

NOVEMBER 2008 Rs 30

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**MALLIKA
SARABHAI**
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SHOWTIME!

Silver power dazzled Mumbai on 7 October. The second edition of the Harmony Silver Awards, held at Rabindra Natya Mandir to salute our silver heroes, was a tremendous success and a significant milestone in our efforts.

While the capacity crowd was deeply moved by the audio-visu- als showcasing the lives and work of our 10 recipients, they were entertained in equal measure by the foot-tapping salsa routines of the silvers from Harmony Interactive Centre and allied organisations trained by Sandip Soparrkar; the humour (with a strong social message) of *Hasya Kavi* Surender Sharma; and an energetic song-and-dance medley from the 1970s and 1980s by young artists from BIG Entertainment.

The sight of legendary actor and guest of honour Dev Anand in conversation with fellow legend Waheeda Rehman had the shutter- bugs clicking overtime. And His Excellency S C Jamir, the Governor of Maharashtra — another guest of honour — held the audience rapt when he spoke about visiting old age homes across the country and the

need for our youth to look after their parents.

Yes, it was a magical night, hosted with style and sensitivity by dancer-actor Sudha Chandran. It reinforced our stated aim of hon- ouring the unsung and highlight- ing the tremendous potential of silvers and, in the process, con- verted many to our cause. In fact, in a letter to me after the event, one of our winners, Kolkata-based educationist Brother Brendan MacCarthaigh confessed that he was initially a little sceptical, thinking of “the whole enterprise as a sort of lavish advertisement in which old folk were useful side-issues”. But, as he writes, “the actual experience made non- sense of my cynicism”. Thank you, Brother Brendan, and let me assure you that Harmony will never consign silvers to the fringes but always accord them centre- stage — where they belong.

I also take this opportunity to thank our presenting sponsor LG Electronics for putting together such a spectacular show with us; telecast partner NDTV Profit, who broadcast the show on 25 and 26 October; our eminent panel of judges, including Leila Seth



DONALD WOODROW

and Priya Dutt who were on hand to distribute the awards; all our performers; the event management team at BIG Enter- tainment; and every single mem- ber of the audience for being there to support and motivate us. I must also laud the efforts of my team at Harmony, who worked tirelessly for the past two months to ensure the event went off without a hitch.

Finally, I want to salute our win- ners. They are an inspiration and we want the elderly across India to take a cue from them and wear the mark of silver — with pride.

Tina Ambani

Tina Ambani

A Dhirubhai Ambani Memorial Trust Initiative

Harmony—Celebrate Age—November 2008 Volume 5 Issue 6

Publisher **Anthony Jesudasan** Editor **Tina Ambani** Deputy Editor **Meeta Bhatti** Assistant Editor **Arati Rajan Menon** Copy Editor **Rajashree Balaram** Special Correspondent (Delhi) **Teena Baruah** Features Writer **Anjana Jha**

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Editorial & Marketing Offices: 4th Floor, Maker Chambers IV, Nariman Point, Mumbai-400021. Tel: 91-22-22785423 (Editorial), 22785472 (Marketing).

Email: contact.mag@harmonyindia.org **Printed and published** by Anthony Jesudasan on behalf of Dhirubhai Ambani Memorial Trust, 505, Dalamal House, 5th Floor, Nariman Point, Mumbai-400021. **Printed** at Thomson Press India Ltd, Plot No. 5/5A, TTC Ind. Area, Thane-Belapur Road, Airoli, Navi Mumbai-400708; Thomson Press India Ltd, 18-35 Milestone, Delhi-Mathura Road, Faridabad (Haryana) **Disclaimer:** The material provided by *Harmony* is not a sub- stitute for professional opinions. Readers are advised to seek appropriate advice from qualified and licensed professionals in the concerned field. © Dhirubhai Ambani Memorial Trust. All rights reserved worldwide. Reproduction in any manner is prohibited. *Harmony* does not take responsibility for returning unsolicited publication material. www.harmonyindia.org



COVER FEATURE...26

Contents

LINE UP

6 ORBIT

18 LEGACY

SPECIAL FEATURE

20 HARMONY EVENT:
Special moments from the
Harmony Silver Awards

26 COVER FEATURE:
Cooking with stars

BODY & SOUL

36 GET WELL SOON:
Cataract surgery

40 NUTRITION:
Thirst quenchers

42 ASK THE EXPERT:
Dr Anjali Mukerjee

44 COLUMN: Yoga Rx

FIRST AID

50 THE LAST WORD:
Robert Fulghum

52 INNOVATION:
ECG monitoring device

54 WALL TO WALL:
Hydraulic bed

ETCETERA

60 DESTINATION:
Mesmerising Mysore

66 EXCERPTS:
Wish You Were Here:
Memories of a Gay Life

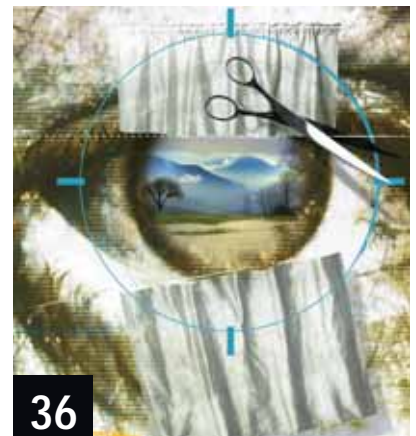
71 AT LARGE:
Mallika Sarabhai

76 HEADSTART

82 SPEAK



66



36

WEB EXCLUSIVES



Silver wings

Nostalgic moments with members of
the Retired Air Force Officers' Club

Visit www.harmonyindia.org and check out this month's stories!



Healing music

Music therapy with Carnatic
music exponent Rajam Shankar



60

Cover photograph by
PRASAD DURGA

For subscription assistance contact: HarmonyCare, Living Media India Ltd, A-61, Sector 57, Noida (Uttar Pradesh) - 201301.
Phones: **New Delhi:** (95120) 2479900 from Delhi and Faridabad; (0120) 2479900 from Rest of India **Fax:** (0120) 4078080; **Kolkata:**
033-22821922, 22827726, **Fax:** 22825398, 22827254; **Bengaluru:** 080-2212448, 2290562, **Fax:** 2218335; **Mumbai:** 022-24444423/4/5/6
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column one

What you do outside your area of work determines the character of your life. You could make it more meaningful by setting exemplary standards for society, or simply impart love and joy in a way you know best. This issue, in true festive spirit, we bring you five well-known people who love to cook for family and friends. In "Five-Star Fare", we step into their kitchens and bring you healthy recipes. Documentary filmmaker Siddharth Kak improvises upon recipes to suit his health, gynaecologist Kamala Selvaraj makes her favourite pickles in olive oil, artist Rini Dhumal could well find a career in culinary arts, theatre director Neelam Mansingh Choudhary thinks food is as important as relationships and classical dancer Vani Ganapathy (on the cover) believes in discipline and contentment; a sentiment reciprocated by danseuse Mallika Sarabhai when she says how you look has a lot to do with how you feel.

The key words here are improvisation, kinship, restraint and satisfaction. *Harmony* advocates and personifies these every month. This time, we have added broad-mindedness to the list and dealt with an age-old concern for the first time. Sexuality. With photographs from Sunil Gupta's book *Memories of a Gay Life*, we present his point of view on the need for literature on the subject in India. Implementing it is gay activist Saleem Kidwai's opinion. Section 377 of IPC will stay for now but so would people supporting its abolishment. Do tell us what you think.

—Meeta Bhatti



My parents sacrificed a lot for us during their younger years, facing many hardships to raise us well.

Bringing up my mentally challenged brother, my mother confronted tremendous financial and social obstacles. She retired from MTNL as a training instructor but still retains her zest and enthusiasm for life—always looking for opportunities to keep occupied. After becoming members of Harmony Interactive Centre, my parents are getting opportunities they never dreamt possible—they participate in fancy dress competitions, picnics, yoga sessions, carom games and so many other activities.

Harmony has enabled senior citizens like my parents to recapture their youth and made their lives more meaningful. A lovely hairstyle by none other than Colleen Khan made my mother look gorgeous. My parents participated in the dance programme choreographed by Shiamak Davar for Harmony Silver Awards last year as well as the salsa dance choreographed by Sandip Soparrkar for Harmony Silver Awards 2008. Seeing my parents so carefree and happy brings tears to my eyes and these events will remain etched forever in my memories. I would like to thank Tina Ambani and Harmony for bringing cheer and happiness to my parents in their sunset years.

RUTA D CHAVAN

Navi Mumbai

The letter of the month wins music CDs from Big Music

Harmony Silver Awards 2008 was painstakingly planned and expertly executed with clockwork precision. The event had to be experienced to be believed. The selection of awardees was excellent and reflected human life in all its rainbow shades. They are indeed an inspiration to us all—we have a long way to go before we can dream of reaching the heights they have attained. Further, the guest of honour Dev Anand was energy and courtesy personified. Heartiest congratulations to Tina Ambani's leadership

and the Harmony team for making us feel proud to be called silvers.

ANIL PARIKH

Via email

I would like to congratulate Tina Ambani for the excellent services rendered to empower India's senior citizens under the auspices of Harmony for Silvers Foundation. On 9 September 2008, we were waiting to hear her speak at the seminar on reverse mortgage organised by Harmony and National Housing Bank in New Delhi and were deeply disappoint-



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ed that she couldn't make it. The next event on our calendar was this year's Senior Citizens' Run — a part of the Airtel Delhi Half Marathon 2008. Our association has participated in this event since inception in 2005 and it has always been a thrilling and memorable event. We were keenly looking forward to participate this year too but are unable to do because of the registration fee being charged from participants from this year. We feel it is a harsh decision, meriting reconsideration and relief at the highest level. Unfortunately, the meagre resources of Sukhdev Vihar Citizens Welfare Association make it difficult to pay the registration fee on behalf of the 20 to 35 participants. We shall be grateful if, as in the past, our association can participate in the Senior Citizens' Run that is slated for 9 November 2008.

B K MAHESHWARI

*President, Sukhdev Vihar Senior Citizens Welfare Association
 New Delhi*

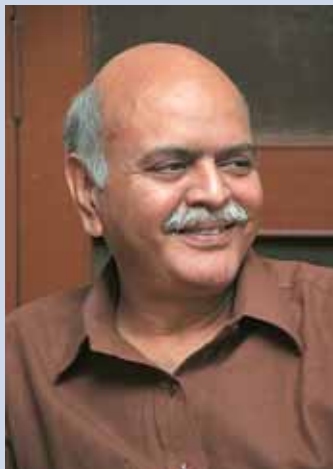
We compliment *Harmony* for an intensive coverage on the non-availability of human organs ("Donating Lives, May 2008). Several organisations are working to promote organ donation, and providing help and holding awareness programmes for kidney patients. Unfortunately, the central and state governments are not extending the desired support to patients and these social organisations. Central India Kidney

Foundation was formed in 2001 in Nagpur by nephrologist Shiv Narayan Acharya and inaugurated by former prime minister V P Singh. Our helping hands are always available for patients and like-minded foundations. Please feel free to contact us at (0) 9370248686.

ANIL RATHI

Vice-President, Central India Kidney Foundation, Acharya Dialysis Centre & Kidney Hospital, Nagpur

CONTRIBUTORS



In our special feature on homosexuality, Lucknow-based gay activist **Saleem Kidwai** writes on the challenges he faces as a homosexual in India. A former associate professor of history at Delhi University, the 57 year-old is also an Islamic studies scholar and historian. He is widely acclaimed for *Same-Sex Love in India* (St. Martin's Press, 2000), co-edited with Ruth Vanita, that uncovers gay texts throughout Indian history. We like what he told us when we asked him what he felt about ageing: "Old age is no place for sissies."

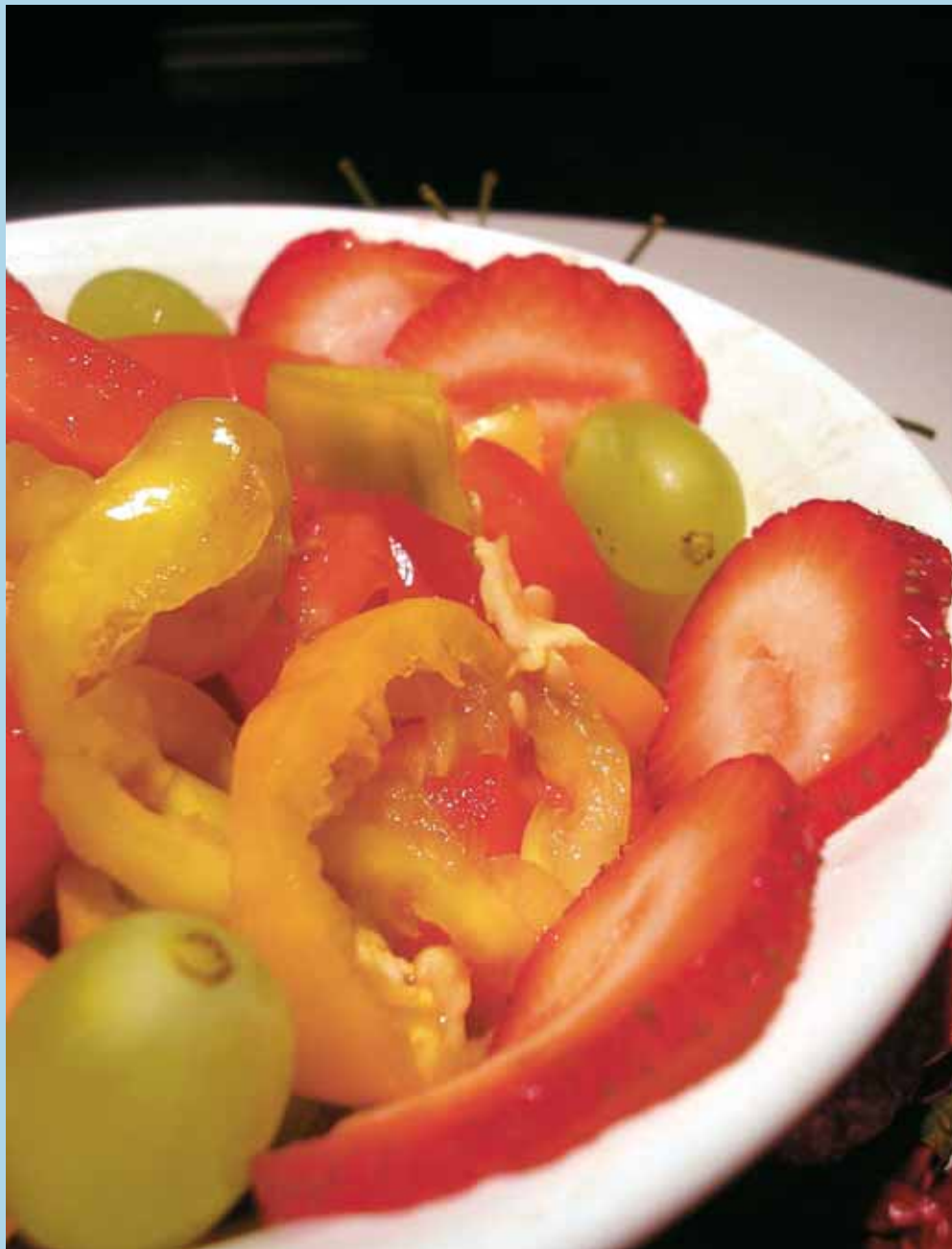


This month in 'At Large', classical dancer **Mallika Sarabhai** tells us why ageing is no excuse to neglect your face and body. The 52 year-old excels in both Bharatanatyam and Kuchipudi. She has created numerous local and international stage productions to raise awareness on social issues and advocate change. She has also directed several documentaries centred on women's empowerment. Sarabhai has a PhD in organisational behaviour and is the co-director of Darpana Academy of Performing Arts in Ahmedabad.

ORBIT

OPEN YOUR EYES TO NEWS AND VIEWS, HOBBIES AND RESEARCH, TRENDS AND TIPS FROM ACROSS THE SILVER WORLD

FACE OFF



MENU FOR LONGEVITY

How's this for guilt-free dining? The 'Forever Young' menu at Casa Mia, an Italian restaurant in Leeds in the UK, serves up 14 meals made up of powerful age-busters. For instance, the roast salmon, avocado and pepper salad or grilled tuna steak topped with cherry tomatoes and white wine sauce—rich in omega 3 and 6 fatty acids—will make your skin glow, while the honey-roasted apple and smoked chicken salad or chicken and broccoli stir-fry, both rich in antioxidants and proteins, will boost brain function. The lemon and sweet red chilli chicken promises to keep wrinkles away, and the pan-seared calf's liver makes your hair thicker and stronger. "Eating the right food is essential to keep the years at bay," Francesco Mazzella, owner of Casa Mia tells *The Yorkshire Post*. "Many people spend hundreds of pounds on anti-ageing creams and serums but fail to eat the types of food that help to promote youth from the inside out."

WHIFF OF YOUTH?

Here's a first for perfume—it doesn't just make you smell good, it promises to make you smell *young*. According to New York perfume house Harvey Prince, the **grapefruit-scented Ageless Fantasy** is "the world's first anti-age perfume" that can slash eight years off your age. The company claims its formula is based on actual research by Chicago-based Smell and Taste Treatment & Research Foundation. Researchers at the foundation reportedly smeared middle-aged women with scents like banana, broccoli, spearmint, grapefruit and lavender and asked male volunteers to sniff them and guess their ages. Grapefruit-scented women were guessed to be considerably younger than they really were—between six and eight years. This study was the inspiration for the perfume. "Just like rose scents read 'old lady', there had to be a fragrance that reads 'young lady'," says Kumar Ramani, president of Harvey Prince, in a media release. "Our goal was to find a fragrance that men and women would associate with youth." Apart from grapefruit, Ageless Fantasy has notes of pineapple, mango, apple, leafy

SLASH
8
YEARS
FROM
YOUR AGE



greens, cherry blossom, pink jasmine, musk and vanilla. The price of this heady cocktail: \$ 120 (about Rs 5,800) for a 100 ml bottle. To know more, go to www.agelessfantasy.com



NEWSWORTHY

HIP, HIP, HARYANA

On the occasion of World Elders' Day on 1 October, Chief Minister Bhupinder Singh Hooda announced a **list of measures for silvers in Haryana**, including identity cards, 50 per cent concession for women in state roadways' buses, the establishment of senior citizens' clubs, distribution of free spectacles and, most significantly, the implementation of the Maintenance and Welfare of Parents and Senior Citizens Act. Hooda laid the foundation for the first of the proposed clubs in Panchkula; they will also be set up in Jhajjar, Rohtak, Bhiwani, Sonapat and Hisar with a grant of Rs 500,000 to provide members a reading room, dispensary and recreation space for indoor games. He also launched the Senior Citizens' Voluntary Services Network, which will provide silvers the opportunity to offer their services for social work. All those who volunteer will receive a new moniker, *Karamyogi*. To drive the point home, they will wear jackets with *Karamyogi* emblazoned on the back.

Silver surge: Silvers now **outnumber children in the UK** for the first time. According to the Office for National Statistics, 13,262,256 people were 60 or over in mid-2007, up from 12,928,071 the previous year. Meanwhile, the number of people under the age of 18 fell from 13,119,654 to 13,111,023 over the same time period. Those currently defined as **pensioners**—men aged above 65 and women aged above 60—**make up 19 per cent of the population**, compared to 18.9 per cent for children below the age of 16. The growing number of older people is partly owing to a **fall in the mortality rate**—from 599,000 in 2001 to 571,000 last year. “The key task for policy makers going forward is to ensure that seniors can increasingly play an active role in our ageing society,” says Mervyn Kohler, special adviser at NGO Help the Aged. “An ageing society is a fact of life that should be welcomed, not treated with concern.”

YOUR ACT AT WORK

In the first case registered under the Maintenance and Welfare of Parents and Senior Citizens Act 2007 in India, a 58 year-old man in Kottiyam, Kerala, was taken into custody for neglecting his aged mother on 25 September. According to the Press Trust of India, cases have been registered against his five siblings (three of them women), acting on instructions from the district probation officer. Authorities came to know the tragic plight of 84 year-old Lakshmikutty when social workers in the area found the partially paralysed woman abandoned in her house.

Kerala is one of 12 states to have implemented the Act, which aims to protect the rights of silvers. The Act provides for a three-month jail term to children who abandon their parents and calls for the establishment of old age homes in



a phased manner. Other states that have implemented the Act include Andhra Pradesh, Assam, Delhi, Haryana, Jharkhand, Karnataka, Madhya Pradesh, Nagaland, Orissa, Rajasthan and Tripura.

Minister of Social Justice and Empowerment Meira Kumar recently told media that she has written to the other state governments urging them to notify the Act at the earliest.

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- 65,000 CSTN Colour Display with rhythmic keypad lighting
- Built-in Speaker Phone
- Hindi SMS



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- 65,000 CSTN Colour Display with rhythmic keypad lighting
- Built-in Speaker Phone
- Hindi SMS





A BETTER RIDE

Last month, the Uttar Pradesh State Road Transport Corporation (UPSRTC) introduced a fleet of 50 spacious, low-floor buses exclusively for silvers and the physically challenged in Lucknow. "The buses will be comfortable and have features like plasma TV and FM radio to entertain passengers," Desh Deepak Verma, principal secretary (transport), tells media. "Soon, more buses will be added and the service expanded to include inter-district and inter-state routes." At present, about 7,000 UPSRTC buses ply in the state, as well as in neighbouring states, including Punjab, Delhi, Haryana, Madhya Pradesh, Rajasthan and Bihar.

COMING HOME

New Delhi-based CHD Developers Ltd will build four 'Active Senior Lifestyle Townships' for silvers in Karnal (Haryana), Rishikesh (Uttarakhand), Mathura (Uttar Pradesh) and Neemrana (Rajasthan) with an investment of Rs 17 billion. The first of these townships comprising apartments will be built in Karnal in Haryana with 2,500 residential units, spread across 100 acres of land. The project is expected to be complete by 2011. According to R K Mittal, chairman and managing director, CHD Developers, the project will only be open to those over 55—those who are younger can book a flat, but move in only after they reach the magic number. "The real life of people starts at 55 because by then they are free of most duties and obligations," he tells *The Financial Express*. "Our retirement homes aim to provide them a stress-free and stimulating life." For more information on the townships, including costs, call CHD Developers at 011-26109200 or email info@chddevelopers.com



Home for her: NGO HelpAge India has opened Kalyan Ashram, a home for elderly and destitute women in Chetla, near Kolkata. The home, which has an attendant, supervisor and cook, accommodates 10 women at present and will soon expand to take in 20 more. Residents will only be charged a one-time nominal amount for their medical needs.

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MEDIA WATCH

SHOW AND TELL

Lamenting the “youth-obsessed culture we live in”, 30 year-old American photographer and filmmaker

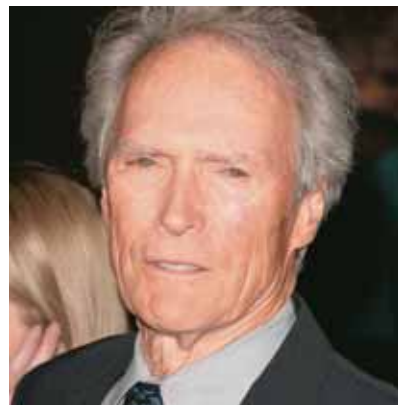
Andrew Zuckerman decided to focus on what we can learn from our elders.

Over a period of 12 months, Zuckerman photographed and interviewed 50 prominent men and women over the age of 65, resulting in *Wisdom: 50 Unique and Original Portraits* (Abrams; about Rs 2,500), which released on 1 October in the US and UK. Here's what some of the silvers featured told him.

LESSONS FROM SILVER STARS



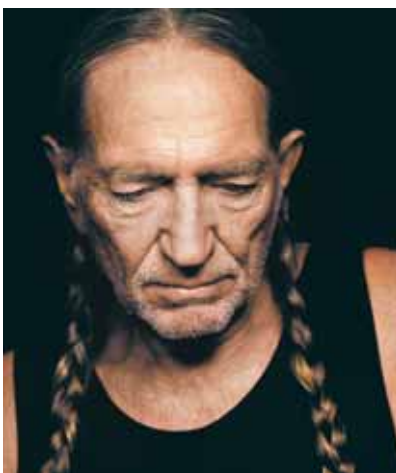
British actor Judi Dench, 74: “The key to a good relationship is absolutely, undoubtedly: don’t take the person for granted. Don’t ever think that they’re going to come back to you just because you happen to be married. Always make the effort; and hopefully don’t make the effort recognisably.”



American actor Clint Eastwood, 78: “Take your profession seriously; don’t take yourself seriously. If a person is confident enough in the way they feel, whether it’s an art form or just in life, it comes off—you don’t have anything to prove; you can just be what you are.”



British anthropologist and primatologist Jane Goodall, 74: “We’ve been very arrogant in assuming that there’s this sharp line dividing us from the rest of the animal kingdom, and we need to realise that we are not the only beings on this planet with personalities, minds and, above all, feelings and emotions. We need to be a little more respectful.”



American country singer-songwriter and actor Willie Nelson, 75: “Eventually people will start realising that there are alternative energies and you don’t have to go around the world starting wars over oil... If everyone just takes care of their own area, we won’t have any problems. Be there. Be present. And look around you and see what needs to be changed.”



Former US Secretary of State Madeleine Albright, 71: “Being a parent is one of the most difficult and demanding and rewarding things that you can possibly be; you really are responsible for the day-to-day upbringing of your child. With grandchildren, you can just reward—it’s simply a perfect relationship with them.”

ANALYSE THIS



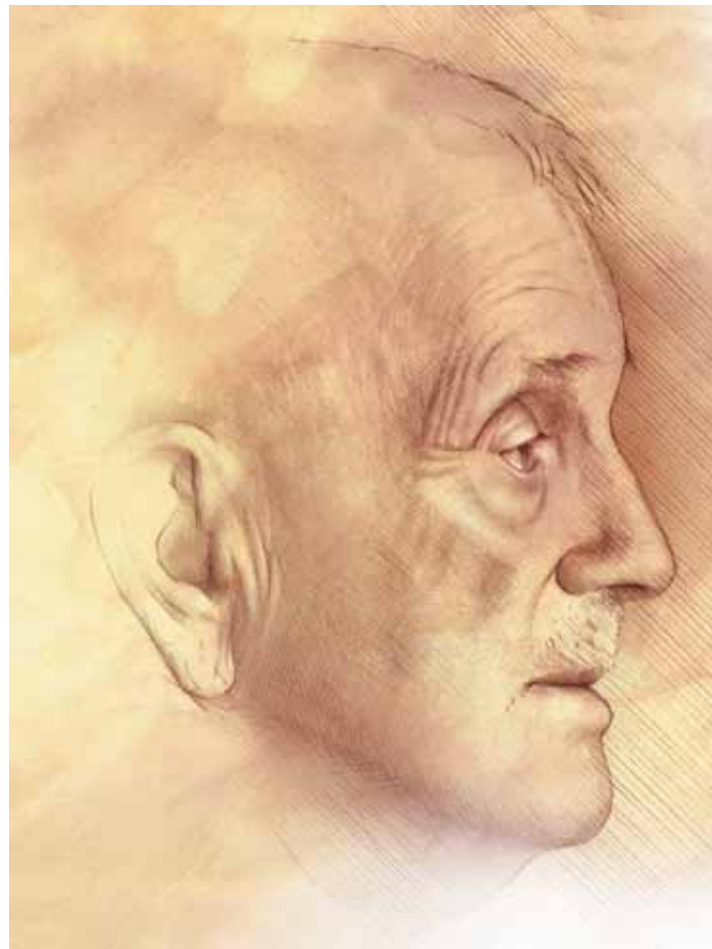
HARMONY

BIG IS BEAUTIFUL

Software with ‘expanding targets’ — icons, links, menu headings and toolbars that automatically increase in size as you move the cursor towards them — could help silvers get more comfortable using a computer. Researchers from Strategic Promotion of Ageing Research Capacity (SPARC) at University of Reading in the UK discovered that **expanding targets, which grow to twice their original size, could cut mouse mistakes by half and reduce the time older people take to select an icon or option by 13 per cent.** “Expanding targets could lead to substantial benefits because older people would feel more confident in their ability to control a mouse and cursor,” Dr Faustina Hwang, who led the SPARC team, tells website *cnet.com*, “and that’s half the battle won.”

DISTRACTED, NOT SLOWER

Silvers take longer to complete simple tasks because they succumb to distraction — not because their brain is slowing down. That’s the conclusion of researchers at the Neuroscience Imaging Centre at the University of California, San Francisco. The study involved 50 people — half in their 20s and half in their 60s — watching a series of images of faces and scenes. They were asked to push a button if they had seen a face or scene before and the speed and accuracy of their performance was monitored using a technique called electroencephalography, which picks up electrical signals on the surface of the brain. Researchers discovered that the silvers found it more difficult to filter out irrelevant information and concentrate fully on the matter in hand. “Older adults take slightly longer to ignore distractions and during that brief delay the irrelevant information interferes with important items that they want to remember,” Adam Gazzaley, director of the Neuroscience Imaging Centre, tells British newspaper *Daily Telegraph*. “These findings help explain why many people start to show signs of mental decline in their 60s even if they are free of dementia or any other disease.”



LOVE THAT

THE MAJORETTES

Three nights a week, retired Czech accountant Libuse Novakova gets into black fishnet stockings, frilly skirt and fringe-trimmed bloomers—an outfit she says she would love to wear “even in my coffin”. The 61 year-old is a member of a **silver dance troupe** called the ‘**Mazoretky**’ or **Majorettes** that has taken the Czech Republic by storm. Their signature act: a French can-can. “We do this for fun, we laugh a lot and people love it,” Novakova tells Reuters. Born seven years ago during a dance class for seniors, this 10-



member troupe from Horni Lhota, a small village in the east of the country, started off with a simple number dressed as drum majorettes. But as their popularity grew through word-of-mouth, their routine became more elaborate, and risqué. The Majorettes are now a regular fixture on TV and perform at local fairs and other venues across the country. “We’re booked solid till March 2009,” says Hana Havelkova, a former teacher and head of the troupe. “We no longer even have time to rehearse but no one seems to mind.”

Silver beat: The Mumbai Police has tied up with NGO Dignity Foundation to form neighbourhood protection teams. Over 5,000 silver volunteers in South Mumbai, Kandivili and Borivili have already signed up for these teams, who will visit silvers in their neighbourhood to hand over the number of the silver helpline—23898078—and their own cell phone numbers so they can be reached 24/7. They will also get them to fill out a form with the details of their domestic help to form a valuable data bank for the police.

CHIPKO IN AMERICA

Two American silvers saved a tree in their neighbourhood the best way they knew—they held on to it for dear life. Lea Perrone, 64, and Pat Henry, 65, spent several days tied to a crab tree at their elderly housing complex in Shrewsbury, Massachusetts, USA. The authorities at the complex intended to cut down the tree to make way for garbage bins. They even served the two women eviction notices but eventually had no choice but to bow to popular demand and let the silvers—and the tree—stay. The postscript? Dennis Osborn, director of the complex, tells media, “We’re all going to work together now in a new spirit of cooperation.”



H RECOMMENDS

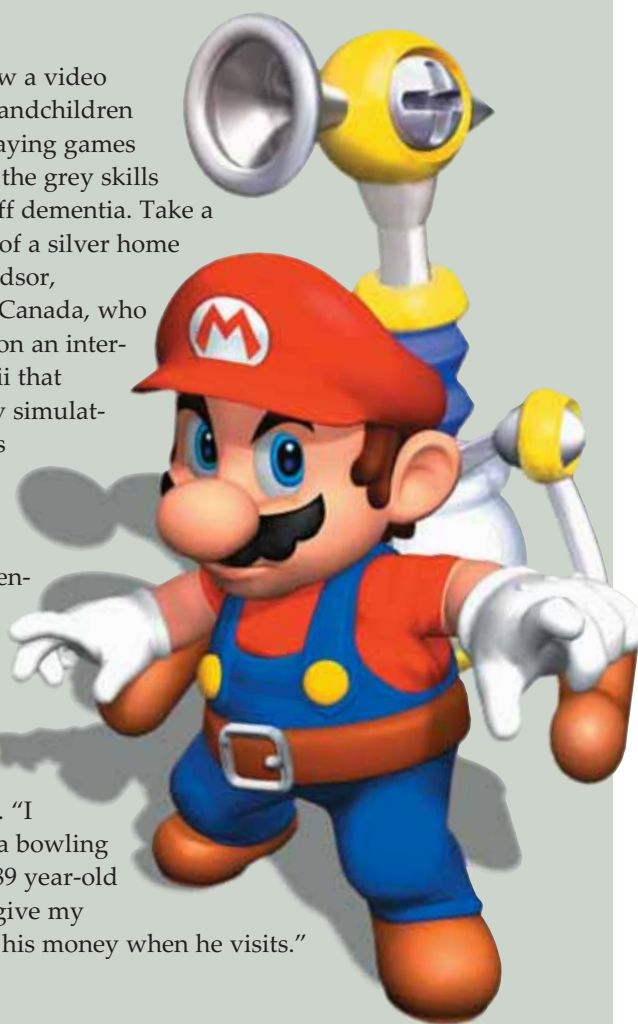
Make friends with a PC:

Take a computer course and update your skills. It could help you land a job. For instance, in Lower Parel, Mumbai, Sterlite Foundation organised a course for 50 silvers from July to September 2008 in association with NGO Silver Innings where they learnt how to use the Microsoft Office software suite, comprising Word, Paint, Excel and PowerPoint, and the Internet. The special course for silvers will now be offered at 12 Sterlite training centres across Mumbai and Navi Mumbai from November. For more information on courses and fees, contact Roshan John of Sterlite Foundation on 022-22826005 and 9322512096 or Sailesh Mishra of Silver Innings Foundation on (0) 9819819145.



SILVER INNINGS FOUNDATION

Get gaming. Borrow a video game from your grandchildren and give it a go. Playing games are proven to keep the grey skills ticking and ward off dementia. Take a cue from residents of a silver home in Grand Falls-Windsor, Newfoundland, in Canada, who take turns playing on an interactive Nintendo Wii that allows them to play simulated version of sports such as baseball and bowling. "It has increased their energy levels, concentration and co-ordination," says Carl Ings, recreation specialist at the home. It's also upped their happiness quotient. "I call myself a bit of a bowling expert now," says 89 year-old Isabella Barnes. "I give my grandson a run for his money when he visits."



OFFBEAT



DESIGNER DIAPERS

In September, Tokyo was witness to a fashion show with a difference—the models were showing off adult diapers. Dressed in black cat suits, they paraded down the runway in different shapes and sizes from Livedo, Unicharm, Nishiki and Pigeon—companies raking in the profits in a silvering Japan where 22 per cent of the population is over 65. The event was organised by Tokyo-based Ageing Lifestyle Research Centre and the Excretory Institute of Japan in Kyoto in a bid to popularise the use of adult diapers. "The show was arranged to replace the perception of nappies as something embarrassing with something humorous," Kiyoko Hamada of the Ageing Lifestyle Research Centre tells London newspaper *The Times*. "There will be over a million centenarians in Japan by 2050," said Sachiko Hanari, an expert on elderly care. "We must think of **adult nappies as a tool of freedom in old age**, just like reading glasses." Her demonstration was followed by sketches highlighting the importance of selecting the right diaper and a generous offer to would-be diaper fitters—a course that provides the applicant with a "nappy consultancy licence" for 20,000 yen (about Rs 9,500).

Have something to say? This is the place to do it. Reach out to fellow readers with interesting anecdotes, inspiring stories and heartwarming moments from your life. Write in with full contact details, and make this space your own!

LIFE IS BEAUTIFUL

When I was 32, I was struck by *retinitis pigmentosa* with *nas tagmus*, an ailment that gradually



Kulkarni: in tune with life

leads to permanent blindness. A couple of years later, a bout of malaria worsened my situation. At that time, I was working as a lecturer with Nahata Arts, Science and Commerce College in Bhusaval. I continued working and adapted my life around my ailment. I recorded lectures at home and rehearsed them before going to college. In 2001, I took voluntary retirement after my wife

was diagnosed with Alzheimer's. As she battled with the disease, I started doing all the chores including cooking our daily meals. Slowly I developed a passion for cooking.

My wife died in 2005, leaving me alone and depressed. She had been my companion for 37 years and I missed her deeply. I knew she wouldn't have

"I thank God for giving me the strength to make life meaningful"

wanted me to wallow in self-pity. So, armed with my newfound culinary skills, I participated in a cookery competition organised by a local senior citizens' club. Among the 25 contestants, I won two prizes—the first prize for my *shahi methi matar masala* (fenugreek and peas in a rich gravy) and the second for my nutritious *laddoo*.

Around the same time, I decided to pursue another lifelong passion: singing. These days, I am being

trained in classical music by my 35 year-old guru. I am the lead singer of a 10-member orchestra and I enjoy singing Mohammed Rafi songs, *bhajan* and Marathi songs. Our orchestra has won many prizes and we meet often for practice.

I am 66 years old. I admit life gets lonely at times. But I thank God for giving me the strength, opportunity and will to make my life meaningful.

—Sudhakar Kulkarni, Pune

ART FOR HEART'S SAKE

I retired from the faculty of the All India Institute of Medical Sciences (AIIMS), Delhi, in 1987 as founder professor of paediatric surgery. After retirement, I took up a job as professor in King Faisal University in Dammam, Saudi Arabia. After returning to India in 1994, I settled down at the foothills of Himalayas in Dehradun. I was 66 years old then. Instead of surgical practice, I decided to pursue my hobbies.

Looking back on that decision, I am happy I chose wisely. Today I am busy doing what I always wanted to do—painting, sculpting and writing poetry. I have recently completed a 4' x 2' cement-and-steel sculpture of goddess Saraswati. It took me nine months to complete the sculpture. Though it was an arduous task physically, the sheer emotional and mental satisfaction at the end of it more than made up for all the aches and pains. In my spare time, I also dabble in painting—both oils and watercolours. My passion for the canvas has sprung from the remnant artistic fervour of my student days when I often won the first prize for painting in intercollegiate cultural festivals.

Along with painting and sculpting, I have also started writing poetry. This year, I published my first non-medical book *Sandhyaswar* [Evening Song], a collection of 52 Hindi poems—all written after retirement. Though I had written it merely as a lyrical comment on social issues, human psychology, relationships and emigrant angst, my friends



Upadhyaya: from surgeon to artist

and family encouraged me to publish the book.

On 16 August 2008, my old students, friends and colleagues celebrated my 80th birthday at AIIMS by organising a scientific symposium on stem cell

research, which was followed by dinner. That evening, as I sat there surrounded by friends and family, I felt totally fulfilled and joyous. I attribute my happiness to my wife and son for their unflinching support and to my friends and colleagues who have always stayed in touch. But above all, I believe our happiness quotient also depends on the choices we make. Look deep within and you will find a pursuit that fills you with happiness. For some of us, it could be social service; for others it could be learning to sing, dance, or even fly.

—Dr Purushottam Upadhyaya, Dehradun

FOOD FOR THOUGHT

I was just one year old when my family moved out of Karachi during Partition and shifted to Mumbai. Though I came here as a refugee, the city has been very benevolent—I grew up to become a dentist and set up two private clinics in Mumbai. But as the years passed by, I felt a growing restlessness within me, as if I had a greater purpose in life than just tending to people's teeth.

In 1986, at the age of 40—after reading books written by Srila Prabhupada—I finally found the path I was looking for. I wound up my clinics and joined the International Society for Krishna Consciousness (ISKCON). Over the next two decades, I held several posts at ISKCON in various capacities including being the secretary of its global apex body—the Governing Body Commission. In 2004, ISKCON started the ISKCON Food Relief Foundation to implement the midday meal project initiated by the Government of India to feed schoolchildren. After

the launch of the midday meal project, I was asked to oversee its implementation.

The project is aimed at increasing student enrolment and reducing student dropout in schools. Though it's subsidised by the union and state governments, the subsidy is not enough. We often raise funds from corporate firms and individuals to bridge the gap. What started as a humble effort of feeding 900 students four years ago today reaches out to 500,000 students in 5,000 schools.

We have 15 centres spread over Delhi, Maharashtra, Rajasthan, Haryana, Uttar Pradesh, Andhra Pradesh, Madhya Pradesh and the Union Territory of Dadra & Nagar Haveli. All meals are cooked in state-of-the-art centralised kitchens at our centres in each state. More than 500 volunteers are part of this huge project. They go to each school and deliver the containers, while coordinators in each school

“Often our purpose for being on this planet is in front of our eyes”

ensure that the meals are distributed to every child.

I admit my letter is more about an organisation than about any personal experience. But no words can describe the joy that fills me

when I see the smiles on those children's faces. Nothing—wealth or success—comes close to the radiance of those smiles. I am happy that I have discovered a new purpose in life. I think as we age we should look at the world around us. Often our purpose for being on this planet is right in front of our eyes, waiting for us to recognise it.

—Radha Krishna Das, Mumbai



VILAS KALGUTKER

Das: spreading smiles

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

| legacy

BLOODlines

Three generations of horsemen from the Jodha warrior tribe train racehorses in Mumbai and Pune, writes **Mita Banerjee**





HEMANT PATIL

A passion for horses runs through the veins of Purtu Singh, a Rajput from the Jodha warrior tribe. And he has passed it on to his son Magan and grandson Adhiraj—the three men train race-horses in Mumbai and Pune.

“In Rajasthan, horses were a part of every household,” declares Purtu Singh, 79. “I joined the Jockey Apprentice School in Mumbai in 1942 as a 12 year-old, and won my first race in 1946 on an Arab horse.” After four decades as a jockey, he turned trainer in 1986. Three years later, when the horses became too many to handle, his son Magan procured his trainer’s license and joined him—he was earlier a freelance photographer and ad filmmaker. “In my first year as trainer in Pune, I won the St. Leger Classic with a filly called Pennywise,” declares 54 year-old Magan, whose wife Shubh and younger son Dwiraj, 17, are also keen equestrians. “I still hold the record for the highest number of wins, at 700.” Three years ago, his elder son Adhiraj, 23, joined the stables as an assistant trainer. “I always knew my career would be something to do with horses,” he says. The three men now have 60 horses in their care.

In Mumbai, the racing months are from November to April after which the circuit recommences in Pune from July to October. Whether in Mumbai or Pune, they wake up at 5 am and head for the stables. They come home at noon, only to go back in the evening for the horses’ swim and feed. The trio returns only after the steeds have been put to bed.

The Singhs have trained horses for the Maharaja of Gwalior, Maharani Gayatri Devi and film stars like Raj Kapoor and Mehmood. The family also owns the Jodha Stud Farm in Jaipur where they breed race horses. Bloodlines are something these men evidently understand. ■

And they all **SHONE SILVER...**

At the Harmony Silver Awards 2008 held at Rabindra Natya Mandir in Mumbai on 7 October, the spotlights focussed once again on our heroes—10 silver achievers who have made the world a better place. Action-packed from the word go, it was an evening to remember and applaud. The absence of Baba Adhav (honoured for bringing dignity to labour) was felt. *Harmony* shares some highlights of the event

Photos: Vilas Kalgutker and Vinod Bhutkar



Evergreen star Dev Anand and Tina Ambani felicitate Mandakini Dravid, 81, who proved that age is no bar to education



THE AWARDS

(Clockwise from left)
Priya Dutt honours
Hirbaiben Ibrahim
Lobi, 55, for giving the
Siddi community a future
to look forward to; Justice

Leila Seth listens as Subhashini Mistry, 60,
invites everyone to visit her hospital for
the poor in Hanspukur; Brother Brendan
MacCarthaigh, 70, receives his award for
trying to make the Indian classroom a
happier place; 65 year-old Parthibhai
Bhatol, who gave Amul an incredible boost,
is all smiles as he receives his award
from Dev Anand

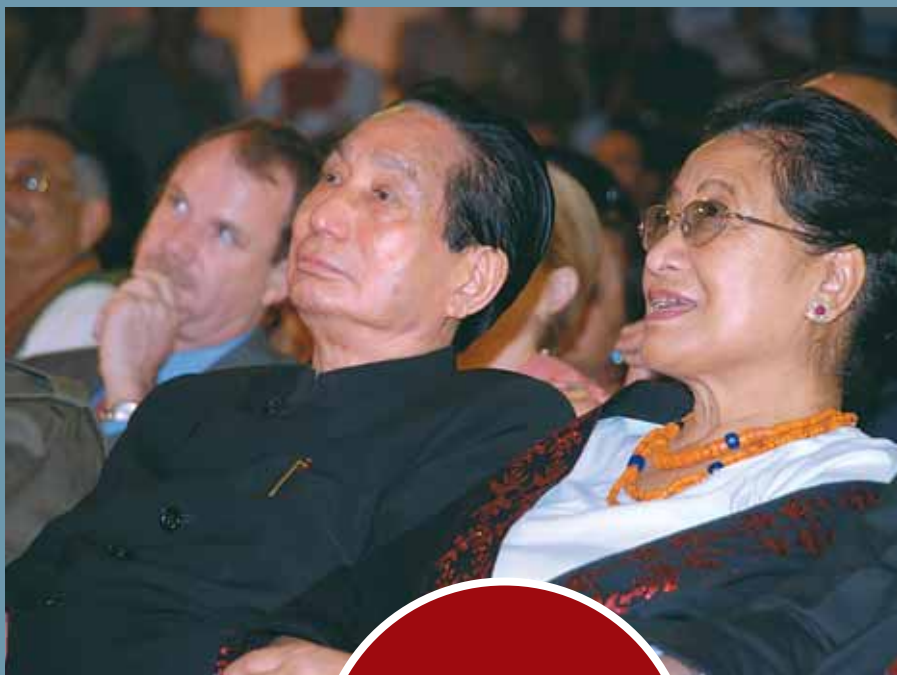


| harmony event



Justice Leila Seth gives Hasnath Mansur, 70, the Harmony Silver Award 2008 for awakening Muslim women to their potential; Dev Anand honours Kambel Chulai, 69, for making a crematorium that saves wood and money; Lakshman Singh, 52, is honoured by Governor of Maharashtra S C Jamir for bringing water to the villages of Rajasthan





THE GUESTS

(Clockwise from left)
Jaya Bachchan and Shweta Nanda arrive at the venue; Boh Choi, Director Asia, Mobile Business LG Electronics, presenting sponsor of the event; His Excellency S C Jamir, Governor of Maharashtra and his wife; celebrated photographer Gautam Rajadhyaksha; veteran actor Waheeda Rehman with daughter Kashvi Rekhy; Shobhaa De, Priya Dutt and US Consul General Paul Folmsbee applaud silver stars; always elegant Parmeshwar Godrej; Amar Singh enjoying the show





THE GLITZ



(Clockwise from left; this page) Trained by Supriya Shah and Mansi Shah from Sandip Soparrkar's Ballroom Studio, 26 silvers from Harmony Interactive Centre steal the show with their opening performance; silvers show their moves in another dance sequence; choreographers Umashankar and Gaiti; (clockwise on opposite page) popular singer Shibani Kashyap; artistes from BIG Entertainment; Hasya Kavi Surender Sharma entertains in his inimitable style

LG ELECTRONICS

NDTV PROFIT

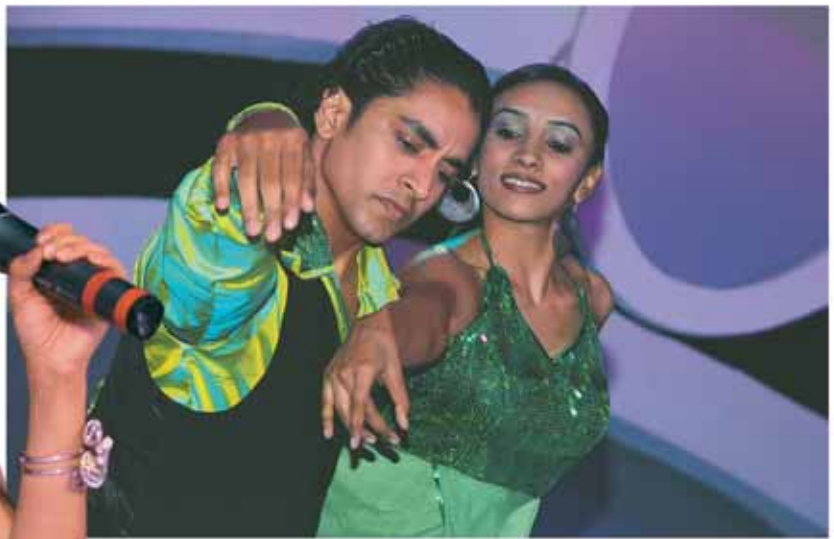
DEV ANAND
GOVERNOR OF MAHARASHTRA, HIS EXCELLENCY S C JAMIR
JUSTICE LEILA SETH
PRIYA DUTT
SHEKHAR GUPTA
OM PURI
VICTOR BANERJEE
MANIPAL CURE AND CARE
HASYA KAVI SURENDER SHARMA
SANDIP SOPARRKAR
SUDHA CHANDRAN

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RELIANCE CAPITAL, RELIANCE ENERGY LTD., MUDRA DDB, ZAPAK.COM,
BIG ADDA.COM, BIG FLIX, BIG STREET

Choreographers: Umashankar and Gaiti

Singers: Shibani Kashyap, Aishwarya, Sumitra, Arunima, Giju John and Jimmy Felix

Members of Harmony Interactive Centre: Annie Aranha, Bharati Lalaji Nakhwa, Bharti Maluste, Haresh Vallabdas Thakkar, Homayun Beruz Pouredahi, Jayshree Bhartkumar Dhoria, Maduri Prafullakumar Javeri, Mangala



THANK YOU!

Chandrashankar Pathak, Minal Shah, Nandini Gajanand Koluwalkar, Neeta Anand Dewasthalee, Prabha Kapoor, Pratibha P Badle, Purnima Pramod Deshpande, Ramnath N Chiplunkar, Rohini Damani, Rukmini Vithal Palav, Shakuntala Kamalakar Mhatre, Shanta M Gangakhedkar, Shilpa Chiplunkar, Smita A Badkar, Suhasini Bhaskar Samant, Sunita Sadashiv Karandikar, Supriya C Mahimkar, Usha M Nandanikar, Veena Vasant Damle

FIVE-STAR FARE

Harmony asked five celebrities to share their favourite recipes with us. Luckily for us, all five didn't just share the recipes, they also welcomed us into their kitchens and dished out some delightful fare. Low on calories and rich with cultural nuances, their recipes offer us an insight into how these silvers manage to stay so fit and fabulous

Text: Rajashree Balaram, Padmini Natarajan and Vandana Shukla

Siddharth Kak



VILAS KALGUTKER: Food styling: ANITA SARIN

MOONG DAL DOSA

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves: 2-3

INGREDIENTS

- **Moong dal (green lentils, husked):** 2 cups
- **Green chillies:** 2
- **Salt:** to taste

- **One onion:** sliced in half

- **Olive oil:** 1 tbsp

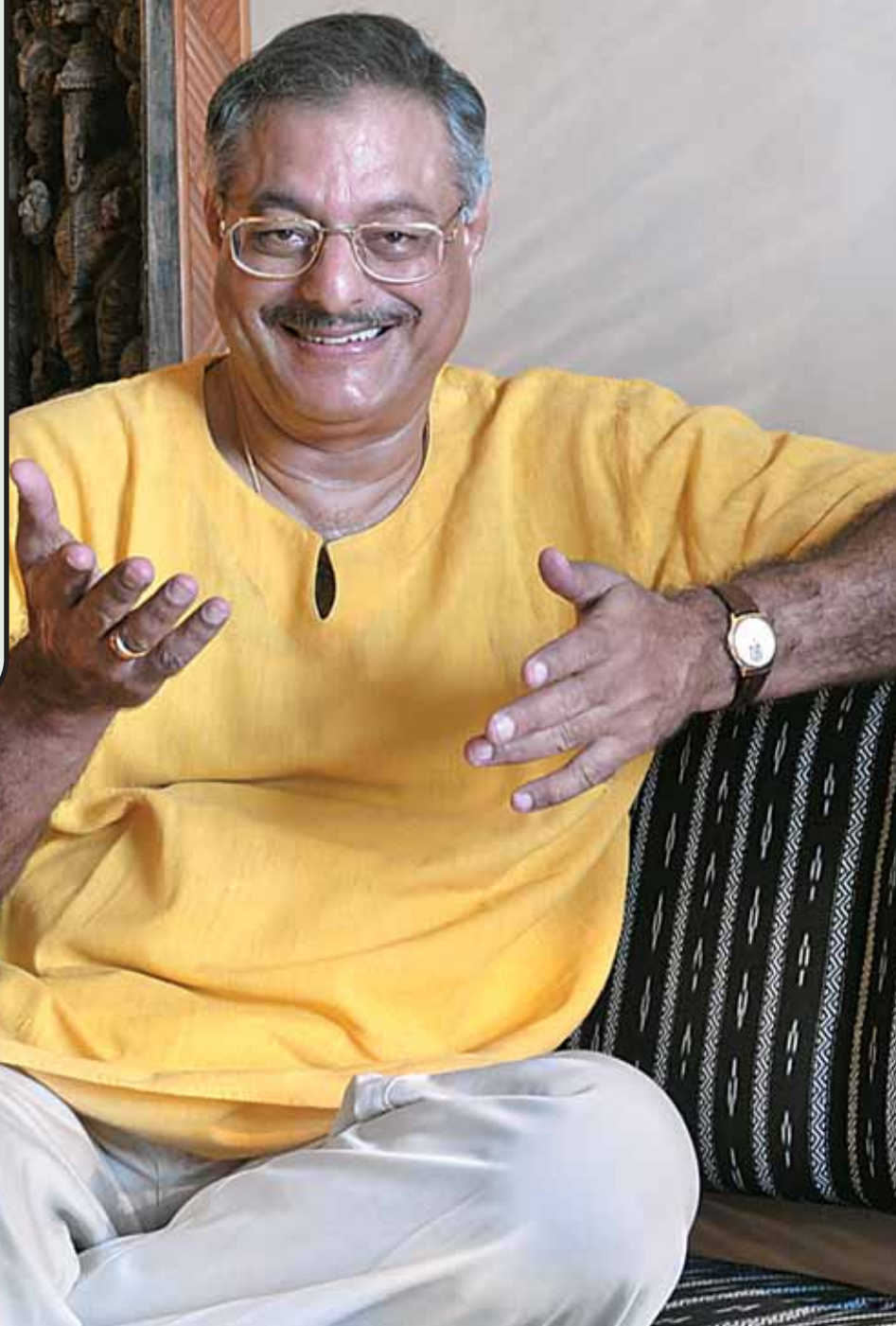
METHOD

Wash and soak the lentils for about 15 minutes in cold water. Grind into a fine batter. Add water to the batter according to the required consistency or crispness. For instance, if there is more water, the *dosa* will turn out soft.

If you grind it into a thick batter, it will be crisp. Add salt and chopped green chillies to the batter and mix well. Smear half a spoonful of olive oil on a griddle with a sliced onion. Pour a small amount of the batter onto the griddle and spread it thinly. Allow to cook for a few minutes until crisp. Serve hot with coconut chutney.

"Believe it or not, it tastes just like cheese *dosa* but without any of the calories," insists television producer and food critic Siddharth Kak when we ask him about his favourite *moong dal dosa*. Kak loves food—he has been a food columnist for years—but never lets his palate gain precedence over his health. When we visit his house in suburban Mumbai, he is just back from his daily 40-minute brisk walk and getting ready for a hectic day ahead.

As founder of Surabhi Foundation for Research and Cultural Exchange, 60 year-old Kak is busy developing an audiovisual archive on Indian culture and producing shows for various TV channels. Besides crisp *dosa* and coconut chutney, he also serves us some healthy tips. "Squeeze a lemon into a mug of hot water, add a dash of ginseng and gulp it first thing in the morning. And yes, drink water throughout the day instead of tea or coffee."





Kamala Selvaraj

“My Sundays are reserved for my family,” says Dr Kamala Selvaraj, associate director of GG Hospital in Chennai. Daughter of late Tamil superstar Gemini Ganesan, she is an award-winning gynaecologist and obstetrician known for her significant contribution to the field of assisted reproduction. In 1990, Selvaraj helped create south India’s first test tube baby. And in 2002, she was awarded a PhD

for her thesis, *Premature Ovarian Failure and its Management*. Her innovative spirit is not confined to her career alone—weekends find her experimenting with new recipes or improvising on traditional recipes learnt from her mother Babchi Ganesan.

On a sunny Wednesday morning, Selvaraj invited us to her house in Chennai to demonstrate the making of the bitter-gourd

pickle. Though it’s traditionally made with sesame oil, Selvaraj substitutes sesame with olive oil. “Over the years, I have cut down my spice and oil intake so I add a little *gur* [jaggery] to the pickle to tame down the pungency,” she says. Selvaraj loves the unique bitter-sweet-hot flavour so much she even stashes small containers of the pickle in her office drawer to add zing to her daily *thayir sadam* (curd rice).



BITTER GOURD PICKLE

Preparation time: 15 minutes

Cooking time: 20 minutes

INGREDIENTS

- Bitter gourd (tender): 1 kg
- Chilli powder (pungent): $\frac{1}{4}$ kg
- Turmeric: 50 gm
- Fenugreek (*methi*) seeds: 50 gm
- Asafoetida powder: 50 gm
- Tamarind pulp, thick: 1 cup
- Salt: $\frac{1}{4}$ kg or to taste

- Sesame oil or olive oil: 1 litre

METHOD

Chop bitter gourd to bite-sized bits. Mix it with turmeric and salt, and set aside for 10 minutes. Sauté the bitter gourd in a deep *kadai* (wok) in most of the oil, reserving two tablespoons for seasoning. Make sure that the bitter gourd is soft and not fried to a crisp. Squeeze the pulp from the tamarind. Take a saucepan; add

the oil reserved for seasoning. Add mustard seeds. When it splutters, add *methi* seeds. Now add the asafoetida and chilli powders. Sauté and then add the tamarind pulp, salt and boil. Finally, add the bitter gourd and stir till the oil separates and the vegetable and spices blend together like a thick curry. Cool and store in an airtight container in the refrigerator. Serve with *idli*, *dosa*, *thepla*, rice or *chapatti*.

Rini Dhumal

Artist Rini Dhumal is soon heading to Delhi to be with her daughter who is expecting her first child. "My artist friends in Delhi love the Bengali dishes that I make, so naturally I am going to end up cooking for a huge party," says Dhumal with a chuckle. The chirpy 61 year-old lives in a beautifully adorned house in Vadodara, which teems

with guests who can't get enough of her cooking. Just back from Italy, Dhumal's passion for food is evident in the way she rhapsodises about the pastries and pastas she sampled in Florence. She does admit to cutting down her oil and sugar intake in recent years, owing to cholesterol problems. Recently she has taken to yoga and long morning walks,

though in her own words, if given a choice, she would "rather paint than pound the treadmill". Dhumal was professor and head of the painting department at the Faculty of Fine Arts at Maharaja Sayajirao University in Vadodara. These days, she is preparing for a solo exhibition, scheduled in December in Kolkata.



BAKED CHICKEN IN MUSTARD SAUCE

Preparation time: 10 minutes

Cooking time: 30 minutes

Serves: 5

INGREDIENTS

- **Chicken legs and breast:** 1 kg
- **Garlic:** 1 medium-sized pod;

ground into a coarse paste

- **Ginger:** 2-inch piece; grated
- **Onions:** 2; grated
- **Curd:** 1 bowl
- **Yellow mustard paste (Kolkata kashundi):** 3 tbsp
- **Olive oil:** 3 tbsp
- **Black pepper:** 1 tbsp
- **Rosemary, basil or oregano:** 1 tbsp

METHOD

Marinate chicken overnight or for six hours in ginger, garlic, pepper, onions, curd and olive oil. Mix mustard paste into the chicken only an hour before you start cooking. Sprinkle herbs on top. Cover with foil and bake for 30 minutes. Serve chicken with sautéed onions and potatoes.





Vani Ganapathy

Bengaluru-based Vani Ganapathy admits to an irrepressible sweet tooth. Her svelte frame, however, shows no sign of indulgence. "I believe more in quality than quantity," says the Bharatanatyam dancer who has a weakness for everything sweet—whether it is the *desi jalebi* or chocolate mousse. Her recipe dresses up the humble bean in an exotic sauce. "It's a tasty meal in

itself," she says. She often teams it with fried eggs and toast.

A unique combination, but then Ganapathy is known for her creativity. She runs a dance academy Sanchari and is also an interior designer. As her dance concerts are staged all over India, she is often on the move. No

compromises, though, when it comes to discipline "I have dinner before 8.30 pm and have given up rice for *dalia* [broken wheat]." The seafood enthusiast dines out often—mostly Italian, Mangalorean or Kerala cuisine. Ask her how she manages to look so stunning, and she replies, "Discipline and contentment."

AVARAKAI (BROAD BEAN) CURRY

Preparation time:

20 minutes

Cooking time: 20 minutes

Serves: 5

INGREDIENTS

- **Seeds of broad beans** (*surti papdi* or *avarakai* in Tamil): $\frac{1}{2}$ kg
- **Cinnamon:** 1 stick
- **Cloves:** 2-3
- **Ginger paste:** 1 tbsp
- **Garlic paste:** 1 tbsp
- **Coriander powder:** 1 tbsp
- **Cumin powder:** half tbsp
- **Oil:** 2 tbsp
- **Water:** $\frac{3}{4}$ cup

FOR THE MASALA

- **Onion:** 1 big or 2 medium-sized
- **Tomato:** 2 medium-sized (preferably sour and not sweet)
- **Mint:** 1 large bunch
- **Coriander leaves:** half the quantity of mint
- **Green chillies:** to taste



METHOD

Shell the beans and take the seeds. Soak overnight or for seven hours. Press each seed and remove the outer covering. Boil the seeds in plain water. (Do not add salt as the seeds may harden.) The seeds cook quickly so check texture and remove when *al dente* (cooked enough to be firm but not soft). Heat 1 tbsp of oil in a pan. Sauté onions till translucent. Keep aside. In the same oil, sauté coriander leaves, mint leaves and green chillies till they wilt and lose colour.

Grind sautéed onion, tomatoes and mint-coriander-chilli together. Heat 1 tbsp oil in a pan. Add cinnamon stick and cloves. Add ginger and garlic paste and sauté till light brown. Add the ground *masala* and let it simmer till the *masala* separates from the pan. To this add the boiled seeds, salt and $\frac{3}{4}$ cup water (or more if you want thinner gravy). Cook for ten minutes. Garnish with coriander leaves and serve with toasted brown bread and fried eggs, or *chapatti* and rice.

Neelam Mansingh Choudhary

Theatre director Neelam Mansingh Choudhary is just back in Chandigarh from an arduous round of performances in Hyderabad. However, being a die-hard foodie, it doesn't take long for the 57 year-old to shrug off her jet lag and rustle up the delightfully flavourful Persian rice. "The crunchy, charred potatoes at the bottom are worth

fighting for," says Choudhary, who admits to being almost as passionate about food as she is about plays.

In fact, *Kitchen Katha*, one of her most successful works, which has travelled all over the world, draws an intriguing analogy between food and relationships. "Consider the Persian rice; it's as

richly textured as any human relationship," she points out. "It reveals a different aroma in each layer." Winner of the 1999 Sangeet Natak Akademi Award, Choudhary teaches at the Department of Indian Theatre at Punjab University. At present, she is also working on a project to produce the plays of Henrik Ibsen in collaboration with the Ibsen Society in Norway.



(wok) with olive oil at the bottom and sides. Line the *degchi* with slivers of potatoes—the potatoes help convey heat to the top layers. Now, sprinkle a layer of parboiled rice on the potatoes. Spread a layer of zucchini over the rice. Cover the zucchini with a layer of rice. Cover the rice with olives. Alternate each layer of rice with a layer of vegetables.

PERSIAN RICE

Preparation time: 1 hour
Cooking time: 20 minutes
Serves: 5

INGREDIENTS

- **Rice:** 1 cup
- **Potatoes:** 1
- **Zucchini:** 1; thinly sliced
- **Black olives:** 2 tbsp (without the brine)
- **Red bell pepper:** 1

- **Yellow bell pepper:** 1
- **Sun-dried tomatoes (marinated in olive oil):** 2 tbsp
- **Saffron:** 1/2 tsp (soaked in 1 tbsp water)
- **Coriander:** a handful
- **Olive oil:** 1 tbsp

METHOD

Rinse rice and soak it in water for two hours. Parboil it in the same water in which it has been soaked. Smear a heavy-bottomed *degchi*

Plunge your fingers through the top layer and make five holes to allow the steam to pass through. Pour saffron-flavoured water on top. Cover the *degchi* with a tight lid and let it simmer for 20 minutes. Dissolve salt in a teaspoon of water; dip your fingers in the saline solution and touch the outer surface of the *degchi*. If it makes a hissing sound, the dish is ready. Serve garnished with chopped parsley or coriander. ■



body & soul | get well soon



A clear VIEW

Cataract removal is a safe and effective procedure. **Teena Baruah** tells you how

Cataract is clouding that develops in the eyes. With time, it spreads, becomes dense, turns yellow (and sometimes opaque) and obstructs vision. The leading cause of blindness in developing nations, it is also the main cause of low vision in countries equipped with surgical services. The reasons for developing cataract include age, long-term exposure to ultra-violet rays or infrared and microwave radiation, heredity, diabetes, hypertension, eye injury and long-term use of steroids. Depending on the stage of development, it is either partial or complete, and soft or hard. Cataract is also named after its location in the eye—posterior (owing to use of steroids) or anterior (because of ageing, and hence also called ‘senile’) and is surgically removed only when mature.

Cataract usually strikes the elderly with such predictability that ophthalmologists believe the problem is an inevitable part of ageing. It is more common in women, though. According to the All India Ophthalmologic Society (AIOS), cataract removal is the most commonly performed surgery in India. According to K P S Malik, president of AIOS and head of the ophthalmology department in Safdarjung Hospital in Delhi, “About 5.5 million cataract surgeries are performed in India every year, with most of them supported by the government, which annually spends about Rs 5 billion on cataract surgeries.”

A few years ago, surgical removal of cataract inhibited a person’s movements for three weeks. Today, owing to advances in sur-

gical techniques, the recovery period is a few days. In fact, you can get back to normal work three days after the surgery.

SYMPTOMS

Usually cataract develops earlier in one eye. Symptoms include short-sightedness (myopia), ghosting of images, and blurred or multiple vision. It also reduces the perception of shades of blue. The yellow tone of English painter J M W Turner’s later paintings is often attributed to onset of cataract. Incidentally, Impressionists (painters in the early 19th century) and those who influenced them were all affected by cataract. The gradual fading and final disappearance of the ‘bridge’ in Claude Monet’s serial paintings of the Bridge at Giverny demonstrates the affect of cataract on his vision.

The future of cataract surgery: Intraocular lenses that can seamlessly focus on all objects at all distances

TREATMENT

For centuries, doctors struggled to restore close to normal vision in elderly suffering from cataract. Initially, cataract surgery was invasive—it involved cutting into the eyeball, removing the clouded lens and trying to make up for the loss of the lens with spectacles. Crude stitches were used and patients had to spend two weeks in medical care. They lay in a dark room for days, sandbags against each ear, and were forbidden to lift their head or move while the eye healed. When eye stitches were refined in the 1950s, cataract surgery became an outpatient procedure, and sutures, bandages and painkillers made it possible to recover at home.

Stitches were still necessary, as doctors removed cataracts in one piece—a cut of about 10 mm was too large to heal without stitches. “In the 1980s, ultrasound waves were used to crack up the cataract, and taken out through a small (2.2-2.4 mm) port,” explains Dr Prema Padmanabhan, Shankara Nethralaya, Chennai. By the 1990s, the surgery became suture-free. At this time foldable intraocular (IOL) lenses were also introduced. These lenses allow doctors to make incisions that seal on their own. No stitches are required and there are fewer chances of infection. No sutures are used and patients return to full activity within 24-30 hours.” The cost ranges between Rs 5,000 and Rs 18,000.

Chances of complications like detachment of the retina are usual-

ly small. “Complications happen mostly in cataract camps because of compromised hygiene environment,” adds Malik. The Ministry of Health banned these camps in 2003—all surgeries are now held in hospitals.

SURGICAL PROCEDURE

Prior to surgery, risk factors like blood pressure and blood sugar levels are assessed. An ultrasound test is done to determine the power of the foldable lens. If both eyes require surgery, usually the most affected eye is the first to be operated upon. About 99.5 per cent of cataract surgeries are done under local anaesthesia. General anaesthesia is used for those who are psychologically unable to cope with a local anaesthetic.

The eye is cleansed with a solution to avoid infection. An incision of about 2 mm is made at the edge of the cornea and another 1 mm incision is made for surgical instru-

ment access. The hard nucleus of the lens is fractured or emulsified by ultrasonic energy and then sucked out through the main incision. A folded intraocular lens is inserted and opened out when in position. Saline is used to restore pressure in the eye so that the cut heals itself. The surgery lasts 10 to 20 minutes. As the wound is self-healing, vision returns to normal within two weeks. (See box for post-operative care).

THE FUTURE

Until recently, the only option was a fixed-focus lens that left patients in need of bifocals or reading glasses. As a solution, multi-focal lenses are now used. However, they cause glare and halo around light. Eye surgeon Dr M K Aasuri of LV Prasad Hospital, Hyderabad, recently wrote in the *Indian Journal of Ophthalmology*, “We are looking at accommodative IOL implants, designed to allow the lens for all distances.” ■

AFTER THE SURGERY

- Post-operative care involves wearing a plastic eye shield for 24 hours. Following that, it should be worn at night for a week to protect the eye from accidental rubbing.
- Steroid and antibiotic drops are prescribed for three weeks.
- The eye shouldn't be washed with water for a few days.
- With extra light entering the eye, sunglasses should be worn.
- During the first few weeks, the eye may feel gritty and watery, the eyelid slightly droopy, and the vision slightly hazy. It stabilises over the next four to six weeks, following which reading glasses are normally prescribed.
- Strenuous activities should be avoided for a month or two, and patients can return to work between one and four weeks depending on the type of their occupation.



Vision correction

Dr Cyres Mehta talks about eye care after cataract surgery

Q How frequently should I go to the ophthalmologist for an eye check-up?

A After 35, you should visit the ophthalmologist every year to rule out glaucoma and to know whether you need spectacles. Actually, the first visit should be at the age of one, to rule out any congenital abnormalities; next at the age of six, when the child can read the chart; and then every other year.

Q I am 57 years old. Though my near vision started deteriorating some years ago, I managed with readymade spectacles sold without prescription. Now I can't sew or read clearly, particularly in the evenings. What should I do?

A You seem to be developing cataract or opacity of the eye lens. Just as the lens of a camera has to be cleared to let the light on to the film, the eye lens has to be clear, too. When it becomes cloudy it's called a cataract. Under conditions of low light, as in the evenings, vision is further impaired. See your ophthalmologist immediately.

Q Why do we need to wear spectacles after cataract surgery?

A As the lens is removed during surgery, it has to be substituted with an alternate lens for clear vision. Spectacles are the most frequently used and economical form of visual correction after cataract extraction. Nowadays, a minute foldable lens is used to substitute the natural lens.

Q How do spectacles work after cataract removal? Can I use lenses?

A Without the human lens, the eye becomes long sighted. The spectacle lens concentrates light

from an object and helps focus it on the retina. Post-operative cataract glasses are usually thick lenses that help do this. Today, injectable intraocular lenses used during cataract surgery serve the purpose.

Q What visual problems do average cataract patients experience with spectacles if they have not had a lens implanted?

A Patients encounter the following problems which can be avoided if a lens is implanted inside the eye:

Magnification of image size: Cataract spectacles cause magnification of image size by 25 per cent. If one eye is normal, this enlarged image cannot be superimposed on the normal sized image of the unoperated eye. So, every object appears larger to the operated eye and smaller to the normal eye.

Optical aberrations: An optical aberration, known as 'pin cushion distortion', makes the image seem wider at the top and bottom. The distortion remains stationary as long as the eye is stationary.

Poor position sense: The eye cannot judge the position of objects in the line of vision; the floor seems much closer and the objects enlarged.

Restriction in side vision: Post-operative cataract glasses give a cone of vision of around 60°. The further 15° peripheral vision is absent owing to the prismatic effect of glasses and leads to poor side vision.

Cosmetic problems: The weight of the spectacles exerts a lot of pressure on the nose, and the spectacles tend to slide when you look down. Though nose and ear supports help, lightweight spectacle lenses are the best solution.

Next month: Eye implants

Dr Cyres Mehta is CEO of CYRESEYE and consultant ophthalmic surgeon at Mehta International Eye Institute & Colaba Eye Hospital, Mumbai. Call 9819850971/65261579 or email cyresmehta@yahoo.com

I am 64 year-old widower. I am also the secretary general of a senior citizens' welfare council. I enjoy travelling; listening to old Hindi film songs; philately; and making new friends. Like-minded people can contact me at:

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Panjethi Doamb,
P.O. Talyahar, Mandi
Himachal Pradesh-175001.
Tel: 09418300344

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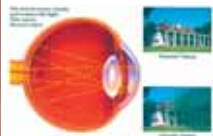
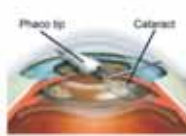
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LATEST ADVANCES IN CATARACT SURGERY

The Mehta International Eye Institute has recently acquired the OziL Cataract system. This system generates much less heat than conventional laser systems & is much quicker. The advantage is that the hardest cataracts in old patients can be removed with minimal damage to the eye. In addition the system also has Aqualase which uses simply pulses of warm water to wash away the cataract. This is most useful in childhood cataracts. Even patients with bleeding disorders or diabetes can be safely managed with this system.

Even heart patients on Asprin have nearly no risk during cataract surgery with this system & the chamber stability is excellent. Also the Crystalens, India's first accommodative lens which actually lets people see both far and near without specs after cataract surgery will be launched next month.

Says, Dr Cyres Mehta, CEO of CYRESEYE, and Arogyadeep awardee 2007 with these new improvements in machine technology patients regain vision soon & resume work at the earliest. The Accomodative lenses are a great new advance in cataract surgery & are very popular in USA. Another common myth is that patients must wait till their cataracts are very advanced. On the contrary the sooner the patients visit their eye doctor the easier it is to remove the cataract with these minimally invasive techniques. Dr. Cyres Mehta is the author of "THE PATIENTS GUIDE TO CATARACT SURGERY" as well as "REMOVE YOUR SPECTACLES", THE PATIENTS GUIDE TO LASIK SURGERY. These books address in simple language the common doubts of patients regarding cataract surgery as well as number correction laser. (Dr Cyres Mehta is Cataract Glaucoma and LASIK surgeon at the Mehta International Eye Institute, Masina Hospital and a Consultant at Breach Candy hospital). **AS TOLD TO A.KULKARNI-MEDICAL CORRESP.**

A Patient's Guide to Cataract and its Treatment
by Dr. Cyres K. Mehta

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- Conjunctivitis and Eye Allergies
- Diabetes and The Eye
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Vitamin bank

Dr Vijaya Venkat talks about the guava and the family of thirst quenchers

GUAVA

Native to Mexico, Central and South America, parts of the Caribbean and North Africa, guava is now cultivated extensively in Asian countries. Often called the poor man's apple of the tropics, it is locally known as *amrudh* or *peru* and can be enjoyed raw or had as juice, jam, jelly and sauce.

Guava makes its appearance in winter and is blessed with an intriguing mix of sweet, sour and acrid taste. It has a yellow, green or pink rind, and a pale, sometimes rose-coloured flesh. The entire fruit (including the seeds) is edible. In fact, half of it is made up of hard seeds—seed count ranges from 100 to 500.

The fruit has a high Vitamin C content, which is vital for producing collagen that keeps our tissues and skin healthy. In fact, it contains five times as much Vitamin C as an orange—the rind alone

packs more than the Vitamin C in an entire orange. Also an antioxidant, it helps mop up potentially harmful free radicals.

Besides being a valuable source of Vitamin A and B, nicotinic acid, phosphorous, potassium, iron and folate, it's also rich in calcium. While potassium regulates blood pressure, phosphorous helps maintain our skeletal and lymphatic systems. It also contains more than double the amount of fibre found in leafy vegetables, and is high in pectin, which affects metabolism of fats, lowers cholesterol and helps prevent protein purification in the intestines. For this, guava can well replace cereals and milk.

While it helps control diarrhoea, it's also an excellent laxative and a



Calorie count (in a 1 cup serving)

- Guava raw: 84
- Guava nectar: 149

powerful home remedy against cough, cold and scurvy. Low in fat and calories—about 45 calories in a medium-sized fruit—it's particularly beneficial for those who want to lose weight.



THIRST QUENCHERS

Available in warmer tropical countries, thirst quenchers fulfil the criteria for both vegetables and fruits. These refreshing 'vegetable fruits' span over 90 genre and 750 species. Often considered unexciting, common and cheap, this indigenous family includes gourd, pumpkin, melon and cucumber. Romantically described in Vedic literature, this genre of culinary vegetables is primarily *madhva* (sweet) and has a wholesome effect on the human body. However, not many people are aware of the sheer nutritive value that these vegetables contain in terms of minerals, vitamins and organic water content.

Cucumber

The phrase 'cool as a cucumber' is not without merit. Its high water content makes it naturally hydrating—a must for glowing skin. Ascorbic acid (Vitamin C) and caffeic acid in cucumber, or *kakdi*, helps soothe skin irritations and reduce swelling. Rich in fibre, the skin contains a variety of beneficial minerals including silica, potassium and magnesium that improve overall skin health.

Pumpkin

An excellent source of beta-carotene (the plant form of Vitamin A)—an antioxidant found in red, orange and yellow vegetables—pumpkin or *kaddu* is known to increase immunity, and prevent cancer. It's a rich repository of calcium, potassium and fibre, and is a good remedy against stomach upsets, besides being an effective diuretic. It also helps regulate blood sugar levels and stimulates pancreas. The seeds are a rich source of protein, iron, phosphorous, potassium, magnesium and zinc, and are widely used for treatment against worms, prostate and urinary problems.

Calorie count (in a 1 cup serving)

Cucumber sliced: 14
Cucumber chopped: 16
Pumpkin cubed: 30
Pumpkin mashed: 49
Bottle gourd cooked: 18

Bottle gourd

Rich in iron, Vitamin C and B complex, bottle gourd—known as *lauki*, *ghia* or *dudhi*—is cooling and easy to digest, besides being an effective diuretic. Raw bottle gourd juice quenches thirst; fights fatigue; prevents loss of sodium; and helps cure urinary infection.

You can enhance the flavour of these vegetables with roasted nuts, seeds or herbs. Sun-dried, the seeds are a great snack.



Dr Vijaya Venkat, Mumbai-based nutritionist and health activist, is founder and head of the Health Awareness Centre. If you have any questions for her, write to contact.mag@harmonyindia.org

? Weight WATCH

Dr Joe Lewis answers your questions on diet, weight and exercise

Q Having gained a lot of weight recently, I started doing exercises suggested by my friend. But instead of losing weight, I have been experiencing lower back pain. Am I doing the wrong exercises?

A There could be one or several reasons for back-ache: inadequate warm up, incorrect posture, or exercises that are unsuitable for you. If you have not led a very active life, any sudden exercise regimen can cause strain on your back muscles and result in back pain. Therefore, always start an exercise programme at a slow pace, gradually increasing the time and intensity—especially if you 30 or older. Before joining a weight control programme, it's essential to first undergo a fitness test that measures your flexibility, balance, endurance and muscular strength.

Muscles keep the body firm. In later years, our body undergoes major changes. The less we exercise the softer and flabbier the body becomes (with the flab often accumulating in the abdominal region). As the stomach muscles are weak, the belly sags. Bones and joints (especially weight bearing joints such as knees and hips) also weaken with age. When you start an exercise programme, stiff joints may initially trigger pain, but can be strengthened through proper warm up.

Fix the time for each exercise and the repetitions. Do a two-minute exercise 10 times in a 20-minute session, and then switch to another exercise. If bored, change the music or the exercise. Quality of life has a lot to do with being active and enjoying every moment.



Dr Joe Lewis is head of research and development at Kaya Life, a chain of professional weight-control centres (SMS Life to 54646). If you have a question for him, write to contact.mag@harmonyindia.org

2 ASK THE EXPERT

Dr Anjali Mukerjee answers your questions on nutrition, fitness and health

Q There are many different dietary supplements available in the market: calcium, flax oil, primrose oil, garlic pearls, spirulina and chlorella. Can their benefits be categorised for different age groups: 40s, 50s and 60s?

A **Calcium:** Throughout our life, our bones are continually being broken down (resorption) and rebuilt with new calcium being deposited into the newly built bones (bone formation). As we grow older, this balance between bone resorption and deposition changes. In postmenopausal women, the bone breakdown exceeds the formation and results in bone loss and increased risk of osteoporosis. The body's calcium status also gets affected with advancing age; other factors include intake of caffeine, alcohol and oxalates (as in chocolates). Calcium supplementation in women above 40 years and men above 50 prevents risk of osteoporosis. However, daily dosage differs from individual to individual. It is advisable to take only the recommended amount as high doses may lead to kidney stones, constipation, milk-alkali syndrome or interference with iron absorption.

Flaxseed oil: Flaxseed oil contains alfa linolenic acid (which gets converted to omega-3), Vitamin B, potassium, lecithin, magnesium, fibre, protein and zinc. Omega-3 fatty acids help lower triglyceride levels and prevent clot formations. Though most people can consume flaxseed oil, it is beneficial for those above 40.

Primrose oil: Evening primrose oil is used for conditions affecting women's health, such as breast pain associated with the menstrual cycle and postmenopausal symptoms. It also improves skin quality and helps fight against breast cancer and arthritis. Women above 40 may take it in conjunction with Vitamin E for improved skin glow and to decelerate ageing.

Garlic pearls: People above 50 years may take garlic pearls to lower cholesterol and triglyceride levels in the blood; inhibit platelet stickiness (aggregation); and

increase fibrinolysis. It is also mildly antihypertensive and has antioxidant activity. However, raw natural garlic is preferable to such synthetically processed pearls.

Spirulina and chlorella: As we age, we tend to have restricted diets or suffer from poor digestion, leading to malnourishment and low energy levels. In such cases, spirulina and chlorella serve as easily digestible, nutrient-dense supplements, loaded with antioxidants, carotenoids, essential fatty acids and amino acids. Though not a must-have for the aged, these may be taken in recommended doses for 4-6 months.

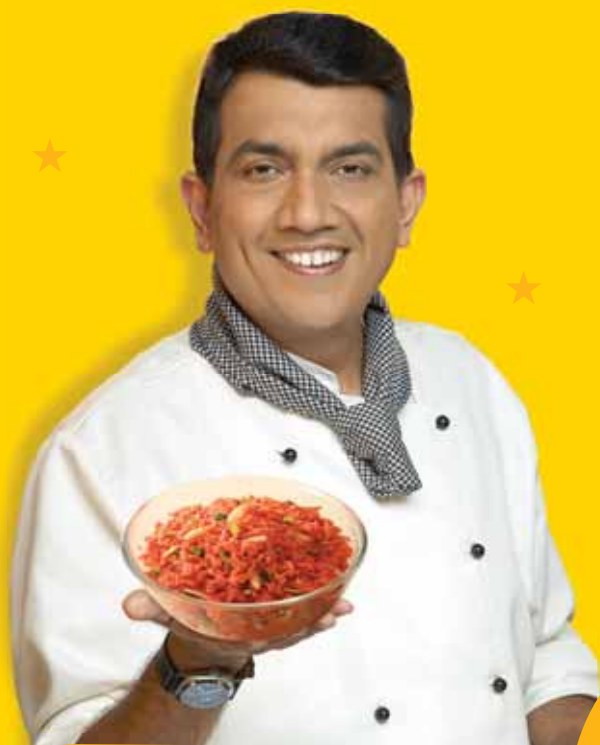
Q Extracts like ginseng and garlic oil have been developed as nutraceuticals. How do nutraceuticals differ from dietary supplements?

A Nutraceuticals refer to food extracts that provide protection against chronic diseases. Used for their anti-fungal, antiseptic and anti-ageing properties, they should be taken under prescription. Nutraceuticals can be single nutrients like Vitamin C or supplements with multiple vitamin/mineral combinations, or herbs with therapeutic abilities. Some like fish oil and flaxseed supplements, which contain omega-3 fatty acids, lower cholesterol or reduce risk of heart disease. Others like ginseng enhance physical and mental performance and increase resistance to ageing.

A dietary supplement, also known as food or nutritional supplement, is a ready-mix of nutrients that are normally not consumed in sufficient quantity through diet. The key difference between nutraceuticals and dietary supplements is that nutraceuticals not only supplement the diet but also aid in the prevention of a disease or disorder. So, when a supplement serves the purpose, it becomes a nutraceutical. A supplement for an individual may act as a nutraceutical for another. No single supplement can be consumed by two people and be absorbed in exactly the same way. It depends on how a person's digestive system works and how well the nutrients are assimilated into the body.



*Nutritionist Dr Anjali Mukerjee is the founder of Health Total, a nutritional counselling centre. If you have a question for her, write to query@health-total.com
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Banish boredom

Stimulate your mind with yoga, urges Shameem Akthar

boredom can be injurious to health.

A recent study of silvers from the Bronx neighbourhood in New York, reported in *The New England Journal of Medicine*, found that those who engaged in hobbies that stimulated the mind were less likely to develop dementia. Biologists studying stress now talk of the 'possum syndrome'—a withdrawal from life's challenges—that has the same devastating symptoms as stress, leading to hypertension, obesity, heart disease and diabetes. And in experiments with rats, researchers have found that bored animals suffered irreversible neuronal damage.

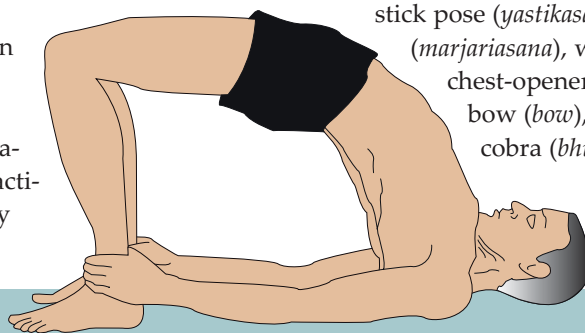
Unlike experimental animals in their cages, most of us can wrest our freedom. It helps to have yoga as a weapon in our war against boredom. Even if you learn only a few poses, you can never get bored because you can constantly push yourself by deepening your reach into a pose, or trying challenging variations of the pose. This ensures activation of the rusty parts of body and mind.

As you keep upping the ante, the challenges to the brain also increase. In most balancing poses, the cerebellum is tweaked powerfully. In arm balancers, the spine is extended to almost youthful flexibility; the body becomes supple and the mind and its coordination with the body becomes more efficient.

In yoga, each pose has a particular psychosomatic effect. For mental stimulation, learn standing balancers like the one-legged standing prayer pose (*eka pada pranamasana*), crescent (*ardha chandrasana*), the warrior set (*virabhadra*) and standing swan pose (*hamsasana*). The simple swing (*lolasana*), balance pose (*tolungasana*), crane (*bakasana*), swan pose on the wrist (*hamsasana*) and the perfected one's pose (*brahmacharyasana*) are good arm balancers.

Inversions increase mental energy through the gush of blood to the brain. These include the inverted psychic lock (*viparita karani*), shoulder stand (*sarvangasana*), plough (*halasana*) and headstand (*sirsasana*).

Other mood-uppers include the boat (*navkasana*), stick pose (*yastikasana*), cat stretch (*marjariasana*), wheel (*chakrasana*) and all chest-openers and back-bends like the bow (*bow*), locust (*salabhasana*) and cobra (*bhujangasana*). Poses like the snake (*sarpasana*) are even said to remove most of the emotional blockages. ■



Yogic moves

Shoulder pose (*Kandharasana*)

Lie on your back. Fold both feet at knees, placing them as close to the hips as possible. Reach each hand to hold the ankle on either side. If you can't, place palms flat on the ground beside the body. Inhale, lifting hips as high as possible. This will lock your chin between your collarbones. If the hips don't lift high, the chin will not lock—it's essential

to ensure you benefit from this pose. Breathe normally and hold this for a few seconds. Exhaling, gently drop hips back to ground. Try this three to five times. Benefits: It expands the chest, stimulating the mind through improved blood circulation to the lungs and chest. The head also gets a powerful flow of blood. The neck lock works on the thyroid gland, removing mental lethargy. It helps heal spinal, respiratory and uro-genital disorders, and fights obesity.

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

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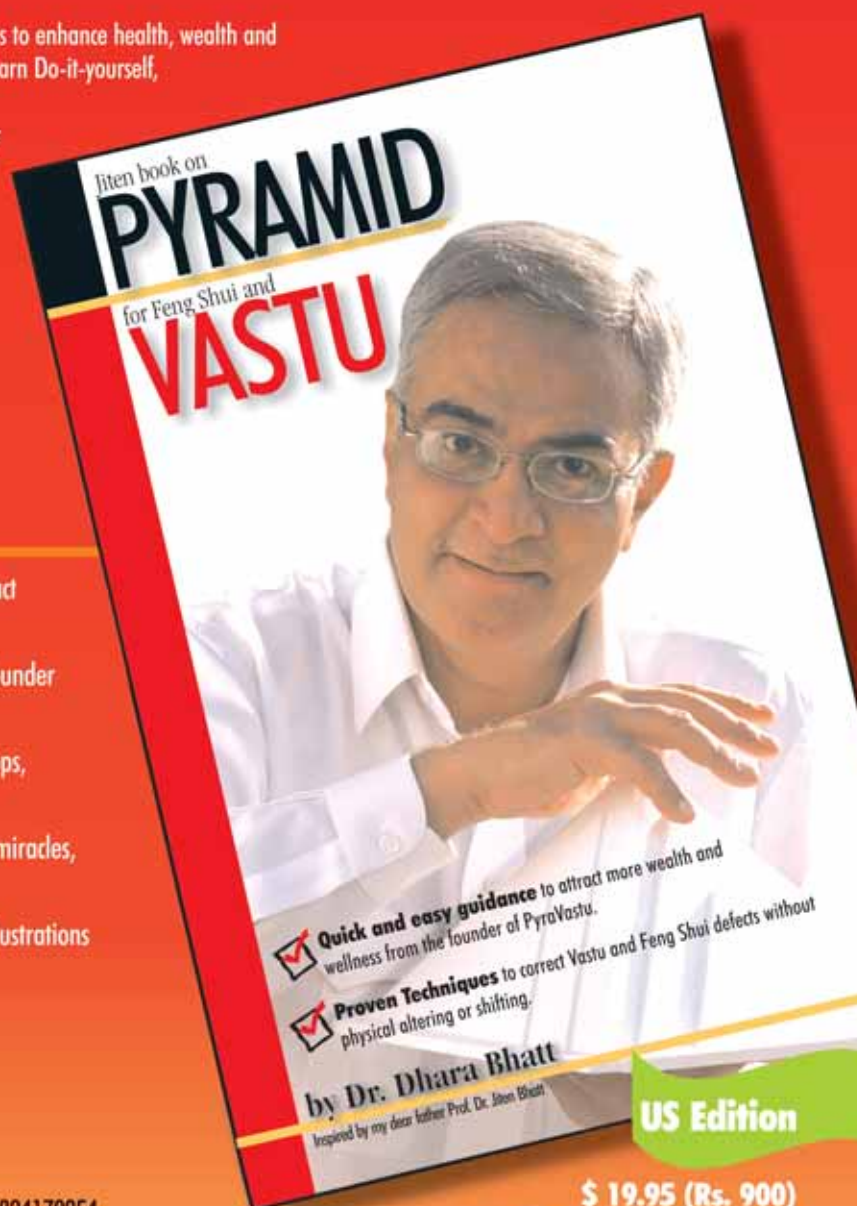
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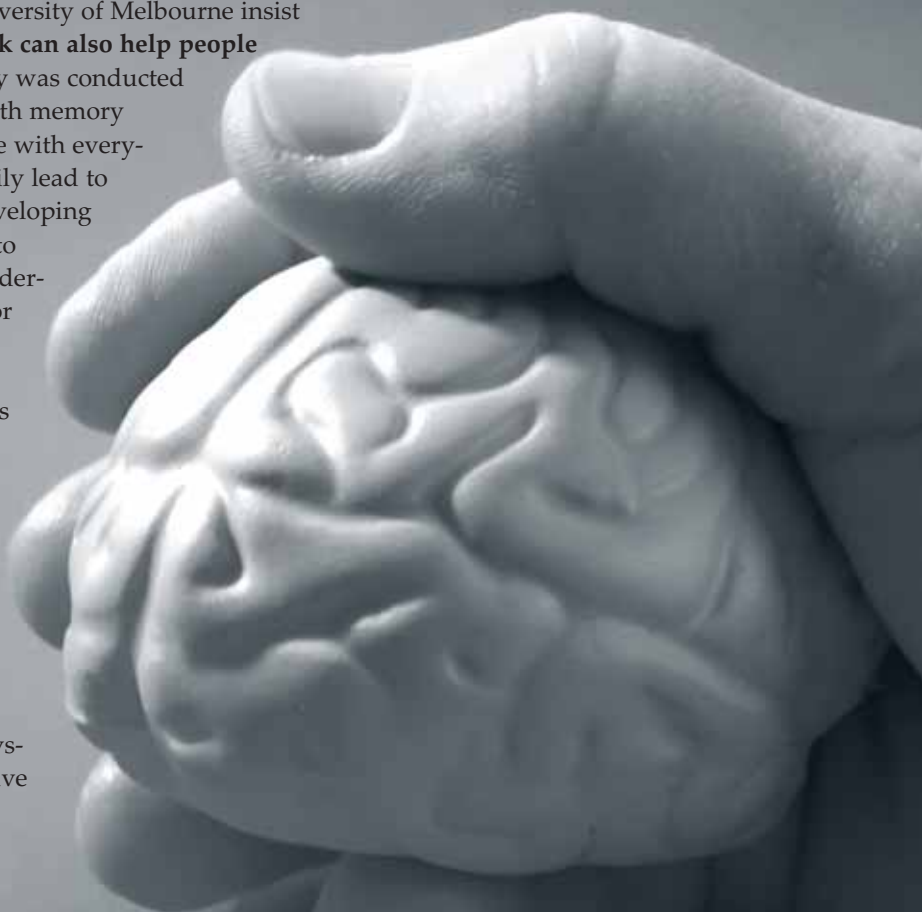
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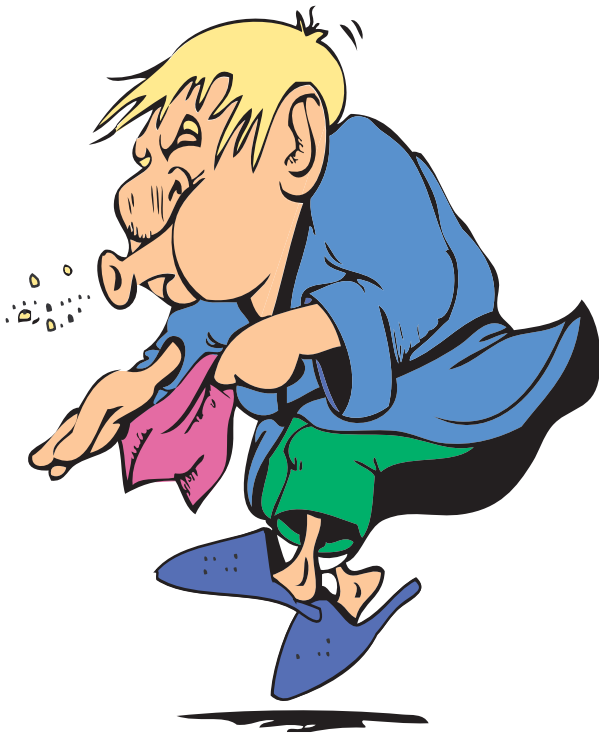
Exercise cures depression and improves cardiovascular function and quality of life. Researchers from the University of Melbourne insist that **a 50-minute exercise session a week can also help people with mild memory problems.** The study was conducted on 138 volunteers aged 50 and above with memory problems not serious enough to interfere with everyday life—these problems don't necessarily lead to dementia, but do increase the risk of developing the condition. Half of them were asked to undergo three 50-minute sessions of moderate exercise (such as walking) a week, for 24 weeks. At the end of the study, the group that exercised achieved better scores in cognitive tests and lower scores in tests to determine signs of dementia. Follow-up showed that the benefits persisted for at least a year after the exercise programme was stopped. The study, reported in the August issue of *The Journal of the American Medical Association*, concludes, "Medication has no significant effect on mild cognitive impairment. However, physical activity helps keep the cardiovascular system healthy, and may help boost cognitive function by boosting blood supply to the brain."

**DRILL NO MORE**

Lasers will soon replace the dreaded dentist's drill, which is conventionally used for filling decayed teeth. Pradhan Dental Centre in Juhu, Mumbai, is one of the first dental clinics in India to use a laser to cut through hard tissues such as enamel and bone and reach decayed tissue that contains more water molecules than the rest of the tooth. The laser heats the water molecules, builds up pressure, and causes a 'micro-explosion' as the decayed area is removed. The technology is so precise that it can focus on the area of decay, leaving surrounding tissue or bone undamaged. And the laser cuts down vibrations 400 times compared to a drill. It will still hurt, though, if it exposes a nerve—in such cases a precautionary painkiller is prescribed. The treatment doesn't come cheap, priced between Rs 1,500 and Rs 2,500 for a filling. A conventional filling with a drill would cost Rs 500. The choice is yours.

COLD-BUSTER

By the age of 70, most people clock up around 200 bouts of the common cold, spending three years of their life coughing and sneezing. But a **new cold-busting pill** can change all that. **BTA798**, developed by Biota Holdings—one of the world's leading pharmaceutical companies—latches on to cold-causing human rhinoviruses, preventing them from causing infection. In a double-pronged attack, it also stops any existing infection from spreading. In laboratory tests, the drug killed large quantities of cold virus within a couple of hours. The first limited human trials finished last year in the UK and the drug was found safe. Larger-scale trials are now underway on 200 healthy volunteers who will be exposed to the



virus to determine whether it can actually prevent people from catching a cold. The drug will be used in three varied doses, to determine the one that could prevent the infection. "If it's successful, it's great news," Dr Akhilesh C Mishra of National Institute of Virology, Pune, tells *Harmony*. "However, it's unclear if it could be used to treat colds as well as ward them off. And can those in fear of catching a cold from a relative or colleague pop the pill?" The drug is expected to be on the market in five years.

MEDICINE WATCH



A recent research conducted by the National Heart and Lung Institute, London, indicates that **beta-blockers could increase blood sugar in patients suffering from diabetes, and even induce the disease in people suffering from high blood pressure**. About 19,257 hypertensive patients were prescribed anti-hypertensive drugs using beta-blockers. Researchers found that 14,120 of them were at risk of developing diabetes and 1,366 actually developed it within six years. "These drugs not only increase blood sugar levels in those who don't have diabetes, but also worsen sugar control in those with diabetes," says Dr Anoop Misra, director (diabetes and metabolic diseases) at Fortis Hospitals, New Delhi.

QUICK RESPONSE

Soon you can **call 108 for access to emergency service and an ambulance**.

Emergency response ambulance services run by the Emergency Management Research Institute (EMRI), an NGO promoted by Satyam Computers, are available in Andhra Pradesh, Gujarat and Goa. Within 20 minutes of dialling 108, EMRI's call centre sends an ambulance with a medical technician who is in touch with a doctor. In Andhra Pradesh, a single EMRI centre fields a fleet of 500 ambulances staffed by 3,000 medical technicians. Estimates indicate that about 22,000 lives were saved in Andhra Pradesh last year through such interventions. By 2010, EMRI plans to launch 10,000 ambulances throughout India.

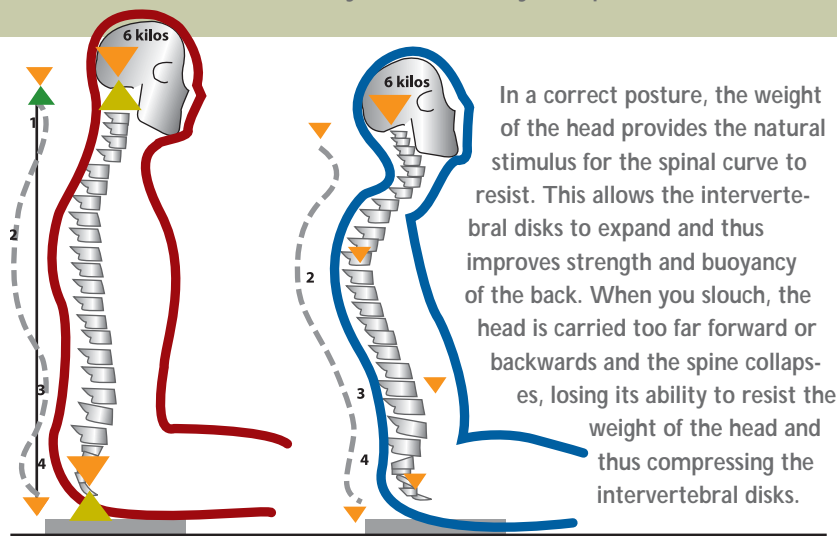


Straighten up! US-based neurologist Moacir Schnapp has invented **iPosture**, a pendant that can be clipped to clothing or adhered to the skin. It **improves your posture** by vibrating when you slouch and continues to vibrate till you correct your posture.

SIT STRAIGHT

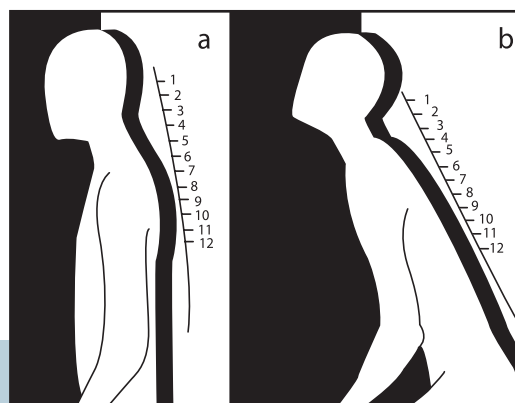
Adopting good posture can relieve long-term back pain. For the right posture, body alignment and gait, researchers are asking people suffering from chronic pain to turn to the **Alexander technique**. Introduced in Britain in 1904 by Australian actor Frederick Matthias Alexander, the technique **focuses on retraining the muscles of spine, neck and back to alleviate tension**.

A study conducted at Bristol and Southampton universities in UK used a combination of normal medical care, massage and the Alexander technique on 463 patients for 12 months and found that those practicing the Alexander technique suffered just three days of back pain a month. The study is reported in the September issue of the *British Medical Journal*. Lessons in the Alexander technique offer an individualised approach to help peo-



ple recognise and understand their problem, and avoid poor habits affecting postural tone and neuromuscular coordination (*see box*). Bengaluru-based Alexander teacher Dr Deepak Sharan of Recoup Rehabilitation Centre adds a line of caution, "It might not be effective for everyone. Back pain is different for

each person and you often need a combination of things to help relieve it."



10 minutes of Alexander Technique

- Stand in front of a chair. Keep your shoulders soft and imagine your spine to be a long spring. Push your head down on that spring, trying to compress it gradually.
- With two-third of the head's weight in front, it should move forward when trying to push the spine down. However, tense muscles in the neck draw the head back, putting extra weight on to the spine.
- Straighten your back and shoulders. Now 'order' your neck muscles not to feel tense but not to relax either; your neck will feel heavier.
- 'Send a message' to your head to release it from your body and push its weight forward and upward. Will your neck muscles to lose stiffness and elongate.
- Your neck should start feeling more elastic and you will feel your shoulder muscles soften. It might be uncomfortable at first because you are used to tension, which is now beginning to release.
- Bend your body at the knees and hips. In one continuous movement, sit in your chair.

Consult your doctor before practicing Alexander Technique.

HIP REPLACEMENT SURGERY

HOW THE HIP JOINT FUNCTIONS

The hip joint is perhaps the strongest weight-bearing joint of the body. Powered by large muscles, the hip joint is essential to many of the body's most basic movements. Whenever you walk, sit, bend, squat, turn around, drive or perform many other seemingly simple motions, you are depending on the hip for support and mobility. When your hip is healthy, you may take it for granted, not even giving a second thought about the job it does for you. But once it starts to become stiff and painful, and you are forced to restrict certain activities, you may come to realize how much freedom of movement means to you.

CAUSES OF HIP DAMAGE

Inflammatory arthritis (swelling of the joint lining), a fracture, or rarely, osteonecrosis (death of the bone), may all lead to damaged hip joints. However, perhaps the most common cause of damaged hip joints is osteoarthritis.

Osteoarthritis is a degenerative disease of the joints that is not necessarily part of the normal aging process. It causes permanent deterioration of the cartilage layers that shield the joint from impact. Because cartilage cannot repair or replenish itself, it begins to crack, wear away and eventually disappear. The cushion your hip needs to absorb stress is gone, resulting in bone-on-bone contact. The bones in advanced cases may be so rough and pitted from grinding against each other that they may form bone spurs, which can cause severe pain and immobility.

In the first stages of osteoarthritis, you may begin to feel stiffness or achiness in the hip. Soon, you may begin to feel pain in your joint. One leg may feel shorter than the other when walking or standing. Sometimes, the discomfort of an arthritic hip will first present itself as a shooting pain through the leg or knee that is severe enough to make you stop and catch your breath. Eventually, your mobility may become limited and you may need to alter your lifestyle to accommodate the arthritic hip. If you are overweight, the extra stress on your hip can accelerate the damage. You may have already had to curb or quit everyday activities like shopping or walking, not to mention recreational ones such as bicycle riding and traveling. But there is hope – you have options.

ALL ABOUT HIP REPLACEMENT SURGERY

Surgery and manufacturers have made remarkable advances in joint replacement technology over the last few years. The materials used today are long-lasting and durable. Surgery has been fine-tuned with the use of computers to provide more accuracy and taking the success rate higher.

BENEFITS OF HIP JOINT REPLACEMENT

These include:

- Reduced joint pain (maybe no pain)
- Correction of deformity
- Restoration mobility to the hip
- Improvement in quality of life – ability to return to a normal, active life
- It is likely that running, jumping, or other high impact activities will be discouraged.

CRITICAL SUCCESS FACTORS OF A HIP REPLACEMENT SURGERY

Choice of implant: It is important to discuss the choice of implant with your orthopaedic surgeon. Clinically proven imported implants have a much higher rate of survivorship than low quality local implants

Choice of hospital: Well maintained, fully equipped hospitals that follow strict infection prevention protocols show low rates of infection in patients

Choice of surgeon: Choosing a surgeon for hip replacement is an individual's decision. It is advisable to speak with your family, physician and friends for the same.

Understanding the procedure: It is critical to discuss the pros and cons of the procedure so as to be mentally prepared for the same. A well-informed patient is a happy patient.

GETTING READY FOR TOTAL HIP REPLACEMENT

Here are four essential steps that will help you get into shape before hip replacement surgery.

1. **Commit to the success of your surgery.** Working as a team, you, your physician and your family must adopt a positive attitude towards the success of your surgery.
2. **Start a physician-approved, low-impact exercise plan.** Studies have shown that the stronger and more flexible you are before your operation the quicker you will recover and more flexible you will be after the operation. Gentle exercise such as walking, range of motion exercises and swimming can help you stay strong and flexible. Seek your doctor's advice before beginning any exercise

RISKS OF HIP REPLACEMENT SURGERY

Infection: Because a bacterial infection from your mouth could infect your new joint, complete all dental work before surgery.

Blood Clots: Surgeons performing Total Hip Replacement prescribe anticoagulation medications after surgery.

Pneumonia: Pneumonia can sometimes develop in patients who are lying in bed after surgery. Getting out of the bed soon is encouraged.

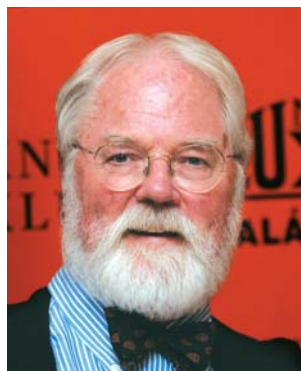
LONG-TERM CARE OF YOUR HIP

You can protect it by taking a few simple steps:

- **Watch out and prevent.** Because your new hip is sensitive to infections, you must be diligent about preventing them. If you suspect a bacterial infection, notify your physician right away.
- **Follow up care.** Your physician may want to check you several times during the first year and annually thereafter.
- **Weight Control.** Keeping your weight under control will reduce the amount of pressure and stress on your new hip. Avoid high impact sports and participate regularly in low-impact activities such as walking, swimming or cycling.

* Results may vary from patient to patient.

For more information on arthritis call toll free 1800222882 or 022-32907624 and register for a Patient Forum near your home.



Simple wisdom

Happiness lies in the basics, says **Robert Fulghum**

Each spring, for many years, I have set myself the task of writing a personal statement of belief: a Credo. When I was younger, the statement ran for many pages, trying to cover every base. It sounded like a Supreme Court brief, as if words could resolve all conflicts about the meaning of existence. The Credo has grown shorter in recent years—sometimes cynical, sometimes comical, sometimes bland—but I keep working at it. Recently I set out to get the statement of personal belief down to one page in simple terms, fully understanding the naive idealism that implied.

The inspiration for brevity came to me at a gasoline station. I managed to fill an old car's tank with super-deluxe high-octane go-juice. My old hoopy couldn't handle it and got the willies—kept sputtering out at intersections and belching going downhill. I understood. My mind and my spirit get like that from time to time. Too much high-content information and I get the existential willies—keep sputtering out at intersections where life choices must be made and I either know too much or not enough. The examined life is no picnic. I realised then that I already know most of what's necessary to live a meaningful life—that it isn't all that complicated. I know it. And have known it for a long, long time.

Living it—well, that's another matter, yes? Here's my Credo: All I know about how to live I learned in kindergarten. Wisdom was not at the top of the graduate-school mountain, but there in the sand pile at Sunday school. Here's what I learned:

Share everything. Play fair. Don't hit people. Put things back where you found them. Clean up your own mess. Don't take things that aren't yours. Say you're sorry when you hurt somebody. Wash your hands before you eat. Flush. Warm cookies and cold milk are good for you. Live a balanced life—learn some and think some and draw and paint and sing and dance and play and work every day some. Take a nap every afternoon. When you go out into the world, watch out for traffic, hold hands, and stick together. Be aware of wonder. Remember the little seed in the Styrofoam cup: The roots go down and the plant goes up and nobody really knows how or why, but we are all like that. Goldfish and hamsters and white mice and even the little seed in the Styrofoam cup—they all die. So do we. And then remember the Dick-and-Jane books and the first word you learned—the biggest word of all—LOOK.

Everything you need to know is in there somewhere. The Golden Rule and love and basic sanitation. Ecology and politics and equality and sane living. Take any one of those items and extrapolate it into sophisticated adult terms and apply it to your family life or your work or your government or your world and it holds true and clear and firm. Think what a better world it would be if the whole world had cookies and milk about three o'clock every afternoon and then lay down with our blankies for a nap. Or if all governments had as a basic policy to always put things back where they found them and to clean up their own mess.

And it is still true, no matter how old you are—when you go out into the world, it is best to hold hands and stick together. ■

**No matter how old
you are, when you
go out into the
world it is best to
hold hands and
stick together**

Excerpt from All I Really Need to Know I Learned in Kindergarten (Villard Books; Rs 1,107; 564 pages). Robert Fulghum is an American author known for his insightful essays. He has worked as a Unitarian Minister at a church in Washington. More than 16 million copies of his books have been published in 27 languages in 103 countries

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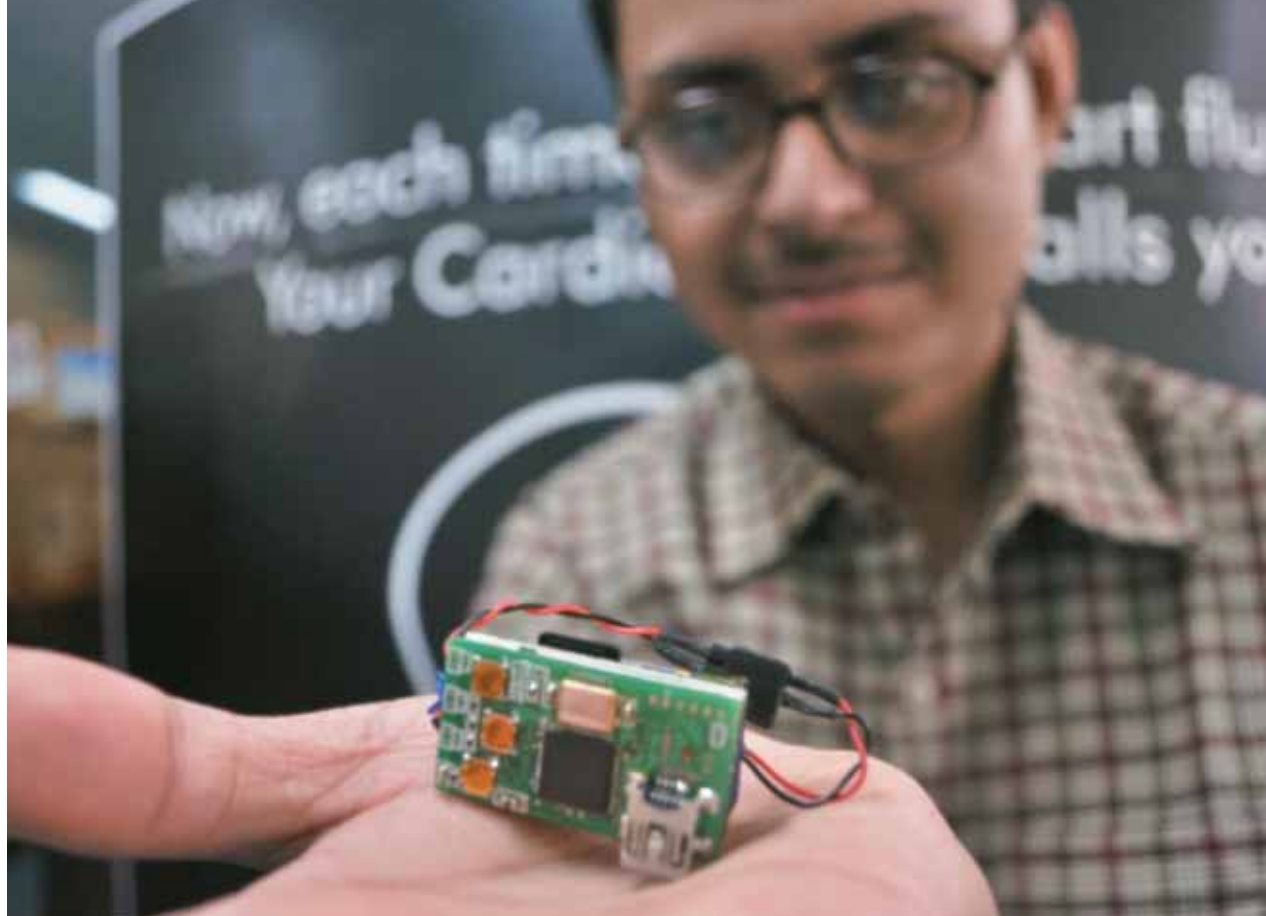
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JIT RAY

A heartbeat AWAY

Students at IIT-Mumbai have developed a device that lets cardiac patients relax while their doctor monitors their health

Soon, while you relax at home your doctor will be able to monitor your heart with the 'Silicon Locket', the smallest ECG monitoring device in the world. The fantastic news: it's made in India.

Essentially, the Silicon Locket is a wearable computer that deploys the existing mobile network for low-cost tele-medical healthcare of cardiac patients. In case of trouble, it automatically generates an emergency SMS to the notified doctor. Doctors or paramedical staff can

view real-time ECGs remotely and take necessary action.

This project, developed under the aegis of Tata Consultancy Services (TCS), was born in Indian Institute of Technology (IIT) - Mumbai in 2002 when Vivek Vaid, an MTech student, offered his professors a prototype in a shoe box! In 2004, another student Ashrut Ambastha added the automated SMS facility to the device using a wired connection to mobile phones and a base station concept for signal pro-

cessing. At that stage, the device resembled a mobile phone. From 2006, the project has been steered by Sudip Nag, a PhD student, who has developed an ultra-small (candy-sized) unit with Bluetooth connectivity, USB battery (lithium ion/polymer) charger, and real-time monitoring of physical activity. The project has been mentored by Professors Rakesh Lal and Dinesh Sharma of the Electrical Engineering Department and Professor Soumyo Mukherji of the School of Biosciences and Biomedical Engineering.

How does it actually work? "The patient needs to strap on five thin electrode wires," explains Sudip Nag. "The locket, which has a 2 GB memory card and a unique patient identifier code, either stores received ECG signals or transmits them in real time to a remotely located computer through a mobile phone or even landline." The acquired data can be viewed by medi-

cal professionals using a user interface. Patients can even indicate feelings of uneasiness or pain with the flick of a switch. All data can be periodically uploaded and saved on a remote server or hospital computer.

"By 2020, India will have the highest number of cardiac patients in the world, approximately 60 per cent," says Nag. "ECG recorders can save thousands of lives." Until now, the only options have been imported devices that cost between Rs 70,000 and Rs 350,000. They also don't provide automated alerts, do not have algorithms to detect diseases, and are only available in clunky Walkman-like sizes. "We strive to provide intelligent solutions at a vastly cheaper price without sacrificing quality and reliability," he asserts.



has funded the entire project. Field trials on the Silicon Locket have already been conducted at several hospitals in Mumbai, New Delhi, Bengaluru, Thiruvananthapuram and Kolkata and the device is expected to be on the market soon.

Patients can even indicate uneasiness or pain with the flick of a switch

So how much will the home-grown Silicon Locket eventually cost? Nag has no reply as of now although he insists it will be "incomparably cheaper" than imported ECG monitors. The answer will depend on TCS, who

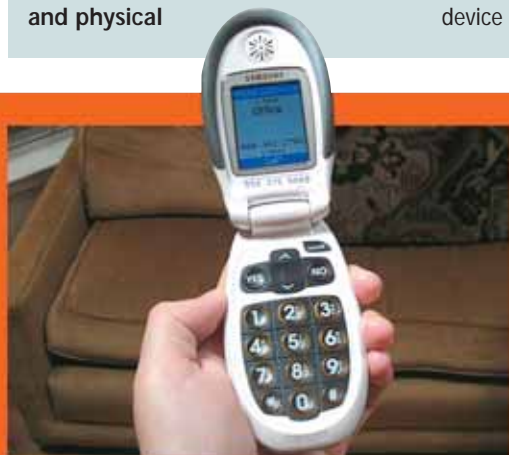
Meanwhile, Nag received the Budding Innovators Award from the National Research Development Corporation on 13 October for his work on the project. He is no stranger to awards. In 2006, he received another award from the Massachusetts Institute of Technology (MIT) for a wireless 'e-jacket' fitted with the silicon locket to enable the measurement of ECG as well as other devices that indicate oxygen levels, body temperature and physical activity in the body.

THE SILICON LOCKET: A CLASS APART

Fewer wires: Needs only five electrode wires; hospital systems need 10
Disease-detection software: Arrhythmia or irregular heartbeats can be detected. More complex disease detection software being developed
Accelerometer-based sensor and physical

activity monitor: Ensures that ECGs are not distorted owing to body movement
Custom analog chip: Ultra-low power chip provides longer battery life (up to seven days of continuous operation without recharging)
Size: The smallest ECG monitoring device in the world

What's next? "We are working on a remote patient tracker that pinpoints the subject's location using GPS connectivity," Nag tells us. "We are also developing nano-fabricated cardiac sensors for early detection of heart attacks. These sensors will be wirelessly linked to the Silicon Locket in future versions." ■



WORLD VIEW The Jitterbug

At first glance, Samsung's Jitterbug (www.jitterbug.com) looks like your typical teenybopper phone with a funky shape and clamshell design. It's only when you open this phone that you realise it's been specially designed for silvers with oversized buttons and large type size on screen. One-touch buttons make it easy to reach emergency numbers. In the US, where the phone has been launched, the company even offers the services of a 'Jitterbug operator' to enter numbers into your phone and place your calls. The phone costs \$ 147 (about Rs 7,000).

Bedside STORY

Make your home a safer, brighter and a better place with *Harmony's* new series

Beds with storage space are a wonderful idea. But holding the storage door up while you rummage inside for pillows and mattresses can hurt your shoulders. According to research, the tendons of the rotator cuff muscles in our shoulders are more prone to degeneration with the years. The weak blood supply is also one reason why shoulder injuries in silvers can take longer to heal.

So we looked around for a bed that didn't involve all that bother, and is easy on your shoulder muscles. Lifestyle International's Home Centre store has a wide range of beds with castor-operated storage drawers that can be opened from the front, side and headboard.

However, it's their newly launched hydraulic bed that scores head and shoulders above the rest. Made from medium density fibreboard (MDF), the hydraulic bed takes the pressure off your shoulders—literally. Its hydraulic springs keeps the storage door aloft till you shut it.

The hydraulic bed is available in king and queen size dimensions—155 cm x 205 cm and 180 cm x 210 cm respectively—and comes with one-year warranty.

MRP: Rs 22,500 (ICICI credit cardholders can avail of six and 12 months installment options on zero per cent interest); available in Home Centre stores in Mumbai, Pune, Bengaluru, Chennai, NOIDA and Gurgaon 🇮🇳



LIFESTYLE INTERNATIONAL

RECYCLE

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2. Tie a number of keys together with a string and attach them to a cola can to create a wind chime.
3. Use a long key as a letter opener, or to cut along packing tape on sealed cardboard cartons.
4. Paint and use as a handle on the string of a bathroom light or ceiling fan.

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Land of LEGENDS

Stuart Forster comes back from Mysore feeling like royalty

A place of crisp *dosa* and soft silks, fragrant sandalwood and almost unreal palaces, Mysore eludes easy definition. It has a refinement that makes it hard to believe that this was once the fabled land of demons. According to legend, the notorious demon Mahishasura once resided in Mysore. Blessed with immortality by Brahma, Mahishasura started terrorising the gods out of heaven. To end his menace, goddess Durga vanquished him after nine days of intense combat, the celebration of which is the Dussehra festival. Though Mahishasura no longer prowls the city of Mysore, his shadow still lingers in its name—Mysore is an anglicised version of *Mahishuru*, which means the abode of Mahisha.

I first visited Mysore in 2005 with the enthusiasm of a wide-eyed tourist, eager to pack in as many 'sights' in a single day. Armed with a guidebook, I hit the main tourist trail and did a whirlwind tour of the recommended hotspots. Having breezed through the sights, I came home to Bengaluru with the hollow feeling that I had seen nothing. When I returned to Mysore recently, I decided to follow a more leisurely pace, imbibing the city's unique essence.

Situated 140 km southwest of Bengaluru, Mysore is the shy cousin of India's silicon valley though in no way less accomplished; many software giants including Wipro and Infosys have their offices here and the city is a generous contributor to Karnataka's IT exports. Despite the halo of techno buzz, Mysore continues to be known as the city of palaces. Almost every curve and bend is a prestigious address of the royal family and there are many—Amber Vilas popularly known as Mysore Palace; Jaganamohana Vilas, which is now an art gallery; Rajendra Vilas, the summer palace situated in Chamundi Hills; Lalitha Mahal, now converted into a hotel; and Jayalakshmi Vilas, located in the Mysore University premises.

I started my solitary sojourn with the Amber Vilas palace, which is located in the heart of the city roughly 3 km away from the railway station. Though you need to pay Rs 20 as entry fee to the palace, the grounds can be entered free of charge. The building's exterior is a fusion of Hindu and Muslim architecture—what the British referred to as 'Indo-Saracenic'. Built between 1897 and 1912 by architect Henry Irwin, it's clearly a labour of love. Most visitors head straight to the impres-

sive palace, renowned for its wedding chamber and Durbar Hall, which now hosts the Residential Museum. There is a vast array of splendid artefacts on display, but I wished there was more information available on their origins. On second thought, I wondered whether I should have hired one of the professional guides who had greeted me at the entrance.

On select public holidays and throughout the 10-day Dussehra celebrations, the palace turns into a spectacular beacon for tourists, its walls bedecked with 97,000 light bulbs (precise figures, courtesy my guidebook). On the downside, be prepared for thronging crowds and persevering hawkers selling souvenirs—from intricately carved wooden trays to sandalwood figurines and incense sticks—next to the palace gates. If you want to escape the hordes of tourists, you can visit any of the 12 small temples in the palace compound. As for me, I made a quick trip to the Someshwara temple dedicated to Shiva and the Lakshmiramana temple that worships Vishnu.

Shops within the palace grounds are a good place to buy Mysore's signature offerings—silk and sandalwood. The Royal House of Mysore, a shop owned by



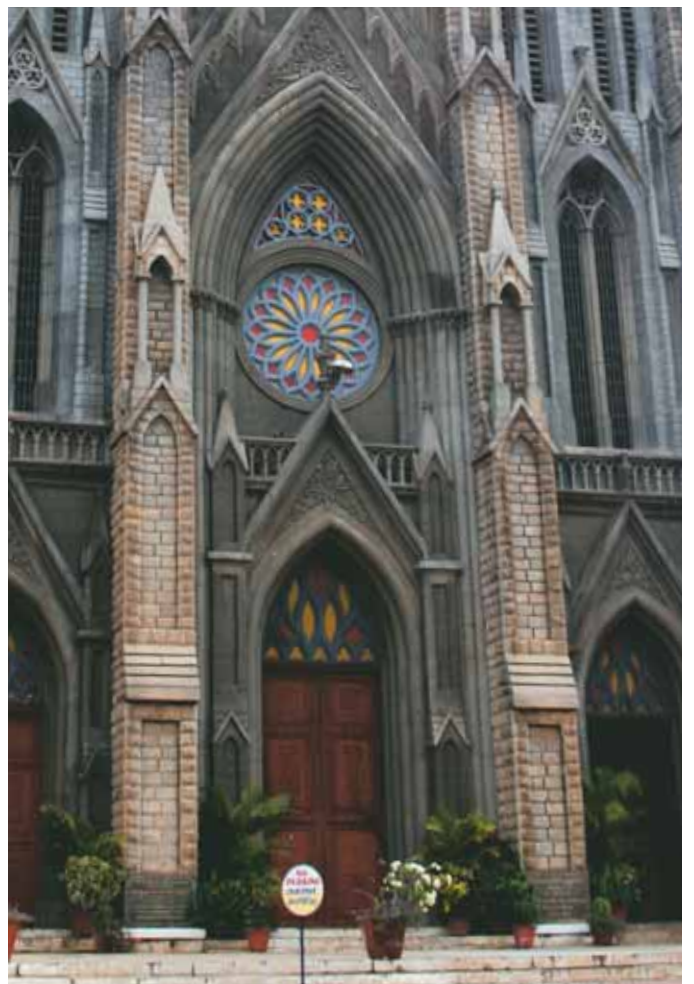
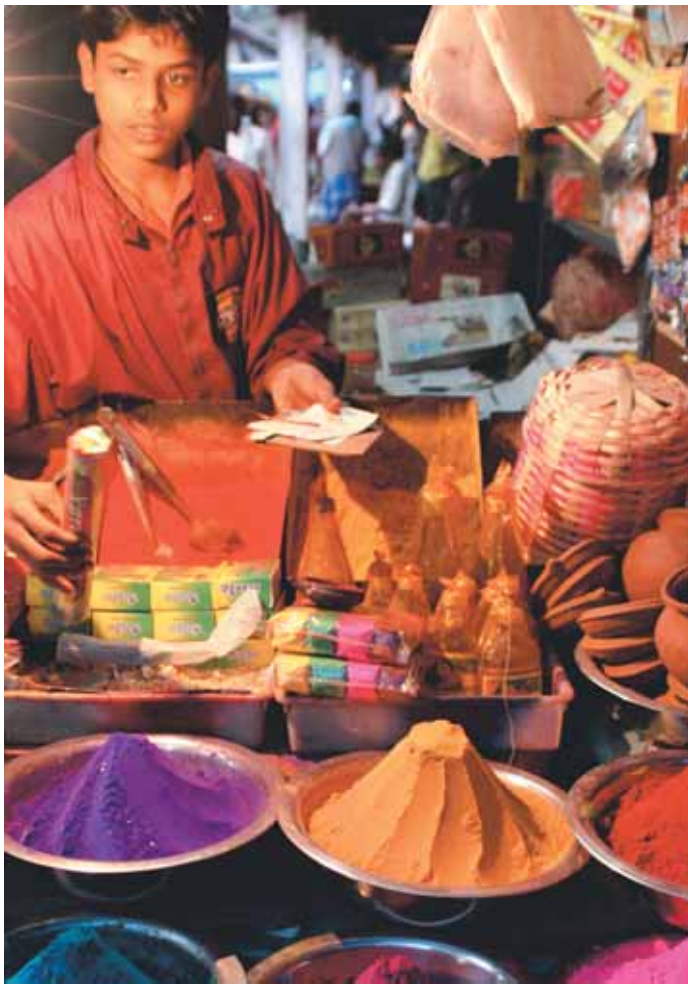
ಮಹಿಷಾಸುರ MAHISHASURA

R&R CONSULTANTS

DESIGNED BY

Dr. M. L. S. S. S.

Dr. M. L. S. S. S.



(Opposite page, clockwise from left): A colourful Devaraj Urs Market; goddess Chamundeshwari to whom Chamundi Temple is dedicated; the Gothic style St. Philomena Church in the north of the city; and the statue of a Wodeyar monarch on one of the many roundabouts on the streets of Mysore; (right) dressing up an elephant for the Dussehra celebrations, when royal pomp is unabashedly showcased



Srikantadutta Wodeyar, son of the last Maharaja Jayachamaraja Wodeyar, offers an exquisite choice of Mysore silk saris. For once, I followed convention and felt obliged to purchase a few sandalwood incense sticks to take back home.

My sojourn continued with Jaganamohana Palace, a former royal residence built to mark Krishnaraja Wodeyar IV's coronation in 1902. Part of the palace was converted into the Sri Jayachamarajendra Art Gallery in 1975. An extensive collection of artwork, royal artefacts, hunting trophies, pictures of aristocratic gatherings and musical instruments are housed in the gallery, which is also famed for its collection of works by artist Raja Ravi Varma and Mysore-style inlaid artwork. Though the vast collection is displayed in a rather staid manner, the magnitude of the collection and the sheer finesse of the paintings redeem the drab presentation.

After having toured two palaces in succession, I felt overwhelmed with all the opulence and decided to explore lesser-known—and relatively humbler—facets of the city. The grand architecture of the public buildings is a remnant from the

Don't try to pack in the sights in a day; to explore its secrets at leisure, visit Mysore for at least three days

days when the city was a royal capital and the key administrative centre of Karnataka. Wellington Building on Irwin Road definitely warrants a visit even though it's not on the main tourist trail. Once the seat of the commissioner to Mysore State, it now hosts two museums. Constructed in European style, it also served as the residence of Colonel Arthur Wellesley, who later became known as the Duke of Wellington between 1799 and 1801. The Government Museum on the ground floor exhibits tribal arts and crafts while the State Archaeology Museum on the first floor has an extensive collection of royal portraits. Like many magnificent public buildings across the city, the museum is badly in need of restoration.

The main roads of Mysore embody its historic spirit. They are amazingly straight as if adhering to stringent military precision. Statues of *maharaja* peer down from ornate structures in the centre of the street. When I closed my

eyes for a minute I could have sworn I heard soldiers trooping towards the royal figures instead of the blaring urban traffic.

The streets in Mysore come alive during Dussehra, in October, when royal pomp and ceremony is revived in full splendour. The colourful festive parade comprising music bands, tableaux, torch-light processions, dance groups and caparisoned elephants draws up to a million spectators. At other quieter times of the year, visitors can appreciate the meticulous urban planning. The broad pavements and leafy parks make walking an undemanding experience, so long as you discount the mild irritation of hawkers selling postcards and flutes.

After pounding the streets for a while, I visited the Sri Chamarajendra Zoological Gardens, 2 km away from the Mysore Palace. Established in 1892, the zoo remains popular as much for its extensive park layout as for its animals and is counted among the

FACT FILE



PRAKASH ISRANI

WHEN TO GO

October to January

GETTING THERE

By air: Bengaluru airport—140 km away—is the nearest airport. Hire a tourist cab or try the KSRTC bus—a Bengaluru-Mysore bus ticket costs about Rs 190.

By train: There are daily trains plying between Bengaluru, Chennai, Mumbai, New Delhi (as well as from smaller cities) and Mysore Junction, the city's main station. Buses run every 5 minutes from Bengaluru to Mysore.

WHERE TO STAY

Several budget hotels and lodging houses are located near the city bus stand, minutes away from the palace grounds:

■ **Hotel Govardhan**, Sri Harsha Road; Tariff: Rs 149 to Rs 900; Tel: 0821-2434118, 2431960; email stay@hotelgovardhan.com

■ **Hotel Maurya Residency**, Sri Harsha Road; Tariff: Rs 745 to Rs 1,095; Tel: 0821-2523375; email sangroup_hotel@yahoo.com

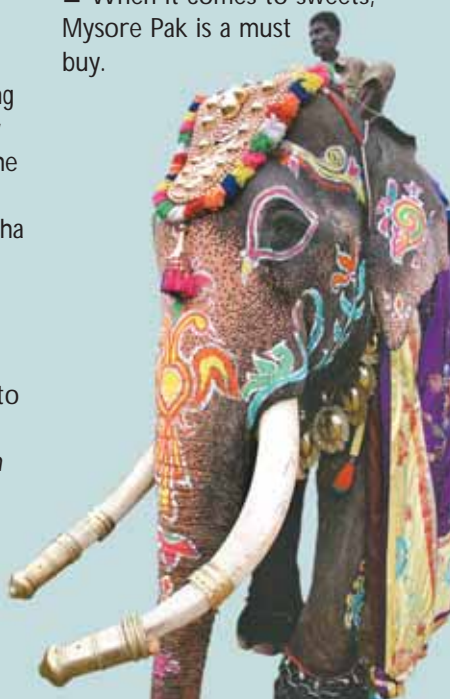
■ **Hotel Siddharta**, Guest House Road, Nazarbad; Tariff: Rs 660 to Rs 1,260; Tel: 0821-4280999, 4280888; email hotelsiddharta@siddhartagroup.com

TIPS

■ Karnataka State Tourism Development Corporation offers sightseeing for Rs 125 per person. The tour, from 8.30 am-8.30 pm, covers Jaganamohana Palace; the zoological garden; boating on Karanji Lake; Chamundi Hills; the Maharaja's palace; St. Philomena's Church; a trip to Srirangapatna; Krishnarajasagar Dam; and Vrindavan Gardens.

■ Mysore has a plethora of places serving good but inexpensive food. *Idli* and *dosa* are popular tiffin items.

■ When it comes to sweets, Mysore Pak is a must buy.



best zoos in India. Seniors (aged 65 years and above) receive a discounted rate of Rs 25 (normal cost: Rs 50) on the mechanised tours within the zoological garden.

After all that sightseeing, I could not resist heading to Lalitha Mahal Palace Hotel. Located on the eastern fringe of Mysore, it's a grand hotel built to receive royal guests and dignitaries and retains an old-world charm. As I sipped my cuppa, the hotel staff regaled me with tales of some famous guests, including Peter Sellers, Richard Attenborough and the who's who of Bollywood who have stayed there over the years. You can even experience something akin to a royal arrival at the hotel porch—rides in a horse-drawn carriage, emblazoned with the royal crest, are offered around the grounds. The friendly footman then escorts guests to the steps of the hotel.

The next morning I was up and early to pick up some gifts from the Devaraj Urs Market. Situated in the city centre, the bustling bazaar challenges the senses. Voices in Kannada discussing deals echo among the stalls. Brightly coloured dyes are heaped in tall piles. The tantalising scents of incense sticks fight with the earthier aromas of herbs, spice and fresh vegetables, overloading the olfactory senses. Steel yourself against the sugar-coated charm of the stallholders, who are used to coaxing tourists. Bargaining is a ritual in this market whose origins can be traced back over 200 years to the reign of Tipu Sultan.

When the cacophony started grating on my nerves, I headed towards St. Philomena's Church in



The Mysore Palace turns into a spectacular beacon every Sunday evening and during Dussehra

the north of Mysore. Built in Gothic style and reminiscent of Germany's famous twin-spire Cologne cathedral, the church was completed in 1941. Pilgrims come from afar to worship the revered relics of St. Philomena and the sari-clad statues of Virgin Mary displayed in the aisles.

Filled with solace, I geared up for a trek to the Chamundi Hills atop which is the famous Chamundi temple dedicated to goddess Chamundeshwari—a form of goddess Parvati. A small market near the temple sells souvenirs, snacks and refreshments. The latter were especially soothing after I climbed the 1,000 steps leading to the temple. The 16-ft-high monolithic Nandi (divine bull) statue located halfway up the hills is a common resting stop. The gargantuan bull,

stained black from *ghee*, is one of the largest in India. My trip to Chamundi Hills concluded with a photo session with the colourful moustachioed statue of the knife-wielding demon, Mahishasura.

Most people prefer to pack in the key sights of Mysore in a quick one-day tour. For silvers, however, I recommend a three-day trip where they can explore all the secrets of the city at leisure without going through a grind. My trip to Mysore would have been incomplete without a visit to Srirangapatna and the Vrindavan Gardens, reserved for my third day. Srirangapatna, once the powerful capital of the state of Mysore, is located 15 km from Mysore. It's famous for Tipu Sultan's palace, Darya Daulat, and the 9th century Ranganathaswamy Temple—one

of the most important Vaishnavite centres of pilgrimage in the South.

A short distance away from Srirangapatna was the concluding point of my three-day visit—Vrindavan Gardens. Located at a 30-minute drive away from the city centre, these series of terraced gardens have provided a striking backdrop to song-and-dance sequences in many Indian movies. Spread over 150 acres, below the Krishnarajasagar dam across the river Cauvery, the garden, its musical fountains and lush flower beds look ethereal in the evening.

As the golden rays of the evening sun cast a shimmering pattern across the lake in the Vrindavan Gardens, I leave Mysore with a promise to return. And be enchanted once again. 🇮🇳



Celebrating sexuality

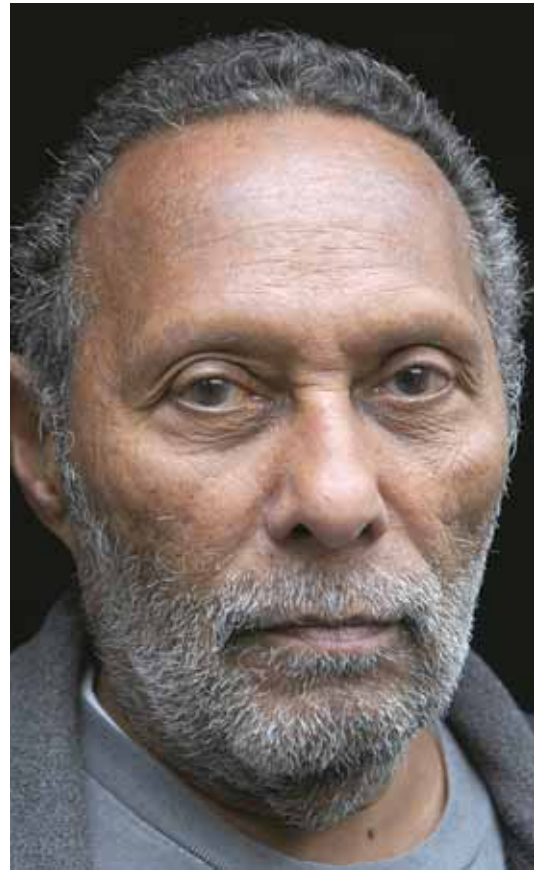
Sunil Gupta, author of *Wish You Were Here: Memories of a Gay Life*, speaks on his motivation behind the book

The basic challenge facing every gay man in the world is universal. Should one come out? And, if so, to what degree? Having had the privilege of living in three different continents, I can say, in hindsight, that this is the single biggest issue. The differences lie in how this is played out and the impact of this action on one's own life. The Indian experience is largely of not coming out and there are the usual reasons for that. It's illegal, to begin with. It's really not spoken of much, so the possibility of misunderstanding what it actually means is very high. Here it has become solely connected to the sexual act itself. Consequently, it seems somewhat overindulgent to bring it up in polite society. On the other hand, a



large number of people appear to indulge in just the sexual part of it. The UN has developed a particular category for this—MSM (Men who have Sex with Men).

Now, this is not what I am talking about. The gay identity is one that is more akin to feminism. It's a rebuttal of traditional mores relating to the organisation of marriage and property. It's not surprising that most of the hysteria and the legal sanctions surrounding it pertain to men (i.e. property) rather than women. My dad couldn't see how being gay could possibly interfere with his plans for my marriage and preservation of the family property, and the necessary procreation (for male heirs). The reason we



(Opposite) A billboard in New York advertising a gay television channel is an example of how quickly change can come once the law is reformed; (above) my mother had converted her living room wall in her house in Canada into her family album; Stuart Hall, a leading left wing Black intellectual who suggested that I should go to India while I was still “working”

could even begin this discussion at home was because I had chosen to “come out” at a relatively early age—when I was in junior college. Fortunately for me, I was in Montreal just after the birth of gay liberation. Here was a possibility of a culture that was beyond the sexual act. After the straight jacket of formal education in Delhi, suddenly I could read and write about who I really was. It became apparent that the burden of guilt that I was carrying had to be ditched. I had to come out to the family, so that it was no longer ‘my secret’. The burden of trying to understand what I was becoming had to be shared with them if we were going to continue to be close.

The easy part was to tell them I was gay. What I didn’t realise was that it would then take many years to resolve this issue. I’m not sure if I managed to convince either parent about my position, but neither did I have to give in to the demands of getting married to an unsuspecting partner. But it would have helped to

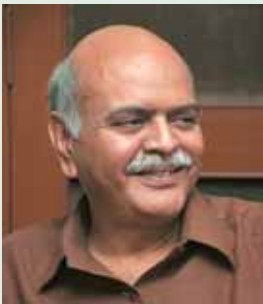
have literature or culture coming on the subject from the Indian sub-continent.

Which brings me to the reason why I thought I should make such a book at this point in India. It may seem redundant given the reach of the Internet, but Gautam Bhan, the series editor, and Arpita Das, the publisher, persuaded me that there was an urgent need for sexuality and homosexuality to be addressed in print in India in a way that was not presenting it as a “problem”. So, partly, the book is to help people appreciate that there are gay Indian men who are managing to make a life for themselves. And, most significantly, that the gay aspect is just one of the many relationships that they have in their lifetime, including the ones that they have with their families and friends. I had precisely this audience in mind—gay people, their families and their friends. To say, yes, you can be gay and still live your life the way you want to and remain Indian at the same time. ■



Gay and Grey

Be proud of your sexuality,
says Saleem Kidwai



Whatever the outcome of the current legal challenge to the constitutional validity of Section 377 of the IPC, it should be of little concern to me. It will change nothing for me. I have learnt to live with the law and to hold my head high. I am almost certain

that I will not be persecuted under this law. Yet it is important for me that this inhuman law should go so that millions of people do not have to live in fear and shame, both of which I have known. And believe me, the fear is very real. As real as the experience of the young man who was sexually used by four policemen

because they caught him sitting on a bench in a park, holding his friend's hand, his other arm around his friend's shoulders. The shame can be so demeaning that it causes teenagers to take their lives just because they are constantly and cruelly reminded that in some ways they are different from their peers.

Between the fear and the shame, the individual loses his self-esteem and his conscience. He learns to instinctively laugh at derisive jokes about people like him without protest. He internalises homophobia, stays in the closet and thus becomes an active participant in perpetuating homophobia. The victimised becomes the victimiser. In order to hide, he enters into a marriage that is a sham except for the procreation, which is assumed to be a sacred social duty.

Should such a high premium be placed on procreation today? Should children be born into families that are based on deception? Should a law that is the bedrock of such a damaging mindset be retained? I have lived with the shame of being a pervert. I have



(From left to right) Paolo was HIV Positive and agreed to let me take a very intimate set of pictures for a special art exhibition held in the back of a gay porn shop in King's Cross, London; Gay Pride in Delhi, held in July this year, was an emotional moment which drew hundreds of people from all over India; at the wedding of my friends Jese and David, one of the first gay couples to get legally married in the state of Massachusetts

known fear. Gay and grey, I am no longer ashamed or afraid. This is the reason why I was in court, hearing Shyam Diwan, the counsel for Voices against Section 377, make his passionate arguments stressing the injustice to about 10 per cent of the citizens of India. The granting of justice to them will not curb anyone else's rights, except perhaps their right to live in an imaginary world where homosexuals do not exist anywhere, especially in their own families.

A person's sexuality is determined early on and doctors and psychologists worldwide now agree that nothing can be done to change it. Denying him or her dignity and an identity because it might offend current or popular notions of public morality is grossly inhuman. Also unacceptable is the violence and blackmail that is associated with Section 377. The state is guilty of serious violations of human rights if it continues to abet the destruction of the self-worth of millions of its citizens.

At the age of 17, tormented about my sexuality, I left Lucknow, the city where I was born. I could easily have stumbled into an abyss had an older female friend not told me that if I did not accept myself no one else would. It was the wisest advice a friend could give. The couple of decades that followed were never easy, but the struggle not to be ashamed of myself grew easier. And all that misery and loneliness became a distant memory the moment I was ready to tell the world what my close family and many friends and acquaintances already knew. The freedom from fear is an exhilaration that causes the pain of the past to fade.

I'm back in Lucknow, proud, gay and silver. People who care about such things know about my orientation. No one makes homophobic jokes in my presence and no one is disrespectful. No one calls me nasty names within my hearing and what I don't hear doesn't hurt me. ■

Saleem Kidwai, 57, is a writer and gay activist based in Lucknow

BRIEFLY

A provocative writer unafraid to tackle topics such as sex, incest and prostitution, **Saadat Hasan Manto** published 22 collections of short stories, one novel, five collections of radio plays, three collections of essays and two collections of personal sketches before dying from cirrhosis at the age of 43. **NAKED VOICES: STORIES AND SKETCHES** (Roli Books; Rs 295; 141 pages), an eclectic selection of his work translated from Urdu by Rakshanda Jalil, is proof enough that more than 50 years after his death, the impact of his words remains just as strong. In "Sharifan", decent family men blinded



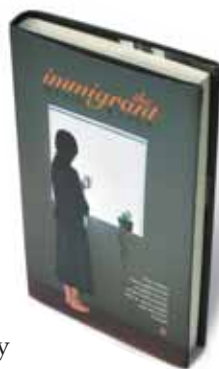
by rage turn murderers and rapists during Partition. "Saadat Hasan" reveals Manto's candid perception of himself as a man and writer. "Slivers and Slivereens" is a searing take on politics (in Kashmir) and politicians (everywhere). "The Maker of Martyrs" is a macabre tale of a ruthless businessman who is able to justify anything—even murder—by invoking the name of God. And "By the Roadside" is an aching lament for a woman forced to abandon her illegitimate baby after giving birth. Just some gems in a collection that reveals Manto's consummate understanding of the fallibility and hypocrisy of man.

Progress is not a term Indians traditionally associate with government departments. **SPLENDOUR IN THE GRASS: INNOVATIONS IN ADMINISTRATION** (Penguin Enterprise; Rs 495; 305 pages) aims to change that view—in vain. Scripted by the Department of Administrative Reforms and Public Grievances and the Ministry of Personnel, Public Grievances and Pensions, it looks at 'administrative marvels' in India—from e-ticketing in the Railways to the Right to Information Act; from reducing maternal mortality in Tamil Nadu to community policing in Trichy; and from conservation of protected areas in Uttarakhand to the Nirmal Gujarat Mission for cleanliness in the state. These studies are set against examples from across the world—performance incentives for social agencies in Kenya, performance measures in the US on which budgeting for social agencies depends, and educational reforms in Australia.



Unfortunately what could have been an introspective look at our government in action ends up as a self-congratulatory book where the government does not bother to credit any non-government efforts for change. For instance, how can the contribution of activists in implementing the Right to Information Act be ignored?

Manju Kapur ventures into Jhumpa Lahiri territory with **THE IMMIGRANT** (Random House; Rs 395; 334 pages). This is the tale of 30-something Nina, an English lecturer in Delhi University who, despite her apprehensions, agrees to marry Ananda, an NRI dentist in Canada. While mentally prepared for the isolation and alienation that inevitably follow, Nina finds it harder to cope with her husband's sexual dysfunction. Left with no choice but to relearn her life, she travels new roads—academically and socially—leading to the disintegration of her marriage. As with her earlier work (*Difficult Daughters*, *Home*), Kapur portrays middle-class life with sensitivity and understanding. The character of Nina especially is crafted with a sense of kindred complicity—Kapur is also an English lecturer at Delhi University—and you get a vivid picture of life and society in the capital during the time of the Emergency, when the story is set. Unfortunately, Kapur reads less assured once the focus of the story shifts overseas following Nina's marriage, and appears distinctly ill at ease while breathing life into Ananda's character and his sexual problems (described rather uncomfortably). The result: an accomplished writer outside her comfort zone. Pity.



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



Beauty truths

You are only as beautiful as you want to be, says Mallika Sarabhai

A few weeks ago my son carried a magazine to his acting class—one which had me on the cover and inside an elaborate six-page fashion spread that I had posed for. He called me late in the day and said, “My friends refuse to believe you are my mother. They say you look no older than 25.” His remark took me back many years to the early 1980s when I was dancing in New York with my mother. Invariably we were introduced as the Sarabhai sisters. And I remember being both pleased and amused.

My adventures with being fit started young. At 13, I was a fat and lazy youngster. One day, my mother—slim and upright—asked me if I always wanted to walk like a duck. The remark rattled me enough to give up my diet of rice, butter and sugar. I started paying more attention to my gait and started walking straighter. And before I knew it I fell in love with salads.

It wasn’t only, or even primarily, about looking good. It was about feeling great. Ready to go; to take anything on; to set off; and be on a buzz. However, slowly, as the years went by, my body started telling me things—what it wanted and what I was depriving it of. For many years I struggled with what I thought were wrong messages from my body, till I finally realised that it had a counter and a mind of its own and I should trust it. Of course, that didn’t mean indulging when my mind told me I needed to splurge; it simply meant being discerning in really listening to my body’s needs rather than to sight or smell temptations and assume they were signals that my body wanted me to respond to.

If I look good it is but a reflection of how I feel. I have realised that beauty has nothing to do with age

For me, the first signs of ageing were the stiffening of my knees a few years ago. Though my joints had not started protesting loudly enough, the slight stiffening was a reminder that the aches and pains were slowly occupying a place in my body. Then again, I noticed dancers half my age in the group complaining of the same thing. “Oh,” I reassured myself, “perhaps that is not age catching up.”

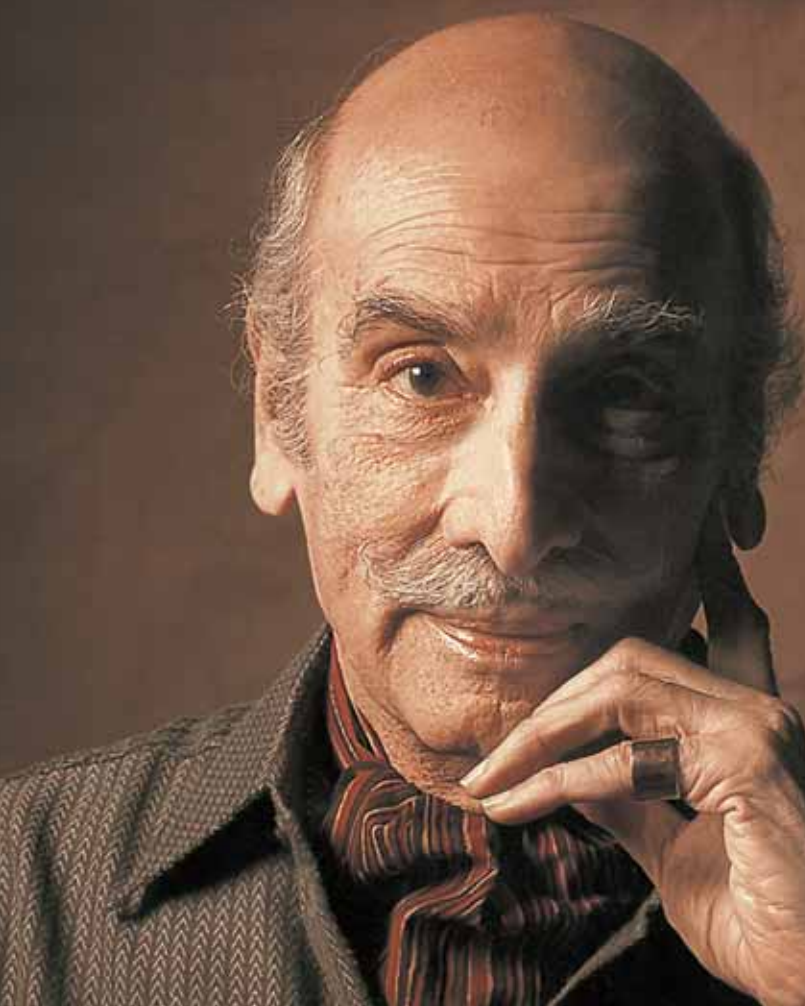
With years, as the aches became a common phenomenon, I thought I wasn’t strict enough and redoubled my efforts at staying agile. Besides yoga and long hours of dancing, I started avoiding the elevator, took the stairs, and fetched things myself instead of asking it to be handed over to me (all learnt from my mother). And last but not the least, I also started going to the gym.

As I made these lifestyle changes, I saw friends and colleagues letting go; they were prosperous, but unwell and unwieldy. They didn’t understand that our body is our only real temple and it is in our hands to keep it pristine. It is not about vanity. It is

about valuing our temple, the amazing mystery that is our body, the only one we have. It is about keeping ourselves in tip top condition so that we can be of use to others; to do the tasks we have set for ourselves; to make changes in the world around us and in the lives of people around us. It is to ensure that we hold the sunshine in ourselves even when the world outside gets dark, so that we can lead the way.

Today, I am strict with myself. At the same time I pamper myself, my face, my skin and my body. I feel good. I look good. Both are very important. If I look good it is but a reflection of how I feel. I have realised that beauty has nothing to do with age. Age, after all, is only a number—not our destiny. ■

Mallika Sarabhai, 52, is a Kuchipudi and Bharatnatyam dancer based in Ahmedabad



GRAND MASTER

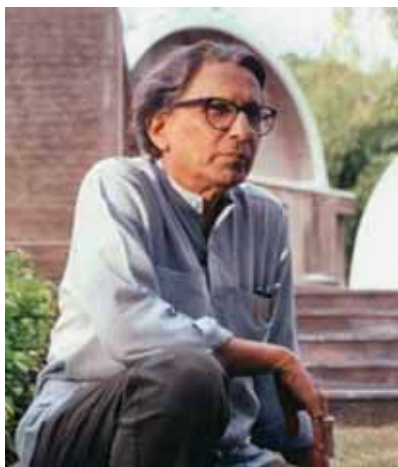
After an amazing career spanning 60 years, **Jehangir Sabavala**, 86, held his 35th solo exhibition at Sakshi Gallery in Mumbai last month. “Mostly oils, the 20 paintings for *Ricorso* took two and a half years to complete,” Sabavala tells *Harmony*. “Slightly autobiographical, there is some experimentation, some looking back, some looking into the future.” Sabavala spent eight years studying art in London and Paris after graduating from Mumbai’s Sir JJ school of Art in 1944; his first solo exhibition was held in Taj Mahal Hotel, Mumbai, in 1951. The pronounced international touch gives his work a distinct identity. The delicate textures, subtle palette and imagery in his paintings are very different from the bold lines and colours of contemporary artists like M F Husain and Tyeb Mehta. “My art is an amalgam of the academic, impressionist and cubist styles, which over the years has evolved into a unique style of my own,” he adds. A DVD and CD documenting his life and works will be released shortly.

HARMONY ARCHIVES: JANUARY 2006

BIRTHDAY BOY

Recognised as the oldest living man by Guinness Book of World Records last year, **Tomoji Tanabe** celebrated his 113th birthday on 18 September. “I’m well. I eat a lot,” says the former city land surveyor, who lives with his son and daughter-in-law in hometown Miyakonojo, on Japan’s southern island of Kyushu. Presented with flowers and a giant tea cup (inscribed with his name and date of birth) by the local mayor, Tanabe tells reporters he wants to live “another five years or so” — a slight downgrade from last year when he said he wanted to live “for infinity”. He believes drinking milk, eating regular meals and avoiding alcohol is the key to longevity. The centenarian population in Japan — 86 per cent being women — has more than doubled in the last six years, reaching a record 36,276 this year. According to UN projections, it is expected to reach nearly 1 million — the world’s largest — by 2050.





CREATIVE DESIGNER

A documentary film by Premjit Ramachandran on the life and work of **Balkrishna Doshi**, 81, recently premiered in Ahmedabad. Doshi—architect, academician and institution builder—was instrumental in involving Louis Kahn for designing the Indian Institute of Management Ahmedabad in the early 1960s. “I always compare Le Corbusier to an acrobat because he loved to experiment,” he tells *Harmony*, “and Louis Kahn to yoga, as he wanted to discover the spirituality in buildings.” The Padma Shri recipient believes that architects have to respond to global trends but remain local. Reacting to the Bombay High Court decision allowing redevelopment of pre-1940 buildings he says, “Unless the stipulation considers repercussions of margin, density, fire and vehicular network, it’ll be disastrous to develop the sites.” Doshi had accepted the Bandra-Kurla complex project in Mumbai on the understanding that there would be no obstructing compound wall. “The absence of walls would let people move freely,” he says. “If walls come up, it’ll become like Nariman Point in 10 years.”

ROCK DIVA

One of the world’s most popular and biggest-selling music artists of all time (with record sales exceeding 80 million copies worldwide), **Tina Turner**’s brand new stage show in more than eight years opened on 1 October. Wearing a black sequinned dress and 4-inch high heels, the eight-time Grammy Award winner belted out *Steamy Windows* before an 18,000 strong audience in Kansas City. Amid deafening applause, she said, “I’m glad to be here too!” The most successful female rock artist of all time, Turner proves that at 68, she has what it takes to be simply the best. Selling more concert tickets than any other solo performer in history, her tour *Twenty Four Seven* was the highest grossing tour in 2000 and the 5th biggest grossing tour in America ever. Turner’s long-awaited tour running across the US and Europe features hits spanning her entire career and will conclude in April 2009.



MILESTONES



Awarded. NDTV Profit's Lifetime Achievement Award 2008, to **K V Kamath**, managing director and chief executive officer of ICICI Bank Limited. President of the Confederation of Indian Industry and a board member of IIM Ahmedabad and Manipal University, Kamath started his career in 1971 at ICICI, an Indian financial institution that founded ICICI Bank and merged with it in 2002. Reiterating his belief that the Indian economy is likely to double every six to seven years, Kamath added that the current financial instability should resolve in six months to a year and the economy will be back on track for a 10 per cent growth.



Awarded. This year's Nobel Peace Prize, to **Martti Ahtisaari**, 71, former Finnish president and United Nations envoy. According to the Norwegian Nobel Committee, Ahtisaari had been chosen for his "important efforts, on several continents and over more than three decades, to resolve international conflicts". An outstanding international mediator, his successes include helping secure Namibia's independence from South Africa in 1990, ending the three decade-long conflict between Indonesia and the free Aceh Movement rebels in 2005, brokering the deal ending NATO's 1999 Kosovo air campaign, as well as mediating in political crisis in Iraq, Northern Ireland, Central Asia and the Horn of Africa.

Awarded. The Inspiration Prize to Nobel laureate and eminent economist **Amartya Sen**. **John Thornton**, a leading expert on US-China relations and former president of the investment bank Goldman Sachs, also received the award, given by Breakthrough, an international human rights organisation working in India and the US. Professor of Economics at Harvard University in Boston, Sen has written extensively on social and economic development, with focus on inequality, status of women and need for education. Author and former UN undersecretary general Shashi Tharoor presented the awards at Breakthrough's fourth benefit gala dinner in Manhattan. It was attended by many prominent Indian Americans.



BIRTHDAYS

- Poet **Dilip Chitre** turned 70 on 17 September
- Celebrated artist **Maqbool Fida Husain** turned 93 on 17 September
- Melody queen **Lata Mangeskar** turned 79 on 28 September

IN PASSING



HT

Noted economist, academician and author **Gangadhar Gopal Gadgil** endorsed privatisation and globalisation, and firmly believed that PSUs were a hindrance for the nation's development. A leader of the consumer movement, he was part of the Mumbai Grahak Panchayat. A stalwart of Marathi literature, he believed stories should be realistic and reflect real life. Associated with prestigious literary institutions, he served as vice president of Sahitya Akademi from 1988-93. Recipient of several awards, including the Sahitya Akademi Award for *Eka Mungiche Mahabharata* in 1996, his noted works include *Gandharva Yug* and *Durdamya*. Also a fellow of the Rockefeller Foundation, Gadgil died at the age of 85 on 15 September.



HT

Founding member and keyboard player of popular 1960s band Pink Floyd, **Richard Wright** was one of the biggest names in rock. He co-wrote five songs for *The Dark Side of the Moon* in 1973, one of the best selling albums ever—it spent 14 years on the Billboard 200

album chart. Wright also wrote music and sang for classic albums like *Meddle*, *Wish You Were Here* and Pink Floyd's final studio album *The Division Bell*. In the early 1980s, Wright left the band after falling out with Roger Waters during *The Wall* sessions but rejoined in 1987. He died on 15 September after a short battle with cancer. He was 65.



HT

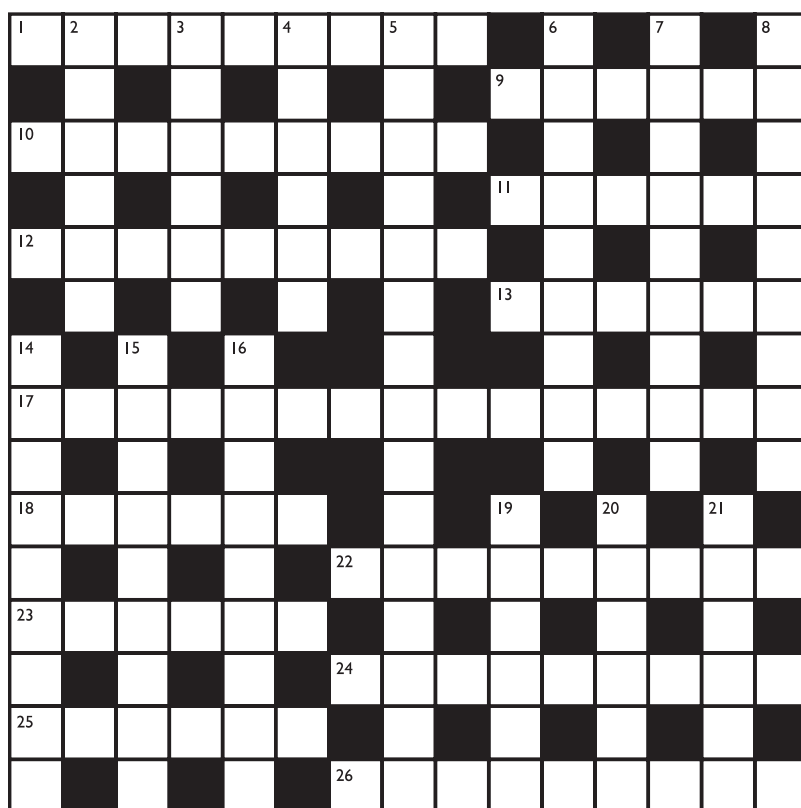
Nominated for nine Academy Awards, **Paul Newman** finally won it for his role as an ageing pool shark in *The Colour of Money* in 1986. In the 1960s, when most stars of the previous decade were forgotten, Newman starred in several major films, most notably *Butch Cassidy and the Sundance*

Kid, in a role that is now legendary. Besides starring in films like *Cat on a Hot Tin Roof*, *The Hustler*, *The Exodus* and *Cool Hand Luke*, he also directed a number of films. Remembered not only for his acting but also his humanitarian work, the owner of an incredible pair of blue eyes succumbed to lung cancer on 26 September at the age of 83.



HT

Winning an all-India singing competition gave Amrtisar-born **Mahendra Kapoor** his first break as playback singer in 1958. Inspired by Mohammad Rafi whom he considered his guru, Kapoor sang *Aadha Hai Chandra Ma Raat Aadhi* under music director C Ramchandra. During a career spanning five decades, he sang about 25,000 songs in various regional languages. Besides making his name synonymous with patriotic songs, *Mere Desh Ki Dharti* from film *Upkaar* won him the prestigious National Award. His memorable hits include *Chalo Ek Baar Phir Se* (*Gumrah*) and *Neele Gagan Ke Taale* (*Humraaz*). Bollywood lost one of its best voices when Kapoor died at his Mumbai residence on 28 September. He was 74.



EXCLUSIVE HARMONY CROSSWORD 49

By **Raju Bharatan**

ACROSS

- 1** Lok Sabha 'All Rounder Without Peer' in Indira Gandhi's prime! (5 4)
9 Copes with a Kangaroo quickie against whom Viv Richards fought a racial battle, as revealed in that volatile Caribbean's biography (6)
10 Landing at the precise point you want going round the globe? (2 3 4)
11 Vyjayantimala in this *avatar*, which heroine could possibly look-alike in a *Madhumati* remake? (6)
12 High Jump of the Season sum-

ming up 2012 digitally (5 4)

- 13** A graduate sister foundation? (1 5)
17 Only reason why this compiler is referred to, below, as "the originator of the 'Sunday Cryptic' crossword" (3 3 5 4)
18 Easy to remove, retrenchment in progress? (4-2)
22 At 80-plus, Dance Wizard J J Rodriguez is, rooted as he is in South Bombay (6 3)
23 *The Diana*? (2 4)
24 Dot-ball? Or dot-ball notcher in scorebook (9)
25 Uttar Pradesh on 'Nayyar Of The Punjabi Beat'? How long Shanker-Jaikishan were 'Binaca

Top' did so depend (4 2)

- 26** Shakespearian play line following Cyprus, Member of the Order of the British Empire (9)

DOWN

- 2** Inn sinking, Dee rising, found wanting (2 4)
3 Exit-poll time TV reference to those crucial to making up the numbers? (6)
4 Imagine, Hrishikesh Mukherjee said "Pack up!" the moment he saw the Juhi Chawla-Anil Kapoor pair reaching for it during the shooting of *Jhoot Bole Kauwa Kaate!* (6)
5 How wildly variant it is, as practised by Henry Kissinger then, Condoleezza Rice now, as far as foreign relations with India go! (6 9)
6 The only way Viru Sehwaag knows to throw a double century-celebratory party (4 1 4)
7 Wielded in style by 'Man Of The Match' Zaheer Khan in observing that Ricky Ponting & Co couldn't get Bhajji and Zak out in the Bangalore Test! (1 5-3)
8 Reserve? (6 3)
14 Would Bimal Roy, working in anything but black-and-white, have been..? (3-6)
15 Lozenge giving Newton his big idea? (5-4)
16 What there will be for Sachin, in Team India, even after Sourav, Anil and Rahul go? (5 4)
19 The one disturbing thing our cosily married household-couples do not want to see! (3 3)
20 All that they found when they first dug up Vijay Merchant's Brabourne Stadium wicket? (3 3)
21 Something Imran Khan had to say to Zaheer Abbas at one-down, eternally superstitious as that world-class batsman was, to start with, where it came to the moment to step out (2 2 2)

For answers, see Page 81

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

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

SAY IT OUT LOUD



We have just enough religion to make us hate, but not enough to make us love one another.

—Anglo-Irish satirist Jonathan Swift (1667-1745)

THE BUZZ

SAFE AND SOUND

A cheeky new mobile ringtone, *Condom! Condom!*, is the latest offensive against HIV. A massive TV and radio campaign funded by the Bill and Melinda Gates Foundation and produced by BBC World Service Trust are promoting the ringtone, which aims to make condom use more socially acceptable in India. It can be downloaded from www.condomcondom.org—it was reportedly downloaded more than 60,000 times within 12 days of its launch in August 2008.

THE WORD IS OUT

New terms that have made their appearance in newspapers, magazines, books, websites and other recorded sources

social networking *pp.* Surfing a social networking site instead of working. Also: **social not-working**.

—**social networker** *n.*

Example: It's time businesses faced up to Facebook. Some users waste hours on **social networking** sites, but a gentle hint may work better than a ban.

—Daniel Robinson, "It's time businesses faced up to Facebook", *IT Week*, 8 October 2007

burqini *n.* A swimsuit that conforms to Islamic dress code, particularly one that covers the entire body, except the face, hands, and feet. Also: **burkini**. [Blend of *burqa* and *bikini*.]

Example: Many predicted heightened racial tensions at Sydney's beaches. Instead, Cronulla has become the scene of reconciliation, with 17 young men and women training there to become Australia's first Muslim lifeguards. Last weekend they received the bronze medallions that qualify them to patrol beaches and rescue swimmers from the surf. Among them were a number of women wearing a newly designed head-to-toe swimsuit, dubbed the **burqini**. The two-piece outfit—featuring leggings, a loose top and a head covering—enables them to carry out their tasks while conforming to the Islamic dress code.

—Kathy Marks, "Burqini babes go on patrol on Sydney's beaches", *The Independent* (London), 5 February 2007



BRAIN GYM

marketing *n.* A form of marketing where the product or service is not mentioned or shown. [Blend of *murky* and *marketing*.]

—**marketer** *n.*

Example: Traditionally, a company that spots a sudden market opportunity responds by gearing ads toward the new customers. But Neal Stewart, Pabst’s marketing whiz, had studied ‘No Logo,’ Naomi Klein’s anti-corporate manifesto, and he understood that overt commercial messages would turn off an audience suspicious of capitalism. Thus the company shunned celebrity endorsements—Kid Rock had been interested—and devoted its budget instead to **marketing**, sponsoring a series of unlikely gatherings across the country. Like “some kind of small-scale National Endowment for the Arts for young American outsider culture”, Pabst paid the bills at bike messenger contests, skateboarder movie screenings, and art and indie publishing get-togethers. And Red Bull is thought to have spent hundreds of millions of dollars on ‘stealth’ events, financing competitions for, among other things, kite-boarding, video gaming and break-dancing.

—Farhad Manjoo, “Branded”, *The New York Times*, 27 July 2008

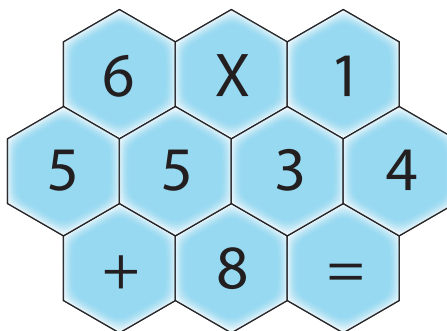
defriend *v.* To remove a person from one’s list of friends on a social networking site. Also: **de-friend**.

Example: After Jerome Kerviel lost his employer, French investment bank Societe Generale, \$ 7.2 billion, he also lost seven of his 11 friends on Facebook. Smart move by those ex-friends. You never know who’s looking at your profile. Of course, at some point, you might be in a similar situation. Because this kind of thing happens all the time. So here’s how to **defriend** that guy who just went into hiding after losing \$ 7.2 billion.

—“How to stop being Facebook friends with that guy who lost \$ 7 billion”, *ValleyWag*, 29 January 2008

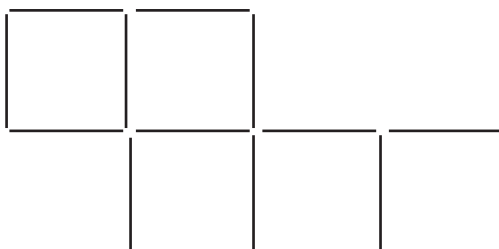
HEXCITEMENT

Trace a path that passes through each hexagon once, and leads to a true equation. The usual order of operations is used: multiplication and division before addition and subtraction.



FAIR AND SQUARE

Change the placement of two sticks and convert the arrangement into four squares.



BITS AND PIECES

Arrange the three-letter sets into meaningful words, one of which will set the category for the rest.

| | | | | |
|-----|-----|-----|-----|-----|
| Sha | Bis | bal | ira | taz |
| Nat | Act | uja | tru | rak |
| Waj | Eet | nad | jee | zee |
| Hee | Mum | tan | sha | dra |
| Gan | Shi | ten | ors | raj |

TRIVIA GALORE

Think you know it all? Read on.

1. The hearts of shrimps are in their heads.
2. The word 'checkmate' comes from the Persian phrase *shah mat*, which means 'the king is dead'.
3. The naval rank of 'Admiral' is derived from the Arabic phrase *amir al bahr*, which means 'lord of the sea'.
4. Leonardo Da Vinci invented the scissors.
5. The dot over the letter 'i' is called a tittle.
6. Spiral staircases in medieval castles run clockwise. This is because all knights used to be right-handed. When the intruding army would climb the stairs they would not be able to use their right hand, which was holding the sword because of the difficulties in climbing the stairs. Left-handed knights would have had no troubles except left-handed people could never become knights because it was assumed that they were descendants of the devil.
7. The most common name in the world Mohammed.
8. The two lines that connect your top lip to the bottom of your nose are known as the philtrum.
9. The muzzle of a lion is like a fingerprint—no two lions have the same pattern of whiskers.
10. A goldfish has a memory span of three seconds.
11. Your stomach has to produce a new layer of mucus every two weeks, otherwise it would digest itself.
12. It takes 2,000 frowns to create one wrinkle.
13. Armadillos are the only animals besides humans that can get leprosy.

SUDOKU FOR YOU

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

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

KOFFEE WITH KAKURO

| | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|
| | 18 | 19 | 13 | 6 | 12 | | 8 | 13 | |
| 22 | | | | | | 8 | | | 7 |
| 45 | | | | | | 12 | | | |
| 9 | | | | 7 | | | 7 | | |
| | 3 | | | | 12 | | 5 | | |
| | | | | 10 | | | | 23 | |
| | | 7 | | | | 11 | | | 18 |
| 11 | | 9 | | 11 | | 13 | | 3 | |
| | | | 15 | | | | 10 | 13 | |
| 45 | | | | | | | | | |
| | 12 | | | 28 | | | | | |

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

THE WAY WE WERE

WE GO 50 YEARS BACK IN TIME TO BRING YOU PRODUCTS, PEOPLE, EVENTS AND FASHION THAT INFLUENCED THE WORLD...

CIRCLE OF PEACE



Created by British artist Gerald Holtom in 1958, this symbol would be recognised decades later for the same meaning: peace. A simple symbol that represents the most complicated and confusing times in history, it is now regarded as one of the most innovative and intelligent logos ever created. The symbol, which was originally designed as a logo for an anti-nuclear protest march from London's Trafalgar Square to Britain's nuclear weapons factory in Aldermaston, represents a human being in despair with arms outstretched downwards. In a world long tormented by conflict of ideologies, the peace symbol has survived as a cherished badge through the anti-Vietnam war campaigns of the 1960s; the flagrant hippie counter-culture of the 1970s; and the women and gay rights movement in the 21st century.

THIS MONTH, THAT YEAR: NOVEMBER 1958

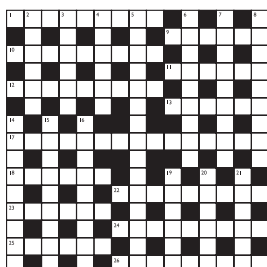
- In November 1958, the US and Soviet Union suspended nuclear tests under the auspices of the United Nations Nuclear Disarmament Commission. The moratorium lasted till September 1961.
- On 7 November 1958, British Prime Minister Harold Macmillan asked French President Charles de Gaulle to reconsider France's stance on the creation of a single industrial free-trade area in Europe.
- On 20 November 1958, India and Nepal entered into an agreement to develop the Trisuli Hydroelectric Project near the river Trisuli in Kathmandu. The project, at an estimated cost of Rs 35 million, was undertaken to convey power to the Kathmandu valley.
- N Sanjeeva Reddy, then chief minister of Andhra Pradesh, inaugurated the Rangaraya Medical College in Kakinada on 17 November 1958.

SOLUTIONS TO EXCLUSIVE HARMONY CROSSWORD 49

76

ACROSS:

1 Piloo Mody; 9 (*Len*) Pascoe: *cope*s with a representing the 6 letters rearranging as Pascoe; 10 On the ball (*ball* here being *globe*); 11 Reborn; 12 Year's Leap (2012: year's leap); 13 A basis (A/B.A./sis: a *graduate* sister); 17 For Old Times' Sake; 18 Clip-on (*Easy to remove, clip on* could also mean *retrenchment in progress*); 22 Colaba Boy (reference to all-time Colaba resident J J Rodriguez as the Portuguese Dance Wizard); 23 *La Dors*; 24 Ballpoint (a dot in the scorebook represents a ball off which no run's scored); 25 Upon OP (UP/on/OP); 26 *Cymbeline* (CY/MBE/line: CY is Cyprus, MBE is a Member of the Order of the British Empire, *line* following)

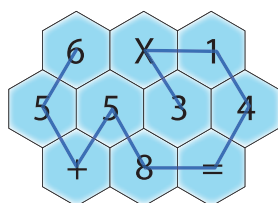


DOWN:

2 In need (*Inn/eeD*: Inn sinking, *Dee* rising, *found wanting* is *In need*); 3 Others; 4 Mobile; 5 Dollar diplomacy; 6 Have a bash; 7 A cross-bat; 8 Tennis 'let' (leading to *reserve* or *re-serve*); 14 Off -colour; 15 Fruit drop; 16 Elbow room; 19 *Bai Lib*; 20 Bat oil; 21 Go on in

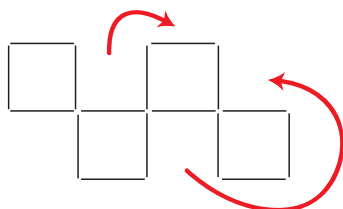
SOLUTIONS TO BRAIN GYM

Hexcitement



$$65 + 58 = 41 \times 3$$

Fair and square



78

Bits and pieces

| | | |
|-----|-----|-----|
| ACT | ORS | |
| sha | Shi | |
| bal | Raj | |
| zee | Nat | |
| mum | Taz | |
| nad | Ira | |
| rak | Hee | |
| tan | Uja | |
| sha | Tru | gan |
| bis | Waj | eet |
| jee | Ten | dra |

SOLUTIONS TO SUDOKU

79

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

SOLUTIONS TO KAKURO

| | | | | | | | | | |
|----|----|----|----|---|----|----|----|----|----|
| | 18 | 19 | 13 | 6 | 12 | | 8 | 13 | |
| 22 | 5 | 6 | 8 | 2 | 1 | 8 | 5 | 3 | |
| 45 | 7 | 9 | 5 | 4 | 6 | 1 | 3 | 8 | 2 |
| 9 | 6 | 3 | | 7 | 5 | 2 | 7 | 2 | 5 |
| | | 3 | 1 | 2 | | 12 | 9 | 3 | |
| | | | 7 | 5 | 2 | | 11 | 2 | 9 |
| 11 | 6 | 5 | | 3 | 8 | | | | 18 |
| 45 | 4 | 1 | 6 | 5 | 3 | 2 | 9 | 7 | 8 |
| | | 12 | 3 | 9 | 28 | 2 | 8 | 4 | 5 |

Suresh Shah, 71, for initiatives to improve civic amenities in Bengaluru



TEXT: RAJASHREE BALARAM; PHOTO: PRASAD DURGA

"We waste a lot of time accusing the government of not providing us adequate civic amenities. Let's ask ourselves how we can do our bit to make the world a better place to live in."

Suresh Shah believes every city mirrors the attitude of its citizens. The chairman of Sapna Book House—a well-known chain of bookshops in Bengaluru—Shah has led several initiatives to improve civic amenities in the city. Two years ago, he helped convert a neglected stretch of wasteland along Railway Parallel Road at Kumara Park East into a lush green park. Shah wrote several letters to railway authorities seeking to convert the land into a park. When the authorities agreed, he spent Rs 300,000 from his own pocket to remove weeds and plant Mexican grass and saplings. He also shelled out Rs 1.2 million to convert an unkempt lane in Gandhi Nagar into a parking area for two-wheelers, besides building public toilets and setting up a drinking water facility in the area. He received the Rajyotsava Award, conferred by the Karnataka government, for his civic efforts in 2000. He has also received letters of appreciation from the chief minister of Karnataka and the prime minister—hard-won recognition for a man who grew up working as a coolie in Mumbai and later as a book salesman for a small-time publisher in Bengaluru. "Bengaluru gave me many opportunities to grow," he says. "It's time I gave something back to the city."



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of in India. All our centers offer quick and quality services. Many of our centers house Foot Solutions - the leading health and wellness brand in the U.S., which focus on foot care, comfort shoes and custom arch supports. We also offer some of the world's best skin care brands like Living Proof, Harley Street London. Besides, we have also launched Robert Schwartz cosmeceutical & nutraceutical, for the first time in India.

But that's not all. By setting up centers in malls and high-streets, we gave 'healthcare' a new face - for very the first time in India. Thereby making the whole experience engaging and convenient. Today, these centers have emerged as a trusted one-stop-shop for all healthcare needs. We bagged the Golden Peacock for Innovative Product / Service Award 2007 and the ACHSI certification for customer safety and service quality - again, for the first time in India. These recognitions stand testimony to our commitment to excellence. Today, Manipal Cure and Care has five centers across Bangalore, Mumbai, Pune and Ahmedabad. Now, plans are underway to spread across India, South East Asia and Middle East.

For us, this endeavor has simply involved stepping back in time. Reminiscing the old adage saying, 'Prevention is better than cure'. And commencing an altogether new journey called - preventive healthcare.

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