

# harmony celebrate age

The magazine for silver citizens

NOVEMBER 2012 ₹ 30

Subscriber Copy Not For Resale

## LANDMARK

60 YEARS OF  
JEHANGIR ART  
GALLERY

## BOOKSHELF

PRESCRIPTION  
FOR INDIA BY  
GURCHARAN DAS

Director's Cut  
SANDIP RAY

SONY



GEAR UP FOR THE 'COLD' WAR • COFFEE @ COORG

1000000  
1000



Health Check up Today  
For Healthy Life Tomorrow



Presents

## Aarogyam VH Profile

(With Vitamins & Hormones)

A unique diagnostic profile of specialised tests for a complete health evaluation

Now loaded with  
HbA1c, Vitamin D, B12 &  
Testosterone!



SPECIAL OFFER RATE

@ ₹ ~~3800~~ 2200/- only\*

Home service included #

### Profile Includes (66 tests)

- Diabetic Screen [5]
  - Liver Profile [10]
  - Cholesterol Profile [7]<sup>†</sup>
  - Renal Profile [5]
  - Iron Deficiency Profile [3]
  - Electrolytes Profile [3]
  - Hemogram [17]
  - Urinogram [10]
- and
- Vitamin D, B12
  - Hormones [ T3, T4, TSH, Testosterone]

+ 10-12 hrs fasting is essential

# In selected cities within city limits

Delivery code: 2200USB300H-CF

\* Offer valid for limited period only

For booking the service :

CALL 022 - 67 123456 / 3090 0000

WEBSITE [www.thyrocare.com](http://www.thyrocare.com)

EMAIL [info@thyrocare.com](mailto:info@thyrocare.com)

SMS AVH to 9870 666 333

Brought to you by

# Thyrocare®

World's largest preventive care laboratory

ACCREDITED | NETWORKED | BARCODED

Thyrocare, D-37/1, TTC MIDC, Turbhe, Navi Mumbai- 400703.

# Harmony's HERO

On October 11, one of India's favourite sons—Amitabh Bachchan—turned 70. And for my husband Anil and me, it was a privilege and honour to be part of the celebrations for this remarkable man we are proud to call a dear friend.

He is also a friend of Harmony. Since inception in 2004, he has supported all our activities wholeheartedly, giving us his time so generously—his column for *Harmony-Celebrate Age* was candid and insightful, an eloquent and honest affirmation of all that he holds true; he flagged off the first Harmony Senior Citizens' Run at the Standard Chartered Mumbai Marathon in 2005, setting the tone for what has become an annual event that showcases silver spirit; and he headlined our first 'Hotlist' of silvers, resplendent on the cover of our magazine as the best that silver can possibly be.

Indeed, Amitabh Bachchan embodies every precept Harmony stands for; every mantra we swear by. He gives our tag line 'Celebrate Age' new meaning and depth with the way he lives his life. Over the years, I have observed—and marvelled—at his energy and enthusiasm; he tackles every project, every endeavour, every task with the same unwavering attention; whether his professional commitments or personal ones, he gives his all, always.

At work, he is a master of reinvention, constantly challenging himself and pushing the creative envelope. Testament to this is his incredible turn as Auro, a young boy suffering from the genetic disease progeria, in the film *Paa*. He submerged himself into the part; hours and hours of arduous makeup sessions and an emotional role that required a silver man to step into the body—



Suresh Natarajan

and heart—of an adolescent, suffering boy. The result: cinematic brilliance.

At home, too, he believes in complete immersion—family means everything to this indulgent grandfather and doting father. As a son, his love for his mother and father bordered on reverence. He took care of his ailing parents with a zeal that was truly astonishing; he provided them the best medical facility possible in his own home and lavished his time and attention on them. The only word to describe it is *seva*, pure, simple and sustained.

Awards, accolades and achievements aside, that's what makes Amitabh Bachchan a true hero, and an ambassador for silver power. He knows that each day is not to be endured, but savoured. And he believes that despite the miles crossed in the tremendous journey called life, the best—his best—is yet to come. That's true for us all; we just have to believe it too.

*Tina Ambani*

## A Harmony for Silvers Foundation Initiative

*Harmony Celebrate Age*—November 2012 Volume 9 Issue 6

Publisher **Dharmendra Bhandari** Editor **Tina Ambani** Deputy Editor **Arati Rajan Menon** Assistant Editor **Srirekha Pillai**

Copy Editor **Sai Prabha Kamath** Correspondent (Mumbai) **Radhika Raje** Consultant Editors **Malvika Singh, Meeta Bhatti** Design Consultant **Jit Ray**

Studio Manager **Hareesh Patel** Production Manager **Rohidas Adavkar** Graphic Designer **Dattaguru Redekar**

Visual Coordinator **Anuradha Joshi** Website Coordinator **Ajit Nair**

Assistant Vice-President, Business Development **Shrenik Mehta** Assistant Manager, Business Development **Kumar Kislay** Marketing Coordinator **Johnsi Nadar**

**Editorial & Marketing Offices:** Reliance Centre, 1st floor, 19, Walchand Hirachand Marg, Ballard Estate, Mumbai-400001. Tel: 91-22-30327108 (Editorial), 30327102 (Marketing). Email: [contact.mag@harmonyindia.org](mailto:contact.mag@harmonyindia.org) **Printed and published** by Dharmendra Bhandari on behalf of the owners, Harmony for Silvers Foundation

**Printed** at Thomson Press India Ltd, 18-35, Milestone, Delhi-Mathura Road, Faridabad-121007 (Haryana). **Published** at Reliance Energy Centre, Santacruz (East), Mumbai 400055. **Disclaimer:** The material provided by *Harmony* is not a substitute for professional opinions. Readers are advised to seek appropriate advice

from qualified and licensed professionals in the concerned field. © Harmony for Silvers Foundation. All rights reserved worldwide. Reproduction in any manner is prohibited. *Harmony* does not take responsibility for returning unsolicited publication material. [www.harmonyindia.org](http://www.harmonyindia.org)

# index

## features

**42 . Winter Special:** Our handy guide will help you brace up for the 'cold' war ahead

**52 . Landmark:** Mumbai's iconic Jehangir Art Gallery celebrates 60 years of taking art to people

**58 . Destination:** Coffee plantations and gurgling cascades invite you to 'mist'ical Coorg

**71 . Bookshelf:** Writer Gurcharan Das' clarion call for a classical liberal state



**46**  
cover feature

### Sandip Ray: Carrying on the legacy of filmmaking

Cover photograph by **Shilbhadra Datta**

## columns

**32 . NUTRITION:** Anjali Mukerjee on how to prevent dehydration and digestive disorders

**34 . SILVER LINING:** Padmashri V S Natarajan tells how to tackle insomnia and sleep hygiene

**36 . YOGA RX:** Shameem Akhtar demonstrates yogic poses to wake up the logical in you

## every issue

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

**28 . YOUR SPACE:** Reach out to fellow silvers with your inspiring stories

**64 . ETCETERA:** Culture, leisure, lifestyle, books, buzz and miscellany

**80 . SPEAK:** Retired Major D N Sood helps his former battalion in Punjab with a library



**WEB EXCLUSIVES** [www.harmonyindia.org](http://www.harmonyindia.org)



**FRAMED FOR POSTERITY**  
*How 'Focus Frames' in Chennai lives up to its brand name*

**REACHING OUT**  
*Social worker Anjali Barooh says giving back to society is the best form of gratitude*

**FOR SUBSCRIPTION ASSISTANCE CONTACT:** Harmonycare, Living Media India Ltd, A-61, Sector 57, Noida (Uttar Pradesh) - 201301.

**Toll-free: 1800 1800 100 Phones: New Delhi:** (0120) 2479900 from Delhi and Faridabad; (0120) 2479900 from Rest of India Fax: (0120) 4078080; **Kolkata:** 033-22827695 Fax: 22828949; **Bengaluru:** 080-2212448, 22213037, Fax: 2218335; **Mumbai:** 022-66063355 Fax: 24444358; **Chennai:** 044-28478525 Fax: 24361942; Email: [harmonyindia@intoday.com](mailto:harmonyindia@intoday.com)

**HEAR MORE  
WITH CLARITY AND COMFORT**



## INTRODUCING WIDEX SUPER - THE POWER TO HEAR CLEARLY

Want to hear more, but in comfort? Then the new WIDEX SUPER™ power hearing aid is the ideal choice for people with **severe to profound hearing loss**. It is not only powerful but also comfortable. And more importantly, it gives you more audibility – so you can hear sounds and speech clearly, naturally and without distortion. Come explore a new power.



**WIDEX SUPER™**

THE POWER TO HEAR

Widex recommends use of Widex Batteries for better performance and longer life\*

\*Conditions apply.

## WIDEX INDIA PVT LTD.

- CHANDIGARH** : DLF Infocity, Tower 'D', 2nd Floor, Rajiv Gandhi Chandigarh Technology Park, Ph : 0172-5000201, Telefax: 0172-5042075  
**DELHI** : ICS House, C-19, Ground Floor, Safdarjung Development Area Market, Opp. I.I.T. Main Gate, Ph: 011-26514672, 26514673  
**BENGALURU** : 406, 4th Floor, Prestige Centre Point, Cunningham Road, Ph.: 080-41635048, 22879500  
**MUMBAI** : 110 & 111, Midas Building, Sahar Plaza, J.B. Nagar, Andheri (East), Ph.: 022-61278333, 28388447  
**KOLKATA** : 2nd Floor, 87, Chowringhee Road, Ph.: 033-40085033

**Also available at all leading Dispensers in India, Nepal & Bangladesh**

For Products and Prices log on to [www.widexindia.com](http://www.widexindia.com) Toll Free No. 1800 420 94339

Follow us on



# column one

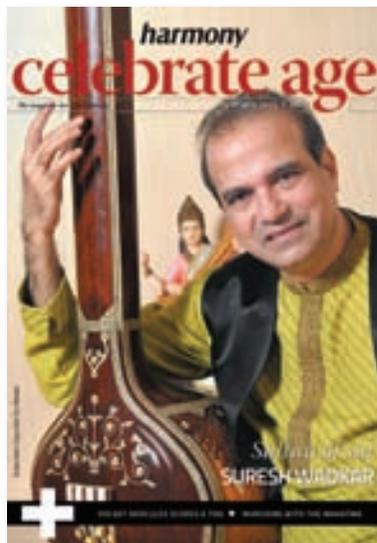
Living up to a legacy is never easy; when it's one as impressive as Satyajit Ray's the task is even more formidable. Yet, with dignity and dedication, Sandip Ray has carved his own creative niche, drawing from his father's treasure trove of work while pursuing his own routes to inquiry and innovation. On our cover this month ("Master of Arts"), the 59 year-old filmmaker, illustrator, photographer and singer tells us how the past informs his future work.

Indeed, some legacies continue to resonate through time. Like Jehangir Art Gallery in Mumbai, a beloved 'Landmark' that celebrates its 60<sup>th</sup> anniversary this year. Senior artist Prafulla Dahanukar shares her journey with the gallery ("The Show Goes On"), which "transformed the art scenario" by giving artists a platform to show their work, and the public access to affordable art. In a similar vein, in Kashmir, Bhawani Bashir 'Yasir' ("Theatrewallah", 'Etcetera') has given local theatre a platform and Kashmiriyat an aesthetic voice.

We need more intellectuals like him to preserve our heritage and more reformers to stem our systemic rot. That just may help India grow 'in the day', as writer and thinker Gurcharan Das ("A Glimmer of Hope") puts it; his new book *India Grows at Night* makes the case for a strong state.

Elsewhere, we offer you "A 'Mist'ical Experience" in Coorg ('Destination'), that promises virgin green cover and soothing breeze, to break free from city life. And with winter around the corner, our advisory to "Win the Cold War" will enable you to put your best foot forward. Remember, we walk with you, always.

—Arati Rajan Menon



The cover feature on the 'Sultan of Sur' Suresh Wadkar ("The Master's Voice", October 2012) made for an interesting read. Since his *Sadma* days, I have been an ardent admirer of Wadkar's soul-stirring melodies. Thank you for bringing him closer to fans like me by publishing unknown facets of his life. I am amazed at how he keeps the *guru-shishya* tradition alive in the age of digitisation.

Vasisht Goel  
Mumbai

I took a short vacation at Hogena-kkal Falls last year with my wife just after my retirement. Reading about the majestic Cauvery river ("Smoke on the Water", October 2012) brought back memories of the enchanting cascades and our adventurous coracle ride. The photographs beautifully captured the different moods of the river and the picturesque locations. I am also a regular reader of your 'Second Careers' section, which has inspired me to continue working in the evening of my life. Great job and keep going!

Nandkumar Gupta  
Gujarat

Thank you for publishing my article "Against All Odds" in the 'Your Space' section of the October 2012 issue of *Harmony-Celebrate Age* and introducing me to thousands of readers through this article. I appreciate the way in which you have improved and polished the article, making it highly readable and enjoyable. I also thank you for your efforts to weave dry biographical details into an artistically pleasing essay.

Dr N Sreedharan  
Chennai

## AN INVITATION FROM HARMONY

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

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

Mail us at Reliance Centre, 1st Floor, 19, Walchand Hirachand Marg, Ballard Estate, Mumbai-400001.

Or email at [contact.mag@harmonyindia.org](mailto:contact.mag@harmonyindia.org)



# Excess Fat may increase risk of heart disease



Excess fat - especially around the waist could prompt inflammation and raise the risk of heart disease. If so, fat may not be idle. Instead, it might act like an unwelcome extra organ that pushes people toward heart disease.

“It is well known that Excess Fat is closely linked with heart disease.

## Excess Fat - Leptin Resistance might be the reason



**For enquiries or order, please contact:**  
09915002390, 07814122220, 07814422220  
Email: furoslim@fenfuro.com

**To consult doctor call at:**  
09878941956 from 2:00pm to 3:30pm  
& 6:00pm to 9:30pm only

It takes about  
8-12 weeks to  
improve  
sensitivity of  
Leptin

Available at selected chemists

[www.fenfuro.com](http://www.fenfuro.com)

# ATTENTION SENIOR CITIZENS



get a **loan** against your house,  
live in it and **get paid every month**

REVERSE MORTGAGE TOLL FREE HELPLINE

**1800 100 1111**

**CALL  
NOW!**  
Mon-Sat  
9am to 5pm



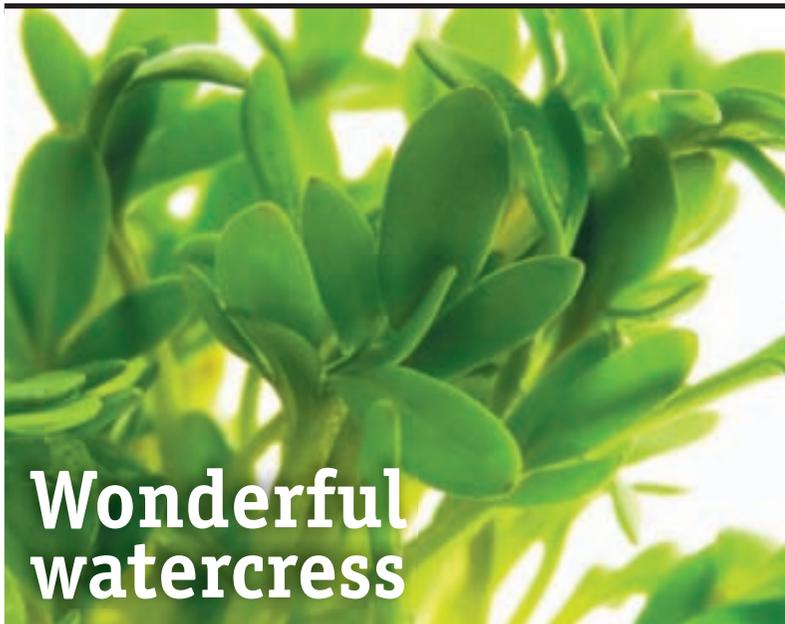
► **FACE OFF**

## Slime please

**A**s yucky as it may sound, **mucus from snails may help you put a whole new face on things.** Initially sold as an ingredient in anti-acne products, it is now being marketed as an anti-ageing ingredient owing to its ability to iron out wrinkles and reduce pigmentation and scarring, reports news agency ANI. Brands like Missha, Dr. Jart+, Labcconte and De Tuinen all incorporate snail slime in their products. The mucus—technically called *Helix Aspersa Müller Glycoconjugates*—is a meld of proteins, glycolic acids and elastin, which, according to dermatologists, regenerates the skin, facilitates the restoration of damaged tissue and replenishes moisture. Never mind if it sounds, well, slimy.

# Miracle cream?

It has broken all sales records—selling at more than five units a minute in the UK—but can it put the brake on the advance of time? **Avon's Anew Clinical Pro Line Corrector A-F33 Treatment, with its 'miracle molecule' F33, or Amino Fill 33, is being touted as the biggest breakthrough in skincare in two decades, since retinol.** By 'deactivating' the cells that block collagen production, the cream allows more elastin, which firms the skin, to be released to the skin's surface, reducing signs of ageing in a week of daily use. As British newspaper *The Telegraph* reports, the company's clinical trials demonstrated that the cream reduced fine lines and wrinkles in—wait for it—100 per cent of participants and an additional 96 per cent of users found an improvement in deeper wrinkles over time. The cost: £ 30 (about ₹ 2,500). For more details on the product, go to [www.avon.uk.com](http://www.avon.uk.com)



## Wonderful watercress

The sandwich staple so ubiquitous in quaint British novels and boarding school adventures, **watercress is now being heralded as a wonder food.** As London newspaper *The Daily Mail* tells us, 10 out of 11 women in a British study experienced visible improvements to their skin after they added a bag (80 gm) of watercress a day to their diet for a month. The women ranged from 23 to 58 years of age. Here are some other findings:

- 7 out of 11 saw an improvement in their wrinkles
- 8 out of 11 saw an improvement in the texture of their skin

- 9 out of 11 saw an improvement in their pores
- 5 out of 11 saw an improvement in their red areas
- 5 out of 11 saw an improvement in their brown spots
- 3 out of 11 saw an improvement in their UV spots

Not surprising, really, if you do the nutritional math—watercress contains more Vitamin C than oranges, four times more beta carotene and Vitamin A than apples, tomatoes and broccoli, more calcium than whole milk, and more iron than spinach.



## A LEG UP

In the anti-ageing race, why should your legs get left behind? That's the premise of **Legance, by French cosmetics company Sederma, which promises slender legs and ankles and relief from water retention and spider veins.** "By inhibiting the inflammatory phenomena leading to lipid storage and water retention, Legance restores a more dynamic circulation in the legs and relieves the sensation of tiredness," the company claims in a media release. No word yet on price and when it will be released on the market. Find out more on [www.sederma.fr](http://www.sederma.fr)

60 YEARS OF TRUST AND BONDING



# GREATER BANK

---

## GOLD LOAN

- Avail a min. amount of ₹ 10,000/- upto ₹ 25 lakhs.
- Attractive interest rate of 13% on daily reducing balance.
- Instant loan disbursal. • No processing fee.



## GREATER BANK

**The Greater Bombay Co-operative Bank Limited** (Scheduled Bank)

Corporate Office: Baldota Bhavan, 3rd Floor, 117, Maharshi Karve Marg, Churchgate, Mumbai - 400 020.

Tel.: 91-22-61285900 | Fax: 91-22-22076989 | [info@greaterbank.com](mailto:info@greaterbank.com) | [www.greaterbank.com](http://www.greaterbank.com)

**Visit your nearest Branch or Call: 8692050008 / 8692050009**



## Star of **youth**

**I**t's like something out of a sci-fi movie—a **place in space that holds the secret to eternal youth**. But that's exactly what scientists are claiming after observing the Messier 4 (or NGC 6121), a cluster of stars in the Milky Way. When astronomers at the European Southern Observatory (ESO)'s La Silla Observatory in Chile observed this glowing glob (geek for globular cluster), which comprises thousands of stars believed to have formed eons ago, they found that one star shined significantly brighter—a sign of youthfulness. As website *Space.com* explains, the age of stars can be gauged by the chemical elements revealed in their light; stars formed long ago, when the universe was young, contain few heavy elements and the light elements present are depleted as they age. However, the shining star in question appeared to have lost none of its share of one such element, lithium. "The source of this lithium is mysterious," scientists from ESO tell media. "Normally, it is gradually destroyed over the billions of years of a star's life, but this one star among thousands seems to have the secret of eternal youth. It has either somehow managed to retain its original lithium or has found a way to enrich itself with freshly made lithium." The Messier 4 glob is one of the closest clusters to Earth—in fact, even amateur stargazers can see it with a small telescope or even binoculars.

## Across the **BORDER**

**P**akistan is getting serious about its silvers. In October, the country's Ministry of Capital Administration and Development (CAD) announced that a **draft bill to 'protect the rights of senior citizens'** will soon be introduced in the National Assembly. The draft is now with relevant ministries and silver organisations for consultation, comments and recommendations. "The CAD will establish a senior citizens' welfare council after the passage of the draft bill to formulate policy proposals, conduct research and compile data to formulate an action plan and mobilise financial resources to carry out projects for the welfare of senior citizens," CAD Secretary Riffat Shaheen Qazi told



media. "The government intends to set up special desks at major hospitals like the Pakistan Institute of Medical Sciences to facilitate checkups for senior citizens." There are over 10

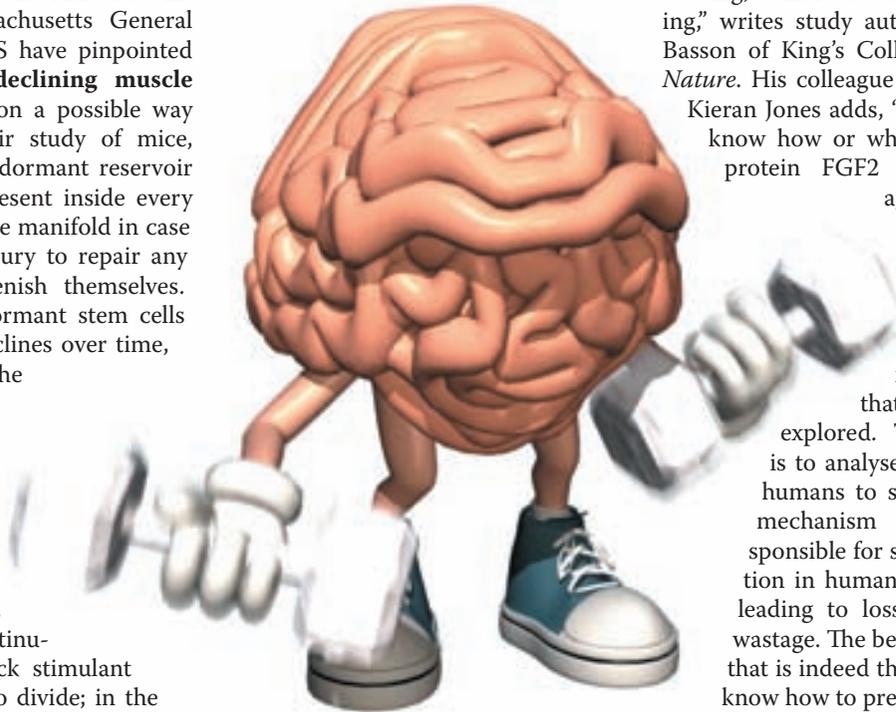
million people over the age of 60 in Pakistan, a number that is expected to increase to 43.3 million in 2050, which will constitute 15.8 per cent of the population.

# Muscle MAGIC

We all take it as a given that our muscles lose mass over time—now we finally know why. A transatlantic team comprising researchers from King's College in London, and Harvard University and Massachusetts General Hospital in the US have pinpointed **the reason for declining muscle repair** and hit upon a possible way to halt it. In their study of mice, they found that a dormant reservoir of stem cells is present inside every muscle; these divide manifold in case of exercise and injury to repair any damage and replenish themselves. The number of dormant stem cells in each muscle declines over time, thus reducing the muscle's ability to repair itself. Concurrent to this, the team discovered high levels of the protein FGF2 in ageing muscles, which acts as a continuous round-the-clock stimulant to the stem cells to divide; in the

process, also causing them to deplete. Thus, by inhibiting the protein in older muscles, with a simple drug, they were able to stop the decline in the number of stem cells.

"Preventing or reversing muscle wasting in old age in humans is still a way off, but this study has for the first time revealed a process which could be responsible for age-related muscle wasting, which is extremely exciting," writes study author Dr Albert Basson of King's College in journal *Nature*. His colleague and co-author Kieran Jones adds, "We do not yet know how or why levels of the protein FGF2 increase with age, triggering stem cells to be activated when they are not needed. This is something that needs to be explored. The next step is to analyse old muscle in humans to see if the same mechanism could be responsible for stem cell depletion in human muscle fibres, leading to loss of mass and wastage. The best part is that if that is indeed the case, we now know how to prevent it."



**HI-FIVE HIMACHAL!**  
THE HIMACHAL PRADESH GOVERNMENT HAS APPROVED A 'POLICY ON ELDERLY PERSONS' TO "FINANCIALLY, SOCIALLY AND PHYSICALLY" EMPOWER PEOPLE ABOVE THE AGE OF 60. THE INITIATIVE IS ESPECIALLY TARGETED AT SILVERS LIVING IN REMOTE RURAL AREAS. NEXT ON THE ANVIL IS AN ACTION PLAN TO GET THE POLICY GOING.



## TODAY AND TOMORROW

To mark World Elders' Day on 1 October, the United Nations Population Fund (UNFPA) and HelpAge International released a special report, *Ageing in the 21st Century: A Celebration and a Challenge*. "It's time to enact a plan of action to improve the quality of life of older persons everywhere," Dr Babatunde Osotimehin, executive director of the UNFPA, told media. "All governments and people around the world must begin to think about how to respond to ageing. With the right policies in place for healthcare and legal protection, we can reap dividends from longevity. We need to be creative about who does what. Perhaps a younger person may have the skills to do physical jobs, but an older person may be the one that thinks creatively. They have wisdom, they have skills and they come with a lot of institutional memory about a lot of things, which we can deploy in solving problems."

### Here are some highlights from the report:

- Every second, two people around the world celebrate their 60th birthday.
- Japan is the world's 'oldest' country, with the highest concentration of people aged 60 and over.

- 47 per cent of males over 60 years old and 24 per cent of females over 60 years old still participate in the labour force. In some developing countries, over 90 per cent of people over 60 still work.

- By 2050, nearly 80 per cent of the world's silvers will be living in developing countries with India and China contributing to over one-third.

- 65 per cent of people over the age of 60 live in less developed countries.

- Less than 1 per cent of humanitarian aid was targeted at older people in 2010-11.

- Between 2000 and 2050, the overall population of India is anticipated to grow by 60 per cent while the population of the elderly will shoot up by about 360 per cent.

- In 2010-2015, life expectancy at birth is 78 years in developed countries and 68 years in developing countries. By 2045-2050, life expectancy is projected to be 83 years in developed countries and 74 years in developing countries.

You can read the entire report at [unfpa.org/ageingreport/](http://unfpa.org/ageingreport/)

## On middle GROUND?

Silver now has a new term to describe it: middle age! In a new British survey of over 1,000 people over the age of 50, over 70 per cent said **middle age begins at 55**, reports the BBC. In fact, 20 per cent insisted that it begins only at 60. And old age? Well, that only kicks in at 70! What's interesting is that a similar survey conducted just 10 years ago pegged middle age at 35, and old age at 50. "This tremendous change in perception reflects the advances in medicine and technology that have enabled people to live longer and more actively," says Les Reagan, director of



Britain Now, the market research firm that conducted the study. "It also speaks to the greater self-confidence and pride that older Britons have. They refuse to see themselves as has-beens, preferring to view themselves as vital and active, with many years of quality life ahead of them." We love the spirit. Still, while 'old age', as it were, may begin much later, the awareness of its challenges must begin now—and that's where *Harmony-Celebrate Age* can help!

# Experience

## A second childhood

Wouldn't it be great to have a second childhood? To start life afresh? Because at Harmony, a magazine for people above fifty five, we believe that age is in the mind. Which is why, you should live young.

Visit us at : [www.harmonyindia.org](http://www.harmonyindia.org)

  
**celebrate age** **harmony**  
the magazine

# Don't dose and drive

**FORGET ALCOHOL**, even your meds can impair your driving skills. With over 80 per cent of American drivers over the age of 65 on regular medication, the Automobile Association of America (AAA) recently launched website **Roadwise Rx to help silvers understand how their daily dose could affect their ability on the road**. Here's how it works: you key in all the meds you take and the site tells you how they can affect your driving—on their own, mixed with certain foods and

beverages, and in combination with other medicines. "Instead of patients walking into their doctor's office with a bag filled with their pill bottles, Roadwise Rx offers a more streamlined option for patients to compile a printed list of their medications, along with potential driver safety implications, and present it to their doctor for review and discussion," Ragina C Averella, AAA Mid-Atlantic manager of public and government affairs, says in a media release. Go to [www.roadwiserx.com](http://www.roadwiserx.com)



# **Blood Sugar...** **...common, serious but manageable**



## **Imagine !**

**your Blood Sugar  
reports showing  
good control of  
HbA1c level and  
doctor advising you  
to lower the  
insulin/oral dosage**

**FENFURO™ can help you to make it possible**

# **FENFURO™**

**NATURE + SCIENCE**

**Novel & Innovative Process, US Patent Granted**

**For enquiries or order, please contact:**

09915002390, 07814122220, 07814422220 Email:fenfuro@fenfuro.com

**www.fenfuro.com**



## *Secrets of the sea*

**T**he depths of the sea hide some pretty incredible secrets. According to scientists at the University of London, **marine animals like sea cucumbers and sea urchins—or echinoderms—have the capacity to change the elasticity of collagen within their bodies.** The implications of this discovery are indeed significant, considering that elasticity of collagen leads to wrinkles. “Probably the most exciting discovery from our research was finding genes encoding peptides that cause rapid stiff-

ening or softening of collagen in the body wall of sea cucumbers,” writes project leader Professor Maurice Elphick in journal *PLOS One*. “Although sea urchins and sea cucumbers may not look much like us, we are actually quite closely related to them. As we get older, changes in collagen cause wrinkling of our skin, so if we can find out how peptides cause the body wall of a sea cucumber to quickly become stiff or soft, our research might lead to new ways to keeping skin looking young and healthy.”



# Time to grandparent

To see people in Germany, you don't just need to step out of your house. You, in fact, need to step out of your neighbourhood and get into a bus or train and either go to shopping streets or holiday cities. The belief that the picture-postcard residential streets exude a sense of unpopulated gloom can also be contradicted if you step out into the backyard where you will definitely see the silver gentleman and his wife working up their garden or spending quality time with their grandchildren back from school at 3 pm. Every sunny afternoon, which are very few here in Duesseldorf, I do the latter. And on one of those rare non-cold days, I took the train from Duesseldorf to Koblenz, a 2,000 year-old hilly town in Germany's North Rhein Westphalia region. Among tens of non-smiling faces in the compartment I saw a smiling grandmother with her under-10 granddaughter on her lap, humming a song together.

When the little one wanted to go to the washroom, the grandmother accompanied her and kept a watch through the slightly ajar door. That's where we said, 'Hello'. In Germany, you say hello to almost everyone you make eye contact with, stranger or not. It's just a custom and doesn't mean that Germans are a warm lot (that's a different story). But the lady in question was one of the few exceptions.

As the girl took some time inside, we spoke and she told me I had made a good choice of a daytrip. She was heading to Austria for a short fall break with her grandchild. I told her it's something very common in India, which surprised her as she knew very little about the subcontinent; she joked how Germans never seem to go beyond Europe. Happy to have this precious time with her granddaughter, she, in fact, would like to spend




---

Termed *Grosselternzeit* (grand-parenting time), the German government is thinking about enabling silvers to bond with their grandchildren

---

more time with her but she is still a working woman. Thanks to a new law in the offing, their time together next year would be much longer; she may soon be entitled to a long break (as long as three years) without her retirement fund being affected. Termed *Grosselternzeit* (grand-parenting time), she's happy the government is thinking about enabling silvers to bond with their grandchildren.

Research reveals that while the benefit is not meant for companies that employ less than 16 people, of the 300,000 people who would soon been eligible for this perk, only about

10 per cent would probably take the time off and avail such leave as they either don't earn enough or live far away from their immediate families. With this law, though, the government expects younger people to take shorter maternity/paternity breaks. At present, young parents also get parental leave to look after their children until they turn four and can also avail unused parental leave till children turn 14. This new draft for older people, therefore, is being seen as an equaliser. While the eyes of the opposition party are on the government's loss in retirement funds, the ruling party and most opposition sees this new draft as a winner.

I think of all the time my nine year-old spent with his grandparents—they, in fact, brought him up, what with me working full-time—and hope India doesn't lose out on some blessings in disguise. And, well, Europe needs to catch up on a culture we pride ourselves on.

—Meeta Bhatti



## An easy pickup

**T**oyota's got a new pickup in production—and we're not talking about a motor vehicle. The Japanese auto giant recently unveiled a **human support robot operated by a tablet computer** that can move around the house and perform a range of chores, from opening and closing curtains to lifting and retrieving objects. As *The New York Times* reports, the robot, which weighs just over 30 kg and stands 4 ft tall, can travel up to almost 3 km an hour and has a space to accommodate a tablet computer on its head to enable users to communicate with friends and relatives using video chat. The company will work with universities and healthcare professionals to evolve new functions for the prototype.

The lightweight, cylindrical Human Support Robot (HSR) responds to voice commands as well as a graphic interface on a tablet computer. Its key feature is a folding arm with a two-finger gripper that can pick up stuff from the ground, open curtains, reach high shelves, and perform other tasks.

The arm is about 2.5-ft long and can lift objects weighing up to 2.7 pounds and 5.1 inches wide, which is sufficient to pick up a dropped remote control or fetch an ice cold beer from the fridge. The 70-pound machine was designed to assist independent home living for people with limited arm or leg mobility.

# Refresh your memories

Silvers—or anyone else for that matter—in the US now have the option to go digital with all their memorabilia, from audio and video cassettes and home movies to photographs, negatives and slides. *Peggybank.com*, a tiny start-up company in the Midwestern city of Omaha in Nebraska, has launched a new service to convert all media into a digital format and upload it onto an online 'vault', which you can access from your computer or smartphone. The best part: sign up for the service (it costs a minimum of \$ 20, or about ₹ 1,000, and goes up depending on how much stuff you have) and the company sends you a box complete with packing materials, packing tape, waterproof bags and a label for free FedEx ground shipping. After conversion, which can take up to a maximum of six weeks, the company ships your original materials back. Pay more and the company even edits and restores your media. Nice.

The screenshot shows the PeggyBank website interface. At the top, there's a navigation bar with buttons for 'Home', 'About Us', 'Services', 'FAQ', and 'Contact Us'. The main heading reads 'Share your memories not old boxes.' Below this, a sub-headline states 'PeggyBank is the simple and safe way to share treasured family memories.' There are four service categories listed: 'Photo Transfer' (convert home, 35mm, Super 8, and more into a digital format), 'Video Transfer' (convert VHS, Hi8, Hi8V, Hi8i, and other audio recordings into a digital format), 'Photos, Slides, & Negatives' (scan your photos, slides and negatives), and 'PeggyVault' (store originals, and share with your family via email, text, or social media). Each category includes a 'Start Now' button and a small image of the media. At the bottom, there are logos for 'THE WALL STREET JOURNAL', 'TC TechCrunch', and 'USA TODAY'. A footer contains the text 'PeggyBank. Customer Testimonials' and a small green button.

The photograph shows an elderly man with a white beard and hair, wearing a black wetsuit, sitting on a wooden dock. He is looking towards a young girl with dark hair, who is also sitting on the dock. They appear to be in a body of water, possibly a lake or a large pond. The man is gesturing with his hands as if talking to the girl. The scene is captured in a cinematic style with soft lighting.

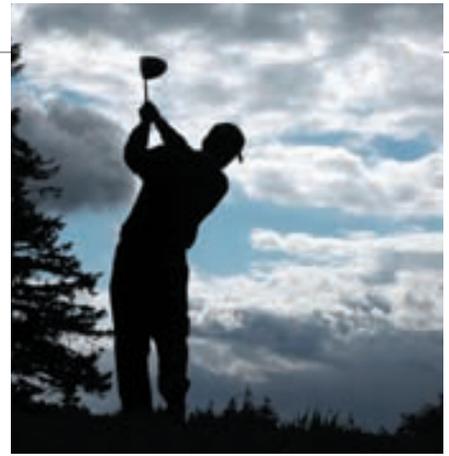
**Most silver citizens would give anything to experience youth again.**

**Our yearly subscription costs just Rs. 324.**

Visit us at : [www.harmonyindia.org](http://www.harmonyindia.org)

**h**  
celebrate age harmony  
the magazine

**Club your strengths.** Form a socially active, advocacy-driven group of your own, like the Club of Octogenarians in Guwahati, which comprises over 50 silvers. “We may be aged but mentally we are still strong enough to serve society,” says D N Chakraborty, secretary of the club and president of the Assam Senior Citizens’ Association. “We have formed the Club of Octogenarians to allow the 10,000-odd octogenarians residing in Guwahati city a chance to remain active and free themselves of the confines of four walls. Our club will mainly act as a think-tank and through it we will express our opinion on all major social, cultural and political events.”



Haresh Patel

## Then: Tin can Now: Planter

Save all those soft drinks cans and packaged food tins to make your house look colourful and pretty.

Slowly cut the top half of a can to make an opening. Stick ice-cream sticks around it. Different lengths are available in the market; make sure you buy ones that are a little longer than the can to give it an elegant top.

Paint on the sticks or make prints. You can also add decorative items.



### FACTS

- » Making cans from recycled aluminium cuts air-related pollution by 95 per cent. Recycled aluminium can also save enough energy to run a television for three hours.
- » Each year, 750,000 tonne of wood is thrown away; only 300,000 tonne is recycled. And each year, 1 million trees are chopped down to make millions of telephone directories, most of which are never used.

### MORE RECYCLING IDEAS...

**1. USE AS A DIY AND LIGHT UP YOUR HOUSE THIS DIWALI. 2. PLACE ALL YOUR ACCESSORIES THAT ARE EASILY LOST IN THIS PRETTY HOLDER. 3. HANG ON A SMALL HOOK TO MAKE IT A FLOWER POT.**

RELIANCE

Life Insurance

For a Life Cover of ₹ 1 crore  
my premium is only ₹ 8400 p.a.\*

Premium that is easy on your pocket!



Presenting...

## Reliance Life Insurance eTerm Plan

### Benefits

- ▶ **Instant Cover** at affordable premiums
- ▶ Gives **Special Rates** for female lives
- ▶ **Protects** your family
- ▶ Choose from two **Life Cover Options**
- ▶ **Simple and Easy** online application process
- ▶ **Tax Benefits** u/s 80C & 10(10D), subject to conditions

Apply at [www.reliancelife.com](http://www.reliancelife.com)



*Instant Protection for your family at affordable rates!*



▶ Income Tax Benefits under the income tax laws of 1961 are subject to amendments and interpretation. ▶ Kindly consult a tax expert.  
▶ Kindly review the offer documents carefully before investing. ▶ \*Conditions apply.

Reliance Life Insurance Company Limited (Reg. No 121) Registered Office: H Block, 1st Floor, Dhirubhai Ambani Knowledge City, Navi Mumbai, Maharashtra 400 710, India  
Customer Care Number: **1800 300 08181 & 3033 8181** ▶ Email: [rlife.customerservice@relianceada.com](mailto:rlife.customerservice@relianceada.com) ▶ Website: [www.reliancelife.com](http://www.reliancelife.com)

ISO 9001:2008  
CERTIFIED COMPANY

For more details on terms and conditions please read sales brochure carefully before concluding a sale.  
For internal communication only. Insurance is the subject matter of the solicitation. UIN for Reliance Life Insurance eTerm Plan: 121N087V01



Photographs by Humayun



## Delhi dash

Braving a hot and humid day, over 1,100 silvers came together on 30 September to make the Harmony Senior Citizens' Run at Delhi's Airtel Marathon a grand success. The fun began early at the Harmony marquee where participants gathered for refreshments—the hoots that reverberated through the enclosure were a sign of the excitement and cheer at hand. The sense of celebration was only magnified as the Run got underway, with the participants being cheered on by award-winning filmmaker Madhur Bhandarkar. The pictures say it all!

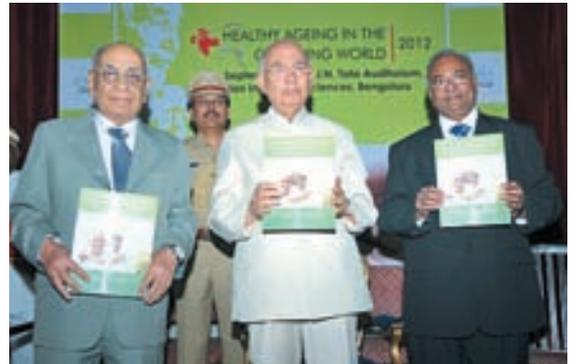




## Reflections on AGEING

On 29 September, the Indian Institute of Science in Bengaluru played host to 'Healthy Ageing in the Changing World – 2012', an international conference organised by Bio-Genesis Health Cluster, The Euro-Indian Health Cluster and the Federation of Asian Biotech Association (FABA) that sought to draw attention to the neglected healthcare needs of silvers.

In his welcome address, conference convenor V P Rao underlined the fact that despite the presence of organisations like the Geriatric Society of India, the Indian Academy of Geriatrics and the Association of Gerontology, most members seemed to lack both formal training and serious interest in the subject. In



his view, the time has come to “formulate a national human resource policy to address issues of provider shortages, distribution, education and quality as well as training opportunities to sensitise healthcare workers to the ageing process”.

Guest of honour M N Venkatachaliah, former chief justice of India, urged silvers to accept and embrace ageing with grace rather than being preoccupied with it and hankering for eternal life. “At the end of the day, what matters is one’s ability to make a difference in the life of one’s fellow beings.” Other speakers included doctors and legal experts who addressed issues ranging from the management of health problems, medical ethics, governance and policies for silvers, to the strides made in biotechnology. Some highlights included the discussions on legal ethics and social justice in the care of geriatric patients by Subrahmanyam Jois, senior advocate at the Karnataka High Court, and rehabilitation using music therapy by musician and legal expert Sripad and neurologist Dr Anil Sangli.

—Melanie P Kumar



# Double DILEMMA

A little known condition is secretly affecting millions of lives. **Metabolic syndrome is a group of metabolic disorders affecting a person together**, further resulting in insulin resistance and Type 2 diabetes. Though it is known to be genetic, more often than not people with sedentary lifestyles are known to fall prey to it, thereby increasing their risk of cardiovascular disease. Conducted by P D Hinduja National Hospital and Medical Research Centre in Mumbai, the study observed 548 people—302 men and 246 women—attending a cardiac evaluation camp. The results suggest that prevalence of metabolic syndrome is 25.16 per cent in men, while it's just 12.6 per cent in women. A high percentage of prevalence is among those who face obesity issues or are overweight. About 15 per cent of the people checked had a history of diabetes and the remaining had impaired blood glucose levels heading towards diabetes; this worsened their risk of suffering from cardiovascular disease. The study also predicts that by 2025, 69.8 million Indians are expected to be suffering from diabetes; the current number is 32 million.

## Turn it OFF

If you are over 60, now is the time to switch off that TV. A recent Australian research claims that **being glued to the couch for hours can increase the risk of developing Type 2 diabetes** among the elderly. Paul Gardiner from the University of Queensland's School of Population Health wanted to study the effects of sedentary lifestyle and prolonged television hours on older men and women. After observing a group of people, his team discovered that each hour spent in front of the television can increase the risk of a person developing metabolic syndrome—a combination of risk factors that occur together which, in turn, increases the risk of coronary artery diseases, stroke and Type 2 diabetes (*see above*). Earlier research has already proved that factors such as lack of regular exercise, poor nutrition, high alcohol consumption and smoking increased the risk of metabolic syndrome. However, the effects of TV watching were yet to be confirmed, until this study. "Reducing sedentary behaviour may be a feasible and practical way for older adults to improve their health and particularly important for those whose health or physical functioning limits their participation in moderate-intensity physical activity," says Gardiner.



It's a potent warning for India, where TV addiction is fast rising. A study conducted by Rathi Ramachandran, a scholar at Mother Teresa Women's University in Tamil Nadu, and Dr Radhika R, associate professor and head of the Department of Home Science at Kerala University, Thiruvananthapuram, was published in the August 2012 issue of *International Journal of Humanities and Social Science*; it stated that 'watching television' was the highest ranking leisure activity of silvers in India, even ahead of 'spending time with grandchildren'.



# Wonders of a fly

**T**he next time you want to swat a fly, think twice! These everyday pests may just hold the answers to all our questions related to Alzheimer's and similar neurological disorders. In a study conducted at Tel Aviv University, it has been revealed that **75 per cent of the genes related to diseases in human bodies are also found in a fly**. The research could lead to many treatments and cures for neurodegenerative diseases. The

brain of a fly is far simpler compared to the human brain, but the neurons are of the same size and structure; it also possesses similar chemical activity. What's more, with a lifespan of 30 days on average, the ageing process in a fly is short and therefore apt to conduct experiments for neurodegenerative diseases. According to researcher Ya'ara Saad, these observations could be clues to the functions of human cell interaction. In the study—pub-

lished in the *Journal of Molecular Histology*—researchers dissected the cells of the fly and its nervous system down to single cells and arranged them in a safe distance from each other to conduct comparative experiments. They were further observed for electrical activity and development of synapses (structures in the nervous system that allow a neuron or a cell to pass an electrical or chemical signal to each other).

**HEALTH EXPERTS CLAIM PATIENTS WITH ALZHEIMER'S ARE STEREOTYPED AND TREATED DIFFERENTLY BY OTHERS. ON WORLD ALZHEIMER'S DAY, ALZHEIMER'S DISEASE INTERNATIONAL—A WORLDWIDE FEDERATION OF ALZHEIMER'S ASSOCIATIONS SUPPORTING PEOPLE WITH DEMENTIA AND THEIR FAMILIES—REVEALED THAT 75 PER CENT OF PEOPLE WITH DEMENTIA AND ABOUT 64 PER CENT OF CAREGIVERS IDENTIFIED NEGATIVE REACTIONS. ABOUT 40 PER CENT OF THOSE DIAGNOSED CONFIRMED THEY WERE TREATED NEGATIVELY OR AVOIDED BY PEOPLE BECAUSE OF THEIR DISEASE.**



Tapati Baruah Kashyap

## THE PEN IS MIGHTIER

**D**eepika Phukan was detected with cancer in 2006; she suffers from heart disease and fell victim to a spinal surgery mistake. Yet nothing can dampen her spirit and literary pursuits. An example of extraordinary courage, the 77 year-old Assamese writer is a translator of native literature into English. Her translation of *Felani*—an Assamese novel by award-winning author Arupa Patangia Kalita—was shortlisted for the prestigious Economist Crossword Book award this year. In August, she released the English translation of *Burhi Aair Sadhu*, the first printed collection of Assamese folk stories that is currently celebrating its 100<sup>th</sup> year of publication. Currently, she is busy translating the autobiography of Debeswar Sarma, an eminent freedom fighter from Assam. Another collection of Assamese short stories translated into English is currently in the press.

Born in 1935 in Calcutta to Kamala Bezbaruah and tea planter Surendra Nath Bezbaruah, Phukan lost her father when she was just three months old. She and her two siblings grew up with an uncle in Chennai, where she attended the St Raphael's Girls High School. A brilliant student, she secured a first class with a gold medal in MA

(Education) from Gauhati University in 1957. Immediately after her marriage to Satyendra Nath Phukan, an engineer posted in Shillong (then capital of undivided Assam), she joined Lady Keane College in Shillong. In 1960, when her husband left for England for a training programme, she joined him and found a teaching job at the Notre Dame Roman Catholic High School in London. Back in India in 1962, she joined St Mary's College in Shillong. That was when Phukan began writing short stories. In 1980, she obtained her PhD from Gauhati University—when she had just undergone a critical spinal surgery.

After 34 years of teaching, Phukan retired in 1995 and settled down in Guwahati, spending most of her time pursuing literary interests—her first collection of short stories called *The Plum Tree* has received wide acclaim. “I always thought I had a penchant for writing, but it was after I discovered my ailment that I tried my hand at translation. The dual challenge of writing my own stories and translating other people's work has had a positive effect on me,” she says. With her first love being knitting and tailoring, Phukan also finds time to pursue these hobbies.

—Tapati Baruah Kashyap

**IN PASSING**

● Indian Islamic scholar **Abdul Haq Ansari** (right) breathed his last in Aligarh on 3 October following cardiac failure. He was 81.



● Top Kannada film producer and businessman **K C Gowda** passed away after a brief illness on 4 October. He was 84.

● Indian journalist, former singer and writer **Varsha Bhosle** passed away on 8 October. She was 56.

● Former India goalkeeper **Bandya Kakade**, a member of the squad that won the bronze medal at the 1970 Asian Games in Bangkok, passed away on 17 October after a heart attack. He was 67.



● Legendary Italian cyclist **Fiorenzo Magni** passed away on 19 October. He was 91.

● Legendary Bollywood filmmaker **Yash Chopra** (left), director of successful and iconic Bollywood films like *Silsila* and *Kabhi Kabhi*, passed away on 21 October after being diagnosed with dengue fever. He was 80.

**MILESTONES**

● Celebrated violinist **Dr L Subramaniam** received the award for Best Carnatic Classical Album (Instrumental) for *Innovations* from GiMA (Global Indian Music Academy) in October. This is his third consecutive award from GiMA; he previously won awards for Best Carnatic Instrumental Album and Best Fusion Album.

● Legendary Hindustani classical musicians **Hariprasad Chaurasia** (flute), **Shiv Kumar Sharma** (santoor), **Amjad Ali Khan** (sarod) and **Umayalpuram K Sivaraman** (mridangam) were among the recipients of the Sangeet Natak Akademi fellowship and awards this year. The oldest living artist to receive the award was 91 year-old musician from Kerala **Thrippukulam Achuta Marar**.

● Actor **Farida Jalal** won the Best Actress Award at the 7<sup>th</sup> annual Harlem International Film Festival for her film *A Gran Plan*.

**BIRTHDAYS**

● Veteran actor and former Censor Board chief **Asha Parekh** turned 70 on 2 October.



● Bollywood diva **Rekha** (right) turned 58 on 10 October.



● Indian Urdu poet Muqtida Hasan Nida Fazli, fondly known as **Nida Fazli**, turned 74 on 12 October.

● Award-winning Hindi cinema actor **Kader Khan** (left) turned 76 on 22 October.



● **Hillary Clinton** (left), the 67<sup>th</sup> US Secretary of State, turned 64 on 26 October.

● Golden Globe and Emmy award nominee **Barry Newman** turned 74 on 7 November.



**OVERHEARD**

“I have gone through all the years of experimenting with drugs and alcohol and all of that and have come full circle. You live and learn. The best part is that the music still remains. Music really doesn't have an age limit.”

—**Deborah Harry, 67, front woman for American rock band Blondie, in The Australian Age**

## 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.

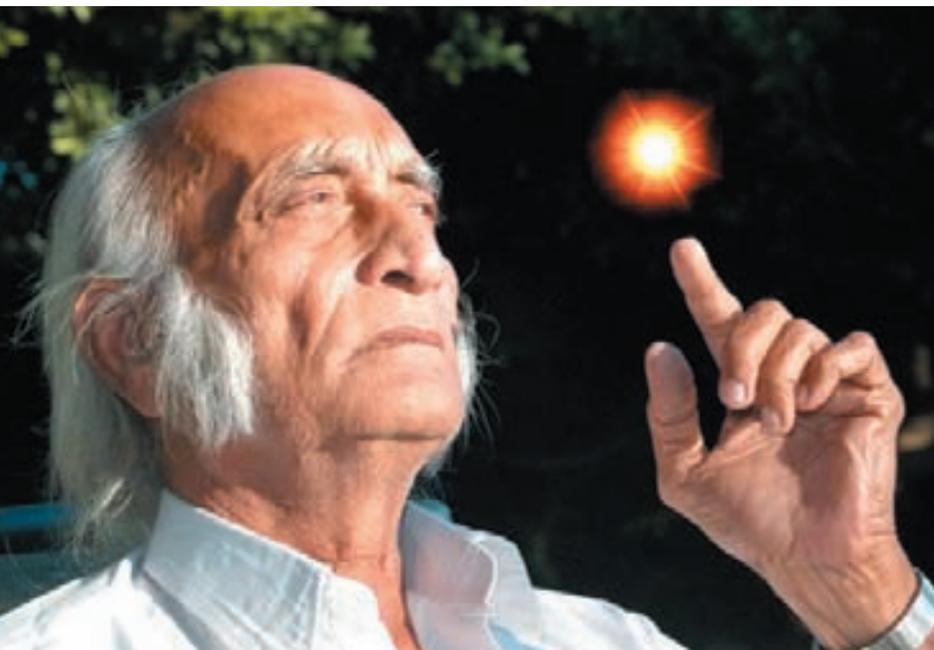
### LIVING ON LIGHT

There are no research studies to pore over, no pros and cons to weigh; sun gazing is an ancient practice that charges your mind and heals your body—for free! It also eases stress, a welcome antidote to the crazy times we live in.

I was introduced to sun gazing by the autobiography of Paramahansa Yogananda and the teachings of Lord Mahavira, who practised this technique 2,600 years ago. I began to research the subject after I retired from the family shipping business and settled in Northern Malabar in 1992. I have since turned myself into a 'solar cooker' and eat very little food. I basically live and breathe solar energy. It's a simple technique and can be practised anywhere, any time.

All you have to do is gaze at the sun with the naked eye just after it rises and before it sets, when its rays are not too strong, for a few seconds every day. Then gradually increase the duration. After three months, you will notice that your stress and ailments begin to ease. When you can gaze at the sun for 44 minutes, you will never again experience hunger pangs and you will barely need to eat. Sun

**Manek: Give me some sunshine**



gazing activates the pineal gland and charges the hypothalamus. Solar energy starts reaching your brain and charges it, and is stored in every cell in your body.

I had offered my mind and body for medical examination by a NASA scientist and a leading authority on the brain Dr Andrew B Newbay, who found that my grey cells had regenerated, which usually doesn't happen after the age of 50. As many as 700 photographs of my brain proved that my neurons were active and my pineal gland was expanding instead of shrinking. The human brain is largely dormant and we use very little of it. That's why it is possible to recharge it by sun gazing. I have also been studied by other international teams of medical scientists, who have found some amazing results.

I am over 75 and, after I started sun gazing, I have never visited a physician. Even after I had a fall from my scooter, I did not need medical treatment. I have dedicated my life to teaching this technique and my wife and people in my neighbourhood have picked it up too. I also have followers across the world, in Spain, Croatia, Mexico, Argentina, Peru, etc.

The world in which we live is a harsh place and stressors have multiplied manifold. Good practices like sun gazing are easily forgotten. It's time to rediscover them. Remember, faith and endurance pay.

—Hira Ratan Manek, Kozhikode

### A NOBLE CALLING

I was born into a family where teaching was considered the most revered of all vocations. But the lessons life teaches us are the greatest of all. One of these is to lead a simple life, committed to what one believes in; the other is to cherish what is most precious.

Both my parents were teachers and my mother was one of the first women teachers of the Jorhat Government Girls High School. I was the second



S Bhattacharjee

### Richards: Woman of letters

of three sisters, all of us teachers. And now, my daughter is a teacher. Soon after I got married in 1962, I received a scholarship for a 12-month diploma in English phonetic training at the Central Institute of English and Foreign Languages (CIEFL) in Hyderabad. This training moulded me into a good teacher of English.

Now, I cherish sweet old memories. Like the day in 1964, when students of the PGT College were attending my English class. I was teaching students of Class VI. While the B Ed students looked on intently, their principal openly appreciated my style of teaching. However, the happiest moment of my life was when my principal called me to her office and told me I had been selected to receive the Best Teacher Award (State) for the year 1987. I consider this the highest recognition of my work.

Ever since I retired in 1993, I have been reading books, from biographies to literature. My favourite authors are Charles Dickens and Sarat Chandra Chattopadhyaya, and I love stories from the Bible. I am closely associated with the Jorhat Baptist Mahila Samiti, a wing of the Baptist Church. The Samiti's first members were the mothers of every Christian family in and around Jorhat. I was inspired to work for the Samiti by my mother, who was the

granddaughter of one of the first Assamese converts of the American Baptist missionaries in Assam. It was my duty to follow in her footsteps.

The Jorhat Baptist Mahila Samiti is also a part of the All Assam Baptist Mahila Samiti, whose activities include taking part in work entrusted by the Church, mainly helping the poor and needy. Thus, every week, we collect a handful of rice from every Christian family. At the end of the month, we sell the rice and use the money for various church activities.

After my husband passed away in 2004, I live with my only daughter Sanchita and son-in-law in Jorhat. In my spare time, I sew my own clothes and spend quality time with my two grandsons. On Sunday evenings, I busy myself with church activities.

I have also tried my hand at translating Bible stories. While I am yet to find a publisher for a few stories I have translated into Assamese, a couple of other translations of Bible stories have already been published. I am an avid reader and will never tire of reading and re-reading Charles Dickens, whose books I have cherished since I was a child.

—Beatrice Richards, Jorhat



# Photo effect

ASIS SANYAL, 64, KOLKATA

Shilbhadra Datta

When I was in my early teens, my science teacher at Kharagpur Railway School, where I studied till class X, took me to the laboratory and explained the nature of light and how photography happens in the dark room. My entire world was filled with the 'magic' of light; I was zapped by the behaviour of light. Buying a camera someday was my only dream. Whenever I found one in the pos-

session of my relatives or someone I knew, I wished I could touch it. I grew up to be passionate about photography, but it was never possible for my parents to buy me a camera and, therefore, I could never make it my profession.

But then came the day when I bought a second-hand Kiev, a Russian camera, from my earnings as an employee of the Durgapur branch of

*"I have proved that food for the mind comes before anything else"*

Bank of India. In those days, I lived with my elder brother and his wife. My first salary was only ₹ 350. When

## BUILDING BLOCKS

Experts answer your queries and concerns on jobs after retirement

Initially, I ventured into a photography-related business with one of my friends, but soon realised I wanted it to be a creative pursuit. I dropped the business idea and started participating in photography salons and competitions both at the national and international levels. In the process, I won numerous awards and exhibited in many countries

I went to give my first earning to my *boudi* [sister-in-law] Jayanti Sanyal, she suggested I buy a camera. And there it all began—I became a shutterbug. But I continued with my job at the bank. Who can dare chuck a permanent job? It was late 1969, and it was absolutely necessary to earn a living, especially when my father was no more. While tallying the ledger, my mind would always roam around everywhere in search of subjects for my hobby.

I worked till 2000, when the bank declared a voluntary retirement scheme. I asked my wife Sharmila whether she approved of my plan of quitting the job and taking the plunge. Her reaction was very encouraging. She supported my decision and we decided not to let it affect our son Alarka's education and the regular morsel. Alarka is now doing his MS in electrical and electronics in the US.

Initially, I ventured into a photography-related business with one of my friends, but soon realised I wanted it to be a creative pursuit. I dropped the business idea and started participating in photography salons and competitions both at the national and international levels. In the process, I won numerous awards and exhibited in many countries. In 2007, a friend informed me that the National Geographic Society and Intercontinental Hotels Group plc, London, were launching the 'Intercontinental Insights Photo Contest'. The most difficult part was to choose a single 'shot' for the contest. I submitted a shot of pilgrims dragging their wet bodies

towards the pulpit at the holy shrine in Kalighat, Kolkata. The ritual, called *dondi*, is the most arduous form of prayer I have known. Amid the crowd was a woman moving in the same manner with a child clinging to her back. That sight stunned me; in turn, it won me fame and the opportunity to experience photography in four exotic places in the world.

Accolades and awards followed. Apart from the above mentioned award, some of the other significant ones include the 2<sup>nd</sup> Award (Merit of Excellence) in the 'Nature' category of the International Colour Awards 2007; 2<sup>nd</sup> Award (Merit of Excellence) in the 'People' category of the Black And White Spider Awards 2008; an award of Best Portfolio in the All India Photography Competition organised by the State Lalit Kala Akademi (Uttar Pradesh); and the KODAK-Better Photography Golden Roll Award 2010.

My albums (available on [www.asis-sanyal.com](http://www.asis-sanyal.com)) on *dondi*, *gajon* (year-end festival of rural Bengal), Chinchero weavers, Inca ruins and Machu Picchu in Peru, La Marinera (a Peruvian folk dance), and the Lord of Miracles in Peru showcase a splendorous world. My passion for photography has also taken me to Singapore, Sarawak (Malaysia) and Vietnam. When I quit the cushy job at the bank, some may have described it as an infantile whim. But today, I have more than proved that food for the mind comes before anything else.

—As told to Partha Mukherjee and Priyanka Mukherjee

**I am a retired teacher and I love being around children. I want to take up a job in an NGO that works with children. I have no prior experience in social work but I know I can do justice to little minds.**

Working with an NGO needs no qualification or experience, just passion to help people around us is more than enough. With time, the NGO sector has become more organised and has come out of its transition period. There are many options that vary in the levels of responsibility and authority.

Across the country, there are many NGOs that focus on teaching children; such as Apnalaya and Room to Read, to name just two. There are also many international NGOs that have undertaken teaching projects in India. These projects can either be to teach children who are looking for education, special children, or children in rehabilitation or observation houses. Take up these projects only if they suit your sensibility as working with challenged children can get tough at times and in these cases you might need to undergo prior training.

Use your expertise with children to shape their lives. There are also other options such as helping at the back office of an NGO, setting up the curriculum for children or revising their education system and revamping their methods of operation. You can either choose to be a volunteer (if you do not expect any income) or work on projects that offer money. Log on to [www.devnetindia.org](http://www.devnetindia.org) to look for job options in the NGO sector.

—Sanjay Gupta, director with Chetna, an NGO for children



## Active at 80: Keep yourself hydrated

I am an active 80 year-old woman. I exercise and walk regularly. Some people tease me for being a fitness fanatic. However, I feel my strength is waning; sometimes I feel dehydrated after exercising. Even my diet is not what it used to be; I suffer from minor digestive problems. Can you suggest some nutritional drinks that will keep me healthy as well as hydrated?

With years, the body's metabolic rate and other functions slow down; its ability to replace worn cells is also reduced. The process brings about physiological, psychological and immunological changes that influence one's nutritional status. This results in decreased caloric needs but increased nutritional needs. Not getting adequate nutrients leads to fatigue, depression and a weak immune system. There is a dip in the production of all hormones and, therefore, physical activity lessens.

With every growing year, our body composition changes—there is decrease in lean tissue mass (as much as 25 per cent) and increase in body fat. Bones become less dense and eyes and ears do not focus on nearby objects and sounds as they once did. Digestion is affected because the secretion of hydrochloric acid and enzymes is diminished. This, in turn, reduces intrinsic factor synthesis, which leads to deficiency of Vitamin B12. Our intestines don't stay as toned and the result may be constipation or, in several cases, diarrhoea. Good nutrition can help keep the body healthy. However, many factors, including changes in digestion and food tolerance, can get in the way.

Such problems can occur at any age. Yet, nearly 40 per cent of older adults have one or more age-related digestive symptoms each year. Some age-related digestive problems (most of which are interrelated) include:

- **Constipation:** One of the most common digestive disorders in older adults. Symptoms include difficult or painful bowel movements, infrequent bowel movements, and hard, dry stool.
- **Changes in the digestive system:** The process of digestion sometimes slows down, and this can cause food to move more slowly through the colon. When things slow down, more water gets absorbed from food waste, which can cause constipation.

- **Medication:** Older adults take a lot of medications, many of which can cause constipation.

- **Not drinking enough fluids:** Staying hydrated helps prevent constipation at any age. It can become more of an issue for older adults who take diuretics for hypertension or heart failure. Diuretics lower blood pressure by causing you to lose excess fluid by urinating more often. Some people may avoid drinking too many fluids so they don't have to run to the bathroom all day long. Between urinating more and drinking less, you can become dehydrated.

- **Stomach acid:** As it increases with age, it can affect digestion and cause feelings of indigestion.

- **GERD (Gastro oesophageal reflux disease):** It's the most common upper gastrointestinal disorder in older adults, although people of all ages can get it. GERD occurs when stomach acid backs up in the oesophagus, causing heartburn and other symptoms.

- **Heartburn:** More common as you get older, it is caused by factors not related to ageing. Eating late at night and eating the wrong types of foods, such as fast food and fried foods, can all cause heartburn.

- **Dehydration:** It's another problem faced by older adults. An elderly person's response to thirst decreases, which means you may not recognise the urge to drink enough water. Scientists warn that the ability to be aware





## READERS ASK

### How many calories are sufficient for an active retired woman? What should I add to my daily diet for good calorific intake?

Evidence from numerous sources indicates that a significant number of elderly women fail to get the amount and types of food necessary to meet essential energy and nutrient needs. Calorie requirement is based on physiological changes that take place in the body. After the age of 40, the basal metabolic rate (BMR) reduces owing to decrease in muscle mass and other metabolically active tissue mass. Lower physical activity—combined with health problems such as bone and joint disorders, postural instability and angina—results in decreased energy requirements; the recommended energy intake is 1,875 kcal for Indian women. However, it is generally observed that these changes vary among individuals and one's chronological age is not a good predictor of caloric requirements. For balanced calorie intake, you can use energy giving foods with mainly complex carbohydrates such as whole cereals (and not simple carbohydrates like sugar). Besides giving energy, complex carbohydrates provide you with fibre. Protein-rich food like pulses, animal foods (egg, chicken and fish) should be included as they are the building blocks of muscles and help repair worn-out tissues. Eat at least one cup (150-200 ml) of yoghurt everyday if you are not intolerant to milk products. However, if you have lactose intolerance, consume soy milk.

Adequate fluid intake is an important part of preventive health care. In other words, water is very important; drink at least 8-10 glasses daily. Apart from water you can also drink fruit juices, buttermilk, vegetable juices and lemonade

of and respond to thirst is slowly blunted with years. As a result, older people do not feel thirsty as readily as younger people. This increases the chances of consuming less water and consequently suffering from dehydration. Some older adults choose not to drink because of the inability to control their bladders (incontinence).

Dehydration is also caused by medication for hypertension or anti-depressants. Some medications may cause patients to sweat more. Illness, especially one that causes vomiting and/or diarrhoea, can also cause dehydration in silvers. Some people also suffer from physical problems; frail seniors find it hard to get up to fetch water for themselves. It's also sometimes hard for them to hold a glass or drink on their own. Adequate fluid intake is an important part of preventive health care. In other words, water is very important; drink at least 8-10 glasses daily. Apart from water you can also drink fruit juices, buttermilk, vegetable juices and lemonade.

Here are some tips that can help you overcome digestive disorders and enable overall well-being:

- Eating smaller, more frequent meals may be helpful if lower stomach acid causes feelings of indigestion.

- Have at least four to five servings of fruits and vegetables daily as they provide fibre.
- Nutritional drinks can keep you hydrated.
- Drink one to two glasses of vegetable juice or fruit juice (carrot juice, watermelon juice, tomato juice) everyday.
- Drink more fluids to keep yourself well hydrated.
- Juices like wheatgrass juice and lemon ginger juice will not only keep you hydrated but also improve your digestion as well as nutritional status.
- Aloe vera juice will improve digestion and *tulsi* juice will help clear mucus from your lungs.
- Drink coconut water and buttermilk twice a day. It will prevent dehydration.
- Herbal teas such as peppermint, chamomile, *tulsi* and ginger tea are recommended.
- Stay active and maintain a healthy body weight.

*Dr Anjali Mukerjee is a nutritionist and founder of Health Total, which has 15 centres in Mumbai to treat obesity and other health-related disorders. Visit [www.health-total.com](http://www.health-total.com) If you have a question for Dr Mukerjee, write to [contact.mag@harmonyindia.org](mailto:contact.mag@harmonyindia.org)*



## Sleep tight: Manage your day to get a good night's sleep

I am a 65 year-old retired bank officer. For the past few months, I have not been able to get good sleep at night. I wake up two to three times in the five hours I sleep. Is it insomnia?

Sleep, the daily bliss! Nearly one-third of human life is spent sleeping. It has been observed that people sleeping for about seven to nine hours a day have significantly lower rates of illness. When one sleeps, there is a decrease in the metabolic rate of the body. Conservation of energy is therefore one of the important functions of sleep. It also serves as a restorative function for the body and brain. After a good night's sleep, a person wakes up fresh and is able to completely enjoy the beautiful day ahead.

### What is insomnia?

Insomnia is a medical term referring to disorders of initiation or maintenance of sleep. Such sleep disturbances are one of the major health complaints among older adults. About 50 per cent of those over 65 have problems with sleep. The most prominent findings in sleep architecture in old age are:

- Decrease in sleep efficiency
- Increase in night awakenings
- Decrease in deepest stage of sleep
- Early morning awakening

### Ill-effects of insomnia

Sleep disorders and sleep walking often cause distress to elders and their caretakers. Sleep problems can have serious medical consequences. In a study conducted with a large number of elderly residents of an urban community, insomnia was revealed to be a strong predictor of increased morbidity and mortality. Thus, loss of sleep may exacerbate medical and psychiatric illness. The ability to sleep during the night, not the 'need' for sleep, decreases with age; as a result, sleeping time during the day increases.

When you sleep more during the day, the daily routine (comprising eating time, medication time, walk time, and prayer time) falls apart and leads to discomfort. Sleep disturbances also accelerate the rate of memory loss in silvers.

### Causes of sleep disturbance

- **Primary insomnia:** The cause is unknown.
- **Psychological stress:** Bereavement, forced retirement, social isolation, among others.

- **Medical problems:** Heart disease, asthma, arthritis, recent fractures, peptic ulcer, hiatus hernia, kidney failure, thyroid disease, Parkinson's disease, brainstem lesions, rheumatic disorders, musculoskeletal disorders, or any other condition that causes pain or discomfort.

- **Psychiatric disorders:** Depression, dementia and/or anxiety.

- **Medication:** Antipsychotics, steroids, certain antihypertensive drugs (propanatol), diuretics, sedatives, for example.

- **Alcohol and drug use:** Drug or alcohol withdrawal syndrome, chronic alcoholism, stimulants like caffeine.

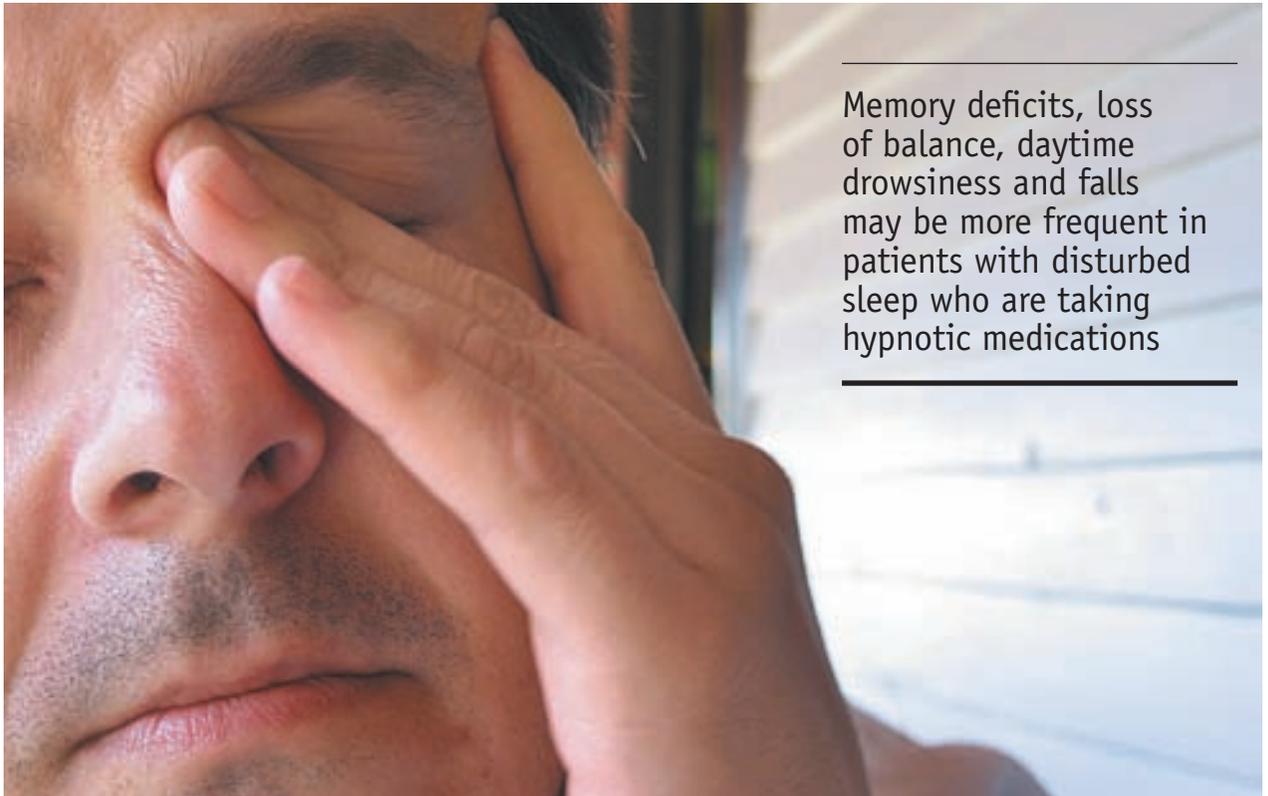
### How do you improve sleep?

"If you would relish food, labor for it before you take it; if you enjoy clothing, pay for it before you wear it; if you would sleep soundly, take a clear conscience to bed with you," said Benjamin Franklin, the great scientist and scholar. Drug therapy alone is not appropriate for the treatment of insomnia. If drug therapy is used, it must be combined with educational and behavioural interventions. One of the most important educational approaches for insomnia includes modifying habits that are known to affect sleep.

### Tips for sleep hygiene:

- Reduce or stop daytime 'cat napping'.
- Follow a regular sleep schedule—go to bed at the same time each night and more importantly get up at the same time each morning, even on weekends. A regular pattern of activities—brushing teeth, washing face and soles, setting the alarm clock—can set the mood for sleep. This routine should be performed every night, at home or away.
- The environment should be conducive; the bedroom should be dark, quiet and comfortable—not too warm or too cold.





---

Memory deficits, loss of balance, daytime drowsiness and falls may be more frequent in patients with disturbed sleep who are taking hypnotic medications

---

- Avoid substances that interfere with sleep—food and beverages that contain caffeine (e.g. coffee, tea, drinks, chocolate) or alcohol; smoking; heavy meals; appetite suppressants and diuretics should be avoided, especially close to bedtime.
- Use of pillows—pillows between the knees or under the waist can make a person more comfortable. For people with back problems, lying supine with a large pillow under the knees may be helpful.
- Regular daily physical exercise—exercise has been shown to improve sleep in older adults. While increased physical activity may improve sleep, inactivity can have a negative effect on sleep. Exercise can help patients fall asleep naturally.
- Relaxation—stress and worry are major impediments to sleep. Patients who are not able to sleep at bedtime can relax by reading or taking a warm bath. Patients should try to leave problems at the bedroom door.
- Sleep restriction therapy involves limiting the time spent in bed and excluding daytime incidents.
- Other behavioural techniques include progressive muscle relaxation; medication, *pranayama* or hypnosis and bio-feedback.
- Avoid reading or watching television while in bed.

#### Can any drug be used for insomnia?

Drug treatment with sedatives provides only symptomatic relief. Continued use of hypnotics on a daily basis

should be avoided, as it can be addictive and requires escalation of dosage and may produce rebound insomnia when withdrawn.

Memory deficits, loss of balance, daytime drowsiness and falls may be more frequent in patients with disturbed sleep who are taking hypnotic medications. Among these, drowsiness and confusion are the most common side-effects, and result in disruption of activities that need fine motor coordination like driving an automobile. Cognitive impairment (decreased long-term recall and acquisition of new knowledge) can occur with use of certain hypnotic drugs. Alcohol used at bedtime initially causes drowsiness, but it disrupts sleep later in the night. Therefore, it should be avoided in people who have difficulty with night sleep.

Essentially, a combination of sleep hygiene, behavioural treatment and drug therapy is recommended for the treatment of this problem. As 19<sup>th</sup> century stage artist Patrick Campbell says: “Laugh and the world laughs with you, snore and you sleep alone.”

*Padmashri Dr V S Natarajan, a specialist in the field of geriatric medicine, runs Memory Clinic, a service for silvers in Chennai. If you have a question for him, write to [contact.mag@harmonyindia.org](mailto:contact.mag@harmonyindia.org)*



## YOGA RX BY SHAMEEM AKTHAR

# Brain balance: Wake up the logical in you

In a special branch of yoga called *swar* yoga, the flow of energy through the body and the brain may be manipulated to facilitate certain tasks. This is a rather interesting science that seems to be supported by research in neuroscience, which says that each brain hemisphere may be predominantly logical (left brain) or emotional (right brain) and they talk to each other, integrating their skills over a thick band of nerves called the corpus callosum.

Yoga too believes that while the skills of these two brain hemispheres may be integrated, we are often predominantly either one or the other. In a balanced person, the nostril flow (and therefore such predominance of one brain hemisphere) is said to switch every 90 to 120 minutes. Intriguingly, science also agrees that this is the case. However, in those who have psychological or physical problems, yoga says that one nostril (and the brain hemisphere associated with it) is predominant for most of the day, creating these problems. The left nostril is linked to the right brain hemisphere and the right nostril to the left brain. The left brain, which researchers say sees things locally, logically and sequentially,

is also the 'happy' brain, while the right nostril is the creative one, and is seen as the 'sad'.

These are broad descriptions of hemispherical functions. In yoga, it is common knowledge that the brain hemispheres respectively control the opposite side of your body. If you wish to facilitate the logical part of your brain, you need to activate the right brain hemisphere. Using techniques from *swar* yoga, applying pressure on the left side of the body would lead towards this.

Some tricks to set off your left brain/right nostril flow are as follows. Do the skull-cleansing *pranayama* (*kapalabhati*) from the right nostril, by shutting the left nostril with your finger. Lying down on the left side again will help trigger right nostril flow. Similarly, you can use one of many poses to apply pressure on the right side of the body to facilitate this. Some poses that lend themselves to this suggestion are the infinity pose (*anantasana*), one-legged prayer pose (*ekapada pranamasana*), half spinal twist (*ardha matysendrasana*) and the warrior pose (*virabhadrasana*).

### YOGIC MOVES

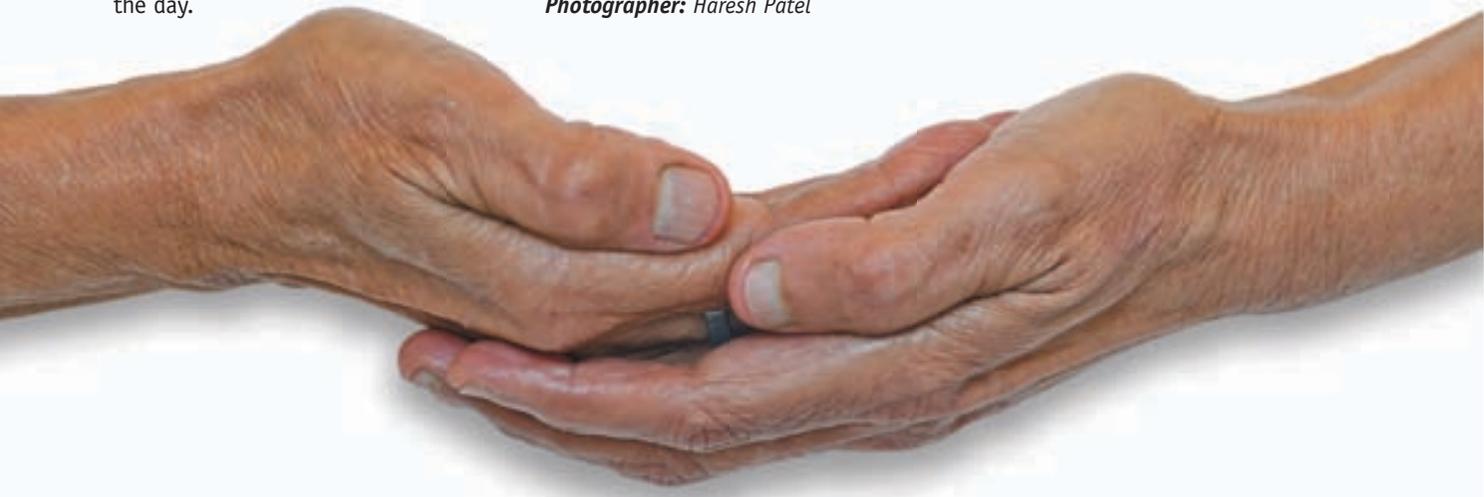
#### Goddess hand gesture (*Bhairavi mudra*)

Assume any seated meditative posture. Place your left hand on top of the right, both palms facing up. Close your eyes. You can hold this gesture during breathing meditation (*pranayama*) or anytime, even while engaged in activities such as commuting and watching television. Hold as long as you like, several times during the day.

**Benefits:** This *mudra* activates the left brain hemisphere, with the attendant benefits of logic, optimism and clarity of thought. The left brain picks up the details, while the right brain gives you the holistic, complete picture of a situation. This practice can help deal with clinical depression too.

**Photographer:** Haresh Patel

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



**BIG Cinemas**  
**BIG 92.7 FM**  
**BSES Rajdhani Power Ltd**  
**BSES Yamuna Power Ltd**  
**Home Tester Club**  
**Max Healthcare**  
**Procam International**  
**Reliance Communications**  
**The Golden Estate**

**Special mention:**  
**MADHUR BHANDARKAR**

*harmony*  
**celebrate age**

**thanks**

**all those who supported the Senior Citizens' Run  
at the Airtel Delhi Half Marathon 2012!**

Visit us at [www.harmonyindia.org](http://www.harmonyindia.org)





## THE GREAT GRANNY DIARIES BY PRATIBHA JAIN MEET SMT MANKAWAR DEVI FOMRA

# An engaging series about the wisdom of love, nurturing and culinary bonding across generations

To be in a comfort zone so vast to include men, women and children from four generations is a blessing indeed. This was my experience when I visited Smt Mankawar Devi Fomra, a Maheshwari great-grandmother, in Chennai. Known as *Baisa* (a term used to refer to mother or aunt) by one and all, she was surrounded by 17 members of her family. The first thing I noticed was how they were all dressed; it described their attitude, their togetherness and their individuality. While *Baisa* was dressed in a light-coloured sombre sari, her three sons were dressed in starched white *kurta* pyjama, a favourite outfit with elderly Rajasthani men. Their wives were dressed in elegant saris, the grandsons who represented today's youth were in smart casuals, the granddaughters-in-law wore simple and smart *kurti* with understated jewellery, and the children looked all set for a fun Sunday. What attracted my attention was that there seemed to be nothing deliberate about their coordination.

Their clothes were symbolic of the unique social structure they had created around their lives. Each generation stood apart, yet without any sense of competition with another. The young women were not intimidated by the fact that *Baisa* kept her head covered as is the traditional norm for Rajasthani women. The elders did not mind the casual dressing of the youngsters and the youngsters did not look at the elders as stuffy and boring.

I quizzed *Baisa* relentlessly, trying to figure out the formula of joyous coexistence in this close-knit family. I asked her about rules and rebel-

lion, and freedom and choices. She answered with a quiet and honest dignity. Slowly the family joined in, adding to her views, and also offering insights from their own independent perspectives, in their own voices.

### Where did you live as a child?

**Baisa:** I have always lived in Chennai, my maternal family as well as my husband late Kanhaiyalalji Fomra's families have lived in Chennai for many generations now.

---

**"We have three kitchens. One for preparing offerings for the gods... The second for the main meals... And the third, for youngsters"**

---

### How old were you when you got married? How large was your husband's family?

**Baisa:** I was 13 when I got married; that was 65 years ago. There were almost 60 people living at home, and we cooked for a hundred people every day. My husband had seven brothers and 10 sisters, and they all lived in the joint family system.

### Were you intimidated? How did you learn all the housework?

**Baisa:** My mother-in-law and others were very kind to me because my mother had passed away when I was 10 years old. So they slowly initiated

me into housework. What I enjoyed most was taking care of the cows at home.

### I have heard much about your kindness and compassion. How have you managed to raise your children by 'sparing the rod'?

**Baisa:** Being disapproving and strict does not take you anywhere. If nine out of 10 things done by the children are fine, then I must ignore the one thing that may not be up to the mark.

**Kusum Devi (daughter-in-law):** Back then, my father-in-law used to have a lot of rules. But with time, our family grew and adapted.

**Baisa:** The younger generation is aware of the code of conduct and their boundaries. They never give me any reason to reprimand them.

### Is the second generation a bridge between yourself and the third generation?

**Kirti (granddaughter-in-law):** As the Hindi proverb goes, "The interest is always more loved than the principal amount." So *Baisa* has become more accommodating for her grandchildren's sake. We are the bridge between our elders. In fact, if we are wearing *kurti* now instead of saris, it is not because we asked for it. It is *Baisa* who asked us to start wearing what we are comfortable in.

**Sunderlalji (eldest son):** We consider ourselves lucky that the new age has entered peacefully into our house.

**Pushpa Devi (daughter-in-law):** You will be surprised to know that we



Photographs by **Chennai Pix**

---

Sweet dishes are prepared in a sanctified space of her home every day and offered to the lord as *bhog*

---



have three kitchens. One is for preparing offerings for the gods, and for hot beverages. The second is where the main meals are cooked. And the third kitchen is for the youngsters to experiment with fast foods like pizza and pasta. This is where Sudhakar (grandson) learnt cooking before going abroad for higher studies.

**I really respect how you all have taken the trouble to create unique spaces. That explains how people with different expectations can live together.**

**Sarita (granddaughter):** We have learnt from *Baisa* how we can choose

to accept the choices made by others, and to find joy in blending our wishes with those of others around us.

**Kusum Devi:** She is strict with herself but never imposes any of her rules on others. That in itself becomes something to learn.

**Baisa:** I am particular about certain things for myself. For instance, I prefer to eat in my own house where I know for sure that cleanliness and godliness are maintained with high standards. I avoid eating or drinking water anywhere outside where the cooking may not have been done with a pure mind.

**Baisa, no wonder the people around you feel nourished by your presence. So what happens when youngsters have unexpected demands? Who lays down the norms for them?**

**Kirti:** If ever we have to go for a club meeting where the theme requires us to dress differently, we just explain it to them and they never stop us. Our elders are quite understanding and permissive, and I have never felt restricted in this house. In fact, the last wedding at our house was a destination wedding and they gave us complete freedom in organising it.



**Sudhakar:** I remember when I was in IX standard, I wanted to go on a school trip. I asked my father who told me to get my grandfather's permission. But before I could even do that, my grandmother stepped in and convinced them both to send me.

**Sunderlalji:** I recognise the use of modern-day gadgets like an iPhone or an iPad in today's life. It is not an unexpected demand to want technology that will facilitate your life. In my youth, there were days when a single business transaction would take a fortnight. Now technology has made it possible to do much more in less than an hour.

**Sharad (grandson):** The only rule is that we have to account for the money given to us. However, our family is not built on rules, so we really enjoy ourselves when we spend time with each other.

## FROM BAISA'S KITCHEN

### Nagari Laddu

The quality of your mental state is influenced by the food you eat, says Smt Mankawar Devi Fomra. Guided by faith and devotion for the lord, she

eats *satvik* food and leads a *satvik* life. She exudes an aura of such pure energy that those who meet her instantly feel her love and compassion. Since her young days, she has fed the cows at home early in the morning and taken care of them. Such is her love for this beautiful creature that the very idea of allowing milk to curdle is anathema to her. Sweet dishes are prepared in a sanctified space of her home every day and offered to the lord as *bhog*. Her daughters, daughters-in-law and the next generation of *bahu* have learnt many recipes from her for this divine offering. The simple recipe below is one of the family favourites for the *bhog*.

(Makes 20 *laddu*)

### Ingredients

- Whole wheat flour (*atta*): 1 cup
- Gram flour (*besan*): 1 cup
- Powdered sugar: 1 cup
- Ghee: 3/4 cup
- Almonds: 1/4 cup; coarsely pounded

### Method

Heat ghee in a wok; lower the flame and roast the coarsely pounded almonds until golden brown.

Add wheat flour and gram flour and roast until light brown. Cool the mixture. Add powdered sugar and roll into *laddu*.

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

# Win the 'cold' war

It's that time of year when your morning walk puts an extra spring in your step and yoga at the beach is a breeze, literally. It's winter time! But the cold not only brings relief from the heat and humidity of the post-monsoon months, it also brings a slew of problems that need you to gear up for the season.

**Radhika Raje** speaks to experts to find out how to sail through the winter months

## Hair & skin

### COMMON CRIBS

- Dandruff
- Dry and itchy scalp and skin
- Scaly skin
- Eczema

### FACE PACK

#### Ingredients

- Rose petals: 50 gm
- Milk to soak petals
- Honey: 1 tbsp
- Aloe vera (fresh or packaged)

#### Method

Soak rose petals in milk overnight in fridge. In the morning, grind and add honey and aloe vera. Apply the paste in a slow circular motion and let it dry. Wash away without soap.



*While you're busy checking out sweaters and jackets to keep you warm, spare a thought for your skin and hair, the most easily ignored parts of the body*



### ENEMY NO.1: DEHYDRATION

Low humidity spells disaster. It drains away water from your hair and skin.

“Winter causes dry and cracked lips, dandruff and blackening of the skin. In extreme cases, it can also cause eczema or xerosis. This results in rough, dry skin with occasional scaling or cracking. Not surprisingly, it's also called ‘winter-itch.’”

—Dr Shankar Sawant,  
consultant dermatologist  
and hair transplant surgeon,  
Kokilaben Dhirubhai  
Ambani Hospital

### DOS

- Use a mild soap and shampoo
- Apply petroleum jelly products on cracked lips and cracked feet
- Moisturise your body at least three times a day
- Keep warm with proper clothing
- Oil your hair regularly

“It is important to understand the details of moisturisation. When you have a head massage, you're only providing oil to the scalp and your hair is neglected. Take regular hair and skin spa treatments in winter.”

— Zabin Abbas, director at Hair and Beauty Academy, Ahmedabad

# Eyes

## COMMON CRIBS

- Dryness
- Blurred vision
- Itchiness

“As lubrication of the eyes depends on how much stress they undergo, you must give your eyes enough rest. Failing to keep your eyes lubricated often results in eye pain, redness, blurred vision and/or the sensation of a foreign body in the eyes.”

—Dr Seema Behl,  
consultant eye surgeon,  
Mumbai

*They are your window to the world and they add colour to your life. But what happens when they fall prey to seasonal changes?*



## DOS

- Wear goggles while stepping out
- Wash your eyes regularly
- Avoid contact lenses

## ENEMY NO.1: DRYNESS

As you age, decreased tear production can lead to dryness, and a cold climate is a contributing factor.

“It is necessary to take care of your eyes in winter. Simple lubricating eye drops or blinking regularly can keep them safe and sound.”

—Dr Ashok Gupta,  
eye specialist,  
Drishti Eye Hospital,  
Chandigarh

## COMMON CRIBS

- Pain
- Stiffness
- Numbness

“Science has not proved that cold climates exacerbate joint pain although people who suffer from joint pain suffer more in winter.”

—Dr Sunil Kumar Singh,  
rheumatologist, Kokilaben  
Dhirubhai Ambani Hospital

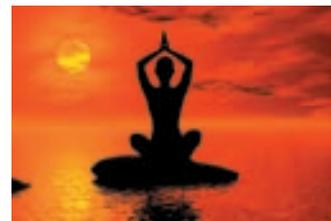
# Joints

*This is the least-liked season for the elderly— not only because it keeps many silvers indoors or the cold is uncomfortable, but because winter is almost always associated with joint pain.*



## ENEMY NO.1: PAIN

The pain in joints shoots up in proportion to the dip in mercury.



## DOS

- Regular walks
- Practise safe yoga

# Food

## COMMON CRIBS

- Lethargy
- Fatigue
- Dehydration

*They say, 'you are what you eat'. And that is truer than ever in winter. We tend to crave hot and spicy food even though it has nothing to do with the climate or weather. What you really need to keep you energised during this dry, cool weather are fresh vegetables and plenty of nourishing liquids.*



## WINTER FRUITS

- *Pomegranate*: Also known as the 'jewel of winter', this fruit boosts energy levels and is a great antioxidant
- *Kiwi*: Has a high concentration of Vitamin C and is rich in fibre, helping your body guard against winter ailments
- *Guava*: Rich source of Vitamins A and C. Also contains high levels of potassium and magnesium and is known to keep joint pains away

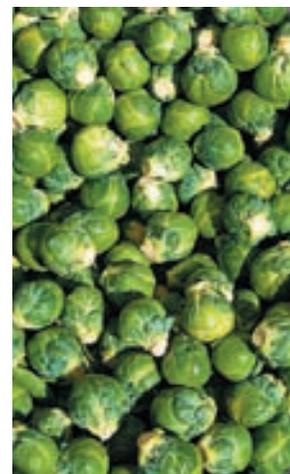
## WINTER VEGETABLES

- *Broccoli*: Tastes good just tossed with a pinch of salt and olive oil
- *Spring onion*: Goes well in soup but can be sliced and added to salads and rice too
- *Beet*: Can be eaten raw or blended into a juice. Mixes well with a green salad



## How to stay nourished

Wholesome, nutrient-rich foods such as fresh vegetables, nuts, sprouts and soups will help you stay nourished through this physically demanding season and keep blood sugar levels stable, leaving you bright and alert.



## WINTER SALAD

### Ingredients

- Brussels sprouts: 500 gm
- Mint leaves: 1/2 cup
- Garlic: 1 clove
- Red pepper flakes: 1/4 to 1/2 tsp
- Salt: 1/2 tsp
- Olive oil: 2 tbsps
- Roasted almonds: 1/2 cup
- Freshly shredded cheese (optional): 1/3 cup

### Method

Chop the sprouts and mint leaves and add to minced garlic in a small bowl with flakes and salt. Let the mixture sit for 5 minutes. Add whisked olive oil to the bowl. Mix well. Add almonds and cheese and toss to combine. Serve within half an hour.

## DOS

- **Eat seasonal vegetables and fruits. They are more likely to be fresh**
- **Drink plenty of liquids to stay well hydrated**
- **When you crave something warm and comforting, turn to soups rather than fried snacks**

Introducing  
**PAIN MANAGEMENT CLINIC**



**Our Specialists Manage Any Kind of Pain to  
Restore Quality of Life.**

**Get Your Smile Back!**



*Every Life Matters*

**PAIN MANAGEMENT AND  
PALLIATIVE CARE CLINIC**

**022 3069 6969**

4 Bungalows, Andheri (W), Mumbai - 400 053, India; [www.kokilabenhospital.com](http://www.kokilabenhospital.com) [f](#)/KokilabenHospitalMumbai [t](#)/KDAHMumbai  
For Appointment SMS 'KDAH' to 55454

# Master of arts

The fourth-generation descendant of a family that produced giants of talent in several fields, Sandip Ray shoulders the enormous responsibility of preserving his pedigree with a natural ease. In a free-wheeling chat with **Partha Mukherjee**, the filmmaker, illustrator, photographer and singer talks about past and present projects, what inspires him, his beloved city, Bengali cinema and precious moments with his father Satyajit Ray

**T**he shortening of breath reflects your mounting excitement as you approach 1/1 Bishop Lefroy Road. Tucked away from the cacophony of life in Kolkata is a flat that reaches back into the colonial past. It's as if history forgot to turn a page. To the right of the entrance, a portrait of the great Sukumar Ray, the father of nonsense rhymes, stares right back at you. A few paces ahead, on another wall, a bespectacled Satyajit Ray breaks into a hearty smile. It was in this flat that Ray, one of India's greatest filmmakers, spent most of his creative life. Then it hits you—the enormity of the legacy his son Sandip Ray, 59, carries. But before you can complete that thought, Ray walks up to greet you. Clad in a striped *kurta* and spotless white pyjama, he welcomes you into his sanctum inside the house.

It's only 24 hours before he begins post-production on his upcoming film *Jekhane Bhuter Bhoy* (Where You Feel the Eeriness of Ghosts) but Ray is a picture of serenity. He is a pure artist. Despite his formidable body of work—13 feature films, one full-length documentary, a spate of

short films and TV serials—and pedigree, there is not the vaguest hint of vanity or arrogance that colours the palette of many of his contemporaries.

Ray's love affair with cinema began when he was just a child; he has imbibed every nuance of filmmaking by watching his father work. Not surprisingly, his greatest compliment came from his father. Quoting the great Satyajit Ray, his son reflects on his words, "Before the camera rolls for each new take, Babu (Sandip's nickname) has to take a final look and say okay." Indeed, film critic Kevin Thomas wrote in *The Los Angeles Times*, "There's a great deal of the late Satyajit Ray, India's foremost filmmaker, in his son Sandip: wit, charm, good looks, impeccable manners. But there's also a more important quality: the clear sense you have that he is his own man."

At an age when most people make room for family, friends and hobbies alongside their work, Ray is unapologetic. Although a father of a 22-year-old son, he confesses that he views the world only through the prism of filmmaking.



## EXCERPTS FROM AN INTERVIEW:

**How far from completion is *Jekhane Bhuter Bhoy*?**

We have another four days of shooting left but we still have to decide on the schedule.

**Why did you choose a subject like this?**

Ghosts have always been a favourite subject of mine. These films do well commercially. I have been fascinated with ghosts ever since *Baba* made *Goopy Gyne Bagha Byne* (Adventure of Goopy Gyne and Bagha Byne). I became an avid reader of ghost stories and the paranormal. When I was looking for a good storyline, I found four stories. Three were written by my father, while the other one was by Sharadindu Bandopadhyay. The stories I chose were *Brown Saheber Bari* (Residence of Mr Brown), *Anathbabur Bhoy* (Anathbabu in Panic), *Lucknower Duel* (Duel in Lucknow) and *Bhoot-Bhabisyat* (Past-Future).

**How did you weave four separate stories into a single film?**

The character, Tarini Khuro, essayed by Paran Bandopadhyay, is a very popular character in *Baba's* stories. He will be narrating these stories to children. When one story

ends, he will continue narrating them till the film ends. It will flow seamlessly.

**Will viewers accept this format, especially a string of stories written by Satyajit Ray and with a character created by him?**

Modern viewers have become very receptive to new ideas and experiments. Let's hope they will enjoy it.

**You began with *Fatikchand*, then made *Goopy Bagha Phire Elo* (Return of Goopy And Bagha), *Uttoran* (The Broken Journey) and then *Target*. All these films provoked serious analysis. But you went on to make films based on stories meant for young adults. Do you have a weakness for this genre?**

Yes, I do. I love making films for children. I also want to make films that are equally appealing to all age groups, from eight to 80.

**Let's talk about your *Feluda* films. You made *Feluda* in Hindi. Wasn't that ambitious?**

I did *Feluda* in Hindi, keeping national viewers in mind. Why restrict such a charismatic character to a particular region? So when I did a mini *Feluda* series in 1986-87—



WITH THE ADVENT OF  
COMPUTERISED TECHNOLOGY,  
THE SCOPE OF AN ILLUSTRATOR  
HAS DIMINISHED CONSIDERABLY.  
FILMMAKERS CAN GET AMPLE  
IDEAS FROM NEW SOFTWARE  
THAT IS IN ABUNDANCE

*Satyajit Ray Presents II* for Doordarshan's National Network—I selected Shashi Kapoor as Feluda, Mohan Agashe as Jatayu and Master Alankar as Topshe. As it was to air on the national network, I thought Shashiji would appeal to a wider audience but Bengal rejected the gamble outright. And in retrospect, it was more an adventure series than a *Feluda* series.

**You have made feature films, a documentary, short films and TV serials. You have worked as a camera operator, photographer and assistant director in all the films your father made after the 1970s. What is your first love: photography or filmmaking?**

I began my journey as a photographer in my father's unit. Photography was thus a stepping stone to the world of filmmaking. I enjoyed post-production work just as much, especially editing. I used to keenly observe Dulal *Kaku* [the late Dulal Dutta, who edited all of Satyajit Ray's films] and learn how a film took shape. I did all this while juggling time at home, in school and then college.

**You have a golden voice. Why haven't you cut a disc? Singing runs in your family.**

To be honest, I never thought about it seriously. I use my voice when it is required for music composition, that's all. But I thoroughly enjoy music-scoring sessions, especially when I write music notations for my films.

**Do you remember the lullabies your grandmother, Suprabha Devi, used to sing to put you to sleep?**

I don't remember the words but the sweet melodies still ring in my ears.

**You made a documentary on Kishore Kumar, *Zindagi Ek Safar*. Did you prefer him singing Tagore's songs or other songs more?**

Kishore *Da's* voice had a special timbre. *Baba* made him sing in *Charulata* and *Gahre Baire*, and we all know how that turned out. If you ask me why he sang Tagore's songs in those films when there were so many great singers in



West Bengal who were synonymous with this type of music, I think *Baba* wanted to break the mould in which they were being sung.

**You are an excellent illustrator. Do you still find the time to illustrate?**

With the advent of computerised technology, the scope of an illustrator has diminished considerably. Filmmakers can get ample ideas from new software that is in abundance. Still, it helps to be an illustrator as I need to do some illustration work while discussing sets, costumes, camera angles and, above all, publicity material.

**When did you first watch your father shooting a film? Any recollections of those moments?**

I remember watching *Baba* shoot *Pather Panchali* (Song of the Little Road), which released in 1955. I was only two then and my memory of it is blurred. I also remember him shooting *Aparajito* (The Vanquished) in 1956. But it is the party scene in *Paras Pathar* (The Philosopher's Stone), a film *Baba* made in 1958, which is etched in my memory. My involvement with *Baba's* filmmaking began in 1970, when he made *Pratidwandi* (The Adversary).

**In what way do you feel the presence of your father? By watching his films, going through his writings, illustrations...?**

I never feel his absence. He is always with me. He left such a vast legacy of his works that he is present everywhere.



**You have met so many great personalities. Can you share your recollections?**

I have met some illustrious personalities in the field of cinema. Among them, I can remember Akira Kurosawa, Frank Capra, Michelangelo Antonioni, Bert Haanstra. I first met Akira Kurosawa in New Delhi during the National Film Festival, in the mid-1970s, in an elevator. I was so awestruck that I couldn't even say 'hello'! Later, my father introduced me to him.

I also met Frank Capra at a film festival. I managed to find a place in the room where the jury was to watch films for selection. Suddenly, I found him standing in front of me. I can't tell you how flabbergasted I was. My father also introduced me to Bert Haanstra, the world-famous documentary filmmaker. When he asked me which school of filmmaking I was attending, I pointed to my father. He didn't understand what I meant. The following day, he rang me up and said, "Yes, my boy, now I understand what you meant. You are one of those fortunate few who are attending the school named 'Satyajit Ray'!"

**Do you feel you live in the shadow of your father?**

I try to remain honest and dedicated to my work so that I can carve a niche of my own and retain my own identity.

**What do you think about the changing face of Bengali cinema?**

Change is inevitable and I am very happy to see the changes in the industry. New directors are experimenting and attempting different genres. Now, even corporate houses are venturing into production. It certainly reflects the popularity of Bengali cinema.

**What are your views on new-age Bengali filmmakers?**

I am encouraged by their untiring effort to experiment and keen desire to try different genres of films. And this is possible only because they are being supported by producers. Gone are the days when producers were interested in a particular kind of film to ensure they reaped returns.

**Have you ever thought of remaking your father's classics?**

No question. On the contrary, I am trying to restore and preserve his classics. In the truest sense, I think, remaking is not possible. Why should I risk being compared to him, which I have always tried to avoid? Also, can another *Pather Panchali* or *Charulata* be remade?

**In your view, what stereotypes about Kolkata have been perpetuated in both Indian and Western films?**

CHANGE IS INEVITABLE AND I AM VERY HAPPY TO SEE THE CHANGES IN THE INDUSTRY. NEW DIRECTORS ARE EXPERIMENTING AND ATTEMPTING DIFFERENT GENRES. NOW, EVEN CORPORATE HOUSES ARE VENTURING INTO PRODUCTION. IT CERTAINLY REFLECTS THE POPULARITY OF BENGALI CINEMA

I am horrified when I find filmmakers, even from the West, choosing to show slums, pimps and filth while making films with the city as its backdrop. I couldn't bring myself to finish watching the documentary on Kolkata by Louis Malle in a single sitting. The city may not be affluent, yet there is 'life' in it. It emits more gleam than gloom.

**What are those special facets of Kolkata that make you stay here and not shift base to Mumbai?**

Since I was born here, I have an umbilical attachment to this city. Most of the people I love live here. Everyone in my unit is Kolkatan. I have learnt to grow here. I cannot leave this flat, where I always feel the presence of my father. Kolkata is my home.

**How and where did you meet your wife?**

Lalita and I have been friends since 1973-74, when *Baba* was making *Sonar Kella*. I noticed her interest in filmmaking and looked upon her as one who would help me in my field. She has an inherent quality to manage any situation. Now, she has the Herculean task of managing my shoots!

**Describe yourself as a husband and a father.**

Well, all I can say is that I try to remain responsible for their comfort and happy living. As a husband [laughs], you have to ask my wife. At least, I try to be faithful to her [laughs]. If you ask me how good I am as father, you must ask my son Souradeep. He would say he is very happy to have me as his father for I have never told him off. I have never reprimanded him. He is looked after entirely by his mother.

**Is there any dimension to you as a person other than filmmaking?**

Well, there is editing. I edit *Sandesh*, a magazine my great-grandfather launched. I really enjoy doing that. ✨

# The **show** goes on

Over the past six decades, Mumbai's iconic Jehangir Art Gallery has embodied the free spirit of art for art's sake. Senior artist **Prafulla Dahanukar**, a committee member of the gallery for 40 years, chronicles its journey

**C**all it freedom of art, if you will! The Jehangir Art Gallery in Mumbai is one place where you didn't necessarily need deep pockets to acquire art—art has been affordable here since its inception, whether your budget was ₹ 25 or ₹ 25 lakh. Not surprisingly, even today, this 60 year-old landmark, which provides free entry, remains one of the favourite tourist attractions in this city.



importance and attention they deserved, transforming the art scenario. Owing to a surge of connoisseurs, artworks started selling well; prices rose and artists got their dues. As success stories reverberated from the Jehangir Art Gallery, many private galleries mushroomed. Today, there are over 30 private galleries in Mumbai alone and we see a considerable spurt in the number of people taking up art, craft or photography as a fulltime profession.

When the gallery was thrown open to the public in January 1952 in the city of Bombay—much to the delight of artists and art connoisseurs—it marked a milestone in the history of Indian modern art. The Bombay Arts Society (BAS) was the first to hold an exhibition here. Earlier, art shows used to be an annual affair with the BAS hosting an exhibition-competition-sale at its Ador House premises; M F Husain's first major exhibition was held in this small gallery. As artists and patrons felt the need for a bigger gallery where art could be showcased all year round, the society's secretary V V Oak requested then chief minister B G Kher to provide land to BAS.

Though land was identified, there was a slight change of plan, and the art gallery eventually came up within the Prince of Wales Museum (now Chhatrapati Shivaji Maharaj Vastu Sangrahalaya) premises. The society's president Sir Cowasji Jehangir, a great patron of art, contributed generously to the funding of the gallery; the gallery was named after his son Jehangir who had just passed away. The prominent Progressive Artists Group comprising stalwarts like F N Souza, K H Ara, M F Husain, H A Gade, S H Raza, S K Bakre and Akbar Padamsee used to regularly showcase their artwork here. Unfortunately, the death of Sir Cowasji in 1963 led to a funds crunch and for some time the gallery was even rented out for weddings and other celebrations. This sparked a protest among the art fraternity, forcing the practice to be discontinued. However, the gallery continued to make art accessible to the common man.

This was the time when up-and-coming young artists were striving hard and earning a meagre amount by selling their art. Jehangir Art Gallery provided them a proper platform and space; artworks on display in the gallery received the

Personally, I have many pleasant memories attached to the Jehangir Art Gallery. My first step into the art world was when, as a student of the Sir J J School of Art, my painting *Homewards Bound* was bought by an international art collector at the gallery's show—I was elated! I held my first exhibition in 1956, which was opened by Karl Khandalawala, then chairman of the Prince of Wales Museum; it was a complete sell-out. In 2002, the gallery's golden jubilee year, I launched a show called *Master Strokes* together with J J School of Arts professor Suhas Bahulkar. This is an annual feature where we have successfully revived works by famous Indian artists like Rabindranath Tagore, Jamini Roy, M V Dhurandhar and M K Parandekar by bringing their works closer to art lovers; in turn, *Master Strokes* helps raise funds for the families of artists. And in 2007, on completion of 50 years of my career as a painter, I was privileged to exhibit my works at the gallery.

Indeed, in its 60th year, Jehangir Art Gallery has handsomely achieved what it set out to do: recognise and appreciate artistic talent and provide it an abiding platform. Today, a show at the gallery is a matter of prestige for any artist. Both national and international artists consider their resume incomplete without a show here—that's how you explain the gallery's waiting list of four years! Going forward, to cut down this waiting period, we want to build some more galleries, subject to permission from the museum. Meanwhile, continuing its trend of staying relevant to the times, the gallery has been renovated and modernised to provide an environment conducive for artistic growth. Interesting times ahead for art lovers!

—As told to Sai Prabha Kamath



THEN



NOW





Haresh Patel



(Clockwise from left) The gallery reopens to the public after renovation on the occasion of the 60th anniversary diamond jubilee celebrations; (from the gallery archives) Sir Cowasji Jehangir with Jawaharlal Nehru; M F Husain, Akbar Padamsee and Laxman Shreshtha with his wife



Sir Cowasji Jehangir inaugurating the Artists' Aid Fund Centre at Ador House in 1952 (a young M F Husain on the extreme right); Indira Gandhi with art gallery secretary Ram Chatterjee (right), Hirji Jehangir (behind), Bombay Art Society secretary Harish Raut (left), art collector Jehangir Nicholson (in front) at a show in 1981





Gallery chairman  
Adi Jehangir,  
Laxman Shreshtha,  
art patron Harsh  
Goenka, Chhatrapati  
Shivaji Maharaj  
Vastu Sangrahalaya  
chairman Ketu  
F Mehta at the  
inauguration  
of Hirji Gallery  
recently;  
Shobhaa Dé,  
gallery secretary  
Karthiyani Menon  
with Adi Jehangir at  
the golden jubilee  
celebrations of the  
gallery in 2002



# A 'mist'ical experience

Coorg, the land of coffee and spices, captivates  
with its misty slopes, gushing cascades and  
green alleys, writes **Sirekha Pillai**



**W**ith the tropical sun holding fort mercilessly, the call of the hills is irresistible. With the promise of virgin green cover, unpolluted air, the cackle of birds and the soothing breeze, it's an invitation to experience nature at close quarters.

As we approach Coorg, or Kodagu, its traditional name, the narrow, winding road caresses the curves of the hilly terrain. Lush greenery heralds us to this land, famous for its coffee plantations, spices, dry fruits and honey. Large, droopy, bell-shaped flowers in white and pink adorn the

walls and spill over the hedges on either side of the road, marking the boundary of houses and bungalows uniformly crowned with sloping, tiled roofs, thanks to the huge amount of rainfall the town receives year round.

We trundle along the hilly terrain, bordered by coffee plantations, growing both Robusta and Arabica. With its famed estate coffee, Coorg is the undisputed coffee capital of India. Short coffee shrubs, sporting red and green cherries, find shelter under tall teak trees, silver oaks, bushy fig trees and mandarin oranges. In this wild medley, you also see pepper vines, finding their groove around tree trunks.





#### A walk through a plantation dotted with coffee cherries and pepper vines

As we settle down in the clean environs of our home stay, the breathtaking view of the green, mist-covered slopes from the balcony coupled with the earthy aroma and deep flavour of the coffee we sip, play on the senses.

We set out for Dubbare Elephant camp, hosted by the forest department, in a small islet off the Cauvery. Earlier, elephants for the legendary Mysore 'Dasara' festival (a variation of the word Dussehra) were trained here. No wonder, the big mammoths you see here are tame, used to human touch, sounds and smell. These elephants are now used for jungle rides. The highlight of the camp is the elephant interaction programme, popular with city dwellers deprived of the pleasures of nature. Guided by a naturalist, we gather around a cute baby elephant, which plonks itself on the riverbed. As the mahout gives it a scrub, the little fellow, evidently enjoying all the attention that's coming its way, splashes water playfully. The mahout encourages us to join in; we chip in, a bit gingerly though. Freshly scrubbed, the baby elephant is fed football-sized *laddoo*, made from ragi, horse gram and jaggery, and herded back to the camp.

We gear up for the culminating activity at the camp, a 15-minute ride on a huge elephant. During a single ride, almost six people are accommodated on the makeshift seat, made of a wooden plank, cushioned with gunny sacks and held together with a metal mesh. Warily, six of us, adults and children, squeeze into the seat, ready for the ride. Urged by the whoosh of the whip, the mammoth moves forward reluctantly in a languorous gait. We enjoy the shaky ramble, though it's a bit uncomfortable with half-a-dozen of us packed together.

Much of the excitement of the elephant camp also stems from river rafting around the area. Rubbery rafts in different colours line up along the banks of the river. To get to the camp and travel back, we hop into a raft, oar in hand, and row in tandem with fellow riders. Matching the rhythm of the waves, the tiny raft tosses and bounces, spraying tiny droplets on us.

Next on our list is a cultural escapade to one of the largest Tibetan colonies in India, in Bylakuppe. Flags in blue, white, red, green and yellow—traditional Buddhist co-



THE LAND OF MISTY-TOED SUNLIGHT, WITH ITS GREEN ALLEYS,  
SPRAWLING COFFEE PLANTATIONS AND GURLING CASCADES,  
LINGERS IN THE DEEP RECESSES OF THE MIND

lours—herald us to a completely different world. Monks in yellow and maroon robes flit across the sprawling campus. We spy the golden bells and intricate Tibetan architecture of the Golden Temple that houses the trinity of Gautama Buddha, Padmasambhava and Amitayus from far away. Burnished with copper and gold, the impressive monolithic statues of the gurus, almost 40-ft high, leave us feeling dwarfed. Frescos and murals depicting scenes from the life of the Buddha adorn the temple walls. We are told that the embellishments and paintings on the walls and doors were executed by Buddhist temple craftsmen, specially brought in from Tibet and Nepal. Prayer chants lead us to an adjacent prayer hall, where we find young monks chanting the mantras to the beat of temple bells and gongs.

Incidentally, this settlement came into existence in 1961, when then prime minister Jawaharlal Nehru decided to

accommodate refugees fleeing Tibet following the Chinese invasion. Over a period of time, the settlement grew; and with it, schools, nunneries, temples, monasteries, banks and one of the largest Buddhist universities, Sera Monastic University, came into existence. Our guide informs us that the main source of revenue for the settlement is agriculture and dairy. There are shops inside the settlement, selling traditional Tibetan carpets, attires, and prayer CDs, among others. We stop by at the canteen, run by a Tibetan lady, to savour steaming momos and piping hot noodle soup.

Raja's Seat, our next halt, was once a favourite haunt of the kings of Kodagu, who came with their queens to take in a commanding view of the mist-covered cliffs and valleys that made up their kingdom. Today, tourists and locals flock to this vantage point to capture sunset in all its beauty. As we stand there, mist drifts across the plantations

and the verdant, wooded hills and beyond even as the sun disappears, leaving behind a trail of saffron. In the public garden around Raja's Seat is a musical fountain that comes alive for an hour every evening to the beat of popular item numbers like *Dhak dhak* and *Munni badnaam hui*. The once lofty royal seat is today a frontbencher's delight as deduced from the thunderous applause and hoots that greet the Bollywood spectacle. Even as a shroud of fog envelopes us, we retire to our home stay, to a dinner of invitingly hot *otti* (rice chapattis), a Kodagu staple, and delicious bamboo-shoot curry.

Talacauvery and Abbey Falls, the destinations for our second day here, are breathtaking. It's a long uphill drive

to Talacauvery, situated 4,500 ft above sea level; a drive peppered with anecdotes from our guide about things as varied as the origin of the home stay culture to the annual Kodagu Hockey Festival that sees Coorgis from around the world descending in hordes to participate in the festivities, son of the soil Field Marshal K M Cariappa's tales of valour, and accounts of celebrities like Sangeeta Bijlani and former athlete Ashwini Nachappa owning acres of coffee plantations in Coorg.

The misty blue hills of Brahmagiri flank Talacauvery, the birthplace of river Cauvery. Situated here is a temple dedicated to Brahma, one of a handful of temples dedicated to the 'Creator' in India. The Cauvery emerges as a small

(Clockwise) Abbey Falls; Dubbare Elephant Camp; Raja's Seat; Talacauvery temple; (Opposite page) Golden Temple, Bylakuppe





## FACT FILE

### WHEN TO VISIT

Coorg is pleasant throughout the year. But the best time to visit is from October to April.

### HOW TO GET THERE

- **By air:** The nearest airport is Mysore, 120 km away. Mangalore airport is 135 km away.
- **By train:** The nearest railhead is Mysore Junction, 115 km away.
- **By road:** Coorg is well-connected to all the major cities in Karnataka; Mysore (120 km), Mangalore (135 km), Hassan (115 km) and Bengaluru (260 km).

### WHERE TO STAY

There are options for every budget, including a variety of home stays that you can find on the Internet or through a travel agent. Here is a sampling:

- **Club Mahindra Kodagu Valley:**  
Tel: 08272-221114, (0) 9900486290;  
Email: [reservations.coorg@mahindaholidays.com](mailto:reservations.coorg@mahindaholidays.com)
- **Silver Brook Estate Home Stay:**  
Tel: 08272-200107, (0) 9945815485,  
(0) 8105311309
- **Silver Oaks Home Stay:**  
Tel: 08274-244206, (0) 9945635188;  
Email: [shachienachaiah@yahoo.co.in](mailto:shachienachaiah@yahoo.co.in)
- **Vivanta by Taj:** Tel: 08272-265800;  
Email: [vivanta.madikeri@tajhotels.com](mailto:vivanta.madikeri@tajhotels.com)

perennial spring in the Brahma *kundi* (small spring) here, and then flows underground again to emerge as a river some distance away. We see devotees throwing coins and taking a dip in the temple pond to wash their sins away. The mountain ranges shrouded in a blanket of mist and the sight of the shimmering Cauvery rolling down the rocks and ambling along to find its rhythm make for a picture-perfect moment. Steps from Talacauvery lead up to Brahmagiri peak, said to be the site of the special *yagna* performed by the seven sages or *sapta maharishi* of Hindu mythology.

A narrow road meandering through the dense foliage of coffee and cardamom plantations takes us to the gushing Abbey Falls, our next stop. Trekking through the plantations, we hear the roar of the waters, cascading down the boulders to flow through crevices and ravines to merge into the Cauvery. A veil of mist hangs between us and the falls. We are told that the word *Abbi* in the local language Kodava means waterfall; hence the name. As we make our descent down the hills, our guide advises us to shop for coffee, dry fruits, honey and spices at the local market. We are delighted to find that the rates are almost 25 per cent lower than those in Mumbai. Long after we're back to the mad rush of our concrete jungle, the land of misty-toed sunlight, with its green alleys, sprawling coffee plantations and gurgling cascades, lingers in the deep recesses of the mind; an invitation perhaps for an encore. ✨

## THEATREWALLAH

SUPARNA-SARASWATI PURI MEETS BHAWANI BASHIR 'YASIR',  
MESSIAH OF THEATRE AND KASHMIRIYAT



In the cataclysmic valley of Kashmir, his name echoes hope. A poet, playwright, theatre designer and director, 58 year-old Bhawani Bashir 'Yasir' says his life is for his people. After graduating from the Government Degree College in Anantnag, Bashir was determined to work for the state through an aesthetic medium. So he walked out of his 18 year-old job as a teacher in the Department of Education and became a full-time 'theatrewallah', knowing well that working in a hostile environ wasn't easy.

### HERITAGE

Undeterred by threats to his life, Bashir fearlessly established the first ever theatre repertory, Kallakaar Repertory Circle, Doru-Shahabad, and engaged 10 actors, whose salary he paid from his own pocket. With 25 years of professional experience in theatre designing, which includes theatre architecture and study of South Asian and European performing art centres, he has hard-earned the recognition for promoting the rural theatre movement in Kashmir. Despite the Best Stage Craft Award from the National

School of Drama, New Delhi, and the Senior Fellowship Award from the Ministry of Culture, he remains focused in his mission to revive Kashmir's place on the national and international art and culturescape. Excerpts from an interview:

### How do you see Kashmir?

From Emperor Jahangir's *Agar Firdaws ba roy-i zamin ast, hamin ast-u hamin ast-u hamin ast*, and being a haven of saint-poets like Lal Ded and Nund Rishi, Kashmir is a paradise

lost; a home that has become a beautiful prison because of arch rivalry between two countries claiming proprietorship over its land. However, the cherished dream of the natives is to restore its age-old glory, honour and dignity that it enjoyed for centuries during Raja Lalita Ditya and Zainul-Abideen Budshah's rule. Perhaps, it is a state waiting to be reborn!

### What kind of poetry do you write and does it contribute to designing or directing theatre?

My place of birth, Shahabad Doru in Anantnag, is home to many great poets like Mehmood Gami, Rasul Mir and Hamidullah Shahabadi. Interestingly, celebrated litterateur Sadat Hassan Manto also belonged to the Mantoo dynasty of Doru-Shahabad. Blessed with such rich heritage and an inborn eloquence of the written word, I began writing romantic poetry under my penname 'Yasir' from the early years.

Poetry introduced me to the literary circles of Kashmir. Of late, most plays I have written, which have become popular, include dramatic poetry that is, in essence, socio-political satire—much-needed structural and constructional treatment to the growth of Kashmiri play writing. In this regard, my being a poet has helped a lot.

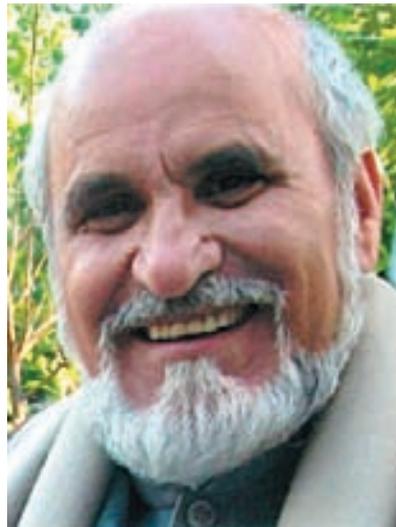
### What aspect of theatre drew you?

I know I was born to contribute to Kashmir's legacy for future generations through theatre—an honest, popular yet challenging medium. I have been advocating that a nation without theatre is a 'dead nation'. For instance, contemporary theatre showcases not just what Kashmiris eat and wear but what they think. Intellectual choices made by the people are reflected in socio-cultural and political terms providing a window into Kashmir's state of affairs. The ability to translate this message on the canvas of a performing art like theatre intrigued me. Moreover, as a result

of the prevailing unpredictable and turbulent situation—coupled with the lack of national sensibility—we have a long way to go. Yet someone has to lead the caravan and as they say, 'only those who dare, live'. So, here I am!

### What does Kashmiriyat mean to you as an artist?

The history of dramaturgy of the Indian sub-continent has its basic foundation in Kashmir. Kashmiriyat is not the meta-physical identity of the cultural heritage of Kashmiris but the manifestation of their socio-religious



### Intellectual choices made by the people are reflected in socio-cultural and political terms providing a window into Kashmir's state of affairs

practices and cultural mass-mentality. It is a way of life. For me, it is a composite concept of the rich, cultural ethos that has evolved from age old Hindu-Buddhist-Muslim philosophies and heritage.

### What made you join Kashmir's theatre movement in 1971?

There was no compulsion; it was a motivation led by an 'up, close and front' understanding of the socio-cultural and changing geopolitical conditions of the subcontinent at that point in time. Our disillusionment was from both the countries and their political wisdom. With the understanding that I am meant for my people, I entered the movement with a purpose that my theatre has to find its soul and spirit from the soil of Kashmir and make its people proud of what they have.

### What is Kashmiri theatre?

In essence, the theatre heritage of Kashmir is folk, known as Bhand-e-Pather. It needs to be explored, promoted and preserved through contemporary, innovative cultural sensibilities and popular sensitivities. Our indigenous contemporary theatre has to find and assimilate its popular elements of performing arts rooted in its soil with the changing trends, challenges, concepts and styles of theatre, to create an indigenous idiom and style that would gain national and international recognition.

### In your opinion, why have the state's Sufi traditions not been more visible rather than its papier-mâché image of a tourist destination?

Ah! You have touched the core of my heart. Incompetent leaders, insensitive intelligentsia and irresponsible institutions of education, art, culture and languages have never given a serious thought to our cultural policy. Taking cognisance of the uncongenial circumstances of the state, the government didn't seem interested in ensuring and following a concerted cultural policy. Our universities have been churning out degrees, even as our cultural institutions have become cultural agencies towing the line for arranging and ensuring entertainment programmes in the name of cultural activities for tourism. In the past 50 years, not a single serious theatre group has ever been sponsored by



the state for any international festival to showcase its genuine expression. Until 2006, there was no state department of culture. It may be true that tourism flourishes with richness of one's culture, but it is only an industry of economic trade.

**When did you begin writing plays?**

I started writing plays in 1975, but those were short plays for schools and colleges. I wrote my first full-length play in 1979 named *Amaneth*, which was approved as an entry by the J&K Cultural Academy for the District Drama Festival of Anantnag held in 1980. This was my debut as a serious playwright and director, before my travels with theatre began. The late Ali Mohammad Lone was hugely responsible for giving me the confidence to write plays professionally.

**What is EKTA?**

Being the sole alumna of the National School of Drama permanently based in the Valley, I felt it was my moral duty to professionally institutionalise theatre in Kashmir. Founded in 1988, Ensemble Kashmir Theatre Akademi (EKTA) in Srinagar could not remain functional from 1990 to 2002 owing to militancy. EKTA surfaced again in 2004 to reinforce a new spirit in Kashmir's theatre movement. In March 2006, to pave way for promising artistes, EKTA School of Drama and Repertory was established.

**What are the challenges and achievements of EKTA?**

It took us five years to get registered under the J&K Societies Act, which

is issued only after seeking a Non-Involvement Certificate from state security and intelligence agencies. Yet, during these years we focused on building a proper infrastructure, financial and human resources; in 2011-12, we were able to organise the first ever, state-level Budshah Theatre Festival at Abhinav Theatre, Jammu.

**How has your family been involved in your spirited journey?**

Three people in my family have been a strong force in my struggle: my mother, elder brother and my wife, a teacher who faced hardships but stood strong. I have three children, two sons and a daughter. Without their moral, material and intellectual support, it would not have been possible for me to take up such a missionary journey.

# The **SUN** rises in the east

A VARIETY OF INTELLECTUAL PURSUITS, FROM THEATRE TO DOCUMENTARIES, WRITING, READING AND EVEN *ADDA*, ILLUMINATE KULADA KUMAR BHATTACHARJEE'S LIFE, DISCOVERS TAPATI BARUAH KASHYAP



S Bhattacharjee

**K**ulada Kumar Bhattacharjee begins his day at 6.30 am with yoga, news from *The Dainik Asam* and *The Telegraph*, and three cups of tea. This acting titan from eastern India, with over 50 years of career in drama, film and television, remains evergreen at 79. Bhattacharjee has made documentaries, acted in several Bhupen Hazarika films, written books, and worked with Doordarshan and BBC. And when not engrossed in a project, he can be found reading or poring over tomes at his friend's bookstore in Panbazar, where he also helps sell books

## ARTS

and maintain accounts. His love for books also stems from feeling at home with as many as five languages—Assamese, Bengali, English, Sanskrit and German. If not in the company of books, he is at the *adda* sessions he attends twice a week.

The younger born of Kamala Devi and renowned lawyer Kali Prasanna Bhattacharjee, the thespian was attracted to dramatics and performing arts from his childhood and began acting in plays from his schooldays. At Cotton College, his performance as Amal in Rabindranath Tagore's *Dak-ghar*

was so appreciated that for many years he was called Amal. "I had to enrol as an MA student in Gauhati University just because they wanted me in the troupe heading for the first All-India Inter-University Youth Festival in New Delhi," recalls Bhattacharjee. That trip also took him to All India Radio, where they performed Bhupen Hazarika's famous play *Era Bator Sur*, which he later made into a film in 1956. Subsequently, Bhattacharjee not only acted in several of Hazarika's films like *Shakuntala* (1961), *Lotighoti* (1966) and *Chikmik Bijuli* (1969), but worked with him too.

In 1958, he went away to the UK and joined the Leeds Business School. But mathematics emerged as a major hurdle, and so he quit and joined a 13-week course at the New Era Academy of Drama and Music in London, “of course after my father told me I was free to pursue my first love of dramatics”. That was the time he joined BBC’s weekly Bengali programme and started working part-time as a salesman at a bookstall. At BBC, he met Peter Fischer of the German section, whose guidance took Bhattacharjee to the famous North and North West Television in Hamburg. In India, a television network was still being planned. A distant reality, it brought him back home and facilitated close tie-ups with stalwarts like Habib Tanvir, Joy Michael, Sushma Seth and others.

In 1962, he returned to Guwahati and joined All India Radio as an English

years I wrote a regular column called ‘Naatghar-Chabighar’, in which I not only discussed various aspects of theatre and cinema but profiled a number of well-known as well as unknown artists. Those essays are soon coming out as a collection,” he reveals.

Bhattacharjee’s first love, though, is writing scripts. “Scriptwriting requires a lot of research,” he explains. “My scripts are based on first-hand experiences and extensive research. This includes reading books, visiting places and meeting a lot of people.” He has just completed a 13-episode TV serial called *Manomati*, based on a famous Assamese 19th century novel by Rajanikanta Bardoloi. The contemporary audience in Assam, however, remembers him more for *Tejal Ghora*, a television serial that critically reviewed present-day Assamese society. Bhattacharjee is also busy editing the

**“My scripts are based on first-hand experiences and extensive research. This includes reading books, visiting places and meeting a lot of people”**

and Assamese announcer. This drew him into several radio plays, also engaging him in the Jatiya Natyashala movement of Assam; “one that did not land us anywhere despite a lot of efforts,” he says regretfully. Bhattacharjee’s next stop was Calcutta, where he became part of Debjani Chaliha and Associates, through which he made a number of documentaries and acted as a news stringer for Doordarshan. “Shooting news for DD those days was very challenging because the medium was celluloid and not in video. But what I cherish most is my association with an effort to popularise Manipuri dance, particularly because Debjani Chaliha was primarily a dance exponent of repute,” he recalls.

He was drawn into writing, and he soon became a member of *Aamaar Pratinidhi*, an Assamese magazine edited by Bhupen Hazarika. “For several

manuscript of a Bengali play called *Sudarshan ba Sashikala Parichaya*, which his uncle Nalini Kumar Bhattacharjee had written 100 years ago.

For his love for theatre, Bhattacharjee never married. He lives in his ancestral house in Guwahati with one of his nephews. “My most precious companions are my dictionaries in various languages, like the Sanskrit-Bengali-English trilingual dictionary I had picked up from the Calcutta Book Fair several decades ago,” he says. Kulada Kumar Bhattacharjee strongly believes in the existentialist philosophy of French philosopher Simone De Beauvoir, depicted in her autobiography *Force of Circumstances*. As motivational speaker Nido Qubein has said, Bhattacharjee’s own circumstances have never forced the direction he has taken; they have only determined fresh starts.

## SUPER SIXTY

DECADES AGO, FROM DELHI HE TROUPE TO CHENNAI (THEN MADRAS) AND MADE IT HIS STAGE FOR LIFE. MENACINGLY CONVINCING AS A VILLAIN, **Y G PARTHASARTHY** REMINDED THEATRE-GOERS OF THE ICONIC SCREEN TROUBLEMAKER M R RADHA. SIX DECADES LATER, HIS UNITED AMATEUR ARTISTS (UAA)—THE THEATRE GROUP HE SET UP IN 1952—STILL DRAWS AUDIENCE TO FOREVER-RELEVANT SOCIAL DRAMAS. AS A TRIBUTE TO 60 YEARS OF UAA’S SUCCESS, A DVD TITLED *60 YEARS OF PASSION* WILL BE



RELEASED ON 23 DECEMBER 2012, THE FIRST DAY OF WEEK-LONG CELEBRATIONS, BY HIS SON Y G MAHENDRA (Y GEE, AS HE IS POPULARLY CALLED) AND HIS MOTHER RAJALAKSHMI PARTHASARTHY, THE FOUNDER OF THE PADMA SESHADRI BAL BHAVAN GROUP OF SCHOOLS. SPONSORED BY *THE HINDU*, THE DVD WILL SHOWCASE THE TRANSITION OF TAMIL THEATRE FROM COSTUME DRAMAS TO CONTEMPORARY PLAYS.

# STRENGTHEN YOUR BODY FEED YOUR MIND

**SUNOVA**<sup>®</sup>  
The joy of healthy living



**FREE SUNOVA PRODUCTS AVAILABLE WITH EVERY  
SUBSCRIPTION TO HARMONY.**

Now there's even more reason to subscribe to Harmony - celebrate age, the magazine specially for people above 55. Where you'll find relevant articles on health, cooking, fitness and even fashion. Meet people like yourself.

Fill in the enclosed form today.

And enjoy this magazine for a long time to come.



**Subscribe to Harmony Magazine  
now and get Sanat Products free**



## Subscription Card

(Please tick below for your choice of subscription)

- I would like to gift a subscription **OR**  
 I want to subscribe to HARMONY

Subscription	You Pay	You Get
<input type="checkbox"/> 2 years (24 issues)	₹ 576	<b>Sanat Products Gift Hamper approx. worth ₹ 225</b>
<input type="checkbox"/> 1 year (12 issues)	₹ 324	<b>Sanat Products Gift Hamper approx. worth ₹ 100</b>

Please fill in **CAPITAL LETTERS** and mail the form below with your Cheque / DD to Harmony Care, Living Media India Limited, A-61, Sector, 57, Nodia (U.P.) - 201301. In case of Credit Card payment you may fax the form to : 0120-4078080.

Personal details: Mr/Mrs. \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

I wish to pay by:  Cheque  Demand Draft

I am enclosing Cheque / DD No. \_\_\_\_\_ dated \_\_\_\_\_ drawn on (specify bank) \_\_\_\_\_

made payable to **M/s LMIL-A/C Harmony** for ₹ \_\_\_\_\_

(Add ₹ 10/- for non-Delhi cheques) or please charge to my Credit Card.

Amex  Visa  Master Card  Diners

Card Number

Card Member's Name

Card Expiry Date Month  Year

Card Member's Signature \_\_\_\_\_

Date of Birth Date  Month  Year

**I want to gift the subscription to** (Please do not fill if subscribing for yourself):

Mr/Mrs/Ms \_\_\_\_\_ First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Postal Code \_\_\_\_\_ Country \_\_\_\_\_

Phone (Off.) \_\_\_\_\_ (Res.) \_\_\_\_\_

E-mail: \_\_\_\_\_

Website: [www.harmonyindia.org](http://www.harmonyindia.org) For queries e-mail us at: [harmonycare@intoday.com](mailto:harmonycare@intoday.com)



**SUBSCRIPTION TERMS & CONDITIONS:** Rates and offer valid in India only. Allow 3-4 weeks for processing of your subscription. Free subscription gift will reach you within 8-10 weeks of commencement of your subscription. It will not be possible to entertain any request for cancellation of your subscription once your free gift has been despatched. The free subscription gifts are covered by guarantee for manufacturing defect / quality / damage in transit as per standards laid down by the manufacturer. Add ₹ 10 for non-Delhi cheques. Please write your name and address on the reverse of the Cheque / DD. Do not send cash. All disputes are subject to the exclusive jurisdiction of competent courts and forums in Delhi / New Delhi only. The publisher reserves the right to terminate or extend this offer or any part thereof at any time, or to accept or reject any or all forms received at their absolute discretion without assigning any reason. Information regarding such cancellation / extension / discontinuance will however be published subsequently in the magazine. For further details, please contact our Customer Care Department: Write in to: **Harmony Care, Living Media India Limited, A-61, Sector-57, Noida (U.P.)- 201301**; Call: (95120) 2479900 from Delhi & Fbd; (0120) 2479900 from Rest of India. Fax: (0120) 4078080; E-mail: [harmonycare@intoday.com](mailto:harmonycare@intoday.com)

**NOTE:** The Harmony collects and processes personal information for the purposes of customer analysis, market research and to provide you with any further details from our organisation. Steps have been taken to ensure that consistently high standards of data protection are in place.





# A glimmer of hope

Writer and commentator Gurcharan Das, 69, answers questions on his new book *India Grows at Night: A Liberal Case for a Strong State* (Penguin; ₹ 419; 320 pages)

**The title of your latest book is intriguing. What is your essential thesis?**

The full sentence actually is 'India grows at night when the government sleeps.' I don't complete that sentence in the title. India is rising despite the state and must also grow during the day. It is a bottom-up success unlike China which has top-down success. It is all very well to celebrate the achievement of the Indian people but we must also have an effective state.

**What are the factors nourishing India's growth; and stunting it?**

We need institutional reforms; one Lokpal Bill is not the answer to corruption. We need reforms at all levels—the judiciary, police, bureaucracy and the Parliament. It should not take 12-13 years to get justice in the courts; it should take two or three years. But this will not be easy; if we are lucky we might get a reformer. I don't think India has a reformer at the moment. My hope is that if you create a big enough demand for reforms, there could be a reformer. And this hope is from the new, rising middle class. The young make up one-third of India and they are liberated, their minds are decolonised and they are empowered. By 2022, they will constitute 50 per cent of India, and politics would also change. We have got rid of corruption in many areas such as booking of railway tickets, which can be booked online, and filing taxes online.

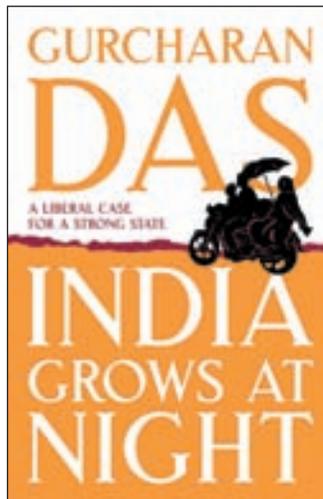
**How do we make India grow in the day as well as night?**

In a chapter at the end, I have made an impassioned plea for a liberal political party. The last thing India needs is another party, but right now all parties treat the voter like a victim, offering free deals during elections. But one-third of India is the new middle class and they have seen prosperity. They are aspirers and don't see themselves as victims. They are enraged by corruption. The hope lies in a 'classical liberal party' that will take care of institutional reforms, economic reforms, market outcomes.

**In your book, you have used the cities of Gurgaon and Faridabad as examples....**

About 25 years ago, everyone would talk about investing in Faridabad, which had industry, and where the government was facilitating development. Gurgaon was wilderness. But now, Gurgaon is the Millennium City. This is because Gurgaon's disadvantage has become its advantage. It did not have a municipality till 2009! But it has created millions of jobs and become an engine of growth. Gurgaon is an example of India's growth—but not a model for future governance as it lacks basic amenities. Faridabad was seeped in corruption; it did not grow. Gurgaon is India growing at night and Faridabad is the corrupt system.

## AUTHORSPEAK



**What is your vision for a strong state?**

My vision does not mean an autocratic or a police state or even Singapore, which is a benign state. It is tempting, though, as it has high levels of governance with no oppression. A strong state means an effective and enabling state as envisaged by our founding fathers, who were inspired by the thinkers of Europe and America. A classical liberal state has the ability to take decisive, determined action when required, so it is not paralysed. That action is bound by the rule of law and it is accountable to the people. This was the vision. So where have we gone wrong? There are many strong

states in Europe and they have done tough reforms that we also need. A strong state does not permit people to be corrupt. A successful state is built on a moral core.

**What's next for you?**

My future plans call for writing a book on desire or *kama*. A good book, they say, deals with one aim of life, *purush-artha*. My book, *India Unbound*, explored *artha* (material well being); another book of mine, *The Difficulty of Being Good*, explored *dharma* (moral well being). My book on *kama* will require research on classical Sanskrit texts—beyond *Kamasutra*, for desire is more than sexual desire.

—Ambica Gulati

# Vision in WHITE

As the sun takes his yearly sabbatical, we present a classic, *Looking for a Sunset Bird in Winter* by Robert Lee Frost, one of the most popular American poets of all time

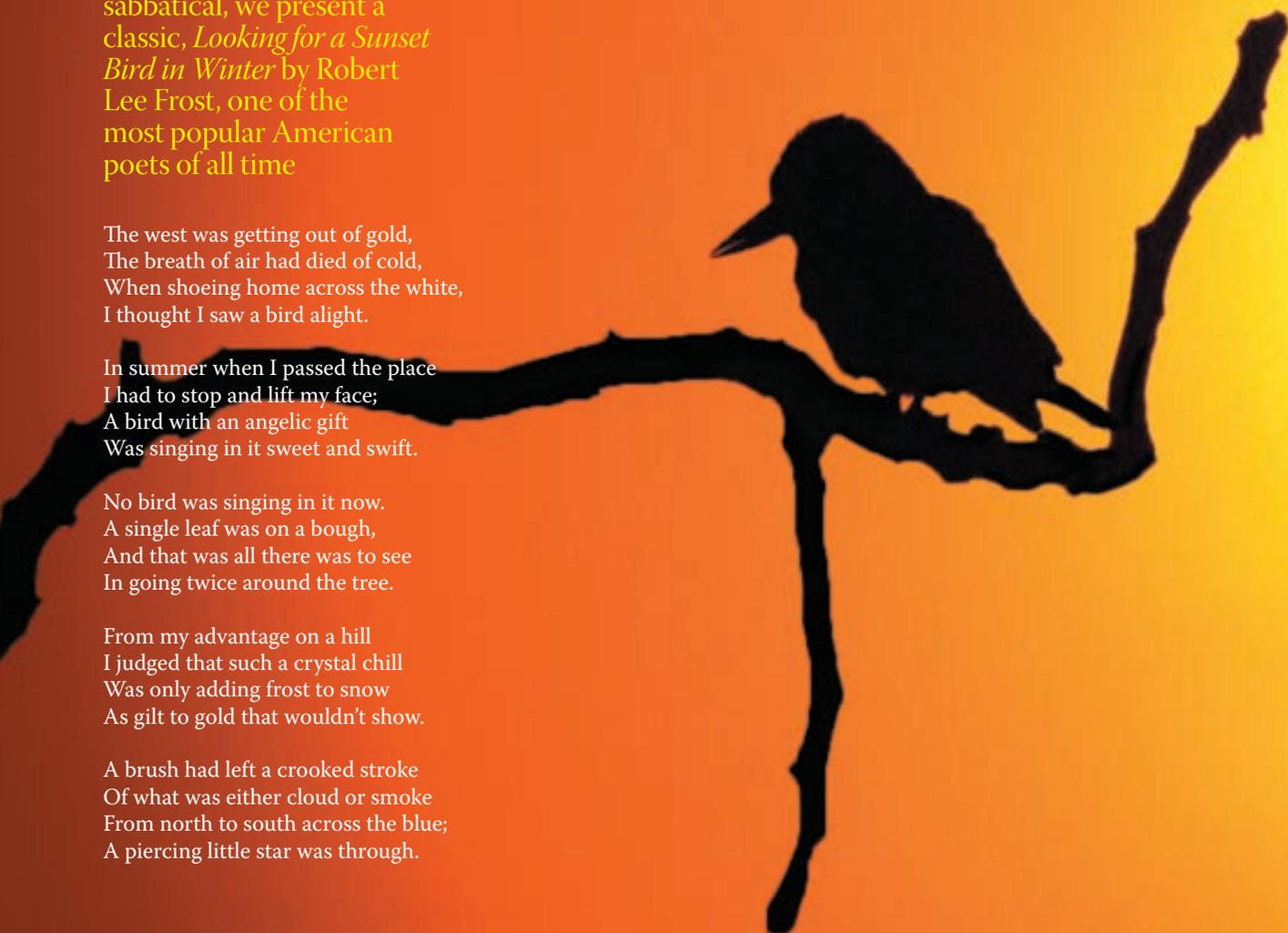
The west was getting out of gold,  
The breath of air had died of cold,  
When shoeing home across the white,  
I thought I saw a bird alight.

In summer when I passed the place  
I had to stop and lift my face;  
A bird with an angelic gift  
Was singing in it sweet and swift.

No bird was singing in it now.  
A single leaf was on a bough,  
And that was all there was to see  
In going twice around the tree.

From my advantage on a hill  
I judged that such a crystal chill  
Was only adding frost to snow  
As gilt to gold that wouldn't show.

A brush had left a crooked stroke  
Of what was either cloud or smoke  
From north to south across the blue;  
A piercing little star was through.



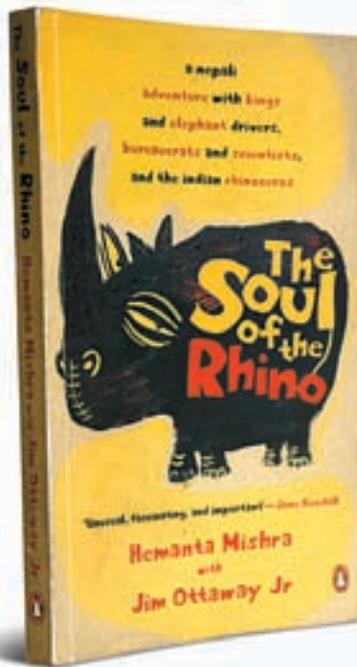
## Call of the **wild**

*The Soul of the Rhino*

By Hemanta Mishra and Jim Ottaway Jr

Penguin Books India; ₹ 299; 256 pages

This book is as much a 'safari on the couch' as a serious effort to save Nepal's national animal and symbol. Conservation became Hemanta Mishra's life right after his university days in the 1970s. At the time when King Birendra of Nepal had travelled his country's villages and remote areas incognito, there was a will to save the greater one-horned rhinoceros, a species settled in the plains of India and Nepal. The government initiative helped raise awareness among the tribal population and villagers on how to live amicably with the animal and not to hunt it for livelihood. Awareness apart, assistance also came from elephant drivers (*mahaut*) who facilitate movement in the innermost sectors of the jungle to save animals from poachers. Poaching of the animal for its horn was at its peak at the end of the last century and mercilessly brought the numbers



down. However, consistent efforts from Mishra—who helped set up the Royal Chitwan National Park in Nepal for the rhino—and world-renowned conservationists have brought some stability to the otherwise grim statistics. The absurdity of some laws, the childish delight of breaking some, (of course, for the good of the mission), the glee of watching the animals in the wild, and the merriment on saving some; all make this a compelling read. Mishra's experiences with Nepali *mahaut*, scientists and tourism entrepreneurs make the subject of South Asian wildlife conservation worthy of living room dialogue and not just column space in newspapers and magazines.

—Meeta Bhatti

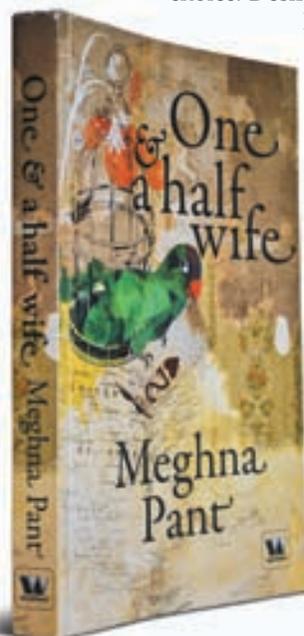
## As the **world turns**

*One And A Half Wife*

By Meghna Pant

Westland Books; ₹ 250; 296 pages

Her mother wanted to talk English, walk English and laugh English. To fulfil her *fi-rang* dreams, Biji puts her daughter Amara on the *videshi* altar. The young immigrant girl, however, could never become an *American*—either the glove didn't fit or she turned out to be too small a speck in her mother's fantasy land. The book maps her life from India to the US and then back, in search of her own identity. In the desire to belong to a new country and be seen as an equal by her genuinely NRI cousin—her mother's brother's daughter Riya—she ends up estranging her further by being chosen as Prashant Roy's wife (the man Riya wants). The fairytale turns into a nightmare when



Amara realises that she is, in fact, Prashant's mother's choice. Desiring a sophisticated wife like Riya on his arm, Prashant divorces Amara after his mother's death, leaving an ever-alone girl to her own devices. Surprisingly, help comes from Riya and the two sisters sort their differences over the man both couldn't get. 'Die-force' means a life of shame for Biji; how will she face her relatives and neighbours? Reluctantly, the family comes back to India, where Amara comes out of the shadow of her so-called 'social stigma' and draws strength from Didi (a divorcee herself) next door. On the way from tripping over her dreams to self-discovery and self-realisation, Amara finds confidence, peace and love. No miracles can help one build castles in the sky; one needs to work for happiness—it just might be lurking around the corner in a blooming flower, a new friend or someone's smile.

—Meeta Bhatti

# Break free

In this contemplative discourse, Sadhguru explains the concept of 'shedding the body'

**Questioner:** So after all this memory is shed, what happens? What is ultimate liberation or *mahasamadhi*? We have heard stories of yogis shedding their bodies in *mahasamadhi*. What exactly does it mean?

**Sadhguru:** Many yogis choose to leave their bodies. They will say, "On this day, at this time, I will leave my body." They will sit down in front of everybody and just walk out of the body. Without injuring this body, walking out of this body is not a simple thing.

**Questioner:** In other words, they will just sit there and die?

**Sadhguru:** They don't die; they leave.

**Questioner:** But the body is left behind?

**Sadhguru:** Yes.

**Questioner:** Have you ever seen it happen?

**Sadhguru:** Yes. We have seen it. We have witnessed with our own eyes an occasion where someone announced that he will be leaving. People have arrived—hundreds of people—to see this. In front of them, the person sat and said, "Okay, I am leaving," and he just left. No poking yourself with a dagger, no eating poison, nothing. Just sitting down, perfectly fine, and leaving.

Just like you take off your clothes and throw them away, in the same manner you shed your body and go. If you understand where you and your body are linked, you can break the link when you wish. Right now, you are talking about stories; you do not know how this life is linked to the body. There is a whole system of yoga as to how you come to this point, where you are linked to the body. If you know this, the point of this coupling, you can release it—gently. Nobody has to forcefully evict you. You are not waiting for eviction. You are a graceful person. When the time is up, you go.

**Questioner:** Where do you go?



**Sadhguru:** When you say "where", you are always talking about distances, destinations. Today modern science is proving to you beyond any doubt that there is no such thing as here and there. There is no such thing as now and then. This is just a concoction of your conscious mind. If you transcend the limitations of your conscious mind, everything is here and now. It is not like going from this point to that point. This point is everything. This is not a philosophy; this is physics. Modern physics is talking about this. Quantum physics is saying this. Today even the general theory of relativity is saying this: that everything is just here, one inside the other. There are 11 dimensions packed into the same space. So "where" does not mean somewhere in terms of distance. It is just that you are moving away from gross physical reality. You disappear from physical eyes. That does not mean you have gone anywhere. It is about moving into a different dimension. The same life energy is moving from one dimension to another, from a very gross physical level to a little subtler plane. It is right here, but it is not in its physical form because the physical form naturally went back into the earth.

Now, when somebody dies, you say he is no more. It is not true. He is no more only in your experience. But if you dissolve this information that is packed into this body, if you walk out of your body, then that is the end of the game....

When someone leaves his body consciously, he is truly no more. That is referred to as *mukti* or liberation. The game is up.

---

Extract from *Of Mystics & Mistakes* (Jaico Books; ₹ 250; 200 pages). Sadhguru Jaggi Vasudev, an Indian yogi and mystic, is the founder of Isha Foundation, which offers yoga programmes around the world

WHERE ELSE  
WOULD YOU FIND  
SOMEONE ABOVE  
55 YEARS  
WHO'S PERFECTLY  
IN TUNE WITH YOU?

HARMONY, OBVIOUSLY.

Cooking. Reading. Fitness. Whatever your interests are, you're sure to find a silver citizen who shares your passion. Thanks to One-On-One, our personal classified section. You can post your messages in our columns absolutely free (for a limited period only). For more details, please refer to the form on the next page.

ONE  
-on-  
ONE

celebrate age  harmony  
the magazine

Name of Advertiser: .....

Address: .....

Age: ..... E-Mail: .....

Tel: ..... Signature: .....

Tick chosen category

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Travel                 | <input type="checkbox"/> Services               | <input type="checkbox"/> Pet & Animals       |
| <input type="checkbox"/> Hobbies & Interests    | <input type="checkbox"/> Health & Sports        | <input type="checkbox"/> Jewellery & Watches |
| <input type="checkbox"/> Entertainment & Events | <input type="checkbox"/> Computers              | <input type="checkbox"/> Exchange            |
| <input type="checkbox"/> Books & Music          | <input type="checkbox"/> Antiques & Collections | <input type="checkbox"/> Others .....        |

Please fill in the space provided below

---



---



---



---



---



---

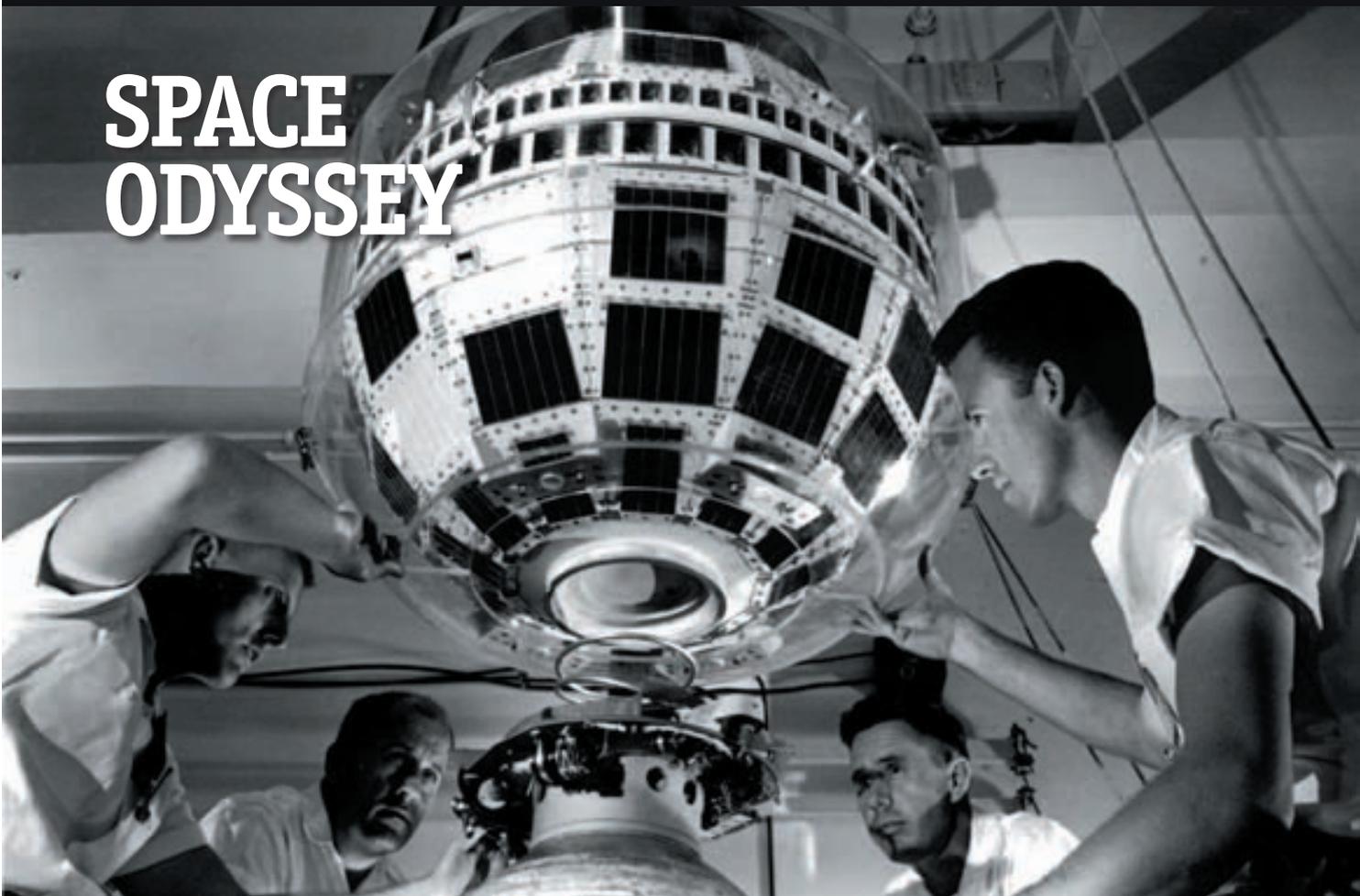
Terms and conditions

1. Advertisers are required to read and approve the text and other details of the advertisement before sending the form.
2. The Publishers reserve the right to decline, change or reschedule any advertisement.
3. Advertisements are accepted in good faith and the Publishers accept no responsibility whatsoever regarding the bonafides of the Advertisers, not the contents of the advertisements. No interviews shall be granted or correspondence entered into regarding any advertisements published.
4. Under no circumstances will we be liable for any loss to the Advertiser for any error or omission by us.
5. The above conditions and any other conditions stipulated by us will govern the acceptance and publication of any advertisement.
6. One-on-One is a free readers service only for bonafide readers of Harmony.
7. Please fill up the enclosed form along with all the necessary details and mail it to: 'One-on-One', Harmony- The Magazine, Reliance Centre, 1st floor, 19, Walchand Hirachand Marg, Ballard Estate, Mumbai 400001.
8. Harmony shall not be responsible for any loss/delays in transit for the forms.
9. The offer is open for a limited period and is on first cum first serve basis.
10. No correspondence shall be entertained regarding non-publication of One-on-One.
11. Harmony reserves the right to modify/change the One-on-One received at their end.
12. Maximum number of words allowed per One-on-One is 30.
13. All forms should be sent by ordinary post only. No registered post or courier shall be accepted for One-on-One.
14. Only one entry per person shall be accepted.
15. Each entry should be in the original form printed in Harmony. No photocopies shall be allowed.

For office use only

- |                                    |                                  |                                       |
|------------------------------------|----------------------------------|---------------------------------------|
| <input type="checkbox"/> Advt. No. | <input type="checkbox"/> Heading | <input type="checkbox"/> No. of Words |
|------------------------------------|----------------------------------|---------------------------------------|

# SPACE ODYSSEY



Today, it's impossible to imagine life without a communications satellite. Every time you switch on your television set, make a long-distance call, use a fax machine, tune into the radio, use the Internet, travel in a plane or use a cell phone, you are using a communications satellite, either directly or indirectly. The communications satellite, an artificial satellite sent to space for the purpose of telecommunications, became a reality in 1962, when Telstar was successfully launched by NASA on 10 July. This set in motion a new age in electronic communications. However, the earliest reference to the communications satellite can be seen in the work of science fiction writer and electronic engineer Arthur C Clarke. Way back in 1945, in his

article "Extra Terrestrial Relays: Can Rocket Stations give Worldwide Radio Coverage?", published in British magazine *Wireless World*, Clarke proposed orbiting space stations provided with receiving and transmitting equipment that could act as repeaters to relay transmission between any two points on earth. Communications satellites allow radio, television, and telephone transmissions to be sent live anywhere in the world. Before their advent, transmissions were difficult, even impossible, at long distances. Today, there are about 3,000 operational artificial satellites orbiting the Earth, which are used for communication, weather tracking, navigation, research, remote sensing and reconnaissance.

## THIS MONTH, THAT YEAR: **NOVEMBER 1962**

- On 2 November, the Australian Ballet gave its first performance.
- On 3 November, the term 'personal computer' was used for the first time ever by *The New York Times*.
- On 9 November, India's then defence minister Krishna Menon was forced to resign over the Sino-Indian war.
- On 24 November, the first episode of British satire *That Was The Week That Was* was broadcast on BBC Television.

## Fiberhood

*n.* A neighbourhood that has Internet access via fibre optic cable.

**Example.** Google has divided parts of Kansas City, Mo, and Kansas City, Kan, into various **fiberhoods**, and asked people in each of those areas where the service will be available to register, and pay a \$ 10 deposit, if they are interested in acquiring it.

—John Eligon, “Google unveils superfast Internet in Kansas City, Mo”,  
The New York Times, 26 July 2012

---

## Twitchfork

*n.* An angry or aggressive protest on Twitter, particularly one seeking justice or vengeance.

**Example.** Local and international firms must take great care to avoid using advertising that projects racial stereotypes or racism. Even if these offenses result from innocent mistakes, image problems can spread fast, especially in a world of angry Twitter mobs wielding **twitchforks** around the clock.

—Adam Wooten, “International business: Racial stereotypes make marketing messages backfire”, Deseret News, 27 January 2012

“ It is necessary to help others, not only in our prayers, but in our daily lives. If we find we cannot help others, the least we can do is to desist from harming them.

—Dalai Lama

## Mansplaining

*pp.* Explaining in a patronising way, particularly when done by a man who combines arrogance with ignorance of the topic.

**Example.** Folds' entirely serious songs are affecting at first but don't stand up to much scrutiny. Some of his love songs, like *Jane* and *Learn to live with what you are*, are paragons of **mansplaining**, full of condescending, unsolicited advice about self-acceptance.

—L V Anderson, “Where do I start with Ben Folds?”, Slate, 17 September 2012

## Food baby

*n.* A distended stomach caused by overeating.

**Example.** In this way, peplums also help those with less shapely body types by creating new Coke-bottle curves. Personally, I'm grateful that they mitigate signs of a **food baby**, more commonly known as bloat.

—Amy Verner, “What body type works best for the peplum?”,  
The Globe and Mail,  
15 September 2012

---

## SELFIE

*n.* A photographic self-portrait, particularly one taken with the intent of posting it to a social network.

**Example.** This is the shot we've all been waiting for: the first time that our robot on Mars would rotate its camera and snap an image of its Short Circuit-like head. This is, as the kids would say, a **selfie**, a photo taken with the intent to post it to social media sites.

—Alexis Madrigal, “Mars curiosity rover takes a selfie”,  
The Atlantic, 10 September 2012

---

## Phone-bin

*v.* To take a photo by holding a camera against the eyepiece of a pair of binoculars.

**Example.** I got on the radio to inform the other guys out on site and managed to get a record shot (**phone-binned**)...below.

—Andy Walker, “Black redstart: Smart find!”, A W Birder,  
15 December 2011



BUZZ

## Hungarian waltz

Did you know that Hungary is rated one of the 30 most popular tourist destinations in the world? Before you plan your trip though, here's a chance to get a head start on the language. The Hungarian Cultural Centre in New Delhi is offering free language courses every year; successful students get certificates at the end of the session. To register, you need to take two passport-size pictures to the Centre, located at 1 A Janpath. For information on the next academic session and more details, call (011) 23014497. And have a good time—or as the Hungarians would say: *Érezd jól magad!*

## Racebending

*n.* In a movie, play, or TV show, the practice of hiring actors whose race is different from that of the characters they portray.

**Example.** When the film *The Last Airbender* was released in 2010, there was a lot of controversy surrounding the casting of white actors into lead roles that were originally meant for people of colour—this practice, called **racebending**, has been unfortunately popular in the film industry.

—Jamilya Ramos, “The last racebender”,  
Campus Progress, 11 September 2012

## Orange-Collar

*adj.* Relating to a worker who wears an orange safety vest while on the job.

**Example.** Do your employees prioritise safety above all else, everywhere everyday? Thought not. Blue-collar and **orange-collar** workers tend to be more safety-savvy than their white-collar colleagues, but even then the pressures of getting the job done on time often get in the way of safety.

—“Safety begins with S but starts with U”,  
Healthworks for You,  
1 September 2012

“ If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it. And, like any great relationship, it just gets better and better as the years roll on.

— Steve Jobs (1955-2011), co-founder and former CEO of Apple Inc

## “Books are a good way to open your mind. Management books more so, as we are all managers at the end of the day.”

*Retired Major D N Sood, 71, helps his former battalion in Punjab open a library*



Anshuman Akash Jha

**H**e is an officer—and a gentleman. Retired Major D N Sood may no longer be an active member of the 5th Battalion of the Brigade of The Guards, but his heart still beats for them. At present, the Delhi-based Major, who retired in 1975, is on a mission to help his former battalion, which is stationed in a remote village in Punjab, to build a library. “Every two years, we celebrate Burki Day, in commemoration of the raising of our battalion in Burki in Punjab, Pakistan, in 1965,” recounts Major Sood, who has participated in the Indo-China and Indo-Pak wars. “This year when I went for Burki Day, the battalion mentioned they would love to have a library. So I decided to help them collect at least a thousand books.” The battalion comprises over 200 families with children. So far, Major Sood has sent them 528 books, includ-

ing tomes on management, autobiographies and fiction. “I spread the word among friends, relatives and business circles and books started coming in,” he says with a smile. “We collected some books from Mumbai and Pune as well. People just need to call us; we get the books collected.” He even got a bunch of books after a radio station broadcast his plea. “I want to collect more books on management,” he says. “Books are a good way to open your mind. Management books more so, as we are all managers at the end of the day.” A voracious reader himself, Major Sood tells us how his family would send him books every month when he was stationed in Kargil. Once the first phase of his ‘Mission Library’ is accomplished, Major Sood wants to collect books for the children of battalion members.

—Ambica Gulati



expert  
advanced

# Hair colour that won't drip

With Advanced Gel Formula  
& Triple Conditioners



no ammonia  
100% grey coverage  
silky soft hair

available shades



\*5g

## Photographs of TGE FARIDABAD Residential Units



Studio Living  
&  
Bedroom Area



Suite Living Area

# Joyful Active Dignified Living For Senior Citizens



### Privileged Lifestyle

Privileged and preferred community lifestyle solution for senior citizens. Each Living unit will have an attached toilet and pantry with a balcony and be furnished with:-

- ✓ Double bed with Bedding and Linen
- ✓ Comfortable Seating and Writing Table
- ✓ Flat Screen TV with DTH connection
- ✓ Split Air-conditioners
- ✓ Wireless Internet and Direct Telephone line
- ✓ Emergency Call Points
- ✓ Pantry with Microwave, Tea/Coffee Maker and Refrigerator

### Carefree Lifestyle

- ✓ 24x7 medical support and security
- ✓ Enjoy sumptuous food at each meal time
- ✓ Housekeeping staff will maintain the daily upkeep of the living unit and the common areas
- ✓ Engage in exciting activities at the indoor games area, the entertainment area, the wellness centre, the gym, the library or the business centre



**THE GOLDEN ESTATE**

PRIVILEGED LIVING FOR SENIOR CITIZENS

An initiative by UCC Care Pvt. Ltd.

**Contact Us:** No. 902 & 903, DLF Tower A, DDA District Centre, Jasola, New Delhi 110 025

T: +91 11 4972 7000 | F: +91 11 4972 7001 | E: [info@thegoldenestate.com](mailto:info@thegoldenestate.com) | W: [www.thegoldenestate.com](http://www.thegoldenestate.com)