

4th Anniversary

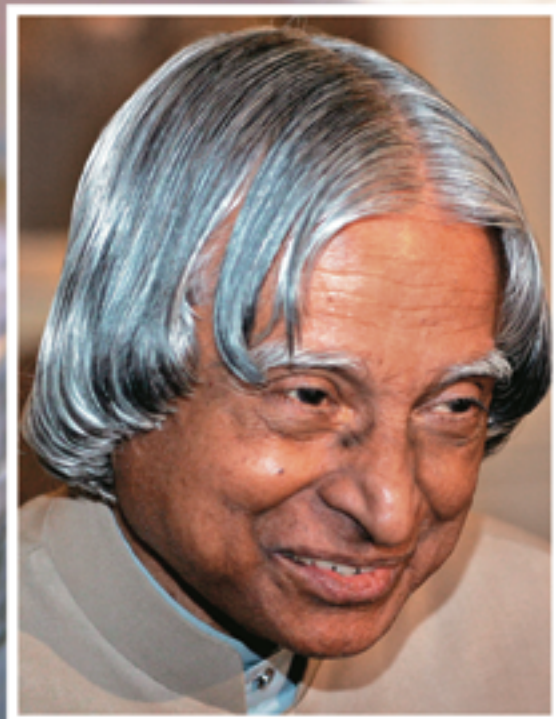
JUNE 2008 Rs 30

harmony

celebrate age

Wellness

Special



Exclusive interview with
Dr A P J Abdul Kalam

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out of happiness
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THE POWER OF FOUR

WE TURN FOUR THIS MONTH.

Your grandchildren will tell you that four is the first composite number: it can be divided evenly by numbers other than one or itself. But the number four also has a deeper significance. Derived from the idea of the compass directions—north, south, east and west—it symbolises universality; the perfect analogy for what Harmony for Silvers Foundation aims to achieve.

In these past four years, we have worked relentlessly to establish ourselves as the voice of silvers across India, reflecting the aspirations and concerns of women and men, urban and rural, from every walk of life and cultural background. Our original facets—including *Harmony*, the magazine; the portal www.harmonyindia.org; and the Harmony Interactive Centre in Girgaum, Mumbai—continue to inspire and motivate, bringing value to the lives of silvers. And publications from our Research Division reach policymakers at the national and state levels.

In the past year, we also added two new facets to Harmony. In October 2007, we instituted the Harmony Silver Awards for our heroes—achievers who have set new benchmarks for themselves and society. This will be an annual event. The month also saw the launch of Harmony Publishing's first offering, *Yoga for Silvers*. This will soon be followed by a bouquet of titles.

Even more significant, this April Harmony helped initiate the formation of a National Coordination Committee to advocate the cause of senior citizens in India. The Committee will comprise national and state-level senior citizens' organisations along with retired insurance and pensioners' associations, NGOs, and private organisations working for the elderly—they will work together for the elderly nationwide, and promote, establish and foster senior citizens' groups.

This is a significant step. It's time for silvers to come in from the cold and assume their place on

centrestage. That has been *Harmony's* refrain for four years and, every month, we focus on ways to live your best life—body, mind and soul—to help you realise your potential. Indeed, there could be no better theme for our fourth anniversary special than 'Wellness', and no better man to exemplify it than former president A P J Abdul Kalam, whose intellect and vitality are an inspiration.

Live well, keep the fire burning and believe in yourself. I promise that *Harmony* will never stop believing in you.



Tina Ambani

RITU NANDA



A Dhirubhai Ambani Memorial Trust Initiative

Harmony—Celebrate Age—June 2008 Volume 5 Issue 1

Publisher **Anthony Jesudasan** Editor **Tina Ambani** Deputy Editor **Meeta Bhatti** Assistant Editor **Arati Rajan Menon** Copy Editor **Rajashree Balaram** Special Correspondent (Delhi) **Teena Baruah** Features Writer **Anjana Jha** Consultant Editor **Sudeep Chakravarti** Design Head **Ritu Nanda** Visual Coordinator **Anuradha Joshi** Production Manager **Rajeev Nambiar** Production Executive **Rohidas Adavkar** Design & Imaging **Haresh Patel, Dattaguru Redekar** Graphic Designer **Utkarsh Sanjanwala** Editorial Coordinators **Glenn Fernandes, Anita Rosario** General Manager, Business Development **Shrenik Mehta** Deputy Manager **Anuya Chauhan** Assistant Manager **Nikhil Wadhwani** Editorial & Marketing Offices: 4th Floor, Maker Chambers IV, Nariman Point, Mumbai-400021. Tel: 91-22-22785423 (Editorial), 22785472 (Marketing). Email: contact.mag@harmonyindia.org Printed and published by Anthony Jesudasan on behalf of Dhirubhai Ambani Memorial Trust, 505, Dalamal House, 5th Floor, Nariman Point, Mumbai-400021. Printed at Thomson Press India Ltd, Plot No. 5/5A, TTC Ind. Area, Thane-Belapur Road, Airoli, Navi Mumbai-400708; Thomson Press India Ltd, 18-35 Milestone, Delhi-Mathura Road, Faridabad (Haryana) **Disclaimer:** The material provided by *Harmony* is not a substitute for professional opinions. Readers are advised to seek appropriate advice from qualified and licensed professionals in the concerned field. © Dhirubhai Ambani Memorial Trust. All rights reserved worldwide. Reproduction in any manner is prohibited. *Harmony* does not take responsibility for returning unsolicited publication material. www.harmonyindia.org



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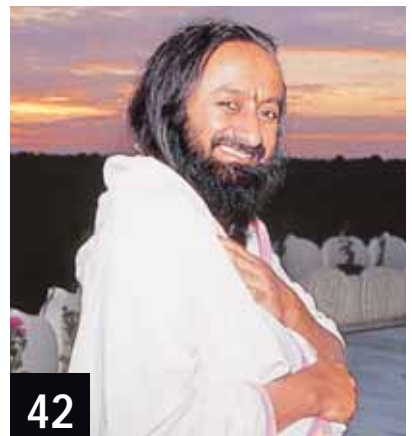
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WEB EXCLUSIVES



Past forward

The creative journey of
artist S G Vasudevan



Guwahati, my love

The city's history is a passion for
Kumudeshwar Hazarika

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Union Bank of India

column one

The pursuit of happiness and health is conjoined in essence. Without one you can't realise the other. And together they embody the balance of body, mind and soul that has defined the strength of *Harmony - Celebrate Age* since inception. The magazine has turned four and the time couldn't be more right to dedicate an issue to the core of our lives—'Wellness'.

For the cover, the choice was unanimous: Dr A P J Abdul Kalam, former president of India, who, at 77, epitomises total physical, mental and spiritual harmony ("Mr India"). Exclusive to *Harmony*, Dr Kalam's views on work, social responsibility, India's path ahead and, of course, wellness, are sure to inspire you. So will the rest of the package, comprising silvers and their experiments with wellness, latest research, books, products on the market, and services.

In his essay ("In Pursuit of Wellness"), yoga guru Bharat Thakur maintains that demystifying the five layers of the body—the physical, the breath, the mental, awareness and bliss—paves the way for happiness; and your unique life experiences will help you play it right. Actor-painter-photographer Deepti Naval says loneliness exists only if you let it, while Mindsport wizard Mukul Sharma says you will lose your mind if you don't use it. Other popular voices in wellness include Sri Sri Ravi Shankar, Zohra Sehgal, Shobhaa Dé, Kapil Dev and Nafisa Ali. Their word isn't the last though. You need to evolve a definition of your own. In all your trials and successes, *Harmony* wishes you well!

—Meeta Bhatti



The slogan 'Each One, Teach One' has always appealed to me. I always felt indebted to society because of the help I received after coming to India during the 1947

partition. I got an opportunity to give back after retirement, when my house was being constructed. The contractor had hired a labourer, whose six year-old son Devendar was refused admission to a government school. The next day, I took the boy to the same school and assured the headmaster that I would take responsibility for his education. After his admission, I began to guide and instruct the boy. And while his textbooks came from the government's Bhagidari Scheme for poor, deserving students, I bought him the stationery he required. After years of hard work, he passed the CBSE examination with reasonably good marks last year. In December 2007, my friend got him a clerical job in a reputed industrial firm in Punjab. At nearly 19, Devendar is an earning member of his family.

Indeed, if all educated people, particularly the retired, follow the 'Each One Teach One' principle, we can raise the level of literacy of our country. As Nelson Mandela once said, "Education is the most powerful weapon you can use to change the world."

MADAN MOHAN PRABHAKAR

New Delhi

The letter of the month wins music CDs from Big Music



In "The Cost of Living" (Connect, May 2008), you have rightly said senior citizens are the worst affected by the high inflation rate as they have limited earnings like pension or returns from their past savings. Unlike the present younger generation, they have not earned in crores or even lakhs per year. One reason for high inflation today is that too many people have too much money, resulting in high margins for all the people connected in the production chain, from the factory owner to the retailer. And the main culprit is the government who levies multiple taxes on a single commodity.

MAHESH KUMAR

New Delhi

After reading the feature "Digitising Memories" ('Technology') in the March 2008 issue of *Harmony*, I was delighted to know that there are conversion service providers who offer to convert audio cassettes to a CD or DVD, and still photographs into a CD. I am 80 years old and have always wondered how I could preserve my large collection of two-track magnetic audio tape reels—recorded 50 years ago—and Kodak/Agfa Regular 8 mm exposed movie films, dating back 30 to 40 years. I crave to enjoy these rare, old classics and hope to get them converted soon.

GOURI SANKAR NUNDY

Hooghly

The Joint Director of Health Services, Government of Maharashtra, has recently advised that all state government hospitals, rural hospitals and primary health centres should give free treatment to senior citizens. Sixteen municipal hospitals of Mumbai in the western and central suburbs have confirmed that they are giving free treatment to senior citizens but replies from major hospitals like St George, Sion Hospital, Nair Hospital and KEM are still awaited. I hope confirmation from them comes soon.

I would also like to share some other information with fellow readers. A sum of Rs 4 billion has been allocated in the 11th Five Year Plan, starting 2007, for the proposed National Programme for Healthcare of the Elderly. The core components include the establishment of two National Institutes of Ageing and departments of geriatrics in 25 medical colleges all over the country; capacity building of district hospitals to set up District Geriatric Units in 100 districts in a phased manner; and mobile medical units in collaboration with NGOs. The proposal is under submission for the approval of the Expenditure Finance Committee.

M V RUPARELIA

Via email

Iwould like to draw your attention to a case filed under the Consumer Protection Act 1986 by 71 year-old Manmohan Bagri on behalf of his wife Usha in October 2003. The case was filed in the Consumer District Forum, Mumbai, against National Insurance Company Ltd for non-payment of health insurance

claim. In spite of notices served, representatives of the company failed to attend any hearing. The final order was issued *ex-parte* (when all the parties are not present) by the Forum after 16 hearings in September 2005 on the basis of genuine medical bills approving the claim with interest plus penalty for mental agony. In March 2006, an order for recovery of the amount was issued to the Collector, who served notice to the company for payment. Though overdue, the company appealed to the Consumer Dispute Redressal Commission, who fixed a hearing in November 2006. The appeal was dismissed in December 2007, with orders for payment of Rs 5,000 over and above the amount fixed by the District Forum.

Under Section 13 (3A) of the Consumer Protection Act, the District Forum is required to decide the case within three months from the date of receipt of notice, if no other issue is involved. In this case, legal proceedings were carried out *ex-parte* both at the Forum and Commission level for over four years—from filing the case at Forum level in 2003 till judgment by the Commission in 2007. Considering the absence of the opposite party, the case should have been decided within stipulated period specified in the Act. The objective of the Consumer Protection Act is to provide speedy redress of consumer disputes. Unfortunately many consumer forums have lost sight of these objectives. I hope *Harmony* will accord due publicity to the injustice faced by many helpless senior citizens seeking relief.

G L PARAB

Mumbai

CONTRIBUTORS

For our special on 'Wellness' as a confluence of body, mind and soul, we feature six contributors.

For 'Body', *Harmony's* resident foodie **Pushpesh Pant** tells us that "Food is the Key" to wellness. Citing Ayurveda's precepts, Pant advises age-appropriate food choices. **Shameem Akthar**, yoga *acharya* and *Harmony* columnist, also exhorts us to take charge of our bodies. In "Be the Doctor", she writes about self-healing, driven by "willingness to embrace lifestyle changes"—and yoga.

Mukul Sharma leads the charge of the 'Mind'. Creator of the 'Mindsport' column—play at *mindsport.org*—Sharma tells you how to get a "Mental Workout" with "experimental action" and "science-fiction thinking". And in "In Good Company" **Raju Bharatan**, who sets the *Harmony* crossword, traces his own wellness quotient—"young at heart and nimble of mind"—to his years with Khushwant Singh at *The Illustrated Weekly*.

In 'Soul', *Harmony* columnist **Amita Malik** explores the joys of being silver. Her pleasures in "The Age of Calm" range from "the first evening star" to "the violin concerto by Sibelius". Drawing inspiration from her own energetic parents, actor and artist **Deepti Naval** also focuses on the pleasures of being silver in "Solo Song". Don't focus on solitude through "the lens of loneliness", she urges. Use "the space to be yourself; to do things that you enjoy".

ALARM BELL

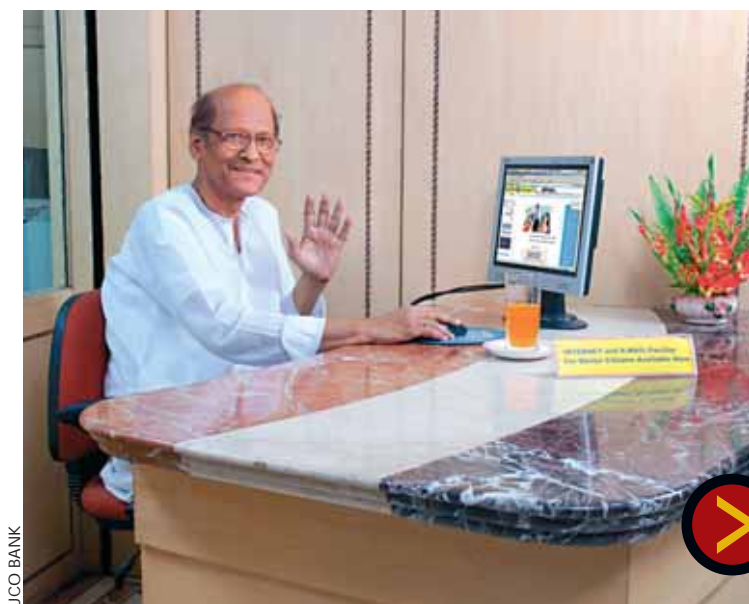


ALONE

According to a survey conducted by the Times News Network, **Tamil Nadu has the highest number of silvers living alone.** About one out of every 14 people over the age of 60 live alone compared to the national average of one in 25. And 11.5 per cent of women in the state have no companionship against the national average of 5.5 per cent. After Tamil Nadu, Andhra Pradesh has the highest number of silvers living alone.

Elderly people living alone		Elderly women living alone	
Tamil Nadu	410,000	Tamil Nadu	320,000
Andhra Pradesh	380,000	Andhra Pradesh	300,000
Uttar Pradesh	350,000	Uttar Pradesh	260,000
Maharashtra	340,000	Maharashtra	170,000
Madhya Pradesh	190,000	West Bengal	140,000

NEWSWORTHY



UCO BANK

BANK ON THIS

With a promise to make banking a more comfortable experience, **UCO Bank is creating a special lounge for silvers** in its branches. Here, they can enjoy a cup of tea or coffee while a guest relations officer takes care of their transactions, like withdrawing money, making a draft or updating their passbooks. "Senior citizens no longer have to stand in long queues," Joseph Jairaj, deputy chief officer of strategic planning, UCO Bank, says in a press release. "Technology is distancing the bank from our older customers. They are put off by all the machines and equipment. They are much more comfortable with human interaction for all their transactions." The special lounges are already operational in select UCO

branches—with a high percentage of pensioners' accounts—in Kolkata, Ahmedabad, Delhi and Chandigarh and will soon be introduced in two branches in Chennai. The bank plans to open 25 such lounges in various cities by the end of the year.

POLICE ON CALL

Here's an example of proactive policing. The **Borivali police station in suburban Mumbai plans to issue a special card to all silvers in its jurisdiction** listing the landline phone numbers of the police station and the mobile numbers of the senior police inspector, the assistant police commissioner of the area and the deputy commissioner of



police of the zone. "The purpose of the card is to assure senior citizens that help is just a phone call away," Annasaheb Rajmane, police inspector (crime), tells media. The police station will maintain a record of all the silvers who have received the card; their address, blood group and details about their domestic help.



Robot-san: Robots could fill the jobs of 3.5 million people in Japan by 2025, according to Machine Industry Memorial Foundation. Japan faces a 16 per cent slide in the size of its workforce by 2030 while the number of elderly will grow rapidly. Robots could help fill the gaps, ranging from tiny capsules that detect lesions to robots that monitor the health of silvers.



Courtesy: PATTON LIMITED

Since *Harmony's* inception, we have urged employers to believe in the potential of silver workers. Kolkata-based Patton Group has decided to do just that. **The company, which manufactures and exports industrial hardware, has recently started a social entrepreneurship programme for its workforce where it helps senior employees set up their own ventures** by facilitating loans; providing them with products; and then using their services as vendors.

"We had an ageing employee called Harigopal Bose who found it difficult to travel to office everyday," Sanjay Budhia, managing director, Patton, tells *Harmony*. "He wanted to do something closer to home. Taking a cue, I decided that it would be a fantastic idea if we could choose our vendors from our senior employees who know the trick of the trade." In the past few months, the company has helped over 10 senior or retired employees to come back to the workforce as vendors and plans to ramp up the programme.

LOVE THAT



SCREWED!

Bartlesville in Oklahoma, America, got itself a hero: 95 year-old Winnie Wiles. Last month, **the wheelchair-bound, great-grandmother used a screwdriver to battle a home intruder** until he finally passed out. According to a report by Associated Press, 46 year-old Robert Newton Horsley, attempted to break into Wiles's home at three in the morning. Awakened by the sound, she met him at the door. Horsley broke the door glass and tried to reach inside to unlock the door but every time he attempted to do so, she stabbed him with a screwdriver. When he passed out, she called her niece, who called the police. Wiles refused to speak to media, but Bartlesville police chief Tom Holland is only too happy to spread the word. "Here's this guy passed out on the porch and there's this lady sitting in a wheelchair with a big screwdriver," he says. Holland plans to give Wiles a plaque of appreciation—and a box of screwdrivers.

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OFFBEAT

TREE IN TROUBLE

The 125 year-old Bodhi tree at the Mahabodhi temple in Bodh Gaya is ailing after many of its branches have been cut off inadvertently owing to maintenance work in the vicinity. According to a study by the Forest Research Institute (FRI), Dehradun, **the life of the Bodhi tree will be endangered if curative measures are not taken.** The Bodh Gaya Temple Management Committee is now considering the use of DNA techniques to develop a clone of the tree, reports *The Sunday Express*. FRI also recommended that people should be stopped from going near the tree to avoid “soil compaction” by trampling, and halide lamps close to the tree should be removed. These measures have already been implemented. Last year, the committee banned the practice of pilgrims lighting a candle at the base of the tree as that too was affecting its life. Another danger to the tree is the Mahabodhi temple beside it, which obstructs its growth towards the east and thereby has led to unbalanced growth towards the west. The tree is said to be the descendant of the Bodhi tree, under which Gautama Buddha achieved enlightenment.



GLASSMATES



When 88 year-old British widower, former engineer and World War II veteran Jack Hammond (*see picture*) found himself lonely and in need of drinking buddies, his son Mike, 56, came to his rescue—he just hired him some. According to London newspaper *The Guardian*, **Mike Hammond put up a notice in the post office at Winsor, Hampshire, asking for someone with similar interests or background to accompany his dad to the local Compass Inn twice a week for two hours.** The payback: £ 7 (about Rs 600) an hour, plus expenses. Finally, after interviewing all the prospective candidates—and there were many—Mike selected two: Trevor Pugh, 78, a retired kitchen fitter with a military background, and Henry Rosevinge, 58, a former doctor. While Rosevinge also comes from Lancashire, like Jack, Pugh shares Jack’s military background. Asked if his father is now happy, Mike responds, “He’s not showing he’s happy, but before he was showing me he was miserable. He’s not doing that any

more and to me, that’s well worth it.” Jack Hammond remained unavailable for comment.

Senior PC: Microsoft Corporation recently announced that it is working on a ‘senior PC’ with a **simple interface for silvers in the UK.** The PC will offer software aimed at older or less able users, including **simplified tools for everyday use**, and is being developed in partnership with British charities Age Concern and Help the Aged. It is expected to be ready within a year. In the US, Microsoft already offers senior PCs in conjunction with Hewlett Packard; it’s not yet clear whether the technology will be the same.

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FIRST RESORT



AFTER THE DANCE

Nachni—or female tribal dancers—are ubiquitous at every rural fair or celebration in districts with large tribal populations in West Bengal and Jharkhand, dancing to traditional *Jhumur* songs. Once the music dies, though, the life of these women—who are still considered ‘untouchable’—is one of penury and desolation, especially as they age. But now, the Durbar Mahila Samanwaya Committee, an NGO that works to better the lives of sex workers in West Bengal, has come to their aid, reports *The Statesman*. With the help of the state government, they have bought a plot of land in Surulia, a village in Purulia district to set up an **old age home for the dancers**. “We come forward to practice our tradition knowing fully well the hardships that we have to go through,” said Bimala Devi, a *Nachni*. “We do so only because we love dancing while singing *Jhumur*.”

“The *nachni*’s dance and *Jhumur* songs are a tradition of the state and the government will help NGOs working for their development in every way possible,” says Partha De, state school education minister, who laid the foundation stone. “Steps will also be taken to provide education to these backward classes.” Writer and activist Mahasweta Devi (featured in the September 2007 issue of *Harmony*) also spoke on the occasion. “The *nachni* should get the honour due to them as they fight to keep their tradition alive,” she said. “Educated people in the state should come forward and help them.”

FACE OFF



DON'T SWEAT IT

Don't agonise over your choice of anti-ageing cream. **Simple sunscreen is best for your skin**, insists Chris Griffiths, dermatologist and researcher at Manchester University in the UK. “Women could be harming their skin by using different anti-ageing creams because the side-effects of combining them have not been tested properly,” he tells *The Telegraph*. “Anyway, the majority of anti-ageing skin products are aimed at the effects of sun exposure, not how our body naturally ages.” According to Griffiths, the most visible signs of ageing, including wrinkles and crow's feet around the eyes, are caused by sun damage.

Building for the blind: The National Association for the Blind (NAB) in New Delhi is constructing a four-storied building on its premises to provide **accommodation to 150 blind silvers**—75 men and 75 women. The silvers will be housed in separate wings that will include a kitchen, dining hall, drawing room, recreation room, cyber cafe and space for vocational training activities. The estimated cost of the project is about Rs 50.25 million. To know more or to contribute, call S K Mukherjee, advisor, NAB, at (0) 9810812159 or email skmukherjee.nab@gmail.com

EVENTS



SURESH MAKHIA

**OUR BENGALURU RUN**

On 16 May 2008, more than 1,000 silvers from Bengaluru participated in the 4-km Harmony Senior Citizens' Run, as part of the Sunfeast World 10 K. Celebrities (see picture on top)— Kannada actor Ganesh (*extreme right*), billiards champion Pankaj Advani (*second from right*) and hockey veterans MP Ganesh (*second from left*) and Subbaiah (*extreme left*)—were on hand to cheer the silvers on.

Welcome to the section where you can share your thoughts and experiences on anything under the sun. Write in with full contact details, and make this space your own!

A GRANDMOTHER'S TALE



Tender loving care: Jayaraj with her grandson Jayant

In 2007, my daughter, an IT professional, was transferred from Mumbai to Kochi, the commercial centre of Kerala. I rejoiced at our new proximity — my husband and I live in Thrissur, just two hours away from Kochi.

As my daughter's job is extremely demanding, I decided to live with her in Kochi to look after my eight month-old

grandson Jayant. It was meant to be a temporary arrangement till we found suitable domestic help to look after Jayant. Soon, a series of candidates walked in and out of our lives. The first candidate left because the place we live has water scarcity; another could not adjust to our vegetarian ways; yet another turned down our offer because we

could not provide her a room with attached bathroom. We registered with a local agency

"Jayant's smile warms up all the dark corners of my heart"

that provides caregivers and domestic help. It's been three months and I am still waiting to hear from them. We even advertised in many local newspapers and enquired at several childcare centres, most of which were overcrowded and worked fixed hours.

Meanwhile, Jayant is growing rapidly under my attentive gaze. While I cook, he inspects cabinet drawers in the kitchen. I feed him, play with him and put him to sleep. We go for long walks; greet

animals and birds along the way; and stop to admire wild flowers. Recently, we have even befriended a wandering mongrel. My daughter drops by during her lunch break to feed Jayant.

On the one hand, I have the satisfaction of having helped my daughter resume her career. On the other, I am confronted by nagging thoughts. What if I fall ill? How is my husband coping without me? Will we ever find someone capable and caring to look after Jayant? As I brood over the future, Jayant waits near the window for his parents to return home and flashes his endearing toothless smile at me. That's all I need to warm up all the dark corners of my heart.

—Padma Jayaraj, Thrissur

YOUTH AND OLD AGE

Old age is the stage when one hankers not after luxurious goods

But only harbours the hope of hearing a few sweet words

Alas, the fulfilment of this wish often remains elusive

For the youth of the day have their own life to live

For us the ancients, they have little or no time to spare

So conversation with them becomes ever so rare

We the dull oldies are woefully ignorant of the current in thing

Hence, in the eyes of the smarties, we are simply nothing.

Our eager queries seldom fetch in reply not more than a monosyllable

We unnecessarily talk to them they think, because we have no work, we are idle

Our words of advice, (if we dare give it!) fall on deaf ears

They are sure they are mature beyond their years

Every poser is answered after a long pause, maybe to curb our urge to talk more

Fearing our insipid chatter, might death them bore?

Our normal talk is to them a source of irritation

For which we fail to see any rhyme or reason

The best way therefore is to keep mum

Taking in our stride their every fancy and whim.

This indifferent attitude towards us is sometimes hard to endure

But they still love us about which we are very sure.

—Girija Rao, New Delhi

ART OF BONSAI

In 1993, I founded Friends of Bonsai—the only bonsai group in Pune—with my late friend Meera Patankar. Our group is dedicated to spreading knowledge about the art of bonsai. I learnt the basics from Pune's Sulochana Ogle and gathered more advanced knowledge from Mumbai's Jyoti and Nikuj Parekh, and Goa's Sudhansu Saigal.

Anyone with an artistic and creative bent of mind can learn the art of bonsai-making. While most of the members in our group are women, we have about six male enthusiasts. Though they felt slightly awkward initially, now they are totally at ease. I teach them everything from scratch. Very often, new members feel their bonsai are not as well-developed as those of other veterans. I tell them to look at their bonsai as a young baby that, if nurtured well, will grow into a flourishing miniature. To reassure them, I show them photos of bonsai from my amateur years.



Our group meets once a month at my place for workshops, discussions and demonstrations. At these monthly meetings, members bring their bonsai and I prune and design them as required. We discuss various queries that surface: type of soil, pot, wire and other materials that are required to make a healthy bonsai.

Sometimes other masters from India and abroad also visit us to share their knowledge with our group. We have had wonderful enriching sessions with Jyoti and Nikuj Parekh, Taiwan's Min Hsuan Lo—a third-generation bonsai artist—and Sudhansu Saigal. All of us have also amassed a good collection of bonsai books over the years. We conduct an exhibition every two years. So far, our exhibitions have been very successful—sometimes we have even drawn up to 10,000 visitors in two days!

In 2001, at the Japan Airlines World Bonsai

Photo Contest, my bougainvillea bonsai was chosen among the 100 best bonsai in the world among 27 participating countries.

There are many misconceptions regarding bonsai—whether the fruits of a bonsai tree are edible; whether the plant has been injected to make it miniature; or whether its flowers are natural. There is nothing unnatural about this art and the trees are not ill-treated in any way. In fact, we love and pamper our trees. My bonsai have filled my life with immense enthusiasm and a positive outlook. Indeed, happiness comes in small packages.

—Mandakini Malaviya, Pune



Small joys of life: Malaviya with her bougainvillea bonsai (left)

"My bonsai have filled my life with enthusiasm and a positive outlook"

We reserve the right to select articles, which will be edited to suit space and editorial considerations. Harmony takes no responsibility for advice offered in this column. **For more Your Space letters, log on to www.harmonyindia.org**

Mr India

The wellness quotient of Dr A P J Abdul Kalam



DEVIMAGES

A dream is not what you see in sleep; a dream is what does not let you sleep.” These words—his own—have defined the life of Abul Pakir Jainulbadeen Abdul Kalam. From a young boy who sold newspapers to support his education to a scientist-engineer and finally President of India, he has truly lived the dream. In fact, Kalam’s contributions to India’s satellite and missile programmes made him a household name in India long before he became

president in 2002. In the next five years, he endeared himself further to millions of people across the country with his acuity and agility, intellect and dignity—all factors that make him the natural choice for *Harmony*’s fourth anniversary cover feature on ‘Wellness’.

This ‘People’s President’, who insists that he would rather be known as “a good human being”, retired from office in 2007 to settle down to civilian life in New

Delhi. But Kalam, who turns 77 this October, still has a packed itinerary—he travels ceaselessly, speaking at several educational institutions and conferences across the country and overseas about his vision for a stronger India through connectivity for rural areas. He is also closely involved with the establishment of the country’s first space university in Thiruvananthapuram in Kerala. He took some time from his busy schedule to answer *Harmony*’s questions.

After being the country's first citizen, how is civilian life treating you?

I am leading a very busy and invigorating life.

Would you like to go and live in Rameswaram, your native town?

My dear ones live there. I visit it once a year.

Who do you count as your closest friends today?

The youth of India.

How would you define 'Total Wellness'?

Total wellness comes from the happiness you derive in 'giving'. Giving means sharing what you have. It may be knowledge, kindness or alleviating pain.

Stem-cell research is a great future hope for the anti-ageing movement and indeed medicine in general. What are your views on this?

Even though stem cell science has led to many useful applications, it needs a lot of research. One important research area could be to help mentally challenged children. Regarding anti-ageing, experts have the answer.

According to you, what is the secret of your good health and super alert mind?

I am 100 per cent vegetarian. As for my mind, every morning I read almost all the newspapers in half an hour; I have access to radio and the Internet; I am still a learner of the Saraswati Veena; and I keep up to date on the latest developments in science and missile technology. Discipline and the company of good books and learned friends keep me alert.

Which books changed your life?

Thirukkural by Thiruvalluvar, the Tamil masterpiece on morals. *Lights from Many Lamps* by Lillian Eichler Watson, a compendium of the greatest ideas and philosophies. And *Empires of the Mind* by Denis Waitly, a guide to how change, innovation and responsibility can alter lives.

Which was the last book you read?

Five Minds for the Future by Howard Gardner, a



Courtesy: RASHTRAPATI BHAVAN PHOTO SECTION

Man of many facets: a connoisseur of classical music, Dr Kalam enjoys playing the saraswati veena

visionary attempt to delineate mental abilities that will contribute to success in this day and age of accelerating change and information overload. The five minds are disciplined, synthesising, creating, respectful and ethical.

What do you enjoy doing in your free time—mind teasers, television or films?

I don't indulge in any of these. I have not seen a movie in 50 years. I do enjoy classical music.

Your visions for India include "freedom", "development" and "standing up to the world in order to be respected". What do we need to do as a nation to transform them into reality?

We are on the ascending trajectory. What is important is the confidence that we can do it. This quality has to be inculcated in every youth of the country. Then, national development will accelerate.

How do we cultivate science and technology as ideology-free areas?

Every area of science normally leads to certain benefits to society. However, there are uses of science for weaponry too. It becomes a political decision. Making it an ideology-free area is the responsibility of the people who use science.



Courtesy: RASHTRAPATI BHAVAN PHOTO SECTION

On his way to a Sukhoi flight: Kalam was the first president to fly in a fighter aircraft

What, in your opinion, would be the spiritual approach to solving the nation's problems?

Every religion has two components—theology and spirituality. Theology is exclusive for every religion, whereas spirituality is almost common for all religions. Spirituality can bridge the nation.

What role do you see yourself playing as a director on the board of CARE Group of Hospitals? In your previous term with the group, you facilitated the making of the 'Kalam-Raju stent'.

The mission of the CARE group of hospitals is to 'alleviate pain'. I participate in their mission.

How should India address the problem of health insurance for people over 60?

India needs health insurance for all citizens. That means the whole family. However, lack of physical and electronic connectivity hinders the widening of rural coverage. We need to work on this.

One of your messages to the youth is 'Nothing is Impossible'. Would you say that nothing is impossible even for silver citizens?

Silver citizens have gone through both pleasant and rough times. Once in a joint family, nothing is impossible, even for silver citizens.

If you were to write the *Silver Song* (just like the *Song of Youth* that you wrote), what would it be?

The greatest asset for silver citizens is confidence in themselves and a young, cheerful mind. This would be the theme for my song. I saw a home where 50 silver citizens and 50 orphans live together. They support each other emotionally. As a result, they are physically and mentally healthy.

How can India's silvers convert challenges into opportunities?

Old age homes should not be promoted as a business. Social organisations should always work to bring silvers back to their family and unite them. The youth must remember that senior citizens have unique experiences that are valuable to the family.

How can information and communication technology (ICT) empower seniors in India?

Some experiences of happy joint families in the country can be broadcast. Interactive websites can be created where silver citizens can share their joys as well as problems and concerns.

How can senior citizens contribute to the national prosperity index, which you define as "the summation of annual growth rate of GDP, improvement in the quality of life of people and adoption of a value system derived from our civilisational heritage in every walk of life"?

The foundation for the joint family system is the silver citizen. This should be promoted as the mission for the nation.

Finally, what are the lessons you've learnt from life that you'd like to share with our readers?

Radiate happiness. This state of mind attracts more friends and promotes happiness. Always see the strengths and good points of others. ■



GIRNAR

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In pursuit of wellness

Yoga guru **Bharat Thakur** on the journey that's your own

Once there was a classical singer who went to perform in a village. After hearing his first song the villagers said, "Once again!" So the singer sang it again. After it was over, the villagers cried, "Once again!" After four such encores, the singer said, "Look, I know you are enjoying my music but singing the same song over and over again is tiring." One of the villagers stood up and said, "Till you sing it right, keep singing it again."

This is what life really is—a space given us to sing right. A life after 50, as my master would say, is a life half gone, half left. In a way this is the second innings of a person and it's important to live it well, in a state of complete wellness.

Wellness has several components. The first is the creative component. That is if the mind remains creative, a sense of satisfaction and wellbeing can be attained. To remain creative, a Sufi says, "Do unproductive labour." Unproductive labour is to do things that bring you no monetary gain. It could just be watering plants in your garden or playing with children. When you totally lose yourself in unproductive labour—painting something when you don't know how to paint, singing a song when you can't carry a tune—it can bring a lot of satisfaction and wellbeing within.

So at a stage in life when you have lived all aspects of good and bad, right and wrong, understanding and misunderstanding, you can take a pause in life, and like a speed breaker slow down the rush. When you take new steps to do something without thinking of the results, the sense of wellbeing grows. It is a state of internal harmony. Harmony means togetherness and when one feels peaceful within.

The other area that brings wellness is physical wellbeing. It's freedom from disease and achieving a balance of the body. It involves adding strength to the muscles and increasing the flexibility of the body apart from improving its agility, which is quick reaction time. The ancient, powerful science

of yoga trains you for all these. If you have not started yoga at a young age, now is the time to start.

Yoga is an art. It's also religion. It's a process of converting a *bhikshu* into Buddha. It is a science designed to attain the most happy and beautiful state of body, mind and soul. Yoga defines our body as having five different layers—*annamaya kosha* (the physical body), *pranamaya kosha* (breath body that gives the energy), *manomaya kosha* (mental body), *vijñanamaya kosha* (awareness body) and *anandamaya kosha* (bliss body).

When you do something without thinking of the results, the sense of wellbeing grows

The journey begins by practicing *asana* (postures); by mastering these you achieve a state of great physical balance, physical know-how and a feeling of wellbeing. After mastering the physical body, you need to master the breath body (*pranamaya kosha*), as breath is the bridge between life and death. Breath vitalises every cell of the body. Even though we are not aware, we breathe. Patanjali, the great yoga sage, says *pranayama* (breathing techniques) is nothing but being aware of inhalation and exhalation.

Research on breathing and ageing has found that when you sit normally, you take 12 to 16 breaths a minute, 13 to 35 breaths per minute of sleep, and when you are angry it goes up to 45 to 60 breaths a minute. When you do *pranayama*, it comes down to as little as one or two breaths a minute. Yoga philosophy says that our age is equal to the number of breaths. Breath control is the art of reversing ageing. *Pranayama* calms the mind, brings peace and helps us get in touch with the inner self.

You can begin yoga at any age, but after 50 it is a lot easier to practice because life is not in a frenzied

rush. On the way to the ultimate state of understanding, it's not important what you have or what you want; what's important is what you become. With breathing becoming a little shallow, it's time for a change.

On closing our eyes, there is always that worrying question: Have I missed something in life? That question does nothing but keep the brain in a constant state of unrest. Am I fighting against the wind or am I with nature? The brain is the mental body or *manomaya kosha*. Yoga never talks about fighting the mind or controlling the mind. Yoga talks of a state when there is no mind. Mind is nothing but a combination of past and the ability to use it for a present situation. At this juncture of life, one needs to be aware of misuse. Let's make it of some use. It's time now to say 'enough of the pain. Now I shall work for my inner wellbeing and not for calculation and construction'. So when you close the eyes and focus on something, the mind should not be visible.

It's not important what you have or what you want; what's important is what you become

Start unlearning and freeing the mind with certain *kriya* or meditation. On doing that, a subtle awareness of the next body creeps in and that is *vijinnamayakosha* (awareness body). It is also known as the ego body. An important question to ask is: Are we living for life or are we living for ego? Or put it in another way: Is the ego important or happiness? Ego and mind are best friends. They make a man lonely and scatter his energy. They make the man believe that nothing in the world can function without them. The irony is, a single man is just a unit of nature.

Live for happiness and not for ego. It's time to change the focus of life and drop the ego. Searching for happiness makes you see what makes you feel good, what makes you feel complete, and what makes you humble.

Another important question to ask is: In what we do, do we feel close to nature? For life after 50, I would say, grow close to nature. Eat more easily

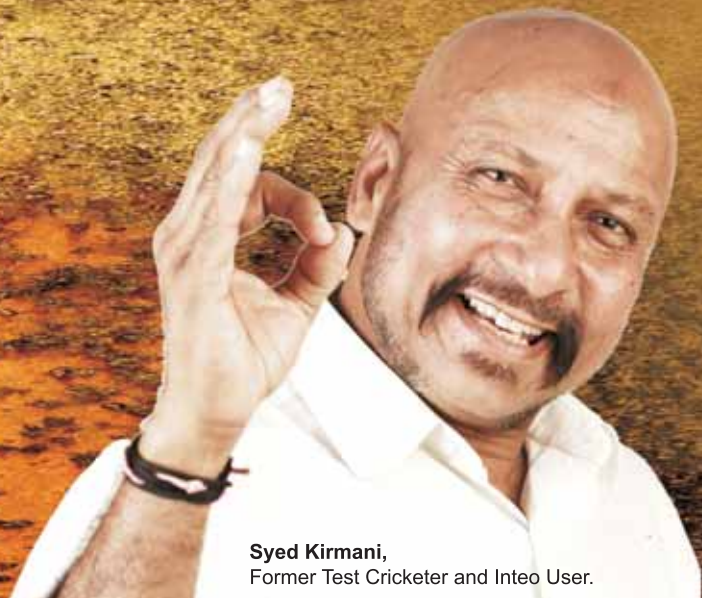
digestible food that is not heavy on your stomach. Eat a little early—preferably by 7 pm. Sleep on time, so you can enjoy your morning walk. I know a lot of people who have not seen a rising sun even at the age of 50. When they wake up, they immediately switch on the television. It's time now to drop that habit because by changing habits, the power of the soul increases. It's also time to stop making empty false promises or saying 'I swear' because these decrease the power of the soul. It's time to live a more carefree life—as carefree as the souls that are close to God.

Life is a space given to us with many different trips—habits, lust, and love. By 50, we know all of these. It's time to move on and get in touch with the spiritual body or *anandamaya kosha*, which is to know death before dying. How does one do that? By being aware of our internal journey that begins by closing the eyes and meditating. The Vedas say, "*Yatha brahmamda tatha pindh.*" (Whatever is outside, is inside.)

Some researchers working on life after death have discovered that the majority of people who went into coma and recovered talked of going into an endless tunnel of light. That tunnel was so attractive that they kept going in but all of a sudden they were thrown back. There is this tunnel of light that yogis have talked about as being part of the third eye—a journey within.

Sit down with your eyes closed and your journey will begin. No one knows what is in it, because this journey is like a bird flying that leaves no footprints behind. There is no process, method or fixed technique. Go on experimenting either by yourself or take assistance from an awakened soul. Don't live without achieving anything, or else you will go empty handed.

The quest for spiritual wellness is common to all of us. Whether one is a theist or an atheist, it makes no difference as everyone dies; and in death there is God. Without death there would be no religion. Live by the mountainside or walk by the sea. Find some way to be close to nature. In nature there is immense power of feeling, an immense understanding of life. Stop seeking joy in something; start understanding the joy of doing nothing. It's the second innings of your life so play it right. *Khuda hafiz, Allah hafiz.* ■



Syed Kirmani,
Former Test Cricketer and Inteo User.

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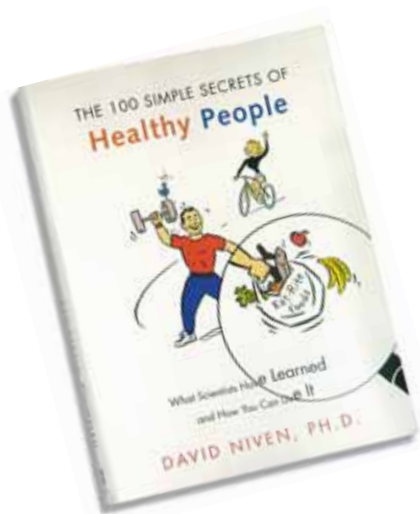
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yoga for you



Health handbook

Is chocolate good or bad for you? What about coffee? How much red wine is too much? How long should you exercise? You'll find the answers to all these and more in *The 100 Simple Secrets of Healthy People* (HarperCollins; Rs 125; 206 pages), a book that cuts through the confusion caused by the rash of contradictory health studies. Psychologist and social scientist David Niven distills the latest research from doctors, nutritionists, sociologists and psychologists into 100 essential ways to a healthier life. With each prescription illustrated by a real-life example, this handy little book packs quite a punch.



The Yoga Institute, MUMBAI

The Yoga Institute has a legacy of a century to pass on to its visitors. Established by Shri Yogendraji in 1918, the institute completed 90 years last month.

Located at Prabhat Colony in Santacruz, it breaks away from all the perceptions you might have of life in **Mumbai**. There is no race to meet deadlines; on the

Longevity counts

Owing to innovations in clean water and sanitation, biomedical advances against infectious and parasitic diseases and improved diets, the developed world has seen its life expectancy rise by 50 per cent in the last century, exceeding 75 years today. In India, the life expectancy of 64 years may lag behind but still represents a spectacular 178 per cent jump since 1901 when it was only 23 years.



contrary, there is a dedicated effort to make you understand yourself better and work towards total wellness.

After it was established in 1918, the Yoga Institute branched out

from Versova in Mumbai to the US by 1933, then to Gujarat and finally to Santacruz, where it promotes yoga for the body, mind and soul. The institute teaches yoga as a way of life that changes your outlook; helps you gain better mental control; and enhances your understanding of the philosophy that *dharma* (duty), *jnana* (knowledge), *vairagya* (detachment) and *aish-*

**"Yoga binds
you ultimately
with God"**

warya (wellness and confidence) are connected. Yogendraji's son, Dr Jayadeva Yogendra runs the institute these days. His wife, Hansa Yogendra, is the director. The couple shares their insights through open-access sessions held thrice a day. Other highlights include camps for children and senior citizens, and teacher training sessions. "Yoga binds you ultimately with God. It can be applied to everything that you do," says Hansa Yogendra.

—Bindi Mehta

Face up



Move over Botox, Hollywood is now turning to facial yoga to stave off wrinkles. Enthusiasts in the US claim that facial yoga helps improve skin tone in just a few weeks. "People coming to me to learn yoga would go on to get Botox or plastic surgery," yoga instructor and former actress Annelise Hagen tells media. "It didn't seem to be in the spirit of yoga. I just wanted to help people not to be violent to themselves." People seem to be listening—Hagen's book *The Yoga Face* has sold more than 10,000 copies. And the exercises seem simple enough—Lion Face (open your mouth wide and stick out your tongue for 60 seconds); Smiling Fish (fill your cheeks with air and blow it out like a fish), Marilyn Monroe (purse your lips and blow kisses while keeping your forehead smooth) and the Satchmo (puff out your face and transfer air from cheek to cheek). Go ahead, scrunch up your face.

Mat finish

Yoga mat/Rs 700/Classic Foam

If you strain your spine during a yoga session, maybe you need to throw away the old blanket you're using. This cushioned 6' x 3' **yoga mat** is 0.75 inches thick making it easy on your spine. Roll it in and it becomes your travel companion. Contact Sanjay Thukral on 022-26151589, 2610 2327 or (0)9322246734 for details.



JIGNESH JHAVERI

health at hand

// First Person

Kapil Dev former cricketer, 49



ANCHAL KEIRIWAR

I eat judiciously. And I have an open mind. I like to try everything and soon develop a taste for things. In my younger days, I forced myself to drink milk. Now I force myself to have bitter

"Golf helps me stay fit and is also a great mental exercise"

gourd juice to control my blood sugar. I like pasta and Mexican avocado, an excellent source of fatty acids, fibre and vitamins. At the same time, there's nothing like *ghar ka khana*. These days I don't make too many commitments so I can be home by 8.30 pm to have dinner with my children. The secret of my wellness is a simple life and faith in the super power.

When I was playing cricket I used to sweat it out on the field for 10 hours. After retirement, I used to sit in my office—I run a sports lighting firm. Being

confined to the chair, an old knee injury started hurting again. Now I play golf every day. It helps me stay fit and it's also a great mental exercise.



JIGNESH JHAVERI

Iron out the kinks

Power-drum massager/Rs 15,000/Osim India

Here's a massaging device you don't need to hold and manoeuvre. The **uPapa** promises a customised therapeutic experience with seven rhythmic modes, seven drumming positions and five massage intensities. It may look intimidating but you just need to plug in this apple-shaped device and rest your pressure points on it. From your back to feet, your body will feel knuckles gently tapping the focused area. You can select different massage options with the controls in your hand. Just be careful not to place heavy objects on it. Contact Monish Auja on (0)9821013384 for details.

Check in, check out

**Blood pressure monitor and body fat analyser/Rs 14,000/
Osim India**

Now you needn't visit the physician to measure your blood pressure. Just wrap the cuff of the DIY **iCheck 500** on your arms and select 'BP'. To measure your body fat, place your hands on the top half of the device containing sensors and punch in your height, weight, age, etc. Though it can store up to 30 readings, a strong electrical field around you can lead to incorrect measurement. Contact Monish Auja on (0)9821013384 for details.



JIGNESH JHAVERI



SHILBHADRA DATTA

Sound of hope

The statistics are staggering. About 45 per cent of the population over the age of 70 suffers from some degree of hearing loss. However, not every hospital has a department dedicated to treat the problem. No wonder the news of an audio-ocular clinic at **Kolkata's** B P Poddar Hospital sounds like music. With state-of-the-art diagnostics, affordable audiometry tests and treatment, and Kolkata's first speech therapy centre (*see photo*) with a customised rehabilitation programme, the clinic plugs an enormous gap. "Though blindness is treated with a lot of compassion, in our society hearing loss is a subject of much disdain," says medical superintendent Dr Niramalya Deb Manna. About six months ago, Poddar also started a special clinic for senior citizens. With free first consultation and a nominal Rs 70 for follow-ups, the hospital also offers 10 per cent discount on all costs.

—Ritusmita Biswas

Health on wheels

Perchh is a small non-descript village in **Punjab** connected to Chandigarh with a 10-km pot-holed road on which a bus runs every six hours. Here, a simple, square building invites extraordinary people with extraordinary spirit to carry out selfless service for the rural poor. Sahibzada Ajit Singh Free Polyclinic Trust is run by nine dedicated retired silvers who use all their contacts to provide people adequate—if not the best—medical facilities. The polyclinic is equipped with sophisticated modern gadgets—a computerised lab for clinical tests, ECG machine, X-ray machine and dental chair; in March 2008, they found a donor to acquire an ultrasound machine. In April, a physiotherapy centre was introduced. And in May, the trust started a mobile van (provided by Red Cross) that brings ailing villagers to the polyclinic and drops them back home. On an average, about 50 villagers use the van to come to the polyclinic.

—Vandana Shukla

live your best life

// First Person

Shobhaa Dé author, 60



opt for a vegetarian meal, preferably steamed or cooked without oil. And I try to avoid red meat. Fried food? A big 'No'.

My career is most fulfilling, and I do live my life at a scorching pace but my family always comes first, no matter what the

"I avoid excess and indulge myself only in moderation"

other compulsions. My family is my ultimate comfort zone. I don't seek companionship outside the family circle. I draw nourishment from my own. It is their love and support I value the most.

I bow my head to God twice or thrice a day. It is an act of humility and surrender. I try and simplify my life as much as I can, and seek the divine in simple acts of grace.

My health regime is exactly the way it was when I was a school-girl. I have never ever worked out in a gym. I don't have a personal trainer, and no yoga instructor. I follow a simple set of basic exercises—stretches, toe

touching, side bends and a few *asana*. I eat smart and live smart. I avoid excess and indulge myself from time to time, but only in moderation. Though I love my food, what saves me is that I don't have a sweet tooth. I

Doctors on call



In February, Dr V S Natarajan, a geriatric consultant at **Chennai** Hospital, launched the Doctor on Call service with 40 doctors, 15 physiotherapists and five psychologists as part of the hospital's Senior Citizens' Welfare Project. "Delay in treatment, because of inability to contact the doctor, brings down recovery rate," he says. All seniors in these 20 localities have been provided the contact details of the doctors on the list. While doctors charge Rs 300 per house visit, psychologists charge Rs 200 and physiotherapists charge Rs 150. Chennai Hospital has also announced a 'phone-in advice' facility for chronic patients. For more details, call (044) 26412030, 26282018 or 28231388.

SPF



In *The Science of Staying Young* (McGraw Hill; Rs 272 pages), Dr John Morley redefines SPF as 'spontaneous physical fun'. Examples: socialising, drinking red wine, and eating dark chocolate. "Living well and feeling good enough to do whatever you want to do throughout your lifetime is priceless," writes Morley, who is director of the division of geriatric medicine at Saint Louis University, US. He has also outlined a 10-step programme to improve quality of life:

- 1 Have four servings of fish a week or fish oil capsules. Enjoy alcohol in moderation.

Eat plenty of fruits and vegetables.

- 2 Exercise for a half hour daily.
- 3 Use hormone replacement therapy judiciously. It isn't an anti-ageing potion.
- 4 Tackle a puzzle, play video games, turn off the TV, treat signs of depression that can cause memory problems.
- 5 Don't lose weight after the age of 60. It's healthier to be 'pear-shaped' and carry extra weight in your hips than 'apple shaped' and have a larger waistline.
- 6 Lower your risk for heart disease. Give up smoking.
- 7 Screen for cancer.
- 8 Thicken your bones. Do weight bearing exercises.
- 9 About 95 per cent of all hip fractures come from falls. Tai chi can improve balance.
- 10 Have a health check-up.

—Arati Rajan Menon

Free check



Sassoon General Hospital, **Pune**, has started a free geriatric OPD from 7 April 2008. Every Monday, 2 pm to 3.30 pm, Room Number 60; Room Number 56 for routine tests; Room Number 1 for X-ray and sonography (for emergencies).

What you need: Proof of being silver—ration card/election card/railway pass or pensioner passbook.

What you get: Free consultation, routine tests, drugs for a fortnight, and admission to hospital. For investigations conducted outside the hospital, assistance is provided in the form of referral notes and discounts up to 50 per cent. Medication for ailments such as diabetes and hypertension are not provided by the hospital.

Advantage silver

With its brand new SENIOR ADVANTAGE programme, the Mission of Mercy Hospital and Research Centre in **Kolkata** promises to pay special attention to your files and records and remind you to go in for check-ups and follow-ups. Besides, the hospital is also offering discounts on routine diagnostic tests and a 24-hour helpline that silvers can call anytime for medical or psychological help. For details, call Mariamma George on 033-2229 6666.

nature cures

Home Herbal Project DELHI



NEERAJ SINGH

A few mornings ago, Rooma Ghosh, heading for 50, plucked a leaf of a *madhukari* (*stevia rebaudiana*; a herb from the sunflower family) from her herbal garden and bit into it. "It's hard to describe the flavour of something so alive, hardly 10 seconds out of the earth," she says.

Ghosh was amongst 1,000 homeowners in **Delhi** who volunteered to join the Delhi government's Home Herbal Garden project in August 2007. The idea was to give Delhi's silvers something to do in their spare time. The Energy and Resources Institute (TERI) would supply them herb saplings and the National Medicinal Plant Board would help them grow and use these. Ghosh bought her first lot of *stevia*, *ashwagandha* (winter cherry) and *tulsi* (basil) for as little as Rs 2 per plant. But by October 2007 most of them had mysteriously died. TERI offered no help. The next batch of plants came in October. This time, she managed to save them. However, it is proving difficult this summer with the scarce water supply. "There are days

when we have to decide between filling the water-cooler or watering the plants," she rues.

So far, only 17 species of herbs are grown by TERI but only a few varieties are ready for distribution. And when they grow, Grace Lhouvum from

TERI is trying to form a network of kitchen gardeners

TERI's Delhi office, assures us they will be sold at Mother Dairy outlets. TERI is now trying to form a network of kitchen gardeners so that they can share knowledge on how to make compost and procure other herbs. The other day a neighbour, advised Ghosh to mix *ashwagandha* root and *saunth* (dry ginger) and drink it with milk to control pain in her knees. Ghosh would rather wait for the National Medicinal Plant Board to provide her with well-researched information. It's taking too long.

—Teena Baruah

Tea time

Green tea/Tetley Green Tea (Rs 25); San-cha Green Tea in five flavours (Rs 190); Organic India (Rs 78)

Go green the next time you have your friends over for a 4 pm cuppa. Rich in antioxidants called polyphenols, which help fight various diseases (see next page), green tea is best taken without milk.



JIGNESH JHAVERI

Go green

Here are the potential health benefits of green tea:

- Protects against a range of cancers, including lung, prostate and breast cancer
- Increases metabolic rate and aids weight loss
- Boosts mental alertness
- Lowers cholesterol
- Aids cardiovascular health
- Boosts immune system and guards against infection
- Lowers chances of cognitive impairment
- Lowers stress hormone levels
- Inhibits growth of bacteria that cause bad breath.



// First Person

Zohra Sehgal actor, 96



SURESH NATARJAN

I have a balanced diet and a daily routine. My day starts at 8 am with four glasses of water. For breakfast I drink a large cup of milk. At 1.30 pm, my lunch comprises two slices of toast, a bowl of soup and a little salad. In the evening, I eat an apple and at 8.30 pm, I enjoy my dinner of two chapattis, vegetables and some fish. I make sure that I don't eat anything between meals.

My exercise routine includes *pranayama* and some relaxation exercises, that I learnt years ago when I was in Germany, called eurhythmics—a combination of music and movement in order to develop rhythmic unity between the eyes, ears, mind and body. Above all, my sense of wellness comes from my sense of humour. I lack spiritual understanding, but I tell everyone to be grateful for life's mercies.

fitness first

Fitnesolution NEW DELHI



NEERA SINGH

Most silvers sign up for low-impact Pilates—pronounced *puh-lah-tiss*—for all the right reasons. This low-impact workout combines a series of controlled

movements, concentration and breath control and strengthens the torso, providing support for the spine and improving flexibility and posture. For years, it's

been the preferred exercise regime for dancers and gymnasts around the world. Fortunately, you don't have to be athletic to engage in it. But homemaker



NEERA SINGH

Health and luxury

The **a+ Medispa** is the latest destination for aesthetic and wellness therapy in **Delhi**. Brought to you by the House of Amatrtra, Ashok Hotel, this 18,000 sq ft Ayurvedic centre has 20 therapists and a physician trained in Ayurveda. As part of an inaugural scheme, the resort is offering packages starting at Rs 9,000 for four hours of pampering—body massage, steam, Jacuzzi and sauna, herbal drinks, and meditation. The centrepiece is the rejuvenating package—Rs 40,000—that offers anti-age skin care (Botox, laser and liposuction), pain management and lifestyle ailment management. For details, contact 011-46075777.

Kamal Bajaj, 62, took it up in 2006 for different reasons: it's the latest fad in **Delhi** and Tiger Woods swears by it. In these two years Bajaj has discovered several other reasons to back her choice. Fitness guru Kiran Sawhney who runs Pilates studio Fitnesolution in Greater Kailash, New Delhi, trains Bajaj. The daily hour-long class costs her Rs 2,500 a month.

Silvers prefer Pilates because it's holistic and meditative

It looked deceptively simple in the beginning, says Bajaj. "Our first exercise was to breathe in and out a hundred times. And I thought 'that's simple'." But then she was told to keep her back straight, raise her legs, keep her neck in line, pump her hands as she inhaled and exhaled. When you contract the abdominal muscles, you extend the back muscles, and when you

contract the back muscles, you extend the abdominal muscles, so they start to work in tandem. The coordination was initially tough but Bajaj stuck to it.

The first major draw was to feel relaxed after every session. Eventually Bajaj saw other benefits: she became stronger, more flexible and her posture improved significantly. Sawhney's silver students mostly come to her with stiff and painful knees or lower back problems. Others simply don't feel that good anymore. And they prefer Pilates or yoga to a rigorous workout because it's holistic and has a meditative quality. "It's physical [through postures and breath control], spiritual and mental," says Sawhney. Bajaj agrees. "I often felt depressed after menopause set in and lonely after my three daughters got married and settled abroad," she says. "But when I'm at a Pilates class, I can't think about other things. I have to live in the present."

—Teena Baruah

Work it out

Aerobics can help the body and brain of people over 55, according to a study by the Cochrane Library in Netherlands. In 80 per cent of the silvers studied, **aerobics increased cardio-respiratory fitness and enhanced speed of thought**, auditory and visual attention and delayed memory function.

Touch and heal

**Wellness spa/SOUKYA
Dr Mathai's International
Holistic Health Centre**



This new getaway in **Bengaluru** offers a potpourri of wellness programmes run by Ayurvedic doctors. The choice begins with *Panchakarma*, a rejuvenation programme (21 to 28 days) comprising cleansing and revitalising for silvers. *Swaad* (seven days) offers full body massage, keeping in mind conditions like arthritis and back pain. *Sunder* is a 15-day package with anti-ageing Ayurvedic treatments like hydrotherapy, mud bath and herbal packs. *Shudha* (10 days) repairs the damaging effects of city life on your body. And *Santosha* (15 days) combines rejuvenation and detoxification along with reflexology and acupressure. Cost: Rs 4,500 to Rs 11,900. Go to www.soukya.com/tariffs.html for more details.

—Ruchi Shah

sweet nothings

// First Person

Nafisa Ali actor, 51



I never take a second helping. There's no sugar or milk in my tea, and I have very little carbohydrates. Recently, I switched to soymilk. It's supposed to be good for women after menopause and I feel much better. I eat chocolates only once a week; if I don't I get depressed. I have tried several diet plans—Atkins, salad and

"I tried every diet but am now back to eating small meals"

boiled food—but haven't stuck to any one of these for long. Now I eat small and sensible meals comprising greens, fruits, cereal and lean meat. I don't diet any longer as I am more vulnerable to viral infections than I ever was.

Over the years, I have also realised that it's not just important to look good. Equally important is to keep your joints from aching. When I am not doing anything, I tense my muscles, especially my abs, and that has kept my muscles taut. I also do face yoga,

Med watch

Merck Sharp and Dhome (MSD) Pharmaceuticals, the Indian subsidiary of Merck Ltd, recently launched Januvia (Sitagliptin), an **oral diabetes medicine** that helps control blood sugar levels. It works by regulating the levels of insulin your body produces after eating. India is home to the largest population of diabetics in the world with over 30 million people suffering from the disease.

which might look like funny expressions but stretches every facial muscle. I do it even while commuting—and have sometimes startled a few bystanders. Thanks to it, I will never have to worry about a double chin and hopefully I will never need Botox. I taught Amitabh Bachchan how to do it while we were shooting *Major Saab*.

Peace of mind and spiritual strength are also imperative. Some years ago, I shaved my head at Tirupati. It was a turning point in my life when I decided to leave my future decision-making to a higher force. It helped me cut down my ego and encouraged me to spend more time with poor people. The other important turning point was when I worked as a relief worker for earthquake victims in Kutch. As I stood amid the rubble, I realised how vulnerable we really are. It taught me humility and gave me a deeper understanding of life. For the first time, I doubted the term 'for posterity', and it helped me work for society with renewed energy.



JIGNESH JHAVERI

Class test

Here's how a glucometer works: you prick your finger with a lancet (a small, sharp needle), put a drop of blood on a test strip and place it into a meter to get your blood sugar level. The latest Japanese **Glucocard 01**, brought to you by **Arkray Piramal Medical Pvt Ltd**, looks like a mid-market mobile handset, doesn't show an error in reading owing to heat, needs the tiniest droplet of blood, and gives you a result in 7 seconds. An improvement over conventional glucometers that need a larger blood sample, are influenced by temperature variation and take 15 seconds to show glucose count. Price: Rs 2,380. For details, contact 022-32043204 or (0)9323792251.

Tea with Tee

Bengaluru-based company **Avesthagen** has launched a biscuit made with fenugreek (*methi*), whole wheat and its patented bioactive component (derived from a single herb) **Teestar**, which promises to reduce sugar levels by almost 10-15 per cent. The **Teestar** cracker (Rs 35 for a 100-gm pack) is the first 'food-for-medicine' from the company. Next in line is Bonapure for bone formation, Smartchol to control cholesterol, and Phytossea to inhibit cartilage degradation. For details, contact 044-4504 2111 or (0)9886057047.



JIGNESH JHAVERI



Food is the key

Dr Pushpesh Pant on the choices we can make

It is true that life has to be sustained with basic nutrition—the daily bread or its equivalent handfuls of rice. If impaired, life

becomes a painful ordeal. Even temporary illness can cause great misery. But wellness goes far beyond remaining fit. Food must be looked upon not as only an ingredient but as the foundation.

The precepts of Ayurveda provide useful guidelines that have been validated by modern research. All of us are unique individuals born with different physical constitutions and personality types. The interplay of nature and nurture decide the course of our evolution. The *Bhagavad Gita* mentions three personality types—*rajasik* (active/heroic), *satvik* (tranquil/calm) and *tamasik* (slothful/inert) that combine in various permutations. Other ancient texts too encapsulate the distilled essence of similar wisdom.

It makes sense to make food choices accordingly. As the adage goes, 'We are what we eat'. It is equally true that what we eat depends (to a very large degree) on 'who we are'. This can be translated as age, socioeconomic status and cultural inheritance. Obviously 'who' is closely related to 'where' and 'when'. Ayurveda lays great emphasis on *dincharya* and *rituparya*. The daily routine—timing of food intake, seasonal prescriptions and prohibitions—should not be violated as far as possible. This, in brief, is what concepts such as *swbhav-prakriti* (personality), *desh* (region) and *kaal* (season) imply—the self-discipline to eat sensibly also contributes to wellness.

Interestingly, the Sanskrit word for health, *swasthya*, inherently means well-grounded (needing no outside support, and centred in the self). Every kind of food has some inherent property. These are referred

to as *guna* (properties) in Ayurveda and *taseer* (effect) in the Unani system of medicine. These impact our *dosh* (elements)—*kapha* (water), *pitta* (fire) and *vata* (air). The changing cycle of seasons increases or reduces the collateral effect of these elements on human life.

There are a few other ideas that should not be ignored, especially by silvers. According to Indian culinary and medical philosophy, all food can be categorised under six basic categories of taste comprising the *shadra* spectrum. We do well by including six *rasa* (salty, sweet, sour, bitter, astringent and pungent) in the daily diet. Countless flavours can be created by playing around with the *shadra* (literally six juices/essences/sap). What is mundane and therapeutic can easily be transformed into the sublimely aesthetic.

Food has the potential to please all five senses at once—sight, smell, sound, taste and touch. Every morsel of food we put in our mouth reassures us that our senses are intact and all is well with the world. The relaxation experienced in planning and preparing food when company is scarce is an additional bonus! This is what wellness is all about. It is not just satiating the pangs of hunger but to aspire for bliss, hopefully occasionally experiencing ecstasy.

In later years, we must all make adjustments. Food habits are difficult to give up, but consider-

ations of health make it imperative to reduce the intake of salt, sugar and/or fat. The line between intoxicants and toxic gets blurred and fun food (alas!) becomes life threatening. This is when the wisdom articulated by the sages who composed the *Upanishad* comes to our rescue—*ten tyakten bhunjeetha*, enjoy but with a sense of detachment; follow renunciation without a sense of deprivation. And it's not impossible to adhere to. ■

Wellness is not just satiating the pangs of hunger but to aspire for bliss, occasionally experiencing ecstasy

Dr Pushpesh Pant, Harmony's culinary expert, is a documentary producer, author and die-hard foodie

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Be the doctor

Shameem Akthar writes about the power of self-healing

International motivational healers like Louise L Hay and Dr Andrew Weil have rewritten the idea of healing, reinvesting it into the hands of those who suffer ailments. Their association with alternative therapies and willingness to allow scientific research to check their suggestions power the idea that self-healing must complement conventional medical treatment.

Yoga too strongly believes that involvement of patients with their treatment, their willingness to embrace lifestyle changes and their ability to revamp their diet can hasten healing. Yoga therapy schools like Vyasa in Bengaluru and Bihar School of Yoga in Munger cite research studies by Japanese scholar Dr Hiroshi Motoyama, who integrated eastern sciences with western medicine, to promote the idea that the body is an energy field that has the potential to heal itself. For instance, he explained the *chakra* (energy plexus) in the human body and the flow of energy through them using the language of a quantum scientist. Late American psychologist Dr Thelma Moss's book *The Probability of the Impossible* further discusses eastern ideas of self-healing in the context of western research and experiments. And Weil's self-healing programmes, exceedingly popular among people with serious ailments, comprise a yoga regimen including breathing exercises, dietary overhaul and meditation and the introduction of an activity that takes your mind off the ailment, such as visiting an art museum.

The foundation of such self-healing, therefore, has nothing to do with quackery but is based entirely on simple commonsense. Science has discovered that each nostril switches its breathing every one-and-

half hours. Every biology student also knows that the right side of the brain handles the left side of the body and vice-versa. The entire science of *swara yoga* (the science of nasal breath) is based on this premise. According to this, disease can be diagnosed when one nostril flows continuously as this reflects an imbalance between the active sympathetic nervous system (*pingala nadi*) and the healing parasympathetic nervous system (*ida nadi*)—either should be able to return the body to a state of balance or homeostasis. In a diseased person, this ability seems to be out of kilter.

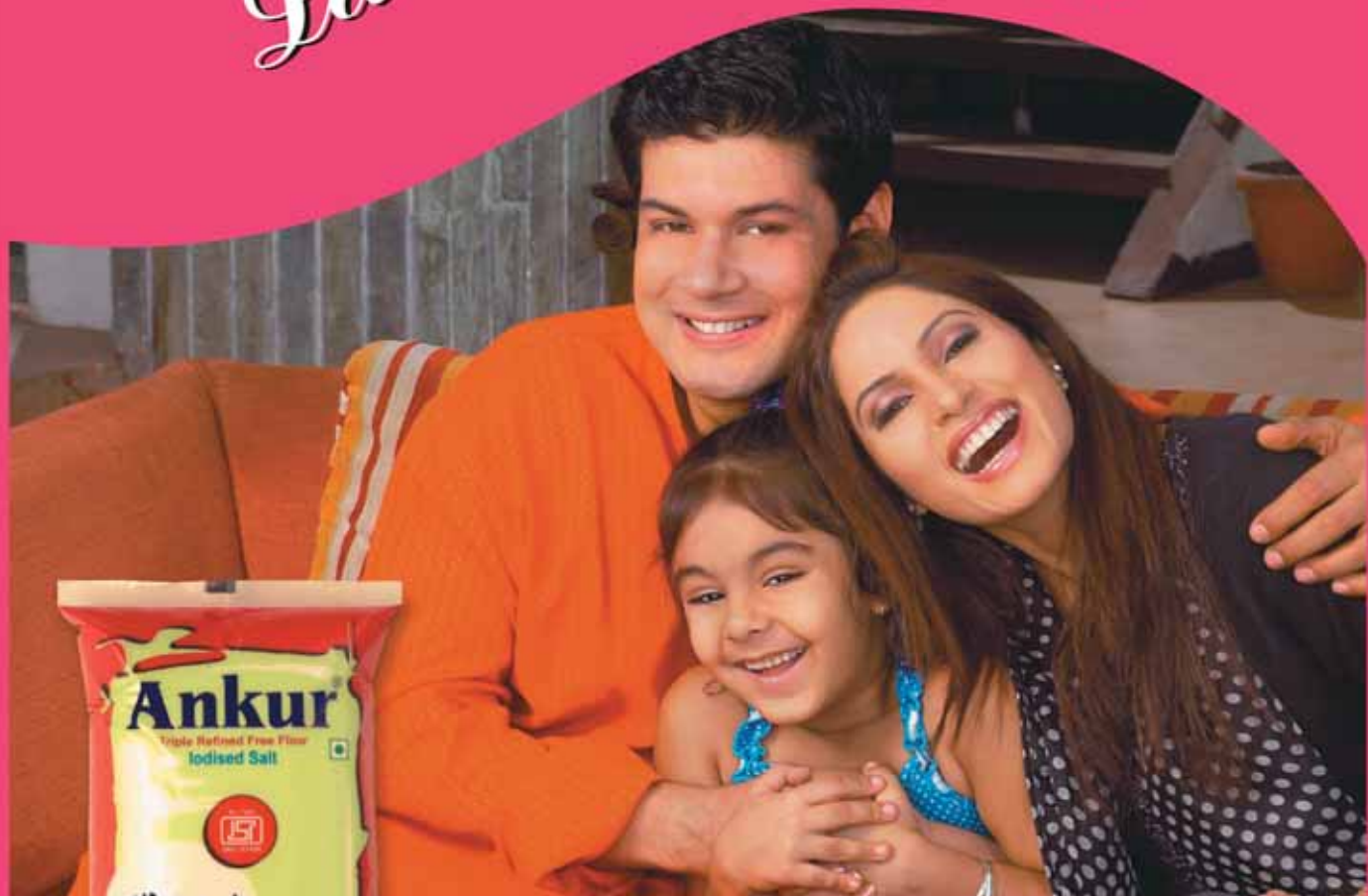
In his books, motivational healer Dr Deepak Chopra cites research to prove that focusing attention on a particular body part can increase blood flow to the region. This is the concept behind the self-healing meditation techniques of yoga. Among these *prana vidya* (knowledge of the life force) is the most popular and easy to use. Breathing exercises (*pranayama*) like the energy channel cleanser (*nadi shodhana*) also enable self-healing by balancing the sympathetic and parasympathetic nervous system. The humming bee (*bhramari*) *pranayama* is often recommended after a major operation to speed up healing. Loud breathing or *ujjayi* is another powerful healing practice that works by calming the mind—the hissing sound produced has a positive impact on the large vagus nerve, part of the rejuvenating parasympathetic nervous system.

Self-healing has nothing to do with quackery and is based entirely on commonsense

Further, rosary chanting or continuous prayer recitation helps the body-mind complex to heal by lulling it into a state of relaxation. A recent study of medical students preparing for their exam found that those who chanted their rosaries had more T-cells (of key importance to the immune system) in their saliva than their fellow students who did not meditate, indicating that their immune systems were better able to withstand stress. ■

Shameem Akthar, Harmony's yoga columnist, is a Mumbai-based yoga acharya

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train your brain

Nana Nani School MUMBAI



VILAS KALGUTKER

The only criterion for admission to Prabhu Seminary Nana Nani Shala in Girgaum, **Mumbai**, is that you should be at least 60 years old. The school, set up in March 2007, is the brainchild of late Shiv Sena Pramod Navalkar, who set up 16 Nana-Nani and Aji-Ajoba parks in Mumbai. A nominal Rs 100 entitles you to a one-year membership. Last year, 130 silvers joined up. Eighty-three students have enrolled for this year's session, which began in April—two of them are 80 years old while the others are in their 60s and 70s. Classes are held from 4:30 to 6:00 pm five days a week and devoted to yoga, general knowledge, music, *Manache Shlok* and the *Bhagavad Gita*, and

making handicrafts. A blood pressure check-up is also part of the weekly agenda.

After Navalkar passed away last year, his wife Vandana, 70, took over as principal and has delegated the actual running of the

"Being together gives us a lot of emotional support"

school to 78 year-old Saral Mhatre, retired principal of Chikitsak High School & Junior College, Girgaum; 71 year-old Latika Naik, former principal of

SNDT BED College; and 82 year-old Shivaji Kamat, who worked in a pharmaceutical company. "Being together gives us a lot of emotional support," says Mhatre. Last year, the school organised 12 programmes on acupuncture, music and consumer rights.

A good singer, 70 year-old Mangala Apte loves helping out during *bhajan* class. "We make many new friends," adds Sneha Bhivandkar, 61, who lives alone. Though new to this session, Rukmini Sakharkar, 80, wore a nine-yard sari and joined the dancing before school closed for summer. The enthusiasm makes diffidence impossible.

—Anjana Jha

Brain Fitness 101

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Think 10

Here are 10 habits of highly effective brains, according to *The New York Times* and based on the latest research on the ageing brain:

- 1 **Learn how you 'use it or lose it'.** When we exercise our brains, we put our neurons in action. This solidifies them and promotes neurogenesis, or the birth of new neurons.
- 2 **Eat healthy.** The brain only weighs 2 per cent of body mass but consumes over 20 per cent of oxygen and nutrients we intake.
- 3 **Exercise your body to sharpen your brain.** Physical exercise jumpstarts the neurons and promotes neurogenesis.
- 4 **Practice positive thoughts until they become your default mindset.** Stress and anxiety, whether because of external events or your own thoughts, kill neurons.
- 5 **Thrive on learning and mental challenges.** Once new neurons appear in your brain, how long they survive depends on how you use them.
- 6 **Aim high.** We are self-directed organisms and must keep learning. The brain keeps developing, no matter your age, and reflects what you do with it.
- 7 **Explore, travel.** Adapting to new locations forces you to pay more attention to your environment. Make new decisions, use your brain.
- 8 **Don't outsource your brain.** Make your own decisions, and learn from your mistakes. That way, you keep training your brain.
- 9 **Develop and maintain stimulating friendships.** We are social animals and need social interaction. This, in turn, ups brain activity.
- 10 **Laugh often.** Especially to cognitively complex humour—full of surprises and twists!

—Arati Rajan Menon



JIGNESH JHAVERI

Play to win

Nintendo DS with Brain Age: Train Your Brain in Minutes a Day/Rs 8,200/Origin Games

Think you're too old to play video games? Think again. Though 'Brain Age: Train Your Brain in Minutes a Day' is designed for all ages, it's especially beneficial for silvers. Brainteasers and problem-solving games (including Sudoku and word memory) help improve brain functions among older individuals. Brain Age has revolutionised mental wellness globally, even for patients suffering from dementia, Alzheimer's and attention-deficit disorders. This is your ticket to combat the decline and have loads of fun in the process. The **Nintendo DS** console is the size of a palm pilot with a touch-screen interface. Just insert the Brain Age card and pick one of the four categories. The touch screen even changes sides according to the preferred hand in use (right or left). Contact Deepak on 022-66430003 for details.

—Ruchi Shah



JIGNESH JHAVERI

soothe your nerves

// First Person

Sri Sri Ravi Shankar founder, The Art of Living Foundation, 53



Courtesy: THE ART OF LIVING FOUNDATION

A disease-free body, quiver-free breath, stress-free mind, inhibition-free intellect, obsession-free memory, an ego that encompasses all and a sorrow-free soul are the signs of total wellness and are deserved by every human being.

"Meditation is living every moment totally with depth"

The higher goals in life can only be realised through a few minutes of meditation and introspection. Get a broad understanding about yourself, and your goals and priorities. Even the mere intention to do so will automatically open many

doors for you and make you feel much better about yourself.

Enrich your experience of life from the depths of yourself. Meditation is when you let go of all that you hold on to and settle down, being centred in that space. The deeper you are able to rest, the more dynamic you will be in activity. Even though deep rest and dynamic activity are opposite values, they are complementary. Meditation is deeper than the deepest sleep that you can ever have because in meditation you transcend all feelings and desires. Meditation is accepting this moment and living every moment totally with depth. Just this understanding and a few days of continuous practice can significantly change the quality of your life.

Tai Chi Academy PUNE



VIKRAM PATWARDHAN

The Om effect

Meditation, long promoted as a technique to reduce stress, does not just make you a calmer person—it also makes you nicer to those around you, say researchers at the University of Wisconsin in Madison, in the US. The team used functional magnetic resonance imaging (fMRI) to indicate that positive emotions such as loving, kindness and compassion can be learned in the same way as playing a musical instrument or being proficient in a sport. The scans revealed that brain circuits used to detect emotions and feelings were dramatically changed in subjects who practised meditation regularly, making them more sympathetic to others around them and, in turn, helping them develop better social networks.



Clean up

Housecleaning can help drive away the blues. According to a study by the British Journal of Sports Medicine, just 20 minutes of **household chores** or jogging helps **alleviate depression**.

About 200 million people worldwide practice tai chi every day. That's because it's proven that those who practice every day live longer and stay more active than those who don't. Tai chi helps assimilate energy in contrast to most exercises that dissimilate energy. Its slow, dance-like movements, deep breathing and use of mental imagery lend flexibility and balance. Now, this derivative of martial arts is gradually becoming popular among silvers too. We met some first-timers at a class in **Pune**.

It is 6:30 am and the class at Tai Chi Academy at Senapati Bapat

Marg in Pune, which is held for an hour twice a week, is about to begin. Two participants are 66 year-old P Narayan and his wife Sathya, 62, who started tai chi four months ago. "Though yoga has helped relieve pain in my knees, I have experienced greater and faster relief with tai chi," says Narayan. Siva Kumar, the instructor, tells us that slow movements of tai chi also help prevent osteoporosis and falls in seniors. For instance, 54 year-old Reiki master and practitioner Urmila Bhana had a problem balancing her gait since she was young. A fall five years ago aggravated the problem. "With

tai chi, I am attaining better balance. Now I can turn about 115° on one heel," she says. We are told that initially silvers tend to focus only on the movements, but then the grace and joy of doing tai chi steps in. A regenerative exercise, tai chi is also an art of self defence and a philosophical way of life that brings harmony and balance through an awareness of one's body, mind and spirit. As 51 year-old yoga practitioner Dilshad Bhargava, a former athlete, puts it, "The rigorous workout helps detoxify my body and relieves stress. I love its discipline."

—Khursheed Dinshaw



NEERAJ SINGH

Mental workout

Mukul Sharma tells you how to keep those grey cells ticking

Everyone will ultimately lose his or her brain at the end of their lives, sure, but that doesn't mean we have to lose our minds too in the process while waiting. Unfortunately, a lot of us do because we stop using the brain. Which is a shame because it's an organ that develops by interacting with the world through perception and action. Mental activity improves its performance and protects against cognitive decline. Even in old age it can continually adapt and rewire itself and grow new neurons.

Having said that, here's a caveat: all that terrific sounding advice about how older people should immediately start solving puzzles, do crossword, play Scrabble, cultivate a hobby, pick up chess or bridge, learn a new language, etc, is not going to go anywhere in a hurry if you are not motivated enough or there's no positive feedback. After all, if you genuinely don't feel like speaking in Spanish suddenly or Sudoku repeatedly stumps you, you're going to lose interest pretty fast. However, there are two avenues still open to anyone who wants to keep those grey cells ticking till the end of time. One's called experimental action and the other, lateral or science-fiction thinking.

Experimental action forces the brain to learn things in a fun way. For example if you use a computer, switch to using the mouse with your left hand (or the right hand if you're left-handed). In the beginning this is not going to be easy but then in the beginning learning to tie shoelaces was a major drag too wasn't it? You're going to be surprised how fast your brain picks up the task as it stimulates cells to grow and connect with each other by laying down new pathways. You'll have mastered it in a week max, if that.

Similarly, try brushing your teeth with the opposite hand. Or soaping or dialling or whatever you've been doing with your dominant hand all your life. (Eating can be messy, so skip it.) Sometimes combining two senses or using one of them in an uncommon way can have the same effect. Lay out all the clothes you'll be wearing after a shower and wear them with your eyes closed. Or if you're sharing a meal, go through the process without talking, using only non-verbal cues to communicate.

Lateral thinking is another great way to continue the development of the cranium's contents. Ask yourself how many timepieces there are in the house. As soon as you total all the wristwatches and clocks and think you have the answer, think again. There's probably a couple more in the car, one in the PC, another on the DVD, cell phone, etc. It's estimated there are about 40 in every household. Discover the rest. Then discover more questions like this one. For example how many electric motors are there in the house? (About 40 again.) Similarly think about how many things that CAN'T be done fast.

Here are two: making mayonnaise and putting on the car's seatbelt. Try to figure out why not and then think of more things.

Science fiction thinking is the best way to ensure you'll be thinking way into the next century. Here are some sample questions: What would be the shape of chairs if our knees bent the other way? What colour would a chameleon turn if

it's placed on a mirror? How to tell if a piece of iron is a magnet if you're in a bare wooden room without any clothes on? From looking for a nipple and learning to use it, to managing damage control on a goofed up pension plan, our brain has been on steroids since birth. The greatest enemy of increasing years is mental inactivity and lack of imagination, usually resulting from an ennui-ridden angst of having been there, done that. ■

Science fiction
thinking is the best
way to ensure you'll
be thinking way into
the next century

Mukul Sharma, 59, is the creator of brain game 'Mindsport', and consulting editor with The Times of India



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In good company

Raju Bharatan on life in the age of youth

Seated before me was a distinguished Islamic scholar. He was there to meet Khushwant Singh, editor of *The Illustrated Weekly of*

India. While waiting, he beheld 'Jiggs' Kalra (the food expert-to-be) and Ramesh Chandran (*The Times of India*'s Washington correspondent-to-become) playing rubber-ball cricket inside the department. Suddenly, Jiggs hit the ball in the direction of my table. Instinctively, I caught it and threw back the ball to Ramesh. That bearded gentleman did not say a word. He shook his head sadly and walked away. No doubt reflecting upon how topsy-turvy must be a set-up in which the assistant editor played ball while the editor played hookey.

If, at 74, I am still young at heart and nimble of mind, it is because those nine years with Khushwant made each one of us aware that we lived in the age of youth. Fatma R Zakaria, Bachi Kanga-Karkaria, M J Akbar, Bikram Vohra, Anikendranath Sen, Vithal C Nadkarni, Sujata Anandan, Pinkie Virani, Sudhir Tailang—these are but a few names that passed through *The Weekly* editorial sieve. They were all young then and I had the daily opportunity to interact with them. At the then youthful age of 38, in the face of being a non-matriculate, I had been promoted—on Khushwant's bulldogged insistence—to the selection post of assistant editor.

Khushwant's push-forward put me in charge of a spirited group in whose company I knew no ageing. They saw me setting the 'Sunday Cryptic' crossword during lunch-hour. They marvelled at the mental gymnastics in which I indulged. You could discern, even then, that Akbar and Bachi were

headed for the big league, as two young people ahead of their times. The wellness of mind and heart that came with being among such talents of tomorrow rubbed on to my after-retirement years. I consciously strove, at 60 plus, to be in the assembly of the forward-looking. The younger lot would look aloof, until I approached them. Once I took the initiative, they would be full of beans, feeling fulfilled that someone so vintage in the profession was not averse to treating them as equals.

I discouraged my staff from calling me 'Sir'. "Just say Raju," I would tell them. Even the renowned Qurratulain Hyder was simply Annie in *The Weekly*. Khushwant could be just Khushi. Just like him to introduce Simi Garewal as "my niece" and then ask me to feature her, 'in the altogether', in his journal—remember that scene from *Siddhartha*? Wicked at the wicket was Khushwant, saying "Balla dikhaao!" while urging me to produce yet another cricket special to arrest our marginally dipping circulation. At his 'youthful' peak, Khushwant Singh regularly sold 365,000 copies of *The Weekly* each Friday.

At the threshold
of 75, I make a
conscious effort to
think young, act
young, stay young

Taking my cue from Khushwant, on the threshold of 75, I make a conscious effort to think young, act young, stay young. I learnt patience from having to persuade R K Laxman to do *The Weekly* cover. At times, this involved spending a full hour with him through three days. What struck me was how how

youthfully innovative in his thinking this cartoonist could be while conceding years to me. Even today, you limit the chance to be with those thinking young only if you straitjacket yourself in a certain age group. Setting crosswords has helped keep my brain charged. As I frame the clue *Rana hugging Maya classic*(Ra/Maya/na) for *Ramayana*, I pride myself upon being from the stable of Raman, Laxman and Bharatan. ■

Raju Bharatan, who sets the Harmony crossword each month, is the originator of the 'Sunday Cryptic' crossword in *The Times of India*

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HANS Adventure Resort PUNE



VIKRAM PATWARDHAN

Twenty years ago, when Indian Air Force Group Captain Hemant Khatu and his wife Neeta bought a 10-acre plot in **Sutarwadi**, 110 km southwest of **Pune**, no one could quite figure what they intended to do with a nondescript rocky patch of land. Today the HANS Adventure Resort stands as a testament to the couple's determination and zest for life. The resort, comprising two farmhouses, tents, bamboo cabins, mango and cashew orchards, draws adventure

For the Khatus, the resort reflects the strength of silver

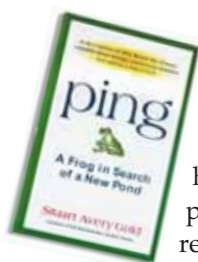
enthusiasts from all age groups. Khatu and his team of instructors guide people through activities like rope climbing, rappelling, lake crossing, monkey crawl and the Tarzan swing. "Our camps are designed to offer both relaxation and a thrilling experience,"

says the 64 year-old Vishist Seva Medal awardee. After he retired in 1996, the couple moved from Pune to Sutarwadi and started working on the infrastructure of their long-cherished dream.

For the first four years, they lived in a grass hut without electricity and toilet facilities and cooked simple meals. With only their pension to fall back upon, the resort was constructed gradually—four years ago they built a single-room cottage overlooking a river; two years ago, they added a swimming pool; and last year they purchased a boat. Camp packages start at Rs 600 per person for a group of 25 people. (See website www.hansadventure.com)

The Khatus have hired half-a-dozen staff for the upkeep of the place. Their dream has touched many lives—they donate books and uniforms at the village school and have also set up scholarships. For the Khatus, the resort reflects the strength of pure silver. As Neeta Khatu says, "Positive thinking helped us to recognise the opportunities given to us by the supernatural power."

— Mita Banerjee



Be your best

The hero of *Ping: A Frog in Search of a New Pond* (Wisdom Tree; Rs 195; 90 pages) is Ping, the frog, who represents everyman. He meets a wise old bird who shows him how to feel confident in his own skin and make his dreams come true. Melding principles of Taoism and straightforward good advice, author Stuart Avery Gold urges readers to embark upon their own journey of self-discovery to make their life complete.

In a significant shift from the centuries old joint family system, many elderly couples in Vietnam are opting to live on their own. According to <http://english.vietnamnet.vn/> **silvers prefer to visit friends and travel abroad** instead of tending to grandchildren or being saddled with the role of housekeepers. Having one's own space helps the elderly lead a healthy and happy lifestyle, says psychologist Dr Vu Gia Hien.

Soulful tunes

***Jeevan, Tanav, Vishram, Nidra* (The Music Therapy Series; 4-CD pack)/Rs 1,180/Times Music**

Jeevan 2 – Music Therapy to Enrich Life (based on Raga Bhoopali) is a soothing experience by flute maestro Pandit Hari Prasad Chaurasia accompanied by Pandit Vijay Ghatge. *Vishram 2 – Music Therapy for Rejuvenation* has Pandit Tarun Bhattacharya playing the *satantri veena* with Subrata Bhattacharya on *tabla*. *Tanav 2 – Music Therapy for Peace* showcases Pandit Romu Majumdar on flute joined by Pandit Abhijeet Banerjee on *tabla* playing Raga Kalavati and Raga Ahir Bhairav. And in *Nidra 2 – Music Therapy for Deep Sleep*, flautist Raghunath Seth performs the sleep-inducing Raga Shivanjani for the restless mind.

***Hanuman Raksha Kavach*/Rs 295/Times Music**

Hanuman Raksha Kavach, a paean to Lord Hanuman, features the signature prayer by Pandit Jasraj, the doyen of Hindustani classical music. Singer and composer Ratan Mohan Sharma has chants for almost every occasion, including the 12 different names of Hanuman meant for courage, safe travelling and peace. This one is for the devout believer.

***Pranayam* (DVD)/Rs 250/Times Music**

Have you been planning to enrol for a nearby yoga class next week but have managed to postpone it for two years? Breathe easy; your lessons can begin now with *Pranayam*. In this audio-visual DVD—with English and Hindi language options—Yogacharya Dr Surakshit Goswami gives a step-by-step guide to breathing techniques.

***Dream Theory*/Rs 295/Times Music**

This isn't just another music therapy or remedy for sleeplessness. *Dream Theory – Music for Insomnia* by Anupam Shobhakar on the sarod features Raga Bageshri, which promises stability and calmness along with a gradual cure for diabetes, hypertension and insomnia.



JIGNESH JHAVERI



find your happiness

Golden Girls MANGALORE



Diana Albuquerque's daughter—who lives abroad—avoids calling Albuquerque on Monday evenings. "She knows we girls play rummy at that time," says the vivacious 75 year-old. The 'girls' that Albuquerque refers to are the 'Golden Girls of Mangalore', a group of 11 women from Mangalore, all above the age of 50—most of them widows.

In 2004 when they first got together, the group was just a cluster of six women comprising Albuquerque's cousins and friends who met up occasionally to visit Mother Teresa's seniors' home in Bajjodi. "Suddenly it struck me that we were a group of widows," says Albuquerque. "As no one generally invites a widow out to a movie or dinner, I suggested we take ourselves out instead." Within a year, more women—"friends of friends"—had joined the group.

NAGESH RAO

Longevity secrets

A plant-based diet, regular, low-intensity activity, an investment in family, faith, and purpose are the threads that connect the longest-lived, insists Dan Buettner in his book, *The Blue Zone: Lessons for Living Longer from the People Who've Lived the Longest* (National Geographic; 304 pages). According to him the world's centenarian hot spots—which he calls blue zones—include Okinawa, Japan, which boasts the longest-lived women and the longest disability-free life expectancy; Sardinia in Italy, which has the highest



concentration of centenarians; and the Seventh Day Adventists of Loma Linda in California.

"Costa Ricans spend much less than Americans on public health but they have a better support system," writes Buettner. He gives the example of 102 year-old Abuela Panchita, who has a wide support network, which includes a son in his 80s who visits her every day on his bicycle. Studies indicate that the genetic component of ageing is relatively small, varying between 6 and 25 per cent. "Set up your life so that you're nudged into behaviour that favours longevity," Buettner urges. This includes eating less and avoiding meat; reconnecting with your faith; and strengthening your bonds with friends and family.

—Arati Rajan Menon

Today, the Girls are busy with more than movies and dinners, they have an agenda for each day of the week: rummy on Monday; teaching mentally challenged children at St Agnes Special School in Bendore on Tuesday; visiting the Home for

"Why be miserable when we can make life meaningful?"

the Aged at Bajjodi on Wednesday; tending to patients at a local hospital on Thursday; and spending time with the inmates of Mother Teresa's home for the destitute at Falnir on Friday. Instead of just donating money to charity, the group prefers to spread smiles. They bake cakes for the destitute, treat them to their favourite dishes and teach

them to sew and maintain hygiene. Saturdays are reserved for movies followed by a meal at a nearby restaurant. "We giggle so much that we raise more than a few eyebrows," says Albuquerque with a chuckle.

One of them, Irene Noronha, 74, had a hip operation recently and three others including Albuquerque have had knee replacement surgeries. "The girls visited me regularly in hospital; they are very supportive," says Noronha who lives alone. Of course, they let nothing stop them from living life to the fullest—last year, they went on a holiday to Udupi. When *Harmony* spoke to Albuquerque she was suffering from an eye infection. In typical non-chalance, she chose to shrug it off. "We live only once. Why be miserable when we can make life meaningful?"

—Rajashree Balaram



Silver, and happy

Happiness doesn't come with an expiry date. Here comes a study from the University of Chicago that reports that the happiest and most socially active Americans are actually the oldest. "Life gets better in our perception as we age," writes author Yang Yang in the April 2008 issue of the *American Sociological Review*. "A certain amount of distress in old age is inevitable. But older people have learned to be more content with what they have than younger adults." The findings are based on interviews from 1972 to 2004 with about 28,000 Americans from the ages of 18 to 88. There were ups and downs in overall happiness levels during the study. But at every stage, older Americans were the happiest. In general, the odds of being happy increased 5 per cent with every 10 years of age. Overall, about 33 per cent reported being very happy at age 88, versus about 24 per cent of those age 18 to their early 20s.

Where do you live?

Your neighbourhood can affect your wellness quotient.

According to research conducted at Peninsula Medical School in Plymouth, UK, even when differences in education and

income were taken into account, people who lived in deprived neighbourhoods were more likely to have poorer cognitive function. Poor cognitive function in silvers is closely linked to the risk of developing dementia. The findings appear in the April issue of journal *Age and Ageing*.





The age of calm

Amita Malik on silver pleasures of the soul

It is said that youth is the age of brashness and old age the age of wisdom. Some young people think it is the other way round, but

speaking from personal experience I feel there is some truth in the 'sobering down effect'. We still like to take hard decisions or act with a certain degree of haste. But we pause for that important second to give it at least a fleeting thought. We seldom have the time to appreciate that wonderful saying: 'What is this life if full of care, we have no time to stand and stare?' At this very moment, I want to describe the small daily happenings, mostly of nature, that lead me to stand and stare.

I always watch out for the first evening star, which is usually prominent in its loneliness and not a twinkling little star. Incidentally, I am still amused by the true story of some people who claim to be real nationalists and objected to an Indian school teaching little tots to recite *Twinkle, twinkle little star* when there were so many Indian nursery rhymes. Truly the globalisation of education and, indeed, of school kids had not yet registered with these people. Then I love watching the first sliver of the new moon shining in the sky. It symbolises the continuity of everything and a reminder that it will go on in the same way when we are no longer there.

For those of us who live in Delhi and other parts of North India, it is always daunting when the lovely, cold winter, which makes us feel we are in a hill station, gives way to the scorching summer. The first signs are the *aandhi*, the terrible dust storms. More than the velocity of the wind, is the amount of dust that it brings in. I dust the screen of my TV set about five times a day even when it is a normal day

with no dust storm. And cannot help remembering the little schoolboy who earned some money by delivering newspapers and came in once a week to clean the flat when I lived in London. There was no dust to speak of and the vacuum cleaner took care of everything. But nature has its compensations. Summer brings into bloom the lovely red flowers of the tall *pallash* trees, and those lovely flowering trees with bright yellow flowers. Bougainvilleas by the roadside divert us from the glare of the hot summer sun. And we feel better for it.

Actually, the older we get the more we get a sense of peace and contentment and hopefully fewer regrets. Very comforting is the presence of close friends who now hardly amount to more than half a dozen or so. The kind of friends to whom I can confide my joys as well as worries without being misunderstood. Then, there is the pleasure of reading. I find the best time to read is when there are the least diversions—when I have retired to bed. Especially in winter, when you are cosy in bed with

a carefully placed reading lamp to provide the right kind of light and handy switch that I can switch off easily before going off to sleep.

Even more soothing and intellectually satisfying is listening to music in a quiet room. There is really nothing to compare with the happiness we get from listening to our favourite music when we are really in the mood for it. Apart

from Bengali *kirtan* and Indian classical music I pride myself on being able to appreciate the finer points of Western classical music. A particular favourite is the violin concerto by Sibelius, the great Finnish composer—its periods of tranquillity matched by its periods of passion.

Such are the joys of being silver, no matter the physical worries that are forgotten as we enjoy these simple but important pleasures of the soul. ■

The older we get
the more we get a
sense of peace and
contentment, and
fewer regrets

Amita Malik, often referred to as 'the first lady of Indian media', is a columnist and film critic

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SOMEONE ABOVE
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IN TUNE WITH YOU?

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Solo song

Solitude can be a blessing, says **Deepti Naval**

I met a dear friend recently who has separated from her husband. Her son had gone away to stay with his father for a couple of months.

"I don't know what to do with all the free time," she told me as we drove to a theatre nearby. As I heard the despair in her voice, I was reminded of all the times in the past when I had told her to try her hand at scriptwriting—she had a wonderful way with words and a rich, imaginative mind. However, she was always busy being a devoted mother and thought it would be an unnecessary deviation from her neatly structured life.

What my friend is going through is nothing new. Many of us are so busy playing multiple roles all our lives—child, spouse, parent, grandparent—that we forget to be ourselves when we are finally free to do so. Instead of looking at solitude as an opportunity to enhance our life, we choose to view it through the lens of loneliness and end up feeling left out and left alone.

Our twilight years needn't be such a monochromatic journey if we welcome it in a positive light. In fact, this can be the best time to recapture opportunities that we gave up while juggling familial responsibilities—after all, we have nothing to prove to anyone any more. So now that your children have flown the nest, maybe you should view the void for what it is—the space to be yourself; to do things that you enjoy.

Of course, another trap that we invariably fall into is to allow ourselves to be defined by our profession: "Who are you?"... "Oh, I am a doctor, a banker, an engineer..." Rarely does it occur to us that we are more than what we have been paid to do all our life. Okay, so you have been a banker or

an engineer or a civil servant. But now that you have retired maybe it's time to set free the musician or painter within you who has been clamouring for recognition all these years.

I draw inspiration from two wonderful silvers—my parents. My mother, at 75, continues to be a prolific artist. My father, with his sheer restless energy, spurs me on to demand the best from myself. He did his PhD in linguistics at the age of 65 and published a book at 80. Today he is busy working on another book.

My parents have also inculcated in me a sense of adventure. I had been trekking alone all these years till Vinod, my fiancé, came along and inspired me to feel less guilty for 'wandering off' every now and then. In the pristine solitude of the Himalaya, I found a connection with myself that I have yet to find elsewhere. Two years ago, Vinod passed away. Today, I trek alone. I did not give up my yearly expedition only because I want to honour the

connection that I have found—that Vinod would have wanted me to find. The snowy silence of the mountains has enabled me to settle the inner disquiet within.

I admit there are times when I introspect over my inadequacies or some residual resentment from the past, but I also try to utilise the stillness to make peace with myself... with the years that have

gone by. I know I can no longer play a 20 year-old, but I can still learn to sing and fly. And I am now in the throes of directing my first feature film.

So today while you are sitting all by yourself, why not catch a movie at the theatre? Or join up for salsa? Or go on the Internet and meet people who share your hobbies? Cultivate a passion that you can look forward to each day. After all, it's not over till you say it is. ■

Now that your
children have flown
the nest, you should
view the void as a
space to be yourself

Deepti Naval is an actor, poet, photographer and painter based in Mumbai

Something to drink

Dr Pushpesh Pant rustles up
coolers for summer

While the sun smiles wickedly outside, we bring you two thirst quenchers to make the weather more bearable. Rose petals are wonderful coolants besides packing in a good dose of Vitamin C. And cumin aids digestion. Drink up!

JAL JEERA

Preparation time: 30 minutes

Cooking time: 20 minutes

Serves: 4

INGREDIENTS

- Cumin: 12 gm
- Coriander seeds: 5 gm
- Asafoetida: a pinch
- Black peppercorns: 20
- Fennel: 5 gm
- Lemon juice: 60 ml
- Red chilli powder: 5 gm
- Rock salt: 10 gm
- Salt to taste

For garnish

- Mint leaves: 8
- Flour *boondi*: 25 gm
- Lemon: 1

METHOD

Broil cumin, coriander, asafoetida and black peppercorns separately. Cool, add fennel and grind into a fine powder. Dissolve the powder in cold water (about a litre), add lemon juice, red chilli powder, rock salt and normal salt, and stir. Strain and refrigerate. Wash and refrigerate mint leaves. Wash the lemon and slice into roundels. Chill five glasses, pour equal quantities in each, float a slice of lemon, sprinkle *boondi*, garnish with mint leaves and serve cold.



SHARBAT-E-GULAB (ROSE CORDIAL)

Preparation time: 15 minutes

Serves: 5

INGREDIENTS

- Red 'desi' roses: 750 gm
- Water: 2 litres
- Sugar: 3 kg
- Rose water: 250 ml
- Milk: 1 1/2 litres; boiled and cooled

METHOD

Break off rose petals and wash thoroughly. Put into a pan with water and cook on slow fire till liquid has reduced to half. Strain and add sugar. Return to heat and stir to dissolve sugar. Cook till syrup boils. Cool and add rose water. Stir in milk and serve chilled.



Dr Pushpesh Pant, our culinary expert, is a documentary producer, author and die-hard foodie



VILAS KALGUTKER: Food styling: BALA



Realising *bhakti*

Devotion is also about tolerance, says Swami Vivekananda

Bhakti, says Narada in his explanation of the *bhakti*-aphorisms, 'is intense love to God'.

'When a man gets it, he

loves all, hates none; he becomes satisfied forever. This love cannot be reduced to any kind of earthly benefit, because so long as worldly desires last, that kind of love does not come; *bhakti* is greater than karma, greater than yoga, because these are intended for an object in view, while *bhakti* is its own fruition, its own means and its own end.'

Bhakti has been the one constant theme of our sages. Apart from the special writers on *bhakti*, such as Shandilya or Narada, the great commentators on the *Vyasa-Sutra*—evidently advocates of knowledge (*jnana*)—have also something very suggestive to say about love. Even when the commentator is anxious to explain many, if not all, of the texts so as to make them import a sort of dry knowledge, the *Sutras*, in the chapter on worship especially, do not lend themselves to be easily manipulated in that fashion.

The one great advantage of *bhakti* is that it is the easiest and most natural way to reach the great divine end in view; its great disadvantage is that in its lower forms it often degenerates into hideous fanaticism. The fanatical crew in Hinduism or Mohammedanism, or Christianity, have always been almost exclusively recruited from these worshippers on the lower planes of *bhakti*. That singleness of attachment (*nishtha*) to a loved object, without which no genuine love can grow, is very often also the cause of the denunciation of everything else. All the weak and undeveloped minds in every religion or country have only one way of loving their own ideal, i.e. by hating every other ideal.

Herein is the explanation of why the same man who is so lovingly attached to his own ideal of God, so devoted to his own ideal of religion, becomes a howling fanatic as soon as he sees or hears anything of any other ideal. This kind of love is somewhat like the canine instinct of guarding the master's property from intrusion; only the instinct of the dog is better than the reason of man, for the dog never mistakes his master for an enemy in whatever dress he may come before it.

Again, the fanatic loses all power of judgment. The same man who is kind, honest and loving to people of his own opinion, will not hesitate to do the vilest deeds when they are directed against persons beyond the pale of his own religious brotherhood.

But this danger exists only in that stage of *bhakti* which is called preparatory (*gauni*). When *bhakti* has become ripe and has passed into that form which is called the supreme (*para*), no more is there any fear of these hideous manifestations of fanaticism.

***Bhakti* is the easiest
and most natural
way to reach
the great divine
end in view**

It is not given to all of us to be harmonious in the building up of our characters in this life: yet we also know that character is our noblest type in which all these three—knowledge, love and yoga—are harmoniously fused. These things are necessary for a bird to fly—the two wings and the tail as a rudder for steering. *Jyana* (knowledge) is the one wing, *bhakti* (love) is the other, and yoga

is the tail that keeps the balance.

For those who cannot pursue all these three forms of worship together in harmony and take up *bhakti* alone as their way, it is always necessary to remember that ceremonials have no other value than taking us on to that stage in which we feel the most intense love to God. ■

Excerpt from Swami Vivekananda Reader (Edited by Makarand Deshpande; Penguin Books; Rs 395; 311 pages).
Swami Vivekananda was a leading proponent of Vedantic philosophies

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on jobs after retirement



Q I am a 55 year-old homemaker. My husband retired recently and we returned to Kolkata after many years. I would like to spend a few hours every week doing some meaningful social service. Any suggestions?

There are many organisations in Kolkata doing commendable work for children and young adults with disabilities. As most of them are NGOs and funds are always limited, there is a perpetual shortage of regular volunteers. To make maximum progress with special children, the ideal teacher-student ratio is 1:1. So with the guidance of special educators, you can render very useful service to an organisation. For instance, in our training centre, we help mainstream visually impaired young adults. We instil confidence in them and prepare them for jobs. For this, we need volunteers conversant with English or Bengali for reading out textbooks and manuals in our recording studio. These are converted into CDs that give audio input to our trainees. Some trainees are also given computer training using the JAWS software. You can contact and offer your services to us or similar organisations.

—**Jharna Sur**

Sur is principal of Welfare Society for the Blind, a training centre for the visually impaired in Kolkata

Q I have recently retired from a multinational company where my job profile included coordinating the company publications. I enjoy writing and my articles were occasionally accepted by magazines. I would love to start a magazine on health and spiritualism. Please advise.

Even if you have adequate expertise, starting a magazine is not easy. Just being a good writer or editor is not enough and a backup team, including people for marketing and circulation, is essential.

You will not only be required to pump in a lot of money, but also put in enormous time and energy. No profits can be expected for the first three years at least. As you enjoy writing, it would be more advisable to become a freelance writer. There are many journals and magazines in the market today, including many dealing with spiritual and health issues. Writing for them will give you a creative outlet and become a source of income if you are regular. Many publishing houses also require writers, copy editors and proof readers. Further, you could tie up with any company interested in bringing out a newsletter or house journal.

—**Srabani Sen**

Sen is managing editor of Eternal Solutions, a wellness magazine published from Delhi every month

Q I have more than 35 years of experience working in HR departments of several private-sector companies. Now that I have retired, I wish to use this experience to start a placement agency. I am willing to invest some of my settlement money. How should I start?

You should be aware that a lot of recruitment these days is done directly from job sites by companies. Further, there are many entrants to this business because of the low entry barrier of investment. Besides buying a computer for around Rs 25,000, you will have to spend about Rs 12,000 per annum for broadband Internet access and Rs 60,000 per annum towards subscription to a job site. This is the approximate investment required at a starter level operating from home. You definitely have a great advantage if you are confident that your contacts would use your services and give you leads. If you can't bank on your contacts, it would not be advisable to start this kind of business.

—**Chaitan Dalal**

Dalal is managing director of Rom Computer Systems Pvt Ltd, a placement agency in Mumbai

A novel venture

Love for animals spurred Dr Narendra Deva Sharma to start India's first animal crèche

Dr Narendra Deva Sharma decided to become a veterinarian as a young man when his cow died undiagnosed. Decades later, in 1995, the same love for animals made him set up Prani Lok, the country's first animal crèche after he retired as assistant director of the Department of Animal Husbandry, Uttar Pradesh.

While considering his options after retirement, Sharma, 72, initially thought of opening a yoga institute in Lucknow. But Dr B V Singh, a friend with whom he shared his idea of an animal crèche, made the decision for him. "He sent over a dog whose owner was going to America, saying, 'Here is the first dog for your crèche'," remembers Sharma, who had no crèche facilities then. "So, while I was still deciding, I already had a client."

Today, Sharma's crèche is popular with dog owners leaving town temporarily. Located on Sultanpur Road on the outskirts of Lucknow, Prani Lok has facilities for 12 dogs. A separate cage—between 22 sq ft and 56 sq ft, with fan and bedding—is allotted to each dog, depending on breed and size. There is sufficient open space where the dogs are let out separately to avoid any brawls.

Owners fill in a form giving details about their pet like sleeping and food habits, medicine and exercise schedules. Daily



AIJAY KUMAR SINGH

Canine care: Sharma with one of the pets left in his care

charges excluding medicine costs vary from Rs 100 to Rs 300. "I remember my dogs facing a lot of cruelty when I had to be away," recalls Sharma, speaking of the personalised care given at his crèche. Though he has assistants

Sharma creates a familiar atmosphere for each pet

for sanitation, wife Beena, 63, cooks for the canine guests, while son Vivek is responsible for feeding and exercising them. Despite being a veterinarian, Sharma consults family vets during emergencies. "Creating a familiar atmosphere for each pet is a 24-hour challenge," he says. Sometimes the pets become so

attached to Sharma's family that they later shy away from their original owners.

Sharma has also established the associated Activities of Doctor's Pets Crèche Animal Welfare Trust that organises awareness programmes, stray sterilisation drives, an animal helpline (0522-2812834) and ambulance service. There is also an operation theatre at Prani Lok for emergencies. Besides finding homes for the newborns when necessary, Sharma adopts abandoned pets. A consultant for Lucknow Zoo for over six years, he has been nominated by the Ministry of Environment & Forest (Animal Welfare Division) as a member of the Committee for the Purpose of Control and Supervision of Experiments on Animals.

—Nabila Zehra Zaidi

Send queries to contact.mag@harmonyindia.org; for second career options, log on to www.harmonyindia.org

Myth and logic

The Adventures of Amir Hamza by Ghalib Lakhnavi and Abdullah Bilgrami
Random House (translated by Musharraf Ali Farooqi); Rs 750; 948 pages

Amir Hamza was Prophet Muhammad's uncle, a Muslim revolutionary fighting for justice. His heroic deeds became legendary for making illusions real and reality elusive. Over the centuries, the folktales spread to Persia, Arabia and India, giving rise to a collective literary and oral reverie, with its own elves, hobbits, dwarves, bandits and wizards. Attaining phantasmagoria with Hamza were his clairvoyant friend Buzurjmehr who is said to have introduced the game of chess in Iran, his friend Amar Ayyar and Hamza's lover Mehr-Nigar.

The 7th century romantic account of Amir Hamza's adventures first appeared as 1,400 canvas folios in Akbar's court. Each folio (58 of which are displayed at the Brooklyn Museum) has a painting illustrating the life of Hamza on one side and Arabic text on the other. In 1871, it appeared as Urdu text—*Dastan-e-Amir Hamza* or *Hamzanama* (as it's popularly called)—by Ghalib Lakhnavi and Abdullah

Bilgrami. *The Adventures...* is the first unabridged English translation. Canada-based Musharraf Ali Farooqi infuses the lyricism of Urdu storytelling into this work to keep the magic of imagination alive.

Riding his three-eyed magical horse, Hamza indulges in bloody duels and narrow escapes. All of this is described so vividly that you can almost see the resplendent gold of the kings' finery, deep greens of the lands, startling blues of the seas and shocking red of the gory fights. Every character speaks with clarity and beauty of bygone years and every scene flows into another with the cinematic appeal of *One Thousand and One Nights*.

—Meeta Bhatti



Man versus mountain

Limping to the Centre of the World by Timeri Murari
Penguin Books; Rs 350; 287 pages

Six weeks after going through knee surgery, 64-year-old Timeri Murari trekked to Mount Kailas and Mansarovar in the Himalaya wearing a knee brace. *Limping to the Centre of the World*, however, is more than a diary of Murari's arduous expedition. It's also an engaging, informative and—at times—irreverent take on human nature, religion, spirituality and Indian mythology.

The author embarked on the expedition three years ago to invoke the almighty to save the life of a two-year-old deformed child passing through his life. Though his desperation is at odds with his agnostic scepticism, Murari is not afraid to admit to the dichotomy. The same candour burns bright when he describes his fellow travellers who inject humour—with their quirks and whims—to what would have otherwise been a solemn pilgrimage.

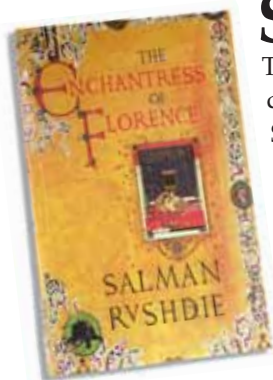
As you heave up the Himalaya with the author, you despair over the environmental degradation creeping into supposedly pristine terrain. The deceptive lightness of text is weighed down by philosophical profundity when Murari neatly juxtaposes scientific thought with Indian *purana* to touch base with spirituality, and at the same time provoke uncomfortable questions on our tendency to endow God with human qualities. Though the book ambles at a down-to-earth pace, the passages describing the might of Mount Kailas transport us to a higher realm. By the end, we wonder whether nature isn't god after all.

—Rajashree Balaram



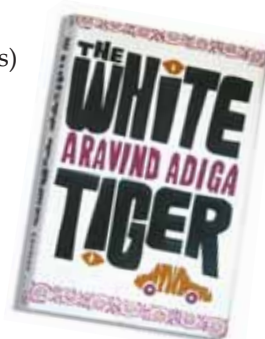
BRIEFLY

PM Nair was secretary to A P J Abdul Kalam—on *Harmony's* cover this month—when Kalam was president from 2002 to 2007. The retired IAS officer (1967 batch) tells us all about in **THE KALAM EFFECT: MY YEARS WITH THE PRESIDENT** (HarperCollins; Rs 250; 149 pages). As expected, there's a fair amount of gush here—Nair fulsomely praises his former boss for his many virtues: integrity, stick-to-itiveness, compassion, none of which come as a surprise. What makes this book interesting are the lesser known facts from Kalam's tenure. Like the letter that was typed out at Rashtrapati Bhavan appointing Sonia Gandhi the prime minister after the results of the 2004 Lok Sabha election were declared—she turned up for her meeting with Kalam with Manmohan Singh in tow and the letter was torn up. And Kalam's own resignation letter, written in January 2006 after the Supreme Court ruled that his dissolution of the Bihar assembly in May 2005 was unconstitutional. This letter too was later destroyed—Nair says he talked the president out of it.



Salman Rushdie attempts to marry the Mughal Empire with Renaissance Florence in **THE ENCHANTRESS OF FLORENCE** (Jonathan Cape; Rs 595; 356 pages). This is the tale of a mysterious, blond European traveller, who calls himself "Mogor dell'Amore", or the Mughal of Love, and lands up at the court of Akbar at Fatehpur Sikri, claiming to be a distant relative (it's complicated and involves a sorceress and a Florentine soldier). The court is then held spellbound by his account, replete with tyrannous men, luscious women and plenty of wizardry. Through all the magic realism emerges the author's paean to Akbar's religious tolerance and humanism. You'd be hard pressed to find a writer who uses his words as energetically and beautifully as Rushdie—his depictions of Qara Köz, the enchantress in question, leap off the page and twirl themselves around you. Unfortunately, his sense of whimsy soon spirals into self-indulgence, leaving the plot in tatters and the book in somewhat of a mess.

Aravind Adiga's debut novel **THE WHITE TIGER** (HarperCollins; Rs 395; 321 pages) takes the form of a series of letters written over seven nights by Bengaluru businessman Balram Halwai to Chinese Premier Wen Jiabao to tell him about the real India. (Wen is on the eve of a state visit to India.) Halwai's India is two countries in one: an India of light and one of darkness. Halwai's own rags-to-riches story straddles the two, and as he details his own progression from darkness to so-called light, the story takes a stunning twist. This is a dark, sharp and disturbing book about the underbelly of globalisation and the 'India shining' story, and the avarice of the Indian elite. And despite the didactic undertones, it's also surprisingly readable.



Crime writer Manda Scott's latest offering, **THE CRYSTAL SKULL** (Bantam; Rs 640; 364 pages) is a heady mix of myth and murder, crime and history. Caver Stella Cody and her historian husband Kit find a centuries-old crystal skull in a Yorkshire cave. One of 13 skulls recorded in Mayan prophecy, the skull has the power to save the world from apocalypse, so long as Stella and Kit crack the codes that reveal its intended resting place. Scott moves between present day and the 1550s—to the life of scholar Cedric Owen who hid the skull in the first place—gives you a crash course on Mayan folklore, and packs in the action (physical and emotional) all at the same time, with deftness and intensity. Dan Brown, who?

All titles are available at Oxford Bookstore, Kolkata, Bangalore, Mumbai, Goa and New Delhi, and on www.oxfordbookstore.com

DANCE AS DRUG



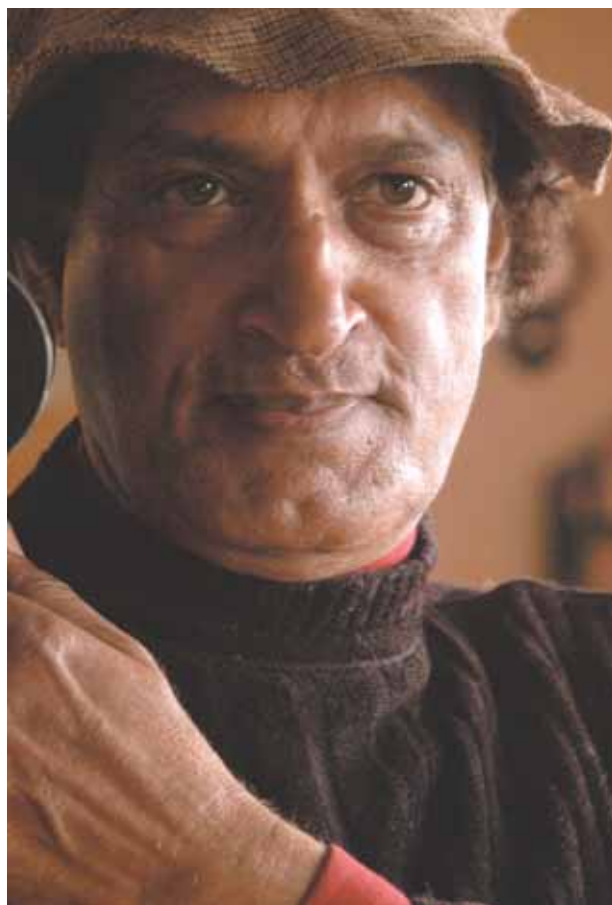
SHILHADRA DATTA

Dance is therapeutic, claims Kolkata-based dancer **Alokananda Roy**. The 57 year-old, who was featured in *Harmony's* third anniversary special on Happiness (June 2007), has launched a dance-meditation class for silvers who are often plagued by aches and pains. Each session of this three-month-long class is designed to enhance spiritual and mental wellness. There is also an advanced course for those who want to go further. "This is not a formal dance class," Roy explains. "My students dance instinctively to Sufi music in a room dimly lit with aromatic candles." If they hesitate, they are asked to dance blindfolded till they overcome their inhibition. After the dance class, the silvers move to another room for 10-15 minutes of meditation followed by a soothing cup of green tea. The course costs Rs 500 per month and is held at Roy's dance studios in Bijoygarh on Mondays and at Sri Aurobindo Sadan on Tuesdays. Interested? Call (0)9830114402.

LEST YOU FORGET

Raghu Rai, 65, is India's first photographer to have a retrospective of his works at the National Gallery of Modern Art (NGMA), Mumbai. The exhibition, titled *The Journey of a Moment in Time: Raghu Rai*, showcases 40 years of his work and is on till 20 June. More than 60 per cent of the photos on display have never been showcased before, including his latest series, *Tibetans in Exile*. "Rai has traversed many paths as a photojournalist, an artist, a traveller of life and custodian of the many moments we would have otherwise lost," said Rajeev Lochan, director of the NGMA, Delhi, when the show was launched there in March.

Rai, whose work has appeared in world-renowned publications such as *TIME*, *The New York Times* and *Life*, began his career with *The Statesman* and was awarded the Padmashri in 1971. His images are an intense study of a vast spectrum of humanity—from politicians and musicians to ruralscapes and the urban sprawl. The exhibition is open from 11 am to 6 pm (Mondays closed).



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GOVERNOR'S CUT

When it comes to eco-sensitivity, Kolkata's governor **Gopalkrishna Gandhi**, 63, has decided to lead from the front—he observed “voluntary” power cuts at his residence Raj Bhawan for an hour in the morning and an hour in the evening all May. The move will continue and be reviewed as and when necessary, according to a press release from the Governor's Secretariat. Kolkata suffered from sporadic power cuts in May, with local authorities attributing it largely to cable and transformer faults. While the step was applauded by some politicians like CPI(M) party member Shyamal Chakravarty, it also drew flak from others who insist that Gandhi should also let go of his Raj Bhawan residence considering the housing problem faced by Kolkatans.



HT

A RARE ACT

Renowned wrestler **Khalifa Barkat Ali**, 72, has gifted his sprawling *akhara*, located next to Jama Masjid, to the Municipal Corporation of Delhi. Spread over more than 400 sq m, the *akhara* was once a popular training ground for young wrestlers but had been lying defunct for the past two years. Lamenting the dwindling interest of youth in the sport, Ali said he had no choice but to hand over the land to the city. “What will I do with this *akhara* when there are not enough students?” he tells *Harmony*. “At least the corporation can use it for the welfare of the public.”



K B ALI

VISITOR



12-18 May

Who: Philanthropist Aga Khan, 72, whose interpretation of the Quran guides Shia Ismaili Muslims.

Agenda: To celebrate his 50th anniversary as imam, a hereditary title conferred on him by his grandfather. The Islamic leader with an estimated 15 million Shia Ismaili followers took stock of all the developmental activities undertaken by his NGO, Aga Khan Development Network (AKDN), in Gujarat, Maharashtra and Andhra Pradesh. He also inaugurated the Aga Khan Academy in Hyderabad, an international school to provide higher education. The Aga

Khan Education Service, which operates about 85 schools (from pre-primary to higher secondary) serves around 9,500 students across Andhra Pradesh, Gujarat and Maharashtra.

BIRTHDAYS

- Hindi playback singer **Manna De** turned 87 on 1 May
- Spiritual leader of the Dawoodi Bohra Muslim community **Dr Syedna Mohammed Burhanuddin** turned 97 on 7 May

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MILESTONES



Appointed. Manjula Sood, 52, as Britain's first Asian woman Lord Mayor of Leicester. Born in Ludhiana, Sood arrived in the UK in 1970 and has worked as a primary schoolteacher for the past 20 years. She has been instrumental in introducing multiculturalism in her school's

curriculum. On her website, Sood says she faced and overcame many challenges as she had to juggle between politics, raising her two children and looking after her elderly mother. She is the fifth Lord Mayor of Indian origin in Leicester, which has a large population with Indian roots.

Honoured. Indian entrepreneur **Pralhad Chhabria**, 76, by the Institute of Directors, London.

Chairman of the UK-India Business Council Lord Karan Bilimoria presented a silver platter to Chhabria, recognising the growth of his small Pune shop that sold electrical cables into the Rs 3,600-crore Finolex group. Chhabria recently released his autobiography, titled *There's No Such Thing as a Self-Made Man*, which narrates his rise. Proceeds from the sale of the book will be donated to the paediatric unit of the King Edward Memorial Hospital, Pune.



IN PASSING



Swiss chemist **Albert Hofmann** gave the world the most powerful psychotropic substance ever known: lysergic acid diethylamide, popularly known as LSD. Born in Baden, a spa town in northern Switzerland, he stumbled on LSD during his work on the ergot fungus,

which grows in rye kernels, and accidentally ingested a trace of the compound in April 1943. The discovery was later vividly recounted in his book *LSD: My Problem Child*, released in 1979. Hofmann's work produced many other important drugs, including methergine that treats postpartum haemorrhaging, a leading cause of death from childbirth. He died on 30 April at his hilltop home near Basel, Switzerland. He was 102.

Leading social activist and writer **Nirmala Deshpande** was a follower of Mahatma Gandhi and a member of the Rajya Sabha. Daughter of well-known writer P Y Deshpande, she dedicated her life to promoting communal harmony and serving women, tribals and the underprivileged. She passed away on 2 May at the age of 70.



Legendary tabla player **Kishan Maharaj** was the torchbearer of the Benaras *gharana*. Trained by his father Pandit Hari Maharaj, he became a respected and popular tabla player as he could play cross rhythms, particularly in *tihai* patterns.

He was comfortable playing with all kinds of accompaniments, including the sitar, sarod or renditions like *Dhrupad* and *Dhamar*. He was awarded the Padmashri in 1973 and the Padma Vibhushan in 2002. He passed away on 5 May following a paralytic attack. He was 84.

Writer and playwright **Vijay Tendulkar** transformed traditional Marathi theatre with his controversial plays that tackled social issues. The bold display of violence and sexuality in *Gidhade* (1961), *Shantata! Court Chalu Aahe* (1967), *Ghashiram Kotwal*, *Sakharam Binder* (1972) and *Purush* (1986) are now synonymous with the experimental theatre movement in Marathi. *Ghashiram Kotwal* remains one of India's longest running plays. He also penned short stories and 19 award-winning films. Tendulkar passed away on 19 May at the age of 80.



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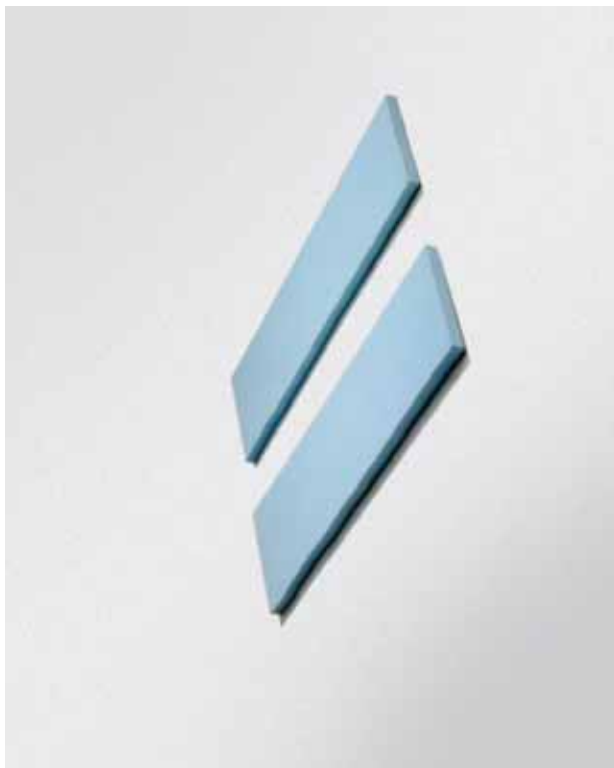
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SAY IT OUT LOUD



All the people like us are We, and everyone else is They.

—British author and poet Rudyard Kipling (1865-1936)

People are pretty much alike. It's only that our differences are more susceptible to definition than our similarities.

—American journalist Linda Ellerbee

Coming generations will learn equality from poverty, and love from woes.

—Lebanese American poet and philosopher Kahlil Gibran (1883-1931)

One of the things about equality is not just that you be treated equally to a man, but that you treat yourself equally to the way you treat a man.

—American actress Marlo Thomas

I believe in equality for everyone, except reporters and photographers.

—Mohandas Karamchand Gandhi (1869-1948)

THE WORD IS OUT

daughter track *n.* A career path where a woman reduces her chances of advancement by working flexitime or putting in fewer hours to look after her elderly parents.

Example: [Felice N] Schwartz (1989) introduced the term 'mommy track' to refer to an alternative career path that allows a mother flexible or reduced work hours, but at the same time tends to slow or block advancement. A newly coined phrase, the **daughter track**, refers to a late-in-life version of the mommy track where women are leaving their jobs to care for their ageing parents.

—Elizabeth F Cabrera, "Opting out and opting in", *Career Development International*, 1 January 2007

groceraunt *n.* A business that combines a grocery store and a restaurant.

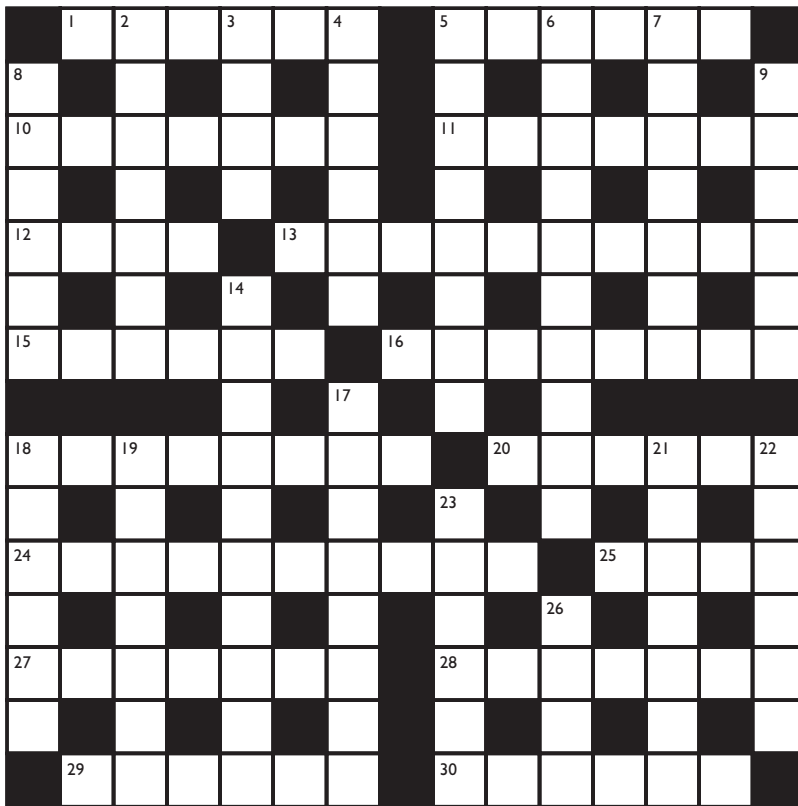
Example: A new business word is getting traction in Arizona. (No, it's not 'sanctions'.) It's the term **groceraunt**. That's how Rose & Allyn's Chief Marketing Officer Stacy Pearson described the newest concept from Whole Foods Market. The company's second prototype store in Arizona to feature such additions as a restaurant and a sit-down wine bar opened in Scottsdale last month.

—Chad Graham, "Whole new word", *The Arizona Republic*, 14 March 2008

philanthropreneur *n.* An entrepreneur who uses business principles and practices to raise money for charity or operate a charitable organisation. [Blend of *philanthropy* and *entrepreneur*.]

Example: **Philanthropreneurs** talk a lot about 'intelligent money', 'social investment' and 'risk and return', but can charity giving really be measured like profit and loss? It seems it can. "We provide rigorous, analytical research into the performance of charities to show our donors, many of them giving more than £1 million, that their money has the greatest impact," says Martin Brookes, once an economist for global asset management company Schroders, now head of research at New Philanthropy Capital.

—Tom Bouquet, "The new face of philanthropy", *The Times* (London), 24 February 2007
Courtesy www.wordspsy.com



EXCLUSIVE HARMONY CROSSWORD 44

By Raju Bharatan

ACROSS

- 1 & 5** Those of 'Dhak dhak' Madhuri Dixit remain the most valued in viewer eyes (6 6)
- 10** What Elizabeth Taylor, upon marrying Mike, looked forward to having? (7)
- 11** Eve at heart far from being top tennis-player match (2 5)
- 12** "Koi hai!" (4)
- 13** The *Ae mere watan ke logon* that never was (4 6)
- 15** One who tries to see that push doesn't come to shove? (6)
- 16** MGR's spot-fulfilled rickshaw-pulling promise (8)
- 18** Insidious spread of influence, Cat Net turned before Labour Exchange (8)

- 20** The precarious plank on which Vijay Mallya chose to plonk Rahul Dravid at the other end? (3-3)
- 24** Position from which Tiger Pataudi 'played the field', suggesting what *Filmfare* could've had for 'Sharmi In A Bikini' in 1967 itself (5 5)
- 25** The thing to hit on the foot, hopping mad as it may sound (4)
- 27** What Poet Shailendra left behind in more senses than one (1 6)
- 28** As this, *The Card* is what Shoaib Akhtar should be playing in films (4 3)
- 29 & 30** That of 'Snail' Gavaskar crawling to 36 not out, batting through the first 60 overs of the very first World Cup match at

Lord's, wouldn't it be something of archival value? (6 6)

DOWN

- 2** What India's 1-0 'TOKYO 64' Olympic Hockey Final win over Pakistan is by now (3 4)
- 3** Brainless maybe yet the achieving kind of military man? (4)
- 4** Awadh follower who kept goal for us in the 1962 Jakarta Asian Games Final witnessing Pakistan having the 2-1 hockey-drop on India (6)
- 5** All that Vyjayanthimala sprinkled on Dilip Kumar while writing her *Memoirs!* (5 3)
- 6** So forthcoming in his batting approach is Adam Gilchrist with that golf-ball tucked inside his power-glove (4-6)
- 7** Look at it as the signal to take off? (3 2 2)
- 8 & 18** Trust Mahi to so go after the bowling if the prize on show is a go-go mobike (4 2 3 3)
- 9 & 22** Waheeda Rehman is as she enacts the Geeta-enticing *Jaane kyaa tuu ne kahee* sequence for Guru Dutt in *Pyaasa* (12)
- 14** He man holding *Mali* over first lady of dignity (4 6)
- 17** Alan getting around to upset Indian Airlines foreign national (1 7)
- 19** Register Identity Card looking far from up to date? (3 4)
- 21** Meena Kumari's empathetic 1957 counter to Nargis's epic *Mother India* portrayal (7)
- 23** One assisting LP absorbed in *Heer* (6)
- 26** Into which Kapil Dev alone's famously fitted through 25 years (1 3)

For answers, see Page 80

Raju Bharatan is the originator of the 'Sunday Cryptic' crossword in *The Times of India*, where he set the first 1,500 puzzles

TIPS FOR BEGINNERS: A whole variety of clues goes into framing a cryptic puzzle. For instance, the anagram. The clue here could be: *Unresting opponent of authority* (*Unresting* being the 9 letters of *insurgent* rearranged). Another variety of clue is the palindrome—*DEIFIED*, when viewed backward or when viewed up in a Down clue, reads *DEIFIED* all the way. Next, there could be the clue (8-letter answer) reading: *Complete view of daughter sandwiched between parents*—*PANORAMA* (*PA/NORA/MA*). The 8-letter solution to the clue, *The framework of our constitution*, is *SKELETON*. At times, what looks straight could prove tricky. For example, the clue, *How we stand*—has *UNITED* for its 6-letter answer. The clue, *How we fall*, has *DIVIDED* for its 7-letter answer.

BRAIN GYM

BACK AND FORTH

Palindromes are words or phrases that read the same forwards or backwards. Find the 20 palindromes that have been hidden in the grid.

```

K A Y A K M D B T E
G R W A A I R I O Y
A S A D D E I B T E
G L A D D C I V I C
T M E D A T E N E T
T O E V E R A P O P
P R O W E R E F E R
E C E T A L T T I S
E R O T A T O R N A
P P E P N O O N W T

```

HIDDEN NUMBERS

In this puzzle, each letter represents a different number. Can you find out what number (0-9) each letter stands for? The leftmost letter cannot be zero in any word.

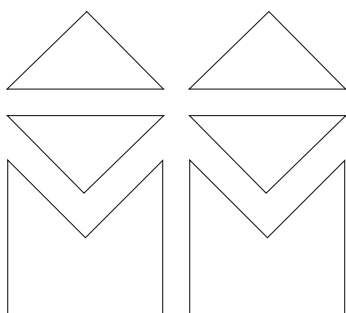
```

      W A T E R
+   W A V E S
+   B O A T
-----
= V E S S E L

```

PLUS POINT

Can you combine the six pieces shown below into a symmetrical plus sign?



COLOUR CODE

Consider a grid of size 4 x 4 (i.e. 16 squares), where all squares should get a colour. The coloured grid should meet the following conditions:

Four squares should be blue,

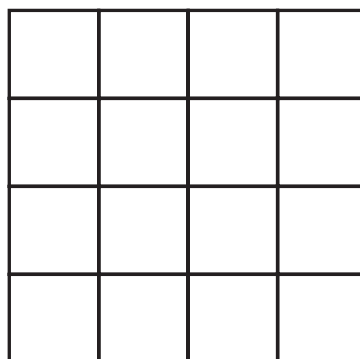
Three squares should be red,

Three squares should be white,

Three squares should be green,

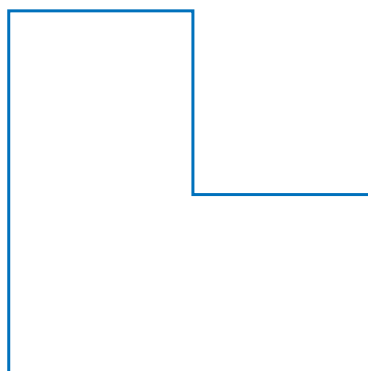
Three squares should be yellow,

And no colour may appear more than once in any horizontal, vertical, or diagonal line.



FOUR IN ONE

Can you split the following shape into four identical pieces?





ADITYA BIRLA GROUP

A PREMIUM GLOBAL CONGLOMERATE

A US \$28 billion corporation with a market cap. of US \$31.5 billion and in the League of Fortune 500, the Aditya Birla Group is anchored by an extraordinary force of 100,000 employees, belonging to 25 different nationalities. In India, the Group has been adjudged "The Best Employer in India and among the top 20 in Asia" by the Hewitt-Economic Times and Wall Street Journal Study 2007. Over 50 per cent of its revenues flow from its overseas operations.

The Group operates in 20 countries - India, Thailand, Laos, Indonesia, Philippines, Egypt, China, Canada, Australia, USA, UK, Germany, Hungary, Brazil, Italy, France, Luxembourg, Switzerland, Malaysia and Korea.

Globally the Aditya Birla Group is:

- A metals powerhouse, among the world's most cost-efficient aluminium and copper producers. Hindalco-Novelis from its fold, is a Fortune 500 Company. It is the largest aluminium rolling company. It is one of the 3 biggest producers of primary aluminium in Asia, with the largest single location copper smelter.
- No. 1 in viscose staple fibre.
- The 4th largest producer of insulators.
- The 4th largest producer of carbon black.
- The 11th largest cement producer globally.
- Among the world's top 15 BPO companies and among India's top 3.
- Among the best energy efficient fertiliser plants.

In India:

- A premier branded garments player.
- The 2nd largest player in viscose filament yarn.
- The 2nd largest in the Chlor-alkali sector.
- Among the top 5 mobile telephony companies.
- A leading player in Life Insurance and Asset Management.
- Among the top 3 super-market chains in the Retail business.

Rock solid in fundamentals, the Aditya Birla Group nurtures a culture where success does not come in the way of the need to keep learning afresh, to keep experimenting.

Beyond Business - The Aditya Birla Group is:

- Working in 3700 villages.
- Reaching out to 7 million people annually through the Aditya Birla Centre for Community Initiatives and Rural Development, spearheaded by Mrs. Rajashree Birla.
- Focusing on: health care, education, sustainable livelihood, infrastructure and espousing social causes.
- Running 41 Schools and 18 Hospitals.

Transcending the conventional barriers of business to send out a message that "We Care".



www.adityabirla.com

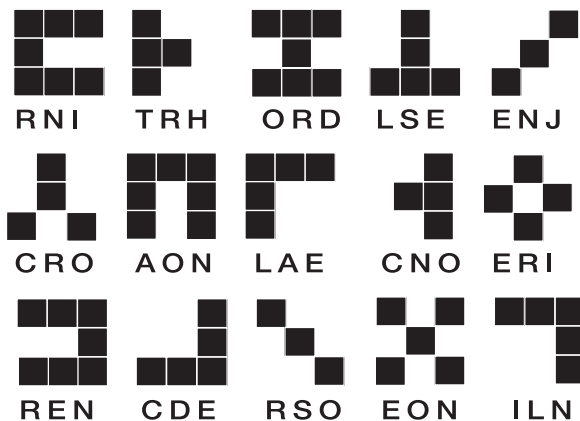
HEADSTART

GRID WHIZ

Shade in the boxes according to the grid reference given below to reveal six of the 15 shapes given under the grid. Each shape has three letters assigned to it. When you have found the six correct shapes, eliminate one letter from each shape to reveal the name of a place.

1. ABCE FGK
2. AFJ
3. ABCEFGI
4. ABCFI
5. ACEGJ
6. ACFK

	A	B	C	D	E	F	G	H	I	J	K
1											
2											
3											
4											
5											
6											



SUDOKU FOR YOU

1	7				3	9		8
		9	6		8			1
8							4	
2	4			1			6	
			8	6	2			
	6			9			1	3
	1							5
5			9		1	7		
6		7	5				8	2

Choose a number from 1 to 9, and place it in the grid. Every digit from 1 to 9 must appear once, and only once, in each of the columns, rows and in each of the sets of nine boxes.

KOFFEE WITH KAKURO

			26	10	10				21	4	18		
		10					13						11
	16						32						
22							18						
	15			23						11			
			18							24			
9				10					10				
				14					8				
	41											19	
		21	20										16
18					6				20				
					16				15				
11				22						5			
			9							10			
22									17				
		17							16				

The object of a Kakuro is to insert digits from 1 to 9 into the white cells to total the clue associated with it. However, no digit can be duplicated in an entry. For example, to total 6, you could have 1 and 5, 2 and 4 but not 3 and 3. You may, however, use a number again in the same row or column.

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

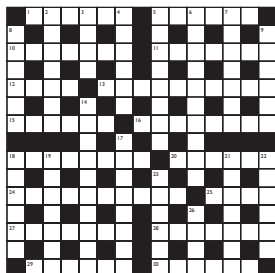
RESOURCES

SOLUTIONS TO
EXCLUSIVE HARMONY
CROSSWORD 44

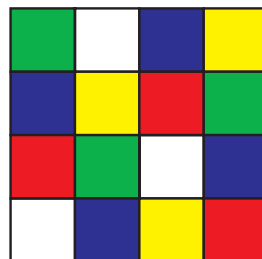
ACROSS:

1 & 5 Golden Globes; 10 (Mike) Toddler; 11 No Evert (*No/Eve/rt: Eve at heart*); 12 peon; 13 Asha Bhosle; 15 nudger; 16 raincoat; 18 Tentacle (*teN/taC/LE: Cat Net turned before Labour Exchange*); 20 see-saw; 24 extra cover; 25 nail; 27 a Shaili (reference to a Shaili & Shaili Shailendra alike); 28 pace ace; 29 & 30 action replay

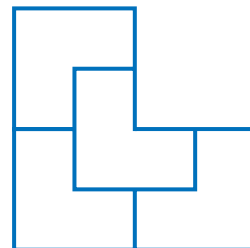
75



Colour code



Four in one



DOWN:

2 Old Gold; 3 dolt (*Do/Lt*); 4 (Awadh) Naresh; 5 Ganga Jal (take-off on Vyjayanthimala-Dilip Kumar's *Ganga Jamna* pairing); 6 open-handed; 7 Eye as go; 8 & 18 step on the gas; 9 & 22 streetwalker; 14 Hema Malini (*He/ma/Mali/n/I: He man holding Mali over I – I standing for first*); 17 A Laotian (*Ala/ot/IA/n: Alan getting around to upset Indian Airlines*); 19 not chic (*notch/IC: Register Identity Card*); 21 Sharada; 23 HELPER (*He/LP/er: LP absorbed in Heer*); 26 a cup

SOLUTIONS TO
BRAIN GYM

Back and forth

Bib
Civic
Did
Ewe
Eye
Gag
Kayak
Level
Madam
Noon

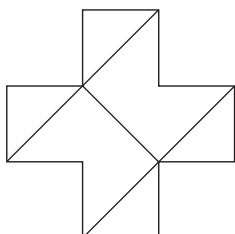
Peep
Pep
Pop
Radar
Redder
Refer
Rotator
Tenet
Toot
Tot

76

Hidden numbers

A=2 B=5 E=6 L=0 O=3 R=7 S=9 T=4 V=1 W=8

Plus point



Grid whiz

RIO DE JANERO

78

SOLUTIONS TO SUDOKU

1	7	6	2	4	3	9	5	8
4	5	9	6	7	8	3	2	1
8	2	3	1	5	9	6	4	7
2	4	5	3	1	7	8	6	9
9	3	1	8	6	2	5	7	4
7	6	8	4	9	5	2	1	3
3	1	2	7	8	6	4	9	5
5	8	4	9	2	1	7	3	6
6	9	7	5	3	4	1	8	2

SOLUTIONS TO KAKURO

			26	10	10				21	4	18		
	10		5	2	3		13		6	3	4	11	
22		3	9	8	2	18	32		3	7	1	5	2
15		9	6	23	5	9	1	8	24	11	7	4	
9		4	2	3	14	6	4	8	10	3	2	5	
	41		4	5	9	8	7	2	6	19			
				40	4	5	7	9	6	8	1	16	
18		7	5	6	16	4	2	15	20	7	8	5	
11		5	6	22	5	3	6	8	10	5	2	3	
22		9	7	3	2	1	17	4	2	3	8		
	17		2	6	9		16	3	8	5			

Thank you!

BIG 92.7 FM

BlackBerry

Hindustan Unilever Ltd

Java Green

LG CDMA Mobile

Procam International Ltd

Reliance Communications

Reliance Mobile World

Reliance World

Special mention

'Golden Star' Ganesh

Actor Vishal Hegde

Filmmaker Pooja Maran

World Billiards Champion Pankaj Advani

Olympian and Arjuna Awardee (Hockey) Dr M P Ganesh

Olympian and Arjuna Awardee (Hockey) A B Subbaiah

Olympian and Arjuna Awardee (Hockey) Ashish Ballal



thanks all those who supported the Senior Citizens' Run
at the Sunfeast World 10K Bangalore 2008!



Visit us at: www.harmonyindia.org



TEXT: SHYAMOLA KHANNA · PHOTO: ANAND K SOMA

“Our first religion is humanity. If I do not help others, what will I tell my Maker?”

His friends say he is “a big man with a big heart”. The genial Wing Commander (retd) **G D Bamboat**, 59, is the most recognised face in Sainikpuri, the colony of retired defence officers in Secunderabad. Fondly called ‘Bambi’, Bamboat is a certified financial advisor. Practicing since he quit the Air Force in 1993, he epitomises dependability for the residents of Sainikpuri, Vayupuri and Defence Colony. Besides advising people on investments, Bamboat helps them with fixed deposits, house tax, pension delays and money transfers—all things a professional consultant could make a small fortune from. He also helps older people in medical emergencies and maintenance jobs. And he doesn’t charge a rupee for any of this. In fact, he donates most of the commission he earns from financial transactions, with his two sons helping him as “back office support”. He says his pension is enough to sustain him.

*If you are among those who suffer from **Osteoarthritis, Severe Knee Pain** which may affect your daily activities. Climbing stairs, kneeling to pray, gardening, squatting or even just getting a full night sleep are activities you may no longer be able to do without experiencing pain.*

Help For Knee Pain

What causes knees to hurt

Three bones make up the knee joint: the end of the thighbone(femur),the top of the shinbone(tibia) and the kneecap (patella).The knee bones are cushioned by cartilage. When cartilage is healthy and intact, it prevents wear and tear on the bone surfaces when you bend and extend your knee. When the knee is healthy, all of these things work together unnoticed gliding smoothly and without pain.

But cartilage can become damaged over time, due to wear and tear (osteoarthritis), from injury or aging or rheumatoid arthritis. When the cartilage cushion is damaged or gone, the bones of the knee grind against each other. As a result, normal activities from climbing stairs to sitting on a chair can become extremely painful.

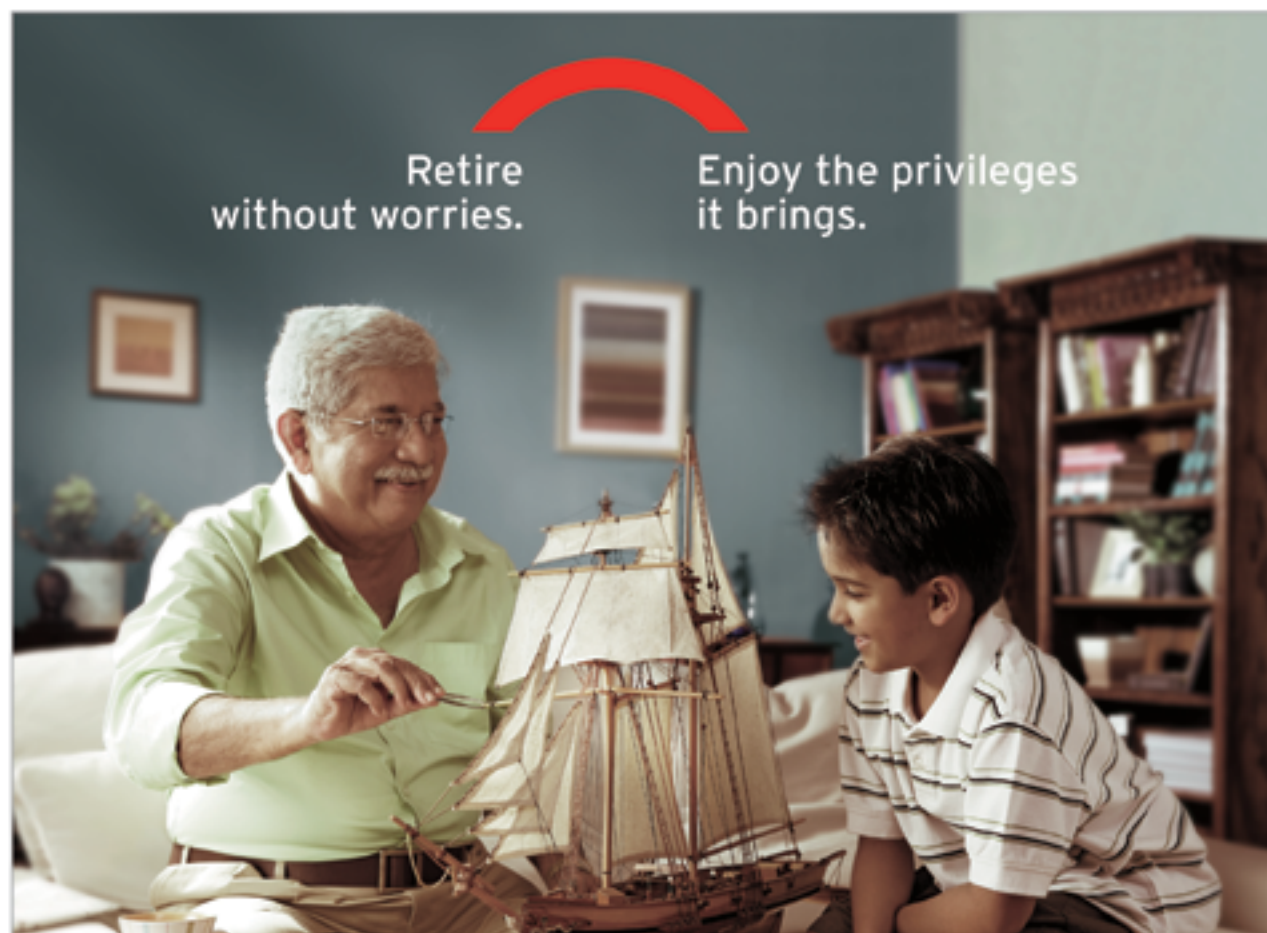
Women are different, and so are their knees

Knee replacements have been a highly successful surgery for more than 30 years. Women account for nearly two thirds of the more than half a million people who undergo knee replacement in worldwide each year, and that number continues to grow. For the first time, there is a knee implant designed especially for women. The new **Gender Solution Knee** is the first and only knee replacement shaped to fit Women.

For more information write to gender_knee@yahoo.co.in

Mrs. Pushpa Bhargava, 70 yrs

As pain in her knees in last two years was making all her daily activities hampered. She was not able to stand for more than half an hour in parties and climbing stairs was up hill task. She took lot of pain killers but pain never subsided. In June 2004 she underwent the knee surgery and Zimmer's NexGen High flex was implanted. Now, she has more cheerful life, her life style is much better. She says, "rather than suffering from knee pain everybody should go for surgery."



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Citi never sleeps

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