

harmony

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celebrity age

The magazine for silver citizens

★ing

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12TH ANNIVERSARY





The Aditya Birla Group: Transcending business

A US\$ 41 billion (₹ 2,50,000 crores) corporation, the Aditya Birla Group is in the League of Fortune 500. It is anchored by an extraordinary force of 120,000 employees, belonging to 42 nationalities, operates in 36 countries. Over 50 per cent of its revenues flow from its overseas operations. The Group has topped the Nielsen's Corporate Image Monitor 2014-15 and emerged as the Number 1 corporate, the 'Best in Class', for the third consecutive year.

Beyond Business -

The Aditya Birla Group is:

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

Highlights:

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- Over a million patients treated at 5,000 Medical Camps and our 18 hospitals.
- The Aditya Birla Hospital at Veraval in Gujarat, also caters to the marginalised.
- More than 1,200 children have learnt to smile again as they underwent cleft lip surgery.
- We have helped immunise 22 million children against polio over the last 5 years. We are now working with Rotary International and the Government's Health Department to ensure the non-resurgence of polio.
- Alongside we are engaged in a major project with Vision Foundation of India to provide sight to 6600 blind persons.
- In our endeavours towards open defecation-free villages, we have helped set up over 8,000 toilets, partly leveraging Government schemes for the social sector.
- In 50 villages, spanning over 2000 households in Jammu & Kashmir, we are providing 2010 toilets.

Education:

- At our 42 Schools across India we provide quality education to 45,000 children. On the anvil are 4 more schools. Merit Scholarships are given to 24,000 children from the interiors. Over 2,800 children in the hinterland of India are being taught conversational English to build their confidence.
- Over 3.5 lakh school children (Grade V to XII) in 31 remote blocks of Madhya Pradesh, Rajasthan, Maharashtra and Odisha are being provided with solar lamps.
- We have set up the midday meal kitchen in the Keonjhar district of Odisha, facilitating the provision of midday meals to 268 schools, along with the transport facilities. Furthermore across 625 schools, with 50,000 children, spanning Lucknow, Jaipur, Mysore, Bengaluru, Surat, Vadodara, Puri, Cuttack and Ahmedabad, we sponsor midday meals.

Sustainable Livelihood

- Our Vocational Training Centres and the Aditya Birla Rural Technology Park accord training in sustainable livelihood projects to 80,000 people.
- Our 4,500 Self-Help Groups have led to the empowerment of 45,000 women.
- Working closely with Habitat for Humanity, we have so far built more than 500 houses as part of our community outreach programme, besides supporting the building of an additional 3,800 houses across India.

Model Villages

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

At the macro level

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

We transcend the conventional boundaries of business because we care.



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Making A Difference

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TRACK RECORD

This month, we celebrate our 12th anniversary—it's been a journey of learning, growth and pride. When we began, silvers were on the fringes of the national dialogue. Today, they are finding their way to centre-stage, their concerns increasingly discussed by media; their specialised needs catered to by manufacturers and developers; and their physical and financial security addressed by policymakers. Alongside, the magazine has evolved too. While advocacy remains an imperative in all we do, we have broadened our editorial and visual scope to become more reflective of how silvers wish to live—from products and services to lifestyle, culture and entertainment. And the launch of our digital edition on Magzter this past year has been a logical step in keeping pace with the future.

That said, all we have achieved is tempered by the acceptance and understanding that we still have a long way to go. The recently released *Elderly in India 2016* report (see "Silver Stats" in 'Orbit') attests to this. India's silver population (over 60) has grown 27 million between 2001 and 2011, an increase of 35 per cent. Far too many of these silvers remain outside the ambit of the most basic services that most of us take for granted, and there are far too few people advocating their concerns.

Evidently, there's no room for complacency. Our efforts must remain concerted, our passion undiminished if we are to chip away at the ageism becoming only too apparent in our society. That's why our Harmony Senior Citizens' Run is so significant—it puts silvers on the front page while highlighting their potential.



Dabboo Ratnani

The latest edition of the Run was organised in collaboration with The TCS World 10k at Kanteerava Stadium in Bengaluru in May. Close to 800 silvers—flagged off by Kannada actor Santhosh Kumar Arya and RJ Rockstar Rohith—participated in the event, which was organised wonderfully by the Harmony team with the support of the Bengaluru Reliance Communications team, Procram International, Big 92.7 FM, Jagadish Advertising and OOH Division of Hindustan Unilever. A very special thanks to all those who made it possible and cheers to our intrepid silvers who came out to be counted.

Indeed, silvers themselves are the answer to every question posed about their relevance to society. No matter the events organised and initiatives launched, real and sustainable change can happen only when you stand up for yourself and your rights. For our part, we promise to amplify your voice and make it heard. We're in it, by your side, for the long run—that's a promise.

A Harmony for Silvers Foundation Initiative

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Cover photograph: Ash Gupta



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#MYSTYLISHBEST
Catch the runners-up of the #mystylishbest contest



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column one

Anniversaries should be celebrated in style. And that's what we've done—literally. To ring in our 12th, we've curated an array of fabulous people, chic looks and cool ideas to make silver shine in "The Style Files". We kick off with New York-based photographer Ari Cohen, whose images of stylish elders will leave you gobsmacked; Delhi designer Bina Modi, who believes, rightfully, that age is just a number and the world her oyster; and oh-so-suave actor Gulshan Grover, who shares his style mantras while strutting his stuff on our cover.

It's only the beginning. Bloggers High Heel Confidential dish on celeb style; designer Narendra Kumar Ahmed gives his take on menswear; actor Lillete Dubey lets us peek into her closet; filmmaker-designer Muzaffar Ali and artist Rekha Rodwittiya offer insight on the individual aesthetic and signature style; and author and textile expert Sabita Radhakrishna proclaims her love for handlooms in all their glory. Star favourites—makeup artist Subhash Singh and veteran hairstylist Yasmin Eranee—present exclusive demos while image consultant Zohra Chitalwala gives us the big picture. To round off the package, we showcase the winners of the *#mystylishtbest* contest, organised in association with Chennai store (and portal) Padma Paaduka, for the members of Facebook group Kai Thari, who swear by the loom. And we serve up a smorgasbord of colours and clothes, products and accessories—a look book to love (or leave) as you see fit!

We think it's a savvy way to turn 12—we hope you agree. Do write in and tell us. And thank you for keeping the faith in *Harmony-Celebrate Age*. Here's to many more milestones!

—Arati Rajan Menon

This is not just any 'unity is strength' story. One clear autumn day, a grandfather sat consoling his eight year-old grandson under a Sakura tree. Kara, the little one, had just fought with his best friend and found it hard to remember why they were friends in the first place when they were so different. Troubled by the boy's extreme reaction, the grandfather decided to teach him a lesson. He gave Kara a bag of groceries and asked him to carry it with just his thumb. Kara tried but failed. One by one, the grandfather asked him to add his other little fingers. Eventually, Kara was able to accomplish the task when he used the might of his full hand, though the bag was still heavy for him. Satisfied, the grandfather told Kara the lesson here. Though no two fingers are the same size, individually they are all weak. Yet, as a grip, with all five fingers playing unique roles, they are strong. We are strong when we stand together, but we are stronger when people of different attributes bond and fill in the voids with their unique talents. It is time for all of us, in different shapes, sizes and colours to stand for unity in diversity!

Arshil Jah
Joondalup, Australia

I really loved the June cover feature, "Who Cares?". The article not only inspired me but gave confidence to my family about the nurse we recently welcomed to take care of my grandmother. I am about to move out of my home for further studies and was worried about my grandmother as my mother is a working woman and often has to leave my grandmother alone at home. The new nurse is not only helping my grandmother in her daily activities, she has also become a companion to her and a friend to me. She is a big reassurance that once I move out, there will be someone to take my place in my grandmother's life, to always make a cup of tea for her when she needs it.

Shaili Gupta
Bengaluru

Rapid industrialisation and Rurbanisation have changed the



social structure of our society. The common problems that our elderly face include financial dependency, health, loneliness, hostility and abuse. The health of the elderly people is often poor, not just because of old age but also inadequate diet and lifestyle. Elderly people are prone to psychological problems, cardiovascular diseases, impairment of senses, diabetes, prostate enlargement, cancer, blood pressure, etc. And they are fragile beings. But the one thing that can see them through these issues is an optimistic attitude. With the population of retired people increasing around the world, we need to re-imagine retired life. It's time to take retirement into our own hands, travel the world and discover new talents. If not now, then when?

Om Prakash
Mumbai

inside

P12: Marathon moments

P19: Armed to the teeth

NEWS ● VIEWS ● PEOPLE ● RESEARCH ● TRENDS ● TIPS



FACE OFF

GIN AS TONIC?

Just when you thought you'd seen it all, along comes an anti-ageing fix that could get you in a bit of a tizzy. The UK-based Warner Leisure Hotels chain, with some help from 'food studio' Bompas & Parr, has created **Anti-AGin**, a 80-proof gin distilled with drinkable collagen and a bunch of other longevity boosting botanicals, such as chamomile, witch hazel oil and nettle. Billing it "the equivalent of an alcoholic facial", the company is selling the tippie at its 13 hotels across the UK and online at www.drinksupermarket.com/anti-agin-gin-70cl for £ 34.99 (about ₹ 3,400). No word yet on how well it works but people seem to be lapping it up—as we write this, it's all sold out.



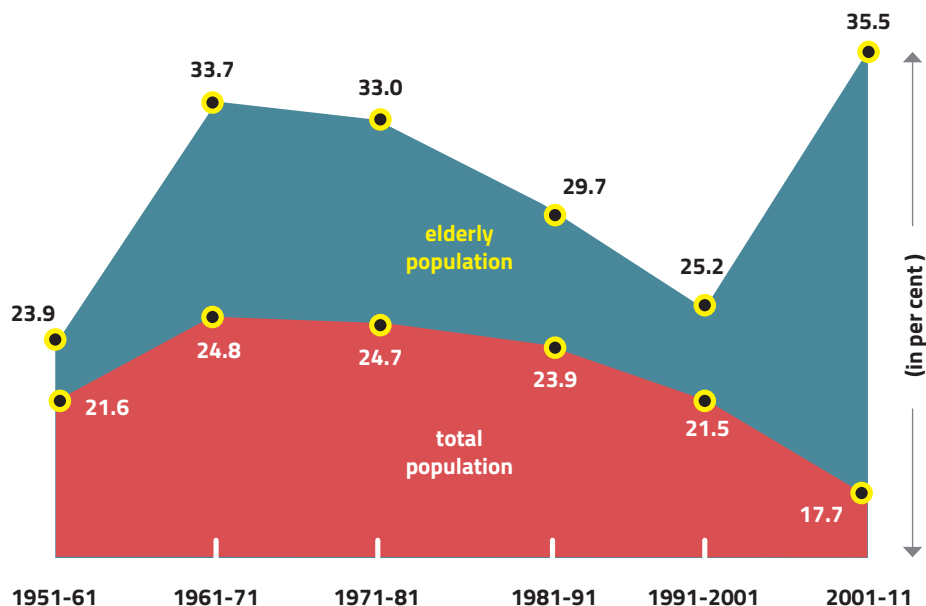
SILVERSTATS

This is an important update on silver statistics in India. The Ministry of Statistics and Programme Implementation (MOSPI) has just released its *Elderly in India 2016* report; here are some highlights:

DECADAL GROWTH IN ELDERLY POPULATION VIS-À-VIS THAT OF TOTAL POPULATION



Owing to a falling fertility rate and growing life expectancy, the population of India's elderly (60 and above) grew 27 million between 2001 and 2011, the largest increase (about 35 per cent) over a decade



1961



x 100

2011



x 100

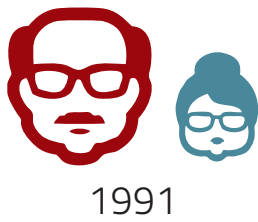


The share of elderly in the population has been rising steadily since 1961—from 5.6 per cent in 1961 to 8.6 per cent in 2011

71 per cent of the elderly reside in villages while 29 per cent live in cities



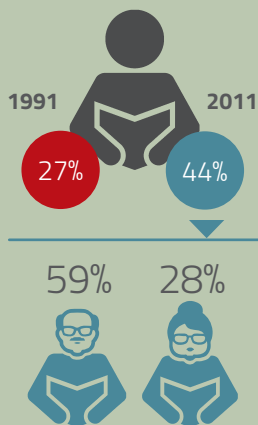
Life expectancy at birth has increased from 63.2 years between 2001 and 2005 to 67.5 years between 2009 and 2015; it is 66.3 years in villages and 77.1 years in cities



In 1991, there were more elderly men than elderly women



In 2011, there were 52.8 million elderly women and 51.1 million elderly men



THE PROPORTION OF LITERATES AMONG THE ELDERLY INCREASED FROM 27 PER CENT IN 1991 TO 44 PER CENT IN 2011

THE LITERACY RATE AMONG ELDERLY WOMEN (28 PER CENT) IS LESS THAN HALF THE LITERACY RATE AMONG ELDERLY MEN (59 PER CENT)

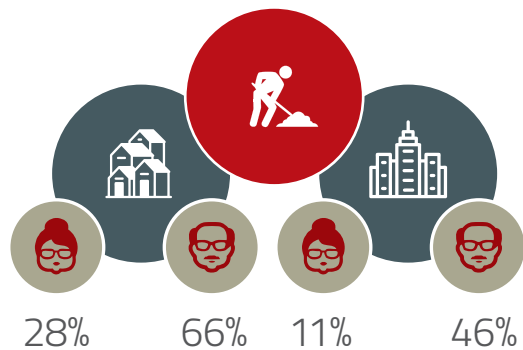
Photographs by iStock



THE NORTH-EASTERN STATES HAVE THE LEAST PROPORTION OF ELDERLY (ARUNACHAL PRADESH IS THE LOWEST WITH 4.6 PER CENT) WHILE SOUTHERN STATES HAVE THE HIGHEST PROPORTION. FOR INSTANCE, KERALA HAS 12.6 PER CENT ELDERLY, FOLLOWED BY GOA (11.2 PER CENT) AND TAMIL NADU (10.4 PER CENT).



THE OLD-AGE DEPENDENCY RATIO (RATIO OF OLDER DEPENDENTS TO THE WORKING-AGE POPULATION) HAS CLIMBED FROM 10.9 PER CENT IN 1961 TO 14.2 PER CENT IN 2011



In rural areas, about 66 per cent of elderly men and 28 per cent of women work, mainly as marginal workers

In urban areas, 46 per cent of elderly men and 11 per cent of elderly women are economically active



CLOSER TO GOD

Silvers in Orissa will now have the opportunity to go on a free pilgrimage to one of three circuits: Rameswaram-Madurai, Haridwar-Rishikesh and Allahabad-Varanasi. Beginning in July, the state's Barishta Nagarika Tirtha Yatra Yojana (BNTYY) will kick off in collaboration with the Indian Railway Catering and Travel Corporation (IRCTC). Each trip will comprise 1,000 pilgrims, selected on the basis of applications, who will enjoy free rail travel, all meals and accommodation at the destination. The trip includes free bus service to cover places of interest and a travel kit (worth ₹ 1,000) containing soap and shampoo, comb, towel and bed linen for daily use. To be funded by Orissa's Tourism Department, BNTYY is expected to cost the state around ₹ 45 crore per annum. Rajasthan, Uttar Pradesh, Madhya Pradesh and Jharkhand already have such programmes in place.

AUTO PILOT An auto rickshaw service has been launched for silvers at railway stations in Surat, Udhna, Bhestan, Sachin, Maroli, Navsari, Amalsad and Billimora in Gujarat. The autos will be driven by the physically challenged under an initiative to financially empower them. Each driver will be paid ₹ 6,000 per month as salary by Bhartiya Micro Credit, a firm formed to run this service. Fifteen autos are already plying and 15 more will begin to run in the next few months.



Nutrition agenda: International food and beverage company Nestle has announced the establishment of the Nestle Research Centre (NRC) Asia, in partnership with the Agency for Science, Technology and Research (A*Star), in Singapore. Its focus will be to improve nutrition for ageing populations in Asia. To this end, it will open additional offices in China and Japan and work to develop quality nutritional products for elders.

THE LIFE IN HER YEARS

WOMEN MAY LIVE LONGER BUT MEN AGE BETTER. That's the conclusion of a 30-year study funded by the US National Institute on Ageing. The researchers tracked a group of men and women from the age of 65 to see how many years they could

expect to live, and be free of disability. As they share in *American Journal of Public Health*, the life expectancy of men increased from 14 to 19 years during the study period while their expectation of living without disability increased from

about 11 years to 15. For women on the other hand, both life expectancy and disability-free years increased less than men—they were found more likely to develop conditions like arthritis, fall-related fractures, depression and dementia.



The lithium effect

Here's one more drug that is finding a whole new use. **Commonly used to treat bipolar patients, lithium is being used to develop anti-ageing drugs** after researchers at University College London (UCL) discovered that fruit flies given a low dose of lithium lived 16-18 per cent longer. Their study, published in journal *Cell Reports*, suggests that the drug blocks activity of a molecule called glycogen synthase kinase-3 (GSK-3), which has been linked to age-related diseases like Alzheimer's and Parkinson's.

Cruise control

Now, a welcome change of gear. While the media relentlessly harps upon the dangers of elders behind the wheel, researchers at Columbia University in New York have chosen to focus on **the benefits of driving for silvers**. According to their study, published in the *Journal of the American Geriatrics Society*, driving a car protects against cognitive decline and dementia,

enables greater activity and independence, and engenders a sense of self-reliance. The study also found that silvers forced to give up driving reported a decline in their physical and mental health. "For many older adults, driving is instrumental to their daily living and a strong indicator of self-control, personal freedom and independence," says study author

Professor Dr Guohua Li. "Unfortunately, it is almost inevitable to face the decision to stop driving as cognitive and physical functions continue to decline. When the decision time comes, it is important to take into consideration the adverse health consequences of driving cessation and make personalised plans to maintain mobility and social functions."



Photographs by iStock

YELLOW FEVER

Bengaluru had a good run recently as silvers from different walks of life put on their running shoes and sprinted along at the ninth edition of the Harmony Senior Citizens' Run, organised in collaboration with The TCS World 10k at Kanteerava Stadium. As the sea of yellow surged ahead, spectators on either side of the track applauded and cheered loudly.

While many participants—such as 66 year-old Vaidyanath who ran his third marathon and 67 year-old Raveendranath, here for the fourth successive year—were veterans and had come back to indulge in their passion, some, such as 61 year-old Rajalakshmi and 70 year-old Nafeesa Rehman, seized the opportunity to support Kaushalya Vikas Kendra, an institute specialising in vocational training for the

underprivileged. Seven-timer Vinod Rai Raja, a 67 year-old Gujarati businessman based in Bengaluru, grabbed eyeballs as he swayed the Kannada Rajya flag along with the Indian tricolour. With a mini drum slung over his shoulder and a huge red tilak on the forehead, he was a sight to behold. Raja and his exuberant group could be seen breaking into Bhangra and enjoying themselves every step of the marathon.

For 54 year-old Honnaiah, who jogged into the marquee sweating profusely, it was a moment of celebration. "I'm a diabetic for 32 years, and have been in and out of depression for the past four years. But today I'm feeling completely elated!" To share his joy, Honnaiah did a short jig. "I'll return next year," he shouted out.





SBI bankers Padma Dhirendra, 64, and Dhirendra, 63, chortled, "For us, this is a family outing." While their children participated in the 10k, the couple decided to live it up with the 4.2k Senior Citizens' Run. Padma, who participated last year as well, was seen cheering her husband, a debutant. For 68 year-old Arul Lata Sharma from Delhi, who has made Bengaluru her home for the past five years, it was her second year at the marathon. Sharma, who walks daily for an hour, had come with her brother-in-law, daughter and son-in-law, who were all participating in the 10k run.

While children were the inspiration for the Dhirendras and Sharma, for 68 year-old Madhava M Bhakta, the motivating factor was his daughter-in-law. "She had registered for the 6k run. We were training for the marathon together. But

owing to some unavoidable reasons she couldn't make it today." With newfound confidence he added, "I'll continue the training so I can return next year with renewed vigour."

For friends Mercy Mathew, 55, and Madhavi Kumar, 64, who are members of a laughter club in Sarjapur, it was all about motivating each other and sticking together to exult in shared happiness of having completed the run successfully.

Meanwhile, the four-member group of Coorgis, 73 year-old Swati Bopanna, 64 year-old Roshi Chinappa, 69 year-old Gowri Ponappa and 80 year-old K P Uthappa, described the marathon as "a wonderful experience". They had travelled nearly six hours, braving 268 km, only to participate in the marathon. While London-based Bopanna, an avid trekker, is



on a brief vacation in her hometown, Uthappa has trekked to Kailash Mansarovar twice and Gomukh thrice. Beaming proudly, Chinappa pointed out that she completed the feat in just 33 minutes, as the rest of the group cheered her lustily.

While the mood was upbeat among silvers having finished the Senior Citizens' Run, 62 year-old Jaya Hari, returning for the sixth time this year, gulped some water as he prepared to go back to take on the next challenge—the 10k—as has been his wont every year.

While 82 year-old Gomathi Mohan and Sulochana, 81, were among the eldest women participants, 85 year-olds

Venkatarao Rama Rao and Ramakrishna were the oldest among men. The spirit permeating the event, however, was of youthfulness as exemplified by M S S Iyer who chuckled, "I'm only 28," before adding, "actually, it's the reverse." Iyer has been a regular for five years. Having retired as chief marketing manager from Lufthansa airlines, Iyer is an integral part of a laughter club in Jayanagar, which sent 25 members to the marathon this year.

Kannada actor Santhosh Kumar Arya and RJ Rockstar Rohith were chief guests at the event. Arya was thrilled to be back again on the Harmony stage, cheering silvers and distributing gift hampers. "It's my second year," he said. "I'm happy to see the numbers swelling."



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- गौरैया बॉक्स वितरण कार्यक्रम में टाइम्स ऑफ़ इंडिया, सीईई, लखनऊ विश्वविद्यालय, एफआईसीसीआई, पीएचडीसीसीआई, वेल्स्पन इंडस्ट्रीज तथा रिलायंस जैसी संस्थाएँ सक्रिय सहभागिता निभा रही हैं।

वन एवं वन्य जीव विभाग, उत्तर प्रदेश

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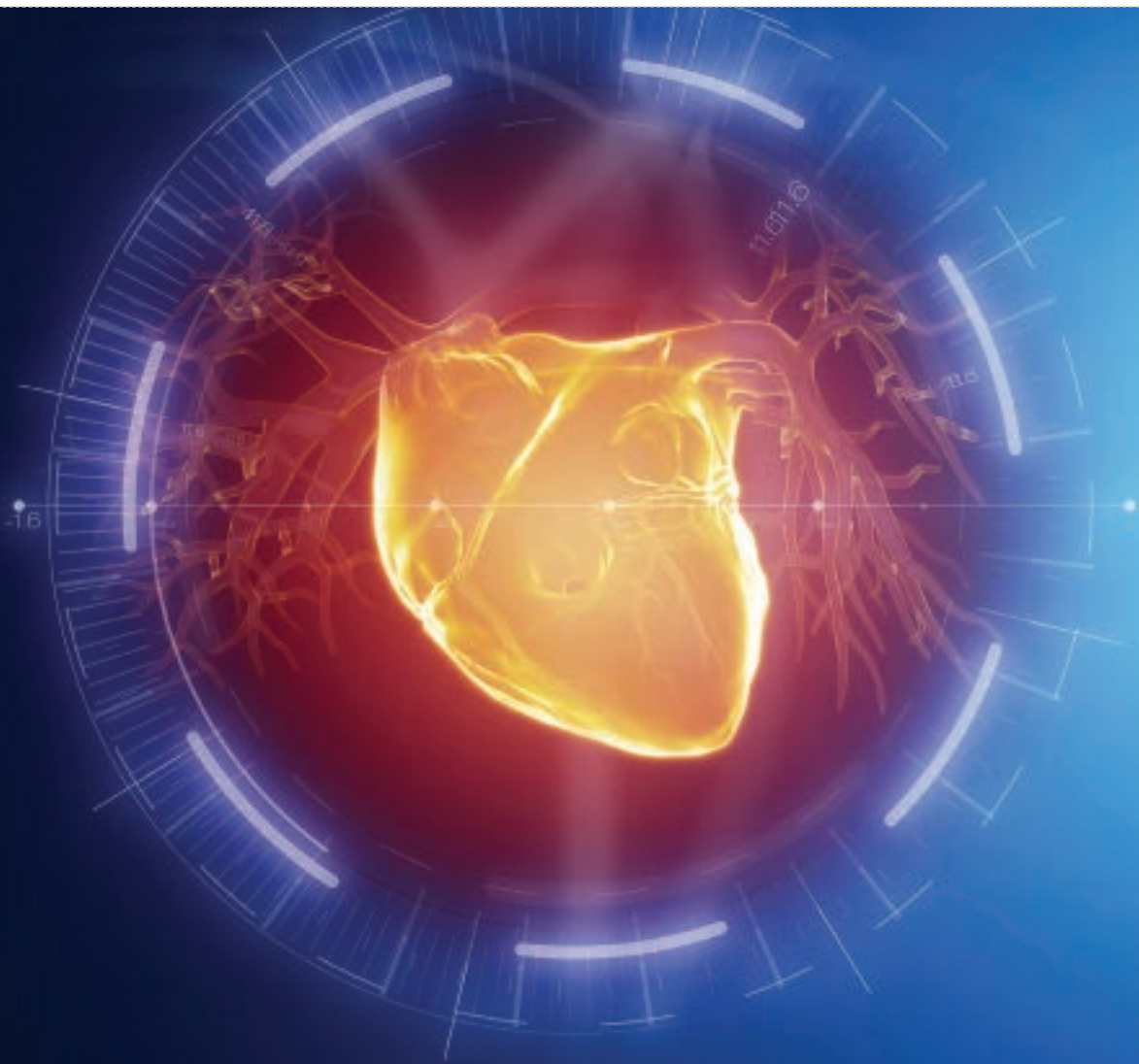
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THE 3D HEART

Believe it or not, creating three-dimensional tissue from heart cells is passé. **Scientists can now create 3D heart tissue from stem cells taken from human skin.** The heart tissue is created from induced pluripotent stem cells (iPSCs) derived from a patient's skin cells and can be used as a model to test drugs and fight heart disease. The new method has been developed by researchers at the Gladstone Institutes in San Francisco. By reducing the number of cells

needed thousand-fold, the new method allows scientists to perform more experiments with the same resources. In this study, scientists generated heart muscle cells and then connective tissue cells through iPSCs. They then combined them in a special dish that resulted in the cells self-organising into elongated muscle fibres. After a few days, the micro-tissue resembled heart muscle, structurally and functionally. The study was published in the journal *Scientific Reports*.



THE GENE PULL

Notch up one more win in the battle against heart failure.

This comes from a study where **gene transfer therapy in the coronary artery among cardiac patients led to increased left ventricular function and thereby decreased the probability of heart failure** and death. The researchers, from the Veterans Affairs San Diego Healthcare System, San Diego, California, US, introduced genes into patients' heart cells via a

modified virus, which then directed the cells to produce a protein known as adenylyl cyclase type 6 (AC6). The patients were monitored for up to a year, and the researchers found that not only did the therapy improve left ventricular function; it also brought down the heart failure patient admission rate to 9.5 per cent in patients who received AC6, versus 29 per cent in those who received a placebo. The study was published online by *JAMA Cardiology*.

Photographs by iStock



Painkillers—watch out! If you've popped a Tylenol to kill a headache before setting out, be extra careful while crossing the street. According to researchers at the University of Toronto in Ontario and the University of British Columbia in Vancouver, acetaminophen in painkillers such as Tylenol might inhibit the brain's ability to detect errors. Researchers gave two groups of 30 participants each a target-detection task that required them to hit one of two buttons depending on what they saw flashing on a screen. One group was given 1,000 mg of acetaminophen—a normal maximum dose—while the other was administered a placebo. They found that the group that had consumed acetaminophen found it harder to recognise errors they had made. Worse, this group also made more errors. This double whammy could have serious implications in everyday life, where the brain's inbuilt ability to detect mistakes keeps us alive by steering us away from danger.

FRUCTOSE NOT A FRIEND

Many of us believe fructose is a healthier substitute for sugar—we may be mistaken. Researchers from the University of California, Los Angeles (UCLA), have found that **fructose can damage genes in the brain** and may be linked with changes seen in diseases like diabetes, Alzheimer's, cardiovascular disease and attention deficit hyperactivity disorder (ADHD). They discovered that fructose seemed to most easily disrupt two genes: Bgn and Fmod. This set off a chain reaction that altered numerous other genes. But here's the good news: an omega-3 fatty acid called docosahexaenoic acid (DHA) can reverse the harmful effects of fructose. Better still, DHA can bring the entire gene pattern back on track, opening avenues for drug therapy in some life-altering diseases. The research was published online in *EBioMedicine*.



LONG LIVE DOPAMINE!

ADDING YEARS TO LIFE IS THE HOLY GRAIL FOR THE MEDICAL FRATERNITY. NOW, SCIENTISTS MIGHT HAVE TURNED A CORNER IN THAT QUEST. RESEARCHERS FROM THE UNIVERSITY AT BUFFALO RESEARCH INSTITUTE ON ADDICTIONS, NEW YORK, STUDIED THE GENES IN DOPAMINE (A NEUROTRANSMITTER AND PRECURSOR TO OTHER SUBSTANCES INCLUDING ADRENALINE) TO ANALYSE THEIR IMPACT ON LIFESPAN AND BEHAVIOUR IN MICE. IT WAS FOUND THAT, **WHEN COMBINED WITH AN ENRICHED ENVIRONMENT**—INCLUDING SOCIAL INTERACTION, SENSORY AND COGNITIVE STIMULATION, AND EXERCISE—**THE DOPAMINE D2 RECEPTOR GENE (D2R) SIGNIFICANTLY INCREASED LIFESPAN, BODY WEIGHT AND LOCOMOTIVE ACTIVITY.** DEPENDING ON THE LEVEL OF D2R, MICE IN THE ENRICHED ENVIRONMENT LIVED 16 TO 22 PER CENT LONGER THAN THOSE IN A DEPRIVED ENVIRONMENT. THE STUDY WAS PUBLISHED IN THE ONLINE JOURNAL *ONCOTARGET AGING*.



Photographs by iStock

Hungry eyes: Deteriorating vision owing to age-related macular degeneration (AMD) is a leading cause of visual impairment and blindness in silvers; thankfully, researchers are making some headway in understanding this condition. It is already known that AMD is caused by abnormal proliferation of blood vessels in the retina, an attempt by the eye to compensate for oxygen deficiency, so that the photoreceptors, which capture light and generate vision, get the required oxygen to be able to function. However, a study published in *Nature Medicine*, and conducted by researchers from the University of Montreal in Quebec, Canada, has discovered another interesting finding: **the abnormal proliferation of blood vessels in the retina is an attempt by energy-intensive photoreceptors to compensate for lack of fuel.** Interestingly, the study found that this energy did not come from glucose alone, as previously believed. They also use lipids (fats, waxes, fat-soluble vitamins, etc) as a fuel substrate. Using these findings, researchers are looking to develop therapies that would prevent, slow or reverse vision loss through AMD.



Eat bananas, see better

Looks like the adage, 'an apple a day keeps the doctor away', has company. Researchers at Queensland University of Technology, Brisbane, Australia, are chiming in, saying **a banana a day can keep blindness away.** They claim that eating a banana daily can improve eye health and prevent vision-related diseases. The study found that bananas contain carotenoids (a compound that can turn fruits and vegetables into red, yellow or orange pigments converting into Vitamin A), which can be good for vision. Earlier studies have found that food containing high levels of carotenoids can also protect against certain cancers, cardiovascular disease and diabetes. Researchers have also discovered that different varieties of banana produce different amounts of carotenoids, a starting point to developing varieties that have better health benefits. The research was published in *ACS' Journal of Agriculture and Food Chemistry*.



Say 'aaah!'

Dr Hrishikesh Pusalkar, BDS, MDS (prosthodontics, crown and bridge, implantology), Kokilaben Dhirubhai Ambani Hospital, offers some valuable tips on oral hygiene

With regard to oral hygiene, what type of diseases and problems do you see in people over the age of 50?

- **Tooth decay:** People over 50 get cavities on the surfaces of their teeth, a problem that does not usually occur in earlier years. They can also get them around old fillings or at the roots of their teeth.
- **Dry mouth:** Saliva protects against tooth decay. If you're not producing it, your teeth may be at risk. The calcium and phosphate present in saliva prevent de-mineralisation of teeth. Dry mouth is often caused by medications; as people age, they take more medications. This condition can also result from smoking or conditions that cause damage to the salivary glands. Many systemic diseases such as diabetes, arthritis, osteoporosis and AIDS, as well as therapies for systemic diseases, can directly or indirectly compromise oral tissues.
- **Periodontal diseases:** Periodontal diseases are infections caused by bacteria in the biofilm (dental plaque) that forms on oral surfaces. The basic division in the periodontal diseases is between gingivitis, which affects the gums, and periodontitis, which may involve soft tissue and bone supporting the teeth. Gingivitis and milder forms of periodontitis are common in adults. The percentage of individuals with moderate to severe periodontitis, in which the destruction of supporting tissue can cause teeth to loosen and fall out, increases with age. Certain prescription

drugs can also lead to gingival overgrowth. These include the anti-epileptic drug phenytoin (Dilantin); cyclosporin, used for immunosuppressive therapy in transplant patients; and various calcium channel blockers used to treat heart disease.

What are the causes or diseases that cause the elderly to lose teeth and what type of precautions do you advise?

- **Periodontal disease:** Owing to poor oral hygiene, this is a leading cause of tooth loss.
- **Trauma:** Teeth can be 'knocked out' owing to trauma.
- **Decay:** This could extend to the bone around the ends of the roots, leading to extraction.
- **Cracks/fractures:** Clenching and grinding habits (bruxism) or mechanical reasons such as lack of sufficient support from other teeth cause extreme stress to the teeth including cracks and fractures.
- **Poor nutrition:** Foods that contain a lot of sugar, carbohydrates and acids are harmful for teeth.

Precautions to avoid tooth loss include brushing twice daily, especially before going to bed, with toothpaste containing fluoride. Also, clean between the teeth daily, with dental floss or interdental cleaners. Eat nutritious and balanced meals and avoid sticky foods. Dental sealants applied to the chewing surface of the back teeth can protect against decay. Visit your dentist regularly for oral examination and professional cleaning.

Is it prudent to get dentures or tooth replacement once people start

missing their teeth? What are the options available?

Yes. Every tooth counts. Missing several teeth can influence your daily life. It can lower chewing efficiency and affect general health. Besides the loss of function, it also affects appearance and self-esteem. When you lose teeth, it disturbs the interplay between teeth and bone. The bone and gums are no longer stimulated enough and they shrink. This affects adjacent teeth until they collapse and the teeth in the opposite jaw, which can start growing into the gap. Missing teeth can make your face look old and wrinkly, and your cheeks become hollow and saggy. Implants are the best and most comfortable replacement option for teeth. An implant is essentially an artificial titanium screw anchored in the bone on which a crown is placed. It feels like a real tooth and does not need other teeth for support. Another option is a fixed bridge, in which three or more crowns are fused together. The one in the middle (pontic) replaces the missing tooth. There is also a removable option of partial or complete dentures.

Can you provide some tips to keep gums and teeth healthy?

Small changes in your daily routine can make a big difference in the long term. First, brush twice daily using fluoride toothpaste. The brush you use should be soft to medium with multi-tufted, round-ended nylon bristles. The head of the brush should be small enough to reach all parts of the mouth. Clean between teeth, using interdental floss. Practice good eating habits; consume few sticky and sugary foods and drinks; and get regular dental checkups. All this will ensure healthy gums and teeth.



Courtesy: B Hariharan

Running for joy

His physique gives it all away—67 year-old **Balakrishnampatti Hariharan** has the wiry frame of a runner and his smile and passion for life add colour and zest to his persona. This is a man who is thoroughly enjoying himself and doing what he does best: running for the sheer love of it.

Amazingly, he hasn't been at it for very long. His first run was the 10K Run Foundation Half Marathon in Hyderabad in 2007. Yet he is already India's second entrant into the elite Seven Continents Club, completing full marathons on each of the seven continents. The climax of Hariharan's achievement was an invigorating 42-km Full Marathon in—hold your breath—Antarctica, in March this year.

Hyderabad-based Hariharan, who is chief investment officer at Shriram Life Insurance, has always been an achiever. He holds a diploma in mechanical engineering; master's degrees in commerce and business management; and he is a chartered accountant. A career switch to the Shriram Group of Industries was his launch pad as a marathoner. In previous jobs, he was used to starting work early but when he joined the group as vice-president (finance) in 1996, he didn't start work till 10 am.

So he started taking a regular 10-km walk with his boss around Hyderabad's Hussain Sagar lake. The turning point came in 2005, when Hariharan joined Shriram Life Insurance, where he met Emil Boeke, the chief risk officer from their South African partner company Sanlam. Boeke, a regular marathon runner, convinced Hariharan that marathon running was in the mind, not in the legs.

Soon, Hariharan started running and walking twice around Necklace Road. "Gradually, I reduced the portion I used to walk and increase the portion I used to run. By 2007 I was ready to run my first half marathon in Hyderabad. I finished comfortably because I walked the last 5 km. I felt highly charged at the end of the race—there was not an iota of tiredness." This euphoria had him hooked for life. In 2008, Hariharan ran the Bangalore Ultra Run, a 50-km run, which he completed in seven hours and 58 minutes. It was his 60th birthday gift to himself, his *shashtipurthi*, a common celebration in South India.

Hariharan has since run in South Africa, Australia, Singapore, Greece, the US, Istanbul, France, Brazil and, finally, Antarctica. "I find running marathons is the best way to see different countries and experience a variety of cultures," he says with a smile. All this travel takes money but our marathoner's simple lifestyle helps him save enough to fuel his passion. "My wife does not buy jewellery and silks; we do not take fancy vacations. I do not drink or smoke; we rarely eat out; and I still use my 20 year-old Maruti 800. Thanks to my frugal habits, I spend my savings on these trips."

Besides running marathons, Hariharan has also taken part in two duathlons, including an Olympic duathlon, which consists of a 10-km run, followed by 40 km of cycling and then a 5-km run. What's more, he has tried parasailing, jet skiing, a chopper ride and a ride in a hot air balloon!

With a record that stands at 91 half and full marathons, Hariharan's dream is to run his 100th at the Arctic ice cap.
—Shyamola Khanna



Kiran Bedi



Salman Rushdie

iStock



V T Thomas



Baba Hardev Singh

BIRTHDAYS

Screenwriter, director and producer **Mani Ratnam** turns 61 on 2 June.

Actor **Dimple Kapadia** turns 59 on 8 June.

Retired IPS officer and politician **Kiran Bedi** turns 67 on 9 June.

Actor **Kirron Kher** turns 61 on 14 June.

Actor **Mithun Chakraborty** turns 66 on 16 June.

Indian-born British author **Salman Rushdie** turns 69 on 19 June.

IN PASSING

Malayalam cartoonist **V T Thomas**, popularly known as Toms, passed away on 27 April following a brief illness in Kottayam. He was 86.

Indian National Congress (INC) member of Rajya Sabha **Praveen Rashtrapal** died on 11 May after suffering a massive heart attack. He was 76.

American super-centenarian **Susannah Mushatt Jones** passed away on 12 May. She was 116.

Baba Hardev Singh, spiritual leader and chief of the Nirankari Mission, died on 13 May in a road accident in Montreal, Canada. He was 62.

MILESTONES

➤ ISRO announced on 14 May that noted space scientist **Udupi Ramachandra Rao** will be honoured with the International Astronautical Federation (IAF) Hall of Fame Award for 2016, in recognition of his outstanding contribution to the progress of astronautics within the framework of the IAF's activities.

➤ Physicist **Sriram Ramaswamy**, director of the TIFR Centre for Interdisciplinary Sciences, Hyderabad, is among the 50 new fellows who have been elected to the Royal Society of London. His research helped found the field of Active Matter, which studies the collective behaviour of objects, such as motile organisms.

Dinodia Photo Library



OVERHEARD

“Our bodies change and how I deal with the change is directly correlated to how beautiful I look. That’s part of the secret to ageing well, along with finding peace with what is. I love swimming, paddle boarding, running, skiing, surfing, hiking, spinning. I did a hip-hop class the other day. I was so out of rhythm but I laughed a lot! And when I’m feeling off, I smile a lot. It helps everything and distracts from whatever is not working. I feel very secure within myself—strong, happy and motivated. Hopefully I’ve gained some wisdom over the years. And I have a sense of humour about my mistakes. I’ve accepted that I don’t always get it right, but it’s not the end of the world.”

—Australian model, businesswoman, television host and actor **Elle Macpherson**, 52, famously known as ‘The Body’ in *Redbook* magazine



Sister sciences

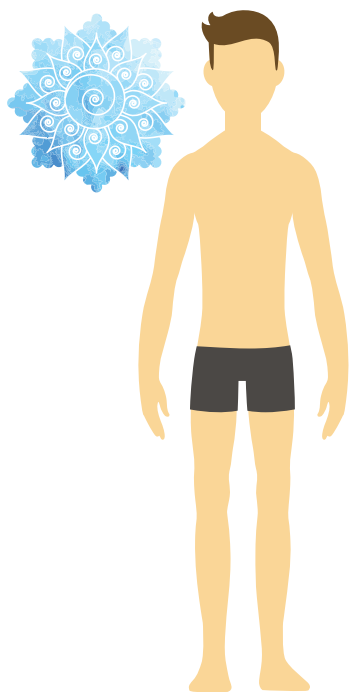
Exploring the link between Ayurveda and yoga

Yoga shares a very close relationship with Ayurveda. One can picture ancient India where healing sciences complemented each other; healers had a large knowledge of oils (*sugandha yoga*), knew acupressure points (*marmakalai*), knew and practised yoga, and referred stubborn issues to Ayurvedic healing. That is why yoga and Ayurveda are called sister sciences. One of the most celebrated names today who has shown this beautiful bond between the two is Dr David Frawley, whose Indian name is Swami Vamadeva.

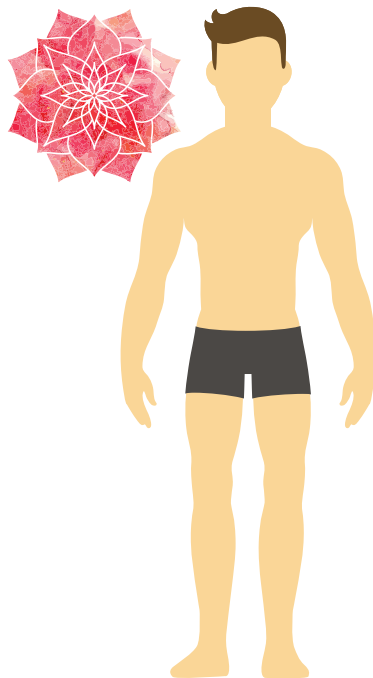
He has written extensively on how yoga asanas must be done with the Ayurvedic dosha (personalities) in mind. This is an exciting aspect of the yoga-Ayurveda link of which perhaps many current practitioners and teachers are unaware. For instance, the high-energy vata doshas will want to do more sun salutations (*surya namaskar*) and must be curbed from that instinct because it will,

naturally, aggravate that element. The highly competitive *pitta* dosha would compete with the teacher, other students in the class and enter yoga competitions and, therefore, will end up aggravating the dosha. This dosha is what makes people look at other practitioners instead of focusing on their own practice in a group! Meanwhile, the sluggish kapha dosha, despite theoretically knowing a lot about the wisdom of yoga, would resist actual practice, and create conditions to avoid practice. This dosha needs the most vigorous practice.

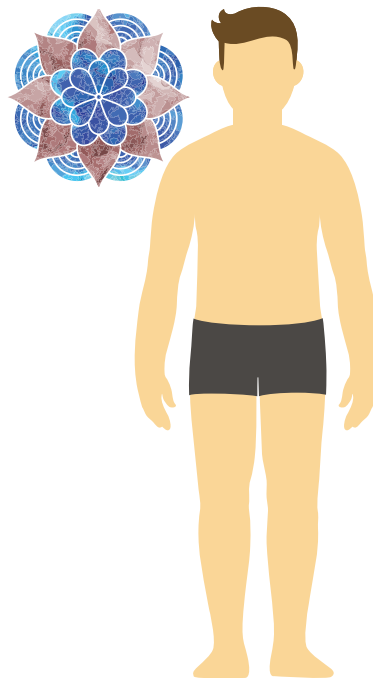
Even asana practice must be prescribed according to the dosha. The vata dosha must focus on calming, grounding poses; standing balances and inversions are ideal. The *pitta* dosha needs cooling practices, so inversions (though not to be held for too long) and soothing forward bends must be dominant in practice. The kapha dosha may need more backbends to kick-start enthusiasm.



VATA



PITTA



KAPHA

Some practices are seen as 'tri-doshic', such as the alternate nostril breathing (*anulom vilom*). But even breathing (pranayama) practices must be prescribed according to dosha. The *vata* should do more calming practices, like victory breath (*ujjayi*), while the *pitta* should do more cooling ones like cooling breath (*seetali*) or hissing breath (*seetkari*), while *kapha* must do more stimulating practices

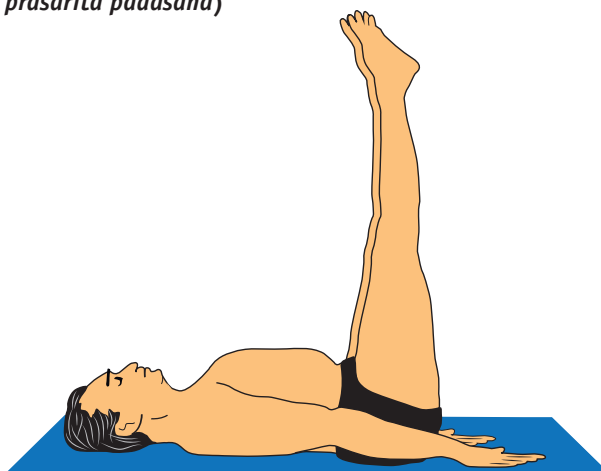
like hyperventilating breath (*kapalabhati*) or bellows breath (*bhastrika*).

The nature of meditation and the type of food to prepare the body for sadhana are also individualised. Those who have a strong yoga practice should look towards Ayurveda to support their effort on the mat.

YOGIC MOVES

Double-legged upward extended foot pose (*dwipada urdhva prasarita padasana*)

This pose is 'tri-doshic' in nature. Lie on your back. If you have lower back issues, you can keep the legs bent at the knees or a cushion at the lower back. Extend arms overhead and back on the floor behind your head, as shown. Inhale. Exhaling, raise both legs up at a right angle. Try to hold the legs not too ahead (towards the face) or towards the floor. Continue breathing normally. Hold the final pose for only a short time if new to it. But keep making micro corrections. Keep awareness along the back of the legs. Extend the spine. Relax parts of the spine that are tense. Keep the lower back neutral. Firm the shoulders and upper back down. Inhale. Then, exhaling, lower legs back to the start position. Repeat a few times. **Benefits:** This pose develops core strength and helps reduce spinal problems. It is soothing to all doshas and prevents their aggravation.



Hatha Yoga Pradipika

Several practitioners intimidated by exotic poses often tend to see them as mere physical exercise and turn to focus only on meditation. But in yoga, the body has to be moulded for meditation. And no other yoga text draws this link between the mind, body and spirit as vigorously as *Hatha Yoga Pradipika* by Swami Swatmarama.

The value of many ancient texts cannot be extracted without an enlightened translator. So though I have several English versions of this supremely exciting book, the best one I recommend is by Swami

Muktibodhananda for the Bihar School of Yoga. In the introduction, he places it in the historical context. He compares it to other yogic texts and explains why its title should excite us towards sadhana. "*Pradipika* means self-illuminating and it illumines a multitude of physical, mental and spiritual problems of aspirants."

The text advocates cleaning the body up before trying it with something as amorphous as the mind. Therefore, it is excitingly pragmatic. But lest one thinks it's all about the body, it constantly shows how each practice works on the mind. In effect, you could say it is an ancient version of

the neuroscience of yoga, the mystical language notwithstanding. The other carrot for practice constantly shown is how fast each practice can propel you on the road to moksha.

Sample this on these verses on the practice of maha mudra: "Abdominal disorders, constipation, indigestion and leprosy can be alleviated by the practice of maha mudra." Then, immediately the hidden spiritual and psychic aspect of this practice: "Thus, maha mudra has been described as the giver of great siddhis. It must be kept secret and not disclosed to anyone." (Chapter 3, verses 17 and 18)

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



HEART TO HEARTH BY PRATIBHA JAIN

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

A student for life!

Sita Kolluru • HYDERABAD

"I don't have tall claims. I know a little bit of cooking, a little bit of computers and a little bit of documentation," says Sita Kolluru. It is her age that makes these words extraordinary. At 78, she keeps herself busy and divides her time between classical singing, funky jewellery-making, knitting, crocheting and creating things out of waste. Her latest passion is her food blog where one can see her creative and innovative spirit.

An avid conversationalist, she expresses her thoughts in a logical and interesting manner. What makes her remarkable is how she is in charge of her life and happiness. There is neither undue expectation nor blame game, only a serene acceptance of what cannot be changed and a proactive attitude towards what can be transformed!

Namaste Sitaji. How did you break away from the usual cooking and get into experimentation?

When I went to visit my son in Seattle in 2010, my daughter-in-law Doreen, an American, had cultivated a lovely kitchen garden. It is her favourite hobby. She encouraged me to experiment with vegetables such as broccoli, peppers, tomatillos and Mexican sour gherkins, now known as *sandita*.

How many children do you have?

I have two sons and a daughter. My younger son has two daughters aged 18 and 22. My younger daughter-in-law, Sharada Kolluru, is a writer.

Do you keep in touch with all of them via social media?

I have to be. It is the best way to keep in touch. Correspondence is so easy nowadays. I also insist that my friends become active on Facebook. But their children tell them that such activities are for the younger generation.

"Doreen showed me a word document of my recipes. I was really moved. Slowly I began to blog. It was a whole new world and there was so much to learn"

Tell us about your education.

I grew up in Rajahmundry. I completed my first year of MSc in Andhra University. At that time, my mother insisted I get married. I remember being quite upset with her. But I could not convince her. At 21, I got married and moved to Kharagpur.

But you managed to study after marriage?

Yes. In 1966, we moved to Kanpur where my husband, late Prof K V Gokhale, got a teaching assignment in IIT-Kanpur. Once my

youngest child was born, I went on to do MA sociology in IIT-Kanpur. In 1974, I took up a part-time job in the university library. By then, all the children were going to school. Moreover, my mother-in-law and sister-in-law were at home and we shared the household chores, which left me time to do other things. After a few years, I registered for the library sciences course. It was a challenge as I had to travel from Kanpur to Delhi over weekends to attend the contact classes of open university. I stayed with my son for those weekends in Delhi and somehow managed it all. I topped the university.

You are really an inspiration Sitaji. From whom did you inherit this zest for learning?

From my father. He was an avid reader and inculcated the habit of reading in all of us. I remember how he encouraged us to refer to the encyclopaedia. According to him, one must be strong in general knowledge. He never placed any restriction on what we should or should not read. He believed we would figure out right and wrong for ourselves.

How did the food journey happen?

That a food journey happened is in itself a miracle. My siblings and friends still laugh because they remember my earlier days when I hardly cooked. Initially, the elders took charge of the kitchen because of some orthodox practices. When we moved to Kanpur, things changed and I started experimenting with other foods, such as paneer varieties. Soon, I was preparing unconventional dishes such as pizzas, eggplant parmesan and stuffed tomatoes to avoid comparison with other expert cooks like my elder sister and friends! I would make the



pizzas at home using the stovetop oven in the 1970s when I would make dough as well as fresh tomato sauce. It was not just traditional Indian cooking but these 'fancy' dishes when the kids were growing up.

And the blog?

I think it happened because of Doreen's persistence. When she first visited us, she learnt a couple of recipes, went back, tried them and wrote to me, "I loved them. Send me more recipes." She often asked me to jot them on paper but I did not

take that seriously. My husband often reminded me to email her one recipe every day. Soon after, he passed away. The next time I visited Seattle, Doreen showed me a word document of my recipes. I was really moved. Slowly I began to blog [www.sitaruchulu.blogspot.in]. It was a whole new world and there was so much to learn.

And you again came out with flying colours!

It is a simple blog but it is good to post. I remember asking my

friends how to make a reference and cross-reference. After some time, someone figured out that I was asking about 'hyperlinks' [laughs]. I enjoy interacting with other bloggers. There are many American bloggers who follow me. I have almost 26,000 hits on my blog.

I can see your excitement. I am sure it was no mean task to manage the blog.

I am still learning. One is always a student. I remember the time I discontinued my master's and was at home for a while. I would get really bored and once I told my mother, "What do you want me to do at home? I have learnt everything and there is nothing new to do." My *chachaji* [uncle] heard me and asked me if I knew how to sew. When I shook my head, he said, "There is always something new to learn. Your learning is never complete." To date, I remember the impact of his words.

How true. Tell me, have the children inherited your love for cooking?

My sons Nagendra and Ramachandra are quite good at cooking. My daughter Lakshmi, an academician, prepares tasty food whenever she gets down to cooking. She thinks there are better things to do than cooking and cleaning! My younger daughter-in-law, who claims she is not a foodie, is happy that the recipes are available for the grandchildren whenever they want to cook. That gives me satisfaction, as the purpose of my blog is to keep the recipes available for future generations!

I am glad you are documenting your recipes. Which ones do your readers appreciate the most?

It varies. But I like experimenting and I like health foods. I do very little deep frying. I try to cut down on rice and use oats instead. I know many of my friends in USA who did not really



POHA DOSA (*atukulu pongaraalu*)

Dosa made with flattened rice, known as *poha* in Northern India and *atukulu* in Telugu, is a speciality of Andhra Pradesh. Follow the recipe and you will get very spongy and soft dosas. This is ideal for the winter as it does not require much time for fermentation.

Ingredients

- Fenugreek (*poha*): 1 cup
- Rice (or idli rice): 1 cup
- Oats: 1 cup; powdered
- Buttermilk or yoghurt: ½ cup
- Fenugreek seeds: ½ tsp
- Baking soda: 1 tsp
- Salt to taste
- Grated carrot and finely chopped coriander leaves (*cilantro*) to garnish

Method

Wash and soak rice and fenugreek seeds in water for 4-5 hours. In another container, soak the *atukulu* in yoghurt/buttermilk for the same duration. Grind together with little water. The consistency should be a little thicker than dosa batter. Add powdered oats, salt and baking soda. Mix together and leave it for 4-5 hours (or overnight in cold weather). When fermented, the batter turns bubbly, but it may not necessarily rise. On a hot griddle, drizzle very little oil and pour a ladle of batter in the centre. Do not spread it with the ladle as done while making dosas. Instead, allow it to spread by itself. Drizzle a spoon of oil around the edge of the dosa. Garnish with carrot and coriander. Cover with lid and cook for 2-3 minutes. Flip and let it cook uncovered for 2-3 minutes. Serve hot with chutney and sambhar. It tastes delicious with *menthulu pulusu* (fenugreek stew).

experiment with local vegetables and ingredients. Now many of them ask me for recipes.

What is the much-demanded recipe by loved ones?

It depends on the season. Yesterday, on demand, I made a jackfruit *subzi* known as *panasa potti koora*. A friend sent me a green jackfruit from her garden and asked me to make it like the *koora*, which is popular in Godavari district.

What is the secret of good cooking?

Being interested in what one does. There is no need to spend much time in the kitchen. To cook for more than an hour or so is really not required. One should always be active and try many things. It always has its rewards. For instance,

I like making craft jewellery and when my grandchildren started liking what I was making, it brought me closer to them.

Do you have an active social life?

In Hyderabad, I live in an apartment block in an active retirement community known as SPAARC (Saket Pranaam Active Adult Retirement Community) where we are developing an active society of senior citizens. We organise some programme almost every month. Many seniors participate in group singing, skits, etc. Six days of the week, some people attend yoga classes, others have fun in the laughter club, and so on. I feel many of us are keeping active and healthy because of our lifestyle. We have adopted an orphanage and an old age home nearby and keep helping the residents.

I can see SPAARC means a lot to you. With such a fulfilling life, what is on the bucket list?

To make a cookbook! Hope it happens sometimes soon. I am not very keen on a professional book, just something to share with friends and families. In fact, I was so delighted that we were going to meet because I really like your cookbook, *Cooking at Home with Pedatha*. I am from Godavari region; hence, those recipes are like comfort food.

I hope your dream comes true soon. What would you like to say before we end this interview?

As long as you are learning something new and your brain keeps you active, you are not old. I don't know whether I look 78, but I know that I don't feel it.

FENUGREEK STEW (*menthulu pulusu*)

With its many health benefits, fenugreek (*methi*) is used as seeds and leaves in many recipes. It helps reduce cholesterol and risk of heart disease, controls blood sugar levels, aids digestion, and reduces acid reflux and heartburn. In Southern Indian cooking, the basic seasoning consists of *methi* seeds for chutneys, dals and *subzi*.

Ingredients

- Fenugreek seeds: 2-3 tbsp
- Onion: 2 cups; finely chopped
- Turmeric powder: ¼ tsp
- Tamarind paste: 3 tbsp
- Jaggery: 3-4 tbsp
- Rice flour: 2 tbsp
- Salt to taste

For the tempering

- Oil: 2 tsp
- Mustard seeds: ½ tsp
- Cumin seeds: ½ tsp
- Red chillies: 2
- A few curry leaves
- A pinch of asafoetida powder

Method

Soak the fenugreek seeds overnight. Strain them and set aside. You may sprout them if you like. For the tempering, heat the oil in a pressure cooker. Add mustard, cumin seeds and red chillies. When the mustard begins to splutter, add curry leaves and asafoetida powder. Add the strained fenugreek seeds and stir for a minute. Add onion pieces and continue to stir for 2-3 minutes. Add the turmeric powder, tamarind paste, jaggery and salt. Mix well. Add the lid and pressure cook for up to three whistles. Once the pressure has reduced, open the lid and switch on the flame again. Add some water to the rice flour to make a paste. Add the paste to the cooking mixture, reduce the heat, stir gently and let cook for 4-5 minutes. The consistency would be like a stew. Switch off the flame and serve either hot or at room temperature. This is a delicious side dish with steamed rice, chapattis or dosas.

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

Rapid fire

Three generations of quiz enthusiasts find themselves at the receiving end as **Pratibha Jain** asks them what drives them to lead some of the country's most prestigious quiz contests



Saranya Jayakumar
and her son Dr Navin

Chennai Pix

Quick question: 'Who is the first family of quizzing in India?' No prizes for guessing the right answer, nor any penalties for drawing a blank, for participating in a quiz is its own reward, smiles 76 year-old Saranya Jayakumar, aka the Queen of Indian Quizzing.

Saranya is the first of three generations of quizzers in the Chennai-based Jayakumar family, unarguably a rarity. Her 54 year-old son Dr Navin Jayakumar, an ophthalmologist, is a noted quizmaster and host of the very popular Landmark Quiz, while her younger sons Niranjana and Srikanth are keen quizzers, and Navin's son Ishwar is a quizzing and amateur quizmaster.

"My first memory of quizzing is of the family gathered around the radio on Sundays in the 1970s, to listen to Ameen Sayani conduct the Bournvita Quiz Contest. It was one of the first radio quiz shows of its kind and we never missed it!" recalls Dr Navin. "I was an average student in school and, invariably, it was the top rankers who were chosen to represent the school at quiz competitions," he laughs. But Navin had one advantage: being an avid reader, his general knowledge was outstanding. So when the school once conducted a written quiz, he scored surprisingly well and discovered his latent interest.

He inherited this penchant from his mother Saranya, arguably the country's first woman quizmaster. With a master's

in English literature from Presidency College, Chennai, Saranya was a quiz enthusiast even during her college days. Back in the 1960s, there were no quizzing boards and hardly any quizzing activities. "In fact, there weren't many distractions, so reading became a passion," remarks Saranya, author of *1000 Religion Quiz*, a compilation of 1,000 questions about religion. In college, she participated in a couple of quiz competitions and took home the trophies. The competitions were modest but they awakened a passion that turned Saranya into a quizzing juggernaut.

But 16 years passed before that force was unleashed, for, in the meantime, she got married and the family moved to Kolkata. Then, in 1978, her nephew came to visit and spotted an advertisement for the North Star Quiz in the newspaper; he convinced his aunt to team up with him and participate. Although they did not win, it set Saranya firmly on the quizzing trail. Along with three others, she assembled a team known as 'Motley Crew', which became a force to reckon with in quizzing circles.

Saranya read voraciously, and from 1978 to '85, became an avid quizzier. Why, her team even competed against quizzing champions like Neil O'Brien (father of Derek O'Brien) and came away with top honours in the North Star Quiz in 1980. They also won the All-India Round Table Quiz, and their winning spree continued in the years to come.

In the mid-80s, the Jayakumars moved to Chennai, a bit of a dampener because Kolkata was then the quizzing capital. Navin who was in Chennai studying for his MBBS at Madras Medical College was by then actively participating in inter-collegiate and regional quizzing. Saranya became a part of her son's team, 'Memory Bank'. Known as the 'South Indian champions', the team comprised Saranya, her sons Navin and Srikanth, and their friend Gautam Padmanabhan. Together, they took quizzing circles by storm, recalls Saranya, who still participates in quizzes conducted by the International Women's Association.

Narrating a treasured memory, Saranya says she once got a call from the hugely popular quiz, *Mastermind*, where Siddhartha Basu was the quizmaster. Basu kept referring to her as the 'housewife from Madras', she remembers with a wry laugh. In time, Navin graduated to becoming a quizzing host. Suave and charismatic, he began hosting the Madras Book Fair Annual Quiz from 1983-85 and then the popular Landmark Quiz at the age of 26 in 1988. It grew to become the largest open team quiz in India.

Quizzing in India

- Quizzing in India in the 1960s was largely restricted to schools and colleges. Neil O'Brien is credited with popularising the 'open teams' format that opened up quizzing as far back as 1967 in Kolkata. *Bournvita Quiz Contest*, which aired on AIR for many years from 1972, and Siddhartha Basu's *Quiz Time* telecast on Doordarshan from 1985, were landmarks that brought quizzing into people's homes. Quiz groups like the Karnataka Quiz Association (started 1983) and The Quiz Foundation, Chennai (started 1987), along with quiz organisations in other cities, have since made quizzing a thriving pan-India movement.
- Quizzing on television is quite a different animal—it is more a game show with not much emphasis on general knowledge. However, live quiz contests like the Landmark Quiz have not shown any decline in enthusiasm and school quizzes in that format have really taken off with increasing participation from B and C cities in India.

His favourite memory is of the Madras 350 Quiz held in 1989 as part of Chennai's 350th birth anniversary celebrations. The quizzing rounds lasted four days and held the audience spellbound. It was his first experience as a professional quizmaster. In 2014, when Chennai celebrated its 375th birth anniversary, Navin was the quizmaster again. A gentleman from the audience came up to him and introduced himself, saying he had participated in the Madras 350 Quiz and now his son was participating in the Madras 375 Quiz; both times with Dr Navin as the host. "That was unforgettable. It was the same feeling that gripped me when I was telling a patient how I had operated on his mother on the same table!"

For Navin, quizzing is like a sport. Just as cricket has a bat and ball, chess has its pieces, quizzing is played with bits of information—some useful and some not so useful, but never uninteresting. And although winning is the ultimate goal, it's also about the joy of working as a team. "Around 400 to 700 teams turn up every year for the Landmark Quiz. The ones that reach the finals are invariably the same

For Navin, quizzing is like a sport. Just as cricket has a bat and ball, chess has its pieces, quizzing is played with bits of information—some useful and some not so useful, but never uninteresting



Courtesy: Murugappa Group

Quiz time!

1. The British in India were fond of houses that were built in a traditional 'Bengali style'—small, only one storey and detached, with a wide veranda. The name of these detached homes is now part of the English language and means 'house in the Bengali style'. What were these houses called?
2. What 'geographical' term was first used to describe the location of the first atomic test explosion during the Manhattan Project and subsequently the first nuclear bombing of Japan?
3. In Latin if Julius Caesar's famous quotation, "*Veni, vedi, vici*" means "I came, I saw, I conquered", what is the Latin word for "I forbid" that can be used in the UN Security Council?
4. The plaque for this award was designed by Satyajit Ray. Prior to this, the plaque occasionally was made of marble, but this practice was discontinued because of the excessive weight. During the Indo-Pakistan war of 1965, the plaque was substituted by a national savings bond. Which award is it?
5. Why does Panjab University in Chandigarh, which was originally set up in 1882 in another city, have the anglicised spelling 'Panjab' instead of 'Punjab'?

ANSWERS

1. Bungalow; 2. Ground Zero; 3. Veto; 4. Sahitya Akademi Award; 5. To differentiate it from Punjab University, Lahore, where it was originally founded.

teams every year. I enjoy the preliminary rounds where everyone gets to participate. I always wonder what makes them come year after year? I think it is the joy of participation, which is exactly how it should be," muses Navin, who conducts six Landmark Quizzes across cities every year.

A good quizzier must obviously take a keen interest in current news and events, and general knowledge. But, Navin says, he or she must also have a fascination for strange things. He once asked: 'What element of a movie experience was initially required in theatres everywhere because of the presence of physical film reels? Although digital projections caused this to disappear in cinemas across the world it still exists in India because of its great commercial value.' The quizzers promptly came up with the answer: 'The intermission!'

Saranya adds her wisdom. "Just as a magpie picks out shiny bits from a heap, a passionate quizzier tends to notice

strange, unusual and extraordinary bits of information in what he reads and sees."

What makes for an exciting quiz? "One where the questions include clues to allow the participants to make an educated guess. The aim is to enhance knowledge," explains Saranya, who authored a quiz column in *Eve's Touch* magazine for 20 years. Navin adds, "The best quiz is when everything is answered after debate and discussion. Also, the quizmaster must be a sport and provide the right clues."

Is quizzing a legacy Navin has inherited? "I think my mother's passion has rubbed off on all of us," he answers. My brothers are not as crazy about it as I am, but the last time my brother visited, I noticed him playing quiz games with his son on the Internet. My mother helps me even now with preparing questions. She does a lot of reading and suggests questions which I can incorporate in my next quiz. We are, after all, a team!" ✨



[Stable]

in times of uncertainties

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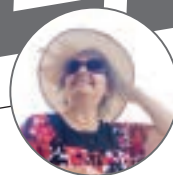


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THE STYLE FILES



They say 60 is the new 40—and we believe silver is the new black. Indeed, with increased longevity, quality of life and assistive technology, India's elders are putting their best foot forward, aiming to embrace their silver years not just with dignity but élan. Intrinsic to this is personal style. This goes well beyond 'fashion', an almost restrictive term that seeks to confine us, forcing us to conform to the public diktats of the time. Rather, style should be personal and unfettered, a feeling of self-actualisation—being so comfortable in your skin that it shows...even radiates to the world around you. That's the inspiration behind this special issue. With inspiring insights, clothes and accessories, hair and makeup, myriad silhouettes and shapes, we show that rules can be rewritten, tradition revived and reinvented, and your individuality celebrated—in vivid, vibrant colour.

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"We could all learn a thing or two from Indian fashion"

For us at *Harmony-Celebrate Age*, **Ari Seth Cohen** has always been a kindred soul. We've tracked this New York-based photographer's work for close to a decade—beginning with his blog *Advanced Style*, where he started to chronicle stylish silvers in the Big Apple, a kind of homage if you will to his grandmother and best friend, Bluma.

Over the years, his oeuvre has expanded—encompassing a book, *Advanced Style*, in 2012, and a documentary two years later—in the process making a powerful statement against ageism. His new book, *Advanced Style: Older and Wiser*, takes him across the globe, from New York to Edinburgh, Los Angeles to London, Cape Town to Tokyo, San Diego to Sydney, showcasing an array of silver men and women who inspire and enthrall with their sartorial savoir-faire, their "refusal to become invisible", as Cohen calls it. "I think there is a growing conversation about how age is shown in the media and that these images of senior style are changing the way the public views growing older," he tells us in an exclusive interview.

From a blog to a documentary and books, *Advanced Style* has become something of a movement, inspiring countless people. Tell us a little about your journey and its genesis.

My grandmother Bluma was my best friend. I used to draw pictures of her and her friends and had such great admiration for their style, wit, creativity and wisdom. I never understood why the media portrayed ageing in such a negative, fear-based light. When I moved to New York City, I started to come across all these amazingly dressed, vibrant and energetic older men and women on the streets. I started to photograph and interview them for a personal project and a way to deal with the loss of my beloved grandmother. Eventually I started to share the images online on my blog. I never expected this to turn into a career or a movement that is changing the way ageing is shown in the media. I know that this project is a gift from my Grandma.



Valerie Von Sobel
West Hollywood, CA

Today, more brands are including silvers in their campaigns...you even see silvers occasionally on the catwalk. Is this a flash-in-the-pan phase, or a trend that is here to stay based on the increasing relevance of the senior market?

There has been a growing movement towards embracing older people in lifestyle and fashion media since 2008 when I first started *Advanced Style*. When my first book came out in 2012, fashion companies started asking if I would help cast the women I was photographing in campaigns and editorials. I never understood why brands were too afraid to show inspiring pictures of ageing. These are men and women we can aspire to be like; a teenage girl with too much Photoshop is not. I think there is a growing conversation about how age is shown in the media and that these images of senior style are changing the way the public views growing older. Fashion is constantly changing, but I don't see any end to an increasing need to challenge ageist notions of beauty.

In the foreword to your latest book, columnist Simon Doonan says "dressing with vitality and creativity acts like a nifty antidepressant". Please elaborate upon this, the fact

Photographs by Ari Seth Cohen,
from *Advanced Style: Older and Wiser*,
published by powerHouse Books



Ignacio Quiles
Providence, RI



Maureen Gumbel
Union Square, NYC

that looking and feeling good can be empowering for the elderly.

One of the stars of the book, Debra Rapoport, always says, "Look good, feel good. Feel good, look good." Dressing is an act of creativity and anything creative lifts the spirits.

Most silvers who are featured in your blog and books seem to have an in-your-face look that cocks a snook at age! How do you go about finding and choosing them?

I try and cover a diverse range of styles, but I am challenging the idea that one must fade and become invisible as they age.

In your view, how can one stay stylish as one ages without looking like a fashion victim?

It's all about attitude. Wear what you like and wear it with ease.



Tokyo, Japan

Angelo Gallamini Rimini
ItalyRoberta Haze
Venice Beach, CA

For silvers, comfort becomes as important as style...how can one marry the two?

Exactly. Play with proportion, accessories, learn what works best for your body. I think by the time you reach a certain age you have learned a thing or two about how you want to present yourself to the world.

From what you have seen and observed, what are your recommendations for silvers when it comes to colours, shape, style and fit?

You have to wear what you like. There isn't one solution other than not being afraid to play and experiment.

Also, how can one look fabulous on a budget?

Play in your closet, and wear and buy used clothing!

Do you feel 'less is more' is the way to go when it comes to accessorising? Or do you just say, 'bring it on'!

It's an individual choice. I love bold statements, but I also love classic elegance.

Are you familiar with Indian fashion and apparel? One sees a lot of Asian influences, motifs, fabrics in popular fashion, in music videos, and at music festivals? Do you see any of this incorporated in silver fashion as well?

So many of the women I meet are inspired by Indian fashion. I always love seeing photos of the colour, elegance, texture,



Valerie and Jean (The Idiosyncratic Fashionistas), Debra Rapoport, Diana Gabriel, and Carol Markel
NY, NY

"I never understood why brands were too afraid to show inspiring pictures of ageing. These are men and women we can aspire to be like; a teenage girl with too much Photoshop is not"

Author Ari Cohen

and draping of Indian fabrics and clothing. We could all learn a thing or two from Indian fashion.

Also, do you find that women from more traditional societies like India are more conservative in their approach to fashion, even if they live in the US?

Not necessarily conservative, maybe more covered up, but extremely regal and beautiful.

Name a few silvers who, in your opinion, radiate style and self-possession, people whose image has only become stronger with age?

All the men and women in my new book, *Advanced Style: Older and Wiser*.

—Arati Rajan Menon



YOU CAN BUY

Advanced Style: Older and Wiser
at www.amazon.in



Courtesy: Bina Modi

"Age has nothing to do with anything"

As designers go, **Bina Modi** appears to the manner born, impossibly chic in her exquisitely embroidered blouse, printed skirt and arms stacked with bracelets, surrounded by racks of glamorous clothes in her boutique-office-warehouse in an industrial area in South Delhi. What is unexpected, though, is the steel to her silk, the flash of the eye and determined set of her chin as she tells you her story—how a woman from a conservative family where women don't work, who married industrialist K K Modi at the age of 16, chose to reinvent herself at midlife, knowing that she "needed to do something". Today, the 71 year-old (impossible to believe when you see her) is an entrepreneur in her own right; her ventures include the Ego chain of restaurants, a salon and, of course, Bina's, her

a working woman—she's at her office Monday to Saturday when not travelling—her approach to style is simple: "I dress for the day. You will rarely catch me at a moment when I'm not ready for any occasion—whether it is a meeting, lunch, dinner or an event. I would go like this."

IN HER WORDS

Women have been my biggest inspiration and my focus has been to empower them. Most of my *karigar* [artisans] are women. I train them, look after them, and encourage them to put half their salaries in the bank so no one can take their money away. I employ over 3,000 people.

"Build your wardrobe with care. Buy judiciously; select two or three pieces that go together rather than buying 10 items at a go. You'll end up with lots of things but nothing to wear them with. If you buy a jacket, see what goes with it. Or bring something from your cupboard and select according to that"

As a designer, I consider it my job to make women feel confident. I have an 80 year-old client from America—her husband works in Hollywood—who says she feels 10-ft tall when she wears my clothes. She says she can wear them to a casual dinner or even to the Oscars! Another client with cancer came to me; she was very ill but she spent two hours here, tried different silhouettes and bought many clothes. "Your clothes make me feel good," she said. That's what makes me keep doing this—it's how good you can make a woman feel.

designer label that seamlessly melds traditional craftsmanship with a global aesthetic. And, no, it was not handed to her on a platter. Whether it was taking a ₹ 700,000 bank loan ("the Modi name helped, although the manager wondered why I needed a loan!") or waiting tables till 2 am at her first restaurant to iron out teething troubles, she has gone it alone, proving to her husband, her family, and herself that she could. Very much

I design for a discerning woman who knows what she wants; our pieces are timeless. I still wear clothes I made 10 years ago and so do my clients. I have clients whose daughters are eight to 10 years old; they say they are buying for their trousseaux! My clothes are collectables because of the quality of workmanship; everything we make is hand-embroidered. I don't take part in fashion

shows or advertise; people hear about my clothes from others and they come.

I stand by my product 100 per cent. We sample everything in-house before we give it to the *karigar* to ensure that the colours, design...everything is right. And we service the customer for years afterwards. For example, a woman came in with 10 pieces five years after she bought them; they didn't fit her anymore. We opened them up, did embroidery where required, fixed them up. At the end of the day, you must have a happy customer.

It's important to keep our traditional crafts alive. Take Chikan, for example. So many stitches

had died out because they were too laborious to execute and people didn't want to spend the money for it. I have revived a lot of these stitches and combined them with newer, more contemporary silhouettes. The same goes for Parsi Gara work; I've used old designs with contemporary cuts. People are becoming aware of what India has to offer and it's heartening to see a lot of designers reviving old traditions and making them fashionable.

Build your wardrobe with care.

Buy judiciously; select two or three pieces that go together rather than buying 10 items at a go. You'll end up with lots of things but nothing to wear them with. Even if you go to a high-end store overseas, you'll see shirts, trousers, skirts, jackets all in a range—that's how your wardrobe should be so you can mix and match. I tell my clients as well not to buy too much—if

you buy a jacket, see what goes with it, what you can put together. Or bring something from your cupboard and select according to that.

Comfort is everything. All my clothes are made of pure and natural fabrics—silks, cottons. They are hand-embroidered, soft, light and flexible; they don't weigh you down. Whenever we make a new style or use a new fabric, I first wear it myself to see how comfortable it is. Only when I know it works on me can I be sure it works on you. My clothes are also versatile; they can take you from

lunch to dinner, any occasion, you can dress them up with accessories and you're ready to go.

I follow current trends but I'm not a slave to them. It's best not to blindly follow fashion forecasts or colour charts. The 'design wizards' may prescribe greys and blacks for a season but, for instance, who will wear these colours during Diwali? People want vibrant colours for the festive season—purple, pink, fuchsia—no one will buy the 'so-called' trending colours. I have learnt this from personal experience.

I believe 'more is more' when it comes to accessories. Just look at me! Even a simple shirt can be elevated with the right accessories. They can really make a look. It's about carrying off your look with confidence. Whatever you can carry off, you should wear.

Age is only a number—why should it be a factor in how you dress? It's got nothing to do with anything. Can you guess how old I am? My daughter is wearing an ensemble just like this and she's 20 years younger. So is my granddaughter; she's 40 years younger! You just have to be comfortable and confident. You have to wear what works for you; and for every woman things work differently.

Today's older women are not afraid to experiment. It's not true at all that they are only comfortable in salwar kameez and saris. They are getting away from that. They may wear a sari for a formal function for sure, but they'll put a jacket on, improvise and make it Indo-Western. They could innovate with the blouse; wear a vest on a salwar kameez rather than a dupatta; wears pants with kurtas. People are looking much younger now and they are wearing everything.

It's never too late for a new beginning. My inspiration was my friend Evelyn Lauder [daughter-in-law of Estée Lauder and breast cancer activist]. We were having lunch one day—I was 40 years old—and she asked me: "What have you done in your life?" She reminded me that the first phase of my life was already over. That hit me hard; I realised I had done nothing, for myself, or society. Starting this business was my way of giving back. And now my granddaughter, who is based in Dubai, is taking it forward; I'm helping her to create a young line. Ultimately, you have to be passionate about what you do. And you have to believe in yourself—people give up on their dreams too soon. Just stay the course and success will be yours.

—Arati Rajan Menon

Top takeaways

- Wear natural fabrics and lightweight clothes for optimum comfort
- Choose silhouettes that enhance, not restrict
- Don't blindly follow colour forecasts
- Buy smart—choose pieces that work with each other
- Experiment and innovate—try a jacket on a sari
- Accessorise, accessorise, accessorise!
- Never, ever, let your age dictate your wardrobe choices

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Monsoon magic

The onset of rains transforms Bundelkhand from a dry bed of heritage and rugged landscape to a lush green belt of magical realism

'Bundelkhand: Utterly Enchanting, Majestically Marvellous' is the tag this unique region has earned through its well-defined geography, cultural contours and historical past.

Bundelkhand is located between the Indo-Gangetic plain to the north and the Vindhya Range to the south, and comprises districts such as Jhansi, Lalitpur, Jalaun, Hamirpur, Banda, Mahoba and Chitrakoot. The region is a gently sloping upland with barren hilly terrain and light vegetation. Though it was forested a couple of centuries ago, today the landscape is rugged.

With the Indian Meteorological Department predicting "above normal monsoon" this year, farmers, tourists and the administration are waiting for the skies to open up and transform this land. The parched centuries-old 'Bundeli' land deserves as much water as it can get, as its twin pillars of financial strength are agriculture and tourism.



Bundelkhand Circuit

A trip to Bundelkhand during monsoon has the potential to be memorable and magical! One can book travel packages via Uttar Pradesh Tourism, or make own arrangements to visit majestic forts and magnificent temples in the region. Apart from abundant sculptures, the famed 'Bundelkhand Circuit' comprises ancient lakes brimming with historic tales and pilgrimage sites from the Ramayana. Designed by UP Tourism, the circuit covers major tourist destinations such as Jhansi, Deogarh, Lalitpur, Kalinjar, Chitrakoot, Kalpi, Mahoba, Sukhwadukhwa and Barua Sagar. Each of these

is a treat to experience, especially during the monsoons. Almost 90 per cent of the total rainfall in Bundelkhand is experienced from June to October, with maximum rainfall being recorded during July and August.

Water kingdom

Until the 18th century the region was densely forested. However, the rising demand for wood and agricultural land has led to its current deforested look, with barren hills and deep ravines. Interestingly, monsoon is the only time when as a visitor you get to enjoy and soak in the greenery that sprouts merrily

in most places. Centuries back, while the deep woods of the region attracted kings and sages alike, at present, Bundelkhand attracts thousands of enthusiastic first-time tourists looking for a distinctive experience beyond the crowded touristy trail.

Jhansi — the gateway

Spend a few days of monsoon this year by starting your Bundelkhand journey from Jhansi. Feel the patriotic fervor of the 1857 revolt led by Rani Laxmi Bai at the Jhansi Fort. Check out the shaded lawns in the fort, the horse and elephant



stables and the magnificent canons. Close by is the Rani Mahal which was the abode of the Queen. There is also the Maharani Laxmi Bai Park, which hosts a light & sound show every evening. Other major attractions include the Ganesh temple, the State Museum and St. Jude's shrine.

As you head out of Jhansi on Mahoba road, you can see the 9th century Jarai Ka Math temple dedicated to goddess Shakti. As you head further, you get to see the majestic Barua Sagar lake and fort. Some kilometers off Jhansi you can witness the serenity of dams such as Pahuj, Parichha, Sukhwa-Dukhwa, Talbehat and Matatila. Glistening water and serene surroundings greet you here. When the gates are opened during monsoon, water can be seen gushing forth with force.

Deogarh & Lalitpur — fort, sculptures and caves

Situated on the banks of Betwa river is the 'fort of the gods' or Deogarh, about 120 Kms from Jhansi near the Lalitpur range of hills. A few kilometres before Deogarh you can spot Mahavir Swami Wildlife Sanctuary, famed for leopards, bears, deer, peacocks and monkeys. Close by is the Dashavatar temple of the Gupta Period. As Deogarh approaches, you can see a hill with 31 well-maintained Jain temples dating back to the 9th century. The temples have panels of about 2,000 carved sandstone sculptures. Close to the hill is a forest with amazing rock-cut caves called 'Siddhi Gufa'. The Deogarh Fort is a sight to behold; as you climb down the steep steps, you can see the Betwa gurgling along in full glory during monsoon.

While driving back to Lalitpur, also known as the heart of Bundelkhand, you get to travel along the ridges of the earlier dacoit-ridden, but now safe 'Chambalki Ghati'. Lalitpur district is a treasure trove of historical and archaeological entities that one would love to discover. These include the ancient Varah temple and Kurainyabeer temple in Deogarh; new discoveries such as Lord Buddha's beautiful rock-cut images near the present Jain temple complex; forest area in Patan valley known as 'Pandav van', where Pandavas are believed to have spent their exile; Ranchhor temple built by the Chandels and Muchkund cave near Betwa river valley, about four Kms from Dhaura village, and the rock-cut sculpture of Lord Narsimha located inside Dudhai forest.

Kalinjar — destroyer of time

During monsoon, while the water drains off very quickly in the hills, the weather remains pleasant. You can soak in the magnificence of the hilltop fortress of Kalinjar that lies 69 Kms from Banda and 280 Kms from Jhansi. It is believed that Lord Shiva slayed the God of Time here.

Standing on the ramparts of the grand fort, you can enjoy the vast expanse of the sprawling rain-fed green of the farms below and the foothills of the Vindhyas. The Neelkanth Mahadev temple in the fort premises houses an imposing Shivaling, besides many beautiful sculptures of gods and goddesses on the stone walls.

Mahoba — paan and paani engineering

This ancient capital of Chandelas lies 140 Kms away from Jhansi. As you travel to Mahoba during the rainy season, you will see many hillocks and shimmering lakes surrounded by fields of flowers and lush greenery. The Mahoba Fort stands atop a hill. A series of manmade lakes built by the Chandelas and filled satisfactorily with monsoon rains, are considered brilliant engineering feats even today.

The soul-stirring ballads of the Bundelkhandi warrior brothers Alha-Udal owe their origin to Mahoba. The 9th century ancient Sun temple made of granite at Rahila village, 2 Kms from Mahoba, is a sight to behold. Though in ruins, its massive pillars still hold up many blocks of stone. The famous Khajuraho temples in Madhya Pradesh are 77 Kmss from Mahoba. The town is also well known for betel cultivation, which forms the spine of its economy.

Now, if you are ready to discover the glory of courage, the magic of love, and the human side of God, then you are all set to discover Bundelkhand!

—Raza Hasnain Naqvi



**For more information visit Uttar Pradesh
Tourism at <http://uptourism.gov.in>**



The groovy side of Gulshan Grover

There's something almost sinister about **Gulshan Grover**, the way he hides his hooded eyes behind dark glasses. Granted, they play an important part in maintaining his 'bad man of Bollywood' image but, it turns out, his signature look also has a practical purpose—to hide his tiredness, say, after a long flight. Indeed, there is more to this 60 year old man's appearance than meets the eye. As he explains, his body is his temple, he eats to live, and fearlessly embraces age with a vengeance to shatter the pot-bellied stereotype of ageing men—a trend he hopes will catch on among India's new-age silvers.

How has ageing affected your sense of style?

My sense of fashion and style is a combination of what's current, what looks good on me and what feels comfortable. I want to break the old stereotypes of being 50. When men cross 50, it is expected that they grow a paunch and dress down with old-fashioned clothes and sober colours. I hate that attitude. I like to go against this cliché not just with my choice of clothing, but with physical fitness.

You are unafraid to show off a little facial hair....

To be trendy has nothing to do with age. For me it's a state of mind and a continuous feeling. If the thick moustache is fashionable, I would definitely like to have it. I don't follow that tradition of combing back oiled hair and taking a side-parting and I will never accept that.

At the same time, my style is not over the top. A lot of the time it has a lot to do with the character I am playing. Right now I am shooting for my new film *Badman*, in which I play a hero, so there's lots of different facial hair going on.

"When men cross 50, it is expected that they grow a paunch and dress down with old-fashioned clothes and sober colours. I like to go against this cliché not just with my choice of clothing, but with physical fitness"

What is your daily skincare routine?

Ahead of skincare is physical fitness. You need to dedicate an hour or so every day to your body. If not, you are doing injustice to your very being. It even reduces your financial burden with healthcare. Once you get into that routine, skincare and other practices follow naturally.

I don't take extra care of my skin. But I am very careful with what I eat; I eat food only for its nutritional value. And I work out every day, no matter where I am. In locations where I can't step out, I run from wall to wall in my room. Any form of exercise will do, but be sure to do it.

Where do you buy your clothes from? What are some of the criteria when picking your clothes?

I buy most of my clothes from LA because fashion for film stars is big there, I would say even more than Milan or Paris, which are influenced by the European

runway. Between the Beverly Centre Mall, Rodeo Drive and Melrose Street in LA, I get most of my clothes. But there are times when I just wear a simple kurta. It's not designer. It's not expensive. But it's cut correctly and the fit is good. It's not necessary that you must only wear an Armani suit.

But all of us who are well to do and have wonderful things—clothes, shoes, belts—we end up hoarding all of it. Then we're no different than the bania in the film *Mother India*. The haves who are hoarding are the bigger sinners. My philosophy is, if there is something I haven't used in six months, it must go to a younger person who will appreciate it. It can be a Versace suit! I have deputed my sister to identify these young people, and they are not necessarily relatives.

Tell us about your fondness for sunglasses.

[Laughs] I have hundreds of them. Playing the baddy for so many years, the dark glasses have their role when taking pictures with friends and fans. There's another reason. After long hours on the flight, to Srinagar or London, your skin is tired. But everybody surrounds you for a photograph. The glasses hide the fatigue.

What are your favourite brands?

I don't go for brands for the sake of brands. But after all these years, I know what certain brands are good for. For example, I would go for Hugo Boss and Armani suits, but their jeans don't work for me. I get all my jeans from Australia. Melrose Street in LA has the most exotic shoe stores. So my boots generally come from there.

What is your fashion advice to silver men?

First, break away from the stereotype. Earlier the *babuji* was a traditional, overweight man. Now we like to see Amitabh Bachchan as the father. He's fit and stylish, with his goatee. The cliché must vanish from our thinking. Your being fit will work very well for you. It will even delay ailments. And watch what you eat. Don't just eat for taste. Well, maybe dessert occasionally! Otherwise, eat according to the food's nutritional value.

When it comes to fashion, if something is trendy but you are not comfortable in it, don't wear it. Your clothes have to magnify your persona. Give away what you don't use to an aspiring youngster. It will change that person's life. And, finally, make life more interesting for yourself. It has been found that the mind is stimulated and remains active when silvers start exploring social media and new technologies.

—Natasha Rego

Heels & hemlines

Looking to stay on top of Indian celebrity fashion? High Heel Confidential is the place to go. Started by two NRI friends, **Priyanka Prasad** and Payal Parija, to introduce the world to desi fashion, the site is a one-stop-blog to know what's in, what works and, importantly, what doesn't. Prasad took some time off from the red carpet at the Cannes Film Festival to give us her perspective on fashion and silvers.

Tell us a little bit about your partnership with Payal and your highly successful blog.

Payal and I met over a decade ago and the blog was born out of our mutual passion for fashion. We quickly realised there weren't any blogs at the time catering to the Indian fashion-conscious. We decided to call that niche our home.

In your view, how can one stay stylish as one ages without looking like a fashion victim?

By emphasising style and not fashion. Once one knows what works for them, what their go-to style is, it's easy to update the look with minor tweaks and keep it fresh without ever veering into the 'fashion victim' category.

"Dress to make you happy. Pick what you feel great in. The confidence that gives you cannot be duplicated"

How can one look fabulous without spending much?

Well-tailored clothes are the key. Easy silhouettes when well tailored pack double the punch. One can be comfortable while still being well put together. Aside from that, women have the added advantage of being able to accessorise. No matter what the age, jewellery goes a long way in adding life to a look!

What are your wardrobe recommendations?

There is no one formula that fits all. It's good to have some classic staples that you can work according to your personal style. For instance, a colourful maxi dress or easy wide-leg linen trousers with a tunic both make for great daytime options, depending on who's wearing them. It is important to recognise what works for your body, pick silhouettes that are both comfortable and well-crafted and, at the end of the day, have fun with it.



What should one keep in mind while accessorising?

Stick to your personal style. If, say, oversized, chunky silver jewellery is your thing, continue to work it into your wardrobe. If the clothes you tend to wear call for more discreet jewellery, you ought to go for minimalist pieces. The trick to accessorising is that the pieces—whether scarves, jewellery, hats, shoes or bags—as spectacular as they might be on their own, must work with your look in its entirety.

What are your dos and don'ts for silvers when it comes to colour, shape and fit?

Contrary to what you might expect of us, we are wary of dictating rules for women of any age. At the end of the day, dress to make you happy. Pick what you feel great in. The confidence that gives you cannot be duplicated. There is no rule book that says one can only wear certain colours as one matures. As for shape, style and fit, it comes back to knowing what works for your body. Don't compromise on tailoring. Just let go of the frumpy, shapeless silhouettes!

Can you name a few silvers whose image has only become stronger with age?

There are many, but from the top of our head Rekha and Iris Apfel come to mind. They go over the top but own every bit of it. Waheeda Rehman and Sharmila Tagore are a lesson in elegance.

—Aakanksha Bajpai

Courtesy: Lillete Dubey



"Style is innate"

Whether it's for her powerhouse performance on stage and screen, or her signature kohl and red lipstick, 62 year-old **Lillete Dubey** is always a standout. Calling the 50s a "liberating" time when you can dress to suit your personality, the elegant actor shares her style secrets.

How do you define style?

I don't define style in terms of fashion nor do I find the latest trends to be style statements. Style is innate. I love saris, but during the day I prefer jeans. I'm a lazy shopper. I see my daughter shopping online but I am not yet net-savvy. There was a period in my life when I opened my own boutique; I used to design at that time. But I got so bored of women coming and always complaining that, after some time, I closed it!

"Keep experimenting with the parameters of your personality and age; use different colours; and, most important, have fun"

Has your sense of style changed over time?

With age everything changes—your personality, body, perspective. But that should not limit you. I like experimenting with colour but, in my heart, I am a classicist. I love jeans and would wear them even when I turn 80. It's a test to keep my weight in check. I am genetically slender, and lazy when it comes to exercise, but I love walking. Treat your body as an instrument and maintain it.

Where do you generally buy your clothes?

I am an eclectic shopper. I choose the store depending on where I am. But I am not a high-end shopper; I often go for Mango or Zara. For heavy things, I would choose Sabyasachi, Adarsh Gill, Anamika Khanna, and Shantanu and Nikhil. And I get my saris from everywhere.

Should one tone down the makeup and hair with age?

Once you are older, your makeup should be balanced; it should not shout. Enhance your face rather than trying to

change it. I think kohl and mascara are enough because Indian women have beautiful eyes. I have a weakness for red lipstick and nail polish. Being from a theatre background, I think it puts a little drama back!

What are the essentials you won't travel without?

Very simple things: lipstick, kohl, a hat, sunglasses, shoes or chappals, a sling or tote bag, a nice shawl, maybe a pashmina. And, honestly, I cannot travel without my medicines now!

Name some favourite things in your closet that you would never throw away.

Saris and shawls—a typical south Indian sari, for instance, and a Mekhela [chador] from Assam. At the same time, I don't get very attached to clothing and will not hang on to something for the sake of it.

What are your go-to looks for different occasions?

It depends on my mood. On a nice evening, I prefer my saris, unless I have recently bought a gown. On a casual lunch, I would wear trousers. I just wear whatever I find, from a jumpsuit to a loose pair of pants. I find it boring to decide beforehand so it's usually a spur of the moment decision.

Any advice for our readers?

Frankly, your 50s are liberating. When you reach 50, your attitude and personality will reflect in how you dress and you stop worrying if others like it. It's a marvellous feeling. Keep experimenting with the parameters of your personality and age; follow fashion to the extent that it suits you; use different colours; and, most important, have fun.

—Aakanksha Bajpai

The individual aesthetic

Follow tradition and pay heed to your heart when it comes to your clothes, writes **Muzaffar Ali**

Each person has a fascination and urge for exploration of their clothing. So do I. The only difference is that I am not just a wearer but an innovator of sorts. And that too has its own journey. I have loved clothes since I was a child. I loved them on my father and on my mother, each with a different eye, with a different passion. Since then I have followed this passion in different ways. It was a romance inspired by the legacy of Awadh's graceful dressing and working with the rural folk in Kotwara, with the epicentre of the tradition in Lucknow, known for its delicacy and finesse in clothing, couture and craftsmanship.

An age-old saying of Lucknow that still reverberates with me is '*Khaana khayee mann bhaata, kapra pahne jag bhaata*'; it means 'Eat what you like and wear what others like'. Here, the definitions of *mann* and *jag* define the parameters of culture. *Jag* is a collective sensibility of beauty of a society that evolves from an individual's aesthetics, which is *mann*. In the matter of clothes, one always places oneself in a position of making an impression and feeling of ease in different occasions. In cultured societies, people don't have to shout what they are wearing. People understand the subtle nuances of fabrics and their worth. Today, our society is going through a transition on one hand and stratification on the other. On the other hand, owing to westernisation, we are losing our identity in colourful ethnic ambiances like Rajasthan, Kathiawar in desert landscapes, Kashmir and other hilly regions, Kerala and coastal cultures, Madhya Pradesh, Bengal, and so on.

My own take on clothing comes from what I would like to see people around me wearing. Most of the time, you look at others rather than see yourself. First, the richness of handcrafting is enormously romantic and exquisitely attractive. The idea of any detailed human effort on a body makes me sit up and look. I would start with the fabric itself. There is nothing more beautiful than a handwoven and hand-

spun fabric in India. This is the silent, unseen and unintended aesthetic revolution that India inherited with Independence in 1947. It speaks volumes and solves a million issues of self-reliance and sustainability, particularly in rural India, and also impacts the urban mind.

I would like to share the story of my own cultivation of this form of fabric. My father, who studied in Scotland since childhood wearing the best of English fabrics, suddenly came to India and vowed to only wear handwoven and hand-spun fabric. As an impressionable child, this made an indelible impact on me. From richly adorned occasion wear, or a bespoke serge, to a subtly textured khadi kurta, pyjama and sherwani. It took me time to understand this statement but, in time, I did. Today, I feel this area of fabric development needs attention and offers huge possibilities in design innovation and social emancipation. I can see the blurring of the *mann* and the *jag* lines.

Clothes have been close to my passion for filmmaking. In each film I have made, costumes, like music, have been part of my creative expression and organically connected the issues touched in them:

- *Gaman*, the feeling of helplessness of the people of Kotwara, who migrate to big cities for jobs. This film made me take a full circle and address the issue of what I wear, and would like to see the world wear, through craft.
- *Umrao Jaan*, which became a benchmark for the cultural finesse that was the fountainhead of graceful couture in India and a seminal point of reference in style.
- *Anjuman*, set in today's Lucknow, which takes one into the heart of Chikan craft, reflecting both the beauty and the heartbreak of fading eyesights and nimble fingers.

- *Aagaman*, another exemplary film in the use of khadi textures.
- *Jaanisaar*, set in Awadh 20 years after 1857, the first war of Indian Independence, and reflecting the early colonial influence on society, particularly the evolution of the Anglo-Awadhian style that would set the trend for today's opulent haute couture, especially trendsetting for weddings.

With this eventful exploration I design for myself knowing full well that I am right in what I do. And with this conviction, you see for yourself the saying take a full turnaround: *Kapra pehne mann bhaata*—wear what your heart says! As a result of this, I scan a wearer threadbare for taste and selection. I can see where they have exercised taste and ingenuity or have got carried away foolishly by the *jag bhaata* syndrome. I love buying good clothes but only when the apparel has all the intrinsic values that make an ensemble stand out. I am amazed at the unwearable nature of couture as it is entirely out of sync with one's social milieu. I am equally stunned to see a hundred saris in which not even one has upheld the aesthetics of a tradition or is honest about the innovation of a new idiom. That said, the clothing world is going to grow and grow till the end of time, creating more and more room on the top. What I grew up hearing, 'Respect what you wear and what you wear will accord you respect', cannot be more true than now—and will remain true in time to come.

Muzaffar Ali is a filmmaker and painter. Ali and his wife Meera have created a brand, Kotwara, which has imbibed tradition over centuries, blending the best of the East with the best of the West, and reinventing it in today's globalised context

"Have fun, experiment"

Narendra Kumar Ahmed's eponymous line—launched in 2000—set a benchmark in menswear at a time when fashion was still associated with women's wear. With his accent on modern cuts, silhouettes and handcrafted detailing, Kumar was featured in leading men's fashion magazine *Esquire's* prestigious *Big Black Book of Style*. Kumar, who styled Amitabh Bachchan during the last season of TV show *Kaun Banega Crorepati*, feels there are no golden rules when it comes to a personal style statement, and that silver years afford you the freedom to experiment with new ideas and looks.

Courtesy: Narendra Kumar Ahmed



Should age be a factor in how one dresses?

I feel clothes speak volumes about a person. As Malcolm Gladwell says in his book *Blink*, it contributes to sizing up a person in seconds. I don't think age should define what you wear. Earlier, people used to think they had to dress differently once they crossed 50. Not anymore. Times have changed. Today, dressing is more for the mind than body. India is going through change; it's more about the spirit of youthfulness and 'can do'. You can be 55 and still youthful!

Can you suggest modifications that can flatter a man's style as he matures?

You may like to keep it a lot more easy and controlled by steering away from cuffed jeans, prints, and T-shirts with controversial graphics and slogans. Solid bright colours will help reflect energy and youthfulness. Polos, T-shirts, bright-coloured shirts, and linen are refined choices that go well with age. The stress should be on refined clothing, whether it is something as casual

as polos or T-shirts or formal shirts. Smart tailoring can accentuate your body. Though these are the general rules, there are those who wear what is in trend. Ultimately, it's all about personal choices, keeping in mind one's body type, style and confidence.

Dos

- Go for regular shapes
- Choose from a palette of colours
- Jeans work well at every age
- Slim-fit cotton chinos
- Jackets that sit well

Don'ts

- Large prints
- Large sizes
- Distressed clothing
- Trousers that are drop-crotched
- Trousers with flares

How should one accessorise?

Accessories offer immense possibilities and add a different dimension. One can experiment with new looks, using specs, shades, bags, belts, cufflinks, watches and shoes. And as far as gadgets go, the smarter the better!

What are your wardrobe recommendations for silvers on different occasions?

Daytime casual: Cotton chinos with jacket and T-shirt

Lunch with friends: Polo neck and linen jacket

Formal evening out: Tuxedo with jeans and a nice shirt

—Sriekha Pillai

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Signature style

Emerge a winner by creating your own personal brand, writes **Rekha Rodwittiya**

I have always loved the grace of a sari and much to the amazement of my parents, I opted to wear this timeless garment from the age of 13. Style for me has always been a statement of self-representation. As an artist I live surrounded by colours every day of my life, yet for many years wore only a predominance of black. It provided me the liberty of accessorising in multiple ways with the minimum of effort and time, and allowed me to travel impulsively without agonising over what to pack. I am a workaholic and I spend long hours in my studio but, nonetheless, have always chosen to be well dressed as I abhor sloppiness in any form. A favourite attire of mine is a derivation of the south Indian half-sari. I have innovated with this traditional attire by taking two pieces of cloth that are dissimilar—one which I wear as a sarong and the other that I drape over my shoulder—highlighted by a contrasting choli. I also like wearing the Gujarati ghaghra with a dupatta as a pallu over my left shoulder.

Innovation and experimentation with style is great fun. I miss the days of buying cheap fabrics at local markets and visiting my tailor with hand-drawn designs for him to replicate. I have the privilege of designer friends who indulge me by translating my ideas in their workshops, especially for me. However, today there is also an abundance of well-styled readymade garments available for casual wear. What makes this an



N Divya

attractive option for every wardrobe is that playful innovation with mix-and-match potential, lending a personalised creativity to affordable fashion.

I go for plain colours over prints any day. Not being very tall at 5 ft 1 inch, and not wearing heels, solid bold colours are always a better bet. The colours of choice for me these

days are bright and vibrant hues of rani pinks and parrot greens, with peacock blues and *basoli* yellows all vying for front-row status in my cupboards. My newfound delight is crushed palazzos with calf-length kurtas that are perfect for the hot summers of Baroda. For shopping, Khan Market in Delhi is my one-stop-get-it-all paradise. Bandhej, Good Earth, Tulsi and Ogaan are stores that

always have something to tempt me, and Raw Mango saris are my utter weakness.

To accessorise, I like to wear jewellery from Amrapali and Silverline, and have worn the same model Longines wristwatch for two decades. An essential is a roomy handbag that allows me to carry an assortment of things when I'm on the go—and with retro back in style I have my 1980s British NHS frames as my new pair of sunglasses that look like a million bucks! A kajal pencil, liquid eyeliner to draw my bindi with and a bottle of perfume constitute my makeup, and occasionally a hastily patted layer of MAC face powder, if ever. At the end of the day, it's all

"I'm a great propounder of women ageing without apology. My perception of how good I feel about myself is the most important key to me being comfortable with who I am"

about enjoying how you look for yourself.

I have never been a great follower of fashion. Slavish imitation to trends and fashion pundits' opinions leave one without any signature identity to call one's own. It is the interpretation of how to adapt fashion to suit your individual personality that paves the way for real style to pronounce itself. I'm a great propounder of women ageing without apology. My perception of how good I feel about myself

is the most important key to me being comfortable with who I am. In my opinion, herein lies the simple secret that allows women of all ages to face the world looking 100 per cent a style icon and a winner!

Artist, writer and independent curator, Rodwittiya lives and works in Vadodara, and is the founder of The Collective Studio Baroda



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The weaves of India

Remember draping your mom's sari as a child while she wasn't looking? And thinking of her taste as old-fashioned while you grew up! Well, things have changed—grandma's saris are 'in'! Now, mothers and daughters make two blouses with the same sari, one for each of them, each sporting a different 'look' with the same sari! Speaking about the welcome revival of interest in Indian weaves, handloom expert **Sabita Radhakrishna** shares 12 of her favourite sari choices with **Pratibha Jain**, who heads Padma Paaduka, a handwoven sari store in Chennai, as well as online portal www.padmapaaduka.com. "It's a tough choice to make considering India has so many weaves and such a vibrant range of colours," says Radhakrishna. "What delights me most is that the wearing of a handwoven sari is a tribute to the weaver."



There is something so mesmerising and timeless about polka-dotted saris. They add youthfulness and cheer! The zari dots shimmer in silver and gold, as **Tara Jain** and **Reema Sundaram**, with a few years between them, pull it off elegantly. The sari needs nothing else, nothing more than a thin gold border—such is the dotted magic!



The Kanjivaram—queen of silks—is a sophisticated masterpiece of technique and skill that has evolved over centuries. It is considered a priceless inheritance and passes on from one generation to the next. **Vatsala Pai** looks lovely in this mustard Kanjivaram, which was actually her bridal attire!



Photographs by Padma Paaduka Handwovens

Malini Krishnagopal wears a dramatic Andhra Mangalgiri sari with exquisitely embroidered kantha work on the pallu and *butti* in stunning black and red. Quite a style statement!



In cottons and silks, chequered beauties are forever. This one is a Kanjivaram with checks in black, maroon and mustard. See how stunning **Sharmila Bajoria** looks when she teams it with a Kalamkari blouse!



This black beauty from Orissa is part of the National Collection. Though an Ikat (tied-and-dyed) is a must in one's collection, this particular one known as 'Patrekha' is a very fine weave and rare to find.



An indigo is a must have in your wardrobe! Indigo saris are unique creations. This one is known as the 'Pracheen' sari where the entire fabric is dipped in indigo and then created with discharge prints. This is done with handloom blocks.



The flowing texture of a Bhagalpuri sari combined with its rich weave spells sophistication. **Tara Jain** wears this soft Tussar sari, in which stripes of running stitches in Tussar coloured golden beige thread fill the entire grey sari. Enjoy the contrast emerging in the reddish orange border while the long pallu is rich with ribbed jute panels.



There's nothing like a vibrant Patola sari to add sensuousness and grace. The detailed motifs on the black body form a perfect tapestry of diamonds in magenta pink, red and beige. Hearts and diamonds again rule the golden tissue border; mirroring themselves in vertical bands on the black pallu. A winner!



Always in fashion, a smart Tussar silk sari is a wise choice. Here, silver and gold conch motifs on a mehandi green body look bewitching. The pallu is unusually beautiful: two vertical lines of zari squares create a matted boundary with a centre spread of mandala motifs. How not to fall in love with this one?



Lightweight and comfortable, Kota saris are summery and elegant. The fine checks in the body add a unique textured appearance. **Sulakshana Arora** enjoys this sari woven in pastel hues and enriched with a golden thread border.



Sabita Radhakrishna herself dons a vividly attractive Chettinad sari with a korvai border. The black-chequered body with the wide yellow border gives it a traditional as well as trendy look.



Linen saris are a craze right now and a good handwoven linen is comfortable. This white linen sari with the black and green motifs drapes well, and requires neither starch nor ironing.

Catch the complete interview with
Sabitha Radhakrishna at www.harmonyindia.org

The next face



Photographs by Haresh Patel

You don't need too much makeup, insists **Subhash Singh**, as long as you know to apply it well. A makeup artist to the stars, he certainly knows what he's talking about. Just ask some of his lovely clients such as Katrina Kaif, Shabana Azmi, Juhi Chawla. Here, Singh, who also runs the Subh# Makeup Academy in Goregaon, Mumbai, gives us some silver-friendly tips. With just a little base, lipstick and a kajal pencil, your look can go a long way. And if you like digging into your makeup kit, there's a transformation in store.



Model: Hansa Mehta

TIPS

- When picking a concealer, test it on your forehead.
- Define your eyebrows, eyes and lips, and you're good to go.
- Smudge your kajal and eyeliner.
- Chose a lipstick according to your complexion—while a dark-skinned silver woman can easily pull off a dark maroon, a light-skinned silver woman should go for soft and light colours.



FIRST BASE (daytime look)

1. Apply a light and even layer of wet concealer base, focusing on the under eye (optional).
2. Use a concealer powder to bind the wet base to your skin and produce a matte effect; don't forget the neck.
3. If scanty, touch up your eyebrows with a dark brown pencil (not black).
4. Skip the eyeliner if you're not one for it, but kajal on the upper and lower eyelids will define your eyes.
5. During the day, use a soft matte lipstick. Remember, gloss is blinding in the daylight.
6. Finally, a very light blush on your cheeks and you're ready for lunch with the girls.

Model: Bina Dagia



GOING ALL THE WAY (night-time look)

With artificial lights trained on you at night, you can freely play with your makeup kit to achieve a bold and confident look.

1. Apply a light and even layer of wet concealer base, focusing on the under eye (optional).
2. Always use a concealer powder to bind the wet base to your skin and produce a matte effect. **Don't forget the neck**

(you'll know why when you see a photograph).

3. Touch up your eyebrows with a dark brown pencil (not black) even if not scanty.
4. After lining the upper and lower eyelids with kajal, **use your eyeliner pencil to draw a smudgy, but neat, line above the eyelashes.** Avoid perfection. It works well on loose skin.

5. You can apply a darker shade of brown on your jaw line and under your jaws to create the illusion of a slimmer face. Do the same at the base of the nose.
6. Put on your lipstick and whip out that gloss.
7. Use a light pink or bronze blush, and you're ready to face the spotlight.

—Natasha Rego

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“There’s a shape
and style for
everybody”

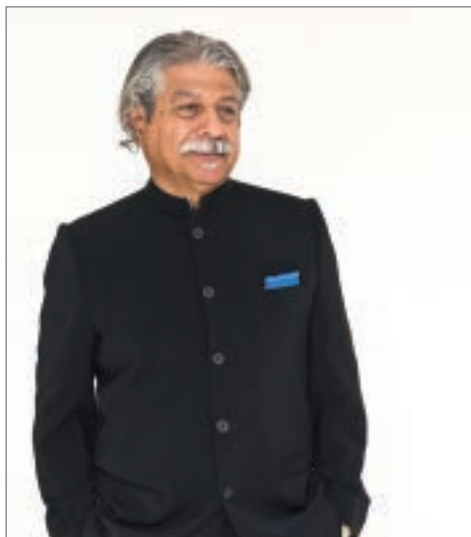
Photographs by Hareesh Patel

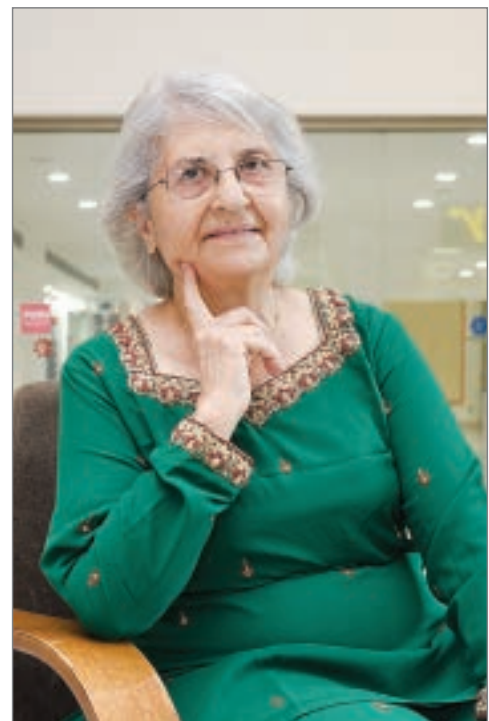
In the 1970s, when you needed a trendy hair cut in India, you headed for the ubiquitous Chinese beauty parlours. This was also the era when the well-heeled travelled to places like London—once the hub of hairdressing—to get a hairdo that was in vogue. In this milieu, two former airhostesses, Nalini Naegamvala and **Yasmin Eranee**, started a modest home salon in Mumbai and went on to revolutionise the haircare and styling industry in India with their trendsetting hair makeovers. Widely travelled and internationally trained, they brought home the latest global trends and beauty solutions. And their elite clientele—from celebrities

and housewives to anyone who wanted to look good—lapped up their services with delight; from Sadhana, Dimple Kapadia and Madhuri Dixit to Aishwarya Rai, they styled the tresses of many an actor. Over time, their popularity spread through word of mouth to such an extent that getting your hair cut at the Nalini & Yasmin salon was in itself a style statement. In fact, today's celebrated hair stylists such as Savio Pereira, Placid Braganza, Kanta Motwani and Anees Muss have been trained under their expert guidance. For this special issue, Yasmin Eranee, 72, shares her recommendations on styling and caring for silver hair.



Get versatile with your silver locks: (clockwise from left) Side-parted and slicked back for work; lightly oiled for a casual day; a cool man bun and braids for a night out; loosely tied for an evening with friends; gelled back for a formal do
Model: Yazdi Eranee
Styled by Abdur Rahman





Short, sassy and silver: (left to right) Combed back and casual; a fresh flower on soft waves for a special event; sleek and straightened for lunch with friends; (below) beating the heat in style. Model: Dolly Rustomji Jokhi. Styled by Varsha Sagar



All models styled at Yasmin of Nalini & Yasmin, Kokilaben Hospital, Mumbai



Get your shine on with subtle highlights



Effortless chic with soft colour and layers
Model: Prabha Eranee

Don'ts

- Don't use colours you were using decades ago—your skin texture has changed, so should your hair colour.
- Don't use black colour; with age, black looks harsh.
- Don't use non-standardised products and products with too many chemicals.
- Don't go out in the sun without protection—use accessories such as caps, hats and scarves.
- Don't do root touch-ups frequently; it overlaps the colour and messes with the shade.
- Don't over-colour; it makes hair dry and susceptible to breakage.

Dos

- As we age, our body doesn't produce enough moisture; select products with more moisture content.
- Use a mild shampoo and conditioner.
- Go in for hot oil massages—oil lubricates and moisturises the scalp.
- Opt for non-greasy oils that add sheen to your hair.
- While colouring, choose shades that are easy on the eyes; lighter shades such as brown and medium brown will add softness to your looks.
- Go for subtle highlights.
- During the day, your hairstyle should be underplayed.
- During evenings and nights, go for a classic style with a little modern touch. A blow-dried classic look is everlasting and doesn't go out of fashion.
- For men: Get a versatile look using styling gel.
- While experimenting with different cuts and styles, it is important to look comfortable and confident

Your haircut and hairstyle can make a big difference to your looks. For a trendy yet classic haircut, your hairdresser should be able to understand your lifestyle and suggest something that complements your personality. There is a shape and style for everybody and every type of hair. Most important, the hairstyle should not give the impression that you want to look younger, only smarter.

Short hair: If you have had short hair all your life, go for a professional hairdresser who will give you a look to

suit your face. Your hair can be styled straight or in layers depending on the type of hair—straight or curly. The hairdresser will guide you to maintain the haircut so it grows out nicely.

Medium-length to long hair: Keep it well-conditioned and shiny. Use a good shampoo and conditioner. Colour it with a lighter shade. Trim your split ends regularly. To style it, women can pin up the sides or make an attractive *juda* [bun]. Men can gel their hair for styling, or go in for a man bun or ponytail depending on the occasion.

—Sai Prabha Kamath



Work hard, play harder

A little gel and heaps of attitude can take you from day to night

Model: Dr Sekhar Raghuram. Styled by Abdur Rahman

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"Your image speaks before you"

Zohra Chitalwala, founder of Image2Image Consultations, Mumbai, has been advising men and women on how to control their perceived image for the past six years. She developed her natural flair for grooming over 20 years, as she brought up her two boys. "One's image is mostly visual," she says. "It is important to learn the science and art of presentation, and create a lasting impact at any age." In an interview, she says silvers look youthful and radiant when they are comfortable in their skin.



Courtesy: Zohra Chitalwala

but for us all as social beings?

Your appearance, behaviour and body language directly affect your credibility and the perception others might have of you. Your image speaks even before you have the chance to say a word.

When it comes to greys and wrinkles—the telltale signs of ageing—what is the appropriate balance between covering them up and revealing them?

Getting older is a tough reality to face, literally. A look in the mirror reflects a person you hardly recognise anymore. Styles change and so does your face.

What are the benefits of being the distinguished silver in the room vs. the silver who wants to be black?

The key to successfully looking age-appropriate and modern is paying attention to what feels right on you. It takes maturity and confidence to define your style. When people try to look or dress in styles that would be more appropriate for someone much younger, they paradoxically make themselves look much older. If you dress age-appropriate, it often has the effect of making you look younger—because people are not distracted by your clothing and instead can appreciate what great shape you're in, or how healthy your skin is, or what a stylish haircut you have!

What image advice would you give silvers?

Stop fighting your body; instead, learn to work with it, and in turn love it. Learn how to use image to your advantage in a way that complements your body and your lifestyle. Embrace your age. None of us are immune to the effects of our bodies as time goes. What we can control is our attitude and response to this part of human experience.

Name a few silvers that radiate style and self-possession, people whose image has only become stronger with age?

Oprah Winfrey (62); Diane Keaton (70); Rekha (61); Javed Akhtar (71); Shashi Tharoor (60); Waheeda Rehman (78); Sean Connery (85).

—Natasha Rego

Dos and don'ts

- Do try warm jewel tones that usually work with every skin tone such as emerald, ruby, pearl, coral, whose colours are timeless
- Do emphasise the silhouette, not the fit
- Don't wear sleeveless or caped sleeves if you have flabby upper arms
- Don't shop by size; shop by fit
- Do stick to classic clothing and accessories
- Don't wear short, tight sari blouses

What does one's 'image' comprise, and how does it depend on age?

Image is the belief we have about someone or something. It is the impression we form when meeting someone. Our impressions about other people may be based on how they look, talk, behave, and present themselves.

Why is maintaining image important, not just for silvers,

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#mystylishbest

Last month, as a precursor to our 12th anniversary, *Harmony-Celebrate Age* organised a unique contest in association with Padma Paaduka, the Chennai store and online portal of fine handwovens, for the members of Kai Thari, a Facebook group of women who share a common love for handwoven attire. We invited members to share photographs of themselves and their loved ones—men and women above 55—representing their style statement. The concept was titled 'My Stylish Best' with the hashtag #mystylishbest. As the entries poured in, we were awestruck by the enthusiasm generated. The photo submissions became a storehouse of tributes—to loved ones and the rich variety of Indian handwovens. Emotions were expressed poignantly and powerfully. In fact, in the midst of the week-long event, Mother's Day came by and paeans flowed—hailing strength, grit, determination, fighting all odds—defining the exemplary qualities that only a mother can embody.

In seven days, over 70 participants submitted about 170 entries. The final decision of the winners was based on the overarching concept of 'style'—the 'wow' factor that sets a person apart, no matter the attire. Many entries—including men—were wonderful but could not be included in the contest owing to poor picture quality. Here is the list of prize-winning entries!



Nina Reddy, 56: For oozing charisma and grace; tribute by Shivani Arora



Laila Tyabji, 69: For experimenting with colours, stripes and designs with élan; tribute by Rema Kumar



Daksha Wahal, 70: For creating a style statement in contrasting hues



800
Maximum
👍 on
Kai Thari

Pankajam Balasundaram, 76: For wearing the nine yards with confidence, a sure gaze and streaming silver hair!



Saraswathi Raman, 62: For making a fashion statement in palazzo pants and a contrasting kurta paired with an all-purpose stole



Swarupa Modi, 73: For her composed posture and Mona Lisa smile



Suchitra Koliyot, 56: For her perfect choice of clothes and flair



Usha Anand, 67: For her poise and dapper hairstyle; tribute by Rema Kumar

- Catch the 13 runners-up of this contest exclusively on www.harmonyindia.org
- Winners and runners-up win gift vouchers from Padma Paaduka Handwovens

—Pratibha Jain and
Sai Prabha Kamath

Out of the CLOSET!

This special issue has been about style, not fashion; ideas, not instructions. Here are some takeaways from what we've heard, what we've learnt: pick and choose, look...and love.



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Sling, zip and go!



Seasalt Cornwall

Straight-laced or funky, there's a man bag for you



Superdry

Next

Primark



Oliver Bonas



Seasalt Cornwall

Tote around town—carry everything but your house!



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Accessorize

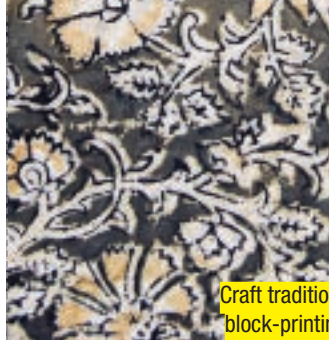


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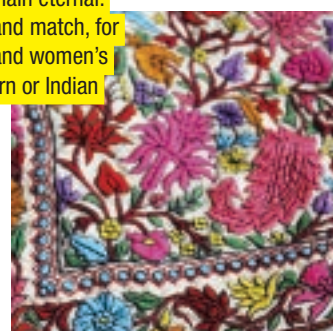
Less or more, don't forget to accessorise



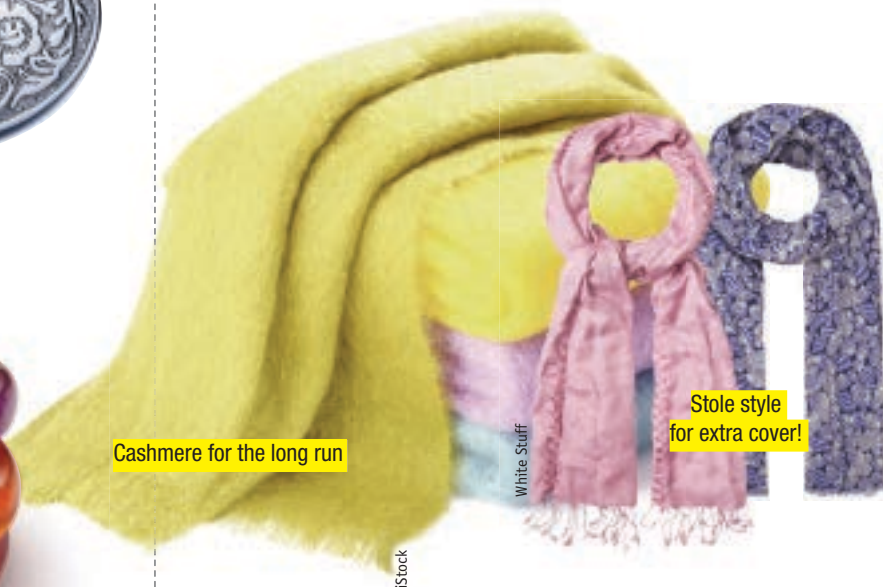
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Craft traditions—Kalamkari, block-printing, embroidery, Chikan—remain eternal: reinvent, mix and match, for men's wear and women's wear, Western or Indian



Imprints of Culture, Niyogi



Cashmere for the long run

White Stuff

Stole style for extra cover!

Seasalt Cornwall



New Look

Straight or sassy, choose your right skirt

BHS



New Look

It's trouser time, put on a pair

J D Williams



M&S

Palazzos hide a multitude of sins!

BHS



East

Top shops! Comfy, cool and never constricting

Accessorize

BHS



Dune

Dune



Oliver Bonas



Oliver Bonas

Sole comfort: slip in, never out



Sandal style with substance

New Look



Simply Be

Penneys

Shrug it on, style it up



People Tree

M&S

Heat up your winter with pizzazz



J.D. Williams

M&S

Long or short, a jacket jazzes up any look



Simply Be

Vera Mont

Get your global on—try a kimono or poncho



Cap off your look
with panache





Bodycon! If you've got it, flaunt it



Cool and classic for the understated man



Fill out the brows with brown, not black

Sunscreen makes skin sense

Soothe and salve, care and cure—aloe vera gel is a skin saviour

Almond oil all over—slather on skin, face and hair

Subtle or striking, choose the shade for your skin

Put smooth back into silver with argan oil



The sharp edge for the sartorialist



Mates for life

In the 'little Maharashtra' in Simi Valley, the Mates bond with their Marathi brethren over movies, music, food and art, writes **Kamla Mankekar**

Meet Shaila and Srinivas Neelkanth Mate. They have been living in the US for more than half a century. Now California, more than Pune—their place of birth—is their homeland.

The Mates' is a story of romance, adventure and steadfastness. While recalling her first meeting with Srinivas, Shaila blushes like a teenager. She was 19 when she came to the US on a fellowship from the Experiment in International Living. Srinivas was working as a trainee in Seattle after obtaining a degree from the Manhattan College of Architecture in Arkansas. Shaila was based in New York. One of her relatives, who was acquainted with Srinivas, wrote to him requesting that he contact Shaila to see if she needed help. They spoke over the phone, and he decided to meet her. "I could not ask her to come to Seattle to my bachelor pad," says Srinivas, reminiscing how he flew to New York to meet her.

It was love at first sight; the bubbly Shaila captured Srinivas's heart just as she fell for his good looks. Srinivas extended his weekend visit to take her around the fascinating city. They kept meeting, and Srinivas proposed to her. "We wrote to our parents seeking their approval," aver the couple. As both hailed from the Chitpavan Brahmin community, the families were willing. Before Shaila left the US, she and Srinivas got engaged. That was in 1964. Srinivas was still on a student visa. He applied for his Green Card and returned to Pune to get married. He came back to Seattle for a job and a long, post-wedding courtship began across the continents.

Telephones were not common those days, nor international connections easy, recalls Shaila. One had to book a call and wait for hours to get connected. Often the connection was poor. "We had to be content with just hearing each other's voice without the chance of any real conversation," says Shaila. Letters were the main means of communication.

It seems Maharashtrians like to take their culture along wherever they go; there are active Maharashtra Mandals in different parts of the US, and the Mates travel all over the country to participate in them

Now, at 74, Srinivas is semi-retired. A specialist in cytogenetics, the 71 year-old Shaila too has retired as a scientist in a pharmaceutical laboratory. Though Srinivas still takes up consulting jobs, the focus is more on pursuing hobbies and meeting friends. The Mates have two children; daughter Kalais is married to an American of Irish descent and lives in a town a two-hour drive from her parents' home in Simi Valley; son Manoj has a law degree and teaches at University of California (UC) - Irvine.

Have they ever experienced racial discrimination during their long years in this country? I asked. "No, not personally," replied Srinivas, who has held jobs in various parts of America. Light-skinned and light-eyed, typical of Chitpavans, he and Shaila have been accepted even in the colour-conscious Southern states. However, when he was working in St Louis, one of his friends from southern India, with darker skin, was not so lucky; most landlords did not wish to rent property to him. In some restaurants he was told he could buy food but not sit there to eat! Srinivas also recalls African-Americans being denied service by the whites there. He specifically remembers a barber refusing to give a haircut to an African-American as he was scared of losing customers if he served a person of colour. However, Srinivas was quick to point out that it was not so in other parts of the country.

The Mates live a busy life in retirement. Srinivas is on the editorial board of *Ekta*, a literary quarterly magazine in Marathi, published from Toronto, Canada; he is a regular contributor, writing short stories and poems. He is also an active member of the Lions Club and often goes to San Francisco to attend meetings and participate in various activities arranged by them. Srinivas, who took his first degree from the J J School of Arts and Architecture in Mumbai, has an abiding love of arts, especially painting.



**Shaila and Srinivas Neelkanth
Mate at the Artesa winery
near Napa, northern California**

It seems Maharashtrians like to take their culture along wherever they go; there are active Maharashtra Mandals in different parts of the US, and the Mates travel all over the country to participate in them. Recently they had been to a four-day bi-annual session of the California Mandal held at Anaheim, a resort about an hour-and-a-half's drive from where they live. About 4,000 people attended the meet. It was a rich feast of dance, music, plays, literature, good food and 'brotherhood'. In Simi Valley, too, there is a Marathi-speaking group that meets regularly and organises concerts and screening of Marathi films. "Such events provide an opportunity for our children to meet and develop close community ties and friendships," says Shaila.

I asked them if they ever contemplated returning to India. Yes, they did. The love for homeland and a desire to be among their own people often made them consider that option. However, during one of their trips to India they met Godbole, a friend, who had returned to India for these very considerations but regretted the decision. His children did

not fit in the Indian school system and they became the butt of snide remarks as other students called them "amrikan firangis". They were made fun of particularly when they made an effort to speak in Marathi. As for the parents, they found that work ethics had changed during the decades they had been away from the country.

Srinivas also cited the case of another friend who had returned so that he could be a partner in the nation's progress. Laudable desire indeed! But he was disappointed. His daughters were miserable in their new environment, while he found setting up business rather difficult. "Nothing can be achieved unless you grease the palms of bureaucracy," he rued. Projects and proposals were shelved for no plausible reason. "You either abandon your efforts or succumb to the 'system'," he said.

Such a situation could hardly be acceptable to the Mates. So they set about creating the next best alternative: a 'little Maharashtra' in Simi Valley.

Mankekar is the author of Breaking News: A Woman in a Man's World, which chronicles her experiences as a pioneering woman journalist in India

The oneness mantra

Quantum physics explores oneness of matter as propagated by Eastern mysticism, writes **Fritjof Capra**

Although the spiritual traditions of the East differ in many details, their view of the world is essentially the same. It is a view which is based on mystical experience—on a direct non-intellectual experience of reality—and this experience has a number of fundamental characteristics which are independent of the mystic's geographical, historical, or cultural background. A Hindu and a Taoist may stress different aspects of the experience; a Japanese Buddhist may interpret his or her experience in terms which are very different from those used by an Indian Buddhist; but the basic elements of the world view which has been developed in all these traditions are the same. These elements also seem to be the fundamental features of the world view emerging from modern physics.

The most important characteristic of the Eastern world view is the awareness of the unity and mutual interrelation of all things and events, the experience of all phenomena in the world as manifestations of a basic oneness. All things are seen as interdependent and inseparable parts of this cosmic whole; as different manifestations of the same ultimate reality. It is called *Brahman* in Hinduism, *Dharmakaya* in Buddhism, Tao in Taoism. Because it transcends all concepts and categories, Buddhists also call it *Tathata*, or Suchness: 'What is meant by the soul as suchness, is the oneness of the totality of all things, the great all-including whole.'

In ordinary life, we are not aware of this unity of all things, but divide

the world into separate objects and events. This division is, of course, useful and necessary to cope with our everyday environment, but it is not a fundamental feature of reality. It is an abstraction devised by our discriminating and categorising intellect. Hindus and Buddhists tell us that this illusion is based on *avidya*, or ignorance, produced by a mind under the spell of *maya*. The principal aim




of the Eastern mystical traditions is therefore to readjust the mind by centering and quietening it through meditation. The Sanskrit term for meditation—*samadhi*—means literally 'mental equilibrium'. It refers to the balanced and tranquil state of mind in which the basic unity of the universe is experienced: Entering into the *samadhi* of purity, one obtains an all-penetrating insight that enables

one to become conscious of the absolute oneness of the universe.

The basic oneness of the universe is not only the central characteristic of the mystical experience, but is also one of the most important revelations of modern physics. It becomes apparent at the atomic level and manifests itself more and more as one penetrates deeper into matter, down into the realm of subatomic particles. The unity of all things and events will be a recurring theme throughout our comparison of modern physics and Eastern philosophy. As we study the various models of subatomic physics we shall see that they express again and again, in different ways, the same insight that the constituents of matter and the basic phenomena involving them are all interconnected, interrelated and interdependent; that they cannot be understood as isolated entities, but only as integrated parts of the whole....

Quantum theory thus reveals an essential interconnectedness of the universe. It shows that we cannot decompose the world into independently existing smallest units. As we penetrate into matter, we find that it is made of particles, but these are not the 'basic building blocks' in the sense of Democritus and Newton. They are merely idealisations which are useful from a practical point of view, but have no fundamental significance. In the words of Niels Bohr, "Isolated material particles are abstractions, their properties being definable and observable only through their interaction with other systems."

Excerpted from The Tao of Physics: An Exploration of the Parallels Between Modern Physics and Eastern Mysticism. Austrian-born American physicist Capra (born 1939) is the founding director of the Centre for Ecoliteracy in Berkeley, California

A photograph of an elderly man with a grey beard and a young girl with dark hair playing in a pond. The man is in the water, wearing a dark shirt, with his hands outstretched towards the girl. The girl is sitting on a wooden dock, wearing a white dress, and looking at the man with a smile. The water is dark blue, and the dock is made of wooden planks.

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JANE-WASHING

pp. Invoking the ideas of urbanist Jane Jacobs while doing little or nothing to implement them.

Example: These are not free spaces. They are not public spaces. They have nothing in common with Jacob's observations of what makes a city work. In fact, these places accelerate inequality, and exacerbate difference. '**Jane washing**' is a form of disguised exclusion because it makes those who are not welcome disappear.

—Leo Hollis, "So what's so dangerous about 'Jane washing'?", *Medium*, 7 January 2015

Human cloud

n. The independent workers that a company, using online sites or apps, can hire temporarily to perform tasks as needed.

Example: Recent developments in cloud computing have seen the addition of the 'human element' to the cloud and consequently the birth of the **human cloud**. Many organisations are already dealing with the 'human cloud' paradigm.

—Dania Radi, "Have you ever heard about the 'human cloud'?", *Academy Cube*, 18 April 2016

“To make mistakes is human; to stumble is commonplace; to be able to laugh at yourself is maturity.

—American writer William Arthur Ward (1921-1994)

Fast fashion

n. Low-cost, quickly made clothing that copies the latest high-end fashions.

Example: But despite **fast fashion**'s growth, chains including H&M are increasingly facing criticism over both environmental and social justice concerns.

...Though fast fashion offers consumers a wider variety of styles, the rising trend has also been tied to growing amounts of textiles in landfills. ...Furthermore, many fast fashion retailers rely on cheap labour to produce high quantities of their products.

—Annika Fredrikson, "H&M plans rapid growth in China amid questions on ethics of fast fashion", *Christian Science Monitor*, 24 September 2015

Clone town

n. A town or neighbourhood where the main shopping area is dominated by chain stores, thus making it look identical to the shopping areas in many other towns.

Example: Councillor Lawrence said he also wanted to encourage more independent shops in the city, to avoid Wolverhampton becoming a **clone town** with the same stores as everywhere else.

—“A road map to where it is we want to go: Ambitious Wolverhampton City Council Unveils Vision: 2030”, *Express & Star* (Wolverhampton, UK), 27 January 2016

Goysplaining

n. When a non-Jew patronisingly explains Judaism or Jewish concerns to a Jew.

Example: That's why when a non-Jewish colleague at work spent 10 minutes explaining Passover to me as if I, a Jew, had never heard of it before, a word immediately popped into my head: **goysplaining**.

—Lilit Marcus, "The art of goysplaining", *Forward*, 30 March 2015

live12

In religion

- There are 12 *vyotirlingam* in Shaivism
- In the Mahabharata, the Pandavas and their wife Draupadi are exiled to the forest for 12 years
- In ancient Greece, there were 12 major gods of Olympus
- Hercules, the greatest of Greek heroes, carried out 12 labours in 12 years to atone for killing his wife and children—called the 12 Labours of Hercules
- In Norse mythology, chief god Odin had 12 sons
- King Arthur, a 5th century British ruler, is said to have subdued 12 rebel princes and to have won 12 great battles against Saxon invaders. He also chaired a round table of 12 knights
- The Biblical Jacob had 12 sons who were the progenitors of the 12 tribes of Israel
- Jesus Christ had 12 disciples, who later became the 12 apostles
- In orthodox Judaism, 12 is the age a girl matures and celebrates her bat mitzvah
- The 12 days of Christmas comes from the traditional practice of extending the Yuletide celebration over 12 days while the Yule log burned out
- In Twelver, the largest branch of Shi'a Islam, there are 12 Imams, said to be the spiritual and political successors of Prophet Muhammad

The duodecimal system (also known as the dozenal), which can be traced back to 15th century BC Egypt, uses the number 12 as a division factor in mathematical calculations, weights and measures.

3,500 years later, there are 12 hours on the face of a clock and we still purchase eggs by the dozen. The basic units of time—60 seconds, 60 minutes, 24 hours—can all perfectly divide by 12.

TWELVE

- Largest number with a single syllable
- 12 inches make a foot
- Western and Chinese zodiacs have 12 signs
- The human body has 12 cranial nerves
- There are 12 hours in a clock
- There are 12 months in a year
- There are 12 lunar years in the Chinese lunar calendar
- There are 12 asanas in the *surya namaskar*

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