

World Elders' Day

harmony

OCTOBER 2015 ₹ 40

celebrate age

The magazine for silver citizens

silvers
at work

Subscriber Copy Not For Resale



• V KALYANAM'S MEMORIES OF GANDHI • THE WHITE MAGIC OF KUTCH • THE DULAT DIARIES

नीम ऐक्टिव+™ अंदर,
मच्छर बाहर.



ADVANCED

NEEM
ACTIV+™
LOW SMOKE COIL



No natural neem in this product. Trademark applied

Work for life

Suresh Natarajan



Ancient Greek physician-philosopher Galen once called employment “nature’s physician, essential to human happiness”. Modern research underscores this axiom, with study after study emphasising the work-health link: essentially, the longer you stay productive, the happier, healthier and longer you will live.

The silvers in our special cover feature this month don’t need ancient precepts or modern studies to tell them this—they know it and live it. Day after day, they toil, driven by their unique circumstances, compulsions and callings. While their labour keeps traditions and vocations alive, their indefatigable spirit keeps them moving from one day to the next. Viewing the arresting images of them at work, learning their stories, is an intensely humbling experience, a true lesson in the dignity of labour. Theirs is the Other India, the Real India that lives alongside us, unheralded, and we salute their spirit.

This month, as we celebrate World Elders’ Day, these silvers have another important lesson for us: the imperative to stay productive. We might not be repositories of age-old skills like them. We also may not be sought-after

executives retained by companies after retirement because of their professional expertise. Those might be viewed as two ends of the spectrum but the spectrum is indeed a wide one, and we’re all part of it! Whoever we are, whatever our stories, histories or acumen, we have much to contribute—to our neighbourhood, community, society and nation. In the process, we enrich ourselves, body, mind and soul.

Indeed, this thought is intrinsic to the very idea of *Harmony-Celebrate Age*. For well over a decade now, we have provided inspiration and prescription for silvers seeking to stay engaged and employed. After all, financial empowerment is a key to successful active ageing. That said, it is equally important to realise that work goes well beyond making money, it is an affirmation of life. Imbue yours with meaning.

Tina Ambani

A Harmony for Silvers Foundation Initiative

Harmony Celebrate Age—October 2015 Volume 12 Issue 5

Publisher **Dharmendra Bhandari** Editor **Tina Ambani** Deputy Editor **Arati Rajan Menon** Assistant Editor **Sai Prabha Kamath**

Special Correspondent **Srirekha Pillai** Sub-Editor **Natasha Rego** Correspondent (Mumbai) **Aakanksha Bajpai** Design Consultant **Jit Ray**

Studio Manager **Haresh Patel** Graphic Designer **Dattaguru Redekar** Production Manager **Rohidas Adavkar** Website Coordinator **Ajit Nair**

Additional Vice-President, Business Development **Shrenik Mehta** Manager, Business Development **Vikaran Chauhan** Marketing Coordinator **Johnsi Nadar**

Editorial & Marketing Offices: Reliance Centre, 1st floor, 19, Walchand Hirachand Marg, Ballard Estate, Mumbai-400001. Tel: 91-22-30327115 (Editorial), 30327102 (Marketing). Email: 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

index

features

34 . Nostalgia: Reminiscences of V Kalyanam, personal secretary to Mahatma Gandhi

60 . Destination: Experience Kutch, beyond the Great Rann

75 . Bookshelf: Kashmir is in my blood, says former RAW chief A S Dulat

columns

26 . FOOD FACTS: Wellness expert Namita Jain explores the connection between food and mental health

28 . YOGA RX: Shameem Akthar prescribes simple stretches for the rigid Libran

WEB EXCLUSIVES www.harmonyindia.org

BORN TO LEAD

Ten-time Rajasthan legislator Sumitra Singh is an advocate for women's education

FRUIT OF THE LOOM

How Bina and Keshav Rao spearheaded a handloom movement in the country

38 cover feature

Saluting the untiring spirit of silvers at work

Cover photograph: Surendra Jain Paras

every issue

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

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

67 . ETCETERA: Culture, leisure, lifestyle, books, buzz and miscellany

82 . SPEAK: Dr V R Devika employs performing arts to interpret complex concepts in education

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:** harmony@intoday.com

Total number of pages in this issue of Harmony-Celebrate Age, including covers: 84

UMMEEDON ha PRADESH. UTTAR PRADESH.

**DOING BUSINESS HERE
IS ONLY GETTING BETTER.
THAT'S JUST US MEETING
YOUR EXPECTATIONS.**



Nivesh Mitra (Single Window Clearance)

Ranked as one of the best single window portals in India, Nivesh Mitra is a simple, user friendly, entrepreneur-centric web application that enables prospective entrepreneurs to get online clearances/NOCs with ease and minimal 'running around' by getting online clearances from upto 12 State Government departments.

Major achievements/best practices of various departments in the state

1. Industries and Infrastructure Development

- Internationally certified (IS/ISO 900:2008) body as a single point of contact for setting up businesses in Uttar Pradesh – Udyog Bandhu.
- Dedicated helpline (+91 522 2238902) to address investor queries.

2. Commercial Tax

- Barrier Free State - All interstate check posts abolished since 2009.
- Learning by resolving grievances - 24x7 Central Grievance Redressal Cell (CGRC) at Headquarter and Zonal level for Commercial Tax Department.

3. Pollution

- Ease of operation for industries - 220 types of industries exempted from obtaining No Objection Certificate (NOC) to establish in Uttar Pradesh.
- Zero human interaction reducing time and cost for investors.

4. Investment in Infrastructure

- Construction of Lucknow Metro almost complete. Kanpur, Agra, Meerut & Varanasi next in line.
- All district headquarters will be linked with a four lane road.
- India's longest expressway will soon connect Agra to Lucknow.

5. Labour

- Friendly labour policies.
- Time bound service delivery - Disposal of all the applications received for registration/modification within 3 weeks from the receipt of the application.
- Compliance from Home - Green card holders exempted from inspections for 5 years.

6. Power

- Minimal Procedural dependencies: Removed redundant processes - NOC from Pollution Control Board not required for electricity connection.
- Reduced documentation: Bringing efficiency by streamlining operations - Only two enclosures to be submitted with the application for a new electricity connection.
- Time bound service delivery: Bringing accountability into administration - Electricity connection within 15 days of application.
- 24x7 power to industry through dedicated feeders.
- Major investment in transmission and distribution.

COME, BE PART OF THIS EXCITING JOURNEY. INVEST WITH US.

column one

This is a special month for us. To celebrate World Elders' Day on 1 October, we offer a paean to active ageing by showcasing "Silvers At Work". The riveting images in our cover feature show how these men and women merge their skill sets with stick-to-itiveness to hold their own in a rapidly changing world.

The poster girl for the issue, though, is elsewhere, tucked away in the pages of 'Orbit': 102 year-old Gavathimamma. The oldest occupant of Dhoddalathuru, a tiny village about 100 km from Mysore, and a winner of the recent Gram Panchayat elections, the centenarian is committed to reviving her village. Why public life after decades of domesticity? The answer comes pat: "I had the desire to." We salute this desire. And Gavathimamma's life of simplicity—she grows maize, *ragi* and turmeric in a small plot of land and still collects her own firewood for cooking and bathing.

Her life finds echo in that of V Kalyanam, who served as personal secretary to Mahatma Gandhi from 1944 to 1948. The 94 year-old widower, who has been living alone for over 25 years, grows his own vegetables and has never employed any household help—a truly Gandhian existence. Kalyanam gets nostalgic with us as he shares anecdotes, memories and his views on the relevance of the Mahatma's ideology today.

Elsewhere this month, we speak to former RAW chief A S Dulat about his revelatory new book, *Kashmir: The Vajpayee Years*, and transport you to the breathtaking salt marshes of the Great Rann of Kutch. Come travel with us this month, every month—enjoy the silver journey!

—Arati Rajan Menon

I never used to read *Harmony-Celebrate Age*. My daughter recently came to know of it through a colleague. She was going through it and came across the 'Health Bytes' section; she was curious to read more issues and introduced it to me. While relaxing, I was browsing through the magazine and was quite amazed by the work that goes into this publication and that I had never heard of it before. Indeed, there are a lot of things happening for seniors like us. I am in my 50s and have several health issues. I find the magazine so useful. The health studies in the 'Orbit' section have been excellently researched in the September issue.



The research done for each article is deep and detailed, quite different from the information uploaded on the Internet. A word to young readers and those just glancing through: *Harmony-Celebrate Age* is not just for the oldies! The writing here has been put out with an energetic thought process and there is so much to learn for everyone in any age group.

Marie D'souza
Mumbai

I must appreciate the display you have given my write-up on Ruskin Bond ('At Large', September 2015). I will complete my 85th birthday on 8 October 2015; I have never considered myself 'retired' and work nearly eight hours a day, six days a week. I would love to write more articles for *Harmony-Celebrate Age* on authors, famous personalities and even retired generals to showcase how they are living their years of retirement purposefully. Also, these write-ups can show glimpses of my rollercoaster ride as a young, rookie journalist from Dehradun.

Raj Kanwar
Dehradun

We are happy to announce that beginning November 2015, senior journalist-cum-entrepreneur Raj Kanwar will be writing a bi-monthly column, 'Kanwar's People', for Harmony-Celebrate Age.
—Editors

In your August 2015, you carried a very touching salute to our unsung heroes. The whole issue, paying tribute to the unknown freedom fighters and patriots on the occasion of Independence Day, was very good and inspiring to read. You have, no doubt, inspired people to work harder for the betterment of our country.

Kusum Gokarn
Pune

I have been reading the magazine for years now and I like the way it is focused on people above 50 years and their great achievements. I especially liked the "The Gourmet Getaway" ('Cover Feature', June 2015). It not only gave me more ideas on what to cook but surprised me about how colourful and talented our country is.

Madhvi Javeri
Mumbai

inside

P19: The cortisol-cognition link

P26: Mind your food

NEWS ● VIEWS ● PEOPLE ● RESEARCH ● TRENDS ● TIPS



➤ CUTTING EDGE

POWER UP

Fitness freaks around the world already swear by Power Plate®, exercise equipment that uses whole body vibration technology to tone, shape and strengthen.

Now, its manufacturer Performance Health Systems has launched the **Active Ageing Solution with a Power Plate my7™** specifically developed for **silvers**. According to a media release, the equipment is adapted with software and programmes that address risk factors brought on by sedentary ageing. The company claims that regular use will improve muscle tone, posture and endurance; promote balance and prevent falls; promote faster recovery of damaged muscles and tendons, decrease pain and improve joint function; improve and increase blood flow to strengthen the cardiovascular system; promote flexibility, coordination, balance and stability; and stimulate pelvic floor activation to keep incontinence at bay. To learn more, go to

 focusfitness.in



wristbands
embedded
with sensors
to monitor
silvers



Smart bands

The Japanese have always been at the vanguard of hi-tech elder care. Here's another example: Tech giant Toshiba has developed **Silmee W20 and W21 activity trackers to monitor silvers by remote.** These wristbands will help caregivers track the amount of time the silver user spends eating, talking and walking while the sensors embedded

into them monitor skin temperature and pulse. There's an emergency button to alert the caregiver and Bluetooth connectivity; the W21 model also features a GPS module for location tracking. The wristbands, already being sold in Japan, will soon be available on the global online market; the expected price is \$ 199 (about ₹ 13,200) for the W20 model and \$ 225 (about ₹ 14,950) for the W21.

LIGHTING THE WAY

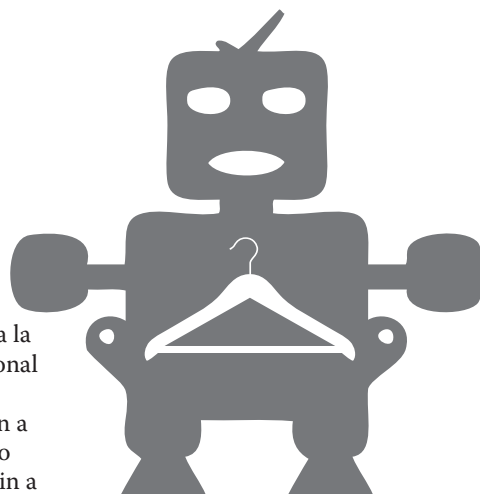
This young inventor had a unique vision—and he transformed it into reality. Eighteen year-old Aflah Madasseri from Mallapuram, Kerala, won the second best in the Innovative India Contest for his invention, **'blind torch'—a small gadget that helps blind people sense what is in front of them.** The contest was organised by the state government to promote start-ups. As *The Times of India* reports, Madasseri was inspired to invent the device after he saw his blind English teacher struggling on the road; when he read about ray optics in Grade XII, he found a way to help. "When a blind person is walking and if there is an obstruction within 1 m, sensors in the device will start vibrating, warning the person to take a diversion," Madasseri explains to the newspaper. He has now applied for a patent for the blind torch; once it's launched, he plans to gift one to his English teacher.

Valet service

Here's a fresh take on the traditional valet who would dress a gentleman for dinner, a la *Downton Abbey*! The US National Science Foundation (NSF) is investing about \$ 1.2 million in a new project that uses robots to dress elders. As it announced in a media release, "The ageing popu-

**robots
to dress
elders**

lation, rising healthcare costs, and shortage of healthcare workers in the United States create a pressing need for affordable and effective personalised care. Physical disabilities can result in people having difficulty dressing themselves and dressing is an important task for independent living." The project



will develop techniques that **enable robots to assist people with putting on clothing** and involve a computer simulation that can mix and match numerous outfit combinations. Led by C Karen Liu of the Georgia Institute of Technology's School of Interactive Computing, the project will run until June 2019.



Hair to the throne

You can't get a client more illustrious than the Queen of England. So when **Her Majesty's hairdresser Denise McAdam** offers anti-ageing advice, it would be prudent to listen. McAdam appears in *Hair*, a new BBC TV show, and her top tress tip is to keep it short. "Short hair is better as you age," she says. "There comes a time that it's right to go short, it's close to the roots so it's got more bounce and it's youthful. Hair can be more youthful that way."

DIY

Do you like at-home and (relatively) cost-effective beauty fixes? Here are four handheld anti-ageing devices British website www.suffieldtimes.com is raving about:

Slendertone Face:

This gadget uses digital muscle stimulation (with 99 intensity levels) to massage and tone your face and lift your face muscles; £ 149.99 (about ₹ 15,300); www.slendertone.com/en-uk/slendertone-face-for-women.html



Tria Age-Defying Laser:

This laser-based gizmo claims to stimulate the renewal of collagen, decrease pigmentation, smooth wrinkles and increase radiance; £ 495 (about ₹ 50,600), www.triabeauty.com/age-defying-laser



Homedics NEWA:

This "rejuvenation system" stimulates collagen renewal and tightens and lifts skin as it battles fine lines and wrinkles; £ 199 (about ₹ 20,350); www.homedics.co.uk/homedics-newa.html



Love My Skin Anti-Ageing Pen:

This works to smooth the skin by targeting fine lines and wrinkles; £ 40 (about ₹ 4,100); www.international.boots.com/en/Love-My-Skin-Anti-Ageing-Pen_1358256/



CLINICALLY PROVEN

THIS IS A FIRST—never before in British TV history has an anti-wrinkle cream been allowed to call itself 'clinically proven'. The honour, as London newspaper *Daily Mail* proclaims, goes to **No 7 Protect & Perfect Intense Advanced Serum** by high-street chain Boots. Following a month-long initial test on 2,600 volunteers

and another 12 months of clinical trials on 86 volunteers, the product was given the dermatologist stamp of approval for combating crow's feet and under-the-eye wrinkles. With the price also relatively accessible at £ 24.95 (about ₹ 2,500) for 30 ml, the cream is expectedly the hottest buy today.

India ranks

a dismal 71 overall.

While it performs best in the enabling environment domain at 52, it ranks 55 in the capability domain, 72 in the income security domain and a truly disappointing 87 in the health domain

People above 60

901 m

12.3%

of total worldwide population

2015

People above 60

1,402 m

16.5%

of total worldwide population

2030

People above 60

2,092 m

21.5%

of total worldwide population

2050

Where the world stands

60

Every second

2 people in the world turn 60

Switzerland is the best place in the world for older people to live, followed by Norway, Sweden, Germany and Canada. The US and UK clock in at No. 9 and No. 10 respectively, behind Japan at No. 8. Afghanistan is ranked last

The 2015 edition of *The Global Age Watch*

Index is here. This report, published by HelpAge International, working with the University of Southampton, assesses the social and economic wellbeing of silvers in 96 countries around the world. It represents 91 per cent of the world's population over the age of 60, or about 901 million people, and measures four key parameters: income, health, education and employment, and the enabling environment. "This index is vital in representing the lives of older people in countries around the world as it enables us to compare not just their pension income and health but also the age-friendly environments in which they live," study leader Professor Asghar Zaidi of the University of Southampton tells media. "It has also shown that a number of countries still lack vital statistics of older people and we would like to see them feature in the report in the future."

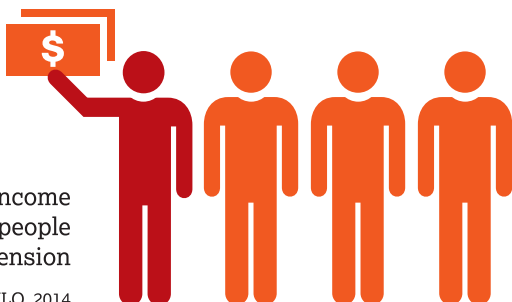
The best performers are governments that are investing in population ageing and planning for the future

While Mauritius is ranked the best country in Africa, Sri Lanka comes first in South Asia

Globally 46.8 per cent of women aged 55 to 64 are economically active, compared with 73.5 per cent of men. In addition, women usually earn less than men, increasing their risk of poverty in old age

In low and middle-income countries, only 1 in 4 people over 65 receive a pension

Source: ILO, 2014



Global AgeWatch Index

Domains

1. Income security

Indicators

- 1.1 Pension income coverage
- 1.2 Poverty rate in old age
- 1.3 Relative welfare of older people
- 1.4 GNI per capita

2. Health status

- 2.1 Life expectancy at 60
- 2.2 Healthy life expectancy at 60
- 2.3 Psychological wellbeing

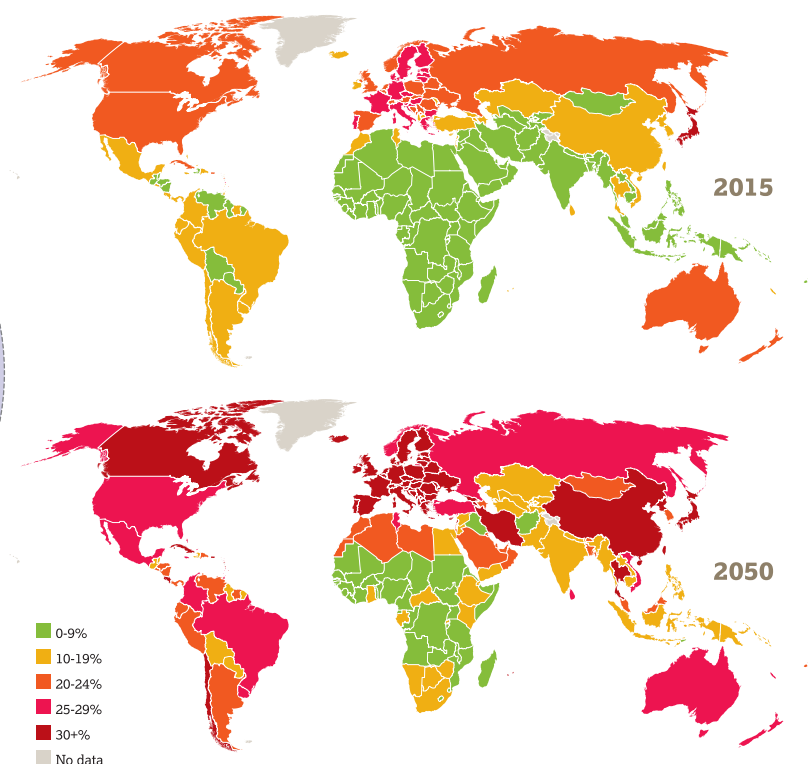
3. Capability

- 3.1 Employment of older people
- 3.2 Educational status of older people

4. Enabling environment

- 4.1 Social connections
- 4.2 Physical safety
- 4.3 Civic freedom
- 4.4 Access to public transport

The gap in life expectancy at age 60 between countries at the top and bottom of the Index has widened from 5.7 years in 1990 to 7.3 years in 2012. People aged 60 in Japan have the highest life expectancy and live on average an additional 26 years, while people aged 60 in Afghanistan, live on average an additional 16 years. Average life expectancy at 60 across all featured countries is 21 years



BRICS country	Overall rank	Percentage of population aged 60 and over in 2015 and 2030		Percentage of population aged 65 and over receiving a pension	Percentage of Life expectancy at 60 (years)	Percentage of population aged 60 and over with secondary or higher education
China	52	15.2	25.3	74.4	19	30.1
Brazil	56	11.7	18.8	86.3	21	26.6
Russia	65	20.0	24.0	100.0	17	79.1
India	71	8.9	12.5	28.9	17	22.4
South Africa	78	7.7	10.5	92.6	16	47.2

2015 2030

UBER SMART! Busting the myth that silvers are a road hazard, **international for-hire car service Uber has partnered with Life Reimagined, a non-profit subsidiary of American silver advocacy group AARP, to hire older drivers.** As website *today.com* says, interested drivers will get a \$ 35 (about ₹ 2,300) incentive ("almost a full tank of gas") if they sign up through Life Reimagined and provide 10 trips. Through the partnership, the AARP aims to keep

more elders engaged while for Uber, the move is part of an image-building exercise on safety and caution. The fact is, despite popular perception, older drivers are actually safer on the road and are involved in fewer crashes. "Older drivers tend to do better in part because they aren't taking as many risks while driving," Russ Rader, a spokesman for the US Insurance Institute for Highway Safety, affirms to the site. "They aren't speeding, they aren't texting."



Wellness in Varanasi *The Partnership for Safe Medicine (PSM) and Consumer Online Foundation, with the help of Mata Ananadmayee Hospital, have combined to provide preventive medical treatment to people living in rural areas near Varanasi. This pilot project, an initiative of The National Health Assurance Mission (NAHM), will provide the poor and silvers free medicines, treatment and diagnostic tests. With help from institutions such as Benares Hindu University and central and state government hospitals on a public-private partnership basis, the project expects to cover 100,000 people in the next 12 months.*



CANE-FU!

Your walking stick helps you balance—it can also keep you safe. As American website *abc13.com* reports, silvers in Florida are flocking to a class called 'extreme cane defence' or 'cane-fu', where they learn to use their walking



sticks as a weapon to defend themselves. The class is the brainchild of martial arts trainer Buck Buckmaster, who started it after his 69 year-old mother was beaten and robbed. We'd love to see this in India.

Hill haven

A big thumbs up from *Harmony-Celebrate Age!* The Uttarakhand government has announced the formation of a senior citizens' council, the first of its kind, as well as the formulation of a new 'senior citizens' policy. As media reports suggest, this council will advise the administration in matters related to silver welfare and important civic issues. Chief Minister Harish Rawat announced that such councils will be part of major civic bodies in places like Dehra Dun, Haridwar, Udham Singh Nagar, Haldwani and Roorkee, with plans to set up such councils across the Kumaon and Garhwal regions. Office-bearers will be chosen from those working with elder welfare organisations and advocacy groups in the state. The move is a feather in the cap for the hill state, which has a considerable population of silvers and a negligible rate of crime against them.

Regretfully so

The passage of time inevitably brings reflection on missed opportunities or poor decisions. A survey of over 2,000 Britons, published on website www.express.co.uk, says over 90 per cent of those polled wish they had made a different life choice at some point. According to the survey, commissioned by online holiday company *Homestay.com*, silvers spend around six minutes a day—or one day a year—thinking about things they would have done differently. And while 47 per cent blamed lack of money for preventing them from fulfilling their dreams, 39 per cent attribute it to family responsibilities and 20 per cent say their own fear or lack of confidence held them back.

The top five regrets of British silvers

- 1 Not travelling and seeing more of the world
- 2 Not staying in touch with more friends from the past
- 3 Wasting years with the wrong partner
- 4 Not working harder at school
- 5 Not telling a relative, now dead, that they were loved



The healthy age formula

We already know that biological age can be vastly different from chronological age. Now, a seven-year collaboration between King's College, London, Karolinska Institutet in Sweden and Duke University in the US has taken a step further by **identifying people most at risk of diseases affected by age by using RNA profiling to measure and compare gene expression**. After discovering that the 'activation' of 150 genes in the blood, brain and muscle tissue were a hallmark of good health at 65 years of age, they have created a reproducible formula to ascertain how well people are ageing.

"Given the biological complexity of the ageing process, until now there has been no reliable way to measure how well a person is ageing compared with their peers," writes lead author Professor James Timmons of King's College in journal *Genome Biology*. "Physical capacity such as strength or onset of disease is often used to assess 'healthy ageing' in the elderly. In contrast, we can now measure ageing even before symptoms of decline or illness occur. We now need to learn more about why these vast differences in ageing occur, with the hope that the test could be used to reduce the risk of developing diseases associated with age."

STABILITY, THE KEY

A study by American professor Robert J Shmookler Reis, working with Hong Kong-based biotech company Gero establishes that

stabilising gene networks may have the potential to 'switch off' ageing. "We found that gene networks describing most common species are inherently

unstable," Peter Fedichev from Gero tells media. "This instability is the cause of ageing. However, should repair systems be effective, the damage to the

gene regulation can remain constrained along with mortality of the organism." The team will channel this discovery to create new therapies.

THE LUXE LIFE

London will soon have a new landmark: **Battersea Place, the first 'luxury retirement village' in the British capital.** According to UK newspaper *The Guardian*, the complex will comprise two linked apartment buildings (10 and six storeys each) built around a central courtyard on the edge of Battersea Park. The amenities are mindboggling: a concierge service, spa, heated indoor pool, gym, billiard room, sun lounge,

private cinema, 'chef-led restaurant', salon, library, private gardens and access to a fleet of cars, along with health essentials like a nursing staff, care manager and the potential for 24-hour medical care. The costs, of course, are equally incredible: along with the average price of £ 1 million (over ₹ 101 million) for a home, residents must fork out a service charge between £ 1,000 (about ₹ 101,000) and £ 1,160 (about ₹ 117,000) a month. Yikes.



Aakanksha Bajpai

TO EACH HIS OWN SCANDINAVIAN COUNTRIES ARE LEAVING NO STONE UNTURNED FOR SILVERS WHO DON'T WANT TO COMPROMISE ON QUALITY OF LIFE. AS NEWS AGENCY AFP REPORTS, **RETIREMENT HOMES IN FINLAND ARE NOW OFFERING SPECIALITIES SUCH AS GARDENING, SPORTS, WINE AND DINING.** FOR INSTANCE, A NEW HOME IN THE CITY OF ESPOO GIVES RESIDENTS A CHANCE TO CARE FOR THEIR OWN HERB AND VEGETABLE GARDENS AS WELL AS PET RABBITS AND CHICKENS. "RETIREMENT HOMES WITH SPECIAL THEMES ARE A GROWING TREND WORLDWIDE," SARI RISSANEN, A PROFESSOR OF SOCIAL WORK AT THE UNIVERSITY OF EASTERN FINLAND, TELLS THE NEWS AGENCY. "SOME HAVE ENVIRONMENTAL, CULTURAL OR SPORTS THEMES WHILE OTHERS PROMISE RESIDENTS FOUR-COURSE DINNERS. AT THE MOMENT, ELDERCARE SERVICES ARE A PROFITABLE BUSINESS. TIME WILL TELL HOW MUCH OLDER PEOPLE ARE PREPARED TO SAVE AS AN INHERITANCE FOR THEIR CHILDREN AND HOW MUCH THEY WANT TO PUT INTO THEIR OWN WELL-BEING. THE NEXT MAJOR TREND IN SENIOR HOUSING WILL BE COMMUNAL LIVING WITH GROUPS OF FRIENDS."



VARANASI: High-voltage devotion

The first stop one makes in the holy city of Varanasi, on the banks of the sacred river Ganga, is at the Swayambhunath temple where the city's presiding deity—Lord Shiva—is enshrined. The temple is tucked away in a maze of narrow streets fragrant with a bouquet of aromas: incense, spices, flowers, ghee, sweets... Yes, the Lord may dwell in Mt Kailash in the Himalayas but it is in Kashi (the ancient name of the city) that he mingles with his ardent devotees, many of whom are elderly. Yes, it is believed that those who breathe their last in Varanasi attain moksha and break free from the cycle of life, death and reincarnation.

Meanwhile, Varanasi strives to enhance the quality of life of those who wait as well as of those just passing through: signboards advertising astrologers, yoga centres, meditation classes, music schools that teach sitar, tabla and other Indian instruments...are plastered everywhere. Holy men—most of them in their sunset years—in orange robes, their foreheads smeared with caste marks, oblige visitors by letting them take their photographs: some demand to be paid for the privilege.

The city along the waterfront strikes an imposing pose. In addition to the numerous temples and shrines, there are palatial structures built over the years to make the final days of royalty and rich merchants more comfortable as they waited to meet their Maker.

The ghat of the city unravel like a video clip, each frame a different avatar of the eternal city. Devotees take a purifying dip in the

sacred river as its washes past the many temples and shrines that line its banks... The laughter of kids as they splash about in the water... Priests performing ceremonial prayers on platforms cantilevered over the river... A leaning temple of Varanasi, part of it submerged in the water... Colourful clothes spread out to dry along dhobi ghat... Buffaloes wallowing in the shallows... Stairways that climb heavenwards but seem to go nowhere... The fortress-like walls of palatial homes... The minarets and domes of a mosque...

The burning ghat blurred behind a veil of smoke...

There is little respite from the fervour of activity even after the sun has set. One can almost feel the crackle of devotion surge through the crowd that mills around the waterfront waiting for the Ganga aarti to start. The dark waters of the sacred river sparkle with diya that ride its rippling currents carrying with them the prayers and hopes of devotees who have set them afloat. Boats crammed with pilgrims row out onto the water and line up facing the tangle of temples, shrines and monuments that preside over the ghat.

The air quivers with the tolling of temple bells, the random blowing of conch shells, the rhythmic chanting of mantra... a cacophony of harmony that is as old as the city yet fresh with every rendering. The atmosphere is thick with piety and expectation. At a given signal, priests who have been priming the wicks of the many layered brass oil lamps set them alight and step up onto raised platforms. Even as they swirl the fiery lamps in unison, a train

factfile

- Varanasi, in Uttar Pradesh, is well-connected with the rest of the country by air, rail and road.
- The temple town has a wide selection of accommodation from five-star hotels to budget lodges.
- According to a report in Times of India on 11 August 2015, "Partnership for Safe Medicines (PSM) India signed a memorandum of understanding (MoU) for establishing a centre of excellence... with the Indian Institute of Technology, Banaras Hindu University (BHU)... The goal of full health care coverage is based on profiling the health of at least 100,000 poor and senior citizens of Varanasi in the next one year..."

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

rattles across a railway bridge: a pencil of light tearing through the darkness. The aarti peaks to a crescendo and then it is all over. The crowds disperse. Soon the Gods enshrined in the waterfront temples will be tucked away for the night, and peace and quiet descend on the frenzied ghat. Just the crackle and glow of fires on the burning ghat fill the night sky: the ultimate aarti in which Lord Shiva welcomes its participants into his eternal abode.

—Gustasp & Jeroo Irani

A home for heroes

Sometimes the newspapers actually carry good news! According to *Mumbai Mirror*, **four bomb squad dogs that saved countless lives during the 26/11 terror attacks have retired in comfort to a farmhouse in Virar, a suburb of Mumbai.** Caesar, Max, Tiger and Sultan, all ranging between the ages of 11 and 12, have found safe haven in the home of animal lover Fizzah Shah, who has officially adopted them. As the newspaper tells us, the four dogs have been part of each major investigation of bomb blasts since 2004, including 26/11, the 2006 serial blasts and the blasts in Zaveri Bazaar. Apparently, they are not entitled to a pension after retirement but we're sure Shah will give these heroes the royal treatment they deserve.

Courtesy: Fizzah Shah



After
celebrating your
25th anniversary,
celebrate your first.

The first time your eyes met.
The first time you mustered up the courage.
The first time you saved your heart.
The first time you heard "Yes".
The first date.
The first time you held hands.
The first fight.
The first time you made up.
Shouldn't you be celebrating that first rush of love
before life
and the babies and the bills intruded?
Because for the first time
you're at an age when
you can fall in love with each other
all over again.



If you're done life, we believe Harmony is just the magazine for you. Filled with human interest stories, exciting features and columns, Harmony encourages you to do just one thing: live young.

harmony
celebrate age

Be a cuisine critic. If you're silver and love to eat out, help your friends make more informed restaurant choices. Take a cue from 82 year-old Harry Fogg of Manchester, who has written a restaurant guide for fellow pensioners, titled *My Adventures in Food*. It offers recommendations and reviews on an array of eateries, ranging from cafes and pubs to bistros and tea rooms, all keeping in view the silver palate, dietary constraints and the accessibility of the dining experience, from wheelchair access to the font size on menus.



Harmony Archives

Then: Old clothes Now: Doormat



Here's a great way to upcycle old clothes into a striking flower doormat. First, choose the clothes you want to use—it's better to choose sturdy fabrics so they remain firm for daily use. Choose the strongest fabric as your base and cut into a rectangle or round shape, depending on the shape you want for your rug. Next, take the other clothes and cut into leaf-shaped petals. Now, sew the petals along the outside of the base fabric and ensure they are firmly stitched on—they could be the same colour/print or different, as you like. Go ahead with the next set of petals; sew them inside the first line, slightly overlapping. Repeat this procedure until your doormat is filled up to the centre. Once you're done, stitch the base inwards to finish the rug.



RECYCLING FACT

- The production of cotton destroys farmland and pollutes waterways. In fact, 22.5 per cent of all agricultural insecticides and 10 per cent of all pesticides used each year go into cotton farming. The production of just one cotton T-shirt requires one-third of a pound of pesticides.
- The US Environmental Protection Agency estimates that the average American throws away 70 pounds of clothing per year, which adds up to 3.8 billion pounds of unnecessary waste.

MORE RECYCLING IDEAS...

1. **USE FABRIC SCRAPS TO MAKE FUNKY, WASHABLE COASTERS. BRAID 1.5-INCH FABRIC STRIPS AND TIE SEVERAL TOGETHER TO MAKE LARGER COASTERS. WIND THE STRIPS TILL YOU GET THE SIZE YOU PREFER. STITCH THE STRIPS WITH SIMILAR COLOURED THREAD.**
2. **TURN AN OLD DRESS OR FORMAL SHIRT INTO AN APRON. CUT OFF THE SLEEVES. CUT STRAIGHT DOWN THE SIDE SEAMS OF THE SHIRT SEPARATING THE FRONT FROM BACK. CUT OUT TWO LONG STRIPS FROM THE EXTRA FABRIC; ATTACH THEM TO EACH SIDE TO TIE AT THE BACK.**



More from metformin

A new drug for Type 2 diabetes packs a double punch. Researchers from the University of Michigan, Ann Arbor, contend that **taking metformin for diabetes can also lower the risk of developing glaucoma**, an eye disorder that is a common complication of diabetes and is a leading cause of blindness worldwide. Their study, published in journal *JAMA Ophthalmol-*

ogy, tracked over 150,000 diabetics over the age of 40 for 10 years and found that people taking the highest amount of metformin had a 25 per cent lower risk of glaucoma compared to those who didn't take the drug. With every one gram increase in metformin, the risk was reduced by 0.16 per cent. Other diabetes drugs did not display a similar effect.

Predict the end

A simple heart scan might help doctors identify patients at risk of death in the next 15 years. That's the conclusion of a team from Emory University School of Medicine in Atlanta, Georgia. The researchers per-



formed a coronary artery calcification (CAC) scan on 9,715 adults and found that people with large calcium deposits in their arteries had six times greater risk of death

compared to those without any and those with smaller levels of calcium deposits had a 68 per cent increased risk of an early death. The participants were tracked for 15 years; 936 patients died during the follow-up. The study is published in the *Annals of Internal Medicine*.

New-age detection



Researchers from the Indian Institute of Science (IISc), Bengaluru, have developed **two breakthrough methods to detect glucose level in the blood**—the first based on electrical signals and the second on optics. The researchers made a 'field transistor' of graphene with aminophenylboronic acid (APBA) molecules, onto which glucose molecules of the blood get attached, changing their wavelength when reflected in the transistor. By calculating the change in the reflected wavelength, the amount of glucose in the blood can be accurately calculated. Dr Archana M Juneja, consultant endocrinologist at KDAH, says "This new technology can revolutionise treatments when standardised. The tests used now are chemical-based, time-consuming and can have sampling errors, whereas this method uses principles of physics which could solve these problems."



ADVANTAGE ASPIRIN Experiments on mice suggest that giving cancer patients aspirin, commonly used as a painkiller, might turbo-charge the effectiveness of the medicines that help fight their tumours. **Researchers from The Francis Crick Institute in London have found that aspirin blocks PGE2 molecule production by cancer cells; adding it to immunotherapy treatment was able to slow down the growth of bowel and melanoma cancer in mice. Their study was published in journal *Cell*.**

Protein for your heart

According to a study by the University of California - San Francisco (UCSF), **cardiac patients with a relatively high blood level of proteins GDF 11 and myostatin are less likely to die.** The study included participants with heart disease with an average age of 69. Early research has established that thickening of the heart muscle, called ventricular hypertrophy, can cause heart failure. The researchers found that people with lower levels of GDF11 and myostatin were more prone to ventricular hypertrophy and hence at a greater risk of death. The study was published online in the *European Heart Journal*.

The cortisol-cognition link



A recent study, published online in the August issue of *Neurology*, medical journal of the American Academy of Neurology, states that **people with higher levels of cortisol are more likely to have a smaller brain volume and perform below average in thinking and memory tests.** Cortisol is a hormone that modulates or regulates the changes that occur in the human body in response to stress. For the study, performed by researchers from the US National Institute of Ageing in Bethesda, Maryland, 4,244 healthy participants of an average age of 76 underwent brain scans, memory and cognition tests. They were divided into three groups according to their level of cortisol, which was determined through a saliva test—the group with the highest level performed worst in the tests. However, the researchers are yet to determine what comes first, higher level of cortisol or lower brain volume.

STEM THE BLOOD British researchers have found that compounds of thiazolidinedione, a class of drugs used for the treatment of diabetes, can prevent haemorrhage and fatal blood loss. The study, published in the *British Journal of Pharmacology*, claims these drugs can protect against changes occurring at a cellular level during blood loss in the first four hours after the concerned incident/accident.

A targeted attack

According to researchers from Penn State College of Medicine, Hershey, Pennsylvania, **targeting exhausted immune cells could change the likely course of the medical condition in patients with acute myeloid leukaemia (AML) after a stem cell transplant.** Patients with AML are generally given high rounds of chemotherapy, which in turn can

damage their bone marrow. To avoid this, patients are given an infusion of blood-forming stem cells from a donor, which also helps kill the remaining leukaemia cells. However, even after this treatment, the cancer cells can return. At this stage, patients are left with little energy to tolerate chemotherapy and generally die in a year. The researchers compared

the blood of patients who relapsed to those who didn't and found that relapsed patients had elevated levels of PD-1hiTIM-3+ cells, which are strongly associated with exhaustion of T cells, which plays a central role in cell-mediated immunity and send cytokines that can directly or indirectly kill leukaemia. The findings were published in *Blood Cancer Journal*.

Never too late

Dhoddalathuru is a tiny village tucked away in the maize fields of Karnataka. It's an arduous, three-hour-long journey from Mysore, the nearest city, about 100 km away. It takes a state transport bus to reach Kollegal, a major town in Chamarajnagar district, followed by a private bus that takes a circuitous route to Kowd-halli, the nearest small town, from where you must take a shared auto for 5 km to get to Kempayanetti, a neighbouring village. The final 2-km stretch is covered by foot. The dusty road leads straight to the home of the village chief, Dhoddalathuru's oldest occupant and one of the four winners of the recently held Gram Panchayat elections. At 102 years old, Gavathimamma has lived a frugal life, devoid of ambition. That is, until now.

"My [late] husband Awalanayaka's family was one of the first settlers in Dhoddalathuru. The settlement was named after him all those years ago and only later got its current name," says Gavathimamma, a glint of pride in her hazy eyes. "He was a well-respected village elder before he died almost 50 years ago." While Awalanayaka was alive, Gavathimamma played the role of dutiful wife and mother, and when he died, their six daughters and one son were settled in towns and cities across Karnataka. For decades, Gavathimamma had only herself to care for, with the occasional visit from her children and grandchildren. She maintained a little agricultural plot near her home where she grew maize, *ragi* and turmeric, like the other farmers of her village. Till today, she collects firewood for cooking and bathing, and cleans up after herself.

Now, the generation whose parents had left Dhoddalathuru to give their children a brighter future is returning, determined to see their ancestral village prosper. They were tired of Dhoddalathuru not getting its due from the Kowdhalli Gram Panchayat, the administrative head for 23 villages. So along with Kempayanetti, the neighbouring village, the people of Dhoddalathuru sought independence from Kowdhalli. A new Gram Panchayat, titled Dhoddalathuru, was set up in April 2015, with Kempayanetti also under its jurisdiction. "With such an opportunity, my townspeople insisted that I stand for election, and they gave me their support," says Gavathimamma, flashing a hearty smile. Considering her husband's history, she says, "It seems only natural that I carry on his work."



Natasha Rego

Guided by her 42 year-old grandson Manju, she stood as an independent candidate for one of the four seats being contested. She campaigned in a 1-km radius that comprises the two villages, on the promise of starting an *anganwadi* (kindergarten), laying a road from Kempayanetti, establishing a primary healthcare centre and building a *chaultry* (convention centre) for local weddings and other functions.

Clearly, the 500 families that live in the two villages threw their weight behind her and Gavathimamma won her seat with a thumping majority in the panchayat polls in June.

By turning the spotlight back on their village, it seems the people of Dhoddalathuru might just turn things around, for the next generation at least. All this because, as Gavathimamma puts it, "*Nanage aase itthu, adhakke!*" (I had the desire to, that's why!)

—Natasha Rego



Amitabh Bachchan



Hema Malini



K Sathyabhama



Jagmohan Dalmiya

BIRTHDAYS

Russian President **Vladimir Putin** turned 63 on 7 October.

Ustad **Amjad Ali Khan** turns 70 on 9 October.

Actor **Rekha** turns 61 on 10 October.

Actor **Amitabh Bachchan** turns 73 on 11 October.

Actor **Hema Malini** turns 67 on 16 October.

Actor **Om Puri** turns 65 on 18 October.

Former US secretary of state and presidential contender **Hillary Clinton** turns 68 on 26 October.

IN PASSING

Classical dancer **Kalamandalam Sathyabhama**, 77, died on 13 September in Kerala following a brief illness.

Marathi cricket commentator and writer **Bal Pandit** passed away on 17 September in Pune. He was 89.

Jagmohan Dalmiya, president of BCCI, died on 20 September in Kolkata, West Bengal, following a brief illness. He was 75.

Communist leader and MP **Sadhan Gupta** passed away on 19 September following age-related illness. He was 98.

Religious leader **Swami Dayanand Saraswati** passed away at his ashram in Rishikesh on 24 September. He was 85.

MILESTONES

➤ **Raj Kumar Vaishya**, 95, has enrolled for a Master of Arts in Economics from Nalanda Open University (NOU) in Bihar. He retired in 1980 as general manager from a private firm in Koderma, Jharkhand. He lives with his second son and daughter-in-law, both retired professors.

➤ **Margit Tall**, 95, became one of the oldest bungee jumpers in the world—she took the 150-m jump in Helsinki, Finland, the highest jump in the country. The organisers of the event made her do a tandem jump with their heaviest volunteer to minimise the stress on her body.

OVERHEARD

“I like to give advice to younger people—if they ask me. In the past, I asked people who were further on in their career, like [director] Elia Kazan or certain actors who were a generation ahead of me. I’d ask them questions of what to look out for... I didn’t want to experience something if it was going to be negative. So I’ll do that, if people ask me. People tend to think that when you get to a certain age, you’re less relevant in some ways. But that’s just not the case.”

—American actor **Robert De Niro**, speaking to
The Toronto Sun



Samaro / iStock Library

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.

A TEACHER GIVES BACK

I have always believed that every one of us receives a lot more from society than we can ever hope to repay. I have thus lived my life trying to repay this debt by being an educator and writer. Academics have been a part of my life ever since I was a child. After my early education in Jagalur, in Davanagere district of Karnataka, I was taken under the wing of the family of a teacher at the school where I studied.

While growing up, I was initiated into the world of Kannada literature by my mother, and while doing my Intermediate in Mysore, I was introduced to popular science writing by my teacher, poet laureate, K V Puttappa, aka Kuvempu.

I moved to Bangalore to study for my BSc honours in chemistry; soon after acquiring my degree, I was appointed as a teacher in a college at Tumkur. At the time, Madras University held a contest for the best non-fiction book in each of the four southern Indian languages. The book I wrote, *Paramanu Caritre*, was about the atom. But I had help from G P Rajaratnam, the great Kannada litterateur, who was my senior colleague. He not only edited my manuscript but taught me the intricacies of language and

writing, which have guided my style to date. My book won the prize and encouraged me to continue to write.

Next, I landed a job as a teacher at the University of Mysore. The university had published an English-Kannada dictionary decades earlier that needed to be revised and updated. I was invited to be one of its editors, focusing on scientific and technical terms. Apart from getting to do something I loved, it gave me an opportunity to work with great Kannada writers such as P T Narasimhachar and Shivarama Karanth.

At the same time, I edited two commemorative volumes containing articles on science in Kannada to celebrate the golden jubilee of *Manavika Karnataka*, a magazine for the humanities that the university was bringing out. Spurred on by its success, I started a science magazine, *Vijnana Karnataka*, and was its editor for seven years.

My next calling was as co-founder of the Karnataka Rajya Vijnana Parishat, an organisation for the popularisation of science. Under its aegis, I launched and edited a science magazine for school children called *Bala Vijnana* for over a decade.

I have earned awards at the state and national levels for popularising science among children and writing children's literature. Among these were awards conferred by the National Council of Science and Technology Communication and/or NCERT. Among my other works are a small book for children on Galileo and a biography of Louis Pasteur; articles on science and society; translations (along with my wife) of the biographies of Meghnad Saha and Karl Marx; an adaptation of Bertolt Brecht's play, *Life of Galileo* (along with H K Ramachandra Murthy); and a collection of humorous anecdotes about scientists.

At the age of 94, when I take stock of my career as an educator and a writer, I am eternally grateful for the gift of writing and teaching that have brought me untold joy. Have I been able to repay my debt to society? I think not.

—J R Lakshmana Rao, Mysore

Rao (centre) at the launch of one of his books



MARATHON MAN

My passion for running goes way beyond physical fitness, although one can never underestimate the benefits of staying healthy. For me, running is like breathing, and at the age of 93, I still run a minimum 10 km a day, every day!

I started running very late in life and I have always enjoyed it, not as a sporting pastime but because I simply enjoy being out in the open and running. I was born into a prosperous farming family and we owned hundreds of acres of farmland in Singpet, Nellore. So while staying healthy and fit helped me work hard on the farm, it also conditioned my mind.

I took up running in a systematic way after my very dear wife Seetaramamma passed away in 2003. I felt lonely and isolated, and farming wasn't enough for me anymore. I began to lease my land and started running. I started taking part in veterans' games at the state, district and national games, under the aegis of the Masters Athletics Association of India. I have also won many medals at these sporting meets, most recently at the National Masters Athletics Championship held in Dharamsala earlier this year, and the Pan Asia Veterans Sports meet held in Thailand in 2008.

Ever since I moved in with my only son and daughter-in-law in Hyderabad in 2011, I have also been participating in the city's marathons. I am told a growing number of youngsters have been asking about me; some even come and ask me how I do it. I tell them that they are harming themselves gravely with their unhealthy eating habits and by sitting around at their desks, on their motorbikes—never walking, never exercising. I am proud that I still do everything for myself. I don't know how many of today's youngsters will be able to live till my age and be self-sufficient.

I have always placed a premium on being spiritual, and was impressed by the teachings of Ramakrishna Paramahansa and Vivekananda. I thus went on my own personal quest, more than 60 years ago, when I lived alone in the dense forests of Tirumala. For a month, I ate only puffed rice and drank water from the streams. It was an eye-opener for me. I realised I was not afraid anymore; all I had to do was believe in myself, be honest and work hard, and all my fears would vanish.

I came back with some profound experiences, which helped me reach out to people. I set up an ashram, where



Shyamola Khanna

For Reddy, running is a way of life

I fed the poor from my personal granary. I did that for over 40 years along with some other elders who were involved with the ashram.

I started yoga and meditation, which I practise even today. I honestly believe that physical fitness and psychological confidence go hand in hand. I look at some people much younger than me, feeling shaky on their feet, unable to walk even 50 yards, their confidence low owing to aches and pains and the unhealthy food they eat.

I eat only simple, home-cooked food, and I swallow just one pill regularly, prescribed for hypertension, a common problem with older people. I sleep like a baby, which is a huge blessing, especially after a rigorous physical workout.

I feel energetic and still feel young in body and mind. I am sure I can live up to the age of 125, at least!

—Vijay Ramachander Reddy, Hyderabad

Life is beautiful

**NAUSHAD SOMJEE, 62
PUNE**

Opening a beauty store was not part of our plans. After all, I am a former teacher by profession. I resigned from Indian School Muscat after serving the school in Oman for 27 years. I began as a teacher and rose up the ranks to become vice-principal. It wasn't easy to shift my focus from a long and illustrious career in education to running a beauty store in India. But, one day, I realised my family needed me and I decided to return to Pune for good.

My wife Anjum is a talented beautician, and I suggested that she try her hand at blending facial products. Made entirely by her, these products were herbal body creams, body scrubs, etc. It wasn't long before these products reached beauty parlours and became popular among customers. That was the clincher and we decided to open a beauty store.

It took two years before we opened our store in 2010. I had returned with my family in November 2008 but, a year later, I returned to Muscat, to teach. I eventually returned home for good in 2010. By then, we had conducted a detailed and analytical research of the market. We had to find sources to procure our goods, register the business, get a licence, employ staff, decide on the interior design of the store, and select display stands and a signboard for the store. We called our baby 'Blush'.

Finally, we were ready to roll and were very excited. It had taken two years, from inception and giving

away free samples to beauty parlours, to opening our beauty store on 27 March 2010. Distribution of handbills in local newspapers and a lot of advance publicity drew a large crowd of customers for the inauguration and our sales figures on that day went through the roof. Six years later, I can confidently say that our business is a smashing success.

Right now, my family and I are dependent solely on this business. It is running well and we have no regrets. No business is risk-free and things can get unpredictable. There are highs and there are lows, but I believe that when one has the will power and talent to aim for a goal, the sky is the limit. We recently expanded our in-house herbal products. Initially, we



Hemant Patil

WORK IT OUT

Experts answer your queries and concerns on jobs after retirement

I have retired from airport ground staff services, after serving 25 years. I have extensive training in aerobics and yoga. Now I want to train my fellow women who aren't comfortable going to a regular gym. How do I go about it?

It's great that you are skilled in the second career you wish to pursue. First, make a list of the equipment you want, keeping in mind space you will need for aerobics and yoga. Also note that weights and machinery are different for men and women. A multipurpose machine, treadmills and cycles would be useful. Be sure to check on the brand, quality and guarantee of the equipment. Visit to a gym nearby and have a conversation with the owner. Through this, you will get a better understanding of the practicalities of running a gym.

Hiring an assistant will help, especially if you plan to go out of town from time to time. Once things are set up and you've got your idea in place, periodically assess the functionality of your gym, from user comfort to maintenance of equipment. Your aerobics and yoga skills will be your strength; devote a time slot to these activities in batches. The only-women entry will be your USP.

Special offers will attract people; weekday discounts will attract the non-professionals. Generally, women prefer to come with company; a discount for groups or a one-month free membership can boost business. It's fine to start small, with just two or three members. With time, the word will definitely spread.

—Monika Chawla runs a fitness centre in Hyderabad



concentrated on herbal body scrubs and creams, facial kits, moisturisers and toners but we are also introducing serums, hair spa products, etc.

And, yes, it feels very good! I attribute our good fortune to God's blessings, Anjum's hard work and dedication, my elder son Saahil, 28, and my staff, My younger son Waseem, who is 25,

does not work in Pune but is with us in spirit.

I have no idea what the future holds and every day is a new learning experience. I gained this perspective after I emerged from a phase of depression a few years ago and have since learnt to take life one day at a time.

—As told to Cheryl Ann Athaide



Healthy and happy: Nutrient-rich, fresh food can protect and improve mental health

My ageing parents live by themselves in another city. Many a time, when I have visited them, I have noticed that they consume stored food. To save that extra trip to the kitchen, they always cook in large quantities. Also, they snack on processed food. Our family has a history of depression. Though my parents lead an active lifestyle and are happy in their space, I want them to take all precautions including consumption of fresh, nutritious food. Am I right? Is there a link between food and mental health?

Mental health is a vital part of the great experience of living. It is a matter that affects not only each one of us as individuals but the community in which we live. Unless individuals are mentally fit, they cannot make full use of their lives, nor can an ailing community play its proper role in the world. Hence, mental health is vitally important to all of us and perfect health for all is the final aim of every community. Adequate and nutritious food is the foremost necessity for achieving good overall health.

Good health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Day and night, our brain keeps on working; if it goes on working smoothly, attuned to its surrounding conditions, you are said to be mentally healthy. On the other hand, if this natural and normal state is upset or something goes wrong with any of the functions of the body, one becomes mentally upset. However, a well-balanced diet can go a long way to help.

The nutrients we obtain through food have a vital effect on mental growth and development; management and prevention of mental problems like depression, Alzheimer's disease and schizophrenia; and maintenance of normal body function, physical activity and health. Nutritious food is thus needed to sustain life and activity. Our diet must provide all essential nutrients in the required amounts. Requirements of essential nutrients vary with age, gender, physical activity and physiological status. Dietary intakes lower or higher than the body's requirements can lead to mental problems. An adequate diet providing all nutrients is needed throughout our lives.

Nutrients must be obtained through a judicious choice and combination of a variety of food stuffs from different food groups.

Behaviour, moods and all the functions of the brain are affected by the intake of food. A person may feel irritated if not provided proper food while, on the other hand, the same person is satisfied when given healthy food. Some foods have a long-lasting effect on mental health as they help in the proper functioning of the brain. If adequate nutrition is not given to individuals, mental changes can be experienced. Diet should be well balanced for a healthy mind. It should include all the nutrients like carbohydrates, proteins, vitamins, minerals, fibre and fluids.

Dietary dos

- Breakfast cereals, chapattis, rice, breads, milk and desserts calm the mood and have a positive effect on endorphins in the brain. Tea, coffee and chocolates keep the brain awake while alcohol acts as a depressant.
- Protein contains amino acids like tryptophan that induces sleep when it is supplied to the brain through the diet. So include protein-rich foods like pulses, legumes, eggs, fish, meat, cheese, beans, etc.
- Fruits and vegetables contain vitamins and minerals that protect us from infections and diseases and promote mental health. These are necessary for metabolic reactions in the body.
- Adequate water intake is necessary for mental health. A person should include the required amount of fluids daily. Alcohol should be avoided as it acts as a depressant and can worsen the mood. The recommended limit of alcohol is two units for women and three units for men a day. This should not be exceeded as it can cause deficiencies of various vitamins and minerals and lead to depression, aggression and a bad mood.

Depression and diet

A good diet can control depression and plays a vital role in mental health. If a person consumes a nutritious diet, the body and mind feel stabilised. A depressed person develops physical troubles too, because the mind and the body



are closely associated. Food satisfies certain emotional needs of human beings. Food is often used to express one's feelings, the sharing of food is a token of friendship and the serving of special and favourite dishes is an expression of attention and recognition while the withholding of desired food may be a means of punishment.

Thus, the food consumed by an individual should be wholesome and fulfil their psychological, social and physiological needs as all these are closely associated with mental development. A difficult examination in school may cause a child to eat less or not at all, an adolescent with no friends may try to compensate by eating more, thereby satisfying his needs. Food that is nutritionally adequate always gives a sense of genuine satisfaction to the consumer. It is a well-known fact that eating provides an outlet for the stresses and strains of life. Food is also a sign of security for many; a baby feels secure in the arms of the mother while drinking milk, children who are ill and lonely may make demands for food just to gain attention.

There is an increased demand for processed, ready-to-eat food owing to changes in lifestyle. As families have become nuclear, consumption of processed and stored foods, particularly in urban areas, has increased. Today's consumer is looking for convenient foods that require less time to prepare than traditional home-cooked foods. Breakfast cereals are increasingly being used in urban areas over traditional items like idli, dosa, upma and roti,

which are rich sources of nutrients. Food items like chips and candies are preferred over puffed and parched rice as they are crisp, tasty and easily digestible.

However, stored foods may be contaminated with pathogenic organisms that can affect our physical health (fever, vomiting, nausea, stomach infections) and further lead to mental illness as physical and mental health are closely associated. Consumption of processed foods may not only affect intake of nutrients but, in addition, increase the risk of exposure to various pathogens.

In the coming years, with larger constraints of time at home, demand for processed and stored foods is certain to increase. Therefore, it is necessary to ensure that intake of a nutritionally balanced diet is not compromised with unwise intake of various processed and convenience foods. Processed vegetables and fruits available in the market are no match for nutrient-rich fresh vegetables and fruits. Fresh foods definitely have a positive impact on overall health, including mental health. We are what we eat, they say. Who do you want to be?

Namita Jain is a wellness specialist and celebrity nutritionist at Diet Mantra and has written bestsellers on diet and fitness. Visit www.dietmantra.in. If you have any questions for Namita Jain, write to contact.mag@harmonyindia.org



YOGA RX BY SHAMEEM AKTHAR

The pineal gland is a tiny gland, barely 5 mm to 8 mm in size. However, it is said to get a large gush of blood, next only to the kidney. With age, it calcifies and can cause immense damage; often, it is the main cause of Alzheimer's. It is also connected to the pituitary, and thus linked to the entire endocrine map of your body. Problems with it can cause severe clinical depression and insomnia. Practices that encourage a blood gush to the brain may be why yogis live with a lively and healthy mind. Forward bends and inversions help the pineal gland continue receiving its daily, heavy dose of blood.

LIBRA

22 September to 21 October

This is a sign of balance and, intriguingly, this may be an area that requires to be worked out. The Libra sign has plenty of positive things going for it, with very appealing qualities: serenity, conflict avoidance, effective strategising, high-flying nature, ambitiousness, logical and clear thinking, ability to grasp complicated stuff easily and superb memory. However, the conflict avoidance can add to stress, as well as difficulty in choosing things or making choices, all of which can be high stress for Librans who want resolution at all costs.

Problem areas are stiffness (that comes from rigid thinking and inability to let the other win an argument, at any cost) of the body, with the joints and muscles both suffering from this. Balance may be affected owing to this stiffness. Special problem areas are hips, the lower back, neck, upper back and joints. Though health is generally stable, Librans, when ill, can be rather helpless, like a child.

Thus, immunity needs a boost through regular breathing (*pranayama*) practices. While Librans crave to win at the mat and may like exotic or difficult poses, they must focus equally on simple stretches to relieve overall stiffness. These include standing stretches like balancers, such as the extreme stretch (*uttanasana*), half lotus stretch (*ardhapadmottanasana*), inverted V (*parvatasana*), triangle (*trikonasana*) and crescent pose (*ardhachandrasana*), as well as seated forward bends, like the head-to-knee pose (*janusirsasana*), seated west-facing pose (*paschimottanasana*) and seated side stretch (*parivratjanusirsasana*). Twists, either standing or seated, are also perfect to loosen up the hips and the spine. Twists are particularly helpful to tone the kidneys, another major problem area for Librans. Some seated twists include half spinal twists (*ardha matsyendrasana*) and Sage Bharadwaja's pose (*Bharadwajasana*).



Revolved head-to-knee pose (*parivratjanusirsasana*)

Sit with your left leg folded at the knee and the right leg stretched out. Hold the right big toe or, if very stiff, anywhere at the leg.

Lift your left hand high into the air, inhale deeply. Pass it over the head, the ear, and drop it towards the right leg to reach for the right foot. Again, if stiff, this may be difficult; in this case, just dangle the left arm over the head. Exhaling, slide your body towards the right leg, trying to keep it straight down instead of slumping. Hold this for a few seconds, breathing normally. Then release the pose. Repeat for the other side. After a few weeks of practice, if flexibility improves, you may choose to tilt the head as shown to look up towards the ceiling in the final pose. Each stage of this pose needs a lot of practice. Duration in the final pose may be gradually increased.

Benefits: This is a complete body stretch. It uplifts the mood, fights depression, improves breathing and tones the spinal nerves.

Model: Ramnath Chiplunkar,
Harmony Interactive Centre
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. (Please consult your physician before following the advice given here)

The first day at school

The first time you rode the bicycle.

The first crush you had at thirteen

The first drama you got a part in

The first day at college

The first date you went on

The first kiss

The first time you proposed

The first job interview

The first board meeting you addressed

The first day after retirement

BUTTERFLIES *never retire*

The first click of the mouse.

The all new

www.harmonyindia.org

harmony
celebrate age



HIS LADLE LOVE BY PRATIBHA JAIN

Tasty twists

VINOD K MIDHA • CHENNAI

An engaging series about silver men who wield a deft ladle in the kitchen

‘Everything with a twist’ is the mantra with which Vinod Midha enjoys cooking as well as eating. No dish is ever cooked the same way, even dal and *sabzi* are cooked with a twist—if not the ingredients, the presentation must be innovative. When he is not at office marketing medical devices, this 65 year-old Punjabi from Chennai is engrossed in the kitchen. His wife, Seema, is equally passionate and they have collected the most unique ingredients, crockery and gadgets over decades. Meeting them in their beautifully kept home in Chennai, I was amazed at their endless culinary creativity.

Namaste Vinodji. To begin with, tell me about your growing years.

My father was in the Railways, so we travelled between Gorakhpur, Mussoorie and Jaipur. Most of my schooling happened in these places and then I did my B Tech from Sindri near Dhanbad.

When did you move to Chennai?

Almost 40 years ago, two years before I married Seema. We’ve been here ever since.

What brought about this deep interest you have in cooking? I have heard so much about it from your cousin and my neighbour Sulakshanaji.

During college times, I was living in a hostel and eating at the mess. I often wished the food was tastier

or had more variety. I spent my meal-times with four other friends. The five of us decided to take matters into our hands and started cooking in the mess once in a while.

Wow! And the cook did not mind?

Oh, he was more than happy to take a break!

“Presentation is very important. The first thing is eye appeal, then aroma, then flavour and taste. I don’t think you need lots of masala to cook well. You should have an urge to try, to experiment and to keep at it. Planning is very important; we always plan in advance. Also one must have a penchant for perfection”

And then? Did the passion just continue?

Yes. We experimented a lot and tried things on our own, churning out tasty innovative dishes.

Do all of you continue to cook now?

My friends, no. But I do. We have remained in touch over the years and they keep asking me: ‘How is it going?’

What kind of dishes do you like to cook?

Anything different. Not the regular *ghar ka khaana*. I like to innovate and experiment. Both of us—Seema and I—like to do that. And now it seems the kids have taken over.

And where does the inspiration for this come from?

Oh, inspiration comes from many things: ingredients, vegetables, kitchen gadgets, street foods and restaurants.

Seema (wife): I am sure we have more kitchen gadgets than you can imagine. Wherever we travel to, we keep looking for them.

And is the purchase always a success?

She: Most of the time, yes. But once in a while, it flops. But it does not deter us!

He: Everyone in our circle knows we are foodies, and that we love cooking and eating. When any new restaurant opens in town, we are the first ones to dine there. Even in the ones where we dine regularly, we only try new dishes each time. No paneer butter masala or dal makhani for us. In fact, we don’t even have any favourite

restaurants, we only have favourite dishes.

She: So much so, that when we make a dish and someone asks us for the recipe, we tell them that there is no recipe. Next time you come and we make this dish, it will never be the same.

So you don't follow recipes?

He: Oh no, we don't. In fact, both our daughters love cooking, and they've taken after us. They don't follow any recipes either. They also love trying out new dishes.

Tell me about your daily menu. What is it like?

He: For breakfast, we have sprouts, a salad and mostly a fresh fruit juice. Lunch is like a typical meal in any Punjabi house, but always with a twist. Dinner is again some other concoction, always something new.

She: But honestly, even if we make *chila* for breakfast, we tweak it with something different each time.

He: For instance, have you ever had idli waffles?

I make toasted idli, but waffles with idli batter! Would it be sweet?

No, but it is very tasty. In the batter, we add some chilli flakes, coriander leaves, curry leaves and ginger. We pour this batter in the waffle iron and out come crispy waffles.

I must try this sometime. So tell me, do you both go to grocery stores often?

All the time! We love looking for new things. I guess we love spending time on that. During our travels too, no clothes and fashion shops for us. It is kitchen items and more kitchen items. New moulds, new devices, new gadgets and new cutlery. Look in our pantry and you will find so



Photographs by Chennai Pix

many kinds of edible decorators and fancy dessert glasses.

What about healthy eating? Your culinary experiments must be rich in calories.

She: When the children were young, I would cook traditional meals that I used to consider healthy but Vinod always interfered, adding some-

thing or the other to the prepared dish. I tried stopping him, but no luck. Then at one stage, I gave up. I stopped cooking *turai* or *bhindi* or *gobi*. But then, the children got health-conscious.

He: I think children, and most people for that matter, get bored with routine food. So we have to re-condition the dishes.



Re-condition? That is an interesting word.

Surely yes. Ask Seema for the recipe of her *gatte ki sabzi*. Even a Rajasthani would be taken aback by how tasty it is.

Wow, since I am a Rajasthani, I just have to ask you for the recipe. Come on, share the secret with me!

She: Nothing much. All I do is roast and pound *saunf*, coriander seeds, *ajwain*, ginger and even *kasoori methi*. Add it to the gram flour and see the difference.

Another must-try for me! So Vinod, what is the most important thing in cooking?

Presentation—I think this is very important. The first thing is eye appeal, then aroma, then flavour and taste. I don't think you need lots of masala to cook well. You should have an urge to try, to experiment and to keep at it. Planning is very important; we always plan in advance. For instance, if we are having a party, we will plan on how many ice cubes we may require based on the size of the party, so we keep collecting ice from the ice tray in carry bags. Also one must have a penchant for perfection. If I am making a cucumber salad, I like the chopped chunks to look identical and prefer to set aside the smaller bits from the ends for some other dish.

Apart from cooking, what are your other hobbies?

I volunteer at a local school for underprivileged children. I take classes on personality development, behaviour, etiquette, basic yoga, and communication skills in English. This is a corporation school here in Chennai. The parents of these children are masons, maids, waiters in restaurants or coolies. When they come up to me, they simply shed tears of

gratitude that there is someone who actually cares for their children and is educating them. All this is done under the banner of the Rotary Club of Guindy.

This is truly moving. I am so glad you shared this.

Thank you. But I must also show you Seema's international garden. We have built a small structure in which we have arranged all the souvenirs we have picked up during our travels. We love pottering with it.

What an innovative idea! Before we move on, what dish would you like to share with me?

A sundae. We enjoy making sundaes and have experimented with them extensively over the years. What is special about a sundae is that you can play with the colours and always find something in the kitchen to add a special and unique touch to it. It's a hit with everyone—the children love it, our family and friends love it, and so do we both.

Magnificent sundae

Constant innovation is the usual mantra of the Midhas; this magnificent sundae, perfected over the years, has several interesting variations with an array of crunchy fruits, colourful crushes and edible decorators.

Ingredients

- Vanilla ice-cream: 6 scoops
- Sponge cake: 2 cups; diced
- Pineapple (tinned or stewed): 6 slices; diced (for first layer)
- Litchis: 6; halved (for second layer)
- Red jelly: ½ packet (for first layer)
- Green jelly: ½ packet (for second layer)
- Glazed cherries: 6; halved
- Sabza seeds (*falooda* seeds): 1 tsp; soaked in litchi syrup

Method

Freeze 6 sundae glasses for about 15 minutes. Swirl a spoon of diluted jam or thick syrup inside the periphery of the glass. Prepare the red jelly and green jelly according to the instructions on the packet. Set them in an ice tray with square moulds. Once set, remove the jelly from the moulds and quarter into perfect smaller squares. Place the vanilla ice-cream from the freezer into the fridge for 30 minutes. This will make it soft without melting it. Soak the *sabza* seeds in 2 tbsp of litchi syrup for about 15 minutes so they swell up. Dice the pineapples, litchis and sponge cake into perfectly equal-sized pieces.

Now place the glasses in a row. Prepare the sundae by following these steps for all the glasses simultaneously. The Midhas are very keen that the sundae should look identical in all the six glasses. In each glass, add a few pieces of sponge cake at the bottom. Add a quarter scoop of vanilla ice-cream. Drop 3-4 pieces of diced pineapple. Next, add 2-3 squares of red jelly. You must take care to add them near the rim for visibility. Add 1 piece of glazed cherry in the centre of the jelly pieces. Repeat the entire process; this time with litchis and green jelly.

Top the entire sundae with the soaked *sabza* seeds on the rim. Chill the glasses in the chiller (not in the freezer) and serve with decorative straws and tall, slim spoons.

*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*



His master's voice

V Kalyanam, personal secretary to Mahatma Gandhi, shares anecdotes from the time he spent serving the Father of the Nation, with **Jayanthi Somasundaram**

Aspidery scrawl covers almost every inch of space on both sides of the page, and you have to rotate the paper a full 180° to decipher the message written on it. "That's how Gandhiji used to write. He never wasted paper and shared his message even in the smallest gap," reveals V Kalyanam, personal secretary to Mahatma Gandhi from 1944 to 1948 and an eyewitness to the assassination of the great leader.

Now 94, Kalyanam remains alert and agile. Although he has two daughters and three grandchildren, he prefers to live alone in his home in Alwarpet, Chennai. He loves to garden, cooks his own meals, cleans his home and

surroundings, and regularly travels across the country to spread the teachings of the Mahatma.

Ironically, Kalyanam says he was never interested in secretarial work. After he graduated from the Delhi College of Commerce, he had a government job as a budget assistant. "One day, my father's friend, a government official, mentioned to Devadas Gandhi [son of Mahatma Gandhi] that I was not interested in desk work and was keen on doing manual work," he shares. "Devadas Gandhi suggested I join this ashram. I did not know how people lived or what they did there." With a letter of introduction from Devdas Gandhi, the 21 year-old boarded the G T Express to Wardha in Maharashtra.

It was 1943 and he worked in the fields of the 100-acre ashram every morning for nearly four to five hours. Living a modest life, he was content, recalls Kalyanam, whose birthday, fittingly, falls on Independence Day. He worked at the ashram for a year before he even realised it was Gandhi's Sevagram Ashram as the latter was imprisoned at Aga Khan Palace in Pune at the time. "There was only skeletal staff at the ashram and only a few knew English, and I was one of them. One day, the manager called me to open the letters addressed to Gandhi, which came pouring in. It was only then that I realised I was at Gandhi's ashram," he recollects.

From then on, after toiling in the fields, Kalyanam would head for the office to manage Gandhi's correspondence. "On average, there were at least 30 letters from across the world. Foreigners would often request a photograph, an autograph or a message from Gandhi and Indians would have a completely different message," he reminisces. Dividing the letters based on where they came from, Kalyanam systematically opened them, sorted them language-wise and then bundled them up for Gandhi's perusal. After the Mahatma was freed and returned to the ashram in October 1944, Kalyanam gave him over 2,000 letters. "I was one among the people who went to receive Gandhi when he was released," he says with a smile. "I first mistook him for a servant, mainly because of how he was dressed. I had assumed that after reaching the ashram and freshening up, he would change his attire but he came out looking the same."

During his time at Sevagram, Kalyanam learnt something he practices to this day: the day must always start with prayer and end with prayer. "Gandhiji described prayer as the key to the morning and bolt to the end of the day," he remarks. "In fact, if someone did not come into prayer, Gandhiji would send a message that he or she may leave. But he was never angry with them, nor reprimanding, as these two traits meant violence."



"Once someone made an appointment to meet Gandhi at 4 pm but turned up at 6 pm. Gandhi looked at him and calmly said, 'You have delayed Independence by two hours' "

After Gandhi's death, Kalyanam spent six months working for the United Council for Relief Welfare, of which Lady Edwina Mountbatten was chairperson. He says her goal was to find abducted women and children from both India and Pakistan (after Partition). "After the departure of the Mountbattens from India, I worked briefly with Prime Minister Jawaharlal Nehru. Later, I went to Rishikesh to assist Meera Ben in her work." Next, he worked as welfare and safety officer at the Associate Cement Companies. "After two years, I was appointed by the Government of India as Regional Commissioner of Schedule Castes and Tribes, Southern Region, headquartered in Madras." Five

years later, he quit to work for politician and statesman C Rajagopalachari, who launched the Southern Party. After his demise, Kalyanam decided to travel extensively to talk about his days with Gandhi.

"Even today, I wake up at 3.30 am and, after my prayer, I spend time in my rooftop vegetable garden. It's been 17 years since I've bought vegetables," he chuckles. When not in his garden, Kalyanam is cleaning his compound. "I have still not come across a single person who wakes up and does any manual work. They drink their coffee and read the newspaper before going to work. They have so much time, yet they do nothing. I have never employed any house help," says the widower, who has been living alone for over 25 years.

Taking only a few minutes to cook himself a humble meal of *mung* or *masoor* dal and rice, Kalyanam spends the afternoon replying to the dozens of letters that he receives. He takes a siesta for 10 minutes, which he says is equal to two hours of sleep. "I listen to the English news on television but get tired because the channels repeat the news. Television should show what promotes goodwill; only then will children learn."

For two weeks a month, Kalyanam usually travels across the country to speak about Gandhi. "People want to know more about him and I am glad to share my experiences. Today, there are barely four of us who have seen Gandhiji



in flesh and blood and I am one of them," he says with pride, before sharing an anecdote. "Once someone made an appointment to meet Gandhi at 4 pm but turned up at 6 pm. Gandhi looked at him and calmly said, 'You have delayed Independence by two hours.'"

How relevant is Gandhi's ideology today? "It is very relevant but no one follows it. In those days, cities in India looked just like those in England. But the 80,000 villages in India lacked even basic infrastructure. That's why Gandhiji wanted Independence, to take care of the villages." He adds that to achieve this, Gandhi wanted to reduce salaries of government employees, introduce prohibition, and ban lottery tickets and horse racing. "The poor spend money on these in the hope of forgetting their worries and augmenting their income. A ban would allow them to save their money and invest their time wisely. Even today, I think people are being overpaid. One doesn't need more than ₹ 5,000 to survive."

Over 60 years after Independence, Kalyanam rues that India is not moving in the right direction. "Although



Kalyanam at Birla house with Lady Mountbatten and Maniben Patel, daughter of Sardar Patel; taking notes from Gandhi

Swachh Bharat was started with good intentions, I ask why we even need it. We have the municipal corporation to clean, while the people themselves need to take the effort to clean their space." He believes people today are interested only in making money and unless they start doing something useful, nothing will change. "People think 'Independence' means they can do whatever they want. Take a look at our cities. Sadly, we are facing the consequences." There are only three people Kalyanam equates with the Mahatma: former President of India A P J Abdul Kalam, Mother Teresa and Baba Ramdev. "People like them are born once in a thousand years. I wish each Cabinet had an APJ and a Mother Teresa. It would have made such a difference."

Kalyanam says he visited Sevagram three years ago, his first visit since he left. Not much has changed, he says, although his memories of the time he spent with Gandhi are bundled into a personal collection of the latter's handwritten notes, which he shows when delivering lectures on the Mahatma. "Gandhiji once told me that if no one follows what he wrote, his writings should be burnt." Kalyanam's next sentence illustrates just why he is most qualified to keep, not bury, Gandhi's precious notes. "There are more than 100 books on Gandhi but none of the authors has followed the principles laid down by him. I follow his principles, yet I do not have the time to write." 🌸

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

harmony
celebrate age

at work

It is a paradox—people retire just when they have the most to contribute, with wisdom and experience gleaned over decades and a patience that can only come with many sunsets. There is another India, though, where sundown is much longer in coming and the terms ‘job’ or ‘career’ are all too narrow to describe what is vocation, tradition or, sometimes, even sheer compulsion.

Untouched by the rules of a formal education, people engaged in traditional occupations have shouldered the responsibility of their communities for centuries. For many of these silvers, who have little conception of corporate ladders, the individual doesn’t really count. They carry on a legacy that defines them, passing on centuries-old knowledge and skills that were once sought by kings and commoners alike. Alas, once a highly valued part of society, these tradesmen and craftsmen and women are now among a dying breed of professionals.

But they won’t go easy! The physical and organic nature of their work keeps them in touch with their environment. And passion, as well as the need for sustenance and survival in many cases, enables them to endure. They have long paid their dues to society but continue to work every day, giving it their all—because that’s the way they know, swearing that the only thing that can still their hands is death itself. This year, to mark World Elders’ Day, we salute them and celebrate their enduring spirit.

—Natasha Rego

Silvers





DS
Aiyvelu
85

Doyen of
dance dressers



“I have the general health problems of any 85 year-old. But if I stay at home, I will get sick!”



Ask any purist and they'll tell you—Indian classical dance is incomplete without the perfect costume, to accentuate every move, gesture and pose. But it takes a sharp eye and years of practice to master the perfect costume, from fit to colour to the fans that unfurls like the tail of a peacock. After over 50 years

of creating, adapting and innovating costumes for hundreds of dancers of different styles, greats and unknowns alike, D S Aiyyelu is certainly a master. “For two years, I learnt the basics under [master costume-maker of yesteryear] Ambedkar in Gemini Studios,” says Aiyyelu. “Then, in 1946, through him, I got my first order to make a costume for [actor and dancer] Vyjayantimala Bali.” For 20 years after that, he became the

personal costumer for Vyjayantimala as she performed for audiences across the subcontinent. Aiyyelu, a legend on the South Indian dance circuit, has repaid with love the opportunity he was given, and has trained and sent out many an apprentice. Despite advancing age and diminishing strength, it doesn't seem like he will ever stop. “I have the general health problems of any 85 year-old,” he says. “But if I sit at home, I will get sick!”

:: cover feature ::

Babu 55



An elephant's best friend





 SUMUKH BHARADWAJ

“If we don’t return home at night, our families assume we’ve been killed in the forest”



This is a lifelong commitment between man and beast, one they make as juveniles. Young and frivolous, they ride into adulthood and discover that this bond will last a lifetime. Meet Babu, senior mahout at the Sakrebailu Elephant Camp, near Shimoga district in Karnataka, and his elephant, 26 year-old Sagar. Early, every morn-

ing, Babu and other mahouts bring their elephants to the Tunga river backwaters for a long bath. Then they head into the forest. These elephants are used to tame and translocate wild tuskers, and to train newly captured juveniles. They also participate in the Dussehra celebrations in Shimoga. “I’ve washed, oiled and fed this elephant for 16 years,” says Babu, who learnt to care for pachyderms from his father. On average, each elephant is

assigned three mahouts who raise and train it together. “We are like brothers and we work as a team because it’s a dangerous job. If we don’t return home at night, our families assume we’ve been killed in the forest.” Babu was recently promoted and now manages the mahouts at Sakrebailu. “Soon, as my hands-on work starts to decrease, the younger mahouts will take over. It’s sad because he [Sagar] is like my child.”

:: cover feature ::

Bharat Kundu

82

Divine calling


Bharat Kundu 'brings the Gods to life' in a 5 ft x 5 ft studio in Kumartully, the potters' quarter in North Kolkata. He shuts his eyes and chants, "*Piya sang khelo hori*", as he puts the finishing touches to a fibreglass idol of Goddess Durga. For Kundu, painting idols is like an act of worship. "Sometimes, I am also asked to make idols of great personalities

like Vivekananda, Tagore, Gandhi, Marx, Mother Teresa and Jyoti Basu," says the 82 year-old painter, who learnt his skill from his grandfather, an artist who painted designs on porcelain toys. Kundu initially worked with a studio that specialised in screen printing on tin sheets used to make containers for consumer products. Sixteen years later, he began to work on assignment for idol makers and breathe life into their creations with deft strokes of his paintbrush.

Kundu is a man of many talents. There was a time when he used to supplement his income by giving private tuitions in Hindustani classical vocals. His sacrifices and efforts paid off, for his daughter is now a computer engineer and son a medical representative. "Both of them tell me I should retire but the day I give into their demand, I will be redundant. All my expression will be gone and I shall cease to live. I earn around ₹ 600 a day but money isn't everything."

*“The day I retire, all my
expression will be gone and
I shall cease to live”*



 SHILBHADRA DATTA

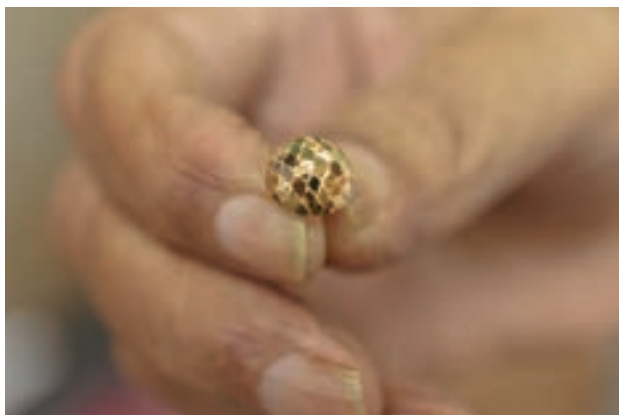


:: cover feature ::

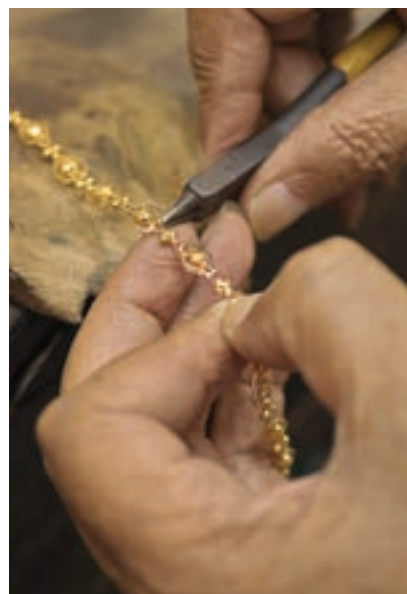
**Gopal
Banik**
68

Midas touch

 SHILBHADRA DATTA



“For me, work is like religion”



Gopal Banik is your friendly neighbourhood goldsmith, who owns a modest shop near Gariahat Market in South Kolkata. With a twinkle in his eye, he says, “I can’t be rude to my customers in these days of tough competition, although many of the women nag me to death. They want quality gold at low cost, delivered faster than their order is

even ready!” Banik says his family migrated here from East Pakistan following Partition. “My father died when I was 10 and my mother couldn’t afford to send me to school. I learnt the Bangla alphabet by reading my grandfather’s newspapers and magazines. My grandfather got me the vocational training that led me to become a goldsmith,” says Banik, who started his apprenticeship on a monthly stipend of ₹ 3,000, 45 years ago. Five years later, he made a down

payment for the shop he now owns. “Business gets very intense during the wedding season. I have four people working for me but it is very grueling because we cannot switch on the fan—even the tiniest breeze can ruin the melting gold that is mixed with copper to make the jewellery.” Banik is content, having discharged his familial responsibilities. His two elder daughters are married and the youngest is in college. “For me, work is like religion,” he says.

:: cover feature ::

**Rama
Bai
Kumhar
65**

Feat of clay





SURENDRA JAIN PARAS

***“As I didn’t have any brothers,
I had to learn the trade and
support our family”***



Rama Bai Kumhar has been making earthenware *kulhad* (cups) and *diya* (lamps) since she was a child. Hailing from a potters’ community in Purani Basti, Jaipur, she is the only surviving woman potter in the area. “I learnt the skill from my father at the age of 10. As I didn’t

have any brothers, I had to learn the trade and support our family,” says Rama Bai, who although soft-spoken is as tough as nails. Her husband, a labourer, died 30 years ago and she raised her three sons virtually on her own. Pottery was her ticket out of abject poverty. Now, at the age of 65, she only moulds the *kulhad* and *diya*, leaving her daughter-in-laws to paint them. The family sells their wares at

the local market and even though they don’t earn much, Rama Bai is resolute. “I will make earthenware till my hands give up. My family tradition might die with me but it is my responsibility to continue till my body allows it,” she says as she spins the potter’s wheel, a poignant metaphor for the way she has kept it turning for her family and community for over 50 years.



Gyansham
Mulaji
Patel
70

A life of
gratitude

 SAMIR PATHAK



“I cannot donate money, so I have donated my skills instead. I am a labourer to God”



As hard as life has been to him, Gyan-sham Mulaji Patel is grateful for having lived it. What else could explain 18 years of service, sans pay, at the Swaminarayan Temple in Ahmedabad? “What is the point of this work if I get paid?” asks the 70 year-old. “I want to do *seva*, I don’t want a job!” Patel worked the fields

in Rajkot, Gujarat, till he was 25. To shore up his income to support his ageing parents, he worked at a textile mill in Ahmedabad for 30 years. “I also moonlighted as a mill-machinery technician in the city, working up to 20 hours a day,” he reminisces. When the mill shut down in the late 1990s, Patel was out of work. A priest at the Swaminarayan Temple suggested he join them as a temple cook. “This is my way of pleasing God. I am

not a rich person that I can donate money, so I have donated my skills instead. I am a labourer to God,” says Patel, whose wife and sons live in the city. He churns out 10 kg of sweets three times a week; during festival seasons like Diwali, his kitchen is buzzing 24x7. Patel also distributes the *prasad*, makes garlands, looks after overnight guests at the temple, and anything else asked of him... grateful for the life he has been given.

A portrait of an elderly woman, Yashodha Prabhakar Kamble, wearing a brown and pink patterned sari. She is smiling and gesturing with her hands. The background is dark.

**Yashodha
Prabhakar
Kamble**

70

**Magic in
her hands**

 **VARUN MEHTA**





“I cannot go a day without giving a massage; my hands won’t allow it”



Everybody has a calling but you never know when it will come. Take, for instance, Yashodha Prabhakar Kamble. A native of Ahmednagar district in Maharashtra, she moved to Mumbai after she got married, and raised two sons and a daughter. After her husband died in 1992,

Kamble worked as a housemaid to support herself and keep busy. For 10 years she washed vessels, swabbed floors and cleaned up after families in Chembur in suburban Mumbai. “One day in 2003, one of my employers, a homoeopathic doctor, asked me to give her a massage.” It was not an unexpected request and Kamble readily agreed. As it turned out, not only did she have a knack for locating

knots and pressure points with her smooth yet firm hands, she also had an inherent passion for it. “Word of my skills spread among the women of Chembur and now I have over 25 clients,” says Kamble, who has not had a day’s formal training in the art of massage and who gave up housework so her palms remain smooth. “I cannot go a day without giving a massage; my hands won’t allow it.”

A vibrant street scene in Bhagwansa, India. In the foreground, an elderly man with a grey beard and a white shawl is pedaling a red and white rickshaw. He is looking towards the camera. Behind him, a younger man is also visible. To the left, a woman in a yellow sari is seated in another rickshaw. The background is filled with people, colorful clothing stalls, and lush green trees, creating a bustling market atmosphere.

**Bhagwansa
60**

**When push
comes to shove**

“I will work as long as I have to. How can I sit around, doing nothing?”



Bhagwansa reclines on a wooden plank placed on his cycle rickshaw in Delhi's ITO locality. At 60, he is no hurry to ferry too many passengers. He moved to Delhi many moons ago, when mounting loans made him leave his hometown, Muzaffarpur in Bihar. “I had a business. I would buy grains from farmers and sell them in the town at a small margin. But it wasn't enough and I had to borrow from the *mahajan*.” Initially, Bhagwansa rented a cycle rickshaw for ₹ 50 a day. Now he owns the vehicle and he, in turn, rents it

out when he returns home for festivals and other special occasions. “I mainly transport goods for the nearby market in Old Delhi, which earns me ₹ 200-300 a day. My regular passenger who lives in Daryaganj and works in ITO pays me ₹ 2,000 per month.” Bhagwansa's ‘home’ is a spot under a tree. “It's fresh, open air, and there are nice people around me. I wrap my *panni* [plastic sheet] and keep it on the pavement. I either sleep on the pavement or put the plank on the rickshaw.” How long he will work? “For as long as I have to,” he answers. “It is difficult sitting around, doing nothing.”

—Ambica Gulati



HIMANSHU KUMAR

:: cover feature ::

Weaving joy

There are those whose work brings them a sense of contentment, and then there are those whose work brings pure joy. For M Leela, 63, who has been weaving traditional *kasavu* and *settu-mundu* saris since she was a child, it's the latter. As a member of the 200 year-old Shaliyar community of weavers in Balaramapuram, the centre of production of handloom textiles near Thiruvananthapuram district in Kerala, Leela learnt to

work the *thari* (loom) from her parents. She married into a family of weavers, which meant she could continue weaving for as long as she pleased. "The weaving process engages most of the human senses, so it helps keep my body and mind healthy," says Leela, who owns three looms and mentors seven women who work with her. "My work consumes me. I don't stop till I am done with the piece. It engrosses me so much that I don't bother with eating in between." On average, it takes a day's work to produce one

crisp 4-metre *mundu*. Not much has changed in the Shaliyars' process. They still use the physically intense and rather primitive, manual pit looms to produce un-dyed natural cotton fabrics with different sizes of the customary *kara* (border). The finished products are sold to shops around town, where Malayalis from all over Kerala come to get their *kasavu* and *mundu* fix. Leela says she loves weaving wedding saris but newborn babies are her favourite customers—they get her hand-woven fabrics free of charge.

M Leela 63

“The weaving process engages most of the human senses, so it keeps my body and mind healthy”



VIVEK R NAIR



:: cover feature ::

Girdhari
Lal
65

Best foot
forward



“Thirty-five years ago, this profession had no respect but people are now realising the benefits of wearing leather footwear”



Modern India is experiencing a revival of the traditional arts and smart players are riding the retro wave. Among them is 65 year-old Girdhari Lal, a leather *jutti* maker from Patiala. “Thirty-five years ago, this profession had no importance but now it has respect and dignity as people here and overseas have started

realising that leather absorbs sweat and staves off infection.” A native of Bikaner in Rajasthan, his grandparents migrated to Narwana in Haryana. He learnt the art of *jutti* making from his grandfather in the 1960s, and moved to Patiala as a young man, where he built a business around the craft. He sources the finest leather from Jalandhar, Agra, Chennai and Delhi, and runs a workshop with 12 other craftsmen, where they treat the leather, cut it, beat it into shape

and bind it tightly into a *jutti*—sombre and glittery ones to suit all tastes. These shoes are sold at his 200-sq-ft shop in Turi Bazar. Over the years, Lal has taught the craft to over 40 others who have gone on to become established *jutti* makers while many in his large, extended family are involved in the trade. Lal will continue to handcraft shoes for many more years, following in the footsteps of his 90 year-old father, who still makes *jutti* back in Narwana.

Kutch might be famous for the shimmering white
salt marshes, but it also offers lessons in history,
mythology and geography

above the SALT

✦ 📷 Mridula Dwivedi

A large, stylized white letter 'W' is positioned on the left side of the page. It is set against a background of a sunset over a vast, flat, rocky landscape. The sun is a bright orange circle on the horizon, casting a warm glow across the sky and the ground. The ground is covered in small, dark, rounded stones and pebbles. The sky is a mix of soft pinks, oranges, and purples. The overall mood is serene and contemplative.

doing?" I had no idea that the white salt marshes were eventually defining the border of our country. Embarrassed, I apologised and retracted my steps quickly.

Kutch is much more than just the Rann though. Bhuj, the major town in the region where most tourists touch base first, is an eight-hour road or train journey from Ahmedabad. My search for hotels took me even further, to Devpur Homestay. Though it was quite full, I managed

When I saw a breach in the fort wall at Lakhpat, Kutch, I did what comes to me naturally as a trekker: I tried to walk through it! Out of nowhere, a uniformed head popped out, demanding, "Ma'am what do you think you are

to coax the owner Kruthrathsinh Jadeja and his family to have me for two nights in their cheapest room. Not only did I stay there but even asked them for recommendations of places to visit. In the end, the poor gentleman designed the whole trip for me, arranged a taxi, and called up each hotel where I planned to stay during the trip, telling them that I was his guest. I had a lovely time at his home, which resembled a fort! Such was the gracious hospitality of the couple that Jadeja's wife ensured that I had a variety of dishes for every single meal.

Within five minutes into our journey to Mandvi, Siddique, the owner of the taxi fleet and my driver for the trip, asked me, "Do you know the Jadejas at Devpur; are you connected to the royal family of Kutch?" I, of course, had no clue about the royal lineage of the family, though the fort-like home, which was grand beyond the ordinary, was a dead giveaway!

**Moonrise at the
Great Rann of Kutch**



Clockwise from top: Folk musicians perform songs of the desert; a corridor in the Aina Mahal, Bhuj; Vijay Vilas Palace, Mandvi
Opposite page: A lone structure stands tall on the white salt marshes of Lakhpat

My first stop was Lakhpat, the last town on the western end of India along the India-Pakistan border. It was an important port town and trading post till the middle of the 19th century. The Indus later changed its course and the trade in the town declined. Now, with sparse population, ruins and a magnificent fort, it resembles a ghost town.

I had *langar* at the local gurdwara. It's believed that Guru Nanak, the founder of the Sikh religion, stayed in this village. The delicious *langar* comprised dal, roti, rice and halwa. I was told that the original gurdwara was badly damaged in the 2001 Gujarat earthquake; it was rebuilt later on. After lunch, we proceeded to Narayan Sarovar. Though considered sacred, the lake had little water and plenty of plastic litter. That said, faith is blind, and I could

see hordes of devotees taking a dip, hoping the holy water would heal the body. Interestingly, the lake finds mention in the accounts of Alexander the Great. On its bank is a Vishnu temple modelled on the famous Dwarkadhish temple. I had a piping hot cup of chai from one of the numerous dhaba surrounding the temple.

From Narayan Sarovar, Koteswar—a place associated with the *Ramayana*—is just 2 km away. Legend says that Ravana won a boon from Lord Shiva for an outstanding display of piety. The boon was the gift of a *shivalingam* of great spiritual power. Ravana, however, accidentally dropped it at Koteswar. As a result, the idols multiplied a million times. Ravana, who could not figure out the original one, hastily grabbed one of them and left for Lanka, while the Kotes-



When the sun started its downward march, the Great Rann turned into an oasis of tranquillity. It's the magic of the place that even in the midst of the teeming crowds, I felt serene!

war temple came up around the original *lingam*. After a quick visit to the temple, which is the last outpost of human construction at the westernmost tip of India, I ran to the sea. For a long time, I chased the seagulls stubbornly with my zoom lens, though they kept evading me.

Sunset was at least an hour and a half away when I came out of the temple. Koteswar is famed for its sunsets. I wanted to stay on but Devpur is 115 km from Koteswar. I decided to give the sunset a miss as I would catch it at Mandvi later, where I was staying for a night.

Early next morning, Siddique and I started for Mandvi. I had my breakfast on the way at a roadside dhaba where the tea order was shouted to the vendor across the street. We reached Mandvi in the afternoon and stayed at Rukmavati Guesthouse—a cosy budget hotel run by Vinodbhai and his wife. His wife told me their twin daughters go to school in the US. When I asked why they sent the kids so far away, they told me, “There are no good schools in Mandvi. As they had to go elsewhere for higher studies, how does it matter whether they go to the USA or Ahmedabad?”



A day ends at the Great Rann of Kutch; opposite page: horse carts leading to the heart of the Great Rann

My first stop at Mandvi was Vijay Vilas Palace, which belongs to the Jadeja kings of Kutch. It was built by King Khengarji III for his son and heir Vijayaraji. The construction of the grand palace started in 1920 and it took nine years to complete. When I gazed at one of the lavish living rooms, I wondered what it would be like to sit down and have a cup of tea in that room. The palace has been a backdrop for many Hindi movies including *Lagaan* and *Hum Dil De Chuke Sanam*. I spent the evening by the beach, watching the beautiful sunset. Mandvi was on my radar mainly because of its proximity to the sea. However, the beach, to my horror, was littered. The horse buggies, camel men and the crowd on the beach added depth and detailing to my images. After a fabulous sunset, it was time to head back to the guesthouse. The next day I was heading to the Great Rann of Kutch, which is 80 km from Bhuj.

When I set my eyes on the Great Rann for the first time it felt like a mirage, shimmering and floating around endlessly. The entry point for tourists is well marked. There was a 2-km-long pathway that led to the heart of the Great Rann. As a rule, vehicles—except a few with special permissions—are not allowed here. Siddique suggested I hire a battery-operated vehicle, as it is a long walk. I assured him I would enjoy walking better. As

TIPS

- While I always exercise caution in recommending that women travel solo, I did this trip without any hassles.
- All the home stays and tents get filled during the Rann Utsav. The next edition will be held from 9 November 2015 to 23 February 2016.
- As the places are far away from each other, hiring a taxi makes sense for the entire trip.
- Permits are required to enter the Great Rann of Kutch. They can, however, be easily managed.
- Though the tents at the main Rann Utsav site are expensive, they offer cultural programmes in the evening. If you are staying away, you will not have access to these.
- You can go to the Great Rann of Kutch from Bhuj on a day trip. Even though the distance is 80 km, it is covered quickly because of the good roads.

I approached the end of the pathway, I could catch strains of local music, which against the backdrop of the majestic landscape sounded almost surreal.



factfile

WHEN TO GO

The weather is pleasant from October to February. However, it's advisable to carry warm clothes, as the nights can get really cold.

GETTING THERE

By air: There are direct flights from Mumbai to Bhuj. You can either take a flight to Ahmedabad or connect via Mumbai.

By rail: Bhuj is well connected to cities like Ahmedabad, Mumbai, Delhi and other major cities of India through train services.

By road: Travelling by road is an amazing way to explore Kutch. A number of buses are available from Ahmedabad to Bhuj.

ACCOMMODATION

- Devpur Homestay: Tel: (0)9825711852; email: ks.devpur@gmail.com
- Gujarat Tourism Development Corporation has hotels at major locations in Kutch: www.gujarattourism.com

When the sun started its downward march, the Great Rann turned into an oasis of tranquillity. It's the magic of the place that even in the midst of the teeming crowds, I felt serene! I got off the platform to carefully walk on the salt marsh. Though I wanted to return before it turned dark, a local couple assured me that there was nothing to worry as the place would remain populated even at night, and that I should not miss the moonrise. I thanked my lucky stars, as it turned out to be a full moon night! I stayed at Khamir, an NGO, on my way back.

Next morning, I indulged in some shopping, particularly at the handicraft village of Bhujodi. Here, the artisans display and sell the famous embroidery of Kutch out of their homes. The town also has temples, museums, a lake and some old palaces. I stopped at Swaminarayan temple, Kutch Museum, Prag Mahal and Aina Mahal. Both the palaces are worth a visit. The museum, though small, is well maintained.

The next day, I headed back to Ahmedabad to catch my flight back home. Sadly, on this trip, I could not make it to Kala Dungar, Little Rann of Kutch and Dholavira as I had exhausted my leave. That said, the Great Rann of Kutch is an experience not to be missed. Even though the white salt marshes are the highlight, there is plenty of colour all around to satisfy your senses. ✨

What is 60?

The number of push-ups you have to do this week.

The number of movies you have to catch up on.

The number of bad jokes you cracked last month.

The number of times you told your grandson

to get away from the TV set and get a life.

The number of places you have to travel to.

What it's not, is your age.

At least not in your head.

Or in your heart.



If you're above fifty five, we believe Harmony is just the magazine for you. Filled with human interest stories, exciting features and columns, Harmony encourages you to do just one thing: live young.

Harmony
celebrate age

Coal workers, Dhanbad, Bihar, 1989

by Sebastião Salgado



Courtesy: MAP / Tasveer

REAL TIME

Deepak Puri, TIME magazine's former South Asia photo editor for over three decades, is known as the 'wizard of India' who could achieve the impossible—from diverting a commercial aircraft to Srinagar to pick up journalists stranded during the Kashmir insurgency to inserting correspondents without visas into war-torn Tajikistan and even getting renowned photographer Steve McCurry released after he was imprisoned for re-entering India from Burma. In return, all Puri asked for was a print of any of their works when they visited

photography

him. Over years, this collection has grown to be an important archive of 20th century journalism, with contributions from some of the best practitioners of the documentary aesthetic, including Raghu Rai, Sebastião Salgado, Steve McCurry and Diane Baxter. Puri recently donated over 200 photographs to the Bengaluru-based Museum of Art & Photography, a selection of which will be on display as part of Tasveer's 10th anniversary. *Legacy of Photojournalism: The Deepak Puri Collection* opens on 28 October and will run till 15 November at Exhibit 320 in New Delhi.

Future ready

NATASHA REGO RECORDS THE DOCUMENTATION PROCESS OF ANCIENT JAIN MANUSCRIPTS

VALLABHIPUR, Gujarat, c. 5th century CE. Jain *acharya* Dewardhi Ghani Khshamoshraman is a man on a mission. Taking into cognisance ancient Jain teachings that had already been lost over time, he convenes the Vallabhi Council, a panel comprising 500 Jain gurus and their disciples, to document knowledge passed down orally for almost 1,000 years since Lord Mahavira's nirvana. At the end of thirteen-and-a-half years, the mission is accomplished: the council completes penning over 10 million volumes of the Jain doctrine, making it the first-ever collection of Jain literature.

literature

MUMBAI, Maharashtra, 21st century CE. "Out of the 10 million volumes that were penned in the 5th century, only 75,000 manuscripts have survived the past 1,500 years. These manuscripts contain the direct teachings of Mahavira and preserving them is the biggest challenge now," says 78 year-old Mahasukh P Shah, aka Bacchu-bhai, director of Shri Vardhaman Shrutganga, a Mumbai-based Jain trust. To meet the challenge, the trust has undertaken rewriting the of these ancient manuscripts. "The objective is to make copies of the manuscripts and distribute them all over India



so that in the event of a natural calamity or destruction, not all are destroyed. This way, the Jain *shasan* [doctrine] can survive the remaining years of this *ara* [the *Dukhma* epoch, according to Jain philosophy, that will continue for the next 18,461 years]."

At its seven centres—across Maharashtra, Uttar Pradesh and Gujarat—the trust has employed 90 scribes to rewrite the manuscripts, letter by letter, in fine Devanagari calligraphy. "At the end of 12 years of delicately copying these manuscripts, just about 5,000 volumes such as *Acharanga Sutra* and *Bhagawati Sutra* have been completed. To complete all the 75,000 manuscripts, it's going to take us over a hundred years," announces Shah.



Photographs by Natasha Rego

PRIZED POSSESSIONS

Places where ancient Jain manuscripts can be found and the approximate volumes they possess:

- Berlin Museum, Germany: 21,000
- Victoria and Albert Museum, UK: 1,500
- Patan Museum, Gujarat: 22,000
- Ratnakar Oriental Research Institute, Pune: 11,000



Unlike the highly learned *acharya* of the Vallabhi Council, these 90 scribes are neither scholars nor followers of the Jain faith. Most are native to the states where the project is being carried out. Many, especially those at the centres in Uttar Pradesh, are attracted by the regular income the trust offers. But there are those who are genuinely proud of the work. For instance, Hemang, 42, who tracks progress in all seven centres from the Kalbadevi head office in Mumbai, says the unusual nature of the work gives him great contentment. And 58 year-old Mohan Pankasali finds creative satisfaction in the work. "I am an artist; for me, this is art," he expresses.

Though one does not need to be an artist or calligraphist to work on these manuscripts, "to copy one of these pages, you need months of practice as we try to maintain the same style and standards of these ancient manuscripts," says 58 year-old Dinesh Patil, former professor of calligraphy at the Indian Institute of Technology, Mumbai, who has been training copyists at the trust for the past 11 years.

For the documentation process, the trust locates the surviving texts lying scattered in museums across the world (see 'Prized Possessions') and legally procures them. These are distributed and among the seven centres where they are copied. The finished pages are all sent to the Mumbai



THE WRITTEN WORD

The materials used for rewriting the Jain manuscripts are processed according to the Jain scriptures to ensure longevity in complete harmony with the environment.

The pen is made from a twig of the *pakia baru* tree from Assam and dipped in ink made from lamp-black or the burnt oil of black sesame seeds. The parallel margins on both sides of the sheet are erected using a dull red ink made from the mineral *hingula*. A pale yellow correction fluid made from *hartal* (orpiment) is used to cover up errors. Some of the scriptures, particularly the 46 *agam*, are printed in a gold ink made from *varak* or real gold foil. The manuscript papers are made from jute in an ancient process known only to the family of 70 year-old Mohammed Hussain in Sanganer, near Jaipur.

The *odhi*, a flat wooden plate with equally spaced, linear elevations, is used to impress line-guides on the sheet. Finally, the completed sheet is rubbed down with *hakik*, a smooth black agate stone, which binds the ink to the paper and gives it a laminated finish. These sheets have a calculated lifespan of 500 years but, according to the scriptures, they will hold out for 700.

centre where proofreaders pore over the pages, making sure every stroke is measured and every letter in place. "We make repeat copies of the texts, as many as requested, particularly of the 46 *agam* [believed to be the direct teachings of Lord Mahavir], such as the *Kalpasutra* that describes the life and times of Mahavir and other *tirthankara*, and distribute them to Jain institutes all over India," informs Shah. For fear that these texts will be marketed and monetarily exploited, the trust ensures they are handed only to authentic Jain institutions.

Staying true to old practices, the trust relies on travelling *acharya* to spread the word among Jain institutions where they can be distributed, studied and, most important, preserved. And even though the very literature being copied predicts Jainism will disappear in this *Dukhma*

ara of sorrow and misery, Shah says it is no deterrent. In the next two years, in a setup that resembles the Vallabhi Council, the trust is planning to engage more than 300 scribes in a single centre of learning—a *gnanbandar*—in Sankeswar, Gujarat. Here scholars will translate a major portion of the surviving volumes that are in Ardhamagadhi Prakrit and other ancient languages to Sanskrit. They will then be rewritten and distributed.

Yet, tellingly, the intricate meanings of these texts remain obscure. Shah weighs in: "Owing to a system laid down by Lord Mahavir, Jains assume great importance to acquiring *gnan* [knowledge] and learning. Hundreds of books are printed each year with these complex texts and their translations, but how much of it is actually read?"

“Bharatanatyam is my battery charger and I find it a very powerful and versatile form to talk of issues I want to talk about now. I always go back to it to re-nourish myself.”

Veteran dancer and social activist Mallika Sarabhai, speaking to newspaper Mid-Day on the sidelines of staging Sita's Daughters, a one-woman show that addresses the cause of oppressed women

Haresh Patel



SYMBOL OF PRIDE

A unique exhibition featuring rare finds of medals, medallions, coins, letterheads, emblems and ceremonial belts is being held by eminent numismatist Anuj Pakvasa, in collaboration with the Museum Society of Bombay at Chhatrapati Shivaji Maharaj Vastu Sangrahalaya, Mumbai. An exclusive treat for numismatists and antique lovers, 87 objects from Pakvasa's collection with exquisite designs on them are on display. “I have been collecting antique coins from the Princely States of India for over 25 years. But it is the unique State monograms engrained on the coins that drew my attention to the idea of collecting such logos, also known as ‘coat of arms,’” says the 67 year-old. A westernised concept, the coat of arms initially flourished in Britain and Europe in the 1700s as proof of identification for soldiers and local people who could immediately be recognised by the embroidery work on their coats. In

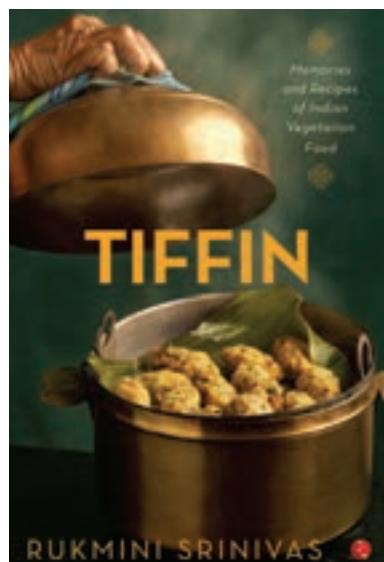
collection

the late 1800s, while governing a huge country like India, the British realised the need for assistance from local rulers and zamindars. To gain their confidence, they bestowed on them the judicial powers to have their own exclusive coat of arms that they could display on palace gates, shields, furniture, crockery, uniforms and cars. “Today when we see the logo of a company, we immediately associate it with the organisation and vice versa. This concept is just an extension of the coat of arms,” informs Pakvasa, a stock trader by profession. “This is a hobby that was passed on to me by my father Arvind Pakvasa who was an eminent collector of princely stamps. Through my exhibition, I want to convey the message of love and respect for our rich heritage and history.” The exhibition is on till 9 October 2015.

—Delaveen Tarapore



Tiffin and more



Tiffin: Memories and Recipes of Indian Vegetarian Food (Rupa, ₹ 395, 352 pages) by television chef Rukmini Srinivas is not just a cookbook but a chronicle of pictures, illustrations and stories of the encounters that have inspired her cooking through 87 years. Work on the book started decades ago when Srinivas's two daughters left home for higher education. Hungry and desperate for their mother's tiffin, the sisters wrote home asking for recipes. Storyteller that she is, Srinivas accompanied the recipes with anecdotes about the people and places associated with them. "My replies grew into lengthy stories and my girls loved them," Srinivas notes in the book. "Those stories were rambling and multifaceted and they are all here in my book." Indeed, from the Victorian meat grinder her father used to make vegetarian cutlets to the 'mobile canteen' she helped set up during her student days in Madras, *Tiffin* is a delight for the senses.

Reeled in

Filmmaker and archivist Shivendra Singh Dungarpur was pleasantly surprised when a reel of the first Konkani film ever made landed in his hands in March, wrapped in newspaper. But the 300-ft reel of *Mogacho Aunddo* (1950), directed by Al Jerry Braganza, had lived a neglected 65 years—it was brittle and nearly turning to powder. Through the Film Heritage Foundation, Dungarpur's



Courtesy: Film Heritage Foundation

film restoration institute, the reel was sent to film restoration lab L'Immagine Ritrovata in Bologna, Italy, to salvage footage. After a meticulous process of manually unrolling the reel, rehydration, dehydration and scanning, it was restored by the end of July with a three-minute runtime. The search is now on for remaining reels of the film. "Many producers make Beta copies and DVDs with poor image quality and discard the original negatives and prints on celluloid," rues Dungarpur. Thankfully, some passionate individuals are on the lookout.

Music with meaning

Bass guitarist of India's longest running live music band Indian Ocean, Rahul Ram was recently seen in *Aisi Taisi Democracy*, a stand-up comedy play discussing the socio-political issues of the country. Conceptualised and enacted by Delhi-based stand-up comic Sanjay Rajoura along with lyricist Varun Grover of the *Gangs of Wasseypur* fame, the political satire was peppered with Ram's thought-provoking songs such as *Mere saamnewali sarhad pe*, a parody of Kishore Kumar classic *Mere saamnewali khidki mein*, which questions why we can't be on friendly terms with our neighbouring countries. "Last year, we did a show in Kathmandu, and we realised that the annual SAARC [South Asian Association for Regional Cooperation] summit was being held there as well. We thought it would be fun if we came up with a song that would look at all the SAARC countries from an Indian viewpoint, and that's how this song came about," Ram told newspaper *Mumbai Mirror*. For the social activist, who has long drawn inspiration from his experience with the Narmada Bachao Andolan in the 1990s and his work with environment action group Kalpavriksh, the production seems to be a natural progression.

The relevance of Gandhi

We pay homage to the Father of the Nation with an excerpt from **Nelson Mandela's** speech at the unveiling of Gandhi Memorial in South Africa in 1993

We are living during a time when the concept of non-violent resistance is facing a serious challenge. Organised demonstrations routinely met with brutal force and equally brutal reaction on the part of those who are victims of orchestrated violence is the order of the day. We are forced to reflect on whether violence will hold sway in this era of history.

This occasion is an auspicious one in that we have an opportunity to renew our commitment to forging peace. It is an honour for me to be here to unveil the very first statue of hope. The hope that once all South Africans are treated as equals, we will be able to forge a non-violent society from the havoc wrought by apartheid and colonial oppression.

This event is also very significant because we are unveiling here the very first statue of an anti-colonial figure and a hero of millions of people worldwide. Gandhiji influenced the activities of liberation movements, civil rights movements and religious organisations in all five continents of the world. He impacted on men and women who have achieved significant historical changes in their countries not least amongst whom are Martin Luther King. Mahatma Gandhi came to this country 100 years ago to assist Indians brought to this country as indentured labourers and those who came to set up trading posts. He came here to assist them to retain their right to be on a common voters' roll. The Mahatma is an integral part of our history because it is here that he first experimented with truth; here that he demonstrated his characteristic firmness in pursuit of justice; here that he developed *Satyagraha* as a philosophy and a method of struggle.

Today, as we strive to achieve a date for the first democratic elections in this country, the legacy of Gandhiji has an immediate relevance. He negotiated in good faith and without bitterness. But when the oppressor reneged, he returned to mass resistance. He combined negotiation and mass action and illustrated that the end result through either means was effective. Gandhi is most revered for his commitment to non-violence and the Congress Movement was strongly



influenced by this Gandhian philosophy; it was a philosophy that achieved the mobilisation of millions of South Africans during the 1952 defiance campaign, which established the ANC as a mass-based organisation. The ANC and its congress alliance partners worked jointly to protest the pass laws and the racist ideologies of the white political parties.


In 1960, after nearly 50 years of passive resistance and struggles which were mass-based but non-violent in character, the ANC decided to em-

bark on an armed struggle. We were convinced that our oppressors would never be moved through means other than organised armed and militant action. It was a painful decision originating out of our reluctant acknowledgement that if we did not fight back, the racists would destroy our people through genocide. The dramatic socioeconomic deterioration engendered by apartheid is here for all of us to witness.

I believe that this occasion is an ideal opportunity to place a challenge to the leaders in this country. We sat down together and signed a peace accord. We have witnessed the endless murders of our people in every part of this country despite our commitment to jointly building peace and political tolerance. We need to come together again and revisit the source of the violence in our country. We need to meet collectively and achieve a permanent recommitment to end the violence.

I believe that any permanent solution will need to be driven by the leaders of every political party through the mobilisation of their respective constituencies. A free and fair election will not be achievable unless we can assure that the violence is stopped, and to do this we will have to stop the source of the violence.

The enemies that Gandhi fought—ignorance, disease, unemployment, poverty and violence—are today commonplace in a country that had the potential to lead and uplift Africa. Today, we are faced with the formidable task of reconstructing our country anew. Now more than ever is the time when we have to pay heed to the lessons of Mahatma Gandhi.

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

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

**Our yearly subscription
costs just Rs.432.**

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

harmony
celebrate age



Subscribe to **Harmony - Celebrate Age** now and get

MOVIE DVDs



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)	₹ 720	Movie DVDs hamper worth ₹ 250
<input type="checkbox"/> 1 year (12 issues)	₹ 432	Movie DVDs hamper worth ₹ 125

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 For queries e-mail us at: harmonycare@intoday.com

harmony
celebrate age

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 & Fd; (0120) 2479900 from Rest of India, Fax: (0120) 4078080; E-mail: harmonycare@intoday.com**

NOTE: 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.

The Dulat disclosures

A lot has been written about Kashmir—once hailed as ‘Paradise on Earth’, but now reduced to a contentious issue in the subcontinent. In his *Kashmir: The Vajpayee Years* (HarperCollins; ₹ 599; 344 pages), former chief of the Research and Analysis Wing (RAW) **A S Dulat** throws light on the ‘ambiguity of Kashmiri identity and provides instances of how ordinary Kashmiris negotiate spaces in their lives—political, regional and religious’, while highlighting his interactions with political personalities and talking about backroom initiatives of an informal nature that define politics in the state.

Amarjit Singh Dulat joined the Indian Police Service (Rajasthan cadre) in 1965. After a brief stint in the state, he was deputed to the Intelligence Bureau (IB) in 1969. In May 1988 he was posted to Kashmir and headed the IB’s Kashmir Operations Group during the militancy of 1990. Within a decade, he rose to be the chief of RAW and in December 2000 joined the Prime Minister’s Office when A B Vajpayee was in power, and remained there till 2004. There are some who view Dulat’s book as a breach of trust, considering the text is a documentation of events by an intelligence man. However, others view it as a commentary on the sociocultural fabric of Kashmir. In an exclusive interview to **Suparna-Saraswati Puri**, the 75 year-old author says, “The Kashmiri is a most complex character and not easy to fathom or engage with.”

What is the contest in Kashmir all about?

Kashmir is not an economic issue; it’s possibly political, but more emotive and psychological. That is why we talk of winning the hearts and minds

of Kashmiris. That is the contest we need to win to end the alienation of the people. India is large enough to accommodate Kashmiris.

What is the non-negotiable for you, as far as Kashmir is concerned?

I consider *Kashmiriat*, the centuries-old indigenous secularism of the people, to be the most crucial. The radicalism that is creeping in of late

authorspeak



Suparna-Saraswati Puri

should not be allowed to overtake the traditional Sufism of the state. Kashmir is all about that Sufi spirit.

Did the narrative of Indian politics, particularly in the past five to 10 years, influence your decision to write the book?

Politics had nothing to do with the book, even though politics is an integral part of it. What is lacking in Kashmir is leadership. The scene is pretty bare after Dr Farooq Abdullah and Mufti Mohammad Sayeed. In all likelihood, Omar Abdullah will be the next chief minister. But, for the

present, Mufti must be supported as there are no options.

Did you harbour any doubts while writing the book? And, if so, where did you draw the resilience from?

I had no doubts whatsoever while writing the book. However, I drew resilience from the family, most of all from my wife and my old friend-turned-collaborator Aditya Sinha.

How do you view the book?

It is a labour of love born out of my obsession with Kashmir. An association of 27 years is a long time; Kashmir is in my blood. Also, it has been a tremendous education. I believe engagement is the key to building bridges between Delhi and Srinagar and Delhi and Islamabad.

What aspect of the book is most intriguing?

The whole book was intriguing, but the beginning and the end are perhaps the most meaningful.

How do you respond to the criticism that the book is a compilation of interviews than political revelations?

Differences, criticism and controversies have only added to the sales. Mine, in any case, is only a view and not the last word on Kashmir.

What can readers anticipate in the future from Dulat’s desk?

A spy thriller.

Tell us about your family.

My wife Paran and I are proud parents to son Arjun and daughter Priya and are blessed to have four lovely grandchildren.

Beautiful within

Outer beauty is only skin deep, while inner beauty abides and endures, says **Osho**

The outer beauty comes from a different source than the inner. The outer beauty comes from your father and mother: their bodies create your body. But the inner beauty comes from your own growth of consciousness that you are carrying from many lives. In your individuality both are joined. So it is not absolutely necessary that the outer will be a reflection of the inner, nor will vice versa be true, that the inner will correspond with the outer.

But sometimes it happens that you have so much inner beauty, so much inner light that they start radiating from your outer body. Your outer body may not be beautiful, but the light that comes from your sources, your innermost sources of eternal life, will make even a body which is not beautiful in the ordinary sense appear beautiful, radiant. But vice versa it is never true.

Your outer beauty is only skin deep. It becomes a hindrance in search of the inner. Most often it happens that the people who are outwardly very beautiful, are inwardly very ugly. Their outer beauty becomes a cover-up to hide themselves behind, and it is experienced by millions of people every day. You fall in love with a woman or a man because you can see only the outer. Just within a few days you start discovering his inner state; it doesn't correspond to his outer beauty. On the contrary, it is very ugly.

For example, Alexander the Great had a very beautiful body but he killed millions of people, just to fulfil his ego that he was the world conqueror. He met one man, Diogenes, when he was on his way to India, who lived naked, the only man in Greece who did. His beauty was tremendous, not just the outer, but he had so much inner radiance, so dazzling, that even Alexander had to stop his armies

personality and he could see that this beauty was not just on the outer. Something infiltrated from the inner; a subtle radiation, a subtle aura surrounded him. All around him there was a fragrance, a silence.

If the inner becomes beautiful—which is in your hands—the outer will have to mould itself according to the inner. You can have plastic surgery, you can have a beautiful face, beautiful eyes, a beautiful nose; you can change your skin; you can change your shape. That is not going to change your being. Inside you will still remain greedy, full of lust, violence, anger, rage, jealousy, with a tremendous will to power. The plastic surgeon can do nothing about all these things. For that you will need a different kind of surgery.



Painting by Aadrika Maya

when he was closeby in a forest near a river. He stopped the armies and went to see Diogenes alone; alone, because he did not want anybody to know that there exists a man far more beautiful than Alexander himself. It was early morning and Diogenes was taking a sunbath, naked on the riverbank. He had nothing, no possessions—even Buddha used to have a begging bowl, but that too Diogenes had thrown away. He was absolutely without any possessions, exactly as he was born, naked.

Alexander could not believe his eyes. He had never seen such a beautiful

It is happening here: you are on the table. As you become more and more meditative, peaceful, a deep at-onement with existence happens. You fall into the rhythm of the universe. Your heartbeat, once it starts in rhythm with the universal heartbeat, will have transformed your being from that ugly stage of animality into authentic humanity. And even the human is not the end. You can go on searching deeper and there is a place where you transcend humanity and something of the divine enters in you. Once the divine is there, it is almost like a light in a dark house. Then even in your old age you will have a beauty that the youth may feel jealous of.

Extracted from Sat Chit Anand: Truth Consciousness Bliss (Pan Macmillan; ₹ 599; 433 pages). Osho (1931-1990) was an Indian mystic, guru and spiritual teacher with a following worldwide

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

harmony
celebrate age

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

- Advertisers are required to read and approve the text and other details of the advertisement before sending the form.
- The Publishers reserve the right to decline, change or reschedule any advertisement.
- Advertisements are accepted in good faith and the Publishers accept no responsibility whatsoever regarding the bonafides of the Advertisers or the contents of the advertisements. No interviews shall be granted or correspondence entered into regarding any advertisements published.
- Under no circumstances will we be liable for any loss to the Advertiser for any error or omission by us.
- The above conditions and any other conditions stipulated by us will govern the acceptance and publication of any advertisement.
- One-on-One is a free readers service only for bonafide readers of Harmony.
- 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.
- Harmony shall not be responsible for any loss/delays in transit of the forms.
- The offer is open for a limited period and is on a first-come-first-serve basis.
- No correspondence shall be entertained regarding non-publication of One-on-One.
- Harmony reserves the right to modify/change the One-on-One received at their end.
- Maximum number of words allowed per One-on-One is 30.
- All forms should be sent by ordinary post only. No registered post or courier shall be accepted.
- Only one entry per person shall be accepted.
- 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 |
|------------------------------------|----------------------------------|---------------------------------------|

We go 50 years back in time to bring you products, people, events and fashion that have influenced the world

The phantom punch

It was a punch that few, even at the ringside, actually saw. Nevertheless, it left boxing history changed forever. ‘The Phantom Punch’ not just clinically brought to an end the career of Sonny Liston, once considered invincible, but created the imperishable legend of Muhammad Ali. Fifty years have passed since the landing of the mysterious punch on 25 May 1965, but endless replays of the footage have failed to resolve the ambiguity behind it. What surprised many—though they saw the 215-lb Liston falling on his back, rolling over on to his front, trying to rise, failing, trying again—is that they did not see Ali deliver the punch! Chaos descended on the ring with a puzzled Ali gesturing and yelling at his opponent, “Get up and fight”, and asking his entourage, “Did I hit him?” Ringside photographer Neil Leifer captured the moment in what since has become one of the most iconic images in sport, even gracing the cover of the *Sports Illustrated* special issue on ‘The Century’s Greatest Sports Photos’.

A young and brash Ali took on the intimidating Liston for the first time ever on 25 February 1964, going in as an underdog in a Miami ring. According to boxing promoter Harold Conrad, “Liston was more ferocious and indestructible than Tyson.... When Sonny gave you the evil eye—I don’t care who you were—you shrunk to two feet tall.” The

odds were stacked heavily in favour of the heavyweight champion, with nobody expecting the rookie challenger to last even one round. The fight, however, ended with Ali, nicknamed ‘The Louisville Lip’, being crowned the champion. The second Ali-Liston fight in 1965, the most controversial in boxing history so far, also ranks as one of the shortest heavyweight title bouts, lasting just over two minutes. The fight ended with fans booing and yelling “fake” and “fix”. Critics were quick to dub the punch ‘The Phantom Punch’ as they didn’t see it coming! In his book *The Devil and Sonny Liston*, American journalist Nick Tosches observes that both the bouts between Ali and Liston were fixed. He absolves Ali, while claiming that the mob struck deals with Liston.

Since then, a number of theories have been doing the rounds as to why Liston took a dive. While some suggest that the mafia forced Liston to throw the fight as part of a betting coup, author Paul Gallender claims that members of the Nation of Islam, who backed the newly converted Ali—previously Cassius Clay—had kidnapped Liston’s wife Geraldine and

son Bobby, and told him to lose the bout if he wanted to see them alive. That said, the bout left Liston’s reputation in tatters, linking him to all that was corrupt, suspect and underhand in the world of boxing.



Dinodia Photo Library

THIS MONTH, THAT YEAR: OCTOBER 1965

- On 3 October, Fidel Castro announced that Che Guevara had resigned from the government and left Cuba to garner rebellions abroad.
- On 8 October, the Post Office Tower in London was officially opened by Prime Minister Harold Wilson.
- On 16 October, anti-war protests drew 100,000 in US cities and around the world.
- On 19 October, the main belt asteroid 2790 Needham was discovered by Purple Mountain Observatory at Nanjing in China.

Be on the alert to recognise
your prime at whatever time
of your life it may occur

—Scottish novelist Muriel Spark (1918-2006)

SUPERTUNNEL

n. An extremely long or exceptionally well-built tunnel.

Example. Sir Albert Bore, leader of Birmingham City Council, said that could take the form of joining up the tunnels or even creating a motorway under the city. Dr Pat Hanlon, a transport expert at the University of Birmingham, said a **supertunnel** could not only improve congestion but open up parts of the city for building, allowing key areas such as Great Charles Street and the Colmore business district to be joined up.

—“Birmingham outlines £ 4 bn tram and bus plan”,
BBC, 13 November 2014

Shade balls

n. Floating, plastic balls that cover the surface of a body of water to help prevent evaporation and algae growth, or to deter birds from nesting on the water.

Example. The Environmental Protection Agency (EPA) mandates that all reservoirs be covered, but because tarps can be expensive and metal coverings can take too long to install, **shade balls**—at least in Los Angeles—are becoming a preferred method.

—Laura Wagner, “LA rolls out water-saving ‘Shade Balls’”,
NPR, 11 August 2015

The bacon of X

catchphrase. The most excellent or most satisfying example of something.

Example. There is really no greater feeling than getting a new pair of yoga pants. Their [sic] like the **bacon of clothes**.

—Shelby Stolte, “There is...”, *Twitter*,
10 November 2014

Plonkable

adj. Cheap, easy, and quick to install.

Example. His team’s aim is to produce Concentrated Solar Power (CSP) technology that will be cheap and quick to install. “We are developing **plonkable** heliostats. Plonkable means that from factory to installation you can just drop them down on to the ground and they work.”

—Jeffrey Barbee, “South African team may have solved solar puzzle even Google couldn’t crack”,
The Guardian (London),
24 August 2015

Phool

n. A person who is quietly manipulated into performing an action that is not in that person’s best interest.

Example. Free markets ‘phish’ for **phools** by making us do things which are good for others, but not necessarily good for ourselves.

—Winston Yap, “George Akerlof—Phishing for Phools”,
The Chronicle of Higher Education,
14 August 2015

UNDERBUS

v. To unfairly discredit, blame, or dispose of an ally or colleague, particularly for personal gain.

Example. It looks like Richard Warman has been **underbussed** by the Department of Justice as well as the CHRC.

—Jay Currie, “Panic stations”,
Jay Currie, 28 October 2008



Indrajit Chatterjee

Silver bazaar

BUZZ

Looking to market your talent or enterprise but unable to find an opportunity? Read this. Silver Talkies, a start-up to connect silvers, in coordination with Suchetadhama, a charitable medical trust for people with dementia and neurological problems, will host a bazaar focused on silver entrepreneurs for the second time in Bengaluru on 31 October 2015 at

St Mark's Cathedral Compound, M G Road, from 11 am to 7 pm. The event will include a flea market where silvers will display and sell their products and showcase products and services for silvers such as assistive devices and home nursing solutions. For more information, contact Reshmi Chakraborty at (0) 9900025525 or visit www.anandam-india.org.

Mirdle

n. An undergarment designed to give a man a slimmer appearance, particularly at the waist.

Example. Precision pouch. The waist eliminator. The Saxx package separator. Ab control tank. This is the language of selling body-shaping underwear to men. What you must not do is call them girdles (or the more gender-specific **mirdles**), supportwear or even shapewear.

—Fiona Smith, "What's under your colleague's suit?", *Australian Financial Review*, 4 July 2014

Sadscape

n. A depressing or pathetic situation or landscape.

Example. What I discovered was that the world of Ashley Madison was a far more dystopian place than anyone had realised. This isn't a debauched wonderland of men cheating on their wives. It isn't even a **sadscape** of 31 million men competing to attract those 5.5 million women in the database.

—Annalee Newitz, "Almost none of the women in the Ashley Madison database ever used the site", *Gizmodo*, 26 August 2015

“ Know that you are the perfect age. Each year is special and precious, for you shall only live it once

—American motivational author Louise Hay, 88

“A teacher is also a performer in the classroom”

Dr V R Devika, 62, Chennai, employs performing arts to interpret complex concepts in education



Courtesy: V R Devika

In the Indian theatre tradition, a *sutradhar* is the narrator who weaves the story—the yarn—and holds the threads that run through the story, while using music, dance, mime, movement and props to interpret the subject for the audience. This, in short, summarises the work of **Dr V R Devika**, who takes the text and subtext of the narrative and places it in the larger context of the learner's life. And this she does with indefatigable energy and verve at 62. Founder and managing trustee of the Aseema Trust—an NGO that links traditional performing arts with education and Mahatma Gandhi's ideas and philosophies—Devika's moment of epiphany came in 1974 when a chance meeting with a co-passenger, who ran a small school, set the course for her journey as a teacher, storyteller, writer and cultural activist. As soon as Devika walked into the school, she knew she belonged in a teaching space. “This, I decided, was what I wanted to do all my life and I began looking for tools that would make my classes more interesting,” she says. When renowned Bharatanatyam artists, the Dhananjayans, requested her to tutor their son at home, Devika observed that elements of Bharatanatyam could be used to enliven her classes. This led her to learn the dance form as a means of expression. In 1985, at a conference in York University, she met eminent scholar

Kapila Vatsyayan, who suggested she take the methodology to a larger audience. Gradually, Devika began to refine the idea of using the language of dance to interpret complex concepts like diversity, gender and dignity of labour in an engaging manner. To her, all these concepts were intrinsically linked to Mahatma Gandhi. As a child, Devika was deeply influenced by the Indian freedom movement and, over the years, she became increasingly interested in Gandhi's *nai talim*, a concept of basic education that focuses on the Indian ethos and emphasises experiential learning through craft and physical work. Another is the *charkha*, a powerful symbol of self-sufficiency Gandhi proposed—it is part of the logo of Aseema Trust that Devika founded in 1998. Over the decades, Devika has led a group of Indian children through the Netherlands, and shared stories at a temporary shelter for Tsunami survivors in Nagapattinam district in Tamil Nadu. One workshop Devika's name is synonymous with is the Charkha Spinning Session where she literally becomes a *sutradhar*, teaching Gandhian principles while spinning a humble handful of cotton into taut thread.

—Saritha Rao Rayachoti

You can contact Aseema Trust, Chennai, on 044-24465415; www.aseematrust.org

“Securing her health is
my way of saying thank you
for all that she’s done.”

RELIANCE

Life Insurance



₹
Total 80D
tax savings



Health cover



Reimbursement
of medical bills

Reliance Health Total

Now maximize your 80D tax savings with a plan that covers not only hospitalisation and critical illnesses, but also incidental expenses like medicines, doctors' fee and diagnostic tests; at almost no effective cost*.

Call **3033 8181** or **1800 3000 8181** (Toll Free) and save additional tax!

Over 1 crore lives insured | 86,110 claims settled[^] | Over 8,000[#] outlets | Over 1,00,000 advisors*

Reliance Life Insurance Company Limited. IRDAI Registration No. 121. Registered Office: H Block, 1st Floor, Dhirubhai Ambani Knowledge City, Navi Mumbai, Maharashtra - 400710. For more information or any grievance, 1. Call us at our 24 x 7 Call Centre number - 3033 8181 (Local call charges apply) or our Toll Free Number - 1800 3000 8181 or 2. Visit us at www.reliance.life or 3. Email us at: rlife.customerservice@relianceada.com. Insurance is the subject matter of the solicitation. Tax laws are subject to change, consulting a tax expert is advisable. For more details on terms and conditions, please read sales brochure carefully before concluding a sale. Trade logo displayed above belongs to Anil Dhirubhai Ambani Ventures Private Limited and used by Reliance Life Insurance Company Limited under license. *As on 31st March 2014. **Top 200 brands according to The Economic Times & Nielsen Best Brands Survey, 2014. [^]As on 30th September 2014. [#]Includes agent offices and premium collection outlets. ^{*}Conditions Apply.



Beware of spurious phone calls and fictitious/fraudulent offers. IRDAI clarifies to public that 1. IRDAI or its officials do not involve in activities like sale of any kind of insurance or financial products nor invest premiums. 2. IRDAI does not announce any bonus. Public receiving such phone calls are requested to lodge a police complaint along with details of phone call, number.

FOR ME, AGE IS MORE THAN A NUMBER. IT'S LIFE.

Stay healthy with adult vaccination.



INDDTC3915004/ 13th August 2015



To know more, consult your doctor
and visit www.janitva.com

Issued in Public
interest by

