not sure whether I contributed much to the company, but during this period I actually began to enjoy learning about business.

You were one of the founder members of the Museum Society of Bombay. Please share more about your involvement in the arts over the years.

I studied Indian art at the Prince of Wales Museum, where I was one of the founder-members of the Museum Society of Bombay in 1963. Today, it is the oldest such society in India, continuing excellent work in educational activities. I also used to attend Ebrahim Alkazi's plays regularly. I got involved in the process of contemporary art through interactions with artists such as M F Husain, Ramkumar, Tyeb Mehta and Krishen Khanna and started a small collection of contemporary and classical art. The movement of contemporary art has changed enormously from the 1950s to the present. The process of collection was often a help to the struggling artist as well as a foresight! In my case, it was an instinctive process. I purchased paintings to put them on ships where the walls were, otherwise, lifeless.

“All coastal states have an interesting maritime history. If each state develops this information and sets up museums or even small centres to showcase their trade, culture and heritage, I will be happy”

As the chairperson of the Vasant J Sheth Memorial Foundation, what are the projects dear to your heart?

The Foundation promotes maritime education, which was close to my husband's heart. In 1994, the Indian Institute of Management, Ahmedabad, offered a first-of-its-kind management course for shipping with the Foundation's research sponsorship and it ran for nine years. Personally, I consider this a milestone for the Foundation. We have been giving a scholarship for meritorious students from a poor background. We have also undertaken healthcare projects such as monitoring an emergency burns wing at the Alang ship-breaking yard and upgrading the Seamen's Ward at St George Hospital, Mumbai. And, we have been organising lectures to address and support social and environmental issues relating to maritime activities and heritage.

Is enough being done in the area of maritime heritage?

The country has a huge coastline and rich history of maritime trade and culture dating back to 2300 BC. We traded with Africa, Oman and the Middle East even thousands of years ago. However, we only know of emperors who ruled our lands; very little is spoken about our maritime history. In the 1990s, when I started studying and documenting our coastal landmarks—from Gujarat to Bengal—there was not much being done in this area. In fact, people didn't take me too seriously. Today, it gives me immense satisfaction to know that



the interest levels have increased and concerted efforts are being taken to preserve and document it. Indeed, Prime Minister Narendra Modi has given a major thrust to our maritime history by asking the shipping ministry to build a large-scale maritime heritage complex at Lothal [the oldest manmade tidal dock of the Harappan era in Gujarat].

What keeps you busy today?

My full energy is now focused on reading and researching about history and maritime heritage. I am currently reading two mindboggling and brilliant books—Sanjeev Sanyal's *The Ocean of Churn: How the Indian Ocean Shaped Human History* and Lincoln Paine's *The Sea and Civilization: A Maritime History of the World*. I am also happy to be part of a committee appointed by the Ministry of Shipping to develop the upcoming maritime heritage complex at Lothal. My interest continues in the cultural activities and history of the country, which I find very fulfilling.

Your only daughter Ketaki is an internationally acclaimed photographer and is playing an

active role in the Foundation's activities too....

Ketaki is a versatile photographer with a great vision; she has four books including *A Certain Grace—The Sidi: Indians of African Descent* and *Twinspotting* to her credit and is working on the fifth one. She is an integral part of the Foundation and manages health, education and our unique and much-loved annual lectures.

What is your vision for the country in the area of maritime heritage?

All coastal states have an interesting maritime history. If each state develops this information and sets up museums or even small centres to showcase their trade, culture and heritage, I will be happy.

What is your message for silvers?

Keep yourself engaged—whether it is playing with grandchildren or becoming grandparents to poor children. Don't give up and contribute to society in whatever way possible. Take care of your physical and mental health, and stay happy. 🌸

Trailblazer P T Usha has enjoyed a dream run. Now, as a mentor to Gen Next, the sprint queen hopes to bring an Olympic medal in athletics to India, writes **Srirekhha Pillai**

GET SET, GO!

For years, Payyoli, a sleepy hamlet in north Kerala, has been synonymous with Pilavullakandi Thekkeparambil Usha. Even today, Payyoli Express, the pet name for the girl who came 1/100th of a second close to bagging an Olympic medal in athletics for India, is the sole claim to fame for this town, which is otherwise just a blip on the map. On the outdoor wall of Ushus, home to India's most successful athlete, is a golden embossed figure of her on the track. A large showcase brims with innumerable medals amassed over an eventful career spanning two decades. Pictures on the wall—with American Olympic medallist Carl Lewis, Mother Teresa and Indira Gandhi among others—tell their own stories.





Usha has won more international medals than anybody else in the history of Indian sport. At the Asian Track and Field Meet in Jakarta in 1985, she won five gold medals to set the World Record for most gold medals by a female athlete in a single track meet. And she still holds the National Record for best timing in 200 m, a record she set during her comeback after marriage and childbirth at the age of 34.

The 'Queen of Indian Track and Field' was born to E P M Paithal and T V Lakshmi on 27 June 1964, as the fifth of six siblings—Seetha, Pushpa, Shobha, Suma and Pradeep. Discovered by coach and mentor O M Nambiar at the age of 12, she won maximum chocolates from him—an incentive for the best student! In a parallel, years later in Mumbai, another sporting legend in the making, Sachin Ramesh Tendulkar, collected maximum one rupee coins from his coach Ramakant Achrekar for batting well and retaining his wicket. What set these sporting icons apart is not just talent but their drive, determination, strength of character and steely resolve to stay put, whether on the track or the pitch.

At 16, Usha became the youngest Indian athlete to participate in the Olympics. A small-town girl thrust into the global world of competitive sports, she admits, "I felt like Alice in Wonderland then." Though it was a no-show for her, Usha's next appearance at the Olympics had an entire nation's hopes spinning high. On 8 August 1984, she was the crowd favourite for winning the newly introduced 400-m hurdles at the Coliseum in Rome, but lost in a photo finish, crashing a billion hopes. Thirty-two years later, it still rankles. Today, she's spurred by the dream of bringing that elusive Olympic medal in athletics to India. "I'm on the lookout for that one talent who can do what I missed—win an Olympic medal in athletics. If that happens, I'll be at peace," she says. This dream



Photographs by Vivek R Nair

“WHEN THE SCHOOL WAS SHUT, I WOULD RUN ON THE BEACH. PEOPLE WERE NOT USED TO SEEING GIRLS IN SHORTS THOSE DAYS. THEY WOULD GATHER ON THE BEACH TO WATCH ME! THANKFULLY, THAT DIDN’T DETER ME. GRADUALLY, THEY GOT USED TO IT AND STOPPED FOLLOWING ME”

led to the birth of the Usha School of Athletics in Kinalur in Kozhikode in 2002, to spot and train talent. Her spouse V Sreenivasan quit his job with the Central Police Service to help realise his wife’s dream. He talked animatedly to *Harmony-Celebrate Age* about the couple’s ‘babies’—24 year-old Ujjwal, who is currently a house surgeon at the A J Institute of Medical Sciences in Mangalore, and the 14 year-old Usha School of Athletics.

Usha’s autobiography *Golden Girl* was published by Penguin in 1987. Recently, with Indian women

stealing the show at the Rio Olympics, efforts are on to bring her story alive on the silver screen, with actress Sonam Kapoor evincing a keen interest in the project. Indeed, a framed quotation in her living room, “Attitude: Things turn out best for people who make the best of the way things turn out,” appears to perfectly sum up Usha’s motto in life. Without a doubt, hers is a story of grit, gumption and glory.

EXCERPTS FROM AN INTERVIEW

When did you realise sport was your calling in life?

I’ve been unusually active and agile from childhood. I would always engage in household chores that required tremendous physical agility. Those days, there were no mixers and grinders and cooking involved a lot of physical labour. Even at school,



With husband
V Sreenivasan,
with whom
she runs the
Usha School
of Athletics

I would be in the forefront of all sporting events. Our physical education teacher Balakrishnan 'master' probably saw some potential in me and asked me to compete with the school champion, who was three years older. My uncle, a teacher in the same school, also encouraged me to participate in sports. There was hardly any sport training in schools those days; we were made to run and jump a couple of weeks before the district meet. It was totally unscientific. Today, we know that training has to be made lighter in the weeks preceding a competition to conserve energy and avoid wear and tear.

During one of those practice sessions, my dad saw me attempting the high jump. Being the youngest daughter, I was his pet. He didn't want me to get hurt and asked me to stay away from the ground. When I didn't turn up for practice the next day, my uncle sat my dad down and convinced him that sport would only do my health good. That was it!

Can you take us through your days at the sports school?

I had just completed Class 7 when the first sports school for girls in the state was launched in Kannur in 1978. I stood first in all the selection rounds. At the school, we had a regimented life. We would wake up by 5 am and be on the school ground for practice from 6 am to 8.30 am. We would attend school, after which it would be back to sports training for two hours from 4.30 pm.

During inter-school sports meets, I would run without spikes but still beat students from other schools. I was completely raw then; I didn't even know what 'warm up' was! [Chuckles.] I would sit in a corner watching kids from other schools go through the warm-up routine. I was under the impression that these kinds of physical exercises before the race would sap my energy. Now, when I look back, it's so silly!

When I went from the school for the first state meet, I lost in the heats. I watched the gold medallist from afar and decided I would put in what was needed to go up on the victory stand the next year. Thereafter, there was no looking back. Next year, I won gold across events such as high jump, long jump, shot put and the 200-m race. I won gold medals at the national meet too.

Did anybody in your family have any inkling that you would make it big?

Once, an astrologer who had come to my ancestral home to check my mom's horoscope took a look at mine too. He said, "This girl will become well known." We hail from a tiny village; my grandmother was really worried when she heard it. Those days, good girls were supposed to get married and settle down. It took some effort on my uncle's part to convince my grandmother that the astrologer meant it in a positive way! Nobody in my family has a sporting background, and at that time no one had any clue that I would take up sports as a career. The only person in my family to participate and win in sports events at school was my eldest sister Seetha. However, I'm fortunate enough to have had the support of my parents and uncles through my journey.

It's said that crowds would follow when you ran at the Payyoli beach in shorts.

During summer vacations, when the school was shut, I would run on the beach. My coach O M Nambiar, who stayed close by, would accompany me sometimes. Mostly, it would be me racing all alone. People were not used to seeing girls in shorts those days. They would gather on the beach to watch me! Some of them would even tease me. Thankfully, that didn't deter me. Gradually, they got used to it and stopped following me.



You have had a remarkable association with your coach.

I met him for the first time when I joined the Kannur sports school. Nambiar sir was our coach. Though he had around 40 students, I was his favourite. He would distribute chocolates to those who would follow his instructions and exercise well. I would end up collecting chocolates on most days!

In the 1980 Moscow Olympics, you were the youngest Indian athlete. Being a small-town girl, what were your apprehensions?

I was just 16 and knew nobody. I was mostly on my own. I felt like Alice in Wonderland. It was the first time I saw a synthetic track. To my horror, I had to run on it. The Olympic village with large stadiums, similar flats and chauffeur-driven cars in identical colours left me completely confounded. I got lost many times, going in circles trying to locate my flat!

Is there any truth in the rumours of track rivalry with your contemporaries M D Valsamma and Shiny Wilson?

Valsamma was one year senior to me while Shiny was a year junior. We were friends then; we are friends still. The competition between us was healthy and limited to the ground. We never took it home with us.

Valsamma's coach allegedly stated she could beat you at the Olympics.

The discipline of hurdles was introduced for the first time in the 1984 Olympics. One has to qualify in the interstate meet to go to the Olympics. I decided to compete on

On field with
her protégés;
medals and
trophies won
over the years



behalf of the Athletics Federation of India (AFI). When I reached the ground, the athletes from Kerala and their coaches called for my boycott, saying that if I ran, they wouldn't run. I was disheartened and withdrew. Thereafter, I represented the Railways in the Open Nationals and qualified for the Olympics. When I was selected, Valsamma's coach said that if she gets 10 days of training on a good ground, she would be the champion.

Have such statements deterred you?

Not at all! He didn't say it to my face. I read about it in the newspapers. However, I used it to motivate me further.



HONOURS GALORE

1984: Arjuna Award; Padma Shri
1984-1989: Best Athlete in Asia Award
1985-1986: World Trophy for Best Athlete
1985: Declared 'Greatest Woman Athlete' at the Jakarta Asian Athletic Meet
1986: Adidas Golden Shoe Award for the Best Athlete at the Seoul Asian Games
1999: Honoured with the Sportsperson of the Century Award by the Indian Olympic Association

MILESTONES

- Became the first Indian woman to reach the final of an Olympic event in 1984 at Los Angeles
- Missed an Olympic medal by 1/100th of a second in the 400-m hurdles in 1984
- Holds the World Record for most gold medals—for 100 m, 200 m, 400 m, 400-m hurdles and 4x400 relay at the 1985 Asian Track and Field Meet at Jakarta—won by a female athlete in a single track meet
- Won four gold medals and one silver at the 1986 Asian Games in Seoul

I kept a cutting of the newspaper article under my pillow. It spurred me on to practice more. My focus was unshakable. I've always lived for sports; I still do!

As a sportsperson, diet plays a major role in your life. How has your diet changed over the years?

We didn't have nutritionists back then. My coach would advise me on my diet. As a sprinter, my diet was rich in carbohydrates. I would never overdo it though, stopping when I felt almost full. I was also advised by my coach to increase my calorie intake. For that, I started having tea with sugar, a habit I'm finding hard to forego. My

focus now is on weight management. At my age, I can't over-exercise as it can lead to injuries. My diet is meagre, comprising biscuits with morning tea; a small cup of oats/one idli/one dosa for breakfast; fruits, vegetables, meat and one bowl of rice for lunch; and fruits, vegetables and two chapattis for dinner. However, I ensure my body is well hydrated, a habit I picked up from my sporting days.

You came 1/100th of a second close to winning an Olympic medal in 1984. Does it still haunt you?

Athletics is the toughest event at the Olympics. To reach the finals, one has to beat over 65-70 athletes over five to

“WE SHOULD GIVE MORE IMPORTANCE TO GRASSROOTS-LEVEL TRAINING. THERE’S NO POINT IN THROWING YOUR HANDS UP IN THE OLYMPIC YEAR. WE HAVE TO CATCH KIDS YOUNG AND TRAIN THEM WELL. THOUGH A LOT OF MONEY IS BEING CHANNELLED INTO SPORTS, IT’S NOT REALLY BEING UTILISED WISELY”



six heats. About 20 days before the Olympics, I participated in the pre-Olympics, where I came first, beating Judi Brown of the US who was eventually the silver medalist at the Olympics. That gave me confidence. Though I came second in the heats of the 400-m hurdles of the Olympics, I finished first in the semi-finals. That boosted my confidence further. I started strong, but a false start by another athlete led to the race being recalled. Generally, races are recalled only if a foul has been committed. I was disappointed and tense, and my restart was sluggish. I was not able to get over the brilliant takeoff that had been nullified. However, I made up midway through and would have won if only I had lunged forward at the finish. Being accustomed to winning races with a comfortable margin, I was not in the habit of lunging forward. What rankles me even today is that I came so close to winning it. Had I missed out on the medal by 10 or 15 m, it would not have felt this bad!

When you did exceptionally well in Jakarta in 1985, Lydia de Vega from Philippines and her father allegedly hurled doping charges against you.

Lydia and I used to compete in both 100-m and 200-m races. While I would generally beat her in 200 m, she would win 100 m sometimes, while I would at other times. At the Jakarta meet, where I won five gold medals, doping charges were levelled against me after each and every event. I would be participating in two to three events per day, and would spend my waking hours competing on the track and in the doping examination room.

Do you think that it was a deliberate tactic to demoralise you?

I doubt that. I won five gold medals and one bronze at the meet. Maybe she would have thought I was on drugs [chuckles]! Even in the relay, while Lydia got the baton much before me—she got it second while I got it sixth—I ran fast enough to bag the bronze. So, it's quite possible that she had her doubts. What upset me was that instead of preparing for the next day's event, I would be spending my time cooped up in the doping examination room. However, I learnt to take it all in my stride.

There were talks of retirement following your marriage in 1991. Nonetheless, you staged a comeback in 1993. What led to the change of plan?

In the 1990 Asian Games, I bagged only a silver medal. Till then I had been winning gold. So, I wasn't very happy to call it a day and settle down. However, my husband has always been a pillar of strength. He knew that I wanted to go back and end on a better note. It wasn't easy as I had ballooned to 84 kg from 62 kg after giving birth. Seeing my weight, Nambiar sir was sceptical of my dreams. My husband encouraged me to get fit and make a comeback. Unfortunately, I was given a wrong set of exercises by my new coach, which led to meniscus tear and ligament strain. The knee injury meant I couldn't attempt speed-boosting exercises. Still, running with that injury, I managed to bag the bronze in the 200-m and 400-m races at the Asian Track Federation Meet at Fukkrowakka in Japan and a gold



With her husband at their Kozhikode home

Opposite page:
With mother
T V Lakshmi

medal and two bronze medals at the Asian Championships in 1998. But my main dream of winning an Olympic gold remained just that—a dream!

Tell us about the Usha School of Athletics.

It was set up with the intention of having a training centre of international standard in India, and to win an Olympic gold in athletics for the country. Our students have been doing well at sub-junior championships and school meets. Children from all over Kerala and other states participate in the talent scout. We make selections based on certain criteria such as drive, talent, physical fitness, mental toughness, etc. Once selected, training, food and accommodation are free, thanks to corporates and sports lovers who fund the school. My kids have been

doing exceptionally well at the Junior International level, including Under 18, Under 16 and Under 20. They have also won Asia Junior Championship medals. I hope to see one of my students win an Olympic medal in the near future!

Has your son Ujjwal shown any inclination toward sports?

I would have loved to see him in sports. He showed some interest in swimming initially, but it didn't last. Ujjwal has finished MBBS, and is a house surgeon at present. He's a football fanatic, though, never missing a chance to watch matches. He's passionate about fitness and joins me for early morning jogs and exercises whenever he's at home.

How do you unwind?

I enjoy gardening, listening to old Hindi and Malayalam songs, and cleaning. I used to be a big fan of Mohammed Rafi. Cooking is also a kind of stress-buster for me. Ujjwal is into salads. He gives me a lot of recipes from the Internet to make a variety of salads. Now, even my husband enjoys salads. I had a tough time finding lettuce in Kozhikode. I started getting it from Mangalore, where Ujjwal studies. Recently, I found a small shop close by that sells lettuce and other exotic vegetables. My family also enjoys *meen molasia* [Kerala-style fish curry] cooked by me.

Bollywood has made biopics on Milkha Singh and Mary Kom. Do you think your story should be on celluloid as well?

I feel it's a nice idea if it helps in motivating others. My husband is in talks with some people who have shown interest. I would want it to be a realistic portrayal and nothing glossy.

How can we better our sporting culture?

We should give more importance to grassroots-level training. There's no point in throwing your hands up in the Olympic year. Training should be systematic and scientific. We have to catch kids young and train them well. Though a lot of money is being channelled into sports of late, it's not really being utilised wisely. Our athletes should be sent to international competitions all over Europe. Such exposure will stand them in good stead during the Olympics. At the school, we have Tintu Luka and Jishna Mathew, all young and raring to go. If they get enough international exposure, I'm sure they can bag Olympic medals. ✨

Abode of the gods



For urban dwellers, the Himalayas are an escape from everyday life as much as a spiritual path to self-discovery. Standing on these gargantuan folds on the earth's crust, we gain perspective into how insignificant we are as individuals. Yet, it gives us a chance to marvel at human ingenuity—our ability to dig, burrow and build in these extreme conditions. For thousands of years, humans have been installing shrines on these mountain ranges. They have not just braved the elements, but survived ruthless vandals and invaders. The structures have been renovated and reconstructed; the legends surrounding them have been told and retold; yet they are a time capsule into our gritty past. Little wonder then, that droves of believers make it to these mountains to cleanse their souls of worldly sins. **Sumukh Bharadwaj**, who went on a trekking expedition to Himachal Pradesh, brought back stunning visuals of some of these high-altitude shrines



Dharamraj Temple

(2,133 m)

The humming little town of Bharmour or Brahmpura in the Budhil valley is spoken of as Shiva *bhoomi* or the abode of Lord Shiva. The looming Mani Mahesh temple (left, above) in the centre of the town enshrines a Shiva *lingam*, which is one in a galaxy of 84 smaller shrines in the Chaurasi Temple Complex (bottom). In the vicinity is a temple dedicated to Dharamraj or Lord Yama (left, below), the god of death. It is believed that every departed soul stands here to seek the permission of Dharamraj to enter Shiva *loka*. This court of Yama, where every departed soul is believed to glance back at his life and actions, is also called *dhai podi*, meaning two-and-a-half steps.

GETTING THERE

Distance: 180 km from Pathankot and 60 km from Chamba

Transport: State transport bus or cab





NAINA BHAGWATI TEMPLE & MANIKARAN SAHIB GURUDWARA (1,760 m)

Known for its hot springs (above), Manikaran, a resplendent town in Parvati Valley, is considered holy by both Hindus and Sikhs. Hindus believe Manu recreated human life in Manikaran after the flood. The temples on the banks of river Parvati house the deities of Rama, Krishna, Vishnu and Bhagwati (bottom right). The Naina Bhagwati temple (bottom centre) comes with a unique story. Legend has it that Parvati, Lord Shiva's consort, lost her *mani* (jewel) in the river. When Shiva

couldn't find it, he grew enraged and opened his third eye. Naina Bhagwati was born of the wrath of Shiva's third eye. It's believed Shesh Nag, the snake god, helped recover the jewel by hissing, resulting in a flow of continuous boiling water, throwing up precious stones. Apparently, jewels continued to be thrown up in the waters until the earthquake of 1905.

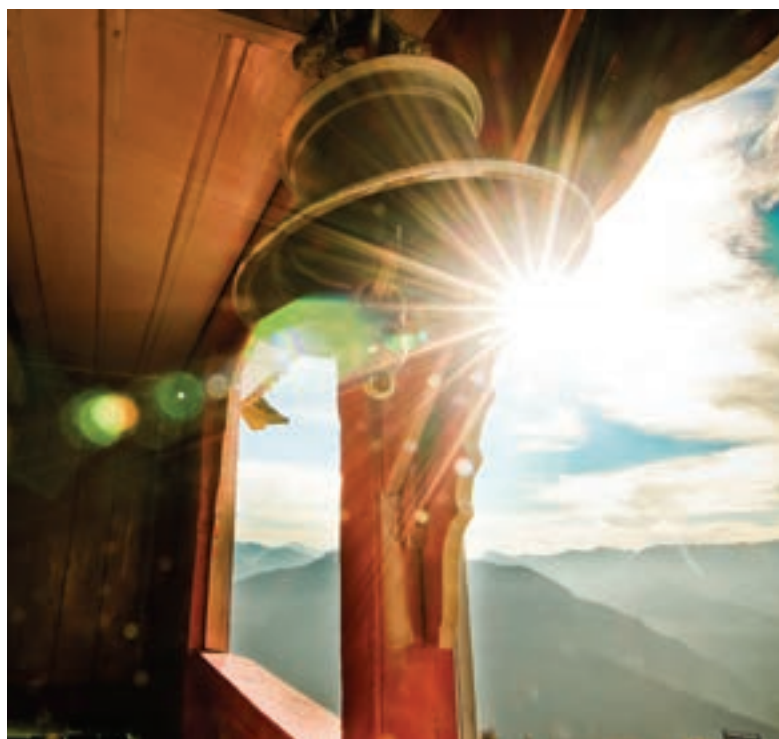
While Shesh Nag's hissing is credited with the hot springs, Sikhs believe

Guru Nanak, the first of the 10 Sikh gurus, asked his disciple Bhai Mardana to lift a rock, from where the steaming waters of the hot springs gushed. The Manikaran Sahib Gurudwara (bottom left) uses this water to prepare its daily *langar* or Sikh communal meal. These two different stories about the origin of the hot springs are a reflection of the diversity of Indian culture.

GETTING THERE

Distance: 42 km from Kullu
Transport: State transport bus or cab





BIJLI MAHADEV TEMPLE (2,460 m)

Perched atop Mathan hill, Bijli Mahadev temple is a small temple that overlooks the Parvati and Kullu valleys. The 8th-century Pahari-style temple dedicated to Shiva is known for the 60-ft-high wooden staff (left) that looms large. It's said the tall staff made of Deodar trunk attracts divine blessings in the form of lightning. Miraculously, the Shiva *lingam* that is shattered to pieces every time lightning strikes is restored by the priest using butter and *sattu* (gram flour)! Locals believe Lord Shiva absorbs the lightning to save us from the fury of nature. Hence, the name Bijli Mahadev.

GETTING THERE

Distance: 26 km from Kullu and 3 km from Chansari

Transport: State transport bus or cab from Kullu; cab or a short hike from Chansari

HIDIMBA DEVI TEMPLE (2,050 m)

In the middle of the Doongri Van Vihar is the Pagoda-roofed Hidimba Devi Temple, standing 24 m tall and adorned with timber tiles. Built in the 16th century, this temple is dedicated to demon goddess Hidimba, wife of Bhima, the Pandava prince. Though there is no deity in the

temple—just a stone with a carved footprint—the carvings on the temple are replete with mythological motifs.

GETTING THERE

Distance: 2.5 km from Manali

Transport: Take a cab or auto, or just walk it down





DHAKPO SHEDRUPLING MONASTERY (1,800 m)

Not far from these centuries-old places of worship is the Dhakpo Shedrupling Monastery, built a mere 11 years ago on the banks of river Beas. Like other Tibetan monasteries, its serene old-world charm is inescapable. The monastery serves as a centre for the study of Buddhist philosophy.

GETTING THERE

Distance: 10 km from Kullu

Transport: State transport bus or cab



AXIS BANK

BIG 92.7 FM

BSES RAJDHANI POWER LTD

BSES RAJDHANI YAMUNA LTD

OOH DIVISION HINDUSTAN UNILEVER

PROCAM INTERNATIONAL

RELIANCE COMMUNICATION

SMITH & NEPHEW HEALTH CARE INDIA PVT LTD

SILVERGLADES

VLCC WELLNESS

WIDEX INDIA PVT LTD

Special mention:

S K ROONGTA Ex-chairman SAIL & Managing Director VEDANTA ALUMINIUM LIMITED
Surendra Singh Ex Cabinet Secretary Govt Of India



harmony
celebrate age

thanks

**all those who supported the Senior Citizens' Run
at the Airtel Delhi Half Marathon 2016!**

Visit us at www.harmonyindia.org

RHYTHM AND RHYME

Pioneering contemporary dance artist Astad Deboo is taking his stunning new solo creation, *Eternal*

Embrace, on a five-city tour across India. Originally created for the opening of the Islamic wing at the Metropolitan Museum, New York, the dance is inspired by the poem *Maati* by Sufi poet Hazrat Bulleh Shah, through which Deboo

explores the spiritual and often emotional themes of mortality, death and

suffering. "I wasn't keen on working on a dance based on Rumi, so Sohail Hashmi, brother of the late theatre director and activist Safdar Hashmi, suggested the poems of Bulleh Shah," Deboo tells us. The music, created in collaboration with New York-based composer Yukio Tsuji, features the sounds of the zither, a string instrument, and *shakuhachi*, a Japanese flute. The show will premiere on 3 December at Delhi's Natya Ballet Festival.

dance



Haresh Patel

Back at the **opera**

After having been shut for 23 years, the Royal Opera House in Mumbai has opened its doors to the public once again. An impeccable six-year restoration project commissioned by the owners, the royal family of Gondal, has restored India's only surviving opera house to its former glory. At the inauguration ceremony recently, Indian-born soprano Patricia Rozario, accompanied by husband Mark Troop on the piano, enthralled a private audience in the 574-seat,

three-tier auditorium. With its elaborate furnishings, the venue, which also hosted the opening ceremony of the 18th MAMI film festival recently, will be used as a performance venue once again—its glittering chandeliers, gilded ceilings, stained-glass windows, marble statues, royal box seats, orchestra pit, proscenium, intimate foyer and much else included! “We hope the Royal Opera House will become a regular venue for dance, theatre and music events in the city,” manager R L Divakar tells us.



Courtesy: Jodhpur RIFF/030

LOST AND FOUND The 9th edition of the Jodhpur RIFF (Rajasthan International Folk Festival), was recently held at the 14th century-Mehrangarh Fort in the city. The festival featured prominent vocalist Anwar Khan Manganiyar, who transported the audience to simpler times with his rendition of rare ‘*dada dadi ke gaane*’ (songs of grandparents) handed down by his own grandmother. “There is a song for every occasion,” he tells us, “for births, weddings, even for when the season changes.” He adds, “I wish this auspicious occasion goes on forever; the skies shall open with showers of milk and our hearts shall remain warm.”

Her mother's voice

Theatre actor Nadira Zaheer Babbar premiered her new play *Meri Maa Ke Haath* at the Prithvi Theatre Festival in Mumbai last month. The mono-act pays tribute to Babbar's mother Razia Sajjad Zaheer, the eminent Urdu writer who developed an independent voice amid the strife of Independence and Partition. Written and enacted by Babbar, and directed by Makarand Deshpande, the play summarises the journey of Razia as she stood strong beside her husband Comrade Sajjad Zaheer—one of the founders of the Progressive Writers' Association whose loyalty to the Communist Party tore the family apart several times. "The most fascinating personality who has affected my life has been my mother. She was a writer, brilliant cook, excellent teacher, good wife and, above all, the best mother. I have wished for years to write something about her," Babbar tells *The Hindustan Times*.

A life on canvas

Painter and printmaker Mohammed Yasin is a relatively unknown artist but his repertoire of shows around the world and recognition speak for his accomplishments. He received the Lalit Kala Akademi's Gold Plaque award back in 1959 for a painting titled *Wedding Procession*. "The fee for sending the painting to the Akademi was one *anna* but I managed it," he recalls. Yasin has since mounted 37 solo exhibitions, including shows in Paris, Portugal and at the Jamia Millia Islamia University in Delhi, where he spent 15 years teaching graphic art. "I have never been dependent on my art because I have always had a job teaching. So I was able to practise my skill with a sense of freedom," says the Hyderabad native, whose works are in the permanent collection of galleries around the world as well as private collections.

Hailing from Mogalgidda village in Hyderabad, Yasin enrolled at the College of Arts in Hyderabad. His work soon began to speak for itself and he was invited to study at the East-West Centre in the University of Hawaii. Later, he attended the Pratt Graphics Art Centre in New York on a fully paid scholarship. Through his



Shyamola Khanna



education in America and travels in Europe and Asia, he perfected his techniques, from lithography, calligraphy and engraving on zinc and copper plates to the use of geometric symbolism to depict life around him. "From 1965 onwards, I became a *Dilliwalla*. I met a lot of people from different walks of life and found my inspiration from the daily activities around me," says Yasin, who received the Lifetime Achievement Award from the All India Fine Arts and Crafts Society (AIFACS) in 2013.

At 88, age is catching up with him. But though his body is frail, his spirit remains as strong as ever. Recently, the artist held a retrospective of his work at Ailamma Art Gallery in Hyderabad. "Yasin paints in the folk genre," says curator Koeli Mukherji, who was instrumental in putting on the show. "His art is influenced by events of everyday life. Although there is a certain simplicity in his paintings, his palette is very carefully worked out."

—Shyamola Khanna

DOUBLE DELIGHT

One of the most prolific Bengali actors, Sabyasachi Chakrabarty speaks about portraying iconic character Feluda in a freewheeling chat with Partha and Priyanka Mukherjee

When Sandip Ray decided to revive father Satyajit Ray's Feluda on screen as a tribute to the character's 50th year, there was much talk about who would play the iconic role. Ray played a masterstroke by bringing back Bengali actor Sabyasachi Chakrabarty to essay the role of the private investigator in his film *Double Feluda*. The film, which is slated for a Christmas release, is a combination of two of his father's stories: *Samaddarer Chabi* (Samaddar's Key, 1973) and *Golokdham Rahasya* (The Formula of Prof Dasgupta, 1980).

An actor who has mastered the craft on stage, television and the big screen, Chakrabarty lends his inimitable touch to every role he plays and wowed with his performance yet again. As he has earlier played the beloved Bengali sleuth on television, film and radio, he was an obvious favourite this time as well. What magic did he add to *Double Feluda*? "Well, all I tried to do was follow my director's instructions," is his modest reply. "I am a professional actor who believes in following the instructions of the director. Through my acting, I try to interpret his idea about the character and reach the closest possible point of his expectation."

Tryst with acting

Chakrabarty had never dreamt of becoming an actor. "I wanted to be a technician," he confesses. "My prime interests were camera, editing and sound recording. As I am tall, I was the boom-man in *Bangla Galpo Bichitra*, a 10-episode teleserial. My career in audio-visual production thus began as a boom man."

Chakrabarty's acting potential was noticed by his uncle Jochan Dastidar, who selected him for Gora, the lead role in *Tero Parban*, an adaptation of a novel by Samresh Mazumder, in 1987. "One day, *Pisemoshai* [Jochan Dastidar] enquired if I owned a suit. Clueless, I arrived at the studio



Photographs courtesy: Sabyasachi Chakrabarty

with a suit. He told me, 'Put yourself in it; do your hair and say your lines as marked in the script.' I followed his instructions and rattled off my lines in front of the camera," he recalls. This was his initiation into the world of acting. With a stellar performance in *Tero Parban*, Chakrabarty made his debut in the Bengali teleserial scene with aplomb.

Then Feluda happened

In the late 1980s, Chakrabarty met Satyajit Ray and expressed his desire to play Feluda. "The director didn't want to make another Feluda film as he thought no one could replace the late Santosh Dutta for the role of Jatayu. However, he suggested I meet his son Sandip, who might have a plan. I pursued Babu *Da* [Sandip Ray] until he called me in 1995," shares Chakrabarty.

cinema

He made his acting debut with Sandip Ray's *Bakso Rahasya*, Ray Junior's first Feluda production, the first telefilm in a series he went on to create. He later played the iconic character on both celluloid and the small screen, including 10 telefilms (1996-2000) based on Feluda novels and six feature films, including *Double Feluda*.

Then came other projects, like *Uranchandi*, *Sei Somoy*, *Khali Jahajer Rahasya*, *Ekaki Aroney* and *Ganer Oparé*, which only cemented his acting prowess. Chakrabarty's acting style also drew the attention of filmmakers across the country. His career spans 121 Bengali movies, 67 Bengali serials, 36 Bengali telefilms, 40 Bengali plays, eight Hindi movies, 12 Hindi serials, four Hindi telefilms, two English movies and a Kannada movie.

The making of Feluda

Before playing Feluda, Chakrabarty discussed the character with actor Soumitra Chatterjee, who had played the character earlier. "However, I never emulated the legend-

ary's actor's style," he points out. "Ray clearly said I should forget how my predecessor had portrayed the character and apply my own thinking." Chakrabarty says he tried to make the character unique with the help of his expressions. Citing the example of *Royal Bengal Rahasya*, he explains, "There's a scene where Feluda enters a dilapidated house without any idea about what could be inside. I expressed myself through my eyes; my walk, accompanied with the rustling of feet amid a deafening silence, which helped build suspense."

The man essaying the role of Feluda is 60 in real life. However, as Feluda was 27 in the first story, *Feludar Goyendagiri* (1965), and remains evergreen even after 50 years, Chakrabarty had to undergo a drastic change in his appearance to portray the character. "To play the character, I had to follow a strict health regimen to shed weight so I looked younger. Feluda's signature costume helped support the illusion."

All in the family

Chakrabarty grew up in an affluent environment filled with art and culture. His father loved the performing arts, especially theatre, and his mother Monika Chakrabarty was co-founder of Rupantari, a group of progressive Bengali playwrights, in the early 1960s.

A lover of cricket, Chakrabarty wasn't interested in acting or the movies as a kid. "Being a theatre enthusiast, *Baba* would take us out for movies but he never encouraged me to consider acting or cricket as a viable option for a career," he says.



On the sets of *Double Feluda* with director Sandip Ray

While his father wanted him to concentrate on formal education, the same was losing its appeal for the young boy, who was falling prey to politics at school. Eventually, he quit higher education and joined his father's business, an X-ray machine manufacturing unit in Faridabad. This was followed by a brief stint in an interior decoration firm run by his aunt and uncle. The turning point came when he joined their audio-visual unit, Sonex.

On the personal front, Chakrabarty grew up to marry his childhood sweetheart Mithu Sanyal, daughter of an Armyman and diplomat. "Acting is a matter of attitude," he tells us. "An actor has to study the mannerisms of people—how they react to the agonies and ecstasies in real life. Fortunately, I learnt all this from my parents who were great performers and dedicated their lives to flawless 'acting'—the seamless portrayal of life. Now, I advise my sons Gourav and Arjun [both actors] to step out of stereotypes and explore a new world."

SPICY COOK-OFF

PROFESSIONAL AND AMATEUR CHEFS FROM AROUND THE WORLD GATHERED TO CELEBRATE THE ANCIENT SPICE ROUTE AT THE RECENT SPICE ROUTE CULINARY FESTIVAL HELD AT BOLGATTY PALACE HOTEL IN KOCHI. FEATURING CHEFS FROM 15 OF THE 31 COUNTRIES ALONG THE ORIGINAL SPICE ROUTE, THE FOUR-DAY FESTIVAL HAD THE PARTICIPANTS INCORPORATING LOCALLY SOURCED INGREDIENTS WHILE SHOWCASING THEIR RESPECTIVE TYPES OF CUISINE. THIS CELEBRATION OF CULTURAL DIFFERENCES WOVEN TOGETHER BY A COMMON LEGACY WAS ORGANISED UNDER THE AEGIS OF THE SPICE ROUTE INITIATIVE BY THE KERALA TOURISM DEPARTMENT, IN ASSOCIATION WITH UNESCO AND THE UNION TOURISM MINISTRY. "FOOD IS PERHAPS THE MOST PROFOUND MODE OF CULTURAL EXCHANGE," MOE CHIBA, HEAD OF UNESCO'S CULTURE UNIT, TELLS MEDIA. "BY ACCEPTING EACH OTHER'S FOOD, WE ARE SHOWCASING THE HIGHEST FORM OF NOT ONLY PRAISE BUT FRIENDSHIP."

Eye see clearly

Failing vision, a common problem among silvers, may land you as the butt of jokes. But a recent study offers hope, writes **S Raghunath**

As a silver leading a peaceful retired life, I have met my ignominious Waterloo, of all places, in an optometrist's consulting room. The trouble started when over a period of time I started reading the morning newspaper holding it pressed against my bulbous nose, rather like a trombone player reading his music sheet. One fine day, the paper was rudely snatched away from me. The wife gave me marching orders, to go and see a competent optometrist without any further delay.

I stumbled into the optometrist's room after, of course, wrongly straying into a chemist's shop and a video-CD library. What could I do? To my hazy eyes, everything looked covered in an early morning mist. Pointing to an eye chart, which to me seemed at least a kilometre away, the optometrist asked me to read out letters in the second line. "M," I said confidently. How was I to know it was Z? The optometrist scowled; placing his right hand over my left eye, he asked me to identify the next alphabet on the chart. "P" I blurted out confidently, when in fact it was B. After a few more trials, he sighed, "You are myopic. Please call again tomorrow evening. I will have your glasses ready."

So here I am, all shuffling and bumping into furniture and other impediments, not quite knowing just where I am headed for. Like Freemasons and Leftists, we short-sighted folks are objects of ridicule. Even if we wear the thinnest glasses, we are heartlessly dubbed "four eyes". Heaven knows that our otherwise bright eyes have not become dim; so what if we pull our chair a mere 2 ft from the TV set and squint and peer with visible effort at the screen, we do successfully read the small print on horse racing forms and decipher the strange hieroglyphics on Scotch whisky bottles!

The normal-sighted are a cocky lot. They tap the meek-looking bespectacled chap haughtily and declare they have

"a perfect 20/20". For all you know, 20/20 might be their blood pressure (before breakfast), the aggregate marks they obtained in the lower kindergarten exam, or maybe their intelligence quotient (IQ). This latter assumption is borne out by the headline, 'Near-sighted are smarter', published in the prestigious *British Medical Journal* recently. Based on a joint Israeli-Danish study, the report claims that short-sighted people are slightly (but definitely) more intelligent than people with 20/20 vision and that, on an average, myopics score high IQ points than people with normal vision.

However, it's too early for myopics to call for celebration or float on cloud nine. The finding of an American study is sure to drag them down to 'terra firma'. This study suggests that myopics tend to be more forgetful and absentminded than people with normal vision.

Now that we know this, women must be sympathetic and not berate their bespectacled husbands for forgetting important dates such as birthdays and wedding anniversaries, a common grouse, even after decades of marital life!



Meanwhile, going back to the earlier report, Israeli and Danish doctors have reported that army recruits who had an IQ of 128 or more habitually wore glasses and that 27.3 per cent of recruits with high IQ were short-sighted.

I am sure you will agree these are more impressive statistics than a picayune 20/20. The study surmises that people who are smart tend to read more to keep their intelligence well-honed and that tires their eyes, leading to poor vision. The conclusion, then, is that the near-sighted are smarter in the upper storey. This should be defence enough against the baying 20/20 crowd. Hey, I cannot read what I have typed so far!



The Bengaluru-based writer is a pensioner who likes to look at life a little differently



Harmony-Celebrate Age GOES DIGITAL

Harmony-Celebrate Age

www.magzter.com

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



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

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





MINSTRELS

In this sprightly poem,
William Wordsworth
(1770-1850) refers to the British
tradition of carollers calling
on houses on Christmas Eve

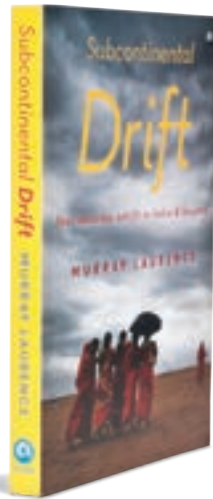
The minstrels played their Christmas tune
To-night beneath my cottage-eaves;
While, smitten by a lofty moon,
The encircling laurels, thick with leaves,
Gave back a rich and dazzling sheen,
That overpowered their natural green.

Through hill and valley every breeze
Had sunk to rest with folded wings:
Keen was the air, but could not freeze,
Nor check, the music of the strings;
So stout and hardy were the band
That scraped the chords with strenuous hand.

And who but listened?— till was paid
Respect to every inmate's claim,
The greeting given, the music played
In honour of each household name,
Duly pronounced with lusty call,
And 'Merry Christmas' wished to all.

A seminal voice, Wordsworth helped spawn the 'Romantic Age' in English literature. He was Britain's Poet Laureate from 1843 until his death. His epic autobiographical poem, The Prelude, is considered the crowning glory of English romanticism

They say distance gives perspective...but there's no perspective like the complete outsider looking in. Take **Murray Laurence**—traveller, writer, teacher and, above all, India aficionado. Between the 1970s and the 2000s, 'Laurence of Australia' returned to India over 10 times, and each time he was struck by the mayhem! After the 2008 Mumbai terror attacks, when he happened to be in the metropolis, he poignantly observed, "India would never be the same again. But in reality, India has never been the 'same again' at any time." In his new book, **SUBCONTINENTAL DRIFT: FOUR DECADES ADRIFT IN**

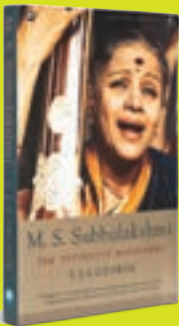


INDIA & BEYOND (Aleph, ₹ 399, 228 pages), "the original backpacker" takes us back to simpler, yet much more complicated, times when travellers had to deal with 'tourist assistance officers'. Mind you, there was no IRCTC or Cleartrip then. And with no online forums to warn him, Laurence had to experience firsthand the many gifts India kept giving—from the healing properties of cow urine to encounters with touts offering up their bodies to be hit with a *chappal*, for a price! It's hilarious; the way Laurence narrates these outrageous encounters is so matter-of-fact, you can sense he is bemused, but not surprised. He evidently knows India in ways we don't.



He has always had a taste for the macabre. Written in inimitable **Ruskin Bond** style, **WHISPERS IN THE DARK: A BOOK OF SPOOKS** (Puffin; ₹ 250; 234 pages) has an eerie but eclectic cast comprising Jimmy the jinn who has trouble keeping his hands to himself, the *pisach* and *churel* who live in the *peepul* tree, and a bloodthirsty vampire cat, among others. If you are a regular reader of Bond, you might already be acquainted with the faceless schoolboy ghost on the hill or the buffalo demons. That in no way takes away from the thrill of encountering them yet again. Graphic illustrations accompany every tale. In one of the stories, Bond writes, "The villages of India have always harboured a large variety of ghosts, some of them good, some evil. There are the *prets* and *bhoots*, both the spirits of dead men, and the *churels*, ghosts of women who change their shape after death." He doesn't forget to add though, in classic Bond style, "One thing they have in common: nearly all of them choose to live in the *peepul* tree."

Also on stands



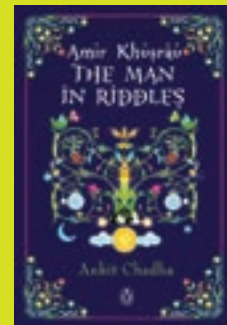
**M S Subbulakshmi:
The Definitive Biography**
T J S George
Aleph; ₹ 399; 262 pages

Told with a music connoisseur's passion, this is not just the portrait of a musical legend and cultural icon but a glimpse at the milieu she was part of.



Exile: A Memoir
Taslima Nasrin
Penguin Random House;
₹ 599; 342 pages

Dark, provocative and at times surreal, this is a moving chronicle of Taslima Nasrin's struggles in India over a period of seven months.



**Amir Khusrau:
The Man in Riddles**
Ankit Chadha
Penguin; ₹ 299; 96 pages

While introducing the legendary Sufi poet's work, this book allows you to unravel his life and times through stunningly illustrated riddles.

The incredible Rays

Historian **Chandak Sengoopta** has a penchant for exploring themes from the past that are not only fascinating but relatively unexplored. The history of European medicine, the history of modern science in India, and the cultural history of modern India are the three domains of research that engage his sensibilities, both as an academic and man of letters. “In all these apparently disparate areas, I focus on the fundamental theme of identity and how sexual, racial and cultural identities are constructed, interpreted and disseminated in different historical contexts,” avers the Calcutta-born writer. Besides numerous research papers, Sengoopta has penned books such as *Otto Weininger: Sex, Science, and Self in Imperial Vienna* (2000); *Imprint of the Raj: How Fingerprinting was Born in Colonial India* (2003); *The Most Secret Quintessence of Life: Sex, Glands, and Hormones, 1850-1950* (2006); and recently *The Rays Before Satyajit: Creativity and Modernity in Colonial India* (Oxford University Press; ₹ 995; 418 pages).

The Rays Before Satyajit skilfully draws an extensive canvas of new ideas, discoveries and progressive thinking pivoted on the well-known clan of the Rays. The book also details tribulations and losses borne by Satyajit Ray’s ancestors, men and women of mettle, who contributed significantly towards India’s nationalist politics.

In an exclusive email interview with **Suparna-Saraswati Puri**, the 57 year-old Professor of History at Birkbeck College, University of London, talks about his literary exercises, with particular focus on his latest title. Excerpts from the interview:

How did *The Rays Before Satyajit* come about?

For the past few years, I have been researching and writing a biography of Satyajit Ray. The first chapter, about his ancestors and family traditions, kept growing because I found their lives, interests and projects intrinsically fascinating as well as of great, though indirect, relevance to Satyajit’s own work and philosophy. I finally realised the story was too big to be accommodated in a chapter and decided to publish it as a self-standing book. The idea of a book was further reinforced by the lack of any detailed study in English of the pre-Satyajit history of the Ray family.

Was it easy researching the subject?

One potential difficulty of writing on Indian cultural history is the scarcity of sources, especially since I live so far

authorspeak

away. Fortunately, however, the British Library in London has a huge collection of Indian material in vernacular languages and has been of enormous help for me. Many of the 19th-century sources I used for *The Rays Before Satyajit*, for instance, would be very hard to find even in India. We Indians are careless about preserving old books and periodicals and many historical projects have to be shelved simply because one cannot find the sources one would need. I did not have to do that, thanks to the British Library, but despite spending months in Kolkata and in spite of the full cooperation of the Ray family, I could find little archival material such as notebooks, letters, photographs and manuscripts.

How long did the research take?

The research took about three years and was indeed very rewarding. Despite my longstanding interest in 19th-century Indian and Bengali history, there were many new discoveries awaiting me. The history of printing technology, for example, was an eye-opener, as was the history of pre-colonial Hindu scribal communities. But even in areas I was fairly familiar with, I was constantly



Courtesy: Chandak Sengoopta

being surprised by the lacunae in my knowledge. One example would be the historical importance of the Brahmo Samaj in the growth of political nationalism—I was well aware of the religious, social and cultural importance of the Brahmos, but had never adequately appreciated their contributions to 19th-century Indian nationalism.

How much did being a Bengali help in the writing of this book?

Apart from the obvious advantage of having Bengali as my mother tongue, I was helped by the fact that I have long been interested in Satyajit Ray's historical—as opposed to his purely cinematic—contexts and, therefore, also in his background and ancestry. The research for this book helped me deepen my knowledge of these subjects in countless ways. I was, as I have mentioned earlier, constantly surprised by new facts and details, but the terrain as a whole was not an unfamiliar one.

The book does not have any images to complement the content. Is there any particular reason for this exclusion?

The only images available were of low quality and, moreover, have been reproduced endlessly in other books and articles. Including them in the book would have raised the price of the volume without providing the reader with any material that was remotely unusual. However, including a family chart would have been a good idea. Unfortunately, the thought occurred to me only after the book had been published!

Were you to critique your own writings, what would dominate and why?

Different projects have different shortcomings. Some are owing to factors beyond my control, others stem from my own limitations. In *The Rays Before Satyajit*, for instance, the main lacuna is the absence of any concrete information on the profits, losses and other aspects of the printing and publishing business founded by Upendrakishore Ray. As all records of the firm had perished long ago—probably after its bankruptcy in the late 1920s—it was impossible to find anything. As for critiquing my own failings in

the book, I would probably emphasise the need to have delved more deeply into the voluminous writings of the 'lesser' Rays such as Sukhalata Rao, Subinoy Ray and Leela Majumdar.

Which writers fascinated you at different stages?

When in school, I was a massive fan of Arthur Conan Doyle, P G Wodehouse, Agatha Christie and other authors now forgotten but very popular in the 1970s and '80s. In Bengali, Satyajit Ray was—and is—a big favourite, as was Hemendra Kumar Roy and Sharadindu Bandyopadhyay. I have never been a great reader of the classics but know the works of Tagore tolerably well, and greatly admire Bibhutibhusan Bandyopadhyay. But what has really endured from my youth up to now is my love for the philosophical fiction of the great Argentine author Jorge Luis Borges. Borges's story *Averroes's Search* should be compulsory reading for historians, along with his essay *Kafka and His Precursors*.

How do you juggle your academic schedule and literary commitments?

For this book, I was very fortunate in having a research grant from the Leverhulme Trust UK, which relieved me of teaching responsibilities for some time. Without it, I would probably still be working on the book!

Have you ever experienced writer's block?

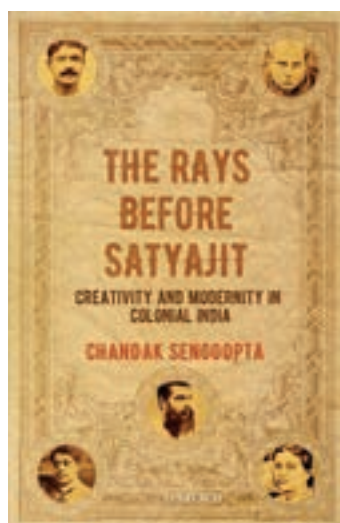
Writing is always difficult—and slow—for me, but one can always continue with research even on bad writing days.

How do you unwind?

I like to read detective stories, go to the cinema, and sometimes play with my cats.

Do tell us about your immediate family.

My wife, Jane Henderson, and I have no children. We live with our two cats Barney and Bella. Jane has an elder sister in Canada and I have one in Kolkata.



"We Indians are careless about preserving old books and periodicals and many historical projects have to be shelved simply because one cannot find the sources one would need"

The art of TOLERANCE

Letting go of our need to impose our ideas and beliefs on others is the essence of spirituality, says **Jim Tolles**



iStock

Spiritual tolerance is simply the practice of loving and accepting things as they are. In truth, a lot of these words—tolerance, acceptance, and love—are synonymous in many ways. True love is complete and total acceptance. In spiritual tolerance, we are practising letting go of our need to impose our ideas and beliefs on others. This is how we offer an expression of love to all, and it can be challenging for many people as they mature on the spiritual path.

To cultivate spiritual tolerance, we have to look at the things we are intolerant towards. Generally speaking, there are many layers of ego control issues that must be faced. Towards the bottom of the pyramid, we often find hidden motivations around safety and survival because many of the core survival mechanisms that we have are still running on autopilot. One such message is that ‘if others are like me, then I will be safe’. Consequently, people presume that ‘if someone is not like me, then they are not safe or are a threat’.


Even after a spiritual awakening, old ego messages try to keep running. So a person who has spiritually awakened might still think others need to awaken. This is just a passing phase, however, because the awakened self truly puts no stipulations on life. People moving through other spiritual shifts can really get lost in trying to make the world a ‘spiritual’ place. To those of you who are doing this, I gently encourage you to stop and to go further inward. See what it is you are trying to change, and see how that relates to you. It is an age-old habit for human beings to try and change the external things that reflect internal things that need to change. It is like the woman trying to help her friend leave an abusive relationship while she herself is in an abusive relationship. This is the irony of the ego which tries to futilely change the image in the mirror rather than changing itself.

On the reverse side of the issue, many of you will be confronted by others who want to change you. They may

tell you that you are crazy for following your heart. They may tell you that you need to believe in a certain guru, deity, spiritual teacher, practice, or something else. Honestly, people will tell you all kinds of things that have absolutely nothing to do with you. That is why going within is so important. The more you rest in your own inner love and inner wisdom, the more you know what is true for you in the words of others.

Naturally, there will be many people who are intolerant in the world and who do harmful things. In the space of spiritual tolerance, we learn to see others as simply expressing themselves, so there is no arrogance or pride here. Generally speaking, so long as no one is threatening your physical body, most things people say to you do not require much further attention than a smile of acknowledgement. Be an example of spiritual tolerance and self-love in your community to help others see a new way of living while you practice the beautiful art of being you.

Tolles is a California-based spiritual teacher, healer and writer

A photograph of an elderly man with grey hair and a beard, wearing a dark shirt, sitting in a pond. He is smiling and gesturing with his hands towards a young girl sitting on a wooden dock. The girl has dark hair and is wearing a white dress, looking up at the man with a joyful expression. The water is dark blue with ripples, and the dock is made of wooden planks.

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

**Our yearly subscription
costs just Rs.432.**

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

harmony
celebrate age



Subscribe to **Harmony - Celebrate Age** now and get

MOVIE DVDs



Subscription Card

(Please tick below for your choice of subscription)

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

☐ I want to subscribe to HARMONY

Subscription	You Pay	You Get
<input type="checkbox"/> 2 years (24 issues)	₹ 720	Movie DVDs hamper worth ₹ 250
<input type="checkbox"/> 1 year (12 issues)	₹ 432	Movie DVDs hamper worth ₹ 125

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

Personal details: Mr/Mrs. _____

Address _____

City _____ State _____ Postal Code _____ Country _____

Phone _____ E-mail _____

I wish to pay by: ☐ Cheque ☐ Demand Draft

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

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

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

☐ Amex

☐ Visa

☐ Master Card

☐ Diners

Card Number

Card Member's Name

Card Expiry Date _____ Month Year

Card Member's Signature _____

Date of Birth _____ Date Month Year

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

Mr/Mrs/Ms _____ First Name _____

Last Name _____

Address _____

City _____ State _____

Postal Code _____ Country _____

Phone (Off.) _____ (Res.) _____

E-mail: _____

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

harmony
celebrate age

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

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

We go 50 years back in time to bring you products, people, events and fashion that have influenced the world



The spirit of CHRISTMAS

A scene from the 2000 film *Dr Seuss's How the Grinch Stole Christmas*

Dimodia Photo Library

Fifty years since it was aired for the first time, Dr Seuss's response to the phoniness and commercialisation of Christmas, *How the Grinch Stole Christmas!*, based on his eponymous book, continues to resonate. A story of hope and redemption, it drives home the message that Christmas transcends all things material. Rather, it's about community and being with the ones you love. Aired without fail every Christmas since then, the show, which debuted on American channel CBS in 1966, has turned into a family favourite with television audiences around the world.

Set in the cherry-cheeked hamlet of Whoville, *How the Grinch Stole Christmas!*—produced by MGM studios in collaboration with The Cat in the Hat Productions—follows the Grinch, a grouchy, solitary creature, who steals Christmas-themed items from the town in the hope of putting an end to festivities. Nonetheless, the inhabitants go ahead with the festival, making the Grinch realise he can't remove the spirit of Christmas from the hearts of the Whos. Featuring the voice of legendary English actor

Boris Karloff as the Grinch, the story is a critique of both the over-commercialisation of Christmas and its antithesis, bitter holiday humbuggery. In the end, one realises that Christmas, or for that matter any festival, is not about material things that can be stolen but the intangible joys of the season, including togetherness and a community feeling. In a fitting finale, the Grinch—a self-imposed outsider who comes to love the community—is redeemed.

Calling the Grinch—one of the most recognised characters in literature—the hero of Christmas, Dr Seuss said, “Sure...he starts out as a villain, but it's not how you start out that counts. It's what you are at the finish.” Thanks to the popularity of the show directed by animator Chuck Jones of *Looney Tunes* fame, ‘the Grinch’ entered the common lexicon, much like Charles Dickens's ‘Scrooge’. The show also helped renew interest in other Seussian tales, leading to a surge in sales of his books. Listed by the Internet Movie Database in its top 250 films, the show has also found mention in Hollywood biggies such as *Home Alone* and *Home Alone 2*.

THIS MONTH, THAT YEAR: DECEMBER 1966

- On 12 December, *Breakfast at Tiffany's*, a musical based on the bestselling book by Truman Capote, opened on Broadway.
- On 15 December, Janus, one of the moons of Saturn, was identified.
- On 20 December, Mount Vinson, the highest peak in Antarctica, was conquered for the first time.
- On 31 December, in what was the most expensive art theft in history, thieves stole eight paintings worth \$ 20 million from London's Dulwich Art Gallery.

“Ageing is an inevitable process. I surely wouldn’t want to grow younger. The older you become, the more you know; your bank account of knowledge is much richer.

—American actor William Holden (1918-1981)

Vote-shaming

pp. Publicly reproaching a person for not voting, or for voting in a way that betrays or ignores a larger cause or principle.

Example: In the upcoming election, a significant amount of Americans have reported plans to vote for their third-party conscience over the lesser of two mainstream evils. In response, many shame these voters as selfish idealists whose wasted protest vote actually makes them complicit in electing the least desirable mainstream candidate. This kind of **vote-shaming** relies on misconceptions about our responsibilities as voters.

—“Quick-takes: Voting third party”,
The Guardian (*San Diego*), 2 October 2016

STEALTH HEALTH

n. The practice of making a recipe or food product healthier without advertising the change to consumers.

Example: And once a reformulated food passes the test, companies often avoid saying anything on the label or in advertisements about the nutritional improvements—especially when it comes to salt. Most people don’t think they need to cut back on sodium. Better to say nothing. It’s known in the trade as **stealth health**.

—Corby Kummer, “Pie in the sky”, The New York Times, 5 October 2016

Hypercarnivore

n. An animal with a diet consisting mostly of meat.

Example: House cats are an absolute ecological nightmare, implicated in the extinction of dozens of species, and posing a grave threat to many more.... They’re only follow[ing] their predatory instincts; ultimately the fault is with you. Your love of felines opens the door for these **hypercarnivores** to invade new environments and catch unsuspecting creatures unaware.

—Jacqueline Ronson, “Cats are an ecological nightmare and ruining the environment”, Inverse, 12 October 2016

Speed geeking

n. An event in which multiple groups rotate through a series of short presentations.

Example: One of the events being held over the two days is **speed-geeking**. The concept is similar to speed-dating but instead of meeting a new potential partner at every table, participants are welcomed by different presenters who talk them through various aspects of technology and how it can be used to make positive changes.

—Ricky Thompson, “US State Department’s TechCamp introduces Belfast to ‘speed-geeking’”, Belfast Telegraph, 18 May 2015

Thrisis

n. A period of age-related anxiety, stress, and self-doubt experienced by some people in their thirties.

Example: A **thrisis** is a pre-midlife crisis that happens in your 30s—rather than the stereotypical crisis that is said to hit in your 40s. A thrisis often slams you when you turn 30, although for some it can hit anytime during their thirties.

—Amanda Rose, “Signs you’re suffering a thrisis and how to cope”, The Business Woman, 23 January 2015



Back to work!

BUZZ

Youngsters are surprisingly intuitive and innovative these days—even when it comes to the needs of silvers. Meet 16 year-old Shaurya Garg, a high-school student from Mumbai who started a website to connect retired senior citizens looking to be engaged in work with companies that have something to offer them by way of a job. “Through this portal, I hope to redefine the set opinion that retired elders cannot work or contribute,” says the Class 12 student from Dhirubhai Ambani International School. The idea was triggered when Garg’s grandmother, a retired Hindi teacher in Ahmedabad, wanted to continue teaching but couldn’t find an institute to take her on, even part-time. As part of his research, Garg visited institutes and NGOs working for the elderly, including Pir Parai Foundation in Ahmedabad, Mumbai’s Rotary Club, and Amma Ki Almari, an online portal that sources artwork from silver women. He then worked with a web designer to set up www.thegreymatter.in, where silvers, corporates and NGOs can register themselves—companies such as Guru Kripa Agro and Leegan Software already have! The portal is currently in the nascent stage of its operations; looking ahead, Garg hopes to find more professional avenues for silvers and plans to take his mission to campus communities when he joins university abroad next year. Before he leaves, he hopes to have the portal running in full gear. Join up—and spread the word.

NORMAN DOOR

n. A door with a design that makes it difficult to determine the correct way to open the door.

Example: A so-called **Norman Door** has design elements that give you the wrong usability signals to the point that special signage is needed to clarify how they work. Without signs, a user is left guessing about whether to push or pull, creating needless frustration.

—“Norman Doors: Don’t know whether to push or pull? Blame design”, 99% Invisible, 26 February 2016

USB condom

n. A modified USB adapter that prevents data from being stolen or malware from being installed when a mobile device’s USB cable is plugged into a public charging station.

Example: USB ports are ubiquitous on our electronic devices as a way to charge them and transfer data. But they’re also an easy entry point for malware or other nasty viruses. Enter the **USB condom**. These prophylactics for your digital devices are plugged to the end of a USB cable, and allow electricity to flow through while preventing data from being transferred or accessed.

—Joon Ian Wong, “People are buying ‘USB condoms’ to prevent their devices from catching nasty viruses”, Quartz, 7 November 2016

EXERCISE DESERT

n. An area where exercise programmes and facilities are either non-existent or unaffordable.

Example: This is the reality of life inside what Holt described as an **exercise desert**. She explained these are “places where there are conditions that do not support being physically active, based on the social demographic conditions and the daily realities for those who live in particular neighbourhoods or communities”.

—Emily McCoy Glover, “The remarkable privilege of running”, The Establishment, 6 October 2016

“The smiles on their faces give purpose to our lives”

Ganesan Parasu Raman, 60, and Chellamma, 56, distribute milk to poor children in Hyderabad



Shyamola Khanna

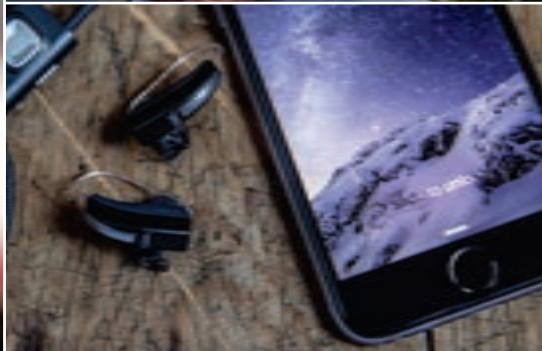
Braving the early morning chill, a long line of slum dwellers, comprising mainly children, queue up outside the residence of the Ramans on the outskirts of Hyderabad. As the clock strikes six, the gates open to allow them to get their free cup of milk, sometimes even two or three! **Ganesan Parasu Raman** and his wife **Chellamma** have been distributing milk to the poor since 1999. It started when Chellamma's mother was diagnosed with an enlarged heart and advised to drink unadulterated cow's milk. "It was difficult getting pure cow's milk in the city," says 60 year-old Raman, a mechanical engineer-turned-entrepreneur. So the couple bought a cow and the surplus milk was given away to an orphanage. "The thought that undernourished children could benefit from it gave us happiness," he says. Over time, the couple moved into a house with a lot of open space on the outskirts of the city to accommodate more cows that they bought. Today, they have 35 cows at their cowshed next to Kapra Lake, and 20 more at Ramalingampally, 29 km away. And Chellamma has given

each cow a name. "They are all my babies; they yearn for affection just like children," says the 56 year-old. Though the couple has employed four boys to take care of the cows, Chellamma herself cooks *kanjee* (thin rice gruel) for the ageing cows. "I can't just turn them out to die on the streets or be killed for meat," she says. The couple distributes almost 30 litre of milk daily. They also run an organic product line—Swarnganga Herbal and Cow Products—which includes creams, soaps and tea lights made from ghee, and pesticides from cow urine and cow dung. Maintaining a huge cowshed, however, doesn't come cheap—they need a minimum of ₹ 125,000 per month just to take care of the cows. However, while the extended family has been pushing them to sell milk to tide over the cash crunch, they continue to veto the suggestion. "How can I ask a poor child for money for milk?" asks Raman. "My wife and I are now addicted to this chain of service—right from looking after the cows to distributing free milk—and it gives us happiness and a purpose in life."

—Shyamola Khanna

I N T R O D U C I N G
WIDEX UNIQUE™

WORLD'S MOST ADVANCED HEARING AID



NEW HORIZONS IN HEARING

At Widex we know that sound quality is a vital factor in determining how much you actually use your hearing aid. That's why we work hard to find hearing solutions that capture all the important sounds you need.

Our latest advanced hearing aid WIDEX UNIQUE™ is designed to provide you with a fuller, richer soundscape - from the softest whispers to the exciting roar of the crowd.



A UNIQUE FOR EVERYONE

UNIQUE is available in four different technology levels to suit your specific needs and budget.

440

330

220

110

STAY CONNECTED - GET FREE* DEX DEVICES WITH UNIQUE HEARING AIDS

When you combine your UNIQUE hearing aid with our DEX communication accessories, you are instantly connected to a world of sounds. You can connect easily and instantly to remote controls, TVs, personal audio systems, tablets and more. There is a DEX for every situation.



TV DEX™



COM DEX™



RC DEX™



CALL DEX™

*Conditions apply



BOOK YOUR APPOINTMENTS NOW

SPEECH N SOUND CONCEPT

102, Modi Niwas, S V Road, Santacruz West,
Opposite Standard Chartered Bank, Mumbai

Tel.: +91 22 26490229, 67103819

Mob.: +91 9820002934

Email id: devangi.dalal@yahoo.co.in

www.axisbank.com

Badhti ka naam zindagi...



LOANS



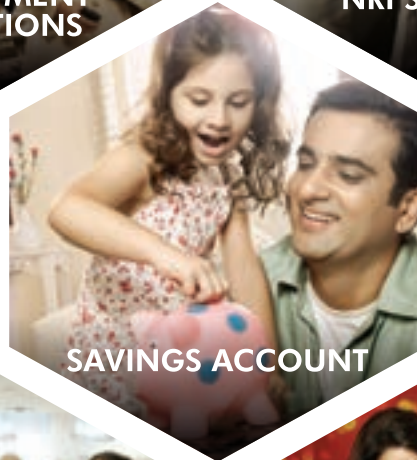
**INVESTMENT
SOLUTIONS**



NRI SERVICES



PRIORITY BANKING



SAVINGS ACCOUNT



FIXED DEPOSITS



CREDIT CARDS



GIFT CARDS

YOUR PARTNER IN PROGRESS

For more information on our products and services, call us at :

1 800 209 5577

1 800 103 5577