cele

The magazine for silver citizens

season of LOVE

harmony FEBRUARY 2017 ₹ 40

GOING DIGITAL IN A CASHLESS ECONOMY

MYRIAD MOODS OF THE MUMBAI MARATHON

OF A KIND

BUNNY & JUG SURAIYA AND OTHER POWER COUPLES WHO SHARE A PASSION

Dr Anuradha & Dr Suresh Rao | Deepa & Suhas Awchat Jayasri Burman & Paresh Maity | Madhuri & Madhukar Pawar Riddhi & Devajit Bandyopadhyay

SHAPE UP![™]



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



nti Cellulite Gel



*Results may vary from person to person

Shared symphony

Love is in the air—and in the pages of the magazine this month. A time, perhaps, not just for celebration but a degree of reflection on what makes a marriage endure and thrive.

There is no set formula, no playbook on dos and don'ts to be followed rigorously. I speak from experience here—Anil and I have completed 25 years as husband and wife. And when I think back, I marvel at how seamless and organic the journey has been, taking in its stride life's challenges, crests and troughs, the gamut of experiences intrinsic to building a shared life.

Like many couples, we are two distinct, different people. And within the common construct of our marriage, we have allowed each other to be, keeping our individual selves nourished, never attempting to change the other, lauding the strengths and accepting the weaknesses, keenly aware that for us to evolve as a couple, we need to be self-actualised as individuals. It's a shared symphony, one that continues to be written by the day, a composition of understanding, togetherness and learning.

Indeed, one of my greatest learnings from Anil—in addition to his articulation, clarity of thought, and discipline—is the importance of fitness. For him, it is akin to a religion and his continual drive and resolve to test his endurance, irrespective of his age or busy schedule, always inspire me. Indeed, it was a proud wife who cheered him on, like so many times before, at the Standard Chartered Mumbai Marathon this year.



My biggest cheers, of course, were reserved for our silvers! They were back in full force, over 1,000 of them, coming together in pride. Joining me for the flag-off were actors Sonali Bendre-Behl, Taapsee Pannu and Shailesh Lodha, activist Priya Dutt and ad man Piyush Pandey. My thanks to them and to Procam International, OOH division of HUL, VLCC Wellness, SCA Hygiene Products Pvt Ltd, Reliance Communications, Reliance Infrastructure and BIG 92.7 FM for their support, and to my team for making the event a success.

Ultimately, to make anything work, whether it is an event or marriage, it takes collaboration and compromise, attention and adaptation, a sense of ownership and a feeling of belonging. And, yes, it takes love, bringing us back full circle!

Twie Juban

A Harmony for Silvers Foundation Initiative

Harmony Celebrate Age-February 2017 Volume 13 Issue 9

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.ma@harmonvindia.org Printed and published by Dharmendra Bhandari on behalf of the owners. Harmonv for Silvers Foundation.

(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

Volume 13 Issue 9

43 cover feature Power couples who share a passion



Cover photograph: Himanshu Kumar

columns

26 . NUTRITALK: Wellness consultant Naini Setalvad doles out a diet to keep macular degeneration at bay

28. **YOGA RX:** Shameem Akthar illustrates how a yoga pole helps correct posture and facilitate breathing

34 . MONEY MATTERS: Economist Priya Desai decodes e-payment applications in a cashless economy

features

38 . **Proactive:** Snehalaya Homes in Bengaluru rewrites destinies of destitute boys

60 . **Journey:** Author Manjiri Prabhu finds her muse in an ancient palace in Salzburg

WEB EXCLUSIVE www.harmonyindia.org

LIFE FORCE

Deo Kumar Saraf from Kolkata brings affordable healthcare to the poor through a chain of multispeciality hospitals

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: harmonycare@intoday.com Total number of pages in this issue of Harmony-Celebrate Age, including covers: 84

Go Cashless with New India Mediclaim Policy

CASH FREE / HASSLE FREE

More than 4000+ hospital covered
 Day & Night 365 Days Service
 Avail Income Tax Benefit U/S 80D* Conditions Apply

New India Floater Mediclaim Policy New India
Top Up Mediclaim Policy

New India Mediclaim 2012 Policy



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 NO: (NIAHLIP13030V011213) (NIAHLIP15004V011415) (NIAHLIP13001V011213) URN : NIA/PC/16-17/256-Jan 2017

Toll Free No: 1800 209 1415

www.newindia.co.in

online.newindia.co.in

column ONE

Love. It's perhaps the most overused word in the world, yet the hardest to describe. Not that it stops us from trying! Despite all the paeans written to romance, though, when confronted with the business of life, love needs to be tempered by trust and understanding, gilded by fidelity and faith, and strengthened by shared experiences to really endure.

This month, we spotlight six couples who have made it work. Led by the delightful Bunny and Jug Suraiya, our sterling silvers share their own special formulae to living, loving and working in tandem. And having plenty of fun along the way!

Also enjoying life to the max is Dagadu Bhamre, who participated in the 4.3-km Harmony Senior Citizens' Run at the Standard Chartered Mumbai Marathon last month, at the remarkable age of 103. "If I get another chance, I will come back," he proclaims. "I will be the one leading, and leaving everyone behind." See him and our other intrepid silvers in action this month.

Elsewhere, we learn how the alumni of the McGrath Institute of Leadership Training Charitable Trust (MILT) have paid it forward by setting up Snehalaya Homes for children from poor backgrounds; economist Priya Desai navigates e-payment applications for these demonetised times; and author Manjiri Prabhu explains how the Schloss Leopoldskron in Salzburg of The Sound of Music fame served as literary muse. A favourite: highlights from Fanil Pandya's riveting visual chronicle of the last of the Konyak head hunters in Nagaland. Indeed, there's never a dull moment in Harmony-keep reading! —Arati Rajan Menon

We were always made to believe that disability is a disease but I would beg to differ because the term disability itself is a misnomer. Differently abled persons are rightly termed as *divyang* and they can definitely do things differently and spontaneously. The Disabilities Bill 2016, passed at the end of last year, is a significant milestone as it stipulates a jail term up to two years and a maximum fine of ₹ 5 lakh for discriminating against the differently abled. It also widens the ambit of what is defined as 'disabled'. This is especially significant for silvers,



who, owing to increasing age, succumb to a variety of disabilities.

While, on the one hand, we are happy to see more inclusive legislation, it is equally important to be more inclusive in our thinking. This is especially true when it comes to senior citizens. There are innumerable elders who can provide yeoman service to various organisations and it is necessary to allow their potential to be realised. Private sectors that employ the differently abled must ensure adequate provisions to bring in accountability and allow their personnel to work to the best of their ability. We must not forget that senior citizens have the expertise to shape future generations of our country and must be given every opportunity, despite their age-related disabilities, to play their role in nation-building.

Kishore Prabhu

Mumbai

The interview "Striking the Right Note" ('Cover Feature'; January 2017) of Sudha Ragunathan exhaustively covered her music, guru bhakti, family and service to society. She is undoubtedly one of the leading woman vocalists, as observed by connoisseurs, fans and critics. The invitation from the UN for a concert—50 long years after M S Subbulakshmi's performance-stands testimony to her credentials in the field. Like M S Subbulakshmi, it will not come as a surprise if Sudha Ragunathan too is honoured with the Bharat Ratna one day. Kudos to Harmony-Celebrate Age and the writer of the article for featuring her!

D S Rajagopalan

Chennai

was thrilled to see my friend Kamini Agarwal featured in your magazine ("Zest for Life"; 'Heart to Hearth'; January 2017). Kamini is really a special person with a unique charm and I am happy the article did justice to her multi-faceted personality. Also, I find Harmony-Celebrate Age a very interesting magazine to read. At this age, it is important for us to know how our peer group manages and how they nurture their interests. The magazine tries to cover all the facets of senior life and is very inspiring to read.

Sulakshana Arora Chennai

really enjoyed reading the article on Tom Alter ('Kanwar's People')



Every Life Matters

CENTRE FOR SPORTS MEDICINE OUTREACH CLINIC

NOW IN SOUTH MUMBAI - OPERA HOUSE



SPORTS REHABILITATION

- · Cutting-edge sports injury management
- Running analysis & golf swing analysis
- Sport-specific movement analysis
- Aerobic capacity assessment

HIGH PERFORMANCE

- · Elite sports-specific strength & conditioning
- Individualised scientific fitness programme
- · International grade facility & equipment
- Olympic lifting

ADVANCED PHYSIOTHERAPY

- · Functional movement analysis & correction
- Evidence-based exercise prescription
- Pre & post-operative rehabilitation
- · Injury prevention assessment

Jain Towers, 16th floor, 17, Mathew Road, Opera House, Mumbai 400 004. Tel: 022 3097 3097; Appointment: +91 96991 72866 or SMS 'KDAH SMUM' to 55454

Opening hours: 7am to 9pm

www.kokilabenhospital.com

in the January 2017 issue of *Har-mony-Celebrate Age*. I have had the privilege of meeting Tom Alter on a few occasions and have found him the epitome of politeness and charm. These are best described by the Urdu words *nazakat* and *nafasat*—Urdu being a language he speaks with great felicity and in which he has a rich collection of choice *shayari*.

Dr B K Joshi

Director, Doon Library & Research Centre, Dehradun

O n a Good Wicket" ('Kanwar's People'; January 2017) was a beautiful piece that brought out in a short but comprehensive way the passions of Tom Alter in different fields. It elucidates how he maintains his composure in a simple yet respectable manner with people high or low. Hats off to him for his admirable character, and the interviewer for bringing out the various facts with a natural flow.

Brigadier K G Behl

Patron, Dehradun Ex-Services League, Dehradun

Tam in my 30s and have somehow always believed that only voungsters need emotional support and encouragement. However, I realised my belief was just a myth after reading Harmony-Celebrate Age. My aunt Taraji Dakliya was featured in the December issue of the magazine ("Today and Hereafter": 'Heart to Hearth') and the article brought out many nuances about her that even I was not really aware of! To me, my aunt has always been an extraordinary person and by being featured in your magazine, she truly felt cherished and told her story. Indeed, I appreciate the magazine's efforts in paying such beautiful tributes to the elderly and providing food for thought even for youngsters.

Naveen Galada Via email

It was a pleasure to read *Harmony-Celebrate Age*'s 150th issue; calling people over the age of 50 'silvers' is a new and interesting concept to me. "Silver Nomads" ('Cover Feature'; November 2016) offers a beautiful insight into people's thirst for



travel, while the article "No Ill Will" ('Legalease') was informative about an important subject for silvers. I noticed that the magazine covers five important aspects—physical health, mental health, financial planning, social outlook and emotional support—which opens some new chapters to me.

Usha Ramakrishnan *Chennai*

ERRATUM

There is an error on Page 20 ("Going the Distance"; 'Orbit') in your December 2016 issue. The photograph purported to be of 80 year-old Usha Mittal is not hers. I know this because Mrs Mittal and I belong to the same senior citizens association—Freedom Fighters Enclave, New Delhi.

K D Bhatia

Via email

We deeply regret the error. —*Editors* AN INVITATION FROM HARMONY

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

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

Mail us at Reliance Centre, 1st Floor, 19, Walchand Hirachand Marg, Ballard Estate, Mumbai 400001. Or email at contact.mag@harmonyindia.org

inside

P14: Marathon moments **P22:** 103 and running

NEWS ● VIEWS ● PEOPLE ● RESEARCH ● TRENDS ● TIPS

WILD SILVER

COMMONOPTICS

There is much we have in common with primates—a recent study at Kyoto University's Primate Research Institute, published in journal Current Biology, says older bonobo apes, among the closest primate relatives to humans, begin showing symptoms of far-sightedness when they reach the age of 40 and can benefit from reading glasses. Aww.





Curtain raiser

n 23-24 February 2017, Heritage Foundation will organise an international conference on services for the elderly in Hyderabad in collaboration with the International Association of Homes and Services for the Ageing, Washington DC. The event will feature experts, policymakers including governments, international agencies such as UN and WHO, service providers, researchers, academia, senior citizens and other stakeholders to share a common platform to deliberate on the importance of creating and sustaining services for the elderly to promote their dignity and improved quality of life with a special focus on caregiving, technology, management of dementia including geriatric care, and the importance of an age-friendly environment, including retirement villages. There's also a special contest for photographers who have captured the grace in ageing with their lenses; to enter, email your pictures to *jaishree@cimglobal.net*. And to know more about the conference, visit **P** *heritagefoundation-iahsa.net*

Found in translation



SMART THINKING, this. In a one-of-akind pilot project, Chiba Prefecture, an IT company based in Kashiwa, Japan, is employing silvers living in care homes to teach Japanese to people overseas via online video calls. As website *news. asiaone.com* tells us, it's a win-win situation either way—while it gives the silvers a way to stay abreast with technology and remain connected with the outside world, it gives people in other countries the opportunity to learn the language from a native speaker. To make things even easier for the silver teachers, the company has installed a system that displays large-sized text on their tablets. So far, 11 silvers have joined the programme, which is ready to scale up.

FIT ZONE

On the cusp of the New Year, an open-air gym for silvers was inaugurated in the Mumbai Port Trust Garden in Colaba, southern Mumbai. A joint initiative by NGO My Dream Colaba and the Colaba Advance Locality Management (ALM), the gym was built at a cost of ₹ 2 million and is equipped with stateof-the-art equipment including a seated puller, cycle, sky walker, standing and seated twister, leg press, shoulder builder and cross trainer. The facility will be open from 6 am to 9 pm, the timings of the garden. No membership or fees are necessary.



AADHAR & YOU

This card will take you places literally. The Railway Minister has made it mandatory for silvers to provide details of their Aadhar card to avail concession while booking train tickets. The intent is to put an end to fraudulent bookings, curb cases of impersonation, prevent misuse of the discount facility and bring in transparency in the reservation system. To streamline the reservation process, the verification process has been made easy and user-friendly. The requirement, which will be optional during the January-March 2017 period, will apply mandatorily from April at both counters and for e-ticket bookings on the Indian Railway Catering and Tourism Corporation (IRCTC) website, **www.irctc.co.in**.

Meanwhile, Minister of State for Personnel, Public Grievances and Pensions Jitendra Singh told Parliament that there's no proposal—"at



present"—to make Aadhar mandatory for release of pensions to Central Government pensioners. Nevertheless, 87 per cent of Central Government pensioners across all age categories have already seeded their bank accounts with their Aadhar number.

STUDY TIME

In the May 2016 issue of Harmony-Celebrate Age, we told you about the launch of the 25-year Longitudinal Ageing Study of India (LASI)—a landmark and timely move. Now, the Population Research Centre of the University of Kerala's Department of Demography has been selected as the field agency for the study in Kerala and Lakshadweep. As newspaper The Hindu reports, in Kerala, the study will be conducted in 16 taluks— Sultan Bathery, Vadakara, Koyilandy, Kozhikode, Eranad, Nilambur, Ottappalam, Thalappilly, Kunnathunad, Kochi, Udumbanchola, Thiruvalla,

Kozhencherry, Kollam, Chirayinkeezhu and Thiruvananthapuram—spread across 10 districts. The data, which will be collected every two years, will encompass demographic, economic, social, physical and health indices for people above the age of 45, focusing on aspects like age-associated diseases, activities undertaken by seniors, health insurance, financial status and pension benefits in an attempt to assess existing welfare schemes and formulate new ones. The information gathered will be periodically forwarded to the International Institute for Population Sciences, Mumbai, the national nodal agency for the study.

Meanwhile, in Kannur district, also in the state, the district panchayat has begun to conduct a 'happiness survey' for its silvers, to assess their living conditions and needs, and sensitise families about the need to take care of their elders. There are an estimated 350,000 silvers in the district and a sum of ₹ 1.10 crore has been earmarked for the survey.

ON GUARD: THE BALLARI POLICE IN KARNATAKA HAVE INTRODUCED NEMMADI, A PROGRAMME TO INSTIL CONFIDENCE AMONG SILVERS AND PROVIDE THEM PROTECTION. CLOSE TO 200 SENIOR CITIZENS HAVE ALREADY BEEN IDENTIFIED UNDER THE PROGRAMME, WITH WHOM THE POLICE WILL PERIODICALLY INTERACT TO UNDERSTAND AND RESOLVE THEIR PROBLEMS. THE INITIATIVE WILL SOON BE SCALED UP TO INCLUDE MORE ELDERS UNDER ITS AMBIT.

SAFETY FIRST

On the heels of a rash of crime, Chennai Police is buckling down to ensure silver safety. Its latest initiatives include a special tollfree number—1253—dedicated to distress calls from silvers and special teams at all its 136 police stations to assist elders living alone. It is also striving to get silvers to register with their local police station, so their security and wellbeing can be periodically monitored.



THE Sexfies

YOU'VE BEEN THERE, DONE THAT. BUT THAT'S NO REASON TO CALL IT A DAY WHEN IT COMES TO YOUR SEX LIFE. HERE ARE SOME INTERESTING NEW INSIGHTS INTO THE SILVER BEDROOM, CULLED FROM EXPERTS AND STUDIES AROUND THE WORLD

IN THE KNOW: Your grandparents may be having more fun than you think! Researchers from the University of Minnesota studied data gathered of over 6,000 Americans aged 20 to 93 over a period of 18 years and concluded that silvers enjoy a higher quality sex life than their younger counterparts. While the frequency of sexual interactions may be lower among this demographic, the quality is higher. The reason, as the study authors tell website *theconversation.com*, is simple: wider life experience, which translates into greater sexual wisdom. Aha.

ROBOT TO THE RESCUE: Sexual healing could well enter a new dimension if some scientists have their way. Speaking at a conference titled *Love & Sex with Robots* held recently at London's Goldsmiths University, Dr Kate Devlin, a senior lecturer in the university's Department of Computing, advocated **the use of sex robots to tackle loneliness in elders living in care homes** and fulfil their desire for intimacy. She also recommended such robots for sex offenders, to keep them off the streets.

HOUSE OF LOVE

Now, this is progressive—and proactive. The Hebrew Home, a nursing home in Riverdale in the Bronx area of New York, has created a 'sexual expression policy' for its silver residents who wish to engage in consensual sexual activity. Calling it part of a broader shift from institutional to individualised care, The New York Times reports that the staff at the home are actively engaged in improving the love life of the residents, including setting up events like a 'senior prom' and launching a dating service. Already, 40 of the 870 residents are reported to be in a relationship.



trends .



CASH CRUNCH

Money is playing spoilsport for silvers. According to a report by Associated Press, the soaring prices of prescription medicines for impotence and other sexual problems have made things harder for American silvers to stay sexually active. This includes Viagra and Cialis as well as the new female Viagra, Addyi. The good news: the end of 2017 is expected to see the entry of a generic competitor priced lower than Viagra and Cialis; a rival for Addyi is also in the works. Going forward, more generics are expected to hit the market, lowering costs—and raising libidos once again!

THE FLIPSIDE

The unwillingness to talk about sex-despite increasingly indulging in it—has led to a worrying fallout. A new report authored by England's Chief Medical Officer Dame Sally Davis says that **sexually** transmitted infections such as chlamydia and genital warts have risen by more than a third among people between the ages of 50 and 70 over the past decade. In fact, from 11.366 infections in 2010, the number spiked 38 per cent to 15,726 in 2014. The increase has been attributed to rising divorce rates, meeting new partners and forgoing condoms. The report, which calls for better communication between healthcare providers and silvers, points out that the problem may be far more acute than the data suggests, owing to the reluctance of elders to seek treatment for sexual health concerns.

BEDTIME STORIES:

Speaking about sex is still taboo in the silver world, contends author Doreen Wendt-Weir, who received flak for her book *Sex in your Seventies* (Cava Consulting). In fact, as website *www. abc.netau* tells us, the 88 year-old changed her name to Evangeline when she began interviewing people for the book in a bid to overcome her conservative nature and sound more glamorous. The book is replete with candid and



interesting anecdotes, like 80 year-old virgin Albert, who literally overdosed on Viagra while attempting to court a younger woman, and Celeste, who is perennially worried about where to put her dentures when she's in bed with a new man. What makes the stories remarkable, in Wendt-Weir's words, is that "in the circles in which I move, we don't really talk about sex". Speaking about her own life, she shares that she had the best sex of her life with her last partner, whom she met when she was 72, saying, "He made me feel valued." Learn more about her and the book at

Www.sexinyourseventies.com

Yellow fever!

An 15, 2017

BUTTOS

his was no laidback, lazy Sunday for the participants of the 4.3-km Senior Citizens' Run supported by Harmony at the Standard Chartered Mumbai Marathon held on 15 January. This year, over 1,000 silvers participated in the Run, which was flagged off by actors Sonali Bendre-Behl, Taapsee Pannu, Shailesh Lodha, politicianactivist Priya Dutt, ad guru Piyush Pandey and chairperson of Harmony for Silvers Foundation Tina Ambani. The cold breeze was no match for the warmth and camaraderie of the participants who came from far

and wide; some as far as Ahmednagar, almost 250 km away. And there were many silvers who made sure we caught their eye—Zoeb Bootwala, 64, and his wife Rehana, 62, ran holding a garbage bag so that people could throw their waste in it!

> While many showed their zeal for fitness as a way of life, a few decided to promote a social cause. Upendra Thanawala, 65, who came dressed in Mahatma Gandhi's attire, participated barefoot in true Gandhian spirit. "I am here to remind society about the Gandhian path of non-violence and forbearance," he proclaimed. And while some participants were first timers, for others, the Run was a custom that was hard to break! Like S Rajan, 63, who said, "I keep coming back every time; this event is something I look forward to." And D P Patil, 64, proudly displayed all his previ

Photographs by Haresh Patel & Datta Redekar

ous registration numbers on his yellow T-shirt in a bid to motivate himself and others. Meanwhile, N Natarajan, 71, was a tad disappointed as his doctor had advised him against stressful exercise—but this did not stop him from walking the distance.

mte

For Mumbai-based couple Randip and Shakti Chopra, the Run was yet another reason to celebrate love and life! While the fitness freaks have been participating since 2004, it was endearing to see Shakti dedicating this year's event to her grandchildren living in Melbourne, Australia, with the message 'Dadi running for Alina & Ishaan' pinned on her back. "Harmony Senior Citizens' Run holds a special place in our hearts," emphasised Randip.

For Mumbai resident Meena Venkateshwaran, 76, the highlight was to see her photograph printed on the backdrop of the stage in the marquee area. A diligent walker (she walks 3-4 km every day), she has been participating in the Run for the past 13 years, except the one year that she had to travel outside India.

"I go walking for all my daily errands and shopping; in case my baggage is heavy, I use the public transport system," she shares. "These days, I find the younger generation hiring a taxi even for small distances. Young or old, just get going!" We couldn't agree more!

ate









71819

Hebrate age

72291



The myriad colours and moods of the marathon

16 harmony celebrate age february 2017

BADI RUNNING For NLINA & ISHAAR

Vijay Singh

Smit Patel





Dr Dharmendra Bhandari, Justice R M Lodha. Y H Malegam and Jehangir Palkhivala at the launch of Nani Palkhivala – God's Gift to India (Biography by a Friend); (below) the distinguished guests

For a friend, by a friend

n 16 January, Dr Dharmendra Bhandari, publisher of Harmony-Celebrate Age, launched his labour of love, Nani Palkhivala-God's Gift to India (Biography by a Friend), in Mumbai, on the 97th birth anniversary of the late eminent jurist. Speaking about the inspiration behind the book, Dr Bhandari said, "The book is an attempt to preserve and protect for posterity the memories and motivation, the inspiration and ideas, the wealth of knowledge and kinship that Nani, my mentor and friend, left behind." Unveiling the book, R M Lodha, former chief justice of India, said, "Palkhivala was a man born once in centuries.

Truly, he was one of the best judges the Supreme Court never had." Also on the panel were Y H Malegam, chairman of the Nani Palkhivala Memorial Foundation, and Jehangir Palkhivala, yoga guru and Nani's nephew, who reminisced about Nani, the man behind the genius.

The book, punctuated by the works of late cartoonist R K Laxman, is a tribute by Dr Bhandari who knew Nani intimately for decades. A former associate professor at the University of Rajasthan, Dr Bhandari has also authored books such as R K Laxman-The Uncommon Man and Mosaic of Faith—Places of Worship in India.





Make meditation your mantra. Our ancients always knew the benefits of meditation for mind and body. Now, modern science is catching up. According to a recent American study, published in journal *Translational Psychiatry*, meditation can actually improve your cellular health. The study was performed on three groups of participants between the ages of 30 and 60 at a five-day retreat at a vacation resort: regular meditators, novice meditators, and vacationers who did not meditate. Their physical, mental, psychological and cognitive health was assessed thrice: upon the completion of the retreat, a month later, and again after 10 months. While all three groups experienced significant improvement in mental health after the break, the novice meditators showed much greater improvement compared to the vacationers. As for the regular meditators, even their molecular signature was significantly different—they displayed a distinct network of genes with cellular functions that may be associated with anti-ageing, which the researchers dubbed 'the meditation effect'.





Then: Old junk Now: Wind chime

Do you have a lot of junk like old keys, locks, beads, chains, forks, or even can openers lying around? Here's a great way to turn them into a funky wind chime for your home. Gather several lengths of chain and a few pieces of old metal. Include a piece of crystal for a prettier sound. Take a piece of driftwood or a stick and make two holes in it with some distance in between. Ensure these holes are wide enough for your chains to go through. If you cannot find chains long and sturdy enough, get a rope and pass it through the holes in the wood. The upper part will now be used to hang the wind chime and you can hang your junk and the crystal from the two loose ends. To make your wind chime

more colourful and pretty, paint it with colours of your choice. You can even add more chains and ropes to the whole assemblage.

RECYCLING FACTS

- Recycling steel products uses 60 per cent less energy than producing steel products.
- 92 per cent of energy can be saved by using aluminium scrap instead of virgin materials in the production of different aluminium products.

MORE RECYCLING IDEAS...

- **1.** INSTEAD OF USING JUNK, YOU CAN EVEN USE CANS THAT MAY BE LYING AROUND AT HOME; JUST MAKE SURE THE HANGER IS STRONG ENOUGH TO TAKE THEIR WEIGHT.
- 2. USE THE BEADS AND SMALL METAL PIECES YOU MAY HAVE PUT IN THE WIND CHIME TO MAKE A PRETTY CHARM BRACELET, BY JUST STITCHING THE METAL TO A STURDY CLOTH.



JUST BEET IT!

part from topping up your haemoglobin, beetroot can, quite literally, help you go the extra mile. According to a study done by researchers from the University of Exeter, Devon, South West England, **nitrate present in beetroot provides muscle cells an energy boost**, which in turn gives you the extra energy you need for your daily chores. During the study, participants were divided in two groups. While both drank beetroot juice, one group had no nitrates present in their juice. Turned out, those who drank the beetroot juice with the nitrates could run much faster. While nitrates may not suddenly turn you into Usain Bolt, the extra burst of energy could help seniors get through the day, sans fatigue.

WHY BEETROOT IS GOOD FOR YOU

High in NITRATES, which provide long-lasting energy for enhanced cardiovascular health and stamina



Loaded with IRON, which provides proper oxygen transport in the blood, reduces fatigue, and prevents anaemia

> Contains an antioxidant called BETALIN, which protects our cells from damage and prevents cancer

High in FIBRE for a healthy digestive system; helps prevent constipation, diarrhoea, IBS and reduces risk of colon disease



Great source of plant-based PROTEIN, which is essential for the growth and development of all bodily tissues



High in VITAMIN C, essential in healing wounds, protecting against infection, and keeping our immune system strong



High in POTASSIUM, which helps in the proper transmission of nerve impulses, keeps our memory sharp and regulates blood pressure Rich in CALCIUM, a mineral necessary for developing and maintaining strong bones and preventing

osteoporosis



Sniffing out Alzheimer's

'Wake up and smell the coffee' could have new meaning for potential Alzheimer's patients, with scientists using the sense of smell to determine how risk-prone one is to the disease. Researchers from Massachusetts General Hospital, Boston, tested patients to recognise and remember different odours in a four-stage process, where they also had to indicate whether any of the odours triggered specific memories. The trial used 183 participants. It was found that **participants who had cognitive impairment or probable Alzheimer's experienced difficulty remembering the odours they had been exposed to**. The researchers are doing further studies to validate these results. The study was published in *Annals of Neurology*.





o matter how mouthwatering they look on the menu, red, cured and processed meats should instantly throw up a red flag. Not only can it increase the risk of colorectal cancer, a recent study by researchers at Brousse Hospital in Paris has found that processed meat is rich in nitrites, which cause airway inflammation in the lungs—a typical feature of asthma. They measured the dietary intake of 971 adults using food frequency questionnaires encompassing 118 items in 46 food groups. It was found that individuals who consumed four or more weekly servings of cured and processed meats were 76 per cent more likely to experience worsening asthma symptoms. The study was published in journal Thorax.



Flower power

That pretty blue water lily can make your health look pretty good too. According to scientists from the Indian Institute of Chemical Technology (CSIR-IICT) in Hyderabad, **the seeds and tuber of the blue water lily** can control blood glucose and lipid (cholesterol) levels in persons suffering from diabetes and obesity, and can also slow the process of ageing. Researchers explained that the plant works on the pancreas and intestines and, if consumed after a meal, reduces blood sugar and lipid levels. Researchers found that an extract from the lily's seeds and tuber thwarts the formation of chemicals that contribute to ageing and degeneration of the nervous system. The study was published in journal *Cogent Food and Agriculture*.





'STAR WARS' STYLE

IF WE DIDN'T KNOW ANY BETTER, WE WOULD HAVE THOUGHT THIS WAS ANOTHER STAR WARS SEOUEL. AFTER ALL, FIGHTING THE BADDIES WITH LASERS IS THE STUFF SCI-FI MOVIES ARE MADE OF. YET, RESEARCHERS FROM UNIVERSITY COLLEGE LONDON, ENGLAND, UK, ARE USING LASERS TO ACTIVATE A DRUG MADE FROM BACTERIA SOURCED FROM THE OCEAN FLOOR. TO KILL CANCER CELLS WITHOUT DESTROYING HEALTHY TISSUE. THE TECHNIQUE, CALLED VASCULAR-TARGETED PHOTODYNAMIC THERAPY, HAS BEEN EFFECTIVE AGAINST PROSTATE CANCER, WHERE A LASER ACTIVATES THE LIGHT-SENSITIVE DRUG MADE FROM BACTERIA THAT CONVERT LIGHT INTO ENERGY. THE DRUG WAS SO EFFECTIVE THAT HALF THE PATIENTS IN A TRIAL OF 413 PATIENTS WENT INTO REMISSION. THE STUDY WAS PUBLISHED IN JOURNAL LANCET ONCOLOGY.

Smart, interactive, silver-friendly!

Our new website is LIVE now! Visit: *harmonyindia.org*







Walk the talk

he adage 'never say never' was surely coined with **Dagadu Bhamre** in mind! The silver recently completed his first marathon event—the Harmony Senior Citizens' Run of the Standard Chartered Marathon held in Mumbai on 15 January—at the age of 103.

Having walked 4.3 km to the finish line, without pausing even for a sip of water, Bhamre is all pumped up and says he wants to compete in as many marathons as he can. "I thoroughly enjoyed it and got to interact with so many people; some were even from my own hometown, Malegaon [in Maharashtra]," says the centenarian. "If I get another chance, I will come back and, this time too, I will be the one leading, and leaving everyone, young or old, behind."

This is no idle boast. Bhamre is in great shape, something he credits to a healthy diet, ample exercise and lots of walking. He says, "My day starts at 5 am sharp. I go out for my routine walk, no matter which son's place I am staying at, then I take a nap after coming back, eat lunch and then I walk again. I make sure to walk after every meal."

Bhamre has six sons and two daughters scattered across different cities in India. Even though he has plenty of options, he always celebrates his birthday in Mumbai at the home of his daughter Mrunalini Wani, 59, and son-in-law Subash Wani, 63, who enrolled him for the marathon.

"We took a train to CST, and then walked from the station to the starting point of the marathon," says Subash. "After the marathon, we walked some more as there were many people who wanted to meet him and take pictures. By the end of it, my wife and I were tired but my father-in-law was still smiling and ready to walk some more!" Adds a doting Mrunalini, "He is far more active than I am and has even attended the Nasik Kumbh Mela. We have enrolled him with the Prabhat Mitra Mandal, a senior citizens' group here, where he loves spending time. He is an inspiration, not only to me and my family but every generation in our family." Indeed. —*Aakanksha Bajpai*





BIRTHDAYS

Actor Deepti Naval turns 60 on 3 February.

American actor and former model **Nick Nolte** turns 76 on 8 February.

American actor and activist Mia Farrow turns 72 on 9 February.

Poet and filmmaker **Buddhadeb Dasgupta** turns 73 on 11 February.

Actor Randhir Kapoor turns 70 on 15 February.

Actor and television presenter **Annu Kapoor** turns 61 on 20 February.

Bollywood lyricist Sameer Anjaan turns 59 on 24 February.



IN PASSING

Actor-author **Carrie Fisher**, best known for her role as Princess Leia in the *Star Wars* series, passed away on 27 December following a cardiac arrest. She was 60.

Hollywood legend **Debbie Reynolds**, mother of Carrie Fisher, passed away on 28 December—tragically, just a day after her daughter's death. She was 84.

Actor **Om Puri**, Padma Shri, died on 5 January in Mumbai. He was 66.

Former Punjab chief minister **Surjit Singh Barnala** passed away on 14 January. He was 91.

Astronaut **Eugene Cernan**, the last man to set foot on the moon, passed away on 16 January. He was 82.

MILESTONES

- IIT-Kharagpur alumnus **Parag Havaldar** won the prestigious **Technical Achievement** Award presented by the Academy of Motion Pictures and Sciences, popularly called the Technical Oscar, on 9 January. He won the award for the development of expression-based facial performance-capture technology at Sony Pictures Imageworks.
- Rajasthani writer Satya Narayan was chosen for the 26th Bihari Puraskar by K K Birla Foundation in December, for his Hindi book, Yeh Ek Duniya.



OVERHEARD

"Something that seems ugly and scary to many-old age-has been on my mind.... As the ancient Roman poets and philosophers such as Cicero and Pliny would say, old age is actually 'thirst for wisdom'-let's hope it will be like this for me. Pray for my old age to be like this: peaceful, religious, fruitful and also joyful."

—Pope Francis, speaking at a special Mass in Rome as part of his 80th birthday celebrations



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.

WALK OF LIFE

My aim is to run three more marathons. If that sounds a little odd, the reason is that I am 97 years old and three more marathons would make me 100! You see, I would love to complete a century on the planet.

I participated in the Airtel Delhi Half Marathon in November last year, and managed to walk 2 km at a stretch. This was the fifth time I was running this race. Life is all about going with the flow and taking each moment as it comes. It is not about giving up. I think this was instilled in me when I worked in the Army and fought in World War II.

I was born at a time when Pakistan and India were undivided, in Bannu, now in Pakistan. My father, who was an engineer in the Army, was stationed there at the time. We also lived in Parachinar, near the Afghanistan border. I was a Boy Scout and loved to trek in the mountains there. In

1932, father was transferred to Rawalpindi in Punjab and, every Sunday, a group of four to five of us would trek in the nearby woods. We would also bathe in the ponds and lakes there.

In November 1934, I joined an engineering technical training course at a government college in Lahore and, in our third year, four of us decided to cycle down to Srinagar. Jammu & Kashmir was then ruled by Maharaja Hari Singh, and the distance from Lahore to Jammu was 105 miles. We saw his palace and the canal from where electricity was generated. This was a month-long trip and we saw some stunning scenery and met some really good people. We cycled, trekked, visited some places on horseback, bathed in the cold waters of natural lakes and ate the famous *rajma*, guavas and almonds.

In 1939, I was compulsorily enrolled in the Army. War had been declared and I landed up in Meena Camp near Cairo. When I was diagnosed with a heart condition, I was sent to Alexandria to recuperate, from where I was dispatched to Scotland, and then East Africa, to further recuperate. Eventually, I returned home on a ship that was bringing back 50,000 prisoners to India.



Sethi aims to run three more silver marathons by the time he turns 100

After Partition, I served for quite a while in the Ministry of Rehabilitation. I trained people in mechanical engineering before I was promoted and sent to Bhopal to set up a workshop for technical training. A few years later, I was promoted again and was to be sent to Silchar to rehabilitate people from East Bengal. But I refused and came to Delhi. I started working in Sardar Nagar, in a mechanical engineering shop, and later joined Maruti.

I worked with Maruti till 1972, and then opened my own unit. Finally, in the 1990s, I gave it up and turned to homoeopathy after my wife passed away. I began treating friends and relatives and then more patients started coming to my flat in Siddharth Enclave. I always wanted to serve people and this was one way.

A year ago, my daughter convinced me to move into her home in Shivalik, Delhi. My routine is very simple. I wake up at 5.30 am, take a bath, say my prayers and practise yoga. Then I take a walk and can walk for 10-15 minutes at a stretch. I can still climb the stairs without any assistance. My daughter has given me a walking stick but I feel I can do without it. And that is entirely owing to God's grace. —*Madan Swarup Sethi, Delhi*

BIG 92.7 FM OOH DIVISION HINDUSTAN UNILEVER PROCAM INTERNATIONAL RELIANCE COMMUNICATIONS RELIANCE INFRASTRUCTURE LTD SCA HYCIENE PRODUCTS PVT LTD VLCC WELLNESS

Special mention: Priya Dutt, Piyush Pandey Shailesh Lodha, Sonali Bendre-Behl, Taapsee Pannu

celebrate age

thanks all those who supported the **Senior Citizens' Run** at the **Standard Chartered Mumbai Marathon 2017!**



Visit us at www.harmonyindia.org





NUTRITALK BY NAINI SETALVAD

For your eyes only: Your diet can keep macular degeneration at bay

Ageing is associated with a host of problems in the body. One of them is macular degeneration—the primary cause of vision loss in silvers. Macular degeneration is said to be the leading cause of blindness in people above 60 years; and this figure is expected to increase in the years ahead. The decline in vision leads to other problems like difficulty in reading, driving, etc, thus causing depression.

What is macular degeneration?

Macular degeneration is the deterioration of the macula, which is the small central portion of the retina of the eye that controls visual acuity. This area is responsible for focussing central vision of the eye and controls our ability to read, drive or perform tasks that require us to see fine detail.

If you have been diagnosed with macular degeneration, do not despair. There is a wide variety of brightly coloured vegetables that help keep the disease at bay and your vision healthy.

hotographs by iStock

Food to the rescue

Increase the intake of antioxidants especially Vitamin A (which contains compounds like lutein and zeaxanthin), Vitamin C and omega-3 fatty acids—in your daily diet. Present in a range of vegetables and fruits that are yellow or green in colour, these help prevent macular degeneration and keep your eyes healthy. Eat more of such foods and avoid gorging on unhealthy junk food. Ultimately, a healthy diet and lifestyle supports healthy vision.

Here are some value-added foods you can incorporate into your diet:

• Rainbow colours: The next time you are ordering groceries or planning your diet, do it according to colour. Bring home a basket filled with a rainbow of colours right from oranges and greens to

RECIPE FOR EYE HEALTH

Yellow pumpkin with cluster beans

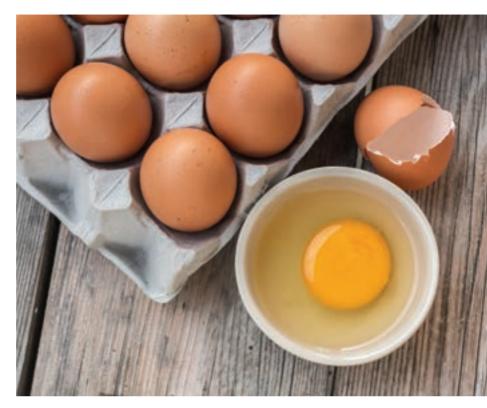
Ingredients

- Yellow pumpkin: 200 gm; diced
- Cluster beans: 200 gm; chopped
- Ajwain (carom seeds): 1 tsp
- Ginger-chilli paste: 1 tsp
- 0il: 2 tsp
- Salt to taste

Method

Heat 1 tsp of oil in a wok and roast the ajwain. Add the yellow pumpkin and cook for 10 minutes. Add the cluster beans and other spices. Cover the wok, add water on the lid and cook for some time. If you wish, you can garnish it with grated coconut and lime. reds and purples. Think pumpkin, yellow corn, yellow and red bell pepper, carrots, yams, peaches, grapes, oranges, mangoes, dried apricots and nectarines.

- **Carrots:** Foods such as carrots and pumpkins contain a good amount of beta carotene and Vitamin A, both of which are essential for your eyes. Consider them friends to your eyes—they are necessary to replenish eye cells and important for night vision. Soup them, add them to your vegetables, dals and sambars and you will definitely see the results.
- Green veggies: As lutein is abundant in greens, try and get at least three servings of dark, leafy greens every day. The darker the green, the higher the lutein content. Make sure you consume lettuce, spinach, fenugreek, mint, coriander and other such greens every day in some form or the other. You can add the leaves in soups or dal, or boil and puree them and add them while kneading dough for chapattis, or simply stir-fry them along with vegetables.
- Vegetable and fruit peels: Lutein is also found in peas, green beans and avocados; it colours some edible skins, like cucumbers and bottle gourd. So remember not to peel cucumbers in future. Instead wash them well and toss the unpeeled veggies in your salads.
- Vitamin C: Lemons, gooseberries, guavas, tomatoes, mangoes, pineapples and oranges are abundant in Vitamin C. Ensure you eat them daily. It's also a good idea to squeeze a lemon on all your foods before eating.
- Eggs: Egg yolk can improve eye health to a great extent. Just make a simple omelette or scrambled egg with coriander, peppers and spinach. Remember to use cow's



ghee for cooking; it is one of the essentials for healthy eyes.

- Seeds: Walnuts and flaxseeds are abundant in omega-3 fats; add them to your daily diet. Sunflower seeds contain selenium, a nutrient that prevents cataract and promotes overall eye health. The best thing is to keep a jar of mixed seeds on your dinner table and snack on them whenever hungry.
- Fish: Regular consumption of fish can promote eye health. Fish like hilsa, *surmai* (seer fish) and *bangda* (Indian mackerel) are rich in omega-3 fatty acids.
- Other foods: Prunes and pistachios are excellent for macular degeneration. Turmeric is also a very valuable spice to maintain eye health. Either add turmeric powder to your food or eat fresh turmeric root like a pickle—just cut in pieces and marinate in salt and lemon juice.

Top tips

- Avoid consuming foods high in salt, refined sugar, oil or butter. They destroy the antioxidants, vitamins and minerals from your body that are necessary to keep your eyes healthy.
- Avoid smoking and excessive alcohol.
- Make sure you exercise daily in moderation and keep your weight in check.
- Guard your eyes against harsh sunlight and keep away from smoky places.

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



YOGA RX BY SHAMEEM AKTHAR

Pole star

The stick or yoga pole can help correct posture to facilitate breathing

he idea of using props in yoga may appear to be novel. But it is actually a very old tradition, when much of yoga was part of martial arts culture. Yoga complemented Indian fighting arts like Kushti and Kalaripayattu by building flexibility and strength into the body. It was also the best post-injury therapy, as it is even today. So, the props were used to create the right conditions for all these factors. One such prop that is experiencing an exuberant comeback is the stick or yoga pole. Older schools from India use a wooden one and it remains staidly brown, with just a hint of polish.

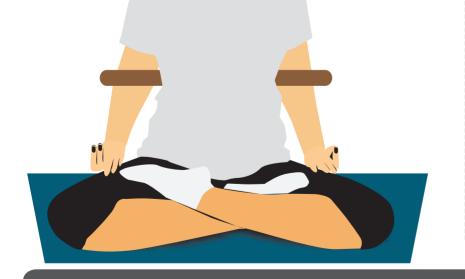
Abroad, other materials are being used and it is being designed colourfully, to make it seem like a party prop. Either way, the chief uses of the yoga pole remain the same: to correct posture and enhance it to facilitate proper breathing during pranayama practices. It is also used to rectify alignment in poses or asanas. But this is an intricate subject and possibly just limited to a few Indian martial arts now. For now, one of the most competent uses of the pole is to expand the capacity of the chest in a breathing posture. This may be used only in poses where the hands are resting on the thighs, as in the skull cleanser (*kapalabhati*), victory breath (*ujjayi*) and humming bee (*brahmari*), to name a few. In practices like alternate nostril breathing (*anulom vilom*), it is not possible to use the pole.

YOGIC MOVES

KAPALABHATI (skull cleanser) with the pranayama pole

Sit in any meditative posture. Take the pole (which is usually 2.5-ft long) as shown, by moving the elbows behind and passing it through both arms behind the back. The palms must rest on the thigh. Because of stiffness or postural misalignment, placing the palms on the thighs may be difficult for most of us. You may have to place them higher up, almost at the hips. Try to keep the hands in the mudra/ hand lock of your choice. (This, too, may be initially difficult). Engage in controlled hyperventilation, inhaling and exhaling with gentle force, only at the nostrils, for 10 rounds or so. After a few rounds, engage in retention (if you do not have any chronic health issues, including heart conditions) for a few seconds. Then, release with exhalation. Do three rounds. If you wish to take a break from the intensity of the pole practice, release it to rest. If you have other pranayama sequences like *ujjayi* or *brahmari*, you may conclude these with the pole too. **Important:** Initially, this may be tough. You can use a wall as a prop (before using the

pole) to get your postural alignment in place. In the beginning, use the pole only for a few minutes. Consult your yoga expert if you have specific health conditions before using the pole.





KREEDA YOGA OM ON THE MOVE

Gather a group of yoga practitioners and choose a hall or ground. Set a start line, as in a race. Let the first person start walking forward in a straight line as far as he can, while chanting *Om* on a single breath. Mark the spot when he stops. One by one, everyone in the group takes their turn till they all finish. The person who covers the maximum distance is the winner! This game is a great hit with all age groups, and excites people towards investing in yogic breathing practices to expand lung capacity.

Shameem Akthar is a Mumbai-based yoga acharya. If you have any queries for her, mail us or email at contact.mag@harmonyindia.org. (Please consult your physician before following the advice given here)



HEART TO HEARTH BY PRATIBHA JAIN

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

Seasoned with love



here is no greater joy than cooking with your own hands and serving your loved ones," says 67 year-old Nirmala Mardia, a Rajasthani Jain from Chennai. She enjoys cooking a wide range of dishes for her friends and relatives. In fact, whenever my sister-in-law Namita visits Nirmalaji, her aunt-in-law, she promptly regales me with details about the innovative menu, presentation and the array of delicacies served. Evidently, Nirmalaji is passionate about hospitality and happiest in her kitchen! Even though she claims she has retired from kitchen work, her daughter-in-law Payal says otherwise. "It is amazing how even at this age, Ma often cooks all by herself without any assistance," she says. Her son Manish adds, "The special ingredient that makes my mom the 'World's Best Cook' is the love with which she cooks. Whatever she makes—from a simple meal to an exotic spread—you have to taste it to believe how exceptionally delicious it is."

I met Nirmala*ji* at her charming home in Chennai. And even though she is reticent and quite an introvert, the conversation flowed with ease: about food, recipes, leftover recipes and kitchen tips. As we spoke, I could see her attention to detail and her silent but untiring enthusiasm.

IN HER OWN WORDS

I was raised in Jodhpur in a rather liberal and literary environment. My mother was a dynamic woman who kept abreast with changing times. Many years into her marriage, she started studying again and completed the 'Sahitya Ratna'. My father was steeped in the nationalist spirit and took us along to meet great stalwarts of the time, like Vinoba Bhave and Acharya Kriplani. At home, we were encouraged to learn activities such as dancing and swimming. I graduated in Jodhpur and after my marriage to Shri Prakash*ji* Mardia, I moved to Chennai and have been living here ever since.

The environment at my in-laws' place was quite strict. I don't know how and when but I adjusted to their way of life. I found my happiness in the kitchen. My husband is a perfectionist and this matches my own need to do things as perfectly as possible.

CULINARY INSPIRATION

My mother was my inspiration in all facets of life. When I got married, she gifted me five cookbooks from Kolkata. I learnt how to make pizza from her. She encouraged me to experiment in the kitchen. When I got married and came here, they cooked typical Rajasthani food. I was the first one to introduce pizzas and cheese balls in their menu.

APPRECIATION & COMPLIMENTS

I have always received praise for my cooking, from my in-laws as well as my maternal family. Personally speaking, I feel most cherished when someone calls and asks me to prepare a specific dish. My grandchildren have their list of dishes they want me to prepare. That makes me truly happy. Hospitality has always been an integral part, both in my parents' home as well as my in-laws'.

QUICK & EASY RECIPE

For me, the joy of cooking is an inspiration in itself. I really like to improvise and innovate. Let me share a quick and easy recipe for bread dahi toast, which looks like *dhokla* and is not just instant but also delicious! Make sandwiches with spicy yoghurt—for this, mix coconut chutney (or green chutney) into thick yoghurt or just add a dash of chopped green chillies, ginger and salt to spice up the yoghurt. Quarter the sandwiches and set aside. Heat oil on a *tava* and add *urad* dal and mustard seeds. Immediately place the quartered sandwiches on the *tava*. Cook till crisp and golden brown on both sides. Transfer to a plate and garnish with grated coconut and chopped coriander leaves.

HEALTH SECRETS

I soak a teaspoon of fenugreek seeds in half a cup of water overnight. In

"I have always received praise for my cooking. Personally speaking, I feel most cherished when someone calls and asks me to prepare a specific dish. For me, the joy of cooking is an inspiration in itself. I really like to improvise and innovate"

the morning, I strain the fenugreek seeds and keep the water aside. Then I add a dash of lemon to the seeds and consume them. Next, I drink the strained fenugreek water. I believe it really keeps me health. I am also a great believer in the health benefits of *amla* (gooseberry) juice. For one person, grate two gooseberries and crush in the mixer with a little water. Strain and drink. You can add mint, tulsi and/or black salt to this juice.

LEFTOVER RECIPES

Whenever I make *amla* juice, I do not waste the strained pulp, which can be used to make a quick pickle. Temper a pinch of mustard seeds, a few curry leaves and chopped chillies in hot oil. Add the *amla* pulp and salt. Allow it to cook for five minutes and the pickle is ready! You can also add this pulp to coriander and mint chutney for a tangy flavour.

KITCHEN TIPS

To thicken any gravy, add breadcrumbs. I make them at home by toasting slices of bread and powdering them in a mixer. For those who don't eat bread, you can powder *khakra* (hardened rotis) and add to the gravy for instant thickening. Also, if your dal is not completely cooked, mix a teaspoon of wheat flour in half a cup of water and add this paste into the dal. Cook for a few minutes and

you will now be able to churn the dal into a fine paste.

FAVOURITE OUTINGS

Both of us enjoy socialising. Meeting our large extended family and keeping in touch with them regularly is a priority. We hardly go to restaurants or other places. We are happy to visit our near and dear ones.

A HOBBY I CHERISH

I enjoy reading Hindi magazines such as *Navneet*. I grew up with books and magazines around me. Love for reading was part and parcel of growing up. I also never miss the Gujarati cooking show on ETV in the afternoons.

CHANGING VALUES

Values change with time. What we valued earlier is different from what youngsters value today. I think the one traditional value I really liked was respect for elders. Today, it is more about taking decisions for oneself and prioritising one's aspirations. However, what I do like about this day and age is the availability of opportunity and exposure. For instance, I really loved singing but never got the opportunity. Today's generation



is fortunate as opportunities present themselves at every step.

As I left her residence, her words stayed with me. If the environment had been different, she surely would have found an outlet for her innate talent. I could also see her equanimity and serene acceptance of life as it presented itself. In her own way, even within the four walls, she has found the way to happiness. That is truly admirable.

KALAKAND

(A sweet dish with curdled milk)

A favourite mithai in North India, *kalakand* was traditionally prepared by curdling milk and cooking it until it thickened. Nirmala*ji* adds an interesting and healthier twist by the addition of sandesh. As she says, "You can make it whenever you have excess milk. Add fruits and/or nuts to easily create many interesting and attractive variations."

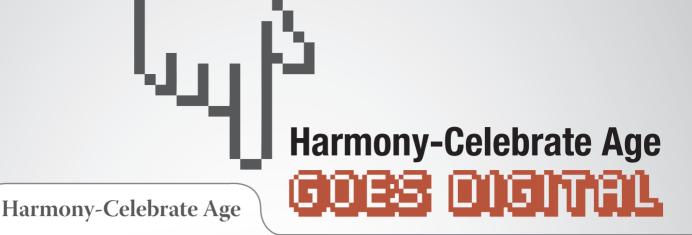
Ingredients

- Milk: 2 litre; preferably low fat
- Yoghurt: 3 tbsp
- Sugar: ½ cup
- A pinch of citric acid
- A few strands of saffron
- A pinch of cardamom powder
- Pistachio slivers (optional)

Method

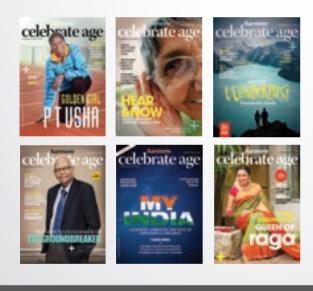
Prepare saffron water by rubbing it in 1 tsp warm milk until the milk turns orange. Set aside. Heat 1 litre of milk in a pan and allow it to thicken. Cook on a high flame and stir continuously so that it thickens without turning red. Switch off the flame when it is still free-flowing and set this *rabdi* aside. Heat the remaining 1 litre milk. As it comes to a boil, add 3 tbsp of yoghurt and a very small pinch of citric acid. Stir. As soon as the milk curdles, switch off the flame. Immediately, strain it in a sieve. You will now get soft paneer. (Adding the small pinch of citric acid makes the paneer extra special. Do not waste the strained liquid, says Nirmalaji. Use it to knead dough and prepare soft chapattis). Mix the paneer and *rabdi*, mashing them lightly for 2 minutes with the back of a spoon. Add sugar and mash for another minute. Decorate with pistachio slivers, dots of saffron water and cardamom powder. Serve warm or chilled. This can be served as a mithai at the beginning of meal or as a dessert at the end. It is also a great accompaniment with hot, *tava*-roasted parathas.

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



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.

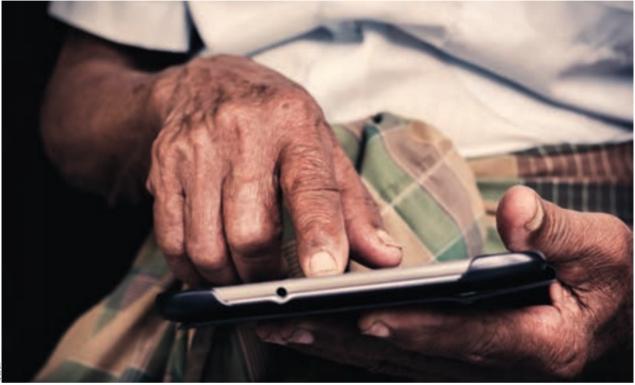






MONEY MATTERS BY PRIYA DESAI

Hop on the digital bandwagon: Decoding e-payment applications as we brace ourselves for a cashless economy



tock

L is a common sight to see silvers making regular jaunts to their banks to withdraw or deposit cash. A majority do not even have or use a debit/credit card, and have never set foot in an ATM. However, the recent cash crunch and the need to understand and use various digital payment methods have aroused their curiosity.

Silvers set a very high value on the sense of security the cash in their pockets provides. So, it's not surprising that most are sceptical about using plastic money. I suggested to my silver friends that they should consider getting an ATM/debit card; I also offered to help them learn the ropes, but encountered a rather tepid response.

Going digital

Being a silver, I can understand the hesitation. It is obvious they harbour qualms about ATM frauds, phishing, and the unexplained disappearance of cash from accounts. A switch from cash to digital payments as a way of life will definitely be snail-paced, and it won't take long for them to backtrack on using these mediums at the first sign of danger or failure. We can't overlook the possibility of silvers reverting to their comfort zone of physically visiting a bank for all banking needs. Not many want to give up on the familiar routine of leisurely traipsing to their bank to withdraw cash (in the denomination they need), depositing their cheques or updating their passbook, even as they exchange a smile and strike up a conversation with the staff at the counters.

This is especially true in the case of super seniors who eagerly look forward to these regular local trips, but don't feel confident about remembering the correct PIN number. However, those on the threshold of senior citizenship embrace digital mediums without much hesitation.

Cashless transactions

Just as cash is an instrument of payment, digital payment instruments use electronic systems and are referred to as cashless transactions. In the absence of a clear definition, terms such as digital and electronic payments are used interchangeably. Even as technology evolves at a rapid pace, the digital payment landscape has undergone a sea change as well. India is a cash-intensive economy. Not surprisingly, the thought of a cashless economy carries a heavy shock quotient for us. However, ours isn't the only country that has seen such rapid changes in this space. In Canada, Mint-Chip, a digital cash platform, was launched in June 2016. MintChip ensures that electronic transactions replace physical cash with digital money; people can use a credit card to upload money from the app, just as if they were purchasing something. The app can also be used to deposit money to a bank account, from where it can be withdrawn. This is a distinct move towards a truly cashless economy.

New kids on the block

Since demonetisation, the Indian payment services market has become robust and is cashing in on the growing importance of a less-cash economy. However, all the hoopla around these advances in technology in the banking and payment landscape has skirted silvers or vice-versa.

However, as the din of e-wallets and other payment apps reaches a deafening crescendo, silvers are now being shaken out of their reverie and being coerced into learning the basics. It's hard to ignore the almost ubiquitous Paytm, Mobikwik, Free Charge, Oxigen, and PayU logos and boards. These companies are bombarding the confused user with a tidal wave of advertisements and marketing blitzkrieg. However, what leaves users bemused is that many shopkeepers aren't completely in the know when it comes to using these apps. Often, company representatives place the logo in the stores without necessarily training shopkeepers.

The right choice

Most payment services companies are focused only on leapfrogging ahead of their competitors and gaining the highest market share, with the training aspect getting nudged into the shadows. While the common objective of all digital payments options is cashless transaction, they differ in aspects such as:

- Terms of purpose
- Timing
- Transaction limits
- Information
- Authentication
- Interest earned
- Beneficiary registration
- Technical requirements
- Others.

It is evident that choosing the best payment option will depend upon the purpose for which it is used. (The table on **page 36** provides a snapshot of some of these options.) A joint study by industry association Assocham and research firm RNCOS reports that the market value of mobile payments is set to grow at a tremendous 211 per cent annually between 2016 and 2022. While mobile wallets will form the bulk of payments in the next decade, their value is estimated to balloon to ₹ 275 lakh crore. It is expected that the share of mobile wallets will jump from 22 per cent to 57 per cent in the total volume of mobile payments, and silvers will be a part of this massive movement.

Modern BHIM

The options on the platter of digital payments are growing with each passing day. While private companies are jostling to increase their market share, IDFC Bank has introduced biometric readers at merchant outlets for payments through IDFC Aadhaar Pay—a system under which people only need to have a bank account with Aadhaar linked to it to make a digital payment. The Prime Minister launched Bharat Interface for Mobile (BHIM), an app based on Unified Payment Interface (UPI) that will be common across all banks and financial institutions. This app has been described by the PM as the "biggest wonder of the world". Some of the features include:

- No Internet connectivity required; can work on a simple feature phone
- Addition of Aadhaar-based payment on the anvil
- Money can be sent and received
- Accounts can be linked
- Language change functionality
- Recording beneficiary details
- Balance enquiries can be made.

These features aim to empower the poorest of the poor, small merchants, farmers, tribals, etc. Within a short span of its launch, BHIM has garnered an impressive user base of 3 million people, though the present version is nowhere close to being glitch-free. On the horizon are a number of developments and changes in the payment ecosystem; it seems like the only option users, silvers included, are left with is to be well-informed about these systems and move forth in tandem with the changes taking place. It is also a fact that till the time silvers are fully convinced these new systems will work seamlessly, they will continue to be mere bystanders.

Not without concerns

The concerns of silvers regarding these modes of payments are centred on standardisation, security and safety aspects. While cyber security professionals are burning the midnight oil to devise strategies to mitigate all potential security breaches, there are a number of factors that are almost counterintuitive.

For instance, most e-wallet companies have neither a risk mitigation plan in place nor any cyber insurance cover. The fact that leading e-wallet Paytm's pre-demonetisation fraud record of ₹ 40 million per month shot up to a shocking ₹ 110 million per month after 8 November 2016 says a lot about why people are wary about adopting these systems.

RTGS	NEFT	IMPS	UPI	USSD	DEBIT/CREDIT CARD	E-WALLETS (like Paytm)
IMINGS						
8 am - 4.30 pm	8 am - 6.30 pm	← 24x7				
Working						
	, ,	ON				
REAL-TIME	SAME DAY	✓ INSTANT#				
RANSACTION LIMIT						
₹ 2-10 lakh	₹ 10 lakh	₹ 2 lakh per day	₹ 1 lakh per transaction	₹ 5,000 per transaction	₹ Depending on bank and card you use	₹20,000 per month
NFORMATION REQU	IRED					
~	ACCOUNT NUMBER & IFSC CODE		VPA of recipient & MPIN	MPIN/IFSC/ Aadhaar/ Account Number	For PoS*: PIN Online: Card Number CVV, Expiry date	Login and Pay
AUTHENTICATION						
•			2 FACTOR AU	THENTICATION		
NTEREST EARNED	_					
\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	\checkmark	x
BENEFICIARY REGIST	RATION					
\checkmark	\checkmark		x	х	х	х
ECHNICAL REQUIRE	MENT					
CONNECTIVITY			Smartphone with Internet connectivity	Smartphone or feature phone	Internet connectivity; for PoS debit/credit card also needed	Smartphone with Internet connectivity
JSP						
High value Transactions	Commonly used virtual transfer system	Instant transfer	Single app for all bank accounts & "P2P" collect request	Accessed without Internet	Can be used online as well as at PoS	High user base, in case of small value transactions
RTGS	NEFT	IMPS	UPI	USSD	DEBIT/CREDIT CARD	E-WALLETS (like Paytm

Source: The Economic Times, 26 December 2016

Like most other people, silvers are also miffed about the fact that they have to shell out card and e-wallet related (at present, free) transaction charges, when they prefer using cash for most of their purchases and transactions. However, the transaction charges for BHIM are a notch lower than most other digital payment options. What is often forgotten is that the cash also has a cost that is borne by the banking system.

Adopt and adapt

The digital payments world is evolving at a dizzying pace, and is growing in variety and complexity. While some silvers are enthusiastic and more than willing to ride the learning curve, others continue to remain unimpressed. The only way the older population in our country will be inclined to adopt and adapt these changes is if they are made simpler and safer. They need to be assured that these changes will redound to cushioning their comfort zone. Anxiety, fear of loss and risk are going to be a part of this journey. But they need to be convinced that it is not as risky, bad, or as inconvenient as they believe it to be.

It is incumbent on the Government, banking system and players in the digital world to pull silvers into the digital arena. Just as the Government is organising training camps for MPs, bureaucrats, party workers, police, taxi and auto drivers, training camps for silvers are the need of the hour.

Today's silvers are spenders and account for a sizeable number, so they should not be alienated from the digital payments world. Their inclusion is an important ingredient for the successful implementation of a less-cash or cashless economy.

The author is an economist based in Mumbai

Experience

A second childhood

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

celebrate age

udra:H:568(



Gift of gratitude

Over 25 years ago, a group of professionals took an oath to repay their debt to society by opening doors for underprivileged boys. Chitra Ramaswamy discovers some amazing success stories

enkatesh oozes confidence as he alights from his bike and shakes off his helmet. The 25 year-old former Infosys employee is a budding entrepreneur and his Bengalurubased web design company is going great guns with franchises overseas. Yogesh, who completed his postgraduation in biochemistry, is pursuing a full-scholarship PhD in clean energy from Carnegie Mellon University in the US. Ramesh, an artist and sportsperson, who routinely participates and wins various marathons across the country, is a brand ambassador for an international sporting goods company.

While these achievements may seem ordinary, there is one fundamental difference: these young men started with a handicap that could have scripted a very different fate for each one of them. But thanks to Bengaluru-based Snehalaya Homes, they, and many others like them, are part of the mainstream and live each day with a smile.

"I was one of the first kids to be admitted to Snehalaya, when I was just four years old; that was 26 years ago," says Raghavendra, an associate consultant with Mindtree in Bengaluru. "I got the best of everything—an education, house mothers, a big fam-

ily with whom I share a strong bond and, above all, a strong value system."

Indeed, Snehalaya is more than just a residential facility for destitute boys. It was set up in 1991 under MILT or the McGrath Institute of Leadership Training Charitable Trust, by internationally acclaimed management guru and trainer Aporesh Acharya, former faculty at Dale Carnegie Associates in the US.

"Setting up Snehalaya Homes was a decision taken by a group of Miltonians, who hail from all walks of life. We had all undergone a powerful leadership training programme under the legendary Aporesh Acharya," explains 71 year-old R Venkatanathan, vice-president of Karvy Group, and a founder member. "The urge to rise above selfish commercial interests and give back to society was the compelling and inspirational learning experience from Acharya's programme."

C Grahadurai, 53, chairperson of the MILT Central Trust and the two Bengaluru chapters of Snehalaya, adds, "We believe we all have a responsibility towards society and by giving back to it, we are only purifying ourselves, and that the taker is actually obliging us in this self-purification process."

The first two Snehalaya centres were established in Bengaluru's Malleswaram and Banashankari residential areas; a few months later, a centre each was opened in Chennai, Kolkata and Mumbai.

What distinguishes these institutions from others that care for disadvantaged boys is its focus on shaping their young wards into future achievers and leaders. They call it 'growth-oriented development'. Thus, with the help of social workers, Snehalaya handpicks only 15 boys—either orphans or those who have only one parent—for each of the five centres, every year.

While living at the facility, these boys are schooled in the mainstream till Class 5. After that, they continue their education at the MILT Residential School in Shimultala, Bihar, where informal education is the mode of study. Here, the emphasis is on leadership training even as the boys are put through a regimen that is a mix of academics and sports. Eventually, they take the Class 10 and 12 board examinations under the Central Government's National Institute of Open Schooling system. From Classes 9 to 12, the boys undergo leadership training programmes under Aporesh Acharya himself, as the objective is to provide value-based education to turn them into successful young achievers. Depending on their aptitude, they are guided and sponsored by Miltonians to pursue higher education, take up jobs or set up their own enterprises.

We are at the Snehalaya Home in Banashankari, Bengaluru. On the porch of the double-storey yellow building, 15 pairs of sports shoes are lined up neatly. The place is abuzz with chatter and laughter. The camaraderie among the boys is touching as they troop in after school, their

What distinguishes Snehalaya from other institutions that care for disadvantaged boys is its focus on shaping their young wards into future achievers. They call it 'growth-oriented development'. They handpick 15 boys for each of the five centres

> schoolbags stacked neatly in a row under a long study table. The children then wash their hands and feet and get ready for evening tea. They follow a strict routine, which teaches them discipline and fosters a sense of independence.

Seetha Holla, an administrator at the home, has been working here with her husband since the institution opened in 1991. Although the couple have their own business, they are unable to tear themselves away from the Snehalaya family. "When I first became aware of Snehalaya and the selfless service rendered by the Miltonians, I was struck by their commitment," says the 53 year-old. "The urge to join the institution was compelling. Being part of this trust and interacting with the children, I feel enriched. To see them happy and successful is very rewarding."

When Snehalaya was launched, it was not all smooth sailing though. "Our first roadblock was sourcing the children in the initial years! While there are teeming millions in need, we needed to establish the authenticity of each case. A few years down the line, we appointed a qualified social worker to scour the slums and network with other NGOs, and the state government's Women & Child Welfare Department, to bring deserving children to us," shares Venkatana-

than about the trust's very focused approach.

"We verify the authenticity of their circumstances and the boys undergo a thorough medical check-up before we take them in," says 60 year-old Kusum Gopinath, an administrator at the Malleswaram chapter. Quality, rather than quantity, is the watchword of the Miltonians. "Although we admit children up to the age of five, we prefer taking them in when they are as young as two or three years

old. It is easier to groom them, mould their behaviour and personality, and instil value systems in them at this tender age."

Initially, getting the children admission in private schools was a tall task as institutions were reluctant to admit children of their background. "But, over and over again, our boys proved themselves by winning prizes and medals in competitions in various fields and schools now open their doors to us," says Grahadurai.

As the children come from disadvantaged backgrounds, behavioural issues are often prevalent. "Sometimes, we do come across errant



At Snehalaya, the children follow a strict routine that teaches them discipline and fosters a sense of independence Opposite page: Kusum Gopinath (second from left), C Grahadurai (centre), and R Venkatanathan (right) at a meeting in Snehalaya

behaviour and when the behaviour pattern is beyond the scope of counsellors, we send these children back to their biological parents or rehabilitate them in orphanages or other NGOs," reveals Gopinath of the Malleswaram home.

"There have been one or two stray cases when parents have pulled their child out of Snehalaya," adds Gopinath. "We invest a significant sum of money in nurturing each boy and, when this happens, our efforts go to waste once the child returns to the slums. This has also a negative impact on the other children at the centre."

Parents are therefore discouraged from visiting their children too often and are allowed a visit once every 45 days. The children are also not sent home during vacations or festivals. "Instead, we members take these children to our homes for three or four days during vacation time and they interact with our own children," says Venkatanathan. "We take them to the movies, on picnics, and keep them engaged in camps during the long summer and other breaks."

"At the time of admission to Snehalaya, we clearly spell out our terms to the parents," explains Gopinath. "By the time these children reach Class 5, the parents become aware of our purpose and recognise how much their child stands to gain being with us. So they are only too willing to have them continue with us through to Class 12, even if it means having their child study far from home." It is this careful grooming that makes each of their wards a winner. Take 30 year-old Balakrishna, for instance. It's been a long journey from being the son of domestic help to working with Australian Bank in Bengaluru. After graduating from MILT Residential School in Shimultala, Balakrishna enrolled for a BCom degree in Bengaluru, with the help of Snehalaya.

"Snehalaya gave me everything an orphan craves for—selfless love, motherly affection, an education and a way to lead life. Above all, they taught me to be a good citizen and an asset to my country," says Balkrishna, whose mother passed away when he was in Class 8.

Manjunath L S, 33, has an equally poignant story. Before coming to



Snehalaya, he lived with his grandmother in Bengaluru's Majestic locality, where she used to sell milk. Although she was uneducated, the lady was very keen that her grandson get an education and thus handed him over to the care of Snehalaya. Today, Manjunath has a BE degree in electronics and communication as well as an MS degree in embedded systems design; he works with engineering multinational Robert Bosch. "My present station in life is owing to the values I imbibed in Snehalaya. It is my first home," says Manjunath, who is now married and living in Germany.

The lives of these young men began in circumstances that social workers like Jhansi are all too familiar with. A field activist with Bosco Mane, a Bengaluru-based NGO that partners with another NGO called Young At Risk, Jhansi has been associated with Snehalaya for four years.

"From time to time, we identify very poor children from the slums and send them to Snehalaya Homes," she

"These children, who may have become vagabonds, are now productive citizens with a well-grounded value system. They have been nurtured with a good education, abundant love and the warmth of a home"

says. "Snehalaya does not believe in numbers, and when we send children there, we are sure they will get the best of everything as they are very strict about entry norms and believe in quality. We know the boys' future is secure."

Asha Narasimhan, joint secretary of Socare Ind, an NGO dedicated to the children of life convicts in Bengaluru, is closely associated with Snehalaya through her work. "Our children look forward to the annual visit to Snehalaya Homes on the occasion of the trust's birthday. Many of our children and some of their children

J Ramaswamy

study in the same school, East West School, in Rajaji Nagar. On one hand, they are curious to learn about each others' circumstances and, on the other, they feel they are not living in isolation as there are other kids like them, being given a great chance in life, of being groomed well and enjoying life as any normal middle class child would do," she elaborates.

For his part, Bengaluru-based K L Sudheer met his share of slum and street children nabbed for various undesirable activities during his career as inspector-general of police. Himself a Miltonian, Sudheer commends Snehalaya's effort in saving at least some children and offering them a shot at a great future. "I have watched Snehalaya grow in the past eight to 10 years," he says. "These children, who may have become vagabonds and a drain on society, are now productive citizens with a wellgrounded value system. They have been nurtured not only with a good education but abundant love and the warmth of a home." *

The first day at school The first time you rode the bicycle. The first crush you had at thirteen The first drama you got a part in The first day at college The first date you went on The first date you went on The first kiss The first time you proposed The first job interview The first board meeting you addressed The first day after retirement

BUTTERFLIES never retire

The first click of the mouse.

www.harmonyindia.org

celebrate age



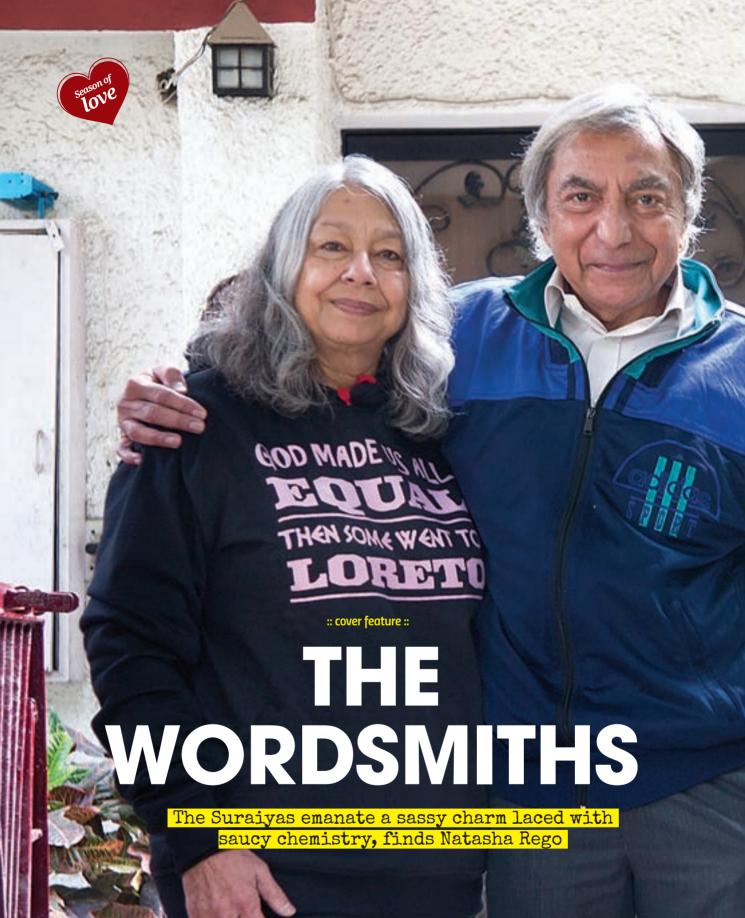
Presenting the stories of silver couples who share a passion, and whose love and life, ideas and ideologies enable them to endure

THE WRITERS BUNNY & JUG SURAIYA THE DOCTORS ANURADHA & SURESH RAO THE ARTISTS JAYASRI BURMAN & PARESH MAITY

THE MUSICIANS RIDDHI & DEVAJIT BANDYOPADHYAY THE SOCIAL WORKERS

MADHURI & MADHUKAR PAWAR THE RESTAURATEURS

DEEPA & SUHAS AWCHAT



THE WRITERS: Bunny Suraiya, 69, & Jug Suraiya, 70 Married: 48 years

unny and Jug... no, they *do* have formal names but neither answers to them—that would be almost sacrilegious. Can you imagine one of India's most celebrated satirists signing off as 'Jagdish Chatrabhuj Suraiya'? Jagdish, Chatra...who? Yeah, we told you!

It's 3 pm on a Monday afternoon when we speak to the Suraiyas over the phone. They are at their row house in Gurgaon, where they have been living for 20 years. The walls, we hear, are filled with exquisite art from their many travels, which is all Bunny's doing, while the floors in every room are adorned with a carpet. The carpet culprit, Bunny says, is Jug! "If I spot a carpet shop, I have to quickly guide him past it, or he will end up spending hours examining the carpets and speaking to the carpet seller."

The Suraiyas are just finishing their daily ritual of solving the cryptic crossword of *The Times* (London). Bunny downloads and prints two copies from *The Telegraph* for each of them every day; working the computer and printer is her forte, for Jug is a sworn paper-and-pen kind of fellow. She has just one clue gnawing at her, which she eventually nails. "Jug has a few more left," she chuckles.

Words, words and more words have come to define the Suraiyas. Jug, as many Indians know, is never at a loss for them. He has long been satirist-in-chief at *The Times of India*, an author many times over and, with his acerbic wit, made a career of getting on everyone's nerves—from Amitabh Bachchan and Shobhaa De, to the late Jayalalithaa and his new muse, the Modi *sarkar*.

While delighting in picking on the rich and powerful, it helps to have a partner in crime in level-headed Bunny. She has often made an appearance in his columns, alongside Brindle and Mili, the stray pets who adopted Bunny Lady and Jug Fellow.

Bunny, too, is quite the wordsmith. She is also the voice of reason to Jug's hysterical discourse. But when we seek to confirm the accuracy of his characterisation of her, she is quick to point out that the Bunny of his columns is merely a literary phantom. What is true and what is not is left to the discretion of readers.

Bunny had a successful career in advertising before she quit and took up professional writing and editing. She has written for all the major publications in India and a few abroad, on travel, books and social mores. Her debut novel, *Calcutta Exile*, as the name suggests, is based in the Calcutta of yore, a city after her own heart. And his.

In fact, it's been almost 50 years since their boy-meets-girl moment at that

Photographs by Himanshu Kuma

Park Circus party. Jug was 18 and Bunny Sood was in her first year of college. He had come to her rescue (and it wouldn't be the last time) when he threatened to break the neck of her dance partner who was acting funny. And, then, holding her at arm's length, he danced the box step with her.

There on, everything happened quickly. In just three months, they decided to marry "after we'd both finished college, and I got a job, and turned 21, of course," writes Jug in his autobiography *JS and The Times of My Life*. And then there was the matter of convincing her Punjabi family of this Kutchi boy. As the story goes (*see next*)

page), it was literally a matter of life and death. "It's a good thing we met then," Bunny reminisces. "I'm not sure we'd like each other so much if we were to meet for the first time now!"

All these years later, their spirit remains timeless, not unlike the bottle of wine that makes it to their table every day. Their minds are afresh, perhaps owing to the challenging cryptic crossword they mull over each day. And their bodies are in top shape, no doubt from their regular globetrotting; they also work out, do yoga and never miss their evening walk, which they get ready for as our conversation comes to an end.

EXCERPTS FROM AN INTERVIEW

You met as teenagers and married a few years later. What made you so sure?

> Bunny: I was sure I wanted to marry him when I saw his size—all of 192 lb. I felt I would be safe with such an intimidating 'wall'. Now, he's not half that size, alas!

Jug: My one regret is that we met in our late teens. I wish we'd met in our early teens so that we could have had more time together.

In what way did marriage change you, for better or worse? J: Much for the better. I stopped playing the role model of a male and learnt to tidy up after myself, clean the potty in the loo, do the dishes and throw out the garbage whenever we are abroad.

B: Better, because it made me more independent. I figured out I had to learn how to make out cheques, file documents, prepare all the papers for filing our tax returns—and later teach myself how to use a computer. Jug is totally a Luddite!

Jug, how did Bunny come to be a character in your columns? Was she your lucky charm?

J: The very first column I ever did, for *JS Magazine* way back in 1967, was called 'Rear Window'

"Our relationship is best described by three 'Ts': Tumultuous, turbulent and terrific. I'm a very absent-minded fellow and I keep losing things, starting with my temper. Thankfully, Bunny helps me find it almost as fast as I lose it"

CHAPTER 6:

And you must be Bunny who needs no introduction

The next day we went sea-bathing. Juju had made friends with a couple of people from Calcutta and was with them a hundred yards down the beach. Bunny—who couldn't and still can't swim—was nervous of the water. I held her hand as we waded into the sea, the frothy surf like Apso terriers rushing out to meet us.

'Don't worry,' I said. 'We won't go more than hip deep.'

We stood in the hip-deep water, the sea pushing against us with insistent muscularity. Suddenly the sand disappeared from under our feet, pulled out by an undertow. One moment we'd been hip-deep in water, the next moment we were in way over our heads. Bunny panicked and began to thrash around in the water. I put my left arm around her waist and tried to swim holding her, one-armed, to the shore but the waves were too rough.

With sudden clarity I realised that we were going to drown. I could imagine the breakfast table at Wellesley Mansions [Bunny's childhood home]. The telegram being opened. 'So sorry to inform you...'

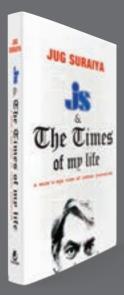
It wasn't going to happen, not if I could help it. I went deep into the heaving water till my feet touched bottom. Then I thrust upwards, my hands behind Bunny's back, pushing her like a volleyball up and forward, in what I hoped was the direction of the shore, and not the open sea. Dive, thrust, push. Gasp of air as my head broke out of the water. Dive, thrust, push. It went on for hours, years, eternity. It was probably less than five minutes. My feet touched sand. My face was out of the water. I dragged Bunny ashore. Juju and her new-found friends waved to us. They hadn't noticed a thing.

Now that I'd saved his daughter from drowning—the dire secret that I'd accompanied Juju and Bunny to Digha instantly transformed into a 'Thank God he was there!' exclamation of relief—I could no longer be a non-person in Bunny's dad's eyes. I was officially allowed to visit Bunny every evening. But promptly at seven, Bunny's dad would call our from the verandah where he and Bunny's mother were sitting, while Bunny and I would be in the living room, 'Bunny, tell Raju to put the dinner on.' That was my signal to leave.

'We never eat before nine,' Bunny would mutter under her breath as she saw me out.

Then I got my job with the *JS* [*Junior Statesman*]. At 700 rupees a month. Or at least 688, after tax. Bunny's dad congratulated me, asked me out for a drink and a man-to-man chat. 'If he offers you beer, you're out; if he offers you scotch, you're in,' said Bunny. Scotch was the amrit jal of 1960s Calcutta. We went to the bar in the Lighthouse cinema. 'Have a scotch,' said Bunny's dad. I was in like Flynn.

'And call me Daddy,' he added as an afterthought. But there were minor



glitches. Bunny and I wanted a civil registry marriage. No ceremonies, no dhoom-dham. Daddy ordered more scotch. Negotiations were about to begin in earnest. Bunny was their only child, he said. Through the years, he and mummy had attended the marriages of their friends' children, milestone events for family and wellwishers. Would Bunny and I, socially enlightened though we undoubtedly were in our aversion to conspicuous connubiality, deny them this privilege?

I recognised a declaration of surrender with honourable terms when it was made. 'OK,' I agreed. 'But no dowry,' I said.

Excerpted from JS and the Times of My Life (Westland; ₹ 495; 368 pages)

because it appeared on the last page of the magazine. Bunny gave it the name and the first column in which she appeared was about this.

Bunny, do you have any qualms to pick on Jug's characterisation of you? Will we one day get to read a column that begins, "Jug and I..."

B: Characterisation? What characterisation? The Bunny that appears in his columns is a purely fictive device. Answer to the second question: Not likely....

We have come to know Bunny and Jug as amicable, complementary characters. When does conflict strike?

J: Our relationship is best described by three 'Ts': Tumultuous, turbulent and terrific. I'm a very absent-minded fellow and I keep losing things, starting with my temper. Thankfully, Bunny helps me find it almost as fast as I lose it.

B: Living with Jug is living next to Vesuvius—you never know when

the next eruption is going to happen. I think, after all these years, I've become reasonably lava-proof.

What would you say is the other's best quality?

B: For me, Jug's best quality is his mind. It's always interesting to chat with him—about writing, books, movies, Sartre (whom he loves and I can't make head or tail of), politics, economics and practically anything I can think of. Highlights: I enjoy travelling with Jug. He makes a very



good travelling companion—he carries all the luggage and figures out the systems in new cities that we visit. Not to mention nosing out the best bars, pubs and *enoteca* [wine repository].

J: Her patience in putting up with my many shortcomings and keeping me on my toes by asking me ingenious questions, which I often find very difficult if not impossible to answer. Questions about literary and movie characters, or about the many flaws in our democracy based on the one-person-one-vote system when there's such widespread lack of education, for example. Highlights: An evening listening to classical music and sharing a bottle of good red wine.

And the lows...?

B: The frequent rows we have because Jug loses his cool over small things. But then, as he explains with candour, 'I'm a testy old bugger, you know that!'

J: See above.

Who's the funnier Suraiya?

J: If by 'funny' you mean odd, weird, peculiar, cuckoo, nutcase—then there's no competition. It's me by a long shot.

B: I'm a talented amateur, who makes friends laugh, whereas he's a professional court jester who does it for a living. He often says that there's a mathematics of humour, although he can't actually do the math.

Setting the cryptic crossword is just one of your many collaborations....

B: Our most recent collaboration was a pastiche of Shakespeare's most famous plays for his 400th birthday. We called it *Rahman & Juhi* and it featured take-offs on *Romeo and Juliet, Macbeth, Merchant of Venice, Julius Caesar* and *The Tempest.* It was great fun to do. We didn't exchange notes; we did separate bits and dovetailed them.

You have had prolific careers. What motivates you? What is your message to couples and partners who work together?

J: Whereas Bunny has always been very supportive of my career, I fear that my over-possessiveness has made me far less supportive of hers when she was working in the very demanding job of being a creative director in one of the biggest advertising agencies. Hopefully,

"I can do 40 words a minute on my laptop. I can change light bulbs. I can tune and play my Internet radio. It always amuses me to see Jug sitting like an impatient child in front of the TV, waiting for me to switch it on so that the magic can begin!"

48 harmony celebrate age february 2017



I've made at least partial amends for this. When she was stuck for a title and a beginning for her acclaimed and hugely popular novel, *Calcutta Exile*, which has been translated into French, I suggested the name and also how the novel might begin. She took both my suggestions, making me feel very chuffed. My message to working couples: Try to give each other as much professional space as you can.

You travel together, write, discuss and spar with each other. What do you prefer doing alone?

B: I prefer going to Hindi movies alone. Jug is a confirmed Bollywoodphobe. I would rather go alone to a morning show than drag him along and listen to his grousing throughout.

Considering Jug's aversion to all things digital, what are the consequences of modern technology on your relationship?

B: I am pretty tech-savvy. I can do 40 words a minute on my laptop.

I can change light bulbs. I can tune and play my Internet radio. It always amuses me to see Jug sitting like an impatient child in front of the TV, waiting for me to switch it on so that the magic can begin!

How did Brindle and Mili complete the family?

J: We are both passionate dog lovers who have never bought a dog in our lives. Like our friends, our dogs—first Gombu, then Brindle, then Mili have always come to us. We've been very lucky to have been loved by them but also very heartbroken when they have left us.

You have been married for over 40 years. How do you keep the flame burning?

B: 48 years!

J: You keep the flame burning by living your marriage like it was in the first year and then multiplying it 48 times—arguments, fights and all.

If there's one thing you could change about your life together, what would it be?

J: I wish I didn't have the short temper that I do and which causes such dismay to Bunny.

B: Ditto.

Jug, you became a hero first at the Park Circus party, and then at Digha when you saved Bunny from drowning. When was the next time you became a hero?

J: The last heroic thing I did was to give a 10-per-cent tip to a waitress in a high-end US restaurant. Anyone who's done this will know it is a true measure of heroism, amounting to reckless foolhardiness. Hell hath no fury as an American waitress scorned with a paltry tip.

Last words....

B: There never are any last words. The conversation goes on—that's the fun of it. ***** 1

Roblahen Hospital

a hanta 🦁



Doctors in the house

THE DOCTORS: Anuradha Rao, 56, & Suresh Rao, 62 Married: 33 years

or a doctor, patients come first; family ties are a close second. That's always been the understanding between ophthalmologist Anuradha and paediatric heart surgeon Suresh Rao, although she did notice when Suresh forgot her birthday in the early years. Over the past 33 years, the doctors Rao have moved from city to city, and country to country, before finally settling in Mumbai, where they both work on the same floor at Kokilaben Dhirubhai Ambani Hospital.

When they first met, both were medical students. They continued studying—he in Thiruvananthapuram, Kerala, and she in Manipal, Karnataka—for almost five years after they married. They started a family in Chennai and later moved to Kochi to establish their own departments at the Amrita Institute of Medial Sciences. Through all this displacement and mismatched timings (sometimes they wouldn't see each other for days), Suresh says Anuradha has brought stability to their family, a quality he considers on a par with her wonderful North Karnataka cuisine.

For her part, Anuradha was deeply influenced by his dedication to work. When she took a sabbatical to bring up their children, she accompanied Suresh overseas. But, in a few years, she was raring to get back into practice! "The biggest challenge has been the long periods of separation," she says. "But, early on, we both decided our common goal would be to provide a stable home for our children." With an ophthalmologist daughter and engineer son, it's safe to say that goal has been achieved. "Initially, we used to fight about silly things, but we've long since realised there is more to life than the small things. Now we enjoy each other's company, birthdays and all!" laughs Suresh.

WITH OR WITHOUT YOU

He says: She has brought me a sense of purpose and borne me two wonderful children who have lit up our lives. She has created a loving home to go back to after a demanding day. She did that with grace and let me pursue my profession seamlessly.

She says: He has given me love, affection, warmth and comfort—literally everything that makes my life beautiful.

ONE WITHOUT THE OTHER

He says: After fulfilling our professional and parental roles, we give each other space to pursue things dear to the heart. We recognise we are individuals with different tastes and have accepted each other as a full package.

She says: I like to have my own professional and personal identity. My one condition on getting married was to continue studying, which he not only supported but was also very happy with.

CONVERGENCE & DIVERGENCE

He says: She likes art; I don't understand it. She likes shopping; I can put up with it to a point. She bargains for peanuts; I think it is a worthless pursuit, particularly for vegetables, clothes, etc! But we are in unison when it comes to the kids, excelling in professional matters, saving for a rainy day and living ethically. In matters of the home, she is the home minister and I am the external affairs minister. In matters of finance, we both have veto powers.

She says: On the rare occasions when we have differences of opinion, they get sorted out with time. We simply don't have the time to fight with each other!

FUEL TO THE FIRE

He says: We celebrate birthdays and never miss a celebration of our wedding anniversary. We make up quickly after a heated disagreement (I am usually the one who makes up!). A quick getaway—our medical conferences in India and overseas provide this—is a bonus.

She says: We make the most of the little time we get to spend with each other.

WHEN THE GOING GETS TOUGH

He says: Love, commitment, trust and mutual respect supersede everything. This is what life has taught us both.

She says: It is he who breaks the ice—most of the time!

—Natasha Rego





Eat, pray, love

THE RESTAURATEURS: Deepa Awchat, 55, & Suhas Awchat, 56 Married: 31 years

eepa Awchat couldn't have received a more perfect 'wedding gift' from her doting husband—a restaurant of their own, to satisfy the cravings of her restless Goan palate. That's how the homey and charming Goa Portuguesa was launched in Mumbai 30 years ago.

Partners at home and at work, Deepa and Suhas are as different as chalk and cheese. Suhas says, "She cooks food, I cook up stories." Yet they are perfectly in sync, and still very much in love, they point out. Before they met, Suhas was a qualified psychiatrist, after a stint as a sharpshooter in the Army and commanding officer with the Home Guards. Deepa, a table tennis champion, was a special officer with the Central Excise & Customs in Mumbai. They first saw each other in 1984, when Deepa was posted at Goa airport and Suhas was flying to Goa. It was love at first sight-for Suhas, at least! The two met again at a concert in Mumbai. Now, it was Deepa's turn to be smitten by the filmy romantic, dressed in a kurta and shawl. When they were introduced, the sparks flew; six months later, they tied the knot. "It was his sense of humour and jovial nature that attracted me," reminisces Deepa.

Suhas is from a Kokanastha Chitpawan Brahmin family and Deepa, a meat-eating Saraswat Goan family. As meat was prohibited in the kitchen by Suhas's mother, the duo snuck around every *galli, nukkad* and dhaba in Mumbai to please Deepa's Goan palate. But it wasn't easy to find pork vindaloo and Konkan-style fish curry in those days. "During our honeymoon in Paris, Deepa enlightened me about the benefits of seafood," Suhas shares further. "It wasn't difficult eating it for the first time as she served me the best, non-smelly, delicious fish." Two-and-half years later, they launched Goa Portuguesa, complete with traditional architecture, glass planels with caricatures by the legendary Mario Miranda, a live band and more.

Years later, the spice and zest evidently remain—at work and home. As Suhas says, "I feel I am simultaneously in two relationships. One is joyful and adulterous with a woman of substance and the other with a culinary diva."

WITH OR WITHOUT YOU

She says: Life is full of challenges but he is my lifeline. He has bettered me as a person and taught me to love and

care. He is flamboyant and happy-go-lucky but underneath that he is a caring, emotional and sentimental man.

He says: She is practical, which helps me balance my life. I am short-tempered, she's not. And she loves throwing parties, so thanks to her, life is always a celebration.

ONE WITHOUT THE OTHER

She says: We have defined our respective roles at work. Suhas is responsible for marketing and business development while I administer the staff and the kitchen. This gives us much-needed space.

He says: We have signed a peace treaty, so work is streamlined. Our hobbies and respective circles of friends are different. Deepa is religious and I am an atheist.

CONVERGENCE & DIVERGENCE

She says: We both love partying and spending time with friends, and we are both equally dedicated to work. We also take care of both sets of elders at home. But when I am really depressed and want to get away, I go shopping alone!

He says: We share a passion for music, plays, dance and travel, and love being colour-coordinated. We celebrate life to the fullest despite being teetotallers. I agree with what my wife says and have publicly accepted that she is my boss.

FUEL TO THE FIRE

She says: We believe in making an effort to refuel our relationship. At work, the magic lies in his humour.

He says: Our work, social commitments and travel keep us on the move; there is no room for boredom. Our common passion for work keeps the spark alive.

WHEN THE GOING GETS TOUGH

She says: We provide total support to each other.

He says: We face everything without fear. Food is a very demanding business and has the highest mortality rate. Our saving grace is that we own our property.

-Rachna Virdi

Straight from the art

THE ARTISTS: Jayasri Burman, 56, & Paresh Maity, 51 Married: 18 years

his meeting of artistic minds has resulted in a collaboration between Jayasri and Paresh that can only be described as ethereal. Jayasri Burman and Paresh Maity are both artists who as people are as different as they are in sync. "When we go to an exhibition, I know exactly which painting she will like because I like the same painting. We often buy something for the home separately, knowing that the other will definitely like it," says Paresh, speaking from their palatial home in Delhi.

Little wonder then, that they gravitated towards each other, 20 years ago, at an art exhibition in Kolkata. She came from a family of eminent artists and he was a budding artist. She had his attention from the moment he laid eyes on her. As he puts it, it was "everything about Jayasri" that attracted him! Jayasri and Paresh have since shared 18 years of marriage, friendship, unending conversations, surreal watercolours, ethereal sculptures and a creatively inclined son. Indeed, Paresh's youthfulness, Jayasri's grace and a mutual respect for each other's space have helped their relationship blossom, while allowing them to grow as people and artists.

Interestingly, where they go their own individual ways is while working on their art. Their studios are as far apart as their styles, although a study of their subjects reveals complementary characteristics. While Paresh often creates water bodies, Jayasri depicts creatures living in water. Her work features the female form in all its glory, inspired by Indian folk style, and Paresh's watercolours portray various locations like Kerala's backwaters, Rajasthan's sand dunes and Venice's canals. One thing is sure. "We both like water," says Jayasri. "I would love for the both of us to have a studio by the banks of a river or seashore!" Perhaps one day.

WITH OR WITHOUT YOU

He says: She has brought harmony, love and peace to my life. We have found unity in sharing our home and art.

She says: We met on the path of painting and we were lucky enough to walk it together. I believe Paresh's positivity is remarkable—that is what I am most attracted to. And there is never a boring moment!

ONE WITHOUT THE OTHER

He says: There is a clear understanding—when I am painting she is busy in her own world, and vice versa. In our art, though, we are like the north and south poles.

She says: Personal or public, one must always respect the other's space. After that distance, or deliberation, we meet with joy and share our stories. We don't plan it, but we end up colour-coordinated in our dressing. So we are on similar planes but, by myself, I just paint, paint and paint. Sometimes, I like to dance when I am very happy with my painting!

CONVERGENCE & DIVERGENCE

He says: We have similar tastes and enjoy long conversations about art. We also like to travel and accompany each other to exhibitions. We never have a big tiff. And even if we do, we give it a thought and time.

She says: We chat, talk, dance, sing and paint while we enjoy colours and nature and are together into our art. But although we share a common love for nature, I feel too lazy to take long walks with him and he respects that. He also doesn't like to watch TV, while I do! So, I often have to wait for him to leave the house to steal my TV time!

FUEL TO THE FIRE

He says: From the moment we met, the way we work, we just fit together and have been able to maintain harmony.

She says: Every day, we have a discussion about something new, about nature, a story, something we saw....

WHEN THE GOING GETS TOUGH

He says: Time has a way of automatically fixing everything. You just need patience.

She says: He is always there for me.

-Anisha Samuel



To serve with love

THE SOCIAL WORKERS: Madhuri Pawar, 69, and Madhukar Pawar, 75 Married: 48 years

irst teaching and then social work were always on the cards for Madhukar Pawar. But his heart really took wing only when his 21 year-old bride Madhuri walked into his life. Madhukar, 25 years old then, caught a glimpse of her only once before they tied the knot. But that was not a hindrance to their relationship. Madhuri was aware of Madhukar's strong urge to carry out social work and has been his support system ever since.

Across the decades, the duo has moved from Ratnagiri, where Madhukar was a professor and Madhuri a teacher, to finally settling down in a quaint house in Pune. And the rollercoaster journey has been as memorable as it has been happy and fulfilling. "I always wanted to marry someone who was well educated and her profile fit the bill," says Madhukar, gazing in her direction. "Is that the only reason? Are you being completely honest?" laughs Madhuri.

To better their individual careers, both Madhuri and Madhukar took competitive exams at regular intervals, even after having two children. This was possible only because they engaged in some pretty serious role-reversal during those years. She became his mainstay while he was away from home preparing for these tests; he too juggled daily chores every time she left home to pursue a higher education.

Now campaigning for pensioners in Pune, the Pawars are founding members of the Sawangadi Jyestha Nagarik Sangha. And while Madhukar is president of the Association of Senior Citizens Organisations (ASCOP), Pune, Madhuri has launched a women's wing under ASCOP, for retired women. "We love helping people," says Madhukar. "And senior citizens, in particular, need it."

WITH OR WITHOUT YOU

He says: Where do I start? She has been so understanding with all my social work for such a long time. After a long day of teaching, she would enter our home, only to see me surrounded by members of the social organisations I have been a part of. She would immediately serve everyone delicious meals and encourage me to never discontinue

social service. My son became an engineer and daughter a principal; all credit for that goes to my wife for raising them so well.

She says: I always wanted to pursue a BA and a BEd, and even after I turned 40, he gave me the right push to fulfil my dreams. He never once told me to stop learning. In fact, it was he who motivated me to grow professionally.

THERE FOR EACH OTHER

He says: Even after fulfilling our parental roles, she has not once complained about me taking time out from my work for her. She knows I am always there for her.

She says: Even now, when I take off to teach or to organise programmes for ASCOP, he is sensitive about it.

CONVERGENCE & DIVERGENCE

He says: We never fight, nor will we in future. When you think about it, we have never really argued about anything. We have taken all our crucial decisions mutually.

She says: We consult each other before taking big or small decisions. Our love for social work has been the greatest reason for our strong bond.

FUEL TO THE FIRE

He says: The spark in our relationship has not wavered even once.

She says: That's true!

A MATTER OF TRUST

He says: I was very popular as a professor, and always surrounded by female students during outings. She never felt suspicious even once. The trust has been incredible.

She says: There was no need to be suspicious about anything. I trust him blindly even today.

—Prutha Bhosle



A duet of souls

THE MUSICIANS: Devajit Bandyopadhyay (early 60s) & Riddhi Bandyopadhyay (late 40s) Married: 19 years

or Devajit and Riddhi Bandyopadhyay, marriage is a symphony that always ends in an encore. Devajit was well into his 40s when he had gained worldwide fame for bringing Bangla *thiyetarera gaan* (Bengali stage music) to the mainstream. Riddhi was a young teacher of history in Belur's Lalbaba College, Howrah district; her passion for Rabindra *sangeet* followed closely.

As a junior fellow with the Central Government's Ministry of Culture and West Bengal State Music Academy, Riddhi was also a rising star. In 1998, on the recommendation of a fellow voice artist, 28 year-old Riddhi sought an audience with Devajit, to learn Bangla *thiyetarera gaan*. When he agreed to meet her, little did they know that their lives were about to change.

Riddhi was awestruck to meet someone she had looked up to and admired for so long. For his part, Devajit, a quiet man, found someone who could relate to his passion for music and help him start a family. For a man who had



waited so many years, it was a momentous turning point. One month later, they were married.

The Bandyopadhyays have since performed together on various occasions. In Devajit's *thiyetarera gaan* and Riddhi's *Pancha Kabir Gaan*, each maintains their own musical identity while assisting the other whenever required. And together, they have brought up a budding musician: their 18 year-old son Riddhodev.

WITH OR WITHOUT YOU

She says: He taught me to enjoy my freedom. It would never have been possible for me to live the way I do, with a family and my identity as a singer of *Pancha Kabir Gaan* intact.

He says: I believe in total freedom. It would never have been possible for me to enjoy a family had she not shouldered all responsibilities of our only son despite her schedule of tours at home and abroad.





ONE WITHOUT THE OTHER

She says: For one, I have been able to write and release *Pancha Kabir Gaan*, an undertaking of my own, though we perform Bangla *thiyetarera gaan* together.

He says: We respect each other's philosophy of life. But the truth is, Riddhi eases any situation.

CONVERGENCE & DIVERGENCE

She says: Life is like a song, not always a straight journey; there are twists and turns, there is convergence and divergence. This has to be there to keep it interesting, but you must also know how to straighten the curves in life. I am always one step ahead in times of conflict, always ready to find a way to harmony.

He says: I fully agree. And that is the way for two human beings to sail smoothly, no matter how turbulent the sea of life.

FUEL TO THE FIRE

She says: By offering space; there's also the honesty of his thoughts and values of liberty and fidelity. And our music.

He says: She epitomises all kinds of energy, which is very inspiring and infectious. I always enjoy her warmth, both on stage and away from it. That always picks me up and inspires me when I am distraught.

WHEN THE GOING GETS TOUGH

She says: We have learnt to enjoy our lives in any form, no matter how tough it sometimes seems to be. The harmony in our lives, both musical and metaphorical, solves the problems that crop up occasionally.

He says: We take each other into confidence, trust the decisions we make and respect the life we live. So there's nothing we can't deal with!

-Partha & Priyanka Mukherjee

'FOUR' the love of writing

Manjiri Prabhu finds her muse in an ancient palace in Salzburg, the setting of her new novel *The Trail of Four*

1998: My husband Bipin and I were backpacking in Europe for the first time. We were already bowled over by the serene emerald landscapes and amazing architecture of Europe. But when we reached Salzburg, Austria, somehow *something* was different. And that 'something' became more obvious when we took 'The Sound of Music Tour'. That was when I first laid my eyes on the Schloss Leopoldskron (*in pic*). The bus passed the closed gates and the guide explained that *The Sound of Music* was filmed in this famous palace. Having loved the film and seen it several times, the beautiful palace represented all that was romantic, fun and perfect. As we glided past the gleaming lake, the palace on the opposite bank seemed like a magical glimmer, and only increased my craving for a closer look.

2002: Four years later, I was invited by the Salzburg Global Seminar to be part of a session titled 'Page to Screen' at the Schloss Leopoldskron. Spending a week there was one of the most memorable experiences of my life. Meeting like-minded souls, engaging in discussions with them, the ambience, the hospitality—the experience triggered an instant yearning to feature this palace in one

of my novels. I believe that desire was the first step in the journey towards the creation of my mystery thriller *The Trail of Four*.

2014: Over the years, I swept through my job, penning other novels. Twelve years later, that yearning to feature the Schloss was still alive. I knew it was finally time to put thoughts into action. I reached out to Thomas Biebl, director of marketing and communications at the Salzburg Global Seminar. I was invited again to the Schloss to be a writer-in-residence. I have always believed that when things are destined to happen, they happen. And when for the third time my association with the Schloss began, my belief was strengthened further. It was as if the Schloss *wanted* me back, to complete an incomplete task, to fulfil an unfulfilled desire!

The Schloss, a Rococo (an early to late French 18th century artistic style) palace, was built in 1736 by Archbishop Firmian. Two years later, he died. His body was buried at Salzburg Cathedral but his heart was buried in the private chapel of the Schloss as a gesture of his love for it. The



11

1

11

11

ii

=

"Follow the Trail of Four and find my last gift to the Schloss. You have two days. If you fail, you endanger my four pillars of my beloved Salzburg, on the stroke of 12, every time! Save my pillars.... Find my gift.... Follow the Trail of Four...." —Max Reinhardt

P.S. The heart will be destroyed on the 4th strike of 12 and the energy will destroy Salzburg.

=

11

11

==

=

11

-

==

=

1111

Schloss passed across many hands over the next century; it was acquired and renovated by famous actor-director Max Reinhardt in the 1920s. Reinhardt used the Schloss for his plays, inviting theatre personalities from around the world. However, during World War II, the Austrian-Jewish director had to flee to America when the Nazis took over the Schloss. Reinhardt died in 1942, apparently pining for the Schloss.

10

In 1947, three Harvard youngsters initiated the Salzburg Global Seminar (SGS) to challenge present and future leaders to solve issues of global concern. The Schloss is now owned by the Salzburg Global Seminar, which continues to host eminent personalities from across the world to support the evolving needs of change-makers across generations.

My original plan was to base a love story in Salzburg. But in retrospect, I can see how things changed. Jan Heinecke, fellowship manager of SGS, gave me a personal tour of the Schloss while narrating its history. I remember standing in the Marble Hall, staring up at the massive, long ceiling filled with frescoes, from the time of Archbishop Firmian, which exhibited and described in graphic and artistic detail four examples each in nature, science and geography. Frescoes of animals, people, weather references, scientific instruments, countries on the walls and ceiling and in the paintings—it was as if the number 'four' was the keyword in the world. And it was while I stood there, craning my neck parallel to the wide ceiling, that I knew my novel had to be a mystery thriller, where the Schloss was almost like a character. The presence of the 'fours' everywhere and their significance was the real trigger. They had to be a part of the novel. They had to *be* the novel.

When Thomas introduced me to the historic city of Salzburg, the idea became more solid, and a bigger plan began surfacing, hazy at first, and then so concrete that I saw a whole new novel grow inside of me. Thomas drove me to landmark monuments in the city, fed me authentic Austrian food, and basically made me live a complete Austrian experience. We discussed the book, the plotline, characters, history and more. But that is not the only reason why the novel was born. Incidents unfolded, discoveries were made and people connected...things aligned so I could write this novel.

he Trail of Four is a work of suspense that unravels over 48 hours. Re Parkar is an investigative journalist and filmmaker from Paris, who is prone to getting psychic visions of his next case. When he 'visualises' the Schloss Leopoldskron in black smoke, Re catches the first flight to Salzburg and explains his vision to Dan, the GM of the Schloss, who refuses to believe him. The Schloss is all set to be the venue of a seminar, where top leaders of states are expected to congregate. Just before the guests arrive, shockingly, the heart of the Archbishop is stolen from its holy grave in the Schloss Chapel and a letter from the dead and long-gone American-Austrian Max Reinhardt is found in its place, threatening the destruction of the four pillars of Salzburg.



A view of the lake Leopoldskroner Weiher from the author's table Opposite page: the library inside the Schloss

Pressure mounts at this sudden and totally devastating turn of events. Stefan, the police officer in charge, is confident they will find the mischief-maker. Teams are sent out to all the ancient monuments of the old town to ensure no bombs are planted and to protect the historical pillars of Salzburg. But when, at the stroke of 12 pm, poisonous gas almost kills 12 people at the Mozart Birth House, the Polizei is stunned to realise that this is not the usual bomb scare technique of destruction.

The varied sculptures, frescoes on the ceilings of the Schloss, the hidden staircase in the library, beautiful gardens, the surrounding lake with ducks...each play an important role in the novel. But most important, the novel hinges on the trail set 75 years ago by Max Reinhardt and the four important pillars of Salzburg that were threatened to be destroyed.

With an able guide in Thomas, finding the pillars was relatively easy; we visited the ancient St Peter's Graveyard, the crypt under the cathedral, the oldest cafes and churches and the Mozart Birth House. We even visited a private, exquisite bed and breakfast with its very own family chapel.

Setting the trail, though, was the real challenge: a trail that would be intriguing, difficult yet fun, and lead through clues to the secret hiding place of Reinhardt's gift. A trail that would swing between the Schloss and the city of Salzburg in a smooth interplay of monuments and structures. Almost spurred on by an invisible spirit, I set about it in a very systematic manner. I explored every room in the Schloss, one by one, multiple times. I stepped into Max Reinhardt's shoes, began thinking like he would, figuring out what I could use to set the trail. And as I began my little journey, I began unravelling my own fictitious trail. The first spot I considered was, of course, the Marble Hall with its display of frescos. The next was the most natural choice: the library. Modelled on the St Gallen monastery library in Switzerland, it was crying out to be featured in the novel. With its curved shelves and pillars, creaking boards and the warmth of wooden interiors, there couldn't be a more cosy bookish landscape for the novel. It was here that I discovered a face and an owl carved on the ceiling. While I was exploring the secret staircase that ran from the library to Max Reinhardt's suite, I also discovered the initials 'R' and 'S' embedded on the back of the staircase. Discoveries such as these led me to form the clues inside the Schloss.

Taking the trail outdoors was more difficult. However, I somehow felt guided by an extremely sharp instinct, instilled in me by some unknown force. I remember that I was very keen on featuring the path that ran along the lake, Leopoldskroner Weiher. I needed to find something distinctively unique that would catch the character's eye. I took a slow long walk along the picturesque lake, observing ducks, watching the reflection of Untersberg Mountain in the lake, and then something caught my eye: a tree, old and gnarled to such an extent that it was totally bent over, almost hanging over the lake. I knew at once that I had found what I was looking for. The Schloss and its partner-building, the Meierhof, were visible through the branches.



Courtesy: Salzburg Global Seminar

While I was exploring the secret staircase that ran from the library to Reinhardt's suite, I also discovered the initials 'R' and 'S' embedded on the back of the staircase. Discoveries such as these led me to form the clues inside the Schloss

While I researched on my own, took long walks and contemplated on what to include and exclude, wading through the flood of information, I also chatted with interesting people who helped me along the way. Especially memorable was the meeting with local historian Johannes Hofinger, who shared valuable nuggets of information.

One particular incident is carved in my memory. I had interviewed several people about the workings of the Schloss and the Meierhof (100 years older than the Schloss). The Meierhof had been recently renovated and I was keen to meet its architect Gerhard Baumgartner. One evening, I took my habitual walk to the old town. A map had been given to me with directions on how to return to the Schloss. I emerged out of a tunnel and glanced down the street. It was getting dark with not a single soul in sight. It didn't take me long to realise that I was lost. For a second, I panicked. The shops were closed and the streets were empty. I was at the foot of the hill, looking at a narrow lonely path that seemed to wind up into the twilight that I hoped would end by the Schloss. However, I was hesitant. What if it were the wrong path? While I contemplated my next step, growing uneasy by the second, I spotted a man in a long jacket, approaching a parked car. Seizing the moment, I approached him, asking if he could speak English. He nodded. I asked him for directions to

the Schloss. He offered to drop me. For a fraction of a second, I wondered if it was wise. It was dark and I was tired. Throwing caution to the wind, I climbed into the car, muttering a silent prayer. He asked me what I was doing at the Schloss. When I told him why I was there, he smiled and said that he was the architect of the newly renovated Meierhof. I simply stared at him! Queries rolled off my tongue. By the time we drew to a halt outside the Schloss, we had had a wonderful chat.

Perhaps this was a coincidence. But for me, it was a message from the universe. In fact, all along the signs had been clear and unambiguous. This novel was destined! And when I consider the entire manner in which this thriller was conceived and shaped, I find myself intrigued. From the urge of a regular tourist to a yearning, leading to a complete manuscript, the journey of this novel—of almost two decades—seemed to be premeditated. I was merely treading an assigned path, guided by a special spirit. Could it be that of the palace? Or someone else? Needless to say, I feel blessed to have been the chosen one.

The Trail of Four is my tribute to the Seminar, which does amazing work, and to the beautiful Schloss. But more important, to Salzburg, the city I fell in love with at first sight and dream to make my second home someday. *

etcetera

inside p68: The last headhunters p80: Colours of love

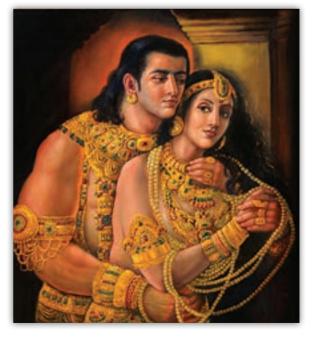
FTERNAL LEGACY

Reclusive artist and great-great-granddaughter of master painter Raja Ravi Varma, Rukmini Varma, is putting on a show for the first time in three decades. Titled *Opulence & Eternity* and curated by Gitanjali Maini, founder-director of Gallery G, Bengaluru, the show comprises a series of oil paintings inspired by the traditions of Kerala and ancient Egypt. They are a celebration of beauty and womanhood, and dedicated to her grandmother, Maharani Setu Lakshmi Baye, the matriarch ruler of

painting

Travancore in the 1920s, who encouraged Varma to paint. "The canvases in *Opulence & Eternity* encompass a diverse

range of legendary, historical themes, and are simply breathtaking in their splendour. The gems and jewels come alive on the persons who occupy scenes of high drama and metaphoric meaning," says Maini in the exhibition note. The highlight of the exhibition is a majestic, 12-foot-tall painting depicting Hoysala emperor Vishnuvardhan and his dancer-queen Shantala. *Opulence & Eternity* is showing at Gallery G till 19 February.



Courtesy: Gallery G

World of dance

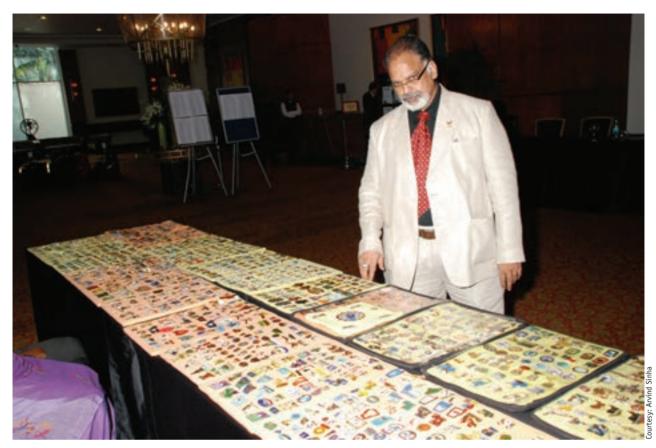
he 49th edition of the World Congress of Dance concluded in Mumbai recently, after five days of intense discussions and workshops, and a whole lot of dance. Under the guidance of one of Mumbai's great dance teachers, Lata Surendra (*in pic*), this was the first time the congress was hosted in India. The event was attended by over 400 dance specialists in genres such as classical, ballet, modern and contemporary, from 40 countries. True to its theme, 'Linking Worlds through Dance', the congress encouraged the convergence of Indian classical dance forms with folk and Western dance. "Whether seasoned artistes. stalwarts or maestros from all over the world, it was an interactive experience for those conducting the workshops and those attending. Contemporary dancers and Lavani dancers would meet after a workshop at the little coffee parlour we set up and take their discussions and understanding of each other further," Surendra tells us.





"The work has to do with race, identity and discrimination. When you mix the inks, you get black! It refers to the origin of the human race—in Africa. Africa was a land of fertility and fecundity; its red soil, rushing waters, vast landscape and blue skies reminded me of our evolution. However, it provoked me to question my own unawareness about the world. It made me question the self and collective society and its structures, like family, tribe, community and nation. It made me face unattractive truths about how racist people can be."

-Artist Ashok Ahuja, 65, on his work titled CMYK: Portrait of the Artist as a Man of Colour, which was part of his solo exhibition Allured, speaking to Open magazine



Record lapel

Arvind Sinha, a Mumbai-based collector, stores a treasure of information in bite-size lapel pins, discovers **Rachna Virdi**

rvind Sinha's home in ing Versova and office in Os-special hiwara in Mumbai double get as 'warehouses' that store ing a mind-boggling collection of lapel pins from 80 countries. Having set Be two *Guinness* records, of 18,000 and ind 44,000 lapel pins, in 2012 and 2015 respectively, he is now working towards a third one—100,000 *collection* lapel pins—in 2017.

A textile engineer with a master's degree in management studies, Sinha is president of the Textile Association (India) and chief advisor of the Business Advisors Group, a global sourcing company and defence supply specialist in Mumbai. But what really gets the 61 year-old going is discussing his pursuit of world records.

Besides lapel pins, Sinha's collectibles include 3.6 million postal stamps, 12,000 miniature flags, 1,500 army

> symbols, rare coins and buttons. He says he inherited his passion for collecting from

his father and grandfather, "although, back then, it was never done in an organised fashion". He adds, "My work requires me to travel extensively throughout the world and I have a critical eye for antiques. During my international travels, I pick up vintage stuff at throwaway prices from garage sales or exhibitions."

He began collecting lapel pins in 1991, with a count of 200, which included those given to him as a mark of honour for being president of Lion's Club International. "I kept stacking up more pins and the count slowly reached 2,000," he shares. "Once, while I was in the US, I met an 84 year-old gentleman who gave me his entire collection as he had no family. He also introduced me to people with different categories of pins. In this way, I learnt about



Ceremonial pin released during a baseball tournament in Cooperstown

different themes: defence pins, sports pins, election pins, flag pins, etc." When the count reached 12,000 pins, Sinha decided he should etch his name in Guinness World Re*cords*. His research revealed that the record stood at 9,000, set 30 years ago, and he would have to double that number to better that mark.

There was more. Sinha would first have to qualify for three Indian records, like a Unique World Record or Limca record, get his pins audited, and participate in a few exhibitions. It took him 18 months to accomplish these goals and, in 2012, Guinness World Records certified his collection of 18,000 lapel pins. He then broke his own record, with 44,000 pins in 2015. Now he is all set to repeat the feat with 100,000 pins, in 2017.

In Sinha's view, lapel pins are markers of world history. "Each pin depicts a message or a bit of history through the message inscribed on it," he explains. "For instance, there was a collection with the message 'Down with Saddam Hussein' released during the Gulf War. There is another collection with American presidents; another one that reveals the history of guns; and yet another on the fire brigade with designs of engine on it."

Taking his unique hobby a step further, Sinha also designs lapel pins

ALL ABOUT LAPEL PINS

A lapel pin is a small pin or badge worn on the lapel or collar of a iacket. It can be ornamental or indicative of the wearer's affiliation to an organisation or cause.

Lapel pins date back to the ancient Egyptians, who invented the process of inlaving. They would inlay colourful and ornate enamel material on top of a base, and then secure those layers together using soldered wires. This technique dates back to 1800 BC.

for his Indian and overseas clients. and gets them manufactured in places like China and Japan. "I recently designed a series on postage stamps and am currently working on Alexander the Great. Of course, it involves in-depth research, both online as well as through research scholars." During the assignment on Alexander the Great, Sinha hired a research scholar in London and recorded everything she said on the subject. "By the end of it, I had collected an ocean of information. from critical events in his life and his India visit to the movements of his army, and even their fear of monkeys and elephants. It is almost as if I know him personally."

On setting records, Sinha says, "Setting records is particularly significant, as you experience contentment and learn so much in the process. On the other hand, I have had my share of challenges; fortunately, I have an efficient team in my wife and my son, who is based in London and collects pins for me."

With the record of 100,000 pins looming, Sinha says his next goal is 150,000 pins. And how does he plan to take his hobby forward? "I do not think about the future," he responds. "I am doing this to excel in unrelated fields and get an extra sense of achievement in life. I just live my life and my world will end with me."

A tribute



That confirms it! There's going to be a mid-term election!

n a touching tribute to its founding chairman, late B V Ramamurthy, the Indian Institute of Cartoonists (IIC) in Bengaluru is organising Ramamurthy's World, an exhibition of selected works, till 25 February at its gallery on M G Road. Ramamurthy's 'Mr Citizen' pocket cartoons (see pic) in the Deccan Herald had a loyal following for over 33 years. "Always the silent observer, Mr Citizen became the morning toast of Karnataka's readers. He was their spokesman for all things under the sun, although he never said a word!" V G Narendra, chairman of the IIC. tells Harmonv-Celebrate Age. The exhibition comprises Ramamurthy's legacy from popular dailies in Karnataka, such as the Deccan Herald, Prajavani and Kannada Daily. "Ramamurthy himself was open to the free exchange of thoughts and ideas with his peers, and would mingle with young cartoonists and encourage their work, and this is our tribute to him." adds Narendra.



The last for the konyak headhunters, a Naga tribe, whose rite of passage is on the verge of extinction

unting human heads was once the Konyak warrior's rite of passage, a means to acquire land and flaunt power. Today, the bones of buffalo, deer, wild boar and hornbills that adorn their homes have taken the place of human skulls.

Tucked away on the invisible border between India and Myanmar, the Konyak tribe in Nagaland is not as insulated as it would seem. The arrival of British missionaries in the 1940s put an end to head hunting and the last of the original Konyak warriors is now on the brink of extinction. You recognise them by the black tattoos on their faces, a mark of the hunter inked in when they brought home their first head. There is a noticeable absence of the middle generations, who have migrated to metro cities in search of work opportunities. The presence



Photographs courtesy: Fanil Pandya / Egg Art Studio

of the occasional television antenna, dusty motorbikes and mobile phones indicate that change is coming to the Konyak's way of life.

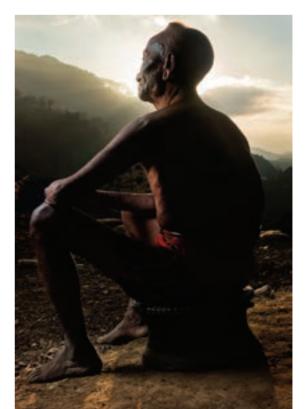
While the idea of hunting human heads may seem brutal to those in the mainstream, photographer Fanil Pandya, who travelled to the village of Longwa in the Mon district in Nagaland, offers some insight. "We see different cultures through our own tinted glasses," he says. "According to them, what we do is wrong—we send our children to fight wars and they don't know exactly what they are fighting for. On the other hand, they killed to maintain a balance between tribes and over land. They hold no remorse over their practice."

Pandya has documented the last generation of headhunters in a series titled Headhunters, which was recently on display at Egg Art Studio in Delhi "I love my grandchild more than anything in this world. I am happy that he has been able to evolve from the world I've grown up in. The fact is also that our warrior identity, which we are very proud of, is in our past. It has the most important lessons and a heritage I don't want him to forget. That is his foundation"

—A headhunter's message for his coming generations

"I don't like outsiders. They bring things that do not belong here. The things they bring to the village create greed and jealousy. In earlier times a person earned respect based on what he had done for the community or how many wars he had fought. But now things like mobile phones, motorbikes and clothes earn respect"

-Chahlem, 80





"Beheading is better than killing thousands of innocent people, what we used to do was better than what many governments are doing in some parts of the world. We knew our enemy and we knew why we were going to behead them, but most of the young men in the army don't even know the cause of the war that they are part of"

> -Wangyel, 80, whose son was beheaded in a tribal war few years ago





"Borders don't mean anything to us. We don't live in Myanmar or on Indian land. We live on our own land. The borders cannot stop us" *—Wanching, 80*





"For me there is no change; in old times I had to walk for hours to get water and even today I have to walk for hours. I am old now, my back hurts carrying these bamboo pipes to fetch water"

-Pongya, 65

"I am the last headhunter. I was the last man to cut our enemy's head and bring it back" —*Chinkhum*, 82 "We used to hang the heads of our enemies on the walls of our *morong* [communal homes], but now we are not allowed, so we only put the skulls of animals we kill to provide for our family"

-Luhpong Wang, 76



Sonnet 116

Let's celebrate the season of togetherness with a definition of love in its most ideal form by **William Shakespeare** (1564-1616) Let me not to the marriage of true minds Admit impediments. Love is not love Which alters when it alteration finds, Or bends with the remover to remove: O no! it is an ever-fixed mark That looks on tempests and is never shaken; It is the star to every wandering bark, Whose worth's unknown, although his height be taken. Love's not Time's fool, though rosy lips and cheeks Within his bending sickle's compass come: Love alters not with his brief hours and weeks, But bears it out even to the edge of doom. If this be error and upon me proved, I never writ, nor no man ever loved.

Unarguably one of the greatest writers in the English language, Shakespeare's works have stood the test of time and been translated into all major languages. His plays are reinterpreted and staged in diverse cultural contexts around the world

Tabish Khair goes behind the headlines to give us a poignant peep into the heads and hearts of youngsters who are radicalised for the 'exalted' cause of faith. Gripping from the word go,

JIHADI JANE (Penguin; ₹ 299; 240 pages) paints a heart-wrenching picture of militant brides operating around the world and the terrifying cost of religious fanaticism. Told through the story of two British Muslim girls, Jamilla and Ameena, who run away to Syria to join the Islamic State, the moving narrative exposes the

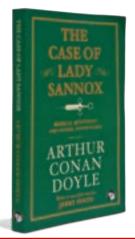
magnetism as well as hypocrisy of ruthless religious move-

ments. The author convincingly portrays the transformation of Ameena, a quasi-rebel who smokes, indulges in casual

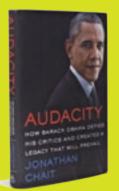


sex and wears jeans, into a devout Muslim, wearing loose clothes, immersing herself in the *Quran* and objecting to the presence of pork-eating friends at her place. However, Ameena seldom speaks in the book; we hear her voice through Jamilla, the narrator. The book lays bare the brainwashing and recruitment of youngsters through social media. Khair exposes the multiple causes at work here, from blind faith and dysfunctional families to the desire for an ex-

otic getaway from the drudgery of commonplace existence. Though a work of fiction, it sounds so realistic that it could hold true as the untold story of countless nameless jihadis.



Also on stands



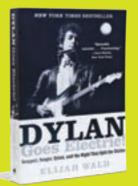
Audacity Jonathan Chait HarperCollins; ₹ 899; 272 pages

A timely look at the policies of Barack Obama, who, the author argues, will be judged favourably by history for transforming America in major ways.

For most of us, **Arthur Conan Doyle**'s name is synonymous with the adventures of Sherlock Holmes. Doyle's oeuvre, however, comprised historical adventures, science fiction and short stories that are largely overlooked in favour of the mysteries starring the legendary private detective. **THE CASE OF LADY SANNOX (Speaking Tiger;** ₹ 250; 230 pages) brings together some of these lesser known stories. Most of these are medical mysteries, reminding us that Doyle was first and foremost a physician. While the title story revolves around a flamboyant surgeon's adulterous affair, "A False Start" examines a young doctor's struggles to attract patients. For those who are good at picking up clues, it's easy to see traces of elements in the anthology that would define the world of Holmes, including the introduction of Mrs Hudson in "Behind the Times", the landlady of one of the best known fictional addresses in the world: 221b Baker Street, London.

Rumi's Secret Brad Gooch HarperCollins; ₹ 899; 400 pages

The life, times, spirit, magic and art of the Sufi poet of love are brought alive in this intimate and compelling biography.



Dylan Goes Electric! Elijah Wald HarperCollins; ₹ 599; 354 pages

The writer explores the cultural, political and historical impact of the Newport Folk Festival, where the legendary singer took the stage backed by an electric band, a truly defining moment in the history of pop culture.

What is 60?

The number of push-ups you have to do this week. The number of movies you have to catch up on. The number of bad jokes you cracked last month. The number of times you told your grandson to get away from the TV set and get a life. The number of places you have to travel to. Mhat it's not, is your age. If you re above fifty five, we believe Harmony is just the magnetic for your Filled with human interest stories, explicing features and columns, Harmony encourages you to do just one thing live young



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

celebrate age

Subscribe to Harmony - Celebrate Age now and get

MOVIE DVDs



Х

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
2 years (24 issues)	₹ 720	Movie DVDs hamper worth ₹ 250
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.

ige
ige

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 / D.D. Do not send cash. All disputes are subject to the exclusive jurisdiction of competent courts and forums in Delhi cheques. 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 / 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; (120) 2479900 from Delhi & Fbd; (120) 4479900 from Delhi & Fbd;

Power play

e has lived a life less ordinary, experiencing momentous events including the British Raj, the dawn of Independence, and the Emergency. Retired bureaucrat Shashi Kant Misra served as principal secretary to three chief ministers in Haryana prior to assuming responsibilities at the Centre as secretary in the ministries of agriculture, tourism and civil aviation. After retiring from the Centre as principal secretary to former prime minister Chandra Shekhar, Misra served the Union Public Service Commission (UPSC) and the Indian National Trust for Art and Cultural Heritage (INTACH).

Described as a "terrorist bureaucrat" by a junior officer, Misra is an alumnus of Allahabad University. He joined the Indian Administrative Service (IAS) in 1956, where he was known for his exacting standards and impeccable credentials. As chairman of INTACH, he created numerous institutions including the National Institute of Fashion Technology (NIFT), Punjab Agricultural University, Motilal Nehru School of Sports, and the Indian Trust for Rural Heritage and Development (ITRHD). In 2009. he was awarded the Padma Bhushan for distinguished civil service.

Misra, who continues to work with the ITRHD, recently released his memoir Flying in High Winds: An Autobiography (Rupa Publications; ₹ 500; 265 pages), a lucid, tongue-incheek account of his career, shedding light on the goings-on in the corridors of power, and the working of the Indian bureaucracy. In a candid interview, the 84 year-old talks to Suparna-Saraswati Puri about the future of the IAS and challenges he faced penning his memoirs. Excerpts from the interview:

What compelled you to publish vour memoirs?

Frankly, I had no intention of writing my memoirs as I felt I had nothing to offer by way of sensational disclosures or scandals, and I was not sure whether the book would sell. A few publishers were constantly chasing me, without success. Then I got addicted to Facebook and posted a few humorous anecdotes from my career.

authorspeak

I got an overwhelming response, with many of my friends and well-wishers urging me to pen my memoirs. Finally, I sat down to write, recording

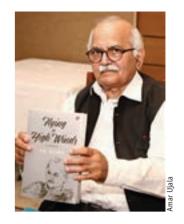
whatever came to my mind, finishing the memoirs in just six weeks.

Was it written purely from memory?

I had no diary to fall back on. During the Janata Party rule, I had to destroy my diary as the 'powers that were' at the time were trying to harass me in every possible way. I have a fairly good memory and the advantage was that at the end there was very little editing to do as the wheat had already been separated from the chaff. The chapter on Chandra Shekhar, however, was not written from memory. Some time back, someone was planning a book on former prime ministers, for which I was asked to do a piece on Chandra Shekhar. I did some research on that but the publication never came out. That material was used in my memoir.

As a writer, what was the greatest challenge?

The biggest challenge was to make the book interesting and readable with a touch of humour, while giving the reader an idea of me as a person and bureaucrat without blowing my own



"As the country becomes more developed, the civil services will go down lower in career options"

trumpet, and without unnecessarily damaging reputations.

Do you foresee Indian bureaucracy becoming a thing of the past?

Bureaucracy in India is the most maligned and misunderstood organ of government. It is conveniently forgotten that this steel frame has seen the country through all these turbulent years. True, there have been some failings; true, implementation or even decision-making has been slow; but that is the fault of the system, with too much political interference and an inadequate support mechanism. The failings have been blown out of proportion whereas the achievements and quiet, solid work are hardly newsworthy. The bureaucracy will not wither away. However, as the country becomes more developed, the civil services will go down lower in career options with advanced technology and other factors weighing in.

What can we anticipate from your desk next?

Part two of my memoirs.



SHADES OF LOVE

While romance is hyped, other forms of love can be more fulfilling, writes Neel Burton

E veryone seems to be hankering after romantic love, but few of us realise that far from being timeless and universal, romantic love is in fact a modern construct, one that emerged in tandem with the novel. But there are many other ways to love, not all of which are compatible with romantic love. By preoccupying ourselves with romantic love, we risk neglecting other types of love that are more readily acces-

sible and may, especially in the long term, prove more healing and fulfilling. The different types of love discussed below are loosely based on classical readings, especially of Plato and Aristotle, and on J A Lee's 1973 book *Colours of Love*.

Eros: Eros is sexual or passionate love, and is the type most akin to our modern construct of romantic love. In Greek myth, it is a form of madness brought about by one of Cupid's arrows. The arrow breaches us

and we 'fall' in love, as did Paris with Helen, leading to the Trojan War and downfall of Troy.

Philia: The hallmark of philia or friendship is shared goodwill. Aristotle believed a person can bear goodwill to another for one of three reasons—that he is useful; that he is pleasant; and, above all, that he is good, that is, rational and virtuous. Friendships founded on goodness are associated not only with mutual benefit but also with companionship, dependability, and trust. For Plato, the best kind of frienship is that which lovers have for each other. It is a philia born out of eros, and that in turn feeds back into eros to strengthen and develop it, transforming it from a lust for possession into a shared desire for a higher level of understanding of the self, the other, and the world.

Storge: Storge ('store-gae'), or familial love, is a kind of philia pertaining to the love between parents and their children. It differs from most philia in that it tends, and, indeed, environmental fabric that shields, sustains, and enriches us.

Pragma: Pragma is a kind of practical love founded on reason or duty and one's longer-term interests. Sexual attraction takes a backseat in favour of personal qualities and compatibilities, shared goals, and making it work. In the days of arranged marriages, pragma must have been very common.



especially with younger children, to be unilateral or asymmetrical. More broadly, storge is the fondness born out of familiarity or dependency and, unlike eros or philia, does not hang on our personal qualities.

Agape: Agape is universal love, such as the love for strangers, nature, or God. Unlike storge, it does not depend on filiation or familiarity. Also called charity by Christian thinkers, agape can be said to encompass the modern concept of altruism, defined as unselfish concern for the welfare of others.... Agape helps to build and maintain the psychological, social Philautia: Philautia is selflove, which can be healthy or unhealthy. Unhealthy self-love is akin to hubris. In ancient Greece, a person could be accused of hubris if he placed himself above the gods or, like certain modern politicians, above the greater good. Many believed that hubris led to destruction or nemesis. Today, hubris has come to mean an inflated sense of one's status, abilities, or accomplishments, especially when accompanied by

haughtiness or arrogance. As it disregards truth, hubris promotes injustice, conflict, and enmity. Healthy self-love is akin to self-esteem, which is our cognitive and, above all, emotional appraisal of our own worth. More than that, it is the matrix through which we think, feel, and act, and reflects and determines our relation to ourselves, to others, and to the world.

In closing: Of course, there is a kind of porosity between the different types of love, which keep on seeping and passing into one another.... In conclusion, he whom love touches not walks in darkness.

Burton is a British psychiatrist, philosopher, author and educator. Read more on www.neelburton.com

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



Rockstar

is mainstream career may have spanned only four years, but James Marshall 'Jimi' Hendrix, a selftaught guitarist, is today hailed as one of the most influential electric guitarists in the history of music. His revolutionary music, irreverent antics on stage—including the infamous guitar carnage spree—and disdainful rendition of the dissonant *Star-spangled banner* at Woodstock are all part of rock canon. When playing the guitar just wasn't enough to grab eyeballs in the colourful musical climate of 1967, Hendrix went one step further, making an art of destroying the instrument. Depending on his mood and the moment, he would smash the guitar, play it with his teeth or simply strum it while swinging it behind his head. It could even be set on fire, as he did in June 1967 at the Monterey Pop Festival, when he finished performing his new number *Fire*.

However, the Hendrix cult wasn't built on just theatrics. He didn't hesitate to push musical boundaries, merging rock with genres it had never touched, laying the groundwork for new musical genres in a career cut short by his tragic death in 1970. Heavy metal and hard rock fans cite Hendrix's *Purple haze* and *Voodoo child* as precursors to the genre. He also created one of the most iconic hip-hop sounds with *Are you experienced?* and ventured into new realms with *Doriella du fontaine*, credited as the first rap record ever, long before the term rap was even coined.

He also introduced the badass attitude and showmanship that rockstars emulate today. And his musical vision has had a profound influence on everybody from Miles Davis and George Clinton to Prince and OutKast. However, Hendrix was an icon who transcended music; nobody wore an Afro better. His look has been evoked not just by the masses but even pop stars, from Rick James and Prince to Lenny Kravitz. Over a dozen books have been written on him, including David Henderson's '*Scuse Me While I Kiss the Sky* and Charles R Cross's *Room Full of Mirrors*. Remembered as the first rockstar, Hendrix is proof that a musician can transcend race, genre and time, provided he stays true to his vision.

THIS MONTH, THAT YEAR: FEBRUARY 1967

- On 1 February, British rock group Pink Floyd signed its first recording contract, with EMI.
- On 4 February, NASA launched Lunar Orbiter 3, an unmanned satellite, to photograph sites where manned missions could land.
- On 13 February, the *Madrid Codices* by Leonardo da Vinci were discovered in the National Library of Spain.
- On 21 February, voting concluded in the Lok Sabha elections with the Congress led by Indira Gandhi retaining a majority with 283 seats.

"The zeal to serve the poor and ailing comes above our personal comforts"

Suresh Kumar Bhargav, 82, Jaipur, runs free medical camps in Asia and Africa



eographical boundaries can't pin down Suresh Kumar Bhargav, whose free medical camps have found their way to the most remote regions and inaccessible hinterlands across Asia and Africa. A retired dentist, Bhargav, along with his wife Madhu, a dental hygienist, has been to countries such as China, Philippines, Bangladesh, Jamaica, Bhutan, Zimbabwe and Guatemala, to offer free treatment and medicines to the poor. Back from a recent trip to Bangladesh, Bhargav reminiscences, "We hired a small boat and converted it into a makeshift health camp, covering many distant villages connected only by rivers." The couple invites local doctors to participate in the camps and offers patients tests for free, besides doling out free medicine. "We pool free medical samples supplied by pharmaceutical companies," he says. "Also, various charitable organisations help finance our camps." Inspired by Nobel Prize winner Albert Schweitzer's words,

"The purpose of human life is to serve, show compassion and the will to help others," Bhargav has been looking for multiple avenues to do his bit. While working at RNT Medical College in Udaipur, he recalls how he would accumulate official leaves so he could travel to the interiors to organise free health camps. He also launched a school for the hearing and speech-impaired in Udaipur, Viklayang Kalyan Samiti Deaf & Dumb School, which today boasts over 100 students; helped the Rajasthan government set up a school for the blind; and founded the Udaipur chapter of the Red Cross. In 1992, after retirement, he moved to Jaipur and opened a dental clinic, where he treats patients for free. Saying he's often the butt of jokes among his peers who enjoy a roaring practice, Bhargay, who lives off his pension, adds, "There is an unparalleled joy in serving the poor."

—Prakash Bhandari





For more information on TENA products or to make a purchase, contact SCA Care of Life Executive

Call Toll free on 1800-313-9001

log on to www.tena.in

Also available for purchase on amazon.in & 🖪 HealthCane

*According to Global outlook for hygiene absorbent products and key raw materials in 2011, 2012 and 2017, Price Hanna consultants LLC 603 Fairway Drive West Chester, PA 19382, February 2013.

