



*harmony*

NOVEMBER 2017 ₹ 40

# celebrate age

*The magazine for silver citizens*

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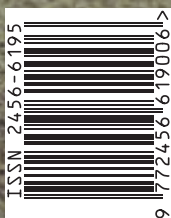
MARATHON SPECIAL EDITION

# RUN SILVER RUN

*Age-defying marathoners share their highs, lows and future goals*



HEALTH CHECK FOR THE LONG HAUL | YOGA POSES TO UP YOUR FITNESS QUOTIENT  
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# THE LONG RUN!



Dabboo Ratnani

In over 25 years as husband and wife, Anil and I have grown, evolved, shared and taught each other much about life and what makes it truly important. One of my greatest learnings from him has been the importance of fitness.

In his view, running is an almost spiritual activity, a sublime balance between body and mind, creating a focus that replaces the inner chatter and clutter with determination and resolve. His continual drive to test his endurance, irrespective of his age or busy schedule, always inspires me. And watching him run in the marathon and cheering him on makes me incredibly proud.

Thus, when Anil Singh and Vivek Singh of Procam International invited Harmony to support the Senior Citizens' Run at the Mumbai Marathon in 2005, it was a natural synergy and the beginning of a wonderful relationship that has evolved and strengthened over the years. Procam has given wing to the running culture in India and we are delighted to have helped extend this movement to our silver constituency. This year, in addition to Mumbai, Delhi and Bengaluru, we go east for the first time to the City of Joy and support

the Senior Citizens' Run at the Tata Steel Kolkata 25K, which will be held in December. With this pan-India presence, we hope to spread the message of silver power even further and deeper, pulling in our elders from the fringes to centre-stage and providing them a platform to shine.

Delhi in November, Kolkata in December and Mumbai in January—marathon season is upon us. And this special issue of the magazine heralds it with fanfare. After all, running is a metaphor for life—a triumph of the spirit overcoming physical challenges and mental roadblocks, a journey that enables you to discover your potential. It reminds us, as the silver marathoners in our pages reiterate, that there are no finish lines, no limits of possibility...there is only you, your goal, and your resolve to achieve it. Believe.

*Tina Ambani*

## A Harmony for Silvers Foundation Initiative

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# index

## 26 cover feature

### Marathon Special Edition

#### 34 . Is running safe for you?

Christopher Pedra, Consultant  
- Sports Medicine, Kokilaben  
Dhirubhai Ambani Hospital, answers  
some frequently asked questions

#### 40 . Gear up!

Equip yourself with these  
marathon essentials

#### 48 . Yoga for runners

Yoga acharya Shameem Akthar  
shares poses to prop intense  
training

#### 54 . On your marks!

Fitness expert Brinston Miranda  
on how to get in top form

#### 62 . Fuel your run

Dietary dos and don'ts by wellness  
consultant Naini Setalvad

#### 70 . A movement that moves Delhi!

Curtain-raiser to the  
10th Airtel Delhi Half Marathon

## No finish line

Featuring 15 silver marathoners who have made running  
an intrinsic part of their life

123RF.com

Cover photograph: 123RF.com

## columns

**24 . IT'S NEVER 2 LATE:** International columnist Jack York writes how Renee Pruzansky is combining business sense and sensitivity in her senior living homes

**79 . AT LARGE:** Author Virender Kapoor analyses the traits that make Amitabh Bachchan a legend

**80 . MYSTICAL MUSINGS:** Swami Sukhabodhananda shares his mantra for successful ageing

## every issue

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

**73 . ETCETERA:** Culture, leisure, lifestyle and miscellany

**82 . SPEAK:** Bahadur Chand Gupta and Nirmal Jindal run an aero-museum for kids in Delhi

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# column one

'Dining out' is a hallowed Armed Forces tradition to bid farewell to an individual leaving a unit, typically conducted in a 'mess'. A dear friend of mine, a naval captain, has introduced a twist to this custom: 'running out' the officer, where the team takes him for a run, followed by a hearty breakfast!

This is just one of the many ripple effects that illustrate the impact of the running revolution in India. While the number of participants in big-ticket marathon events is swelling by the year, a host of smaller events are mushrooming across the country, bringing people together for the sheer joy of the run.

Harmony has been in on the trend right from the beginning, with our support for the senior citizens' runs in Mumbai, Delhi and Bengaluru. This year, we extend our engagement to Kolkata, a reason to celebrate! What's more, going beyond the senior citizens' runs, we felt it was time to salute the silver runners who have defied age to participate in half, full and even ultra marathons. In "No Finish Line", we discover what makes these silvers tick, along with expert inputs on fitness, health, yoga, nutrition and wearables, to help prospective runners get on track.

Indeed, running is a wonderfully inclusive exercise that breaks down barriers and blurs boundaries. This is the need of the hour, as Swami Sukhobodhananda tells us in this month's 'Mystical Musings'. "Create bridges between people, not walls," is his advice, as he urges readers to "learn from the past, live in the present and plan for the future". Words to live by!

—Arati Rajan Menon

I like reading *Harmony-Celebrate Age*. It is a class apart and truly meant for seniors living a retired, relaxed and leisurely life. It is undoubtedly unique and different from all other publications. As a policy, your magazine avoids articles on politics, atrocities on humans, terrorism, etc. At the same time, it caters wonderfully to the interests of senior citizens. The useful information in your magazine extends to all spheres and keeps elders updated on fitness practices like yoga, medical facilitations such as organ donation drive, as well as counselling services for seniors.

Your September 2017 issue served up the perfect platter for seniors with a combination of various subjects that kept the readers glued to the pages. Articles such as your cover feature "Kitchen King" and the recipes are sure to keep the interest of women alive while the stories on the Sikkil Sisters ("Passion Flute") and photofeature on grandparents ("Legacy of Love") made for wonderful reading.

**Maya Krishnan**  
Via email

With complete sincerity, I express my grateful thanks for giving generous space to my story "Nomad At Heart" in the October 2017 issue of your prestigious magazine. It's an excellent piece and presented with empathy. The brief career collage that your editor's pen preludes is succinct as well as sensitive; a personal touch that only a true artist gifted with humanism can bring in. I am touched.

**Vinod Pande**  
Mumbai

The income-tax authorities are now targeting thousands of individuals including senior citizens who earn an income from fixed

deposits of ₹ 5 lakh or more but are probably not paying tax. This is the most absurd thinking—treating everyone as tax defaulters is a matter of shame for the Government. Recently, a policy decision was announced that senior citizens would be treated with respect and unnecessary notices would not be issued to them. So was that a sham?

It is important that the tax department refrains from issuing notices on broad assumptions—this amounts to tax terrorism for honest, innocent, law-abiding citizens.

**M Kumar**  
New Delhi

It may appear anachronistic to say that when we become 'old' and retire from active working life, we should start playing the games we played during our youth to stay healthy—physically and mentally—and keep the old-age blues away. But therein lies the secret of active ageing. Most of us have played at least one or even more than one sport in our younger days, whether it is football, hockey, badminton, cricket or tennis. Games have their own special qualities that we pick up, consciously or unconsciously, and absorb. We need to recapitulate and revive the same qualities to help us in our old age. All these positives can promote the desired 'active ageing' regime of the geriatric population.

**K D Bhatia**  
New Delhi

## HITS OF THE MONTH

Our most-read stories in  
October 2017 on

 [www.harmonyindia.org](http://www.harmonyindia.org)

1. The family jewel
2. Renaissance man
3. Legacy of love





## MEDIA WATCH

# Forever in VOGUE

"This can change society." That's American model-actor **Lauren Hutton's** take on becoming **the oldest woman to appear on the cover of *Vogue* magazine**—she turns 74 on 17 November. As website *aarp.org* tells us, Hutton headlines *Vogue Italia's* 'Timeless Issue', which focuses exclusively on women over 60. Other stars shining bright in the issue are Somali supermodel Iman (62), social media star Baddie Winkle (89), and Tracey Norman (66), the first black transgender model. "I've had a record 27 covers of American *Vogue*, and I've had 13 other *Vogue* covers, but this is the most important I have ever done, the one that has made me feel most useful," Hutton, who modelled underwear for Calvin Klein last year, tells media. "I've been thinking about it for a while, but it took *Vogue Italia's* courage to make it true. This is a cover that can change society, because it shows a woman who is vibrant, attractive, who still laughs, and who for the first time is a woman my age." Yeah, baby!

## "THIS IS A COVER THAT CAN CHANGE SOCIETY"





NOBEL HYGIENE PRESENTS

# THERE ARE NO SECRETS BETWEEN FRIENDS!

FORGET SUNSET—THE SILVER YEARS SPELL A NEW DAWN OF OPPORTUNITY. YOU'RE RETIRED, THE KIDS ARE SETTLED, AND A WORLD OF POSSIBILITIES AWAITS YOU. THIS IS THE TIME TO DO ALL THE THINGS YOU WANTED TO BEFORE LIFE GOT IN THE WAY.

BUT SOMETHING IS HOLDING YOU BACK; SOMETHING YOU DON'T, WON'T TALK ABOUT. EVEN THE WORD EMBARRASSES YOU.

## INCONTINENCE

There, we said it. It's only a word after all. And there's no reason it should become a life sentence, a dirty secret whispered behind closed doors that holds you back. It's time to take incontinence out of the closet—here's what you need to know.

## IT'S NOT JUST YOU

Incontinence affects over 200 million people around the world. So, you are not alone. Unfortunately, because of the stigma attached to it, most people are reluctant to discuss it with others or even acknowledge they have it, preferring to suffer in silence.

## MEN SUFFER FROM IT TOO

While urine leakage is often viewed as a 'women's problem', about 20-25 per cent of reported cases of incontinence comprise men. Research reveals, however, that men are less likely to discuss it; thus, they are less likely to be diagnosed.

## IT IS NOT A DISEASE

Urine or faecal leakage is only a symptom or side-effect of another medical condition. The sources could include chronic cough or asthma; constipation; diabetes; hormonal changes; pregnancy, childbirth and menopause; weak or overactive bladder muscles; nerve damage; medications; and prostate problems.

## IT COMES IN DIFFERENT FORMS

Depending on the underlying cause, there are different types of incontinence. While stress incontinence refers to leaking of small amounts of urine with activities that increase abdominal pressure, such as coughing, sneezing and lifting, urge incontinence (or an unstable or overactive bladder) is a sudden and strong need to urinate. Awareness of the need to urinate but inability to get to a bathroom for physical or mental reasons is called functional incontinence; overflow incontinence is the involuntary release of urine from an overfull bladder, often

in the absence of any urge to urinate; and nocturia is excessive urination at night. Meanwhile, when stool or gas accidentally leaks from the rectum, it is called faecal/bowel incontinence or accidental bowel leakage (ABL).

## DRINKING LESS WON'T HELP

Drinking more fluids can actually help improve bladder control and reduce urine odour. Also, urine that is more concentrated can irritate the bladder and cause serious problems such as infection and dehydration. Inadequate fluid intake can also cause constipation.

## IT NEED NOT INTERFERE WITH LIFE

Slowing down or altering your routine is not the answer. Curtailing physical activity can lead to weight gain, exacerbating your condition. And withdrawing into a shell can lead to depression and alienation. With advance planning, and the right products, you can manage your incontinence effectively and discreetly—and live your best life.

WATCH THIS SPACE NEXT MONTH FOR MORE FROM 'FRIENDS'

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**A FIRST FOR MANGALURU** KMC Hospital in Mangaluru has opened the city's first Alzheimer's clinic. According to Dr Keshava Pai, head of the psychiatry department of the hospital, there was a crying need for this facility as 10 per cent of the city's population is over the age of 60—a demographic greatly at risk for Alzheimer's disease.

## Badge of PRIDE

**F**or those unfamiliar with the Girl Guide movement, 'badges' are granted to guides upon the completion of individual challenges that strive for personal development and social change. Now, in a heart-warming move, **Girlguiding UK has launched a new badge with the aim to tackle loneliness among silvers.** To earn the badge, guides will have to visit elder homes to interact with residents, and organise plays and craft sessions for them. As London newspaper *The Guardian* reports, the scheme, which began as a pilot project in Manchester, will soon be rolled out nationwide. "Community action is a key part of the guiding programme for all age groups," Helen Salvini, a representative of Girlguiding in Manchester, tells the newspaper. "And we were delighted to have the opportunity to work with Manchester Health and Care Commissioning to develop this badge."

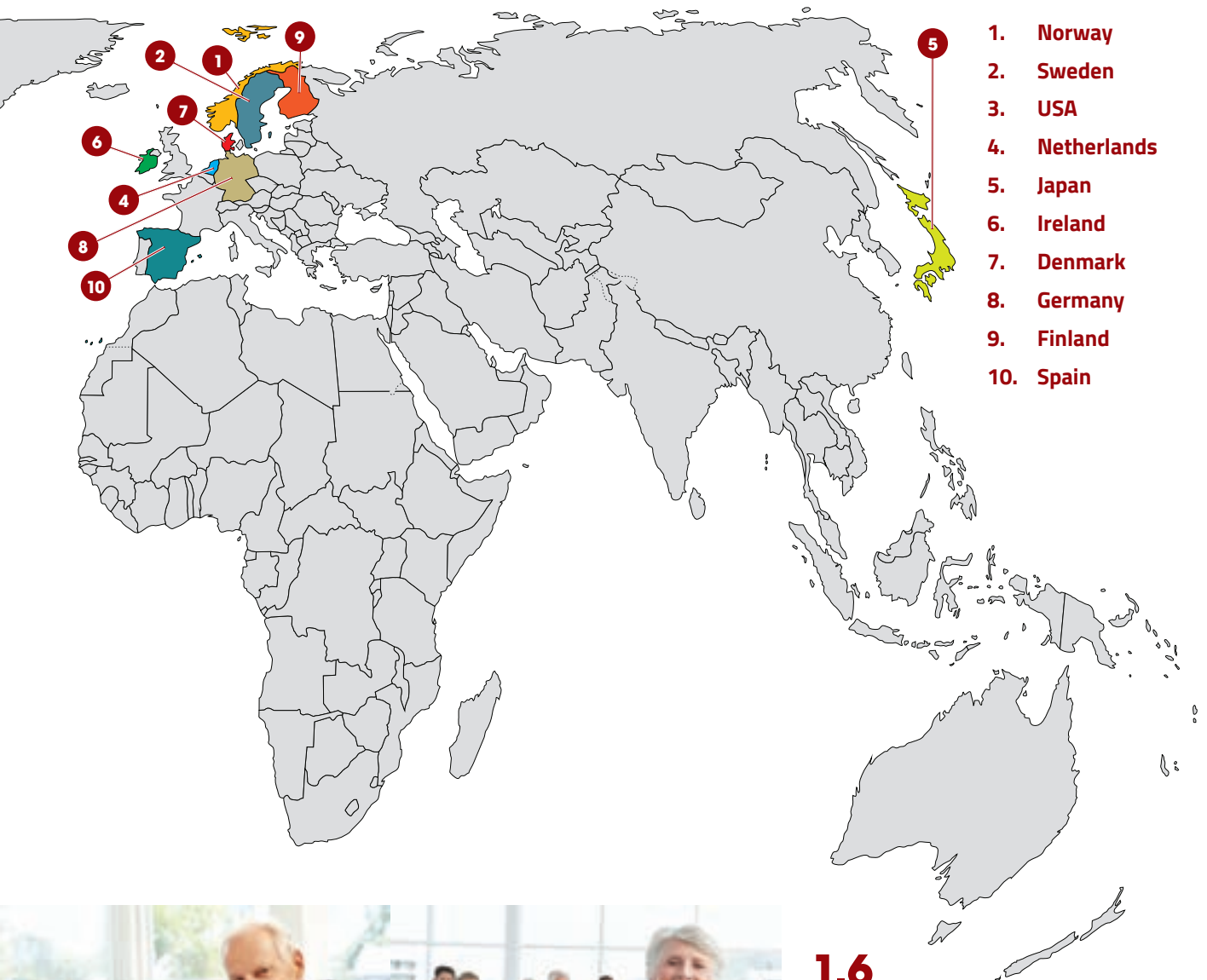
**SILVER COUNTS** In a recent monetary policy statement, the Reserve Bank of India (RBI) has expressed its concern that banks are discouraging or turning away silvers and the differently abled from availing banking facilities in branches. To ensure they don't feel marginalised or alienated in an increasingly digital banking scenario, the RBI will soon issue necessary instructions and detailed guidelines to banks to put "explicit mechanisms in place" and be sensitive to the requirements of silvers and the differently abled. Ombudsmen will also be advised to pay heed to complaints in this context.



THE WORLD IS SILVERING, with the number of people over the age of 65 expected to double to 1.6 billion worldwide—or 17 per cent of the global population—by 2050. How countries respond to this trend will determine the quality of life of their elders. As website *fa-mag* tells us, Columbia University's Mailman School of Public Health and the University of Southern California's Schaeffer Centre for Health Policy & Economics have developed a barometer to assess how countries are adapting to this demographic shift on the basis of five parameters: productivity and engagement; physical well-being; financial equity; social cohesion; and security. On the basis of this, they have released the **John A Hartford Index of Societal Ageing, which ranks developed countries on how well they are preparing for their ageing population.** Here's the top 10:

## HAVEN ON EARTH





**1.6  
BILLION  
SILVERS  
WORLDWIDE**



Photographs by 123RF.com



Photographs by Haresh Patel

# To serve with love

**A**t a time when elder abuse and neglect are rampant, a group of devotees from the Sri Sathya Sai Seva Organisation, Mumbai, came together to organise Sri Sathya Sai Vruddha Seva, a social activity of serving the elderly. The week-long programme, conducted at the residence of a family of devotees in Chembur, aimed to send out a powerful message to society: 'Take care of your elders—love them, respect them.'

To commemorate World Elders' Day on 1 October, for the past 11 years, the hosts—a silver couple themselves—have been opening their home and hearts for elders unknown to the family. A batch of 12-15 elders from lower middle-class families in suburban Mumbai is invited to stay with the family free of cost for a week, with the family and other devotees managing their entire boarding and lodging. "Children abandoning parents is no more a surprise

in our society. During the organisation's social activities and visits to old-age homes, we get to see these horror stories involving elder abuse. Deeply hurt, we decided to do something to send a strong message to counter this social terrorism by near and dear ones," shared the hosts, who preferred to remain anonymous and let their work speak for them instead. "We decided that the routine of the house would not be compromised or changed. Yet, all of us would live happily in the 1,200 sq ft space, powered by sheer love."

For the 12 silvers who chose to join this year's Seva conducted from 1-8 October, it was more of a spiritual retreat, rejuvenating mind and body. The specially designed programme schedule, including morning yoga sessions, medical check-up, personal counselling, cultural performances, puppet show, bhajans, interaction with youth and spiritual outings, kept them engaged in a caring





Clockwise from top left: Volunteers who performed the puppet show; medical checkup being conducted by Dr Nair; an *abhang* session in progress

Opposite page: The group of silvers who attended the Vruddha Seva



and empathetic atmosphere. For Kavita Patil, 67, the stay was “a platform and opportunity to learn many new things” and 65 year-old Ram Narayan Gupta picked up some nuances of yoga. “I will continue doing yoga now,” he promised. While 62 year-old Maruti Krishna Sutar basked in the experience of the unique Seva, 78 year-old Arvind Vishwanath Ambekar appreciated the “Seva with love”. “It is blissful to be in the company of good people,” expressed Madhulata Govind Nalawade, 63. Indeed, the peaceful precincts provided succour to Sulochana Kishan Borkar, 70, who was trying to overcome a personal tragedy. The takeaway for these silvers: ‘Adapt and accommodate; Help ever, hurt never.’

According to Dr Vasantha Nair, national medical director of Ekam Foundation, who conducted the medical checkups, “The common health issues were diabetes, high blood pressure, constipation, sleep disturbances and breathlessness while walking. Some of the seniors were ignoring their own health owing to financial and physical constraints. We conducted required tests and assess-

ments, and gave them necessary medical advice. However, more important, they were happy with the emotional support they got.”

For the silvers, the weeklong stay was also a time to awaken the child within. Shashita Shettigar, who conducted a youth interactive session with them, said, “We held fun activities such as memory game, colouring, role play and an awareness session about cleanliness. While we could spot some hidden talents, the purpose was to make them forget their own worries and become a child all over again. For me, being with them gave the comfort of being with my own parents.”

On the last day of the programme, the silvers were given an emotional farewell with a *paada* puja (an Indian ritual of worshipping a person by washing their feet), performed by the youth. “If we can share space with silvers who are strangers, why cannot children take care of their own parents? It’s a message demonstrated with love,” concluded the host.





Sailesh Mishra (second from right) at the release of his book *Remember Me: You, Me and Dementia*

Haresh Patel

# Deconstructing dementia

**D**ementia can be diagnosed, reversed and treated. This message came through loud and clear at the launch of author Sailesh Mishra's book *Remember Me: You, Me and Dementia*, during an event held at Prabodhankar Thackeray Auditorium in Mumbai's Borivali West, to mark World Mental Health Day on 10 October. Attended by an audience of over 200, including caregivers, senior citizens and members of various social organisations, the event aimed to spread the vision of an elder and dementia-friendly world.

Mishra, a social gerontologist, founder of Silver Innings Foundation and A1 Snehanjali (assisted living elder-care home), and an International Master Practitioner in Dementia Care, took to the podium to share compelling stories from his nine years of experience with silvers suffering from dementia. "The book aims to provide the much-needed wide spectrum of information about dementia that will be easy to read and helpful to families, caregivers and health professionals," he said.

The programme kicked off with a skit on dementia performed by Navnita Parmar Group followed by a dance performance by the members of Sneh Kala Kendra, where silvers shed light on environmental issues such as water and tree conservation.

Chief guest advocate Abha Singh laid stress upon the importance of mental health in senior citizens. She spoke about the endless reservoir of wisdom of silvers, ruling that

loneliness makes them susceptible to mental health issues. Further, she elaborated upon some key aspects of the Mental Healthcare Bill 2016 and urged the silvers present to know their rights.

For his part, guest of honour Prakash Borgaonkar, Director, HelpAge India, congratulated Mishra on his book and spoke about the seriousness of the disease and how many people mistake dementia for forgetfulness owing to age. "Over 5 lakh people suffer from Alzheimer's and dementia," he pointed out. "The seriousness of the disease is highly underestimated as people believe it is something that happens with age."

Professor Dr Charles Pinto, geriatric psychiatrist (specialising in dementia) at Holy Family Hospital in Mumbai, offered an insight into the medical approach towards dementia. "Dementia is a degenerative disorder," he said. "However, many forms of dementia can be reversed, treated and diagnosed if caused by hyper or low thyroid or circulation of cerebrospinal fluid (CSF) in the brain, depression, and so on. Dementia caused by Alzheimer's is the only form that is irreversible." He relayed the successful test of four drugs approved by the US Food and Drug Administration (FDA) and another drug that will focus on the prevention of the disease.

This was followed by a felicitation ceremony, after which a soulful performance by the band 'Nuts and Frets' brought the evening to a close.



Shah Rukh Khan



Joe Biden



Hugh Hefner



Tom Alter

## BIRTHDAYS

Actor **Shah Rukh Khan** turns 52 on 2 November.

Fitness promoter, model and actor **Milind Soman** turns 52 on 4 November.

Scholar and environmental activist **Vandana Shiva** turns 65 on 5 November.

Actor, director and producer **Kamal Hassan** turns 63 on 7 November.

Actor **Zeenat Aman** turns 66 on 19 November.

Former US vice-president **Joe Biden** turns 75 on 20 November.

## IN PASSING

Actress **Shakila** passed away on 20 September following a cardiac arrest. She was 82.

Founder of *Playboy* magazine, **Hugh Hefner** died on 27 September in Los Angeles. He was 91.

Actor **Tom Alter** passed away on 30 September in Mumbai after battling skin cancer. He was 67.

American musician, singer, songwriter **Tom Petty** (*pic below*) died on 2 October after a cardiac arrest in California. He was 66.

Eminent classical vocalist **Girija Devi** passed away on 24 October after a cardiac arrest in Kolkata. She was 88.

## MILESTONES

- ✦ Veteran cinematographer **Pravin Bhatt** was honoured with the 'Special Contribution to Indian Cinema' award on 24 September, at the closing ceremony of the 8th Jagran Film Festival in Mumbai.
- ✦ To mark the International Day of Older Persons on 1 October, President Ramnath Kovind honoured the following eminent silvers with the Vayoshrestha Samman:
  - **Gurbax Singh Sandhu** for being the longest-serving Indian boxing coach in the 'Sports and Adventure' category
  - **Dr Mahadeo Meshram** for his distinguished service in the medical field in the 'Lifetime Achievement' category
  - **Dr Dolly Das** for promoting folk culture of the Northeast in the 'Creative Arts' category
  - **Dr Aabha Verma** for fighting with armed thieves singlehandedly in the 'Courage and Bravery' category
  - **Kaushalya Joshi** for raising a physically and mentally impaired child in the 'Iconic Mother' category.



Photographs by 123RF.com

## OVERHEARD

**“The good thing about getting older is you get smart enough to avoid unnecessary problems. You know what’s worth spending time on and what’s not. If I had known that at 20, life would have been so much easier, but you have to experience all these things so you figure out how to find your way through the woods.”**

—*American singer-songwriter-producer Tom Petty (1950-2017), speaking to Billboard magazine in 2014*



123RF.com

# BRAIN POWER

**I**nterestingly, here's a study that proves that **the ageing brain displays more bilateral communication than the young brain**. A team of researchers from the Duke Department of Neurology, US, used transcranial magnetic stimulation (TMS), a brain stimulation technique, to modulate the brain activity of healthy elders while they performed a memory task. It was found that when activity in a memory region of one of the hemispheres suffered, communication with the same region in the other hemisphere was initiated. The study points out that as people grow older, they use both the right and left hemisphere of the brain instead of relying on one side to perform memory tasks. Published in *Human Brain Mapping*, the study also suggests that such increased communication between bilateral regions of the brain helps to compensate for negative aspects of ageing.

## MEMORY CARD

**M**emory and cognitive skills are known to decrease with increasing age. But here's some hope for silvers, as researchers indicate **a link between osteocalcin—a bone-produced hormone—and cognitive performance**. New research conducted at the Columbia University Medical Centre in New York suggests that hormone therapy may decrease anxiety-like behaviour and reverse cognitive decline in ageing adults. In a series of experiments, ageing mice were infused with the hormone osteocalcin over a period of time, resulting in tremendous improvement in their muscle function. The infusions also brought memory skills in older rodents on a par with those of younger mice. The study was published in *The Journal of Experimental Medicine*.





**A pinch of salt** New research warns against the impact of sodium—which we ingest through common salt—on insulin resistance, increasing the risk of diabetes. The study conducted at Karolinska Institute in Stockholm, Sweden, and other Swedish and Finnish institutions, indicates that sodium can put the middle-aged and seniors at risk of type 2 diabetes and latent autoimmune diabetes in adults (LADA). The team studied 355 people diagnosed with LADA and 1,136 individuals with type 2 diabetes, and compared the results with those of a healthy group of individuals to arrive at this conclusion.

## THE MIGHTY PEN

Detecting cancer will now be easier, faster and cheaper. In a breakthrough experiment, a group of scientists and engineers from the University of Texas, Austin, launched **MasSpec Pen**, a revolutionary device that will use molecular fingerprints to detect cancerous tissues and provide a precise and rapid diagnosis—all in just 10 seconds! This is 150 times faster than routine methods used for detecting the disease. As part of the study, 253 patients with lung, ovarian, thyroid and breast cancers were studied, with 96 per cent accuracy in diagnosis.

Courtesy: University of Texas, Austin

## Alzheimer's after menopause



Women are not only at a greater risk of Alzheimer's than men, they are also more likely to develop the disease between the ages of 65 and 75. This was one of the key takeaways of a study conducted by the Keck School of Medicine at the University of Southern California in Los Angeles, which concluded that **women are more prone to Alzheimer's 10 years after the normal onset of menopause**. The study was based on data collected from 58,000 individuals provided by the Global Alzheimer's Association Interactive Network and was published in journal *Jama Neurology*.

## Save your sight



With 5 million seniors around the world suffering from age-related macular degeneration (AMD), the leading cause of blindness in seniors, early diagnosis is important. Usually, AMD is noticed only when symptoms such as dark spots and missing alphabets manifest; by then, a lot of damage is done. Researchers at the Massachusetts Eye and Ear Infirmary have now discovered **a blood test that detects AMD even before the symptoms strike**. This could help patients get vital injections that slow down the wear and tear of eyes by blocking the overgrowth of leaky blood vessels, which lead to the 'wet' form of AMD.



YOGA RX BY SHAMEEM AKTHAR

# At full stretch!

## 'TheraBands' incorporate resistance training in your yoga practice

The stretch band is an interesting prop, and easy to find. These come with different tensile strengths: easy, medium, heavy and very heavy. If you are a beginner to this type of resistance training, you should always start with the lightest resistance, or the 'easy' band. Each company has different colour charts to these four levels, so choose smartly. After a few weeks, you will find that your body has gotten used to the easy level and you can progress to the 'medium'. For most of us, this level is sufficient to challenge ourselves. Only very hardcore trainers should go to the other levels—and ideally under guidance. These bands work well with many arm and shoulder poses in yoga, as well as with leg stretches.

Though easy to use, it is important to know how to use these resistance bands. While using such bands (also called TheraBands), you must try to pass the challenge to the muscles and not the joints. This is essential. So, you must take a few weeks to get the structure of the pose right before venturing into more advanced poses. There are two types of TheraBands; one is long and open-ended; the other is shorter, a loop. The longer one

is more versatile and used in the manner of a yoga belt. The shorter one has a limited range in yoga, but is more challenging.

Some of the yoga poses you can use this band with are the leg raise in its many variations (*supta padangushtasana*), shoulder exercises (*skandasana/skandachakrasana*) and even in the shoulder stand (*sarvangasana*), in which you can place it around the calves to create a deep stretch at the legs or hold it at the curve of the soles of your feet to create tension in the arms and legs. This is similar to holding a non-stretch yoga belt but with more impact. These bands are also good for working the upper back through stretches that are called executive stretches in common parlance and are clubbed in the palm tree (*tadasana*) series in yoga. For more advanced levels, you can source online tutorials on these flows; these are pretty safe if the instructor is giving clear instructions and you are using the easy level of the band. You can do the shoulder stretch (*skandachakra*; **in pic**) and expand on it by holding the band firmly at the chest and gently stretching it out to the right side—and repeating for the left.



Haresh Patel

## YOGIC MOVES

### Shoulder stretch (*skandachakra*)

This one is done with a short TheraBand loop. In case you have the longer version, knot it firmly to create a loop for similar impact. Stand straight in the palm tree pose (*tadasana*) with feet slightly apart. Pass the loop through both hands till it rests at the muscles of the forearm. Raise arms to shoulder level. Inhale, gentle move arms apart. Exhale, slowly release them back. Repeat a few times. Remember not to release too fast. If you do, your muscles will not get worked out much. Releasing slowly is more challenging.

Make this the standard for any other band-related pose you do. Also remember not to bend your arms at the elbow. This means you have gone over your range and are likely to stress your joint. Ensure you have a focused practice.

**Benefits:** This is used as rehab to build confidence and strength back in the arms, even after injuries. The muscles are superbly challenged. It is important to create this resistance and challenge in the muscles because bones closer to these muscles respond by becoming denser and fitter.

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



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## HEART TO HEARTH BY PRATIBHA JAIN

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

# A legacy of flavour

**Susheela Samdaria • CHENNAI**

**L**iving in a full house with family members spanning four generations is a woman completely immersed in her roles as daughter-in-law, wife, mother and grandmother. The youngest member of the family is her two month-old grandson Samyak, and the oldest her 89 year-old mother-in-law. Meet Susheelaji Samdaria, 55, a Rajasthani residing for many years in Chennai, and an embodiment of serenity and contentment. Beautifully composed in her starched yellow cotton sari, Susheelaji first attended to her family's needs and constant demands before she turned to give me her undivided attention and answer all the questions I had prepared with utter simplicity and cheer.

### IN HER OWN WORDS

My childhood was spent in Jodhpur and soon after, I moved to Chennai. I was married to Shri Vijaychand Samdaria while still young. We have two sons and a daughter, and three grandchildren. Hospitality has always been an integral part of our lives. It is ingrained in Rajasthani culture. We grow up learning to share whatever we have, because taking care of one's family and loved ones is a reward in itself. My husband worked hard to provide us with every possible comfort. Alongside his business, he also nurtures his passion for music. I admire his dedication, sincerity and generosity; he joyously offers music lessons to students during the

evenings, highlighting the intricacies of old Bollywood melodies, without expecting anything in return. Even though I do not sing myself, I feel blessed to live in a house where music is truly loved and respected.

### CULINARY INSPIRATION

Our inspiration comes from experiencing life itself. We grow up watching our mothers and grandmothers cook in the kitchen. We try to emulate them and pass on the same values and skills to our

"When you love the people around you with a pure heart, you will cook with your heart and soul. I, for one, really enjoy seeing people relish my food. That is my inspiration"

children. My daughter Nisha is a wonderful cook, as is her daughter Labdhi. She may only be 11 years old, but Labdhi already bakes cakes and cooks independently.

### LEFTOVER RECIPE

As practising Jains, we avoid eating leftovers as much as possible. Usually, surplus food is distributed to household and building staff. However, if there is one dish we like

to make with leftovers, it is *chawal ka gatta*. We add grated bottle gourd to leftover steamed rice. Make sure to squeeze out the excess water from the bottle gourd before use. Now, add wheat flour, a little oil, and any spices of your choice. Knead well and roll into thin, long pieces. Steam the rolls. Once done, carefully remove from steamer and chop into small rounds. Sauté in oil and *baghaar* and your delicious *chawal ka gatta* is ready!

### A MOTHER'S MAGIC

**Nisha (daughter):** Everyone loves mummy's cooking. Even though I learnt how to make her recipes years ago, I cannot replicate her flavours. I remember once, when my father-in-law came here, mummy had made her special aloo parathas. But as my father-in-law does not usually eat spicy food, and avoids chillies altogether, I was sure he would not eat the parathas. To my utter surprise, when mummy served him a paratha, he ate it without complaint, and even asked for more! It was the first time I realised the true power of balanced cooking. Her flavours blend together so well that the food becomes nurturing.

### SECRET MANTRA

There is no hidden secret to the taste of food. When you love the people around you with a pure heart, you will cook with your heart and soul. I, for one, really enjoy seeing people relish my food. That is my inspiration.



Inspired by Samdaria, her granddaughter Labdhi also enjoys the art of cooking

Photographs by D Kalaiarasan

### QUICK & EASY

One recipe that can be made in no time is corn *bhel*. This is quite a favourite snack at home and has always received much praise from our guests. It's made with fresh corn that is easily available in the market. Remove the kernels from the cob. Steam and allow to cool. Add chopped onions, tomatoes and coriander leaves and spike with salt, chilli powder and chat masala. The *bhel* is ready!

### ROLE MODEL

Labdhi and I form a real team. She is young, enthusiastic, bright and always ready to learn. She observes everything I do with keen interest, and is eager to gain more knowledge. We all wonder how she remembers the recipes of so many dishes.

**Labdhi (granddaughter):** If you ask me, *Naani* is the best cook in the whole world. I love so many

of her dishes—her *aloo* paratha, paneer tikka and *milagai podi* are my absolute favourites. Whenever I see her cooking, I like to stand in the kitchen and watch her. Today, I baked a vanilla cake, a red velvet cake, and made *turai ki sabzi* for lunch. I want to be a good cook like *Naani* when I grow up.

### NEXT PAGE

Spicy green plantain curry from Susheela Samdaria's kitchen



## SPICY GREEN PLANTAIN CURRY (*Kele ki sabzi*)

A family favourite, here is a recipe that is quick and easy to prepare. Green plantains are available aplenty in every season and the other ingredients are absolute essentials in any Rajasthani home.

### Ingredients

- Green unripe plantains: 2
- Tamarind pulp: 2 tbsp
- Coriander powder: 1 tbsp
- Chilli powder: 1 heaped tsp
- Turmeric powder: 1 pinch
- Coriander and mint leaves: for garnishing
- Salt to taste

### For tempering

- Oil: 1½ tbsp
- Urad dal (husked and broken): 1 heaped tsp
- Mustard seeds: ½ tsp

- Asafoetida powder: 1 pinch
- Green chillies: 2-3; slit
- Curry leaves: 6-8

### Method

Peel the plantains and chop into 1-inch rounds. Wash well and steam with salt and turmeric powder in a pressure cooker, adding enough water to soak the plantains. When plantains are cooked, discard the water and set aside. Heat the oil in a pan for tempering. Add the urad dal; as it turns golden, add the mustard. As the mustard begins to pop, add the asafoetida powder, slit chillies and curry leaves. Add the steamed plantains and sauté for a minute. Now add the tamarind pulp, coriander powder, chilli powder, turmeric powder and salt. Add a cup of water and allow to cook.

When the gravy has thickened in 5-7 minutes, switch off the flame. Garnish with chopped mint and coriander leaves.

The consistency of this dish is like a thick curry. Serve hot with rotis and as an accompaniment to a meal. The simple yet rich flavours make it ideal even for special occasions.

*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*





# Harmony-Celebrate Age GOES DIGITAL

Harmony-Celebrate Age

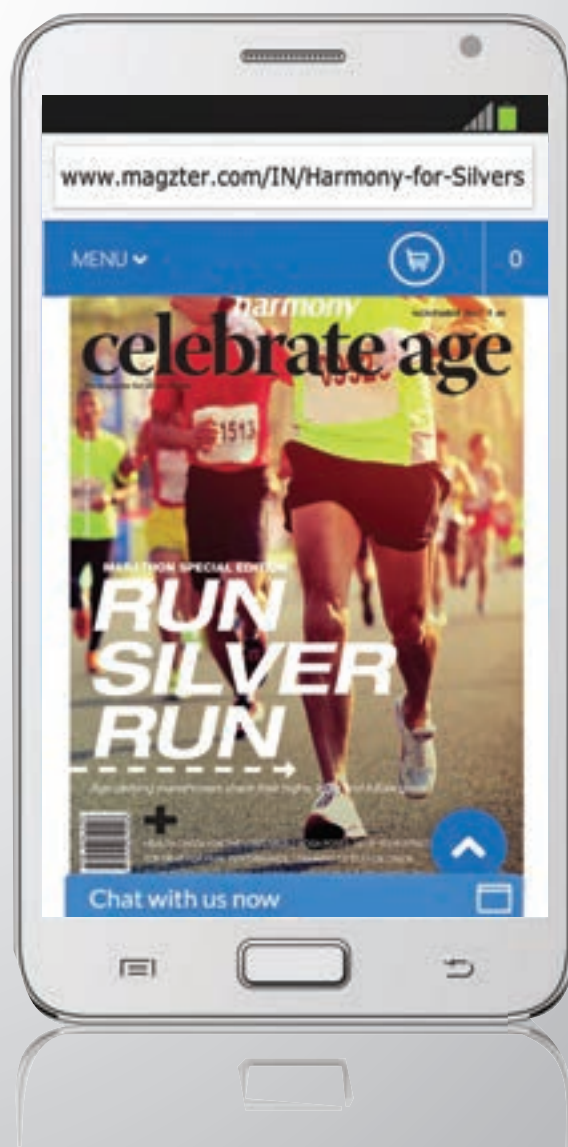
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India's premier magazine for senior citizens, *Harmony-Celebrate Age*, is now available on international digital news stand Magzter



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IT'S NEVER 2 LATE BY JACK YORK

# Bringing India to America

Renee Pruzansky's company AristaCare fills a cultural void for silvers of Indian descent in New Jersey



A celebration at the Cedar Oaks community in New Jersey, US

When we think of innovation, technology often comes to mind. We think of our iPhones and Skype, medical advances, multiple ways to stay connected and engaged in work and life. This story is about another kind of innovation, viewed through the senior living lens, innovation that bridges improved healthcare with cultural diversity. It's a fun story to tell as it connects India with the United States on a very personal level.

This story of innovation starts with a person, as innovation often does. Renee Pruzansky is one of those rare people who can be an astute businessperson while maintaining a caring heart at the same time. The business side of her saw an opportunity to differentiate her company AristaCare; the caring side of her saw a chance to fill a cultural void that was causing pain for older adults of Indian descent in the state of New Jersey.

AristaCare started in 2004 with two senior living facilities in New Jersey; this number has grown to 14. It has a well-deserved reputation for always putting residents first, going to great lengths to ensure it is providing the highest quality of physical, mental and spiritual well-being to those it is privileged to serve. I've had the pleasure of knowing Renee for over 10 years and have seen the joy her communities exude.

So what's the tie-in between Renee, AristaCare and India? It's all about seeing a need and providing a solution! When AristaCare acquires a new facility, it looks at the local neighbourhood's needs and tries to fill existing voids. Its community, Cedar Oaks, happened to be in an area with one of the largest Indian populations in New Jersey. What many organisations might have seen as a stumbling block AristaCare saw as an opportunity! The company started with physical construction, converting an entire existing floor. It found local experts well-versed in Indian culture and decorated the floor in authentic design and colours. Staying true to the culture was of utmost importance to Renee and her team.

Other floors in the community maintain their own look and feel. There are American and other denominations of patients on other floors of the facility. To encourage cultural harmony, the facility makes sure the other patients and residents are invited to special Indian religious events and parties, and even activities. The harmony has been evident from day one! Currently, Cedar Oaks serves over 100 Indian patients from across the US and India. While a majority are Gujarati, all Indian dialects are represented.

It was one thing to remodel construction to recreate a cultural feel, but there is much more work to be done than just colours and furniture. Renee was surprised to learn that in the Hindu tradition, there was reluctance to embrace a nursing home; families wanted to care for their parents at home. As Americanised children work and have their own kids, there was a strong need for skilled nursing and long-term care for older Indians. In order for this programme to work, AristaCare had to create an environ-

ment that embraced the religion and the culture. It even put in a fully separate kitchen with a staff of Indian chefs (authentic Indian grandmothers!), respecting the cultural dining habits of the community.

The venture has been a tremendous success. It surprised Renee and her team that for Indian religious holidays (in which they go all out to create authentic festivities), very respected leaders come in from India to join in and pay their respects to the principles at AristaCare. "It is very humbling how much appreciation is expressed," she says. Over the years, they have received multiple honours

with him. He just wanted to communicate that he didn't want to take the sleeping pill that night because he had napped. This patient was so transformed at AristaCare because all the staff speak his language. There's Indian TV. Prayers. Temple. Physicians. Newspapers. Activities. Decor. Food. His family couldn't believe how happy he was. He was thriving clinically as well. They were so appreciative that they donated two Indian idols to the temple at AristaCare."

So there it is, true innovation at a local level. Innovation that is very complicated yet simple at the same time, keeping the human element at

When AristaCare acquires a new facility, it looks at the local neighbourhood's needs and tries to fill existing voids. What many organisations might have seen as a stumbling block AristaCare saw as an opportunity!

from community and religious leaders and Renee has been invited to speak at many international events.

Her favourite story is one of a Gujarati who was referred from a neighbouring nursing home. The other community begged AristaCare to take him, saying he was extremely combative and behaviourally challenged. "From Day 1, he was a pleasure," recounts Renee. "He cried to the staff the first day that the other nursing home didn't understand his language. They would give him cold water in the morning, which is considered a sin; because of the language barrier, he was constantly frustrated. He was trying to ask a nurse which medications she was giving him but because she didn't understand, she was forceful

the forefront. The AristaCare staff took time to understand the objectives and the differences between their regular programmes and the Indian ones and established diplomacy in a racially sensitive way. "Because of the demand, we constantly expand the programme where we can at new acquisitions," shares Renee.

Indeed, by doing its best to recreate Indian culture in nursing homes in the US, AristaCare is differentiating its business from other communities, and making lives better at the same time. Thanks, Renee, for making the world a little more compassionate; the icing on the cake is that it is helping your business as well. We haven't seen any electric rickshaws yet; but we'll be on the lookout!

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







:: cover feature ::

**ALSO** IS RUNNING SAFE FOR YOU? • GEAR UP! •  
YOGA FOR RUNNERS • ON YOUR MARKS! • FUEL YOUR RUN •  
A MOVEMENT THAT MOVES DELHI





Shattering stereotypes of age and ability, an increasing number of older Indians are embracing the running movement that has taken the country by storm




In 2009, Helsinki-born techie Kaj Arnö introduced the world to a new word: 'Runnism', which he described as 'the religion of running'. Based on the principle that running is a unifying force that cuts across all barriers and holds the promise of a happier, healthier life, this 'religion' has found a legion of followers across the world, and India, their number growing by leaps and bounds, day after day.

Most heartening, one of the 'barriers' this new faith has decisively broken is age—while seasoned runners are running well into their silver years, many elders are newly discovering the joys of the run. For instance, British-Canadian Ed Whitlock, who started running as a schoolboy, astounded the world with a 02:54:48 time at the Toronto Waterfront Marathon at the age of 73. In October 2016—at the age of 85—he achieved a 03:56:34 time at the same event. Meanwhile, Indo-Brit Sardar Fauja Singh (*Harmony-Celebrate Age*; April 2013) ran his first marathon at the astonishing age of 89. The 'Turbaned Tornado' went on to run across the globe, carry the flame in London for the Athens Olympics in 2004 and the London Olympics in 2012, and become a poster boy for sportswear company Adidas, before hanging up his boots shy of his 103rd birthday.

Not everyone is surprised. According to evolutionary biologist Daniel Lieberman of Harvard University, "Humans are well-adapted to run into late middle age." And with the very definition of middle age undergoing a seismic shift, it is not surprising to an increasing number of silvers taking part in endurance-intensive events like the marathon.

"We believe marathon events are a perfect example of inclusivity," says Dilip Jayaram, CEO of Procam International, which has catalysed the running revolution in India in the past decade and a half. "The fact that the number of participants is growing year on year shows how every individual, irrespective of age or limitations, has embraced running. What especially warms our hearts is the tremendous response of the silvers who have added their charm to India's running movement. At a time where a lot of people in this age group prefer to retire and relax, marathon running is providing the senior running clan a new lease of life. They not only run to get fit but to win prize money across categories and raise funds for charity. A lot of them have even come to us with ideas to make our races more environment-friendly."

This month, to herald the beginning of marathon season—with mega events in Delhi, Kolkata and Mumbai in consecutive months—we salute these intrepid silvers who have made the tracks their home and running their passion. Their stories, histories, motivations are all different; what unites them is the belief that their life is better because running is an intrinsic part of it. There's the wellness angle, of course; with proper health, fitness and nutritional precautions, running is proven to reduce the risk of cardiovascular disease, dementia, depression and cancer, and boost longevity. But more significant is the emotional dimension: how good it makes them feel. And that's what Team Harmony is celebrating this month!



:: cover feature ::



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### **On the run!**

30 years

### **The beginnings**

I was persuaded by my friend's son who loves running. I got shoes and other sports accessories for him whenever I went abroad.

### **First marathon**

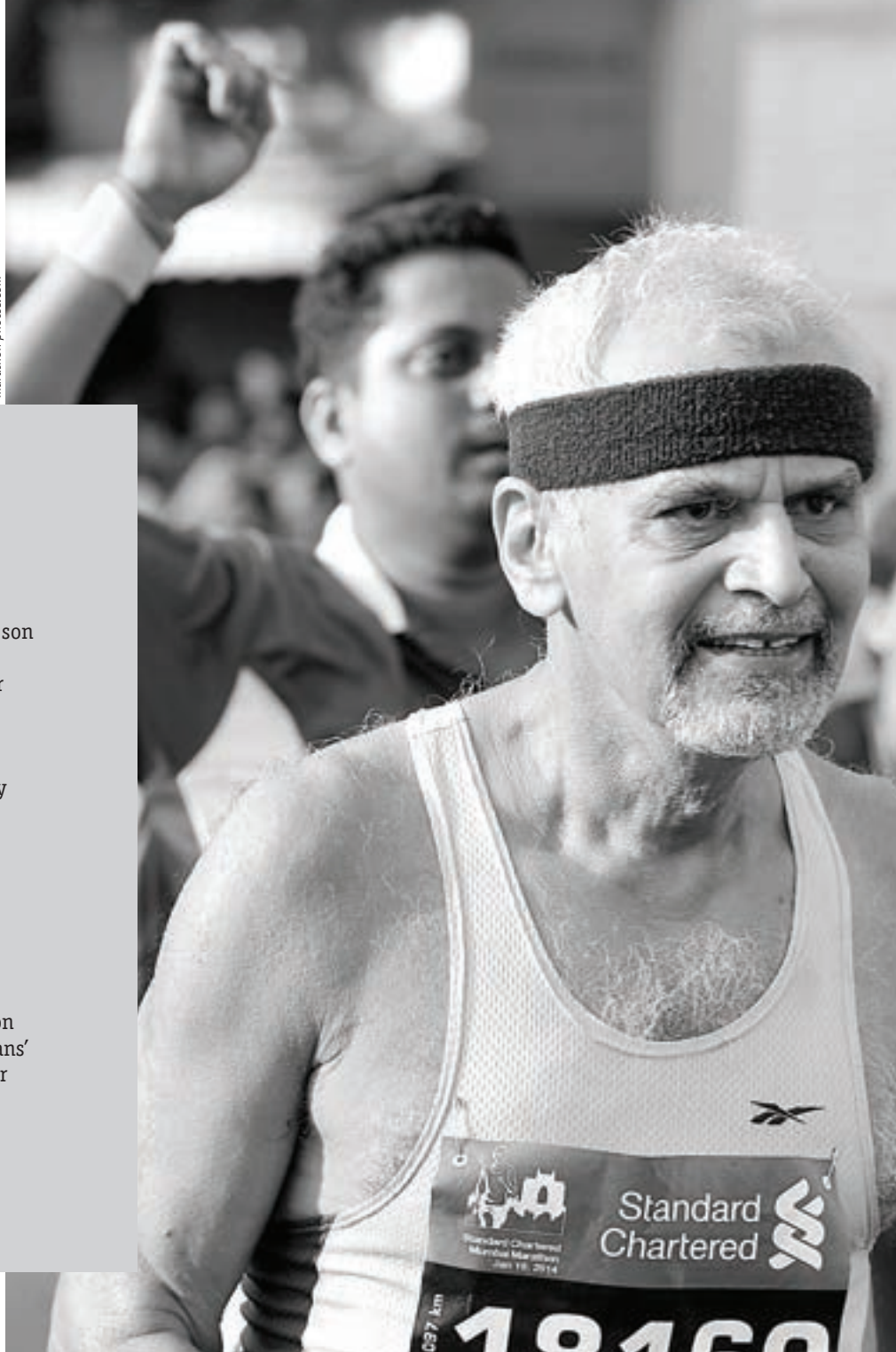
10-km race at the 1987 Bombay Monsoon Marathon

### **No. of marathons**

5 half-marathons and  
2 full marathons

### **Personal best**

06:14:49 at the 2015 Standard Chartered Mumbai Full Marathon where I came first in the veterans' category. I have recorded better times, but I am answering in accordance to my age and distance.



# **KHUSHRU PATTEL**

Retired cabin crew, 78, Mumbai





### Running means....

I have always been outdoorsy. As I was cabin crew at Air India, I have always travelled. The first thing I did after catching up with my sleep in a new town was to explore the town by running in the streets. I have run in Tokyo, Amsterdam, Germany....

### Motivation

I do it now because I still can. Running is a passion and I want to continue with it for as long as possible. I never did it for the medals or recognition. I don't listen to music when running, while many have their earphones on. My focus is only on my run and nothing else.

"These past three years, I have been running in the afternoons when the sun is at its highest. I have attracted the scorn of some dear ones, but it dies down after a while"

### Training

I run everyday. I wouldn't call it training. But I run from Bandra to South Mumbai and back, some days I go and explore the Kanheri Caves, sometimes I run on Juhu beach or Bandstand.

### The challenge

These past three years, I have been running in the afternoons when the sun is at its highest. I have attracted the scorn of some dear ones, but it dies down after a while.

### Diet

Sweet potato and boiled egg 30 minutes before the run to keep me on my toes; I have the same right after my run. And an extra dose of calcium daily to keep the bones strong.

### Health issues

I was recovering from pneumonia when this year's 'Mumbai Monsoon' caught hold of me, and I had a relapse. I am still convalescing. Also my dog, while on a walk, got scared and dragged me over 10 m. I injured my back and knee. So I have been advised not to run this year. But let's see!

### Top gear

Any Adidas shoe with boost technology. They are so comfortable that you don't need to break them in. I have worn them straight out of the box for my runs. Also, the Motorola MOTOACTV GPS sports watch and the Garmin 410 Forerunner GPS watch.

### Marathon moment

Mumbai Runner's Choice Awards 2010. I was inducted into the Hall of Fame for lifetime achievement by the Mumbai running fraternity. Another highlight was giving tips on running and exercises to Miss India contestants in 2008.

### Advice for runners

Water and some stretching take care of the cramps. It's the blisters that can get annoying... Vaseline is the answer.

### The age effect

I feel more disciplined but it has slowed me down... I'm weary.

### My goal

Full marathon at 80 years of age, and then at 90.

:: cover feature ::



# VINOD KAUL

Retired business executive & author, 66, Gurugram

## On the run!

8 years

### The beginnings

I was inspired by Rahul Varghese from my alma mater [IIM-Ahmedabad], though he is 10 years younger. He had resigned from a cushy MNC job to follow his passion; he started organising marathons in Gurgaon. He invited me to run my first 10 km in his race and egged me on to achieve even more. I soon joined a group of like-minded professionals who spent all their spare time running—we called ourselves the ‘Ganapatis’ after the liquor vend where we often congregated for a beer after a run!

### First event

10-km run in Gurgaon in December 2009

### No. of marathons

39 half-marathons, 9 full marathons and 6 ultra marathons

### Personal best

Half-marathon – 01:58:32;  
full marathon – 04:57:24;  
ultra – 71 km in 12 hours



“The biggest challenge was my own reticence. Once I got over it, I realised I had the potential to be as good as [or even better than] others half my age”





marathon-photos.com

#### Running means....

Why do I run? I ask myself that each time I hold my breath at the starting line of a full marathon; or worse, a 12-hour ultra! No, it's not for health, though it supports that. To me, it is a spiritual journey that tests body, mind and soul and takes you to the next level of freedom. Add to this, the glory of the dawn—a rising sun, chirping birds and friends by your side—and the runner's high. Running is a compulsion, an addiction to which there is no known cure!

#### The challenges

I started long-distance running at the age of 58 when I thought I was already over the hill. The biggest challenge was my own reticence. Once I got over it and realised I had the potential to be as good as [or even better than] others half my age, I was able to concentrate on the

discipline and skills involved in this new sport and get stronger and faster.

#### The high!

When colleagues and friends tell me I am an inspiration, I feel thrilled; there is a sense of accomplishment!

#### Training

I usually start focusing on a full marathon six to eight weeks before the event. I run 20+ km every Sunday with my running group, Palam Vihar Running Junkies (PJ's), of which I am co-founder and chief. We mostly run in the Gurgaon area that offers different types of running paths including normal, hill and trail. I go for a minimum 40-50 km cycle ride once a week and a swim of 600 m. I work without a trainer but keep my ears open to all the great advice from my advanced running colleagues and coaches. I also regularly read journals on running.

#### Top gear

I wear a belt to carry my car keys, mobile phone [I am an avid running photographer] and safety money [once I ran too far and got lost!]. Also a CamelBak water backpack for long summer runs.

#### Health issues

Nothing except a few minor niggles

#### Marathon moment

My most challenging moment was to run the half-marathon in under two hours. While I came close to two hours many times, shaving off the final few moments was extremely challenging. Finally, taking on a friendly coach and working on a three-month plan, I did 01:58:00 on 2 December 2012, choosing the cold, flat December roads of Gurgaon! Another favourite is the 50-km run between Ranikhet and Nainital that four of us undertook last year. It was an all-hill run that required much planning and coordination.

#### The goal

To take part in a triathlon. I have already got into cycling and have forayed up to 200 km. My challenge is actually swimming as I am almost starting from scratch. I have already successfully participated in a duathlon last year and need to add the swimming part!

#### The age effect

Over the years, running has only made me stronger and more confident.

#### Message for silver runners

Start today... long-distance running is age-free! There's nothing to hold you back. We were all born to run—you just have to discover it yourself.



:: cover feature ::



marathon-photos.com



### **On the run!**

Over 10 years

### **The beginnings**

My elder sister, who is five years older than me, decided to run the marathon. I started because of her.

### **First marathon**

Half-marathon at the 2006 Standard Chartered Mumbai Marathon

### **No. of half-marathons**

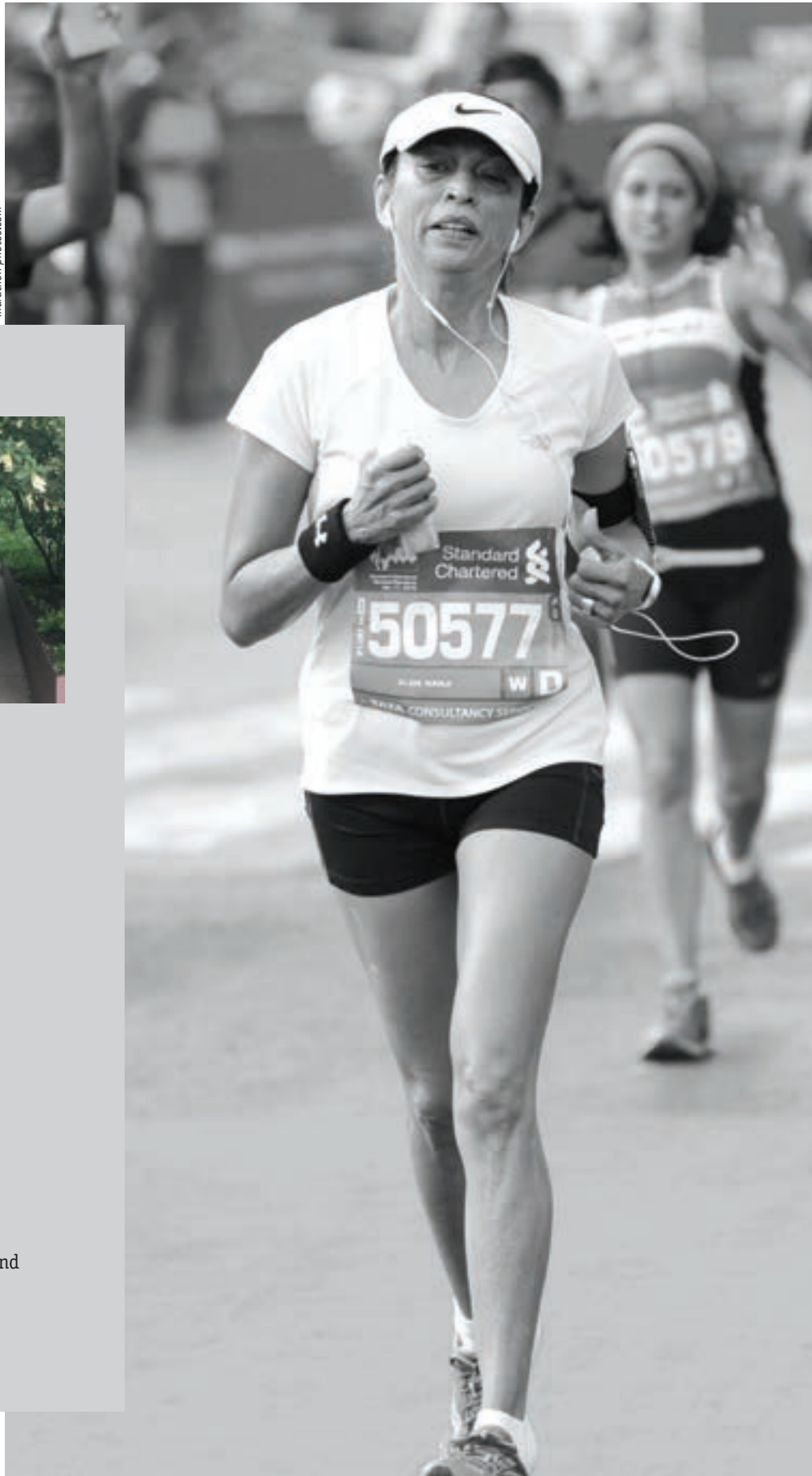
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### **Personal best**

02:01:53

### **Running means....**

A way of life to keep healthy and fit. I consider the marathon a yearly medical examination!





# ELSIE NANJI

Advertising doyenne & design consultant, 61, Mumbai

## The challenge

Waking up every other day by 5.20 am, running injuries, dengue and other respiratory problems with the pollution in Mumbai, a very busy working day ahead... but the joy of running and a feeling of accomplishment overcome all negative thoughts and keep me calm and happy.

## Training

I run 10 km almost every day. Pre-season, two to three months before the marathon, I run longer distances about four times a week. I run with Savio D'Souza, a marathon trainer, and we have midweek boot camp. Then, I go to the gym for strength training after my run. Other than that, I do yoga twice a week and swim a continuous 20-30 minutes on weekends.

## Health issues

I have no recurring health problems except for slight con-

gestion and allergy to pollution and dust. Sometimes I wear a surgical mask if the roads are being repaired. I often go to Salt Escape, a wellness centre, for an hour or two during the week to clear my lungs.

## Diet

I follow a regular diet. On race day, I eat a banana before I leave in the morning and carry a small bottle of Electral with me. Some guilty indulgences are an espresso shot at 3 pm and dessert almost every night... can't do without them.

## Motivation

It becomes a routine, and I know I will feel better after the run. It is so much better than feeling guilty and then sluggish too.

## Top gear

Runkeeper on my iPhone and Apple Watch, which measures distance, time and more. I change my shoes every year, and alternate the shoes on weekends; Adidas Boost, Brooks and New Balance have been my favourites. I particularly like my socks from Feetures; they have a good grip and are above the ankle. I always wear a peak cap to shade me from the sun and rain. And music is a must through every run—Apple Shuffle and now AirPods with the Apple Watch provide the greatest freedom.

## The age effect

I am slower unfortunately, although if I tried harder I might be faster. I got spoilt by winning three golds in my age group; perhaps as there are fewer runners in my category. Running has empowered me to store massive amounts of energy. For example, at the Milan Salone de Mobile trade fair, which I attend every year, everyone is dead beat, and I end up walking almost 18-20 km a day through the fairground, the streets and more.

## Mishaps

I have made some stupid mistakes. During one marathon, I tried an orange gel after 10 km for the first time; I felt so ill that I fell down and threw up volumes of orange liquid. I was taken to the medical camp in an ambulance although once I had got it all out, I was ready to run again. Another time, I got a terrible cold two days before the run. After lots of steaming and Vitamin C and a host of natural remedies, I thought I was fit to go. But I collapsed 100 m before the finish line and was helped to the finish line by my coach and running friends. The photographers went crazy and I found myself on the front page of *Mid-Day* the next day with the headline, "5 suffer cardiac arrest". Of course, I was fine soon after, but had to deal with the million phone calls!

## Advice for silver runners

Take it slow and easy. Run for fun, not to compare yourself with other runners or constantly keep an eye on your watch and your timing.

## My goal

I run for fun and to keep fit.

"I consider the marathon a yearly medical examination! Running has empowered me to store massive amounts of energy"

:: cover feature ::



# IS RUNNING SAFE FOR YOU?

**Christopher Pedra**, Consultant - Sports Medicine, Kokilaben Dhirubhai Ambani Hospital, Mumbai, has some answers

## What conditions would preclude a senior citizen from running?

Running is a high impact activity. Therefore, any degenerative bone/joint disorder including osteoarthritis, osteoporosis, etc, would not react well to running. Besides musculoskeletal disorders, medical concerns such as cardiac, pulmonary, circulatory and neurological conditions may be contraindications for running.

## Should a senior person consult a doctor before running?

Before embarking on a running regimen, senior citizens should first check with their general practitioner (GP) and get an 'all clear' from them. During such a visit, conditions such as diabetes, high blood pressure, coronary artery disease, asthma, emphysema and cancer can be discussed. People with pacemakers, stents and other devices/joint replacements can participate in certain exercises, but they should discuss precautions with their GP.

## What are the medical tests that need to be done?

Before deciding to go to a GP, seniors can undertake a self-assessment exer-

cise, called Physical Activity Readiness Questionnaire (PAR-Q), which is available online. Generally, if a person is healthy, they wouldn't need any mandatory testing before starting to run. However, if there is any abnormal indication from the general health history, any of the following (or more) tests may be performed:

- Stress test
- ECG (measure the electrical activity of heart)
- 2D Echo (2-Dimensional Echocardiography)
- Lipid profile (lipoprotein analysis)
- D 3 (to measure Vitamin D deficiency)
- B 12 (to check Vitamin B-12 level)

If an individual is healthy but would like guidance on how best to train, they may want to undergo the following assessments:

- Functional movement screening (test to identify muscle asymmetries, tightness, weakness and other risk factors for injury)
- VO 2 max (to check maximum rate of oxygen consumption measured during incremental exercise)



## What are the general dos and don'ts for senior runners?

### Dos

- Ensure it is safe to start running
- Warm up dynamically before starting each run
- Run with a group or a friend
- Run at a low to moderate intensity (<60 per cent heart rate reserve [HRR])  
 $HRR = HR_{max} - HR_{rest}$   
( $HR_{max}$  = Maximum heart rate;  $HR_{rest}$  = Resting heart rate)
- Ensure adequate hydration and nutrition after a run



- Stretch and cross-train (yoga, gym, swimming, etc) 2-3 times per week
- Stop if you feel pain of any kind
- Get a professional to assess any complaints as soon as they arise

#### Don'ts

- Increase running distance volume more than 10 per cent per week
- Stretch statically immediately before running
- Try to run through pain
- Run alone
- Drink too much before running
- Run every day of the week; your body needs recovery. So run on alternate days
- Ignore any odd sensations/feelings/pain during or after a run

#### What should be done if one encounters difficulties while running?

- **Muscle cramps:** Stop, stretch, and continue slowly. If they don't subside, you may have to stop completely. It is important to note that cramping is most likely owing to fatigue; therefore, training adequately is the best way to prevent cramps.
- **Breathlessness or chest pain:** Stop immediately and seek medical advice.
- **Fall:** The response depends on the reason for the fall. If the fall happened as a result of dizziness or fainting, get assessed by a medical professional. If it was a simple trip and there is no pain, it may be safe to carry on.
- **Dehydration:** Our thirst mechanism is a strong evolutionary instinct that should guide us sufficiently regarding when to drink. It is important not to drink too much when running. Drink when you are thirsty.

- **Disorientation:** Stop running and seek medical attention.

#### What are the common injuries that might occur during running?

The common injuries are patello-femoral pain (pain in front of the knee), iliotibial band syndrome (inflammation of iliotibial band on the outside of the knee), 'shin splints' (pain along the inner edge of shin bone), tendinopathies (tendon injuries accompanied by inflammation), plantar fasciitis

***"Before embarking on a running regimen, senior citizens should first check with their general practitioner and get an 'all clear'. They should discuss their conditions and precautions"***

(pain in the heel or bottom of foot), and muscle and ligament injuries (soft tissue injury). Most running injuries are a result of tissue overload resulting from a combination of poor load management (too much/too often), poor strength/stability, and poor technique.

#### What is your advice for runners with a ligament tear?

An acute ligament tear requires rest for adequate healing. Depending on the extent of the injury, as well as the area of the body that has been injured, healing may take anything between three and eight weeks. Immediate care may require bracing or immobilisation. Once the healing

process has begun, the tissue can be gently loaded through specific exercises that target supporting joints, bones, muscles, tendons and ligaments. Individuals should return to running only once the area has sufficient stability.

#### How does one manage Achilles tendonitis?

Achilles tendonitis is an inflammatory phenomenon resulting from acute overload of the Achilles tendon. If you feel acute pain in the Achilles region during a run, stop running, rest the foot/ankle, apply ice, and make an appointment to see a physiotherapist.

#### How does one manage emergencies like a sudden collapse while running?

Immediate medical care is required during such emergencies. Call an ambulance. This is an example of why it is important for people to be aware of basic life support principles, so that bystanders can provide immediate care while waiting for the ambulance.

#### What are the precautions that should be taken if one has undergone a major surgery and wants to get back to running?

Ensure your surgeon has given the 'all clear' to start running.

#### Is rehabilitation and physiotherapy required after a long run?

As a matter of routine, rehabilitation and physiotherapy shouldn't be required by healthy individuals. Post-run recovery should focus on adequate rehydration, nutrition and rest—the body regenerates with sleep, so it is very important to get adequate rest when exercising.

:: cover feature ::



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### **On the run!**

15 years

### **The beginnings**

For many years, I used to jog 5 to 6 km every day. In 2009, a friend suggested I participate in the Airtel Delhi Half Marathon that year. I got myself registered without any training or understanding of the hardship involved.

### **First marathon**

2009 Airtel Delhi Half Marathon

### **No. of marathons**

8 half-marathons and 5 full marathons

### **Personal best**

My 2013 Airtel Delhi Half Marathon timing was 01:45:59 and the 2016 Standard Chartered Mumbai Marathon timing was 03:55:08 seconds.

### **Running means....**

It is like meditation for me. While running, I forget all my troubles and get transposed to a different world altogether.

### **First time at the 42-km mark**

2013 Standard Chartered Mumbai Marathon

# P K N NAMBIAR

Businessman, 66, New Delhi

## The challenge

Completing the marathon itself is a big challenge. You try to run faster on D-day; by the time you finish 75 per cent of the distance, you're completely exhausted. Then, only your will power helps you manage the remaining distance. Failure is never an option.

## Motivation

I really enjoy a good workout and that is my only motivation. Running long distance just happened.

## The high!

Despite all the mental stress you undergo, the moment you cross the finish line you forget it all and feel such great pleasure—it cannot be explained in words. Also,

“The moment you cross the finish line you feel such great pleasure. Also, training among youngsters and racing ahead of most of them gives me a big high!”



training among youngsters and racing ahead of most of them gives me a big high!

## Training

My fitness regime is more overall training and not just for running. On average, I run 15 km a week. Two months before the race, this increases to 30 km per week apart, from an hour-long workout three times a week.

## Special advice

Sleep is a must. I make it a point to catch up on my seven hours of sleep every day.

## Marathon moment

When I completed 42 km with a timing of 03:55:08 in 2014.

## The goal

I don't believe in setting goals. My idea is to keep running without thinking of the results.

## Message for silver runners

Almost everybody can run. Just make up your mind, start with an aim and go for it. There's no competition when you run the marathon. No one goes to the marquee to win a medal. There's only a whole lot of pleasure while running.



:: cover feature ::



# PERVIN BATLIVALA

Retired executive assistant, 63, Mumbai

## On the run!

13 years

## The beginnings

I am an ardent runner. I took up long-distance running at 50 after starting with swimming, dancing and yoga! I met my coach Savio D'Souza at my workplace, Hindustan Unilever. He was appointed by the company as a fitness consultant and coach for company employees. Savio introduced me to running and I have never looked back.

## First marathon

Half-marathon at the 2006 Standard Chartered Mumbai Marathon

## No. of marathons

34 half-marathons, 8 full marathons, 2 ultra marathons (podium winner 34 times)

## Personal best

01:59:41 (Airtel Delhi Half Marathon); 04:16:13 (Boston Full Marathon)

## Running means....

It is my passion and a way to meet, greet and connect with people every day. It helps me unclutter my mind and prepares me to take up any challenge thrown at me.

I believe pursuing a sport is the best way to bring about the required discipline in life; it makes one healthy in body and mind.

## The challenge

My first half-marathon at the 2006 Standard Chartered Mumbai Marathon was a run I will never forget. It taught me discipline and made me a strong runner. As it was my first ever, I got carried away and ran the first half very fast. I did not take care of my hydration and struggled at the halfway mark. In spite of this, I completed the marathon with sheer determination.

## The high!

With each run, my enthusiasm for running and my appetite to better my own timing increase.

## Training

I run five days a week with two days of rest and strengthening. I train at Marine Drive and Worli Seaface in Mumbai. My hill runs are at Peddar Road, Altamount Road, etc. My coach Savio D'Souza is responsible for my transition from the half to the full marathon. When I started doing the ultras, my coach Sandeep Bhandarkar was a great support.

## Top gear

Garmin watch

## Health issues

My bone density has been very poor for a long time but running has helped arrest the decline in time.

“One matures with age—and so does my running. My best runs have come after the age of 60 and there are still more to come”



### **Marathon moment**

In 2015, at 60, I completed the Comrades Marathon (Up Run) in South Africa, in 11 hrs and 34 min, covering a distance of 87.7 km. The route has five major hills and numerous small ones. I came 15th out of 66 women in the 60+ category. In 2016, I completed the Khardung La Challenge, the world's highest and among the toughest ultra marathons. I finished the 72-km race in 13 hours and 15 minutes, and was placed first in the Women-Veteran category and second in the Open Non-Ladakhi category. In April 2017, at 62, I qualified for the prestigious Boston Marathon and completed it with a personal best of 04:16:13. I am the only Indian to have got a top 100 ranking in my category at Boston this year.

### **The goal**

I am now concentrating on speed to better my timing. In the next three years, I would like to finish the six majors—I have completed Boston and will go for London, New York, Berlin, Tokyo and Chicago.

### **The age effect**

One matures with age—and so does my running. My best runs have come after the age of 60 and there are more to come.

### **Message for senior runners**

If I can run, so can other seniors. Train with a proper coach to prevent injuries. Try and run in a group as it motivates you to do better.

# GEAR UP!

**T**raining for and running a marathon pushes a well-spent silver body to physical extremes, even as it rejuvenates and revitalises your energy. If your practice is not tracked with precision, it can lead to wear and tear of the bones, ligaments, joints, skin and even your heart. Fortunately, you can now gear up with the right equipment. Today, heart-

rate monitors can be worn on the wrist, shoes come fitted with shock-absorption technology, and clothing is made to efficiently dissipate sweat, prevent chafing and stimulate blood circulation. That said, one size certainly doesn't fit all! So experiment with the little pieces—socks, shirt, shorts—and research the pricier ones, such as your shoes and running watch, to settle on what suits you best.

:: cover feature ::



**ACCESSORISE WISELY!** Hot and humid climates call for a cap and sunglasses—but don't bring them out on race day if you haven't been training with them all along. The cap will prevent sweat from dripping down your forehead and the shades will keep your eyes rested. And if music gets your mojo on, treat yourself to a pair of earphones.



**DON'T FORGET TO MOISTURISE!** Don't forget your sunscreen and, if necessary, explore the benefits of anti-chafing cream as continuous friction of skin on skin or skin on cloth rubs the skin raw.



**WEAR IT WELL** Always dress for a few degrees warmer than it is when you start training. Keep the shorts short and light; most sports brands offer synthetic-fibre running shorts and pants that are light and provide moisture management. Avoid cotton at all costs. Once you're into the race, cotton will absorb sweat and will weigh you down. The Nike Dri-FIT shirts and sports bras are a hit among our marathoners for easy absorption and subsequent dissipation of moisture.





**THE GREAT COMPRESSION** To be worn under your running clothes, over your calves or as knee-length socks, compression sleeves are the new in-thing for long-distance runners. They act like a second skin and are believed to increase blood circulation and reduce lactic acid build-up—the culprit of post-run muscle aches. They come in all lengths and sizes; a few brands even offer integrated silicone gel inlays that help with targeted compression. Make sure they're not too tight and allow your limbs to move with ease.



**FUEL UP** Some running shorts and pants come with a little zipped pocket at the back or in the sides to keep a bite of quick nutrition for the way. A few dates or a carbohydrate energy bar will fit right in.



**ON THE WATCH** After your shoes, a running watch with a built-in heart-rate monitor is the most important piece of gear for an efficient run. While specialist running watches by Garmin are widely used by our marathoners and other athletes, including swimmers and cyclists, smart watches and the Fitbit come with GPS and a precision timer, enough to keep track of your run. Post-run stats can be assessed by transferring the data onto your phone or computer via Bluetooth.



**PUT A SOCK IN IT** With all the attention spent on finding the perfect shoe, picking out the right socks is often overlooked. From ankle-length to above the knee, socks come in various lengths, thickness and materials. Test out a few well before the marathon to find the ones that fit snugly into your shoe and give you a blister-free run.



**IF THE SHOE FITS** Your shoes are most important and where you should put in most of your money. Most sports stores nowadays come with trained salespeople who will assist you in picking the right shoe for your foot. They will assess heel sensitivity, body mass and other factors to provide optimal impact absorption and a blister-free run. Most brands even provide external fixtures for extra cushioning or prosthetic insoles if you have flat feet. Our marathoners swear by Asics and Nike Vomeros.

**TOP TIP :** Remember to run your final race in what you have been training in. This is not the time to flaunt a new outfit or try new things!

**On the run!**

7 years

**The beginnings**

I have been fond of sports since my school and college days. I played badminton and other sports back then and I later took to running and swimming on a daily basis as it was an exercise where I was not dependent on others. I was enthused by the idea of running 21 km, which I completed in 2 hours 24 minutes.

**First marathon**

2009 Airtel Delhi Half Marathon

**No. of half-marathons**

6

**Personal best**

02:09:54

**The high!**

It is an exhilarating experience and gives me a sense of achievement and fulfilment. I run once a year and gloat about it for the full year! I was happy with last year's run, which I completed in 02:15:24.



:: cover feature ::



# KAMAL KALRA

Professor, 67, Greater Noida

## The challenge

Getting cramps and dehydration towards the end of the race. I took training tips from YouTube videos that helped me finish runs without complete exhaustion.

## Training

My exercise routine is independent of the marathon. In summers, I swim every day for 45 minutes to an hour without a break; I consider it the best exercise. In winters, I jog 5 km every morning. I also do Swiss ball exercises and stretches on my exercise bar at home. Our

society has a pool and a well-equipped gym, which I use when I get time. My exercise routine is usually completed in the morning as I get up quite early.

## Health issues

I had bypass surgery in 2001 after blockages were detected in my arteries. But since then, I have been leading a well-regulated life. I have given up smoking and I drink only occasionally.

## Top gear

Nike shoes and Reebok jersey

## Motivation

Fitness is my ultimate motive.

## Marathon moment

Crossing the finish line at every marathon is a memorable experience.

## The goal

To remain fit and self-sufficient



“It is an exhilarating experience.... I run once a year and gloat about it for the full year!”



:: cover feature ::



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### **On the run!**

10 years

### **The beginnings**

My gym hired a running coach and encouraged me to sign up. I had never run in my life, so the beginning was very difficult. I eventually started enjoying it and now I cannot stop.

### **First marathon**

Half-marathon at the 2008 Standard Chartered Mumbai Marathon. My first marathon was miserable. I had just started running a few months prior and it took me 3 hours and 30 minutes to reach the finish line, alternating between walking and running.

### **No. of half-marathons**

10

### **Personal best**

02:34:58

### **Running means....**

It has become a habit. I have become so fit that I feel I can do anything now! I am no mountaineer, but a day came when I thought that I want to climb Mount Kilimanjaro. I achieved this dream in 2010, at the age of 61.



**NISHA**  
Textile exporter, 68, Mumbai  
**SUTARIA**



Natasha Rego



"I started running and everything changed. My fitness levels spiked and I felt like I could do anything, including riding a horse! So now when I'm not training on the beach, I'm horsin' around at the ARC!"

### The challenge

Fatigue

### The high!

I feel very confident about my body. I never even used to walk 2 km in the past; now, I can easily do 6-7 km. You don't realise the potential of your body until you push it!

### Training

While I run 6-7 km thrice a week year round, I run longer distances every alternate day as the marathon nears. When I'm not running, I'm working out at the gym or concentrating on different parts of the body under the guidance of my excellent, super-athlete coach Brinston Miranda.

### Health issues

I have flat feet, so I have to wear special shoe inserts.

### Motivation

Oh, that's easy. I'm a morning person! If I don't get up and go to the beach to run, I feel I have wasted the whole day.

### Marathon moment

In one race, I had fallen down at the 10-km mark at Worli. Just then, a runner came up from behind me, handed me a Dairy Milk chocolate bar while encouraging me to continue, and ran away! That is the spirit of the sport. Fellow runners go out of their way to help you and the whole city is out there, cheering you on. I completed that race in great pain and later discovered I had received a minor fracture.

### Top gear

My special prosthetic insoles from Asics

### The age effect

Sometimes I forget how old I am. I have to keep reminding myself: You're 68. Behave yourself!

### Life before running

I always wanted a horse, but that's a Mumbaikar's pipe dream. The next best thing, I thought, was a bike! I used to be a rally racer—first, on bikes and then with a car. For more than 10 years, I had a day job as a pharmacist, spent my

money on fuel, and participated in all the rallies in Mumbai.

### Life after running

As I said, I always wanted a horse. But there came a time when I thought this item on the bucket list would never be ticked—it was now going to be risky even getting on a horse. Then, I started running and everything changed. My fitness levels spiked and I felt like I could do anything, including riding a horse! So now when I'm not training on the beach, I'm horsin' around at the Amateur Riders Club! I have also traversed the depths of the Grand Canyon and climbed Mount Kilimanjaro!

### What makes you tick?

Fear—everything I am afraid of, I am determined to try. I fear deep waters. So I made my way to Australia to dive in and see the Great Barrier Reef. All through the previous night, I was not sure I would be able to make it, but when I did finally jump in, it was the most surreal sight I have ever seen.

### Message for silver runners

As a silver citizen, you are at a point in your life when you can do anything you want. But you have to be physically fit to do it all. Running is an amazing, cost-free way to keep fit.

:: cover feature ::



### **On the run!**

13 years

### **The beginnings**

I wanted to keep myself fit after retirement. In 2004, I registered for the half-marathon at the Standard Chartered Mumbai Marathon, held on 15 February. As I had not undergone any training, I completed the 21-km stretch with brisk walking. Six months later, on 1 September, I started running at Sanjay Gandhi National Park in Borivali. It's my favourite spot for running—it offers me clean air and 100 per cent oxygen!

### **First marathon**

The half-marathon at the 2004 Standard Chartered Mumbai Marathon, which I completed in 2 hours 51 minutes.

### **No. of half-marathons**

38 half-marathons

### **Personal best**

All 5 marathons in the sub-2 category. The most challenging was the 2007 Standard Chartered Mumbai Marathon. At 65, I ran in the 55-plus category and completed

the run in 01:56:34. The toughest was the 2016 Ladakh Half Marathon at an altitude of 11,800 ft. At 74, I ran in the 52-plus category and finished in 02:39:00; I was ranked 7 out of 49.

### **Running means....**

It is my life; I cannot survive without it. I train on my own and analyse my performance after every marathon so I can improve and innovate upon my style. However, I've never attempted 42 km as I run for my health and respect my body. I don't want to exert it.

### **The challenge**

I've run in the worst conditions and have had my share of problems such as fatigue and breathlessness, but then I mastered the art of running. I run non-stop but I slow down, listen to my body and adjust my speed accordingly. I call myself a 'seasoned' runner as I run in all seasons: torrential rains, burning heat and harsh winters. Nature has adopted me.



# MAHADEV SAMJHISKAR

Retired flight operations manager, 75, Mumbai





**“I call myself a ‘seasoned’ runner as I run in all seasons; torrential rains, burning heat and harsh winters. Nature has adopted me”**

### The high!

Running gives me the ultimate high. There’s no stopping now. A friend once introduced me to an audience stating, ‘Earlier this fellow would run after girls and now girls are running after him.’ My biggest accomplishment is when people get inspired by me.

### Training

I run four times a week on alternate days. Before running, I exercise for 20 minutes to condition my body. Post-run, I stick to light exercises. On days I’m not running, I do cross-training such as cycling, swimming, hydro-training in karate and strength training. Two days before the marathon, I prepare myself by doing yoga, eating nutritious food, getting hydrated and having a good sleep.

### Marathon moment

The 2015 Cross Country Marathon at the Australia Masters Games—an Australian runner and I touched the finish line within a fraction of a second. He received the gold; I got silver. When I returned to my room and checked the result sheet on the computer, I realised I had touched the line first. I rushed to the convention centre and told the organisers; they checked the results once again, apologised and presented the gold medal to me!

### Technique

An acquaintance once told me the right way to run is to lift the body, bend it a little and run on the toes without putting pressure on the heels. This way, one gets forward motion through the hands and thrust through the toes. I recommend this technique for everybody.



Haresh Patel

### Other achievements

At 63, I joined judo/karate and now I’m a black belt in karate. And 65, in 2007, I did my first Kailash Mansarovar trek. It was a 193-km trip for 26 days with 45 km of Kailash *parikrama*.

### Motivation

I lost my wife within seven years of marriage and was left to fend for my ageing parents and three kids. My parents’ health slowly deteriorated but I couldn’t be with them owing to my transferable job. Their suffering motivated me to get fit and live a quality life so I am not dependent on anyone in my old age.

### The goal

My all-time goal is to run for my country and win laurels for it.

### The age effect

I look in the mirror and notice my grey hair but don’t feel I have aged.

### Message for silver runners

Ageing is inevitable but don’t treat it as a barrier. Give time to your health. Good health cannot be bought—today, I can say with pride that I’m a millionaire in terms of health. I’m 74 and I know the process of degeneration has begun within my body. But I want to run till my last breath.

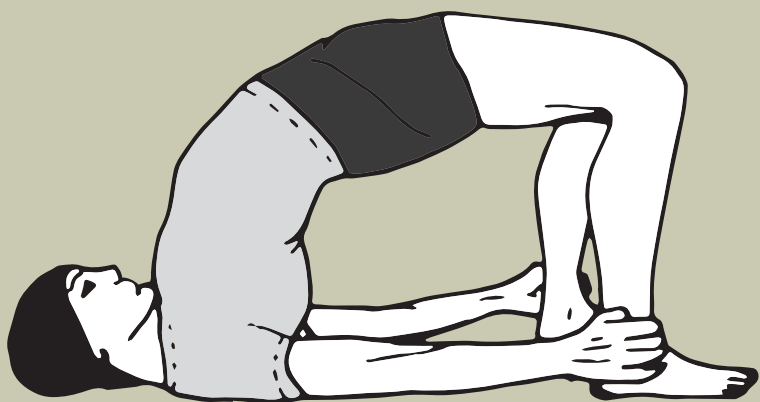
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# YOGA

## FOR RUNNERS

**Y**oga is complementary to any activity you choose. If you are an Indian classical dancer, it is likely you wear out your neck and knees faster than a normal, even sedentary person. Similarly, sportsmen may get tennis elbow and joint pain. Footballers tear their knees when they hustle the ball. In all such intense activity, yoga—which often goes by the term physiotherapy now!—offers preventive strengths and rehab. Similarly, it is important to include yoga in your regimen to prop any intense running activity you may do.

Though the jury is divided on stretching before or after intense running, those who make a habit of it will share experiential wisdom—that it does help prep the muscles for a run, and also allows cooling and relief from lactic acid build-up faster. In any case, unless you have a good stretching regimen, you will find your body getting stiffer. The suffering joints are usually the lumbar part of your spine, knees and ankles. Here are some yoga practices that will help runners.



**Kandharasana (shoulder pose):** Lie back. Fold your legs at the knees. Keep feet flat on the ground and closer to the hips. Stretch your arms towards the feet. If you are flexible, you can hold your ankles. Inhale; raise hips high. Exhale; drop hips down. Do this five times; increase stamina up to 30 in a few weeks. This works the entire back and irons out the stress from running. It also strengthens the legs while releasing the tension from them, powers the lungs, and boosts immunity. Often, after a marathon, it is not uncommon for those who are not well prepared to fall ill because the intense activity stresses the body and lays it open to infections.



**Pranayama (breathing exercises):** To build strength and stamina, you need to do regular pranayama. It will build on your lung capacity, offering a lot of respiratory support for the lungs. *Kapalabhati* (skull cleanser) and *anulom vilom* (alternate nostril breathing) are good practices here. For *kapalabhati*, sit in any meditative posture and exhale softly and rhythmically 10 to 30 times. You may increase it to 60 after a few weeks of practice. Do thrice. For *anulom vilom*, sit in any meditative posture and use the fingers of the right hand to open and shut the nostril. From the left nostril, inhale for four counts, retain for 16 counts and exhale for eight counts from the right nostril. From the right, inhale for four counts, hold your breath for 16 counts and exhale from the left for eight counts. This is one round. Do a few rounds initially building up practice to 10 over a few weeks.



**Tadasana (palm tree pose):** Stand with your feet a foot apart. Inhale; go up on your toes, interlocking fingers and extending them upwards towards the ceiling. Hold this raised pose for a few seconds while breathing normally. Then exhale, dropping your heels back to the ground. Do a few times. This is an ideal way to start or relax after any intense activity.

—Shameem Akthar

***The first day at school***

*The first time you rode the bicycle.*

***The first crush you had at thirteen***

*The first drama you got a part in*

***The first day at college***

*The first date you went on*

***The first kiss***

*The first time you proposed*

***The first job interview***

*The first board meeting you addressed*

***The first day after retirement***

***BUTTERFLIES** never retire*

**The first click of the mouse.**

[www.harmonyindia.org](http://www.harmonyindia.org)

*harmony*  
**celebrate age**



:: cover feature ::



marathon-photos.com

### **On the run!**

13 years

### **The beginnings**

I always used to run for health and fitness. We used to stay in Sion earlier as I was attached to Sion Hospital and I used to run all the way to Vikhroli, sometimes Mulund, and ask my wife to pick me up. It was a good outing for us.

### **First marathon**

2004 Standard Chartered Mumbai Marathon

### **No. of marathons**

70-plus half-marathons; 4 full marathons

### **Personal best**

02:32:01 (half-marathon at the 2012 Standard Chartered Mumbai Marathon)

### **Running means....**

Being self-sufficient and independent through fitness.



# PREMANAND Neurosurgeon, 80, Mumbai RAMANI

### Training

I belong to the Striders training group. So four days a week, the whole group goes running every morning at 5.40 am as part of our marathon training. The other three days of the week, I work out at the gym; upper body, lower body and abdomen. I am also a trekker; this March I trekked the whole Sahyadri range.

### Diet

I have buttermilk every day; egg whites; salads that consist of lettuce, cabbage, onion, cucumber and carrot; and one chapatti made of bajra or mixed grain for lunch. And fruits... lots of fruits.

### Health issues

My blood sugar was high once; but I'm on medication and it has been in control ever since. I get a stress test done before every marathon. In 2012, there was some irregularity with my

stress test and nuclear scan and an angiogram was done. My arteries were slightly narrow; as a precaution, my colleagues from cardiology put in four stents. I paid my bill by the evening and was jogging again the next day! After the stents, I have run 26 marathons.

### The age effect

Nothing really. I am so busy that I don't have time to think about my age. I am writing my new book now. I am president of the Neuro Spinal Surgeons Association (NSSA) and that takes me all over the world. This year alone, I have taken 15 trips abroad and over 40 within India. There are days I have to be in two cities in one day. Every day, I find out I have worked more than yesterday! A disciplined lifestyle and my jogging and trekking escapades keep me healthy.

### Top gear

I used to wear Nike shoes with cushion, but once during a run, the cushion burst. From then on, I have been using Asics.

### Motivation

Health. Mental and physical happiness. Being on your own. I promote marathons, I want the younger generation to move away from their technology and get outdoors to engage in physical activity. One of the reasons I started Dr P S Ramani's Goa Marathon was to promote healthy living.

### Marathon moment

I took part in the Amsterdam Marathon in 2012. It was memorable because it started and ended in the Olympic stadium. The grandeur of the stadium was exhilarating.

### The goal

The Ladakh Marathon



"Every day, I find out I have worked more than yesterday! A disciplined lifestyle and my jogging and trekking escapades keep me healthy"

:: cover feature ::



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## **On the run!**

11 years

### **The beginnings**

I started running in 2006 when I was 66. I was a brisk walker earlier. What prompted me to run was a slogan written on a T-shirt in a mall: 'People who exercise just die healthier.' Moreover, my youngest brother, who had run a couple of marathons in the UK, motivated me to take up running. Initially, the regimen became boring and taxing and I decided to call it off. But a chance meeting in Gurgaon with Melvin, a Reebok training team member, altered my life. After training with him for almost a year, I became confident and started taking part in half-marathons.

### **First marathon**

2008 Airtel Delhi Half Marathon

### **No. of half-marathons**

19

### **Personal best**

02:09:07

### **Running means....**

Running is an important part of my life now; without it, I feel incomplete. There's a sense of despair if I don't run for a couple of days. Running has also given me the ability to make the right decisions.







# ASHOK KALLA

Retired architect, 77, Gurugram

## The challenge

My family was quite apprehensive about me taking up running at this age. However, seeing me win marathons, they relented.

## The high!

I never wanted to compete but to complete the task within the given time. The accomplishments came as a bonus!

## Training

I train with Runbugs, a group of 70-80 runners; we normally run on the Gurgaon-Faridabad Road. I run 5-6 km two to three times a week; 10-14 km on weekends; and at least one half-marathon 15 days before the event.

## Health issues

Nothing, except a couple of injuries this year

## Top gear

Nike Vomero shoes

“There’s a sense of despair if I don’t run for a couple of days. Running has also given me the ability to make the right decisions”



## Motivation

To keep good health

## Marathon moment

When I overtook a young runner at the 18-km mark and finished before him. Earlier, he had taunted me that I could not even complete 5 km!

## The goal

To finish the next three half-marathons this year within 2 hours and 20 minutes

## The age effect

Ageing is trying to affect me, but I am not letting it overpower me.

## Message for silver runners

Get up, wear your shoes and run!

:: cover feature ::



## ON YOUR MARKS!

**Brinston Miranda**, fitness expert & founder of Be Fit, explains how to get marathon-ready



Haresh Patel

### What is the best time to run?

The morning is the best time for running—the heat is comparatively less. Second, the body is fresh from a six to eight-hour sleep. Performance comes only when you are fresh.

### What are the problems that can occur while running in different seasons and how can one tackle them?

In **summers**, runners sweat a lot and lose a lot of electrolytes, which can lead to muscle fatigue, dizziness and nausea. Products like Enerzal replenish electrolytes lost in day-to-day training. One must drink plenty of water; a well-hydrated body can overcome the severity of heat and humidity. Another advice in summers is to drop the pace at the first sign of dizziness or nausea.

It is a common misconception that running in **winter** is harmful. However, cold air can aggravate the airways and make a run more challenging. Cooler air tends to be drier, so inhaling it can cause the runner to experience a raw, scratchy or burning feeling in the throat and windpipe. Some report a dry cough. Simply inhaling cold air while running won't cause an infection, but a previous ailment might get exacerbated. It is better to start your run well covered with a pullover. A full-tights outfit will help maintain core temperature in your body and ear plugs will protect your ears from the chill.

In the **monsoons**, the only problem is that your clothes and shoes get wet and heavy. Avoid wearing cotton clothes that will become heavy and make it difficult to run. Dri-FIT clothing is the best in the rains. Wearing a windcheater will also give you some protection.

### How does one choose the right shoe?

Shoes are tricky because if you don't have proper shoes, running for 21 km or 42 km or the ultra marathons can get annoying and eventually painful. A gait analysis, your running form, your posture, your weight...all these should decide the shoe you buy and use.

### Walk us through your training schedule for marathons.

The marathon training schedule is mostly divided into marathon season, pre-season and off-season:

**Off season:** There is more focus on strength training and dynamic exercises, which help runners remain fit and keep their exhaustion levels low. Circuit training and plyometrics [also known as jump training] improve running form, efficiency and, eventually, running performance.

**Pre-season:** Hill runs and interval runs build endurance and enhance the performance of a runner.

**Marathon season:** Building up mileage to make runners ready for their 21/42 km is paramount. Distance running and speed reps are key workouts for six weeks before the marathon. Two weeks before the marathon, you do 'taper' runs, where you reduce the volume of your weekly training mileage. Run only half the marathon distance you are training for, along with regular stretching. And the last week, you concentrate on the core, your form and flexibility with small runs. Flexibility increases the range of motion of your joints, improving performance and decreasing chances of injuries. A strong core means healthy posture, which will keep you invigorated and reduce chances of any soreness on race day.

### What are the advantages of sand training over concrete? Are there other advantageous platforms?

**Sand training** builds more power in the quadriceps, hip, flexors, calves and gluteus muscles than a normal road surface. Soft sand running stabilises the muscles in the knees, ankles and feet. But excess running on sand might slow you down. Meanwhile, **hill training** is a natural form of training that will make you stronger because you are going against gravity. It activates more muscles in the upper leg. It not only taxes the cardio-respiratory system but focuses on the muscles that increase your endurance level. Running uphill is the best way to tone your lower body.

### What role does yoga and meditation play in training for the marathon?

Yoga and meditation help you in various ways: they increase flexibility and mobility; create awareness about breathing; help increase your concentration and keep you calm by developing your mental strength.

### Does the training intensity differ for different ages?

Age is definitely a factor. But more important is the person's own endurance quotient and motivation. Compared to this, age is almost inconsequential. I have seen 60-70 year-old runners who have clocked lesser times than, say, a 30-40 year-old runner.

### Does a training group help keep runners motivated?

Absolutely. In my group, youngsters are trying to keep pace with seniors. And seeing the gusto of the youngsters, the seniors push themselves. This physical joust keeps the competitive spirit alive. So yes, groups do help.

### What are your pre-marathon 'must-dos'?

Get lots of sleep, maintain proper hydration levels, eat a pre-marathon meal high on carbs—oats, potatoes, rice, pasta, banana, oranges, apples, quinoa. Stretching and warm-up are also must-dos for best performance.

### Any tips during the run?

Every two hours, consume some form of fluid that will replenish your electrolytes and hydrate you, along with some easy carbs, such as oranges, bananas and dates.

### How does one recover after a marathon run?

Immediately after the race, consume food high in carbs and protein and continue to do so every two hours. Rest the day after the marathon. The following two days, maintain a high-carb diet along with plenty of liquids, like juices. Slowly start with walking and stretching and move on to strength training for the rest of the week.

### What are the most common problems faced by senior marathon runners? How can these be tackled?

The most common problems that senior marathon runners face are degenerative injuries; back pain, sore muscles; overuse injuries like runner's knee, femoral stress fracture and tibial stress fracture.

**Degenerative injuries** can be tackled with a systemised training method; for example, by performing a mobility warm-up, you can increase freedom of movement in the joint capsule. For sore back or minor muscle pain, I start with basic stretching exercises focusing on the problem areas. The next day, along with stretching I include walking, which carries on for a week. The second week, we focus on strengthening the muscles before going on to heavy cardio in week three. My priority is always to rid people

of their injuries first before moving to marathon training.

**Overuse injuries** are also pretty common in silver runners. These can be prevented with the correct running technique and by segmenting your training schedule. A common phenomenon is **runner's knee**. Also known as patellofemoral pain syndrome (PFPS), this is the pain caused around the knee cap or patella. It can be caused by many factors, such as frequency of running, weakness in the thigh muscles or muscular imbalance. You can prevent it by maintaining good quadriceps strength, and lower limb stability. A three-week strength training programme will help.

Silvers with a history of **cardiovascular disease** have to train with care; especially smokers. The best advice there is to stop at the first sign of breathlessness or tiredness. Start with a recovery week; stretching, walking and then running at a slow pace. If the previous distance for the week was 50 km, in recovery week, the maximum distance to cover would be 20 km. The other alternative is to put them back into strength training.

***"Age is definitely a factor. But more important is the person's own endurance quotient and motivation. Compared to this, age is almost inconsequential"***



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### **On the run!**

9 years

### **The beginnings**

I started running to get rid of the emotional pain and loneliness I felt after losing my partner of over 40 years. I wanted to be at peace and make my life more meaningful and positive.

### **First marathon**

The 10-km Kaveri Trail Marathon in 2008

### **No. of marathons**

50-plus 10-km runs in India and the US;  
and 8 half-marathons

### **Personal best**

10 km - 1:28:00;  
half-marathon - 3:32:00

### **Running means....**

It is like meditation for me. It gives me peace and the joy of freedom and achievement.

### **First time at the 21-km mark**

I touched 21 km in 3 hours 40 minutes at the 2014 Shriram Properties Bangalore Marathon.



# SUNEETHA PRASANNA

HR manager and counsellor, 71, Bengaluru



“I started running to get rid of the emotional pain and loneliness I felt after losing my partner of over 40 years”



### **The high!**

Each time I run, it makes me feel proud and gives me a sense of achievement.

### **The challenge**

The biggest challenge was to add more kilometres in my training; I overcame that with regular training.

### **Training**

I train regularly, not only for marathons. Twice a week, I run 10 km at a nearby playground; on other days, I go to a park and do some light exercises such as breathing and yoga.

### **Health issues**

I suffer from allergy owing to pollution that almost turns

into wheezing. I try to keep it under control with inhalers and medication.

### **Motivation**

My motivation comes from the need to keep myself physically and mentally strong and to prove to others that discipline is an integral part of warding away lifestyle diseases.

### **Marathon moment**

My favourite moment was at the 2016 Airtel Delhi Half Marathon. The route was a flat course without inclination so I enjoyed it. I'm a part of the Glocracers team that organises exclusive and difficult marathons and their 2017 Bhatti Lakes Ultra Marathon was the

most challenging one for me. The trail was full of inclines, rocks and pebbles and the weather was hot. I did a short distance of 10 km even after missing out on sleep for almost 48 hours.

### **The goal**

My goal is to keep going as long as possible and to complete a full marathon one day.

### **The age effect**

With age, I have got more freedom to do what I want.

### **Message for silver runners**

Keep going and get whatever you aspire for. Age is just a number; it is always mind over body.



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### **On the run!**

8 years

#### **The beginnings**

Inspired by my father, I started going for early morning walks when I was a teenager. At times, walking would be interspersed with running. My sweetest memory of running is completing 29 rounds of a football field at 19. I started running marathons in 2009 at the age of 64.

#### **First marathon**

2009 Airtel Delhi Half Marathon

#### **No. of marathons**

15 half-marathons and 2 full marathons

#### **Personal best**

02:11:00 at the 2011 Chandigarh Half Marathon and 05:53:07 at the 2013 Standard Chartered Mumbai Marathon.

#### **First time at the 42-km mark**

2011 Running Club Marathon held in Delhi





# KRISHNA AGARWAL

Retired civil engineer, 72, Gurugram



## The high!

I have always felt good about running and enjoyed every moment of it.

## The challenge

Earlier, I would run without any recovery time and that affected my health. I suffered severe pain in my right knee in May 2013. I took a long break but am back on my feet. However, I take things slowly and give myself time to recover now.

## Training

At one time, I was a part of group training given by Reebok coach Melvin Berota. He made

us do interval training followed by strength training that worked very well for me and helped me gain speed. I undergo the same training three months before every marathon. Besides, I gym and do light exercises.

## Motivation

Running has become the demand of my mind, body and soul. I enjoy my time on the field and that is my motivating factor.

## Marathon moment

The first marathon I ran in 2009 came as a surprise to me. The coach had arranged a bib

for another participant who backed out at the last minute, so I was asked to fill in. The marathon was held on 1 November and the bib was handed over the previous day at 9 pm! So technically, I had no time to prepare myself. But I'm happy I completed the marathon in 2 hours 53 minutes and 7 seconds.

## The goal

I want to participate in the Boston Run some day.

## The age effect

I never think of age. When it comes to running, I am still young. Besides running, my other passions are cycling and playing lawn tennis.

## Message for silver runners

Running is a game of the mind. If you have the desire to run, your body will follow your instructions and you will feel fit and young.

"Running is a game of the mind. If you have the desire to run, your body will follow your instructions and you will feel fit and young"

:: cover feature ::



### **On the run!**

12 years

### **The beginnings**

When I started—a friend had invited me to run with him—I couldn't run from one lamp post to the next. I joined in to keep him company and talk. It was an enjoyable activity and he needed a partner. So, essentially, we were running for each other.

### **First marathon**

Half-marathon at the 2009 Standard Chartered Mumbai Marathon

### **No. of half-marathons**

8

### **Personal best**

02:28:00

### **The challenge**

About four months before the 2017 marathon, I suffered from Chikungunya and was in a really bad shape. People scared

me, saying it would take a year to recover. After training for so long, you feel really bad. But I decided to take things slowly. When the day came, I felt I could do it—and I did! I was determined to take the pain and run.

### **The high!**

Every year you do it, the better you feel. People tell me that I have to give it up at some time. I say, 'Next year.' But I've been saying that every year!

### **Running means....**

I like to inspire people. If I keep running, I bring in more people—even those younger than me—to the sport.

### **Training**

During marathon season, training goes on for three months. I run from Nariman Point to Bandra every few days, coupled with workouts at the gym, uphill-downhill,

outdoor treks and sessions of squash. At other times, I run 8-10 km twice a week and play squash regularly. After running the marathon in January, my group of 40-50 runners makes a celebratory run to the ISKCON temple in Juhu, 29 km away.

Hareesh Patel



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# MOHAN NATHANI

Businessman, 75, Mumbai

**Motivation**

I like to say it's the best way to run away from my wife! Seriously, though, we start our day together with a cup of chai; then she's off cycling and I'm running. Other than that, I run in a group and we don't want to ditch each other.

**Marathon moment**

At one marathon, with hardly 1.5 km to go, I got a catch in my leg. A young runner guided me with some exercises for relief. Not just that, he accompanied me till the end with words of encouragement.

**Top gear**

Asics shoes

**The goal**

My goal is to get people running so that on Saturday nights, they are not out—they are waiting for Sunday morning to come!

**The age effect**

People sometimes say, 'Wow, you can do more than me!' That's when I think that age has affected them, not me.

**Message for silver runners**

See that you enjoy yourself, on the road, beach or at the gym!

"People sometimes say, 'Wow, you can do more than me!' That's when I think that age has affected them, not me"





# FUEL YOUR RUN



Photographs by 123RF.com

## A nutrient-rich and well-planned diet can help silver marathoners cross the finish line

**R**unning was probably the first 'sport' in which we participated unintentionally. After we take our first steps, we soon start to run, putting one foot in front of the other and picking up pace. When life eventually takes over, most people slow back down. But for some, the practice sticks—they choose to train regularly and set themselves new goals and benchmarks. Some even choose to take part in marathons!

If you think marathons are just for young runners, think again. With the increasing focus on active ageing and fitness, many silvers are discovering the joy of running later in life. And those who have been running all their lives see

it as a natural extension of their passion. That said, silver runners need to factor in age-related limitations when they plan and train for such gruelling events.

Responsible eating is always crucial, and never more than when you are planning to run a marathon. A well-planned diet plan that begins six months (or at least a minimum of three months) prior to the event is ideal. The first step is to stay hydrated through the day, have three small meals, and snack responsibly. Throughout your training, it is good to eat a balance of good-quality fat, protein and grains with seasonal, local vegetables, and snack on fruits that give you sustained energy.

# RECIPES FOR RUNNERS!



## PANEER BHURJI

### Ingredients

- Paneer: 200 gm
- Tomato: 1 large; chopped
- Capsicum: half; chopped
- Onion: 1; chopped
- Red chilli powder: ½ tsp
- Turmeric powder: ¼ tsp
- Salt to taste
- Cow's ghee

### Method

Curdle milk to make crumbled paneer at home. Heat ghee in a pan and sauté the onion, capsicum and tomato in it. Then add the spices and sauté for a while. Add the crumbled paneer. Sauté for a while and serve hot.

## SINDHI KADI

### Ingredients

- *Tuvar/toor dal*: 1 cup
- Cluster beans: 200 gm; chopped long
- Okra (lady's finger): 200 gm; slit and chopped into 2-inch pieces
- Bengal gram flour: 75 gm
- Tamarind pulp: 100 ml
- Red chilli powder: 1½ tsp
- Turmeric powder: ½ tsp
- Mustard seeds: 1 tsp
- Cumin seeds: 1 tsp
- Fenugreek seeds: 1 tsp
- Green chillies: 2
- Ginger: 1 tsp; grated
- Curry leaves: 5 to 6
- Coriander and mint leaves: 1 tbsp; chopped
- Ghee: 1 tbsp
- Salt to taste

### Method

Pressure-cook the dal and set aside. Steam the beans and keep aside. Heat ghee in a *kadhai* and add fenugreek, cumin and mustard seeds. As it starts crackling, add curry leaves, green chillies, ginger, red chilli and turmeric powders. Add gram flour and roast for 5 minutes till it turns golden. Add dal and cook for another 10 minutes. Add half a litre of water and let it cook for 5 minutes. Add the raw okra and cook for another 5 minutes. Add salt, tamarind pulp and steamed beans. Add coriander and mint leaves. Let it cook well for 5-10 minutes. Serve hot with steamed rice.

There is a fair bit of confusion over dietary dos and don'ts before, after and during the marathon. Some suggest a high-protein diet while others recommend a carbohydrate-rich meal. The key is to not follow any fad diets but balance all the nutrients and increase the quantity according to activity levels.

By adding herbs and spices, you can reduce stress and inflammation; this will help you breathe better. Add ginger, garlic, turmeric and tulsi (holy basil) in your diet. Include lots of vegetables in every meal and a moderate amount of protein and grain. Choose grains like whole wheat, *rajgira* (amaranth), jowar (sorghum), ragi (finger millet), unpolished rice, potato, sweet potato and whole-grain bread. Make sure you include omega 3 as it reduces inflammation, muscle soreness and the free radical damage done from training. Also cook your food in mustard oil or cow's ghee.



- **Lunch:** A bowl of pulses + sautéed vegetables and roti or rice
- **Evening:** A handful of walnuts
- **Dinner:** A bowl of vegetable salad + vegetable soup + cooked vegetable + 2-3 rotis **or** 1 bowl of rice

## MEAL PLAN FOR NORMAL TRAINING DAY

- **Breakfast:** 1 vegetable uttapam (plate size) and coconut chutney **or** 1 whole egg + 2 whole-grain vegetable sandwiches **or** 1 vegetable paratha (plate size) with raita with vegetables
- **Mid-morning:** 1 fruit + coconut water
- **Lunch:** A bowl of pulses + sautéed vegetables + roti **or** rice
- **Evening snack:** A handful of walnuts

## MEAL PLAN FOR REST DAY

- **Breakfast:** 1-egg omelette and toast **or** paneer on toast tossed in vegetables with ginger, a pinch each of turmeric powder and rock salt + probiotic drink
- **Mid-morning:** 1 fruit + coconut water





- **Dinner:** A bowl of vegetable salad + vegetable soup + cooked vegetables + 1 bowl of brown rice + 100 gm fish/chicken/paneer

#### MEAL PLAN FOR HEAVY TRAINING DAY

- **Breakfast:** 1 vegetable uttapam (plate size) and coconut chutney **or** 1 whole egg + 2 whole-grain vegetable sandwiches **or** 1 vegetable paratha (plate size) with yoghurt + a handful of almonds + probiotic drink
- **Mid-morning:** 1 fruit + coconut water with cream
- **Lunch:** A bowl of pulses + sautéed vegetables + roti **or** rice
- **Evening snack:** A handful of walnuts
- **Dinner:** A bowl of vegetable salad + vegetable soup + cooked vegetables + 1 bowl of brown rice + 100 gm fish/chicken/paneer

#### ON THE EVE OF THE MARATHON

Switch to a high-carbohydrate diet three days before the marathon to maximise your body's glycogen stores to prepare it for distance running and build endurance.

- Research shows that carbohydrates turn into much-needed glycogen more efficiently when accompanied with the consumption of water.
- Carbohydrates like unpolished rice, whole-wheat bread, rotis made of wheat, bajra and jowar or whole-wheat pastas are ideal.
- Have an early night and get good restful sleep.
- Avoid caffeine and alcohol. They are like diuretics and lead to dehydration.
- Limit intake of fruits, vegetables and proteins. Avoid too many salads as the roughage may cause

stomach irritation on the day of the marathon.

- Avoid foods high in salt, processed foods and fast foods, like burgers, pizzas and French fries.
- Avoid sugary foods like mithai, chocolates, sherbets, cakes and jelly. These add empty calories to the body.
- Avoid greasy food at all times—before, during and after the marathon.

#### MEAL PLAN FOR MARATHON EVE

- **Breakfast:** Plenty of fruits (apple, banana, orange) + coconut water
- **Mid-morning:** Vegetable *rava* upma made in ghee **or** vegetable *rava* uttapam **or** whole-grain vegetable sandwich + probiotic drink
- **Lunch:** Vegetables + roti made of *rajgira*/ragi/jowar + 1 cup of dal



## STUFFED BAJRA ROTI

### Ingredients

#### For the dough

- Bajra flour: 2 teacups
- Salt to taste

#### For the stuffing

- Fenugreek leaves: 6 tbsp; chopped
- Green chilli: 1; chopped
- Tomato: 1 large; finely chopped
- Salt to taste

### Method

Mix the bajra flour, salt and enough hot water to make soft dough. Knead well, divide into 16 portions and roll out each portion into thin rotis. Mix all the ingredients for stuffing and keep aside. To proceed, spread a little stuffing on one roti. Then put another roti on top and press well to make it stick to the roti beneath. Repeat for the remaining rotis. Cook the stuffed rotis on a tawa on both sides, adding a little butter. Serve hot.

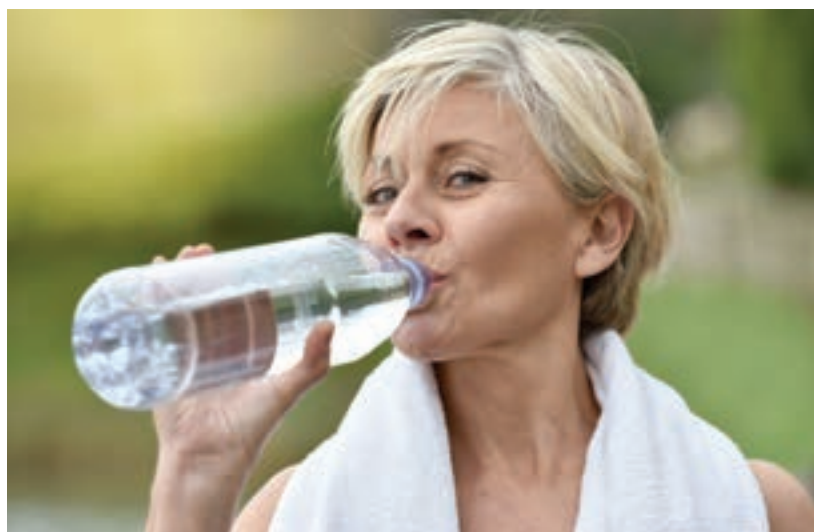
## PUMPKIN RAITA

### Ingredients

- Pumpkin: 150 gm; boiled
- Low-fat yoghurt: 300 gm
- Cumin powder: ¼ tsp
- Green chilli: 1; finely chopped
- Salt to taste

### Method

Mash the boiled pumpkin and add to the yoghurt. Add salt, green chilli and cumin powder. Mix well and serve chilled.



## THINGS TO DO AFTER THE MARATHON

- Ensure you take complete rest for three days with no exercise whatsoever, except light stretches or yogic stretches.
- Drink plenty of water.
- Bathe with sea salt; it soothes the body and takes away the aches and pains.
- Use ice packs to reduce stiffness on sore muscles.
- Have plenty of fruits and vegetables to increase glycogen stores.
- Resume your workout after the third day; each week, you can add an extra 15 minutes to the workout. Restarting high-intensity workouts and long runs will not allow your body to recover.
- Get back to a well-balanced eating plan and exercise schedule.

- **Evening:** Dry figs, dates and pineapples

- **Dinner:** Mixed veggies (add pumpkin) with rotis

- **Breakfast:** Rava sheera with raisins and grated coconut + probiotic drink

## THINGS TO DO BEFORE AND DURING THE MARATHON

- Drink water up to 15 minutes before the start of the marathon.
- Eat a carbohydrate snack with a high glycaemic index for energy.

- Avoid soft drinks, fruit juices and sweets before running the marathon as they will only give you an initial sugar rush with a quick and sudden drop of energy which is fatal.

- During the race, water is the mainstay as it regulates body temperature, lubricates joints, prevents cramps and transports essential nutrients to various parts of the body.

- Drink plenty of fluids. Coconut water is a good choice to have before the race as it is a natural electrolyte.

*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](http://www.nainisetalvad.com) for more details or write to [contact.mag@harmonyindia.org](mailto:contact.mag@harmonyindia.org) if you have any queries for her*

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### **On the run!**

13 years

### **The beginning**

When I was 53, my blood pressure started going up. The doctor told me I had to get fit and reduce my weight. So I created a small gymnasium at home. This also led me to go out and run. It's a 3-km circuit around Nehru Park. Before I knew it, I was doing four rounds regularly.

### **First marathon**

2005 Hutch Delhi Half Marathon

### **No. of half-marathons**

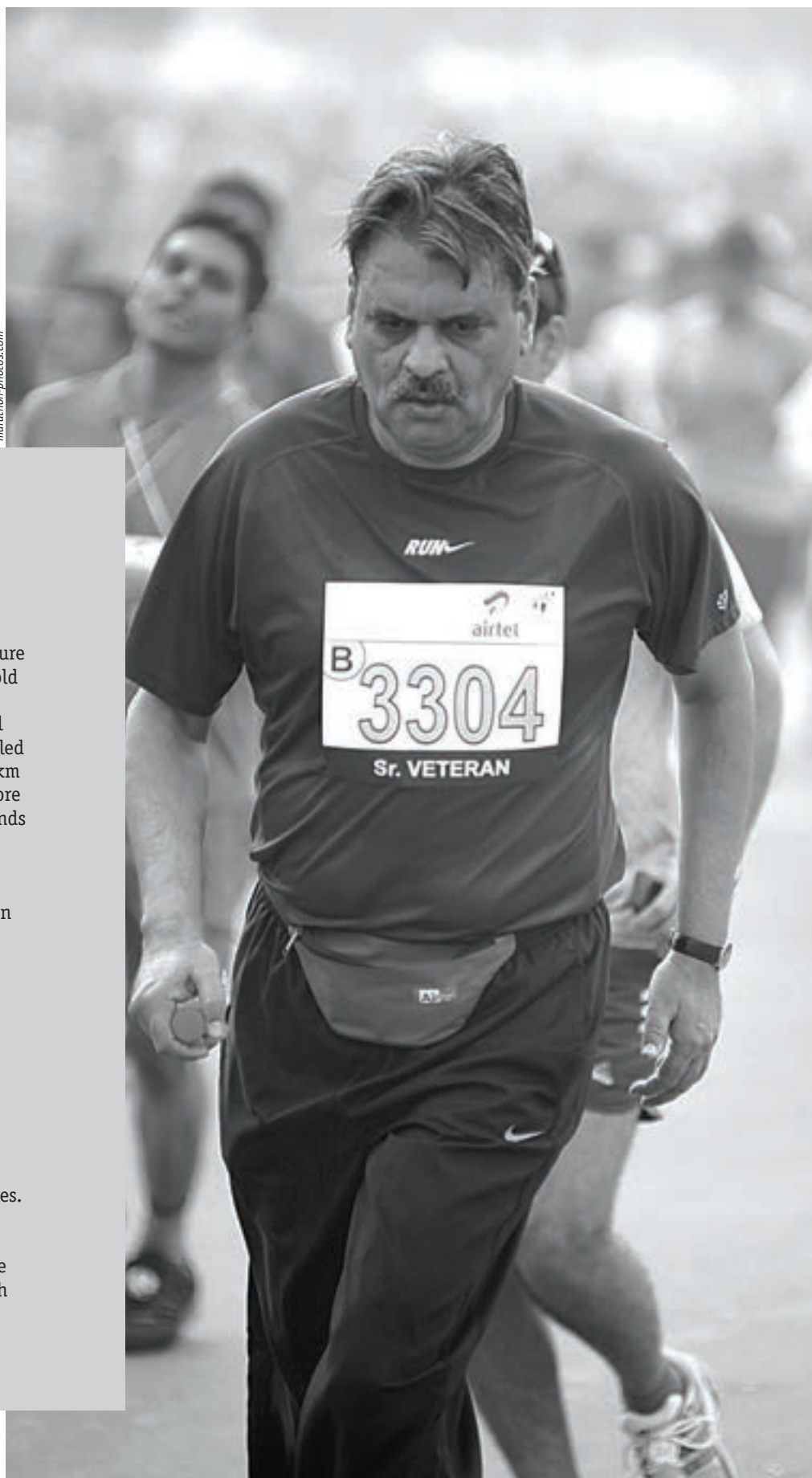
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### **Personal best**

02:10:00

### **Running means....**

I like to have a balanced life, not a unidimensional one. The aim is not to be the fastest or run increasingly longer distances. Running is one component—a very nice component—of my life. I also like to travel, sample new foods, and spend time with friends and family.





# RAKESH MITTAL

Retired Air Force officer, 67, Gurugram

## The challenge

When I started, the barrier was primarily mental. Your brain does not accept the exertion at first. It takes determination and grit to get past that, backed up with necessary physical conditioning.

## Training

I ramp up my routine six weeks before the marathon. I target a particular distance per week and increase the target as the weeks come along. It is a very disciplined approach, especially in terms of mileage and speed. I don't let exuberance take over the mind.

## Health issues

When I started, I had developed Achilles tendonitis. The back of my ankles would hurt after a long run and I would be



left limping for days. This carried on for years. After many consultations and some reading, I decided to start having protein powder on a hunch. In a few months, the pain started subsiding. Over the next couple of years, the heel healed and I stopped the powder.

## Motivation

When I'm not feeling up to it, I go into my small gym and turn the AC on high. The only way to get warm then is to start working out...small steps.

## Top gear

My mental clock! It's always ticking.

## Marathon moment

I decided to go to Mumbai for the 2008 marathon, right after the terrorist attack, and

be with the people there. It was a very emotional run for me. All of Mumbai was on the streets—the way they greeted the runners, the way the families came armed with water...and the kids! I have never experienced that feeling again. Mumbai was hurting a lot and this run sort of brought everybody together.

## The goal

My first goal is to run when I am 70, then at 75, and then at 80. After that, we'll think about it when the time comes.

## The age effect

Age has slowed me down, especially in the past two to three years. But I'm not running against the clock. I just hope I don't slow down to unacceptable speeds.

"My first goal is to run when I am 70, then at 75, and then at 80. After that, we'll think about it when the time comes"



:: cover feature ::



## On the run!

8 years

### The beginnings

I used to be a regular walker and yoga practitioner earlier. In 2006, I thought I would give the Mumbai half-marathon a shot. I went to register on the last day and luckily got an entry! I ran the marathon without any practice or electronic gadget. My only aim was to complete the run; else, I was depriving someone of their chance. With great difficulty, I completed it in 3 hours. I developed blisters on my toes that took almost eight days to heal. However, the run proved one thing—my body had the capacity to run... I could run for 3 hours at least to save my life!

### First marathon

Half-marathon at the 2006 Standard Chartered Mumbai Marathon

### No. of half-marathons

9

### Personal best

02:42:00

### Running means....

It is basically to keep me fit, active and energetic. It also makes me sleep well!

# JAYANT Businessman, 72, Mumbai DAVDA

### Power booster

During the marathon, I carry dates in my pocket and snack on them in between.

### The challenge

In 2007, I took a break from running owing to a back problem. I got back in form in three years and have not looked back since.

### Health issues

Though there are no health issues, sometimes my heart rate crosses the maximum limit while running continuously. I track my heart rate using my

GPS running watch with wrist-based heart rate. I also ensure I get a minimum 6-7 hours sleep and have a proper diet.

### The high!

I keep my targets. When I complete my race, I am ecstatic!

### Training

I am training with Be Fit Fitness Academy's Brinston Miranda. My training is on alternate days between 6 am and 7.30 am on Juhu beach. On Sundays, I run for 60-90 minutes, which sometimes includes hill training.

"My first run proved one thing—my body had the capacity to run... I could run for 3 hours at least to save my life!"

marathon-photos.com



#### **Top gear**

Garmin Forerunner 235 (GPS running watch with wrist-based heart rate monitor) and Asics Gel Kayano 22 (running shoes)

#### **Marathon moment**

During the 2016 marathon, I started getting cramps in my calf muscles. However, I continued and completed the run.

#### **The goal**

To improve my previous best

#### **The age effect**

Regular practice, proper sleep and a healthy diet are helping me overcome the age factor.

#### **Message for silver runners**

Use it or lose it! During my last marathon, I met a 65 year-old runner who had undergone a bypass surgery when he was 60; he completed the half-marathon in 2 hours 52 minutes. This was an eye-opener for me: where there is a will, there is a way!

#### **Other interests**

Trekking—I have done the Kailash Mansarovar Yatra, Everest Base Camp, Annapurna base camp, Shrikhand Mahadev Yatra and many more in the Uttarakhand and Himachal regions.

:: cover feature ::



# A MOVEMENT THAT MOVES DELHI!

The Airtel Delhi Half Marathon, which celebrates 10 glorious years this month, is now a 'Gold Label Race' too, says **Procam International**







Come 19 November and the capital city of Delhi will welcome the 10th edition of the Airtel Delhi Half Marathon, with the race being flagged off from the iconic Jawaharlal Nehru Stadium. Registrations for the 2017 edition have been oversubscribed across all categories—a testimony to the popularity and reach of the world’s most prestigious half-marathon.

When Procaml International conceptualised and introduced the Delhi Half Marathon in 2005, little did cynics believe that the people of the capital would embrace running as a lifestyle and turn up in such great numbers to set a new benchmark, year on year. Today, the event is not only the biggest sporting event in the city but one that has created a legacy of breaking barriers—whether at an individual level or impacting the country as a whole.

The cold nippy Sunday morning will witness over 34,000 participants including the best athletes in the world running alongside the citizens of the country across five race categories: the Half Marathon, The Great Delhi Run, Senior Citizens’ Run, Champions with Disability; and the Timed 10K Run.

Indeed, the capital city has never ceased to amaze with its energy and enthusiasm. The spirit and the vibrancy of the participants have always been infectious; to complement that, Procaml International strives to remain ahead of the curve. As a catalyst to revolutionise the concept of running in India, the company has never hesitated to reinvent itself, giving participants and stakeholders alike the optimal experience.

Keeping in mind the popularity of The Great Delhi Run and to give a fillip to the emerging runner community, for the first time, there will be a 10K timed run exclusively via charity. Adding further strength to the event, Jet Airways and Bisleri have come on board as partners while PUMA has announced a new shoe-sharing initiative with NGO Goonj. For the runners, PUMA has also introduced

Registrations for the 2017 edition have been oversubscribed across all categories—a testimony to the popularity and reach of the world’s most prestigious half-marathon

a PUMA Race Day Tee that will be given to all half-marathon participants. What’s more, the US\$ 270,000 race has also received the merit of a ‘Gold Label Race’ from the International Association of Athletics Federations (IAAF), another jewel on the crown for the capital’s most preferred long-distance running event.

In fact, every passing year, the field is only getting stronger with increased interest from the world’s elite athletes. This year, men’s world champion Geoffrey Kirui from Kenya and Airtel Delhi Half Marathon women’s defending champion Worknesh Degefa from Ethiopia have confirmed their participation. Both Kirui and Degefa are incredibly gifted runners and start as favourites in their category. Meanwhile, four-time Olympic medallist Anthony Ervin will be the event ambassador for this edition. Ervin’s story is an inspirational one—he won the 50-m freestyle swimming gold medal at the 2016 Rio Olympics 16 years after he won his first gold in the same event at the 2000 Sydney Olympics. At 35, this feat made Ervin the oldest individual Olympic gold medal winner in swimming—a record he wrested from swimming legend and compatriot Michael Phelps.

So, there are enough and more experiences and inspirations lined up at the 10th edition of the Airtel Delhi Half Marathon. It’s time to lace up and join the event—as a participant or cheering spectator—to be part of the change we all want to see!

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celebrate age



## Magical memory

**M**ovement from place to place, over time, empowered by memory, is inherent in human nature. This was the theme of ceramist Madhvi Subrahmanian's recent show, *Mapping Memory*, borne of her frequent hopping from Singapore to Mumbai and back. "Whenever I arrive in one city after spending some time in the other, I'm struck by how quickly and how much it has changed," says the 55 year-old artist, speaking to *The Indian Express*. The collection comprises clay renditions of trees, their shifting shadows and evolving

### sculpture

lives in urban spaces, observations the artist has tried to recreate based on memories that are at once vivid and fading. Viewers were also invited to contribute to the collection at the Chemould Prescott Road gallery in Mumbai by moulding clay into trees from their own memories. In addition, the show contained the *Mappa Mundi* series of clay structures, inspired by the schematic illustrations and inaccuracies of medieval European maps, and representations of Mumbai and Singapore, the two cities that serve as her home, even while they are worlds apart.







# Welcome to Malgudi

**R**K Narayan's fabled *Malgudi Days* has come to the stage as *Journey into Malgudi*, a dramatic recreation by directors Ananthakrishnan Narasimhan and Meenu Sreenivasan. An anthology of five classic Narayan shorts—*Father's Help*, *All Avoidable Talk*, *The Watchman*, *Ishwaran* and *Fellow Feeling*—the show is tied together with a sixth story written by the directors. The 75-minute long play, which premiered at Jagriti Theatre in Bengaluru recently, transported the audience into the simple lives and

times of Swaminathan and friends. "Meenu and I decided to use traditional styles of storytelling—we used *paraiaattam* [a rhythm-based dance form] and the *therukoothu* [an ancient art involving audience interaction]," says Narasimhan, who first read *Swami and Friends* when he was seven. "We decided to take elements from both art forms and infuse them into our stories." You can catch *Journey into Malgudi* on 18 November at CVM School, Karur, and on 8 December at Rani Seethai Hall, Chennai.

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**A CLASS APART** The annual Kalidasa Samaroh, a weeklong cultural festival in Ujjain that celebrates classical traditions, Sanskrit and *mahakavi* Kalidasa, one of the greatest Sanskrit dramatists, is set to take place between 31 October and 6 November. Continuing a tradition that began in 1958 and was inaugurated by the first president of India Dr Rajendra Prasad, the week is packed with scholarly dialogues and literary presentations, along with the staging of classical dramas in Sanskrit and Hindi, as well as traditional dance, music and art presentations.



“Alzheimer’s is not a very well-understood condition by laypeople and yet a lot of us either have old parents or are going to become old ourselves. And we know this is in store. It’s a difficult play for the audience as well. It makes you uncomfortable. The play is non-linear in its narrative, scenes are repeated and it really needs you to follow the mind of the characters every minute. It’s what theatre is, what it’s always been. It’s the driving force. Every time you do this, it’s a new self that you explore.”

—Actor Ratna Pathak Shah, 60, speaking to *Open magazine* about her latest play *The Father*, co-directed with husband Naseeruddin Shah, in which she essays the role of the daughter of a man (played by Naseeruddin) with Alzheimer’s disease



Photographs courtesy: Niyogi



## Artscape

Two decades after a comprehensive sketch on the life and significance of celebrated Pahari painter Nainsukh, B N Goswamy has explored his less known but equally matched brother Manaku. “I am convinced Manaku moved to the realm of the gods at night, conversed with them as if they were equals, and came back in the mornings,” the 84 year-old art historian told media at the launch of his monograph *Manaku of Guler: The Life and Work of Another Great Indian Painter from a Small Hill State* (Niyogi Books; 512 pages; ₹ 4,000) in New Delhi. In the publication, Goswamy discusses every known work of the 18th century practitioner of Pahari painting, including his miniature depictions of Hindu epics and presents the only surviving two-line entry in his original hand and portraits of Manaku, one of which is ascribed to Nainsukh.



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

# Experience


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A photograph of an elderly man with a grey beard and a young girl with dark hair, both smiling and playing in a pond. The man is in the water, and the girl is sitting on a wooden dock, reaching out towards him. The water is dark blue, and the dock is made of wooden planks.

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# Making of the Big B

At 75, Amitabh Bachchan has seen it all—the good, the bad and the ugly—and yet emerged as the proverbial phoenix. **Virender Kapoor** analyses the legend

**A**t a time when most youngsters want to earn enough and retire by the time they turn 40, here is a silver making waves at 75 who seems in no hurry to hang up his boots. The biggest superstar of Indian cinema Amitabh Bachchan is a living example of the statement that age is merely a number. He is omnipresent; you will catch him staring at you from the hoardings and entertaining you on TV, cinema screen and radio. In fact, his presence on social media platforms is also meticulous.

Recently, while researching for my book *Excellence The Amitabh Bachchan Way*, I uncovered so many facts about this gentleman, which can be part of a learning process for all of us. Bachchan has learnt and perfected his craft over a period of time; he has leveraged his strengths and handled his weaknesses, proving that legends are not born but made.

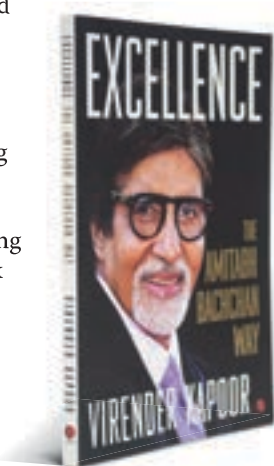
Along the way he has had a bumpy ride, battling serious health issues, mixed fortune at the box office, bankruptcy and a not very delightful brush with politics. To his credit, Bachchan handled all of these with grace and élan. They say emotional intelligence largely has to do with self-awareness and self-management. Bachchan's statement, "*Hai andheri raat par diwa jalan kab mana hai*" (yes it is a dark night, but when has anyone stopped you from lighting a lamp?) reflects his never-say-die attitude. In fact, he has demonstrated resilience of the highest order while navigating lean patches in professional and personal life.

## The big difference

In an industry known for chaotic schedules and star tantrums, Amitabh Bachchan is famous for his punctuality, discipline and professionalism. Even today, he follows a punishing schedule, literally living his father Harivansh Rai Bachchan's lines, "*Jeevan ek sangharsh hai. Jab tak jeevan hai, tab tak sangharsh hai*." (Life is a struggle. Till there is life, there is struggle.) What has given him a larger-than-life halo and earned respect in the industry is not just the way he conducts himself, but the way he treats others. People have been witness to Bachchan arriving

early on the sets and waiting patiently for co-stars for hours; and receiving them without a trace of annoyance.

Anupam Kher, who shot with Bachchan for *Aakhree Raasta* in Chennai in blistering heat, recalls being upset on the set once as the air-conditioner in the makeup room was not functioning. However, he was surprised to see Bachchan sitting quietly with full make-up and costume on, waiting for his shot to be canned. "I was in complete awe of this person, who being such a big star didn't create any fuss and was taking this as a part of work," he says.



## Integrity with grace

A BBC online poll in 1999 named Amitabh Bachchan 'Superstar of the Millennium', ahead of the likes of Alec Guinness and Marlon Brando. The same year, however, the situation at ABCL, the company Bachchan had launched, was so bad that he was hounded by creditors. Writing about those days in his blog, Bachchan said, "...in the year 2000, when the entire world was celebrating the new century, I was celebrating my disastrous fortune. There were no films, no money, no company, a million legal cases against me and the tax authorities had put notice of recovery on my home." He adds, "I looked at the options before me and evaluated different scenarios. The answer

came pat: I know how to act. I walked up to Yashji, who stayed behind my house. I implored him to give me work. That is when the worm turned, he gave me *Mohabbatein*."

Imagine a megastar of the industry requesting a producer to give him work! One needs strength of character to undergo such pressure and be ready to do whatever it takes—even bending backwards—to keep one's honour and commitment. That said, Bachchan has battled not just external pressures but serious health concerns including liver cirrhosis, myasthenia gravis (a muscle dysfunctional disorder) and tuberculosis of the spine, not to forget the fatal accident on the set of *Coolie*, to emerge triumphant. None of this could have been possible without three Ds—dedication, determination and discipline—the traits of a winner!

Kapoor is the author of *Excellence The Amitabh Bachchan Way* (Rupa; ₹ 195; 150 pages)



## { mysticalmusings }

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## “Create bridges between people, not walls”

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**H**e propounds the timeless truths of the *Bhagavad-Gita* in a palatable way for the modern man. Through his simple yet effective discourses, **Swami Sukhabodhananda**, 62, has been providing practical solutions for the conundrums of everyday life and, in the process, has transformed the lives of many—from corporate honchos and management students to sportsmen and spiritual seekers.

Born in a Kannada-speaking family in Bengaluru, Swami Sukhabodhananda's tryst with spirituality occurred when he was just 20. A disciple of Swami Chinmayananda and Swami Dayananda Saraswati, he went on to establish Prasanna Trust, a charitable organisation that engages in social-oriented service and imparts spiritual transforma-

tive education to young and old. Today, he is one of the most respected spiritual leaders of the country, and his ability to blend two unlikely subjects—spirituality and success—has won him the sobriquet ‘Corporate Guru’.

A multilingual author with over 112 books such as *Oh, Mind Relax Please*, *Personal Excellence through Bhagavad Gita* and, more recently, *Managing Life Creatively—Mother and Son: A Unique Life Journey* to his credit, his inspiring talks and workshops aim to bring about positive attitudinal changes in society and self-empowerment in individuals. In an email interview with **Sai Prabha Kamath**, Swami Sukhabodhananda shares his views on the role of spirituality in later life and his mantra for successful ageing. Excerpts:

**What is your definition of ‘spirituality’? Please share something about the blossoming of spirituality in your own life....**

Spirituality is to heighten the spirits to direct energy to the unlimited universe inside oneself. From my childhood days, I have observed the trials and tribulations my mother went through. At one time, she was taking care of her bedridden mother-in-law, her two sisters and my aunt who had delivered their babies all at the same time. She nursed and took care of them with a smiling face and grace. This showed me the value of service. When I was in college, many of my friends were addicted to drugs. However, my grandmother's advice stood me in good stead. She used to say, “Look at Yudhistira [from Mahabharata]. He was called Dharmaraja, the righteous king. However noble he was, he had one weakness: playing dice. This vice led him to the ridiculous extent of waging a bet on his own wife. Hence, beware of any habit that is not good.” This teaching was indeed a revelation to me.

**After intelligent quotient (IQ) and emotional quotient (EQ), spiritual quotient (SQ) is now seen as an essential for a fulfilling life. What are your views?**

Spiritual quotient is a product of one's ability to look inside and not get lost in the outside world. Violence or silence in the external world is an expression of what one experiences in our inner self. If one can discover the ecstatic energy within oneself, one will inevitably spread this ecstasy all around. The present world needs this very badly.

**What is the role of a spiritual guru in today's world?**

The task of a spiritual guru is well cut out. Guru in Sanskrit means ‘Gu’ karo andhakara ‘Ru’ karo tat nivar-thakaha. Guru is the one who dispels the darkness of ignorance in people; one who doesn't indulge in creating followers but creating masters of their own selves by imparting clarity to them, motivating them to be explorers and not gullible followers.

**What are the ways to create positivity around us?**

Look around. The greatest book is the book of life. The whole universe is a dance of ecstasy. Five billion people in this world are being nurtured by the oxygen we breathe, the warmth of the sun, the water that quenches our thirst and energises us, and the food Mother Earth provides us without any expectation to keep us alive and kicking. What more hope and positivity do we need? The sad part is our consciousness, which is unconsciously asleep to this reality.

**How does one elevate oneself spiritually?**

Constantly reminding oneself that there is an undercurrent of divinity that is the basis of life, which is the foundation of this whole universe.

**How can we shape our destiny?**

Destiny cannot be denied. It does play an important part but, at the same time, don't fool yourself and feel



*“Let us learn from the past, live in the present and plan for the future. Let this be the basis of our living”*



everything is just destiny. God helps those who help themselves. Do your part and let destiny take its course. Lord Krishna says in the Gita, “Lift yourself by yourself; you are your friend and you are your enemy.”

#### **How can we prepare ourselves to face the ultimate truth—death?**

Death is the fundamental reality of life. No one can deny this. The ultimate truth is not death but One’s real self, which is one of existence, consciousness and bliss—*sat, chit* and *ananda*. Adding years to your life is ageing. If you add life to your years, death will come dancing to you. You will welcome death as you don’t have the wanting self, pressurising you.

#### **What is the need of the hour for the world today?**

Mind is the cause for bondage and mind is the cause for freedom too. If we can transform this mind towards creating bridges between people rather than creating walls, the divisions plaguing this world will disappear.

As Lord Krishna says in the *Gita*, *Parasparam bhavayantaha shreyaha param avapsyata*—this means, ‘supporting each other we will attain the ultimate good.’

#### **Why do you think many turn to spirituality in old age?**

I am not sure of this. Many people seem to be engaging themselves in some activity of external gain rather than engaging themselves into their inner being. Some might have turned to spirituality because they might have found the futility of the madness they have been into all their life and realised spirituality could be a way out of this madness. For people who were running after money, name, fame, etc, they might have realised their superfluousness after achieving all that they wanted and now want something more to actualise.

#### **What is the role of spirituality in wellness and self-healing?**

Spiritual discipline helps organise the inner energy of disorder to order. Ease

when disturbed is dis-ease. Spirituality helps to create ‘ease’ with what is in a wise way.

#### **What is the mantra for successful ageing, according to the *Gita*?**

If I have to summarise in a nutshell, I will say three aspects in life—*paristhiti*, *manosthiti* and *atmasthiti*—hold the key. *Paristhiti* are situations in life. We feel situations create pain in life. However, Lord Krishna says it is not situations but *manosthiti*, or the way you relate to situations, that creates pain or power. The third higher state is *atmasthiti*, which is the pure being one has to attain, which shifts the very paradigm from which you relate to life.

#### **How can we train ourselves to let go of the past?**

We are not living in the past. We are living the past. The past is not bad. Let it be a reference. Let us learn from the past, live in the present and plan for the future. Let this be the basis of our living.

## “It’s gratifying to see their faces light up on experiencing and exploring an aircraft”

**Bahadur Chand Gupta, 60, and Nirmal Jindal, 59, run an aero-museum in Delhi to educate children about airline protocol**



Photographs by Himanshu Kumar

Ever thought of walking your grandchildren into the cockpit of an aircraft and letting them sit on the pilot’s seat? Well, your wish can now be fulfilled at Aeroplanet, an aero-museum in Bagoda village in Dwarka, Delhi, which houses an Airbus A300 and Bombardier CRJ200. Run by **Bahadur Chand Gupta** and wife **Nirmal Jindal** since 2004, it offers free joyrides to poor children and educates them about flight protocol. “I hail from a small village in Haryana,” says 60 year-old Gupta, who was an aircraft maintenance engineer with Indian Airlines and Lufthansa. “I know how curious people from villages and small towns are about aircraft and flying.” In 2003, when the aviation industry was taking off after privatisation, the couple bought a damaged Airbus A300, lying idle at Indira Gandhi International Airport, with the intention of opening an aero-museum to educate those who can’t afford to fly. Later, they bought a Bombardier CRJ200. Open from 9.30 am to 5 pm, the mu-

seum aims to replicate flight experiences such as check-in, boarding and demonstrations on the use of the safety belt, oxygen mask and life jacket. “They even get to experience air turbulence,” says Gupta, who also gives a technical tour of the cockpit to those interested. His wife, a professor of international studies at the University of Delhi, lends a helping hand when large groups come calling. They have a 20-odd staff to help out with activities such as issue of tickets, safety demos and in-flight food distribution. Though poor children are given a free ride, others are charged a fee of ₹ 250 per person to help sustain the running cost. They also rent out the museum for film shoots. “It was a novel experience for our students,” says Sushil Singh Rathore, a government school teacher. “They couldn’t stop talking about it.” On a parting note, Gupta says, “I was clueless when I flew for the first time. I’m happy our modules help kids get over the phobia of flying.”

—Ambica Gulati





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**24 hour  
health facilities**

**BrigadeOrchards.com | 1800 102 9977**

\*Inclusive of car-park, exclusive of statutory and other expenses



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Apartments - ₹25Lakhs\* onwards  
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\*Conditions apply