The Young & the Restless

DEV ANAND

Star photographers view age

Travel to Kalpa this month
I connect

THE SOUND OF CHANGE

A FEATURE ON REMIX SONGS

In this month’s line-up prompted me to bring up a lighter but no less serious issue. I keep hearing people, young and the elderly, talk about the gradual demise of the old Hindi film songs. When the first of the remix videos—I don’t clearly remember which one—played on a music channel on TV three years ago, there were broadly two reactions. First was the horror that even biggest of music companies were not immune to social change. But most people’s second reaction was to remember all the immortal moments associated with the film and everyone involved. And let’s be honest, the ‘vulgarity’ issue notwithstanding, there were hundreds of them.

There’s clearly an argument to be had here. Of course, the songs as we know them are slowly ceasing to exist. But try and cut out all arguments—which are clearly based on some pretty young things taking the charm out of the original numbers—and tune in to just the music. It’s the music of the millennium, connecting your grandchildren to what you grew up with. Your songs from the 1950s, ’60s and ’70s are on the road again, on FM radio, with youngsters tuning in to them. On TV, I prefer to call them ‘a spectacle on a slightly different scale’.

In fact, I remember a friend narrating an incident when her son actually sat through one of his grandmother’s lectures. It was about the origins from his favourite song ‘Mera naam chin-chin-chu’—he was for the remix, while his grandmother recalled the release of the film Howrah Bridge in 1958, and how both she and her husband loved actor Geeta Dutt and her voice.

The sound of the remix is obviously no match for the original but when heard in isolation, without your memories attached to it and the film, it is international. Step into any music store and one doesn’t know where to begin. There are hundreds of releases now done by all music companies—and they seem to be churning out remix songs daily. Some composers are not happy with what they hear, and genuinely so in these cases, which even the article this month, “Hitting a false note”, suggests. Others are elated to be remembered.

The mania cannot be attributed to the craze for the videos alone. It is the sound and the music that’s fresh, reviving what lyricists wrote three to four decades ago. It is not difficult to learn to love the new. Change, as Harmony has always said, nurtures wisdom. Never mind the age gap, though.

[Image]

Tina Ambani

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column one

What does an actor do when the character he once played refuses to wipe itself clean from public memory? Either time stops for him there, or he tries to recreate the magic for the rest of his celluloid life. Dev Anand still dreams of another success like his 1966 blockbuster Hare Rama Hare Krishna. He says it will be Mr Prime Minister, his 36th film as producer-director and 116th as lead actor. Anand turns 82 this month and believes his vision is only improving. He has no plans of giving up—not just yet. “I believe that with creative intellect, you live longer,” he says. For more on his uninterrupted commitment to Hindi cinema, read “The Young and the Restless.”

Most people, though, have to consider retirement at some stage. Every month, Harmony helps you make the best of yours by profiling silvers who have made their life better, like Bachchan Singh Negi in “Recipe for Retirement” in our Second Careers section. A watchman in his younger years, he is now known as Mussoorie’s ‘peanut butter man’. Unlettered yet enterprising, Negi decided to cash in on his skill and now has the town eating out of his hand.

Elsewhere in this issue, experts from New India Assurance answer queries on how to manage claims after the floods in Maharashtra; there’s a diet-and-care chart for patients of eye diseases, a travel guide to Kalpa; a guide to DVDs by our columnist Dinesh Sharma as demanded by Mrs and Mr Purohit; and Shameem Akthar’s yogic advice for digestive disorders. Next month, Harmony will return with more tips and a surprise package. Keep reading.

—Meeta Bhatti
AN INVITATION FROM HARMONY

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

- You had an experience related to money or finance which others can learn from
- You faced a serious health problem and conquered it
- You know of someone who has done something exceptional after the age of 55
- You want to share your hobbies and interesting travel experiences with others
- You have a funny or insightful anecdote about your grandchildren...and we'll print it in the column ‘Your Space’

Mail us at 4th Floor, Maker Chambers IV, Nariman Point, Mumbai-400021. Or email at contact.mag@harmonyindia.org

Soon after I subscribed to your magazine for my 71-year-old father, he fell ill, and his power to grasp and understand things deteriorated. Today, he is not in a position to read Harmony. However, I go through it and find it quite informative. In fact, the articles have helped me to think about myself and plan my own old age in an organised manner. My father and my mother, who is 66, don’t have any sort of medical insurance. My father was an officer working for the Central Government and has a Central Government Health Scheme (CGHS) cover. Unfortunately, things do not move fast in the CGHS. So I am looking for medical cover for my parents, which would at least partly cover hospitalisation cost. I have put some money aside for an emergency but it may not be enough. Since I work in an unorganised sector, I do not have much backup from my office. The insurance companies are reluctant to offer Medilclaim cover to my parents as they are aged. I have tried searching for such a product myself but have not succeeded. I would be happy if you could provide me some information.

PARTHO PRATIM KUNDU
Kolkata

If you are below 70 years of age, you can apply for the Jan Arogya Bima Policy under New India Assurance. This may work for your mother. For more details, go to www.niicl.com. Those below 75 are eligible for Medilclaim under United India Insurance. For more details see Resources (page 79) or go to www.uiic.co.in.

The letter of the month wins a gift from Vimal

Last month, I got the most thoughtful gift for my birthday from my friend Nileema Gaur—a year’s subscription of Harmony. I must compliment your team for bringing out an informative magazine for seniors. The articles are well thought out and the magazine is colourful. Usually, after a certain age, silvers like us need assurances from those around us that we are still a force to reckon with, not a spent force. A life of dignity is all one hopes for till the end. My husband and I live alone in Mumbai. My two children are settled abroad, so the only source of entertainment for my husband and me is our social circle. Thankfully, we have great friends. But that may not be the case with everybody. It’s time silvers got due attention.

KRISHNA RAJA RAO
Ooty

I am a subscriber of Harmony and must tell you that you are doing a great job. I also subscribe to other health magazines but whenever I have visitors at home, Harmony is the first thing picked up from the magazine rack. Recently, my neighbour’s teenage daughter came over and saw the magazine. She went through it and said she never realised old age could be so interesting. The articles help us maintain an all-
round healthy lifestyle, and a healthy and fresh mind. I thank you for making me feel special.

**SANGEETA SADASHIV S**
**Nashik**

The article “Finding Her Feet” in your August 2005 issue was inspiring. When Hemlata Singhai discovered yoga, life changed for the better for her. After reading her story, I enrolled myself into a nearby yoga institute. Though I don’t suffer from any ailments, I think it is better to start exercising to keep myself supple. I have even forced my friends to join the yoga institute. Suddenly, life’s looking much brighter. Thank you, *Harmony.*

**SHYAM KARNAD**
**Mumbai**

I retired from my government job last year only to realise that healthcare laws for former employees are flawed. I have a history of cardiac and neurological problems and so I decided to pay Rs 18,000 to obtain a life membership of the Central Government Health Scheme (CGHS) and private ward facilities (not usually available in state government-run general hospitals). The reason for me to opt for private referral hospitals was to relieve the overcrowded government hospitals. Recently, my ill health forced me to go to a local general hospital. I requested the doctor to refer me to a private hospital where I have been treated several times while in service. I wanted a reference to that hospital because my case history would be readily available there. But I was denied any reference. I request the associations of retired employees of the Central Government to intervene and bring about a change in these stiff and cumbersome rules.

**AUROBINDO BANERJEE**
*Former chief commissioner of income tax, Chennai*

I read with interest Col (retd) Jasbir Singh’s letter in your July 2005 issue and I agree with what he wrote about silvers living in old-age homes. It is true that senior citizens residing in homes demand special privileges. Because they pay for their stay, they think they can throw tantrums. It’s difficult to coexist in such a situation. I know this because I stayed in one such home in Dehradun for six years, but opted out as I couldn’t bear the residents’ attitude.

Today, old-age homes have taken on a new meaning with modern facilities and many options in terms of self-owned flats and self-financing schemes. There’s no doubt that they are a boon for silvers with resources at their disposal. Silvers now have the option to live a life of dignity. Besides, sharing such a facility with the same age group for company is not only satisfying, but also healthy. I urge silvers opting to stay in such homes to shed their idiosyncrasies and inhibitions. Develop a constructive and cooperative attitude to make life enjoyable and happy.

**KUPPANNA S R**
**Mysore**

Establishing senior citizens’ homes would go a long way in allowing silvers to lead a social and enjoyable life. However, if given a choice, many senior citizens would still prefer to stay at home. I feel zonal centres should be established by non-governmental organisations in different areas with the help of local government bodies under various social welfare schemes. These centres should provide names of doctors, nurses and verified medical stores as also domestic help, carpenters, electricians, plumbers and other service providers for providing work on contractual basis. All the seniors should then get their names and addresses enrolled here. This way, they can have the independence of living in their own homes and also get day-to-day care and security.

**LT COL (RETD) P C TANDON**
**Lucknow**

I have had the privilege of leafing through every single issue of *Harmony* since its inception. What stands out is the sheer sense of optimism that runs like an undercurrent through the pages—like a silver cloud brightening up a dark sky. I am sure that readers, even in their 70s and 80s, would find the sunshine slowly creeping back into their lives. That, I feel, is the power of the printed word that proves the adage that the pen is mightier than the sword.

Among my favourites is your December 2004 issue, which was a treat to read. Among the columns that caught the eye was ‘Back in Charge’ on Prabhakar Sait, who is picking up the threads again after a stroke. *Harmony* has a fair balance of news, views and interviews. I am sure it will be counted amongst the best magazines in the world.

**C V ARAVIND**
**Bangalore**
IT'S ABOUT TIME THEY GAVE US FULLY DRY, CRISP NAPPIES

Babies of the world, let us rejoice. For our demands have been met by the 100% Clothes Dryer from IFB. That can not only dry our nappies thoroughly, but also leave them germ-free, fragrant and easy to iron. Just the kind of hygienic drying our sensitive skin needs. Finally, we don’t have to settle for damp nappies anymore!

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Innovation

NURSEBOT
Don’t get taken in by her great—if vacant—looks. Pearl is one sharp cookie. At the Longwood Retirement Community in Oakmont, Pennsylvania, the 4-feet tall nurse reminds residents to eat, drink, take medicine, and guides them to the bathroom. No mean feat, considering she’s a robot, powered by two Intel® Pentium® 4 processor-based PCs and Wi-Fi technology and equipped with laser range finders, stereo camera systems, sonar sensors, microphones and speakers. Pearl is part of the ‘nursebot project’, an initiative focused on robotic technology for the aged by the University of Michigan, Pittsburgh University, Carnegie Mellon University and Stanford University. Researchers hope such robots will one day live in the homes of the chronically ill silvers to perform tasks, including connecting them with caregivers via the Net.

The robot’s software system was developed by Martha Pollack and Satinder Singh from the University of Michigan. Though a consumer version of the computerised caregiver is still years away—Pearl costs close to $100,000 (about Rs 43.4 lakh)—the software system, dubbed Autominder, has already been installed on more affordable platforms, such as a $500 (about Rs 21,700) personal digital assistant and a walker. But it’s still Pearl who gets all the press. Though Pollack says “nursebots will never be a substitute for real nurses”, she says the robot’s human form may provide a kind of social interaction that’s good for lonely people.

In Japan, too, researchers have developed mechanical helpers. Since 2000, Yaskawa Electric Corp, a leading industrial robot maker, has been selling a rehabilitation robot that assists the physical therapy of patients recovering from strokes or artificial knee replacement surgery, helping them move their legs with its mechanical arm. The newest version, TEM LX2, is priced well over $30,000 (about Rs 13 lakh). Demand, however, has been limited, owing partly to the cost. But the trend is catching on.
MEDIA WATCH

EARLY BIRD
When Rodney Rothman, burnt-out television scriptwriter, decided to retire, he was just 25. “I had been working 80 or 90 hours a week,” says Rothman, “but increasingly found myself thinking, ‘Am I just going to wake up one day and be 75?’ So, as an experiment, I decided to find out what retirement is really like—40 years early.” He left Los Angeles in July 2002, where he had been chief comedy writer for chat show host David Letterman, and moved into Century Village—a retirement community for 8,000 senior citizens in Boca Raton, Florida. His new flatmate was Margaret, a reclusive widow who lived with two cats and a parrot, and his new interests, bingo, golf, and shuffleboard. While his presence was initially greeted with scepticism by many residents, he eventually settled in, and went on to become “the official jar opener for the entire community”. After six months, Rothman returned to Los Angeles. “The more time I spent with these people, they began to demystify and diminish my nasty fear of getting older,” he says. “I couldn’t believe how active these people were. And I was beaten at every sport by people old enough to be my grandmother!” Rothman converted his experiences at Century Village into a book, Early Bird: A Memoir of Premature Retirement, which was published in the US in May. TV networks are now fighting over the rights to turn it into a sitcom.

THE ROCKING CHAIR RULES
While ‘active ageing’ is the buzzword for many elders today, there are others who prefer to see old age as a time of slow disengagement. “I hate people who say, ‘Now I’m going to university and I’m going to go bungee jumping and have sex till I’m 80’,” says Virginia Ironside, an advice columnist for The Independent newspaper in London, who is writing a book about the pleasures of doing little in old age. “Now is the time to wind down. I’ve bungee jumped till I’m blue in the face, metaphorically.” The 60-year-old’s book will be titled No, I Don’t Want to Join a Book Club. “I don’t want to keep my brain particularly active,” she adds. There are others who subscribe to her point of view. James Atlas, a New York author of a recent memoir, My Life in the Middle Ages, feels that instead of indulging in “artificial experiences”, it is far better for seniors to have something develop organically out of a lifelong interest. “I have spent my life reading and writing and am now in the book business,” he says. “It spares me the discomfort of having to sleep in a tent in Nepal.”
**NEWSWORTHY**

**MEALS ON WHEELS**

Senior citizens in Bhubaneswar are cottoning on to a great new service that delivers healthy and affordable home-cooked meals right to their doorstep. All they need to do is dial 94370-18141. The service was launched by Project Asha, a women’s self-help group, in association with city-based NGO Institute for Social Development (ISD). “Our aim was to economically empower marginalised women and provide healthy food to elders,” says ISD director Subhashree Das. “The food is prepared and packed by experienced cooks in consultation with doctors and dieticians.” At present, the service covers certain areas. But, they plan to expand across the city soon. The price of a *dabba*? Rs 18.

**HEALTHY MOVE**

Now pull out your wallets for health cards, not cash. Union Health Minister Ambumani Ramadoss recently declared that all central government hospitals have been asked to create an exclusive Out Patient Department (OPD) and general ward for geriatric patients by December this year. At present, only Madras Medical College in Chennai has a geriatric OPD. While Ram Manohar Lohia Hospital and Safdarjung Hospital in New Delhi were in the process of setting up geriatric wards even before the announcement, the All India Institute of Medical Sciences had rejected an appeal from Dr A B Dey, the professor of medicine in charge of geriatrics at the hospital, to set up a separate geriatric centre. The government is also planning to set up two institutes for the aged—one in Delhi and the other in Chennai—to treat senior citizens and train doctors on how to treat age-related ailments.

**SELF SERVICE**

This is silver power at its most potent. In July, a group of 100 senior citizens from Gomtinagar and Indiranagar wards in Lucknow forwarded a memorandum to the office of Chief Secretary Neera Yadav advocating the initiation of a policy for the safety and security of veterans in these areas. The memorandum was based on the resolutions passed at a conference organised by the Veteran Family Swayam Sahayta Manch, headed by 110-year-old veteran Sahebdin Yadav, earlier in the year. These included the need for citizen safety wardens to complete household registers with full details of the residents of the area, issuing identity cards to all residents, constituting a *mohalla* ‘rakshak’ and *mohalla* self-help committee, and nominating a few citizens as honorary special police officers and special executive magistrates under the provision of Article 17 of the Police Act (1861) and Article 21 of the Indian Penal Code. The really good news: the memorandum, with all its provisions intact, was approved by the chief secretary.
The retirement age of 500-odd teaching staff of Delhi University’s technical colleges—Delhi College of Engineering, Netaji Subhash Institute of Technology, College of Pharmacy and College of Arts—has been raised from 60 to 62. Retirement age for teachers in all the other DU colleges, including the 12 wholly funded by the Delhi Government, was already 62 years.
HARMONY MARATHON IN DELHI

It’s Chalo Delhi in October. Harmony is planning a repeat of its hugely successful Mumbai marathon for silvers, this time in the Capital. Called Hutch Delhi Half Marathon, this 4.3-km Senior Citizens’ Run—beginning and ending at Jawaharlal Nehru Stadium—will be held on October 16 at 7.45 am.

Like the Standard Chartered Mumbai Marathon held in January this year, Harmony—supporting the Hutch Delhi Half Marathon—hopes to attract many silvers. Procam International is the event organiser. The Hutch Delhi Half Marathon will have two more categories: the 21.097-km half marathon where at least 40 of the world’s great 150 athletes will compete for a total prize money of $150,000 (over Rs 65.5 lakh), the highest in the world, and the seven-kilometre Great Delhi Run that would include participants from all walks of life, including celebrities. To register, write in to PO Box No 594, GPO, New Delhi-1 or apply online at www.hutchdeltahalfmarathon.indiatimes.com. You can also call 09899977777, or SMS ‘RUN’ to 123. Anyone above 60 is eligible for the Senior Citizens’ Run.

OFFBEAT

BARE IT

So much for being ashamed of your body as you get older. According to a recent report by the American Association for Nude Recreation (AANR) headquartered in Florida, senior citizens are keeping nudism alive in the US. The AANR, whose mission is to ‘promote, enhance, and protect in appropriate settings, nude recreation and nude living in the Americas’, has over 50,000 members across the country and its president Pat Brown says most of them are 50 and older. “I didn’t feel comfortable when I first tried it,” says the 64-year-old, who became a nudist while in her 40s. “But soon after, being without clothes was not difficult at all. It gave me the freedom to accept the body that I lived in,” adds Brown.
ANALYSE THIS

BLAME IT ON TV
Watching a lot of television could lead to negative views in old age, says a study by researchers at Yale University, published in the Journal of Social Issues in July. Volunteers aged between 60 and 92 were assigned to two groups and asked to keep a diary of their television viewing for a week. Further, the second group was asked to fill out an additional page each day on how older characters were portrayed on TV. All participants showed a correspondence between TV exposure and negative images of ageing. Researchers found the second group was far more aware of how the elderly are portrayed, including a shortage of older characters on TV.

BRIGHT. BUT HAPPY?
IQ doesn’t necessarily equal happiness. That’s what researchers at the University of Edinburgh in Scotland say, after studying 550 people born in 1921 whose mental ability had been tested at age 11 and again at 80 to determine if intelligence over a lifetime was linked to happiness. In addition to the intelligence tests, the elderly people completed a ‘satisfaction with life’ survey in which they rated how content they were. The researchers found no relationship between satisfaction scores and cognitive ability. However, the study showed that intelligence does have an impact on how people function in old age. “One thing that allows people to live independently is maintaining their cognitive ability,” acknowledges Alan Gow, a research team member. The study was published in the British Medical Journal in July.

Wellness plan: Bajaj Allianz General Insurance—a partnership between Bajaj Auto Ltd and Allianz AG, Germany, one of the largest insurance companies in the world—has announced Silver Health, a medical insurance plan for seniors, which provides reimbursement for hospitalisation expenses for an illness or surgery at any of 1,500 hospitals affiliated to Bajaj Allianz. Pre-existing illnesses are covered only after a year of renewal. However, the company has restricted its liability to 50 per cent of the limit of indemnity in a policy year. The plan will be offered across all Yes Bank branches.
HOME IMPROVEMENT
Making your home safer can enable you to live an independent life much better. According to a survey of 2,000 Americans aged 45 and over conducted by advocacy group American Association of Retired Persons (AARP) and published in July, 85 per cent of those polled said they had already made simple changes in their homes, such as placing non-skid strips in bathtubs or safety bars in showers and handrails on both side of the stairwells. And two-thirds of those who made home modifications believe the improvements will allow them to live in their homes longer than they would have been able to otherwise. Here are the top 10 home improvements reported: levered doorknobs; grab bars in bathrooms; levered faucets in kitchen sinks; handrails on both sides of stairwells and on front and rear steps; grab bars in showers; removal of door thresholds; movable shower heads for those who need to sit down; portable shower seats; widened doors to accommodate wheelchairs; and ramps for those using walkers and wheelchairs.

LOVE THAT
CROSS OVER
It’s probably a first—a sign that cautions cars against ploughing into silvers crossing the road. Installed in July near all old-age homes, hospitals and nursing homes in Orlando, Florida, the sign features two elderly persons’ silhouettes, both holding canes. It was designed by John Ruiz, a painter whose day job is designing signs for the municipality. “We didn’t want a sign that said ‘Slow: Old People’. That’s so blatant. This is subtle,” says Ruiz. Dorothy Parker, 83, a resident of Orlando, says the sign is cute, adding, “Everybody stops for it.”

LIFE BEGINS AT 40
Here’s a positive way to look at the biological clock. Under a new method of thinking about ageing, US and Austrian researchers, instead of looking at how many years a person has lived, focus on how many years people can still look forward to. The new concept claims to explain how overall populations are ageing, yet people seem younger. Warren Sanderson of the University of New York and Sergei Scherbov of the Vienna Institute of Demography applied their method to study how the effects of ageing on people in the US, Germany and Japan will change. In 2000, the average German was 39.9 years old and could expect to live for another 39.2 years, says a study published in the June issue of journal Nature. But by 2050, the average German would be 51.9 years old, yet could still expect to live for another 37.1 years. That would mean middle age would not arrive in Germany till 52 years, rather than 40 as in 2000. The system uses 2000-01 as its reference year—so, if a 30-year-old in 2000 has 50 years more to live and a 40-year-old in 2050 also has another 50 years, then the 40-year-old of 2050 will have a standardised age of 30.
SIMPLY STATS

BANKING ON CHILDREN
Nine out of every 10 Indians expect their children to take care of them in their old age, says a recent study conducted by Hong Kong and Shanghai Banking Corporation (HSBC). Titled ‘The future of retirement’, the study was conducted in 10 countries, including India, on global attitudes to ageing and retirement. It found that Indians view “the sunset of their life” as a time to live with their families and be cared for. They do not plan to bear their own retirement costs, nor do they expect the government to pick up the tab, head of personal financial services, HSBC India, Nicholas Winsor was reported as saying. The study reveals that 34 per cent out of all the markets surveyed feel they are least likely to be concerned about being a burden in old age. About 64 per cent think their family members will bear most of their retirement costs, while nine in 10 (94 per cent) expect to rely on their children. Regarding retirement planning, 50 per cent of pre-retirees say they have taken steps to prepare for retirement in the last 12 months and 29 per cent think they will bear their own retirement costs. Interestingly, half of the respondents think not having to worry about money is extremely important for a happy old age, the study states.

H RECOMMENDS

ACTION PLAN FOR SEPTEMBER
1. Hit the road: Go jogging with your friends—15 minutes of slow running can do wonders for your heart. And you’re never too old to start. “If I exercise, my mind stays active,” says 93-year-old Ella Gorseigner, president of the Roadrunner’s Club, a group of silver joggings in Vancouver, Canada. The group has 18 members who run together, three days a week. They pay $5 (about Rs 215) in dues annually—it’s used to repair their shoes.

2. Pool your talent: Organise a fair in a community centre or at your senior citizens’ association premises to showcase your talents and make money for a cause. The annual Seniors Music, Drama and Crafts Fair, held every July in Nottingham, UK, has been running for more than three decades. This year, woodwork, paintings, homemade jams and cakes made by silvers were up for sale. The money raised went to charity.

3. Spread some love: Start a foster grandparent programme with your friends for poor children in your neighbourhood. Teach them how to read and write, or just lend them a supportive ear. Hilda Sarver, 70, of Warren County, Kentucky, USA, has been involved with a local ‘adopt-a-grandchild’ initiative for the past five years. “I knew I was doing a good thing when my foster grandson came to me every day asking for a hug,” she says. He later told me that he never got hugs at home.”

Alarm bell: Here’s a byte from an all-India survey by the Invest India Economic Foundation: Less than a sixth of those about to retire in the next decade are covered by some form of pension, and only two per cent of those not working in government will be able to fund their retired lives, even if they cut expenses by half.
You don’t have to go so far to do something good for your body.

We have all heard the adages of ‘A healthy heart is a happy heart’ and ‘Fast food kills fast’.

Our grandmothers still have lustrous black hair, can bite into a ‘susan’ and can complete the household chores with a deity we cannot even imagine. All this because they were born at a time when ‘fast food’ was the kind that mothers cooked fast before children returned from school, ‘exercise’ was seen in the fields, and ‘luxury’ was being able to enjoy the fresh produce of those very farms and ‘stress’ was just another 6 letter English word.

Compare that to the present scenario; when fast food is a nabab, exercise is what we get when we walk from our cubicles to our boss’s cabin, moblies are an essential commodity and stress is what our whole lives is made of!

But thanks to the awareness created by the television and print media, all modern day Indians know about lifestyle related disorders like diabetes, heart attacks, blood pressure and are keen to avoid them. The emphasis is now on fitness and healthy living. We are being repeatedly told that health is wealth and we need to take proactive steps to preserve and maintain this wealth. Only when one knows their present health status, can they take further steps to maintain it. But once again the exorbitant rates charged by healthcare professionals is a stumbling block for the common man.

What if the benefits of a comprehensive preventive healthcare package are offered at unbelievable rates? What if ‘Aarogyam’ - the state of wellness is made available at our doorsteps?

Thyrocare, the World’s largest Thyroid testing laboratory and India’s Best Equipped Clinical Chemistry Laboratory has since long infused into the preventive healthcare segment with its unique comprehensive health monitoring project aptly called ‘Aarogyam 36’. This profile consists of specialized blood tests that reveal the health status of an individual.

Why Aarogyam 36?

Often a person approaches a doctor only when there is some discomfort owing to a disease or disorder. But we must always remember that the actual disease process begins much earlier than it appears and it is at these initial stages that if detected, the diseases/disorders can be prevented and/or managed. The objective of Aarogyam 36 is to detect such silent illnesses at an early stage, thereby helping an individual, to take up preventive or curative measures as the case may be.

Who should get tested?

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

**MY BUNDLE OF JOY**

I lost my wife in December 1982 when I was 53. My first grandson, Vaibhav, was born in April 1984. The two years in between were torturous, when I was struggling with my loneliness. Vaibhav’s birth was a blessing in disguise.

I retired three years later. At 58, I thought I would be faced with a dull life without any purpose. But that was not to be. My mornings began with playing cricket with Vaibhav. He would bowl, and even before the ball touched the bat he would jump up in the air shouting ‘out’. I wasn’t allowed to argue my case. Vaibhav’s verdict was final. After all, he was the bowler, batsman and the umpire of the team. If playing ‘bat and ball’ bored him, he would insist I become a pony and take him around the house. Again, there was no way I could argue.

When I would excuse myself to go to the bathroom to brush or shave, he would follow me. He would stand next to me and imitate me. Soon, he started instructing me on how to handle the toothbrush or the shaving blade. When I would ask him how he knows, he would say, “TV mein aise dikhaya tha (that’s how they showed it on television).” He would also run to collect the morning newspaper from the courtyard and present it to me along with my spectacles. As soon as I put my reading glasses on and opened the newspaper, he would ape me. Sometimes, he would pounce on me and pull the spectacles and newspaper away from me. Any resistance would mean a badly torn newspaper and a broken or twisted pair of glasses.

If he was being difficult while eating or taking medicines, the only bribe that did the trick was the promise of a ride on my moped. After gulping down his food or medicines as fast as he could, he would sit on the moped and ask me to start the ignition while the vehicle remained stationary. He would then start accelerating. With the moped on the stand, only the rear wheel would rotate, making a loud sound. This would send him into peals of laughter. The more the acceleration, the louder he laughed. It was great to watch him happy, although I must add the neighbours weren’t too thrilled.

When told to dress up, he would say ‘appe appe’—it meant, ‘I will do it myself’. Appe appe also applied to bathing, breakfast, lunch and dinner. At lunch, he would perch himself on my lap insisting I feed him. It would then be my turn to get fed. A spoonful of hot rice would be shoved into my mouth, and alternated with a bite of green chilly. No amount of resistance on my part or rebukes from his parents discouraged him. Only the moped did the trick.

At siesta time, he would lie down beside me, trying to sleep. I would doze off immediately, only to be woken up by a tickling thread in my nostril or ears! Because he bothered me, my daughter-in-law would forcibly take him away to the other room to sleep. But as soon as she fell asleep, he would run back to me and resume his pranks.

His mechanical skills were evident from the very beginning. His tricycle, mini car and other things bore the testimony of his great craftsmanship—all the decorative caps, nuts and bolts of his games would go missing. A screwdriver, pliers and a few
moped tools made up his toolbox. So we weren’t surprised when years later he opted for mechanical engineering. He’s in his final year now and doing well in his studies.

As for me, I am 76 years old, leading a full life—I work with local NGOs and am also a member of the Poetry Society of India. Even if I wasn’t actively working, with a grandson like mine, could I have led a boring retired life?

—C L Varma, Haryana

STANDING TALL

I am an 83-year-old retired brigadier. I live alone in my flat in Pune. My son and his family live in an adjacent flat. I cook my own breakfast, but the other meals come from next door. All my life I have followed one maxim: eat breakfast like a king, lunch like a working-class man and dine like a pauper. For the past 60 years, I have had a standard army breakfast—papaya or orange, cornflakes with honey or toast with butter and jam, a cup of milk during summer and filter coffee during winter. In summer, I have a glass of nimbu paani or lassi at 11 am, coffee in the monsoon, coffee and a biscuit in winter. No junk food or ready-to-eat food for me. I believe in early to bed and early to rise. But sometimes, when I wake up in the middle of the night at 3 am or so, there’s nothing to do except lie on my bed and revisit all the happy and not-so-happy moments of my life.

I am quite busy during the day. I regularly attend yoga classes—something I have been doing for the past 30 years. But I must be honest. After years of practice, instead of improving I have only deteriorated in my performance. I cannot bend forward—maybe owing to my pride—or bend backwards. Walking to the class and back is the only exercise I do well.

As a paratrooper, I was used to physical hardship. In Vietnam, as recreation, I joined a gym. I returned home with a good muscular body. Now my drooping chest muscles are the only proof of it. I have several other interests. Learning languages is one of them. I take to new languages like a duck takes to water. In Vietnam, I learnt French. When I was posted in Assam, I learnt to read, write, speak and sing in Assamese. I spoke Punjabi as my wife was a Sikh, and on a holiday to the US I picked up Spanish. Unfortunately, whenever I have tried to talk to a foreigner in his native language, the response I have got has always been in English.

I also fancy myself as an amateur freelance writer. I started writing articles and stories after retirement. I even got a collection of short stories and a book on Maratha history published. Though my bookshelves are filled with ‘unsold’ copies of my self-published books, I am content that I tried. Now I try to work on a computer. I know Lotus, Wordstar and MS Dos but whenever I get stuck, I ask my eight-year-old grandson to help me out.

After retirement, I wanted to study further. I graduated at 55, did my Masters at 57 and my doctorate at 62, to become head of department of Defence Studies at the Pune University. Alongside, I started coaching classes for students wanting to join the National Defence Academy or the Combined Defence Services. Today, about 150 boys and girls I taught are serving as officers in the armed forces (two as lieutenant colonels), the Indian Administrative Services, Indian Railways and Maharashtra Government Service. Knowing that I could contribute in helping shape some youngsters careers makes me a happy and content man.

—Brigadier (Retd) K G Pitre, Pune

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Turning the tide

PEOPLE WHO SUFFER A LOSS OF FACE OR stature but fight to make a comeback impress me a lot. For me, boxer Mohammed Ali has been a remarkable inspiration. Obviously, it was not easy for him as a black American to grow up in a country plagued with racism, and then to excel in boxing to the extent that he won a gold medal in the 1960 Olympics for his country.

He had a remarkable way of challenging his adversary. He would announce his victory even before the match had begun. To say, “In the fourth round, I am going to knock you out”, or “I am going to defeat you in the third round”, requires great strength of character. There are two significant things here: the courage and confidence to make such a statement and the ability to live up to it. Is it that you actually believe this is what is going to happen? Or did you say it out of bravado and now it becomes your prerogative to fulfil it? Either way, this is an excellent example of training the human mind to believe in itself and to live up to your own expectations.

Ali did both. But his challenges didn’t end here. After being refused service at a restaurant for being black, he threw his gold medal into a river as he felt his country did not give him enough respect. Later, in 1967, when he refused to fight the Vietnam War, he was stripped of his boxing license and heavyweight title. Eventually, when he did get back to boxing, he faced defeat at the hands of Joe Frazier in 1970. Headlines like ‘Finished’ and ‘Gone’ were splashed across the newspapers. Instead of being cowed down, he pasted all the headlines at the gym where he trained. They made him work harder. Four years later, Frazier tasted defeat at the hands of Ali, not once but twice. I feel Ali is a rare example of incredible spirit, an incredible desire to overcome the past.

There have been many hurdles in my life and several moments when the media was extremely harsh, even ruthless. But that didn’t deter me, I always remembered Ali’s example. Articles that said ‘His years are over’ and ‘Bury this guy’ would find a place on my desk. Every morning, I would look at them and say that, someday, I hope I am able to defeat these words. For me, the most rewarding moment was not when I regained success in my films or proved the government wrong in its allegations against me in the Bofors trial. What gave me the greatest joy was those very magazines that had hit out against me changed their headlines in my favour. That, I felt, was my achievement.

When my son Abhishek started his career, for five years nothing worked for him. For a young man who’s been brought up with all life’s needs at his beck and call, not becoming successful was alarming. I told him to take every write-up that criticised his looks, size, acting and dancing and stick them up in his bedroom. I told him to read them every morning, and then say to himself that one day he would prove them wrong. Today, I am happy that the very people who wrote against him write for him. In his mind, this must be his greatest achievement. These articles are now placed parallel to the old ones.

Life is a circle. You will have good and bad coming to you in equal measure. Nothing is constant. I am happy Abhishek was obedient enough to follow the example I set before him. I borrowed the example from Ali and I am happy all three of us, in our own peculiar way, were able to turn the tide. ⚽

Amitabh Bachchan, 62, is an actor and goodwill ambassador for UNICEF
Time frame

Six silver photographers give Harmony their view of age

There’s no stress on orthopaedic surgeon Dr K T Dholakia’s face in Dhiraj Chawda’s picture—just composure that all good surgeons show. Chawda, 84, took the picture in 1997. “I highlighted just his face using black velvet as background,” explains Chawda. “I feel Dr Dholakia (he passed away last year) took pride in what he did, not once thinking of how old he was.”

The irrelevance of biological age is echoed by Jagdish Mali, who chose a picture of actor Nandita Das for us. “For me, age has no meaning,” he says. “My father S T Mali worked till he died at 83. It’s a waste of time and talent to say, ‘I am old now and will sit at home and take it easy.’ I am 50, but even today I get up in the middle of the night and give life to some creative idea or the other.”

Ask Hari Mahidhar, 63, about age, and he makes his statement with a photograph of spastic children in Tuticorin, Tamil Nadu. “At the shoot, I gave a comb to a child that he put into his mouth,” he remembers. “A normal boy his age would have understood its use. Spastic children don’t understand the concept of age. That’s how age should be viewed.”

None of them are in any hurry to hang up their lenses. “The images of yesteryears leave their mark, but I don’t believe in nostalgia,” asserts Rai. Mali constantly breaks new ground; his latest is a collage of Lata Mangeshkar. Shreshta concedes, “Age does catch up with you. I used to work 14 hours and party eight hours a day. Not anymore.” The partying may have taken a back seat now—never the pictures though.

—Amita Amin-Shinde

(From top) Gautam Rajadhyaksha, Raghu Rai, Rakesh Shreshta, Dhiraj Chawda, Jagdish Mali, Hari Mahidhar
"It reveals the tenderness of both the newborn baby and his grandfather's feelings towards the new arrival. It is like an old experienced hand cushioning an inexperienced one."

*Photographer: RAGHU RAI*
photo essay
“Rekha’s beauty radiates not just from her face and body, but her intelligent and sharp mind. Whether it’s a party, photo shoot, interview or on the sets of a film, she’s always positive and youthful. The combination of all this makes up her character, her charm. And it shows in all her photographs.”

Photographer: RAKESH SHRESHTA

“I had known Dr K T Dholakia for more than 35 years and took his pictures all through. One of the photo sessions happened at my Mumbai residence, when he had come for lunch. He was very temperamental, so I took only 10 minutes to shoot him. Because of his stern demeanor, I feel, he was a tough guy to shoot. But I was happy with the result.”

Photographer: DHIRAJ CHAWDA
photo essay

“Spastic children don’t understand the concept of age. Age, for them, is zilch.”

Photographer: HARI MAHIDHAR

“I was planning a photo exhibition with mirrors as the theme. Just as Nandita Das was leaving, I borrowed this hand-held mirror from the makeup artist and asked her to pose with it. Her expression belies an unknown inner conflict, perhaps seeking something she’s lost.”

Photographer: JAGDISH MALI

harmony september 2005
"I was shooting M F Husain at his South Mumbai residence. It was early morning and he was talking nostalgically about Pandharpur, sprawled on a divan. His 18-month-old granddaughter, who had just woken up, climbed up and crawled onto his lap. My focus shifted to the bright eyes of the child and I clicked. This picture could well be God and his creation"

Photographer: GAUTAM RAJADHYAKSHA

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Hitting a false note

While remixes are becoming a staple for music companies with sales driven chiefly by steamy videos, those involved in making the originals are distinctly not impressed.

Anuradha Kumar looks at the five most popular hits, in their old and new avatars

Bad girls are to be seen, not heard. Even after the recharged versions of old songs are forgotten, this is what will be remembered of India’s remix craze years that brought back the songs that were first heard many years ago, when India was much younger. Infused with the sweet melody and hope of those times, today these songs are rocking the charts all over again. Only this time, they are riding on the bare shoulders of girls dancing to the tune of remix videos.

Remixes have become a staple for music companies with new albums releasing every month, and sales driven chiefly by steamy videos—a trend that started two years ago when Shefali Jhaveri moved to Lata didi’s Kaanta laga in the most nonsisterly fashion. Shefali couldn’t sing, but she could show. So she pouted, tugged at her jeans and revealed her thongs, causing thousands of nightmares and wet dreams right across India depending on the state of individual moral fibres.

Call her today and Shefali sounds worn-out on the phone like only a starlet who glowed incandescently and briefly can. But her legacy lives on. Songs from all eras are being mined, videos are becoming raunchier, and some people are getting angrier. For those who grew up with these songs, the remixes are chopping up a slice of their history into unrecognisable bits. And for those who were involved in the making of the originals, the experience, as with any music, comes with its highs and lows.
Remixes are taking away a slice of history from those who grew up hearing originals

Rote hue aate hain sab, the song in which Amitabh Bachchan throws a gauntlet to fate as he rides on his motorcycle all over Bombay, was created by Kalyanjee-­Anandji for the film Muqaddar ka Sikandar. The peppy remixed version, with clapping in the background, takes away the underlying angst of the song felt by Bachchan’s character—a social outcast who is determined to dare and dream.

Anandji, one of the original composers, is not keen to be associated with “this remix business”, as he calls it. “I don’t switch on those channels,” he says dismissively, the videos says, that a lot of people feel. “We discussed all this at a conference last year in Delhi organised by the Indian Performing Rights Society. And these videos! I don’t understand them. There is no jhumka in the jhumka gira re song, no chunariya in Meri lal chunariya. They just keep doing different movements in the same chaddi.”

Bhor bhaaye panghat pe, a song in which Zeenat Aman undulates over the landscape early one morning, was composed by Laxmikant-Pyarelal for Raj Kapoor’s Satyan Shivam Sundaram. “Raj saab had visualised the song; the dawn breaks immediately making the songs unpalatable to him. “What value is there in adding new beats or music to an old song? What does it do for us, the people who created it? We get no control over this process.” It’s an outrage, he and a woman emerges from the surrounding mist, singing,” says Pyarelal. “Since the hero, Shashi Kapoor, hears her even before he sees her, the song had to be very enticing and provocative. We decided to start it with a rhythm
that keeps pace with her walking.” All through that film, Raj Kapoor, as was his habit, would drop by the duo’s place after 7 pm and listen to the compositions, making suggestions and discussing details until 10 at night and sometimes much beyond.

Recently, this song was remixed by musician Harry Anand, who was obviously more inspired by Zeenat Aman than by the melody of this morning bhajan. The sound is more club, something you might hear in a disco. Without Zeenat, neither the original nor the remixed version has any staying power. Pyarelal hasn’t heard the remix but he doesn’t sound too worried about it either. “I know Harry and I like the boy,” he says. “Today, we are shouting ourselves hoarse over remixes when this is simply an old fad from the West.” On the other hand, he doesn’t have too much respect for this kind of music-making either.

“I personally have nothing to do with remixes and feel only people with no job or those looking for jobs would engage in such activities. But yes, objectively speaking, remixes will only be appreciated if a good job has been done, and that requires in-depth knowledge of music.”

Badan pe sitare lapete hue, a song in which Shammi Kapoor shook every muscle in appreciation of Vyjayantimala’s star-studded sari, was one of the few songs that Lekh Tandon, the director of Prince, supervised himself. “It was a general perception that I wasn’t good with dance sequences so I would let others do them,” he says. And though he had success with quite a few, during the filming of this song he and Shammi Kapoor, who was always a loose electron on the sets, argued a lot about how to do it. Kapoor was an actor whose energy was difficult to control. “Shammi never got tired. In fact, he would be even more energised after dance numbers,” remembers Tandon wryly. Kapoor had very definite ideas on how he would dance to this music and as a result, he and Tandon did not work together again after this. But the song remains memorable and its remix became just as popular. Though Harry Anand’s version is very different from the original, it has a lively, 21st century yuppy twang to it that’s perfect for the dance floor.

“Yes, I feel it’s nice to hear all these songs again,” says Tandon. “It’s nice that this generation knows our work too. In fact, my 17-year old grandson immediately junks the CDs of new films that I send him without even listening to them. He prefers to listen to old music. But my question is, ‘Why are musicians today content doing second-hand work? Don’t they want to create their own music?’ That is what I find most amazing about this remix trend,” Tandon adds.

Leke pehla pehla pyar, from the film CID, is one of the eternal classics of Hindi cinema. And that Asha Bhonsle sung it along with Mohammad Rafi and Shamshad Begum is an overlooked fact that even Bhonsle’s son didn’t know. CID, which was also Waheeda Rehman’s Hindi film debut, has truly memorable music. “Like many of Mr O P Nayyar’s songs, this song too has the spirit, rhythm and beat of Punjab, which I particularly like,” says Bhonsle. She says, unlike today,
songs would be recorded at one go earlier—this one was completed in just a day. “In those days, it was great fun,” she remembers. “Everyone would be on their toes to give their best performance. There was healthy competition between the singers

and perhaps this was the reason all of us gave that something extra to the song.” That is completely missing from the song’s new version. The nice rustic street-performer sound is gone, and the new beat actually sounds much slower and duller.

Bhosle hasn’t heard the remix but on the whole she feels there’s the good, the bad and the ugly about this trend. “Though I prefer the original, if the sanctity of the lyrics and the music is maintained, I don’t mind remixes,” she concedes. “All of them are not bad. But visually, class has given way to crass. When you see the video, you want to hang your head in shame.”

Main shaayar to nahin is the song with which a cherubic Rishi Kapoor serenades his 16-year-old sweetheart, Dimple Kapadia, in the film Bobby. It’s a mature song filmed with two immature lovers, sung beautifully by Shailendra Singh. “I remember the mahurat for this film,” the singer says. “Like any Raj Kapoor film party, it was a huge affair, the whole industry was there.”

Shailendra Singh thinks remixes in India are a bit of a hoax. “There is nothing wrong with remixing, if you actually do that,” is his take. “But just adding some beats to the song is definitely not remixing. There has to be a real musical change, it has to be recorded again entirely. The way remixing is done in our country is just an easy way to get a start. People don’t really want to work hard nowadays.”

Another one of his songs, Ai kanchi, from Zamane Ko Dikhana Hai, was ‘remixed’. “It was very, very bad,” he says. He also finds remix videos appalling. “What are the censors doing? How can they allow such vulgarity to be screened on TV?”
The young and
Dev Anand strikes a perfect balance between mind and age.

Anuradha Joshi meets the filmmaker who turns 82 this month and is astounded by his fascination for life.

I am as ancient as the Himalaya, as modern as ‘now’, as tall as Everest and as deep as the Indian Ocean.” Dev Anand is obsessive about himself and everything he does. He can find a star in a mob, get the idea for his next film at an airport, spot a ‘super hit’ song, and remain confident that his swagger can pull in the crowds—even today. His enthusiasm, energy and self-love bordering on vanity, have flowed for over six decades, from his debut as an actor to innumerable roles played and films made. Each film is all about Dev Anand, multitasking as lead actor, producer and director. Nothing 82 on September 26 this year, he is...
undeniably the most active and prolific octogenarian in the history of Hindi cinema.

Soon he will release Mr Prime Minister, his 115th film as actor and 36th as producer-director—and the first in India with an 82-year-old in the lead role. The film was shot on a 40-day schedule last year, followed by hectic post-production and publicity handled by Anand himself. The filmmaker even attends his own phone calls, manages his appointment diary, and will not keep anyone waiting. Even though we arrive early for our appointment at Anand Recording Studio in Bandra, Mumbai, he is eager to see us.

Anand is seated in his palatial workspace on the second floor penthouse. A wooden staircase leads up to a huge mahogany double door. As we knock, a loud “Come in” asks us in. He stands to greet us with a smile and a tilt—both exude excitement.

The room itself is charged with ions of creative chaos. Several tables bearing the weight of the past, present and the future: books of all shapes, sizes and colours, some neatly placed on large wooden racks, others in random disarray; hundreds of the wall space is covered with working stills and posters of his films, released and unreleased.

Mr Prime Minister is the 36th film under Navketan, Anand’s 56-year-old banner. While most of his films after the 1971 hit Hare Rama Hare Krishna faded into oblivion, some of the stars he launched did succeed, such as Zeenat Aman. He steered them towards realising their dreams, showing the way in the true spirit of Raju, who transformed himself from a manager to a holy man in the 1966 blockbuster Guide. Anand believes he will be able to replicate the success of Hare Rama… this time. “An earthquake of a story that will shake you…” reads the publicity poster. Amid all this, he poses animatedly, giving us endless photographs. He also tells us which of the 78 digital pictures we’ve taken is the best. He is bang on—that’s our cover picture for you!

The only thing that’s missing in the whole setup is a computer. The actor’s middle finger is testimony to the many hand-written scripts. A Mont Blanc pen has rested there long enough to create a mountain of a blister. “I

‘There’s been no full stop in my career. In fact, I grow better with each passing day’

papers; and a few telephones. While Van Gogh’s print Café De Nuit adorns one wall and a print by German expressionist painter Emil Nolde the other, the rest of just go on and on,” he says. “Every creative person must have the ability to be there, in step with the world, all the time. You have to be a thinker. And I
believe that with creative intellect, you live longer. Look at me, there’s been no full stop in my career. In fact, I am growing better with each passing day.”

What hasn’t changed in all these years, though, is his carefree spirit. “I am a free man, dedicated to thinking and creating. And I want to be remembered only for my films. For *Mr Prime Minister,*” he says. A socio-political satire shot in Gujarat, Anand is hoping to show it to Prime Minister Manmohan Singh.

The film is about a successful NRI industrialist who is convinced that the money he donates for various causes is misused. He returns to his country and finds himself in the midst of the Gujarat earthquake. He is rescued but loses his memory, only to lead the life of a newspaper vendor. He soon gains popularity, stands for an election and wins. In a hung Parliament, he finds himself vying for the PM’s chair. Never having delved into politics in real life, Anand does not agree with the political system of this country. “We are not in good politics,” he says. “There is so much of violence in India but the people here are so enduring. This endurance ignites my ideas. These people inspire me.”

Besides a responsibility towards the people, you must have a sense of responsibility towards yourself.” He says by making films year after year, he is fulfilling his share of responsibility. In return, he earned the Padma Bhushan in 2001, followed by the Dada Saheb Phalke award for lifetime contribution to Indian cinema in 2002; an award he believes he should have got 15 years earlier.

Along with the recognition has come a fair share of ridicule. People have commented on various facets of Anand’s personality, claiming he is ‘stuck in adolescence’. To that one, he admits, “The biggest child is in me, in Dev Anand. I get excited very easily, I love to walk the

‘You are nobody if you are not creative. There has to be an ambition, at least’
I cover feature

streets, and shoes, socks, belts, caps, and books still fascinate me.” And then comes the defence. “But, after having seen so much in life, I now feel competent to comment on a whole epoch that has shaped the destinies of people of my generation and would influence the lives of future generations. What people say cannot bog me down,” he says referring to several controversies in his personal life.

That he closed the ‘Suraiya’ chapter long ago and married co-star Kalpana Kartik on the sets of his film Taxi Driver is public knowledge. But no one knows why Mona Singh nee Kartik quit the limelight, so much so that no one has seen her since. His son Suniel, now 40, still relives the lost glory of his father’s film, Anand Aur Anand, which launched him—he now assists the filmmaker with all his productions and the studio. The only few people he talks about himself a loner, a man with no close friends. He doesn’t really socialise “unless my work demands it”. Everything else, he feels, is a colossal waste of time—including watching his own films, and all the others. “Yes, there’s nostalgia, but my involvement in the next moment takes me away,” is how he explains it. “You can’t live in the past. If Dev Anand is watching his own films, he’s wasting his time. It’s for the world to watch

with genuine fondness are his daughter Devina and granddaughter Gina who is studying in the US. “My wife coped with my stardom and adjusted because she had to, but did I leave my home, my family, my children? No. I am a very responsible citizen.” His responsibility translates into his work—his first and last love.

Even now it’s his next film that’s playing on his mind—no ‘intervals’. Anand is planning Beauty Queen in Nepal. He recently travelled there and was feted by King Gyanendra. He meets three to four aspirants every day for the film. And there’s his biography—the process of writing it, and scheduling meetings with publishers abroad. “People have written about me without my knowledge,” he says. “I couldn’t stop them, but now I am writing my own saga and have penned each chapter personally. The title and release is still under wraps, but do read it when it comes out. It’s romantic, optimistic, it’s about India’s freedom, every chapter a screenplay in itself. It’s my life. A day at a time.”

His own day really begins in the afternoon when he comes to work. Between meetings with music directors, screen tests and scriptwriting, he skips his lunch most of the time. A non-fussy vegetarian with “no vices” except an obsessive passion for making films, Anand says work is his only high point. “I travel out of the city to my little haunt in Mahabaleshwar where I relax and unwind,” he says. “It allows me to think and write. But I think it is futile travelling within the city to meet people when you can talk on the phone.” He calls

my films. I start picking holes if I ever watch myself on television. What a waste of energy!”

We leave him to carry on with his day, keeping his appointments—as we go, we stop to notice a beautiful young woman dressed in black stride in to meet him. As the last line of Guide went, Raju Guide ka safar ab tak jaari hai. Photo courtesy: DEV ANAND

There are no intervals for Anand

‘I am writing my own saga. It is romantic, optimistic. It is my life. A day at a time’
Little...

by

little...

you can achieve a lot.

Reliance Systematic Investment Plan

<table>
<thead>
<tr>
<th>Date</th>
<th>Period</th>
<th>Returns of RVF</th>
<th>BSE 100 Returns</th>
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<tr>
<td>July 31, 2004</td>
<td>Last 1 year</td>
<td>49.31 %</td>
<td>46.21 %</td>
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<td>July 31, 2007</td>
<td>Last 3 years</td>
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<td>Oct 8, 1985</td>
<td>Since Inception</td>
<td>33.03 %</td>
<td>15.53 %</td>
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Past performance may or may not be sustained in future.

Performance as on July 29, 2005. Dividends are assumed to be reinvested. While calculating returns dividend distribution tax is excluded. Compounded annualised returns of Growth Option. Inception Date: October 8, 1985. Wherever the returns are unrealistic high it is due to market conditions. *Assumptions: a) SIP happens on 10th of every month. b)Entry load of 2% till Oct 31, 2% thereafter. c) Each SIP is of Rs 1000 (which also includes the first installment). You can start investing with an amount of Rs 1000 - each SIP is of Rs 1000. d) SIP is of Rs 1000 each and 12 cheques of Rs 100 each or 4 cheques of Rs 250 each (in multiples of Rs 100 if more).* The Sponsor: Reliance Capital Limited. Trustee: Reliance Capital Trustees Co. Limited. Investment Manager: Reliance Capital Asset Management Limited. Statutory Details: The Sponsor, the Trustee and the Investment Manager are incorporated under the Companies Act, 1956. Investment Objective: The primary investment objective of the Scheme is to achieve long-term growth of capital by investment in equity & equity-related securities through a research-based investment approach. Entry Load: For Subscription below Rs 2 crore - 2.25%, For Subscription of Rs 2 crore & above but below Rs 5 crore - 1.25%, For Subscription of Rs 5 crore & above - Nil. Exit Load: Nil. General Risk Factors: Mutual Funds and securities investments are subject to market risks and there is no assurance or guarantee that the objectives of the Scheme will be achieved. As with any investment in securities, the NAV of the Units under the Scheme can go up or down depending on the factors and forces affecting the capital markets. Past performance of the Sponsor/AMC/Mutual Fund is not indicative of the future performance of the Scheme. Reliance Vision Fund, is only the name of the Scheme and does not in any manner indicate either the quality of the Scheme; it's future prospects or returns. The Sponsor is not responsible or liable for any loss resulting from the operation of the Scheme beyond their initial contribution of Rs. 1 lakh towards the setting up of the Mutual Fund and such other contributions and additions to the corpus. The Mutual Fund is not guaranteeing or assuring any dividend/bonus. The Mutual Fund is also not assuring that it will make periodic dividend/bonus distributions, though it has every intention of doing so. All dividend/bonus distributions are subject to the investment performance of the Scheme. For details of scheme features apart from those mentioned above and scheme specific risk factors, please refer to the provisions of the offer document, offer document and Key Information Memorandum cum Application Forms are available at AMC office/Investor Service centres/AMC websites/Distributors. Please read the offer document carefully before investing.
What is your vision worth?

In this section, *Harmony* invites medical experts to help you understand and combat a range of medical conditions. This month, Dr Cyrus M Shroff talks about treatment options for various eye diseases.

Optometrists recommend a regular eye check-up after the age of 60. Ageing brings with it a variety of eye problems and the earlier treatment is started, the greater the chance of delaying the damage to your vision. Vision in people over 60 is commonly compromised by cataracts (clouding of the lens), glaucoma (increased pressure within the eyeball), macular holes, vitreous detachment and retinal detachment, and damage caused by diabetes or age-related macular degeneration (AMD). Dry eyes, glaucoma and diabetic retinopathy start early in life and manifest in greater vision problems in later years.

**CATARACT** This is the most common problem affecting the elderly where the natural lens of the eye becomes opaque. It is also the cause of what is called ‘correctable blindness’. As the name suggests, this temporary blindness can be corrected by surgery. The success rate of cataract surgeries in India is almost 100 per cent. The procedure involves a small incision and ‘sutureless phacoemulsification’—in simple terms, the diseased lens is reduced to fluid by ultrasonic vibrations and drained out of the eye. This is followed by inserting an artificial lens to help focus. Years ago,
before implants were used, a large incision was made in the wall of the eye to remove the cataract as a whole; the incision was then sutured. The eye was left without a lens and the patient had to use glasses to focus.

However, any vision loss in the elderly often gets attributed to cataract, and the early stages of other disorders like glaucoma and retinal problems are missed with tragic consequences. Any sudden vision loss, distorted vision, loss of part of the field of vision or a dark patch in the centre of vision is almost never due to a cataract. A complete eye examination, including retinal examination with dilation of the pupils, is a must to make a correct diagnosis.

**CORNEAL DYSTROPHY** From being a clear lens, the cornea turns opaque, either spontaneously or after some intervention like cataract surgery. This is because of poor functioning of the inner corneal cells. Corneal grafting (with the help of a donor cornea) can usually restore eyesight successfully.

**AGE-RELATED MACULAR DEGENERATION (AMD)** A hidden sight destroyer, AMD attacks the macula, part of the light-sensitive retina covering the interior of the back of the eye. A healthy macula is important for accurate central vision. AMD affects both eyes at different rates. In the initial or ‘dry’ stage, there’s no indication of its onset. By looking at the dilated pupil, an eye care professional can spot yellow deposits under the macula that are typical of dry AMD. This dry stage can progress to ‘wet’ AMD when the deepest layer of the retina thins and cracks, causing bleeding and leaving opaque deposits. This raises the other layers of the retina like a blister. At this stage, central vision loss is rapid and can be severe. Treatment for this condition can only reduce or delay loss of vision.

The current treatment for AMD is photodynamic therapy (PDT) where the patient receives an injection of a special dye called Visudyne. It combines laser treatment with light-activated drugs to destroy leaking blood vessels in the retina without damaging the surrounding healthy retina. Some patients may experience temporary visual changes after the treatment. The other treatment is thermotherapy (TTT), which slowly delivers heat to abnormal retinal blood vessels and eradicates them without damaging the surrounding tissues.

PDT and TTT are used when the abnormal blood vessels are exactly in the centre of the retina and cannot be treated with a laser. PDT is very expensive—the treatment of one eye costs Rs 50,000—because of the dye used. The cost-benefit ratio has to be evaluated for every patient and then the recommendation for treatment made.

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In AMD, the peripheral vision and the ability of the individual to move around unaided are maintained. Low vision aids are prescribed to enable the patient to utilise residual vision to the maximum. If one eye is affected and the other has good vision, an Amsler chart, which is like graph paper, is given to the patient for self-examination in order to catch the disease at an early stage. Anti-oxidant dietary supplements may be useful in these cases, to delay the onset in the other eye.

**MACULAR HOLE** This is a small break in the macula, which is located in the centre of the retina. The symptoms are the same as other conditions caused by damage to the central part of retina. These are decreased central vision for distance and reading activities, distortion in retinal tear or detachment. Consider this as an emergency and beat it immediately. The appropriate surgical treatment depends on the type, severity and location of the detachment. Early detection is the key to successfully treating retinal detachments and tears. Compare the vision of your eyes daily by looking straight ahead and covering one eye and then the other. Report light flashes, floaters and spider webs to your doctor immediately.

**GLAUCOMA** This is caused when there is damage to the function of the optic nerve as a result of raised pressure of the fluid within the eye (intraocular pressure). The more common chronic ‘open angle’ glaucoma often has no symptoms until an advanced stage is reached and loss of vision becomes virtually irreversible. Every one above the age of 40 should have their eye pressure (the intraocular pressure) checked regularly. In suspicious cases, specialised tests like nerve fibre layer analysis and visual field tests can detect the disease early and expedite treatment before any significant visual loss occurs. Mild glaucoma is treated effectively with simple remedies like eye drops and the recent introduction of a number of new medicines has drastically reduced the need for surgery. Certain cases still do need laser treatment or surgery to adequately control pressure. The cost of the newer medicines used in glaucoma is steadily coming down.

**PROBLEM OF EYELIDS AND ASSOCIATED STRUCTURES**

A significant percentage of eye problems encountered in the elderly are because of the changes seen in eyelids and associated structures. With age, tissues become weak and muscles lose their normal tone, leading to eye disease. Some of these changes are purely superficial, while others affect the functioning of the eye. ‘Baggy eyelids’, for instance, are because of the protrusion of fat through weak tissue and skin. These are treated by surgically removing part of the fat. On the other hand, watering occurs due to drainage of tears from the eyes, again owing to weak muscles. Doing lid exercises to strengthen the muscle action is beneficial. If the muscle, which elevates the upper lid, gets affected because of age, it leads to drooping of the eyelid, known as ptosis. This condition can be treated surgically.

**DRY EYES** With age, there is a decrease in tear secretion, which is aggravated by diseases like arthritis. This can be corrected with prescribed lubricants and gels. If neglected, it can become severe, causing loss of vision.

**DIABETIC RETINOPATHY**

This is one of the best example of how a regular check-up can prevent the loss of vision. Everyone with diabetes must go in for retina examination. Timely detection, aided by tests like fluorescein angiography and retinal scan, can help guide laser and medical treatment.

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Dr Cyrus M Shroff is Medical Director at Shroff Eye Centre, and honorary advisor at Dr Shroff’s Charity Eye Hospital, Delhi
SEE IT LIKE THIS

EAT RIGHT
A heart-healthy diet is also an eye-healthy diet. Eat plenty of fresh vegetables, fruits and grains, and moderate amounts of protein. Use fats sparingly, especially the saturated type found in meat and animal fats and palm oils. Minimise salt and sugar. Egg yolk is rich in lutein and zeaxanthin (plant pigments that are also found in human macula and retina), and lean meats, oysters, crab and lobster are a rich source of zinc, which fights AMD. It’s also important to drink six to eight glasses of water every day to stay well hydrated.

Fruits like orange, mango and papaya, and vegetables like leafy-greens, carrots, bean sprouts, cabbage and broccoli are natural sources of Vitamin C and betacarotene, a pigment proven to be good for the eyes. Broccoli and spinach are rich in lutein, and yellow and orange coloured fruits and vegetables, owing to their pigments, are known to help delay cataracts.

GO REGULAR
Go for an annual eye check-up after the age of 40. Remember to tell your specialist about any family history of eye ailments. If you have blind spots, blurred vision, light flashes, floaters and spider webs, get in touch with an eye specialist immediately. Monitor general health problems like diabetes, hypertension and high cholesterol along with an eye checkup. Myopic people should undergo cataract surgery with caution. Never assume that vision loss is owing to a cataract, especially if it is rapid and with distortion of the vision field. Have a thorough retina check.

SPOT THE DIFFERENCE
Consult an optician only for adjusting, fitting or repairing glasses, as they are not doctors and do not diagnose eye problems. Optometrists perform eye exams and may diagnose eye problems. They also prescribe glasses and lenses and occasionally treat general medical conditions of the eye with eye drops and medicines. Ophthalmologists are physicians who specialise in eye care, and diagnose and treat eye diseases.

WATCH CAREFULLY
Watch television without straining your eyes. The room should be properly lit and the television set should be at least 5 ft away from you. Anyone above 50 may find relief with special glasses for television viewing.

CLAIM WELL
Go for health insurance with adequate cover. Almost all health insurance policies exclude those who contract any major disease within 30 days of buying the policy. Anyone below 75 is eligible for Mediclaim under United India Insurance. The policy does not cover cataract during the first year, and does not include the cost of spectacles and lenses. Bajaj Allianz’s Personal Guard Policy can be taken by anyone below 65 and covers permanent disability. It pays a compensation of 125 per cent on sum assured for loss of sight on both eyes and loss of one eye. ICICI Lombard has a Health Insurance Silver Plan. Though it covers eye surgeries, it has a two-year exclusion clause on cataracts.

By Dr Cyrus M Shroff, Shroff Eye Clinic, Delhi, Dr S M Karandikar, Director of Centre for Gerontology and Elderly Medicine, B V Medical College, Pune; and dietician Vibha Kapadia, Mumbai
Yoga and gut health

Shameem Akhtar stresses the importance of a healthy digestive system

WE ARE WHAT WE EAT. VEDIC AND YOGIC

scriptures often repeat this simple truth, emphasising the importance of gut to our overall health. Yoga is firm about the connection between body stiffness and digestive malfunction. Septuagenarian American yoga teacher and author of The New Yoga for People over 50, Suzu Francina echoes this view: “People who have not exercised for years and whose diets are heavy on sugar, caffeine, meat and processed foods experience weight gain and joint swelling. Often these people find it difficult to practice yoga, but they are among those who need it the most.”

This alert is echoed by others. Swami Satyananda Saraswati, in the therapy-based Bihar School of Yoga, says in his book Yoga for the Digestive System, “behind poor digestion is an inability of the mind to digest the situations of life and to metabolise the problems correctly. When you experience digestive troubles you tend to be pessimistic and easily irritated. Conversely, a healthy digestive system allows one to be cheerful, happy and optimistic”.

The gut is said to be our ‘second brain’, due to the powerful link between our thoughts and intestinal functions. When you are angry or stressed the entire digestive system gets into a go-slow mode, causing constipation. The acidic content of the gut turns toxic—that’s why it’s best to eat smaller meals to avoid slow-down and high acidity.

Practices like the Vajrasana (thunderbolt) block blood flow to legs, redirecting it back to the gut. This is amongst the most important poses for gut health, aiding in weight loss, nutrient absorption. Simple abdominal breathing (lying on back and being aware of breath moving the stomach up and down) can help de-stress. The simple joint-releasing series called Pavamukta asanas (energy-releasing) poses are ideal for those who’ve been strangers to exercise. This relieves the gut from becoming a comatose, toxic trap.

Liver-strengthening poses include poses like the Bharadvajasana (named after a rishi), ardha matsyendrasana (half-spinal twist). These fight fat. Even the simple makarasana (crocodile), ideal for those with a stiff spine, power the gut through deep abdominal breathing. Intermediate poses, like navakasana (boat), and advanced ones like mayur asana (peacock) work out other digestive glands (like the pancreas) stacked up in this cramped space. In fact, the peacock pose is said to power your gut so well that it can digest even poison!

Yogic moves
Supta pawan mukta asana (lying leg lock)
Lie on your back. Inhale, raising right hand. Exhale, bend right leg at knee, folding hands around knee, pulling the bent leg towards

---

Shameem Akhtar is a Mumbai-based yoga acharya. If you have any queries for her, mail us or email at contact.mag@harmonyindia.org (Please consult your physician before following advice given here)
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**A DARK SECRET**
Here’s a reason to grab your favourite dark chocolate without any guilt. It doesn’t just soothe the soul. According to a recent study published by the American Heart Association, it lowers blood pressure too. The study joins a growing body of research that establishes that flavonoids—compounds found in chocolate—help the blood vessels work more smoothly, perhaps reducing the risk of heart disease. “Previous studies suggest that flavonoid-rich foods, including fruits, vegetables, tea, red wine and chocolate, might offer cardiovascular benefits, but this is one of the first clinical trials to look specifically at dark chocolate’s effect on lowering blood pressure among people with hypertension,” says Professor Jeffrey Blumberg of Boston-based Tufts University.

The study was conducted on two groups of 10 men and 10 women with high blood pressure. One group was asked to eat a 100-gm bar of specially formulated, flavonoid-rich dark chocolate daily, while the other half ate the same amount of white chocolate. Then, each group ‘crossed over’ and ate the other chocolate. Those who ate the dark chocolate had a 12 mm Hg decrease in systolic blood pressure (the top number in a blood pressure reading) and a 9 mm Hg decrease in diastolic blood pressure (the bottom number) on average. Blood pressure did not change when the volunteers ate white chocolate. The study was published in *Hypertension*, an American medical journal, in July.

**BREATHE EASY**
Good news for diabetics who find their three shots of insulin before meals tiresome. Soon, they will be able to inhale insulin all day and take the injection only once, before dinner. If the final stages of tests in the US are approved, the inhaler will hit the markets all over the world by 2006. The technique is simple: insulin in powder form is put into the inhaler, which is then transformed into a cloud of vapour to be inhaled. Inhaled once or twice a day, the insulin travels into the lungs and quickly passes into the bloodstream. Experts say the inhaler is as effective as an insulin injection for Type I and Type II diabetes.

There’s some more good news. The Lucknow-based National Botanical Research Institute (NBRI) is developing insulin chocolate, which can take the form of a chocolate bar or chewable tablet for consumption by diabetics. “Insulin is generally taken in the form of injections so that it directly reaches the bloodstream,” explains NBRI director P Pushpangadan. “But if taken in a chewable form such as chocolate, it would get absorbed in the mouth and reach the blood faster.” The chocolate is currently undergoing further refinement, both in terms of taste and colour.

**POTATO POWER**
Scientists at the Institute of Food Research in Washington, US, have found that potatoes contain natural chemicals called kukoamines, which help in lowering blood pressure. The scientists were studying both genetically modified potatoes as well as ordinary ones to compare their chemical makeup when they discovered the kukoamines. Until now, potatoes were used to treat trypanosomiasis, a type of sleeping sickness that is widespread in parts of Africa.
PET PEEVES
Age catches up with everyone, including pets. After a survey of 1,000 canine owners, researchers in the UK revealed that a third of pets eight years and older become forgetful, bad-tempered or do not know where they are—the medical term for this is cognitive dysfunction. Other behavioural changes could include disrupted sleep patterns, disorientation, changes in toilet habits and even hostility. “Pets, particularly dogs, over eight years of age, are more likely to start displaying signs of cognitive decline, which can result in disorientation within their own homes or on familiar walks,” says London-based Sarah Heath, a leading animal behaviour expert, to news agency ANI. “Although these signs are similar to symptoms of Alzheimer’s in humans, many pet owners do not often recognise it in their animals.”

FALL SAFE
A simple device made of plastic netting can go a long way in preventing falls, which are one of the leading causes of accidental deaths among the elderly. According to a study published in the Journal of the American Geriatrics Society in July, the Yaktrax Walker, which is basically plastic netting sized to conform to the bottom of a boot or shoe, greatly reduces the risk of injurious falls to senior citizens in winters. Participants were asked to wear the device outdoors over their normal winter footwear and keep a diary of falls, if any. A total of 43 outdoor falls were reported by participants who wore their usual winter footwear, compared to just 19 in the group using the Yaktrax device. There were 10 minimally injurious falls in the usual winter footwear group but only one minimally injurious fall in the Yaktrax group. The Yaktrax Walker costs $18 (about Rs 780) a pair. The device is not available in India yet.

On the same lines, a group of students from Stanford University’s Biodesign Innovation Program have designed a vibrating ankle brace that also helps prevent falls in senior citizens. The ‘smart’ brace is fitted with a tiny chip, which continuously monitors the position of the ankle. If the chip detects a roll that is greater than normal, it begins to vibrate. The vibrations send a signal to the brain that the person needs to change the position of the foot or shift the balance in order to avoid a fall. The design is still in its preliminary stages but will be commercially available soon.
ENCAPSULATED

DID YOU KNOW?
US-based pharmaceutical company Pfizer Inc recently changed the label of Celebrex, its arthritis drug, to add a prominent warning on possible cardiovascular risks, such as increased risk of heart attack. The company also said US regulators had approved a new use of the drug, for treatment of ankylosing spondylitis, a form of arthritis that affects the spine.

DO THE MATH
Solving algebra and geometry problems regularly may help remedy some of the symptoms of dementia. In his book *Train Your Brain*, Dr Ryuta Kawashima from Japan explains that our brain needs regular exercise, just like our body. Doing simple arithmetic calculations quickly and reading out loud for just a few minutes a day can help adults slow down the mental effects of ageing. It can also help combat forgetfulness and difficulty in remembering people’s names and spellings. Dr Kawashima says working your grey cells for two months will foster a healthy brain. So bring out the pen and paper.

NO CHILL PILL
Daily supplements of multivitamins and minerals do not prevent respiratory, stomach, skin and other types of infections in the elderly, says a recent British study. An estimated 10 per cent of people aged 70 or older are thought to have a vitamin or mineral deficiency that may lead to poor immunity, further increasing the risk of infection. For the study—reported in the *British Medical Journal* in August—900 people over the age of 65 were examined. Half were given a multivitamin and mineral supplement and the remainder took a placebo, or dummy pill, daily. After comparing the number of infections over a year and their quality of life, the researchers found no difference between the two groups.

BOTTOMS UP!
A German brewery claims to have developed a beer designed to slow the ageing process. Neuzeller Kloster Brewery’s ‘Anti-Aging-Bier’ claims to contain vitamins, minerals, iron, vitamins A and D and protein-rich algae that are said to reduce wrinkles. “It tastes like beer,” the company spokesman told Reuters. The ‘miracle’ beer has hit supermarkets in Germany.

Meanwhile, in France, women are lining up for a ‘pharmaceutical jam’ touted to be “the first anti-wrinkle product you can savour”. Called Norélift, the jam costs €7 (about Rs 376) for a 120-gm pot and comes in green tomato and green tea, melon and mango, and blueberry and blackcurrant flavours. It contains barley, betacarotine, marine extract and vitamins E and C.

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Detach yourself

Shed your attachment to possessions, fears and desires, urges Vernon Howard

IDENTIFICATION MEANS THAT WE MENTALLY or emotionally lose ourselves in something inside or outside of ourselves. We become absorbed in a person, a place, our career, a hobby, our personal viewpoints. When we identify with our thoughts, we call it daydreaming. Identification also means to wrongly take something as being part of our essential selves. Take your name. That is only a label attached at birth. If you change your name, it would not make you any different. Take the physical body. That is merely a vehicle for living on earth. Your True Self does not consist of name, body, money, home, career, or your personal beliefs. You are something entirely different from these attachments.

Identification is always focused outward to the world of possessions, things and activities that enhance only its own self interests and flattered image. It seeks the constant approval of others around you to validate its slowly eroding facade. It is only focused in the past or the future. That’s why it keeps your mind forever running from the pleasures and self-flattering images of the past to the hopeful dreams of accomplishment in the future. The thoughts also torment you with the failures of the past, and the anxieties and tension of the future.

Anything we attach ourselves to, by identification, is separate from our real self; it is either a useful tool, or an attached illusion. The real treasures of life are revealed only as we empty ourselves of the useless baubles we’ve acquired. What are these baubles? They can be anything—physical, emotional, or mental—that weigh us down and holds us back.

For example, that high priced car that flatters the ego but wastes the wallet; that relationship that seemed so good but now is so draining; the opinion or belief that seemed so right and gave us stability, now has so many holes that we’re constantly patching it up or trying to defend it. We refuse to part with these burdens because they seem so familiar, we worked hard to get them, and without them there would be a void.

All of these reasons, I assure you, are only rationalisations of the false self. What we need to do is detach from these false treasures, accepting with awareness the uncomfortable void, then allowing the true (for you) to fill the void and take its place.

But to prove to you the validity of the above, just reflect on how good it feels to finally decide, then remove, what has been weighing you down. How good does it feel to clear the clutter of stuff from the garage or attic? How good does it feel to end a faulty relationship and move on? How good does it feel when you drop a frozen attitude like, “I have to do what others want me to, regardless of what I want or desire, to keep their approval.” You have your answer—and it is detachment.

The real treasures of life are revealed only as we empty ourselves of the useless baubles we’ve acquired

Excerpt from The Mystic Path to Cosmic Power (Prentice Hall) by Vernon Howard. Howard (1918-1992) was an American author and spiritual teacher who presented the wisdom of the ages in the language of today. He is especially known for his clear, direct explanation of the cause of every human problem—and providing a possible, practical cure. In the 1970s, Vernon Howard founded a school for spiritual development called New Life Foundation (www.anewlife.org), which continues to disseminate his teachings.

harmony september 2005
You're sipping your morning coffee and suddenly you have a

Heart attack!

What do you do?

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Showtime!
When Mrs Purohit yearns for a ‘theatre’ experience in the comfort of her own home, Dinesh C Sharma comes to the rescue, introducing the Purohits to DVDs

I was sitting down to a steaming cup of coffee with Mr Purohit one evening when Mrs Purohit came in, wistful and teary-eyed. When I asked her what was wrong, she replied, “I just watched Sholay on Mrs Gupta’s home theatre system. I can’t control myself when Amitabh dies in the end.”

Mr Purohit looked distinctly unmoved. Mrs Purohit added, “You know how good that home theatre is! Everything is perfect. And even Colonel Kohli has one now.” I suspected they’d had this conversation before, Mr Purohit’s response confirmed it. “I’ve told you before, home theatre systems are expensive,” he told his wife sternly. “You also need a big house, like Colonel Kohli’s, to enjoy all the sound effects.”

Mrs Purohit wasn’t buying this. “I don’t want any fancy special effects,” she insisted. “But I would love to watch movies with clear sound and good picture quality.” The Purohits had bought a video cassette player in the 1980s for a considerable sum of money. “But now we rarely get video cassettes,” grumbled Mrs Purohit. Her husband harrumphed, “We’ve tried to sell it but the kabadiwala has only offered us Rs 500 for it.”

I gathered that Mr Purohit didn’t feel the need to fork out a large amount for a full-fledged home theatre system, which generally comprises a DVD (digital
versatile disc or digital video disc) player and a set of speakers, four or more, with a large-screen TV sometimes part of the deal. I decided it was time to intervene. “Why don’t you just go in for a DVD player instead of a full home theatre?” I suggested. “You can still watch crystal clear movies with great sound.” That got Mrs Purohit going. “You mean we can get a standalone DVD player, connect it to our TV and watch movies at home?” she asked. “Yes,” I assured her.

Her husband wasn’t convinced yet. “Why not just buy a VCD player, then?” he asked. I explained to him that DVDs are slowly replacing VCDs (video compact discs), just as VCDs replaced videocassettes. These days, DVDs have emerged as a favoured digital medium for video, audio and data storage and playback. “But what makes a DVD superior to VCDs?” asked Mr Purohit again. “Well, a DVD can hold several times more digital data on it compared to a VCD,” I told him.

A DVD may have up to four layers of data etched on it and the laser inside the player is designed to focus deeper into the next layer after it finishes reading one. So, an entire three-hour movie can be stored on a single DVD, along with other information and pictures, which is not possible on a VCD. And a DVD player can also play VCDs and regular audio CDs.

Now it was Mrs Purohit’s turn to ask the questions. “But does that mean better picture quality?” I explained that the DVD format has up to 480 horizontal lines of resolution, compared with 260 horizontal lines of resolution in videotapes. So, the colours are much richer and sharper and the skin tones are almost real. In addition, DVD players have options for subtitles and languages, viewing different camera angles and a child-lock facility. Since most DVDs are copied in professional studios, their quality is uniform. On the other hand, VCDs that are usually available for renting are pirated and copied using cheap equipment. They can even spoil your player.

On the high end are Sony and Panasonic players, which cost between Rs 6,000 and Rs 11,000.

“Once we have the player, we still have to buy DVDs though,” pointed out Mrs Purohit. DVDs are much more expensive than VCDs, I acknowledged. “But, you can shop for DVDs at websites like rediff.com, sify.com and indiatimes.com as well as regular music stores. DVDs are also available on auctions at websites like ebay.in (earlier bazaar.com), but you need to be careful about who you buy from. Feedback from buyers on the site gives you a fair idea of the seller’s credibility.

Renting is another option, and you can now find stores offering DVDs on hire in most cities. In fact, in the US and the UK, you can even rent DVDs online from companies like Blockbuster Online and Netflix. All you need to do is go to their website, search for the DVD you want—Blockbuster has a library of 40,000 titles—and place your order. The film will be delivered to you at home. After watching it, you just send it back in the pre-paid envelope supplied by the company. A monthly subscription for such a service is around $ 18 (about Rs 780).

“It’ll take time for a service like that to come to India,” said Mr Purohit. His wife had another plan, though. “Why don’t we start one in our colony?” she piped up. “All we need is to buy enough DVDs!” Mr Purohit groaned. Me, I thought it wasn’t a bad idea at all. A DVD rental service for silvers, by silvers.

Dinesh C Sharma is a science and technology columnist based in New Delhi. He is a regular contributor to Cnet News.com (US) and The Lancet (UK)
In troubled waters

New India Assurance answers property insurance queries after the Maharashtra deluge

Q I am a 72-year-old Mumbai resident. My flat was flooded in the recent deluge and I lost the insurance papers of the house. Can I claim compensation without the required documents? How much money can I expect from the firm?

A It is unfortunate that you have lost your documents. However, just because you can’t produce the insurance papers does not mean you are not entitled for compensation. By giving minimum details like the approximate date of your last premium and the name on which you took the policy, you can locate the records. As for the amount that can be claimed, it will depend on the policy amount and the year when it was bought. After the deluge, a newspaper report said now a house cannot be insured against floods. What readers missed was a small corrigendum four days later that regretted the news report.

Q I am 64 years old and reside in Mumbai. The recent deluge cost me my 15-year-old Fiat. The car is insured but I want to know how much reimbursement I am entitled to. Can an insurance firm refuse to pay on the pretext of it being old?

A First, the vehicle mentioned should be insured for comprehensive type of insurance and not mere third party insurance. Insurer cannot refuse any claim in view of the vehicle’s age. To assess the claim, an independent surveyor will assess the damage. Then, an appropriate percentage of depreciation will be levied on the expenditure incurred towards replacement of damaged car parts. In case of total loss, the amount will be determined in accordance with insured declared value. If the company refuses the claim, you can approach the consumer court on the grounds of deficiency of service.

Q I am 55-year-old woman living in Mangalore. I am the youngest of six brothers and sisters. We have a 61-year-old family house (in good shape and insured). I have lost my parents, but the house is still in my father’s name. After tsunami early this year, and floods in Western India, I am worried about any natural calamity in my region. Can I reinsure the house or do we first have to change the ownership of the house?

A It is advisable to transfer the property in the name of one or all of you. As an insurance firm we can only tell that the person going for insurance should have an insurable interest. The owner, inheritors, even tenants, can insure property.

Q I am 52 years old and run a restaurant in Chipolun, which was partially damaged in the recent floods. The restaurant is co-owned by two other people. While the eatery is insured, one partner feels that part of insurance money that is to be claimed should go to him to help him refurbish his residence, which too suffered the monsoon onslaught. Can he do that?

A This requires a legal opinion since the question involves the individual partner’s rights. In general, we can only say any indemnity offered to the affected property must be utilised to reinstate the property and not for any other purpose.

Legal opinion by Vinod Sampat, advocate, Bombay High Court: Your partner cannot expect a part of the amount received from the insurance firm to refurbish his residence. As the money for the restaurant was paid out of the business income, your partner cannot expect a personal gain from its insurance claim. It is your legal right to ensure that the claim is utilised to refurbish the restaurant.

harmony september 2005
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Q I am a 54-year-old NRI settled in Australia since 1991. I work as a senior manager in a department store there. Some personal emergencies are now bringing me back to India. Though I have visited Ahmedabad, the city where my family lives, every two years, I am a little concerned about finding a job there. Please help.

Think of it as a challenge, not uncertainty. With your rich experience, you can peg yourself at a senior management level, rather than get stuck at the middle-management level. Ahmedabad is a flourishing business centre and a great place to start. Make a list of all the retail industries there and approach them systematically. Besides, you can even start your own business and use your contacts for business opportunities. All the best.

Q I have been a secretary in four different Mumbai-based companies for the past 35 years. I will be retiring next month. I am a widow and I shudder at the thought of leading a lonely, retired life. Please tell me if I can get another secretarial job after retirement.

After your retirement, you can only expect contractual short-duration assignments in the private sector. Of course, you will face competition from youngsters who are energetic and fast. So be open to this and be prepared for some initial setbacks. While you have the time now, start talking to people in the industry. You may even try a part-time option of working for a firm of advocates, chartered accountants, management consultants or architects. If you can manage a small office, it could come in handy for them. Above all, be enthusiastic and never give up.

Q I am a 63-year-old retired schoolteacher living in Lucknow. I have saved a decent amount for my retired life and now want to work towards the betterment of society. All my life I have taught young students. Now I would like to work towards eradicating child labour. Do I need to take a special course? Can you give me names of organisations that work in this area?

Enhancing your experience with a professional course is a good idea. Your job as a schoolteacher would have given you a fair idea on how to handle children. A course in social work will definitely add value. Among the United Nations’ organisations, UNICEF supports several initiatives against child labour, which are either run by the government or by some NGOs. The Centre for Rural Education and Development Action (CREDA) focuses on eradicating child labour and rehabilitating children around Varanasi (Uttar Pradesh). For details, go to www.crin.org or www.onlinevolunteering.org. There’s also Campaign against Child Labour (CACL), a network of around 5,400 active groups in 16 states across India. CACL works towards the elimination of child labour and realisation of the rights of the child in India. For more information, write to rllp@bgl.vsnl.net.in. These are just two of the organisations working against child labour.

Q My husband managed a canteen in a Jabalpur-based firm. Six months ago, the firm folded up and we were left high and dry. My husband has got a job with another canteen, but I would like to share his financial burden. What can I do?

You have given us very little information about your educational background and financial position, but we will try and answer your query. You could start supplying home-cooked food to offices and companies. Or you could take a vocational course in an area of your interest and then start looking for a job based on your course and experience.
Recipe for retirement

Bachchan Singh Negi was a guard before he turned Mussoorie’s ‘peanut butter man’

For 23 years, until 1971, Bachchan Singh Negi worked as a watchman by night and cook by day at Vincent Hill, an American boarding school in Mussoorie. Little did he know then, that 30 years later he would be called Mussoorie’s ‘peanut butter man’, his shop at Oak Opening Cottage, near Library Road, becoming a landmark.

“When I look back, I can’t thank Mr Joseph Manley, the school principal, enough,” says Negi. Manley taught him how to make peanut butter and helped him build a wooden roasting machine. Negi’s butter was so good that almost every neighbourhood boarding school sourced its stock from his pantry. In fact, the school even sent Negi’s butter, salted peanuts and cakes and breads made to its branches in America.

In 1971, the school changed hands. Negi, 41 at the time, retained his job as watchman but lost the kitchen. “With Rs 2,200 in my bank and responsibilities at home, I decided to make peanut butter from home,” recalls Negi, now 75. The thought of his children’s future scared him, and he decided to start a small peanut butter manufacturing unit with a Rs 3,000 loan. Within a decade, business picked up and he quit his job as watchman.

Negi insists there is very little skill involved in churning the perfect butter. “It is about getting the roasting time right,” he says. First, the nuts have to be cleaned, peeled and roasted in a wooden angeethi (makeshift oven) for an hour. The nuts are then cooled and then crushed with a small grinder. “We don’t use any artificial preservative as salt and the thick layer of oil at the top of each bottle acts as preservative.”

Negi had no problem finding customers, as he had been visiting all the schools in the area to take their orders since 1948. He also had a long list of students addicted to his butter, including former prime minister Rajiv Gandhi when he was a student at Doon School, Dehradun. With such loyal customers backing him, Negi had a ready market, and a network of department stores in Mussoorie, Dehradun and Rishikesh retailed his product.

Negi’s biggest challenge has been to keep the quality and price of his product consistent. In 1971, a kilo of peanuts cost Rs 2. Today, it costs Rs 40 per kg. “We cannot keep hiking our price as schools will refuse to buy my products,” he says. Today, his daughters—Sunderi (37) and Sulochana live with him with their families. They are his most dependable workers. His son Vijay, 42, a building contractor, helps him with sales. Vijay may not have finished his education, but his sons study at Modern School, Mussoorie.

—Teena Baruah

Readers are requested to send in their queries to contact.mag@harmonyindia.org
New bonds

Caregivers to centre members at home are pleased to see them busy, and happy.

For some others, going to the centre has become a family event. Vijaya Karandikar is glad that her mother-in-law Mangala, 75, rarely misses her evening visits to the centre. Vijaya even made a huge rakhi for her mother-in-law last year when the centre celebrated Raksha Bandhan.

Developing a new circle of friends means a lot to members like Mangala as they offer greater companionship than caregivers from their own family. For her part, Vijaya is delighted to discover a more sociable mother-in-law who is no longer lonely and depressed.

— Trina Mukherjee

IN SEPTEMBER

COMPUTERS
Monday to Saturday; 10.30 am to 12 noon and 3 pm to 4.30 pm

YOGA
Mondays, Wednesdays, Fridays; 10.30 am-11.30 am (men); 4 pm-5 pm (women). Classes by instructors from Kaivalyadham Centre, Marine Drive

GROUP THERAPY
September 21; 5.15-6.15 pm. Conducted by Dr Anjali Chhabria, Aruna Prakash and Dr Sharita Shah

INTERACTION
September 3. 4.30 pm-5.30 pm. Talk on homeopathy and its benefits followed by an interactive session with Dr Priti Chhabra

HOBBIES
September 20. 5 pm-6 pm. Session on kitchen gardening conducted by members of the Kala Vidya Sankul

COMMON BIRTHDAY CELEBRATION
September 30. 4 pm onwards

Programmes are subject to last-minute changes
New Delhi-based 70-year-old man would like to chat and exchange views on political events and issues on current governance with like-minded silvers.

Contact Surendra Kumar at 9811078080

I am a 72-year-old senior citizen based in Mumbai. I am interested in buying and selling postage stamps, postal stationery, and picture postcards at reasonable rates.

Contact P Rajan at (022) 25185004; mobile: 9820730779

I am 63 years old and based in Uttarakhal. I had to quit my family publishing business as my husband passed away after suffering from a brief spell of Alzheimer’s disease. Now I am interested in making ageing a little easier for others as well as myself. Interested in chatting with like-minded silvers on living and human welfare.

Contact T K Jain at 9312929060

I am 77 years old and spending my days doing selfless service at Meher Baba’s abode in Ahmednagar. I wish to make pen friends with both men and women who are interested in spiritual matters. I would also like to share my huge collection of books in English and Telugu on spiritual life with them.

Contact V Ramarao at 0241-2548797

I am 58 years old and can provide imported and well-known local brands of educational and developmental programmes for children aged two and above. They are available in printed formats at my bookshop, Britannic Book House (I) Pvt Ltd, in Mumbai.

Contact Ratnakar at (022) 26392556, 26392447; mobile: 9820414304
A STEP SHORT OF SHANGRI-LA

In their quest for a place where people never age, Hugh and Colleen Gantzer find the valley of Kalpa in Himachal Pradesh.
We have often wondered if the valley where people never aged was a flight of fantasy, or if James Hilton had based Lost Horizon on a legend. In Sikkim, we learnt of a place called ‘Sangali-La’, The Pass of the Wild Alder, but it was not associated with immortality. Nevertheless, we do believe that it is possible to enrich, and consequently extend, one’s life by unwinding in the serene and remote parts of earth. Such escapes help us shed our nagging anxieties, recharge our emotional batteries, and reestablish a deep and child-like harmony with the world around us. And when you have the unhurried time to explore such a destination, you discover exciting new vistas opening up before you.

One year, we found such a place, with such vistas, tucked away in the cool mountains of Himachal Pradesh. It’s called Kalpa. Leaving Shimla behind us, we
fled down a long, winding road, through the deep, reverberating canyon of the Sutlej River. Forests of cedar and pine rose on both sides, stretching to the snowdrifts and roiling clouds of the highest peaks of the Himalaya, stark against the high, blue sky. Gradually, as we drove along the course of the mountain river, the dark and roaring gorge widened and opened into a brightly sunlit valley. This was happy, alpine country with fields, orchards, stone cottages and the great mountains etched white along the encompassing horizon. Then, quite suddenly, a towering snow peak leapt out at us. Kinnuar Kailash stood before us: powerful and beautiful, radiating peace. Such mountains are the crucible in which this serene land and its people have been formed.

After driving for 244 stimulating kilometres, we turned into the tourist bungalow in Kalpa. Terraced orchards spread down from our deodorant-fragrant room. It was like a scene from Tolkein’s *Hobbit Land*. Men and women tilled their plots, cattle grazed, and the quaintly named Chini Gaon, literally the Chinese Village, with its tip-tilted roofs, doted the slopes at the edge of a gorge. Beyond it rose a great range, massed dark green with conifers, threaded with the white veins of snowmelt streams, crowned by the benign giant of Kinnuar Kailash.

This 6,600m-high mountain is sacred to Lord Shiva and its snowy range weaves the greatest magic of Kalpa. Virtually every hour, every change of light and shade, every movement of the clouds and the mist and the sun, changes this persuasively compelling range. The sunlight was the colour of warmed honey, and a breeze from the valley brought the faint fragrance of apple blossom. We decided to relax on chairs in the garden of our tourist bungalow, and read. But the temptation to explore was too great to resist. We abandoned our books and decided to walk through the flowered fields of spring and on to Chini Gaon. Narrow, stepped paths wound between stone houses whose slate roofs gleamed like scales in the sun. People gossiped on warm parapets, children played tip-cat, often called *gulli-danda*. Large, shaggy dogs with leopard-deterrent spiked collars curled up in doorways. At the end of the road were three temples clustered together. They were dedicated to Lord Buddha, Lord Vishnu and Goddess Durga. The Buddhist shrine was austere compared to the other two. Those were decorated with a profusion of carved and painted doors, images of deities, demigods and...
We had a glimpse of a possible answer when we asked a pretty young woman in Kalpa to dress up in her wedding finery. It was an astonishingly exotic costume. The most striking feature of her attire was the silver filigree mask that descended in festoons from her ears, along with pendants of finely wrought silver and others of silver and blue enamel. A Greek friend said that her jewellery looked distinctly Macedonian. Possibly. There is a belief that some families who had accompanied Alexander the Great on his invasion of India had settled in the Himalaya.

Given the ferment that Alexander had caused in his new empire, we don’t blame anyone for deciding to stay back. The soul-easing peace that they discovered here, under the serenity of Kinner Kailash, still exists in Kalpa. For them, and for us, it was just a step short of Shangri-La.

FACT FILE
When to go
May to November. Kalpa is at a height of 2,758 metre, so do not forget to carry a jacket and light woollens

How to get there
Jubbarhatti, outside Shimla, is the nearest airport. From here, it’s 267 km by road through Shimla, Narkanda and Rampur
By train to Shimla, and then 244 km by road; jeeps, taxis and buses are available for the journey
From Delhi, it’s 614 km by road, if you take the Chandigarh-Shimla-Rampur route

Where to stay
Himachal Pradesh Tourism Department’s Kinner Kailash Cottage
Four-bed family suite—Rs 1,100
Three-bed family suite—Rs 1,100
Three-bed room—Rs 800
Double rooms—Rs 700

There are also many trekking camps in the vicinity that lease out tents

For contact details, see page 79
et cetera | what I love

Open House

For almost 50 years, 72-year-old Bimla ‘Bim’ Bissell has helped preschoolers take their first steps towards self-reliance. She looks back, and ahead, with Teena Baruah

For almost 50 years, 72-year-old Bimla ‘Bim’ Bissell has helped preschoolers take their first steps towards self-reliance. She looks back, and ahead, with Teena Baruah

HAPPY HOURS
I had never intended to run a kindergarten. I became a part of New Delhi’s Playhouse School by accident. My sister Padma Deogan, her friend Julie Haddow, and a parent Helen Gordon, who wanted a ‘different’ school for her children, started it in 1955. I came in three years later. I was 21, single [I had just walked out of my first marriage] and thoroughly bored. For a while, the Gymkhana Club held my interest, but then I decided to find myself a career. Sadly, my Bachelor’s in English literature from Miranda House equipped me for nothing but after-dinner conversations. So I got a Masters in Education from the University of Michigan and returned to Delhi to take over Playhouse School in 1958.

The school began just as an experiment on a shoestring budget in the garden of my father’s sprawling bungalow on Safdarjung Lane (he was an IAS officer). The classes for the kids were held under its trees, open to the winds of fresh thinking. Wooden cartons were painted by parents and turned into furniture for their children. In fact, that’s how the school got its name, Playhouse. The school started with just eight students. All of them were of foreign origin, except the then Army Chief S M Shrinagesh’s son, Ravi. He arrived every morning in a horse-drawn buggy along with a bodyguard.

Within a year, the headcount rose to 40 and it was a full house. Today, environmentalist Sunita
Narain, entrepreneur Ajjay Bijli, journalist Barkha Dutt, photographer Dayanita Singh, politicians Sachin Pilot and Varun Gandhi and lawyer Gopal Jain are proud to be its alumni.

**FOCUS FIRST**

Playhouse’s focus—the child, and not the teacher—is still the same, although our address has changed frequently. In the past 50 years, we have roamed all over Lutyen’s Delhi, hopping in and out of dozens of *sarkari* bungalows my father lived in and later, smaller rented houses after he retired in the 1970s. Currently, we have two addresses for our playhouse—21/A Tughlak Lane near a Dhobi Ghaat and D 1060, New Friends Colony—and a staff of 40 teachers and 10 consultants.

Playhouse is an open house. Parents can come, stay, help or give ideas. Ayahs can come too, but they aren’t allowed to feed the children. Ajjay Bijli had two of them accompanying him every morning. I disagree with loving Indian families who feel overprotection is the way to keep their child safe. At Playhouse, we want them to be self-reliant, comfortable and feel good about coming to school. I don’t want mothers telling their children, “If you don’t listen to me, I’ll send you to school.” Children learn by sense, not just by reason.

As a policy, we never highlight weaknesses. In fact, ours was one of the first playschools in the city that developed special modules for children with learning disabilities. One such module helps children learn figures and alphabets by joining dots. This was the brainchild of Meenu Jalan, wife of the former governor of the Reserve Bank of India, Bimal Jalan. It later evolved as the ‘sleeping and standing lion’ programme—a technique of teaching shapes by joining dots to make animal figures. We also have people like Bulbul Sharma, an artist, holding storytelling sessions. Another innovative concept was to use the Ramlila to teach children about love, honour and respecting parents. We never tell them that Ravana is bad. Instead, our interpretation is that he has 10 heads, so he has a bigger appetite. That’s why he keeps grabbing everything, ultimately paying a price for it.

**“We want kids to feel good about coming to school, we don’t focus on weaknesses”**

At Playhouse, parents are allowed to come and help with the children.

At Playhouse, parents are allowed to come and help with the children.

A DIFFERENT CORNER

In its early years, Playhouse faced little competition except from Garden School, run by a
Norwegian lady whose name I can’t remember! She taught children from Delhi’s brightest families, leaning heavily on Maria Montessori’s model of preschool education—it relies heavily on building blocks to develop the sensory modes. Even I interned with her for a while, after I got divorced.

Competition also came from Elizabeth Gauwa’s Shiv Niketan that offered an alternative to the British education system with its ‘Jane-Jerry-Spotty the Dog’ textbooks. She established a family system in her class, where the older students taught the younger ones. Also, Hindi was accepted, unlike other schools.

At Playhouse, I got girls from very good families to teach as they had broad-based education, spoke English well and were full of ideas. I trained them. And for Rs 150 to Rs 300 a month, they were happy to work for three hours every day.

**THEN AND NOW**

In the past 50 years, I have noticed a shift in the psyche of parents and children. Our alumni no longer believe in keeping in touch with each other. This does not surprise me, considering they have come from such diverse families. They never went to the same schools, their mothers work and there are no common interests. The only thing that holds them together is the TV.

Also, when Playhouse started, there were no options. Now, there are plenty. They all have computers and fancy decorations. Everything is painted in red and yellow and more red and yellow. I don’t think a child learns much from these. It kills the free spirit. On the contrary, I still make them create their own charts and replace them every week. It is cheaper and more imaginative.

**MY WAY**

In 1960, I got married to John Bissell, an American entrepreneur who founded an Indian success story called Fab India, a fabric and garment company. John died in 1998. Two years later, I developed breast cancer and life got disrupted irreversibly. I have recovered now, though not completely. My elder son William runs Fab India and daughter Monsoon works in films. She was the assistant director of *Monsoon Wedding*. I live with her and nine house helps, who have been with me for years. I am now waiting for Playhouse to get one more partner before retiring gracefully—currently, the two partners are Savita Mahajan, wife of Justice C K Mahajan, and Sangita Gupta. Then I’ll have enough time to write the book I always wanted to on teaching without tears. I have it worked out in my head.

Playhouse believes in family system—the older students teach the younger ones

In between my trips to the Sloane Kettering Memorial Cancer Centre in New York, I will continue to do ad-hoc jobs for my development consultancy firm B&B Associates, remain a consultant for Fab India and contribute to Udyogini, a non-governmental organisation that helps disadvantaged women start micro enterprises.
WHERE ELSE WOULD YOU FIND SOMEONE ABOVE 55 YEARS WHO'S PERFECTLY IN TUNE WITH YOU?

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**Boys will be boys**

_Tin Fish_

By Sudeep Chakravarti

Penguin; Rs 250; Pages 236

Porridge and Caramel Custard are those old fashioned type of things that you haven’t eaten for, like, ever but even just the name brings back memories of treats from a long time ago. So long that everything from then seems happy and those memories have something of a glow. Sudeep Chakravarti’s story about four teenaged boys, who are “brothers without barriers and friends until death”, delivers exactly the same slightly sweet and sour warmth in his first work of fiction, _Tin Fish._

Brandy, PT Shoe, Fish and Porridge are gawky, anglicised teenagers trying to make sense of the chaos of ’70s India and get a handle on why it is not okay to be great at swimming and pathetic at biology, and why being a dark half-Brahmin boy is okay but a dark half-Brahmin girl may not be. The boys struggle and sometimesumble through growing up issues, making sure not to end their letters with ‘love’, and chasing girls in _film_ style, on a _tonga_ and then addressing her as ‘ma’am’.

Chakravarti’s book is funny and irreverent, but best of all he pulls off a coming-of-age novel that is not all cleverisms. He handles the rift in Fish’s head between what he wants to do with his life—“settle in the Himalaya with Masuma”—and what his father wants him to do—“train in a job, get married, and join me in the business because that is the proper thing to do”—with the full understatement of the boy in him, but imbues it with the poignancy and wisdom of the man he became.

_Tin Fish_ is definitely a good, quick read but would have been better if Chakravarti had gotten over his Mayo fixation. The narrative is somewhat stilted by details, including the fact that Mayo is a 290-acre campus, followed by a full verbal map of those 290 acres, complete with the inscription on the Earl of Mayo’s statue.

—Ruchi Roy

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**Riddle me why**

_Freakonomics_

Steven Levitt and Stephen Dubner

Penguin; Rs 500; 242 pages

Like the proverbial butterfly that flaps its wings in one continent and causes a hurricane in another, economist Steven Levitt, the author of _Freakonomics_, believes in the hidden cause to everything and, in collaboration with writer Stephen Dubner, he tries to demonstrate that in his sharply-written book. Levitt has a talent for asking interesting questions and coming up with astounding answers—not always, but most of the time. His tracing the sharp fall in teen crime in the US in the 1990s to a pro-abortion court ruling in the 1970s is a brilliant piece of work. Mothers from low-income groups, the category that most young criminals came from, suddenly had the choice of abortion when they felt they did not have the means to bring up a child properly. And then two decades later, the crime rate suddenly dropped. No one except Levitt, once described as the Indiana Jones of Economics, could explain it satisfactorily.

Why drug leaders live with their moms (because just like other professions, even here only bosses are paid well) and what school teachers and sumo wrestlers have in common are some of the other compelling questions you should buy this book for.

—Anuradha Kumar
The identity of Deep Throat—the secret that reporters Bob Woodward and Carl Bernstein kept for over 30 years—became a talisman with passing time, growing from strength to strength and eventually changing the nature of journalism. In The Secret Man, (Simon and Schuster; Rs 800, 245 pages), Woodward explains how even today government officials switch off the recorders and speak to him openly about state secrets when he says the interview will be a “Deep Throat”. Their refusal to reveal the identity of their source not only helped impeach Richard Nixon but also made journalism a mightier profession. When Mark Felt, No 2 at FBI during Nixon’s presidency, decided to come out, probably the biggest modern mystery was solved. But more fascinating is the story of the hard reporting backed by crystal clear ethics that this book tells.

Dr Kay Scarpetta, a forensic expert, is grim casting for a series of detective novels. Patricia Cornwell’s creation solves cases through the bodies that come on her autopsy table—perhaps not as sexy as guns and chases but equally thrilling. Trace (Time Warner; Rs 200; 489 pages) brings Scarpetta back to Richmond from where she was sacked as the chief medical examiner a few years back. Now, they need her help to solve the case of a strange death of a 14-year-old girl. Scarpetta’s successor, Joel Marcus, is brilliantly characterised as the kind of person all of us know in our offices—someone we hate but are forced to be polite to. The book proves once again that women, for some reason, are better at writing richly detailed mystery novels. Maybe because they have other subplots besides beautiful strangers.

Travel writers Hugh and Colleen Gantzer’s The Year Before Sunset (Penguin; Rs 250; 256 pages) is about the Anglo-Indian community in 1946. Seen through the eyes of 16-year-old Phillip Brandon, it introduces the readers to the pre-Independence Anglo-Indian lifestyle with high teas, parties, shikar and a little adventure thrown in. The story progresses from Herradun to Lakhbagan, an Anglo-Indian town in tribal Bihar, where Brandon’s chemistry teacher Dr Calsheum Chowdhury, also a revolutionary, is plotting to kill his benefactor, Brandon’s father. Another teacher, the sexy Miss Lola Maison, is an intelligence officer on the trail of Chowdhury. The plot is weak, the Independence struggle seems like distant drumbeats, but the Anglo-Indian way of life is rich in detail. A book to read on a lazy afternoon or, perhaps, at high tea.

James Patterson’s Lifeguard (Headline; Rs 395; 311 pages) is a formula novel written, it would seem, by a teenage boy who bought a guidebook on how to write a best-selling thriller. In the first two pages, lifeguard Ned Kelly gets lucky with a beautiful rich woman who not only gives him great sex at a fancy beach resort but is also making endearing jokes about him being a “kept man”. Now, only if he plays this well, only if he pulls off a scam which will give him cash to conduct himself with dignity as a kept man, if only...yawn...

All titles available at Magna Book House, Kala Ghoda, Mumbai
India: A long view

A thousand years of India, through three books

In 1017 AD, Alberuni travelled to India to learn about the Hindus at the behest of his Sultan, Muhmud of Persia. And so we have the proof that at least for a thousand years India has had the same effect on foreign correspondents. Alberuni delicately outlines the variegated Indian character and culture in the first chapter and then makes a confession: “I have found it very hard to work my way into the subject.” Extremely fair, he also says that a country should only be judged by its classical traditions and not the common people and hence Alberuni’s India is mostly confined to synopsis of Sanskrit treaties on various subjects—religion, salvation, math, medicine, astronomy etc. But now and then, personal observations crop up and you recognise the place he visited as your own. “They fight with words but never stake their body or soul or property on religious controversy.” Or the sweetly baffled, “They do not ask permission to enter a house but ask permission before they leave it.”

Rupa; Rs 395; 820 Pages

At a sudden point in the history of Medieval India, Mughal invaders became Indians. Emperors of the Peacock Throne, despite being history, has a warmth that ensures that you see this transition. From Babar’s disdain for India (“Hindustan is a place of few charms”), his unfulfilled escape from India’s torments, to Akbar’s perfect rule, in just two generations a whole new race was born in this country. As a fantastic history of Mughal India, Abraham Eraly’s book is rich and complete but performs a far more complex and important task. It’s so close to the ghosts it speaks of, that one can see them through the haze of time. Were those people like us? Or were they clueless tribals, the great unwashed, the undeservedly ornamented in period films? From Eraly’s account, it’s evident that the Medieval Indian was either a part of, or a direct witness, to a highly sophisticated culture. In many ways, a lot like us.

Penguin Books; Rs 395; 555 Pages

As a member of the Indian Foreign service, Pavan K Verma has seen India both from a distance and up close. Being Indian tries to prove this by looking at the characteristics of Indians from four perspectives: power, wealth, technology and pan-Indianness. Democracy survived and grew stronger only because Indians realised that it provided ample opportunities for corruption and power-seeking—old habits with us. Religion has always supported moneymaking—even the Ramayana says that a poor man is as good as a dead one. We are not fazed by technology—happily tinkering with it to maximise its uses—whether it is for stealing power or using bicycle tyres as makeshift TV antennas. And so on, the book goes; giving unromantic examples of a pragmatic India that has made survival an art form. With a sympathetic government, yes, this century could be ours.

Penguin Books; Rs 250; 238 Pages

—Anuradha Kumar

All titles available at Magna Book House, Kala Ghoda, Mumbai
My tryst with destiny

Amita Malik remembers Nehru’s speech and the delirious crowds on August 15, 1947

EVERY YEAR AS AUGUST COMES ROUND, I FEEL privileged to belong to a generation which not only saw the last days of British rule, but also the ushering in of Indian independence.

I was then a very young member of the staff of All India Radio. Since there was no television then, Indians had to be content with listening to Nehru’s midnight speech on the radio and wait for the Films Division to show it with visuals later. We joked that Nehru was wrong in saying “while the world sleeps”, because not only were we all awake, but most Indians and non-Indians, for whom the speech was sometimes made in daylight, sat and listened to him with pride. It has only now been revealed that he had mislaid his notes and spoke extemore.

We were up at the crack of dawn on August 15, and my colleagues and I from AIR went about confidently as we were given the sort of media status now enjoyed by TV channels. But we were soon to be taught a lesson.

After spending the morning in celebration, we made our way in the early afternoon to what was still called Kingsway (now Rajpath) where chairs had been placed for important people, which we also considered ourselves. The five of us sat importantly on them. A little later, we felt like a cup of tea. So we marked our seats, as Indians do at all functions, with cards, handkerchiefs and what have you. When we returned, we found our seats occupied by five beautiful Rajasthani peasant women in their voluminous ghagra and choli, their anklets tinkling with silver jewellery. “Yeh hamari jagah hai (this is our place),” we said arrogantly.

“Apna uth jaie (get up),” we said. “Nahi uthenge (we won’t get up),” said the ladies with spirit. “Aaj hum aazad ho gaye hain (today, we have become free),” they said in chorus.

I am glad to say we gave up gracefully, even if our dream of watching Nehru and Mountbatten go by, sitting comfortably on chairs, had ended. We had the option of going to Red Fort to see the historic lowering of the Union Jack by Mountbatten and the hoisting of the tricolour by Nehru, but had decided to watch them on Rajpath. Later, the regal horse carriage carrying them appeared. Even the Rajasthaniis who had grabbed our seats jumped up and joined the crowds along the road. There was no sign of security or any of those official busybodies.

The crowds became delirious, and shouted “Pandit Nehru ki jai, Pandit Mountbatten ki jai”. That the ordinary Indian could shout “Pandit Mountbatten ki jai” proved that in his hour of freedom he was prepared to be gracious to the British as they quit India. A spirit that Prime Minister Manmohan Singh also displayed in his much misunderstood speech at Oxford University.

Soon after the carriage passed by and the crowds ignored the drizzle, a wonderful rainbow appeared in the sky. An old lady in the crowd folded her hands in thanksgiving: “A rainbow, a rainbow.” Indradhenu was the Hindi word she used. “It is a very good omen. This will be a very great Bharatvarsh,” she shouted. In some ways this old lady’s happy ending to a wonderful day was symbolic of that memorable day. Those of us who were around at the time will never forget it.

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

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ON SONG

Crooner Neil Diamond is cutting a new, yet-to-be-titled album that will be out in November. It is reported that this may be the best work the 64-year-old has done in years. “I think you’ll get to hear him in a way you’ve never heard him before,” producer Rick Rubin told the press. Diamond landed his first record contract in 1958. Eight years later, his Cherry, Cherry hit the Top 10. Through the early 1970s, Diamond earned the reputation of being a charismatic live performer, becoming the first rock star to perform on Broadway. In 1973, he won a Grammy for Best Original Score Written for a Motion Picture (Jonathan Livingston Seagull). He achieved one of his biggest successes with the soundtrack to the 1980 movie The Jazz Singer, in which he starred opposite Sir Laurence Olivier. Decades later, he hopes to recreate the magic.

DANCING QUEEN

Meet Dvora Bartonov. She started her dance career at age 16 to perform at Berlin’s Albert Einstein Theatre. Sixty-five years later, at 81, she performed in a solo autobiographical dance show that moved spectators to tears. In August, Channel 1 of the Israel Broadcasting Authority paid a tribute to Bartonov, now 90, in a television programme called Shishi Be’Gaon, taped in Israel’s Karmiel City. Two weeks later, she released her autobiography, Me’ahorei Hakela’im shel Hanefesh (Backstage of the Soul). And now, a festival titled Shirat Dvora (Song of Dvora) will be held at the end of September to celebrate Bartonov’s 90th birthday at the Holon Theater in Israel. But this is no swan song—she plans to write another book, a script, and maybe do a little travelling.

BERGMAN’S BACK

Ingmar Bergman, 86, isn’t done yet. After ruling the art film circuit in the 1950s and ’60s, the legendary Swedish filmmaker is re-launching his career with Saraband, which means an erotic dance. The film stars Liv Ullmann and Erland Josephson as Marianne and Johan, the long-divorced couple from his 1973 film Scenes from a Marriage. Written and directed by Bergman, the film is shot on digital video and unfolds in a series of 10 scenes, each a confrontation between two characters.

MILESTONES

Awarded. Dr V Shanta, 78, chairperson of the Chennai-based Adyar Cancer Institute, the Ramon Magsaysay Award for public service, in recognition of the “untiring leadership of the cancer institute as a centre of excellence and compassion for the study and treatment of cancer in India”. “I am honoured to have won the award,” she says. “But it wouldn’t have been possible without the team effort of my hospital staff. I only hope this international recognition will help us reach more people.” Dr Shanta has pioneered research and treatment of various kinds of cancers, especially cervical cancer.
**Awarded. Balbir Ward, 74,** the Dadasheb Phalke award for her contribution to Indian cinema. Chairperson of the Western India Cine Costume, Make-up Artists and Hair Dressers Benevolent Trust, Ward stepped into the film industry 35 years ago as a hairdresser. Since then, she has worked for film industry workers. “Dadasheb gave his entire life to the industry and I am just trying to follow his footsteps,” she says. “Industry workers get paid only if they get work. There is no security for them.” Her dream is to procure land for a housing scheme, provident fund and gratuity. Ironically, Phalke’s family too is languishing in poverty today with his daughter Vrinda Pusalkar, 81, battling cancer and Alzheimer’s, and her husband Srikrishna, 86, bedridden.

**IN PASSING**

After ruling oil-rich Saudi Arabia since 1982, **King Fahd bin Abdul Aziz,** 84, passed away on August 1 in a Riyadh hospital following a long illness. The royal palace announced the appointment of Crown Prince Abdullah as the new king and custodian of the two holy shrines—Mecca and Medina. The new king has also inherited severe political problems, including home-grown Islamist terrorism.

*[Image of King Fahd]*

**Tabla maestro from the Delhi gharana Ustad Shafaat Ahmed Khan,** 51, was as well known for his humble and down-to-earth attitude as his art. A recipient of the Padmashree, he learnt tabla from his father, Ustad Shamma Khan. He had played with top artists like Pandit Ravi Shankar, Pandit Shiv Kumar Sharma, Ustad Amjad Khan and Pandit Bhimsen Joshi. He died of Hepatitis B in New Delhi on July 24.

*[Image of Ustad Shafaat Ahmed Khan]*

**Known as the face of ABC News, American television journalist and anchor Peter Jennings,** 67, died of lung cancer on August 7. In addition to reporting from nearly every major world capital and war zone, Jennings also managed to report from almost all the states of the United States. More recently, Jennings also reported the 9/11 terrorist attack on the US for 60 hours straight.

**Entrepreneur, inventor and socialite Jeremy Fry** was to be the best man at the wedding of Tony Armstrong-Jones and Princess Margaret in 1960. But the courtiers’ disapproval forced him to stand down. Fry invented the modern electric valve actuator and reinvented the wheelchair. He later settled in Kerala, India, and built a palace, which he shifted brick-by-brick to Tamil Nadu. Fry, 81, died on July 18.

**Mumbai-based Hosi Vasunia,** 64, was one of the most recognisable faces in English theatre. A programme director at National Centre for Performing Arts, he was at work on August 10 when he suffered a heart attack.

**Editor-in-chief of The Statesman C R Irani,** 75, ran blank spaces for news items and photos during Emergency. Twice chairman of Press Trust of India, he was also on its board till he died on July 23 in Kolkata.
A LESSON IN PHYTOCHEMICALS

Don’t worry, they’re not toxic agents produced by a chemical company as the name might suggest. They are what make oranges orange and strawberries red. More important, they keep us healthy. As the research on their health benefits mounts, many firms are jumping on the bandwagon and producing a variety of supplements containing phytochemicals. But what exactly are they?

Phytochemicals are natural compounds found in fruits and vegetables. Each type of fruit or vegetable may contain hundreds of phytochemicals. An orange alone may contain 170 or more different phytochemicals. Researchers know that phytochemicals have antioxidant properties. This means they protect against substances called ‘free radicals’, which can damage healthy cells. They appear to protect against arteriosclerosis—the build up of fatty plaque on the artery walls that can rise the risk of heart attack and stroke—and against certain types of cancers. Allium, contained in onions and garlic, has been under probe for its potential to reduce cholesterol levels. Ellegic acid, found in berries, may curb healthy cells from cancer. It may also protect the brain as it ages.

Flavonoids are a part of a phytochemical family called polyphenols. There are more than 4,000 different flavonoids and they are found in cranberries, onions, broccoli, celery, soybeans, tomatoes, eggplant, cherries, apples, red wine and grape juice.

SAY IT OUT LOUD

A love affair with knowledge will never end in heartbreak.
—American author Michael Garrett Marino

Be wiser than other people, if you can, but do not tell them so.
—British statesman Lord Chesterfield (1694-1773)

The art of being wise is the art of knowing what to overlook.
—American psychologist and philosopher William James (1842-1910)

The whole problem with the world is that fools and fanatics are always so certain of themselves, but wiser people so full of doubts.
—British philosopher Bertrand Russell (1872-1970)

BRAIN GYM

WORD POWER

In each of the following, underline the two words that are most similar in meaning:

1. Glissade, moorhen,lucent, shining
2. Chill, furbelow, predict, vaticinate
3. Bluff, canvass, debate, isomerase
4. Derringer, edulcorate, pistol, preliterate
5. Anserine, clement, sandbag, stun
6. Deontic, entwined, hebatate, obligatory
7. Howdah, irreal, littoral, seashore
8. Conidium, debacle, disk, planchet
By Raju Bharatan

ACROSS
1 Allan Border and Sunil Manohar confronting an orchestra player (1, 8)
9 Suchitra willowy as only the Sen Standout could project herself to be amidst all that storm? (6)
10 The geometry of crossword compiling? (3, 6)
11 Trust Inzamam to say it still, when called for a quick single! (3, 3)
12 Lozenge that gave Newton his big idea? (5-4)
13 How alternatively to spell out the ‘accompanying’ sea eagle (3-3)
17 In Shane Warne’s make-or-break life and times, that ‘Ball Of The Century’ castling Mike Gatting (3, 7, 5)
18 ‘Company’ not so hot at the appointed hour? (6)
22 Process of public verdict on Unit Trust of India? (9)
23 Manila instinct those rippling muscles we glimpse on TV suggest? (6)
24 Bit going this way, set turning the other way, surrounding Member (of the Order) of the British Empire, all body and no soul? (9)
25 Absolve of sin in earth shape? (6)
26 ‘Blonde’ Bombshell Marilyn Monroe for Hollywood (1, 4, 4)

DOWN
2 Dim by holding Shakespearian king (6)
3 Where in hell’s name then do we ask V V S Laxman to field? (2, 4)
4 Kind of cliche Fearless Nadia never grew to be (6)
5 Cool comfort football needs? (3-12)
6 What Pather Panchali, when it happened, signified for mushy Indian Cinema (3, 2, 4)
7 Marzban National Theatre first, mire raised after, for the time being (2, 7)
8 At five-foot-four-and-a-half, a quarter inch shorter than Gavaskar, just imagine! (9)
14 Trust Ash, as a Bunt, to know where to her wealth! (5, 4)
15 How the parachutist went for a toss (4, 5)
16 Rubber Country still? (9)
19 What that TV spot made the buffalo look vis-a-vis Laloo Yadav (1, 5)
20 Kind of pole the vaunting vaulter must come through as? (1, 5)
21 Red retreat viewed through Monday in fashion (6)

For answers, see page 79

Raju Bharatan is the originator of the Sunday Cryptic in The Times Of India

NEW TIPS FOR BEGINNERS: A whole variety of clues goes into framing a cryptic puzzle. For instance, the anagram. The clue here could be: Unresting opponent of authority (Unresting being the 9 letters of insurgent rearranged). Another variety of clue is the palindrome—DEIFIED, when viewed backward or when viewed up in a Down clue, reads DEIFIED all the way. Next, there could be the clue (8-letter answer) reading; Complete view of daughter sandwiched between parents—PALANORMA (PANALORMA). The 8-letter solution to the clue, The framework of our constitution, is SKELETON. At times, what looks straight could prove tricky. For example, the clue, How we stand—has UNITED for its 6-letter answer. The clue, How we fall, has DIVIDED for its 7-letter answer. The clue, Walls have them yet they hear not, has EARS for its answer. Next, pertinacity could split into Pert in a city, face to face into facet of ace. For ANISEED, the clue could be: Carminative I see inside and outside—AN(I SEE)ID. The possibilities are endless.
A reporter was interviewing a 104-year-old woman and asked her, “What do you think is the best thing about being 104?” She replied, “No peer pressure.”

Worried because they hadn’t heard anything for days from the elderly lady in the neighbouring apartment, Mrs Sharma said to her son, “Aditya, would you go next door and see how old Mrs Chopra is?”

A few minutes later, Aditya returned. “Well,” asked Mrs Sharma, “is she all right?” “She’s fine, except that she’s angry with you.” “With me?” the woman exclaimed. “Whatever for?” “She said, ‘It’s none of your business how old she is,'” snickered Aditya.

As a senior citizen was driving down the highway, his mobile phone rang. Answering, he heard his wife’s voice urgently warning him, “I just heard on the news that there’s a car going the wrong way on the Western Express Highway. Please be careful!” “Heck,” he replied, “it’s not just one car. It’s hundreds of them!”

You know you’re getting older when...

Everything that works hurts, and what doesn’t hurt doesn’t work
You feel like the morning after, and you haven’t been anywhere
Your little black book only contains names ending in ‘MD’
Your children are beginning to look middle-aged
Your mind makes contracts your body can’t keep
Your knees buckle and your belt won’t
Your back goes out more than you do
You sink your teeth into a steak, and they stay there
You know all the answers, but nobody asks the questions

THE SOUND OF THE SEA

The sea awoke at midnight from its sleep, And round the pebbly beaches far and wide I heard the first wave of the rising tide Rush onward with uninterrupted sweep; A voice out of the silence of the deep, A sound mysteriously multiplied As of a cataract from the mountain’s side, Or roar of winds upon a wooded steep. So comes to us at times, from the unknown And inaccessible solitudes of being, The rushing of the sea-tides of the soul; And inspirations, that we deem our own, Are some divine foreshadowing and foreseeing Of things beyond our reason or control.

By Henry Longfellow

In this poem, American poet Henry Longfellow (1807-1882) describes the sound of the sea as the waves lap against the shore and the tide rises. He compares the rush of the tide to the rushes of inspiration that people sometimes experience. He also suggests that these inspirations might be a way of divine “foreshadowing and foreseeing” as opposed to the regularity with which the tide rises. Just like the rising tide of the sea, the tide of the soul is beyond our control too.
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A STEP SHORT OF SHANGRI-LA

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Hotels in Kalpa
Blue Lotus Kalpa has 20 rooms and costs Rs 700 to Rs 900; Tel: 1786-226001
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Shivalik Guest House has 18 rooms ranging from Rs 100 to Rs 300; Tel: 1786-226158
Kinnaur Villa Kalpa has 12 rooms costing Rs 700 to Rs 900; Tel: 1786-226014
Chini Bungalow has eight rooms costing Rs 400 to Rs 800; Tel: 1786-226006

EXCLUSIVE HARMONY CROSSWORD 12

ACROSS:
1 a bandsman (AB/AND/SM/AN) — AB for Allan Border, SM for Sunil Manohar (Gavaskar) — AB AND SM confronting AN; 9 Aandhi; 10 set square; 11 Not now; 12 fruit-drop; 13 she-ern (ernie is also spelt as ern); 17 the turning point; 18 sedate (se/date), date standing for company; 22 pollution (POLL/UTI/ON); 23 animal (is the 6 letters of Manila rearranged); 24 bimbettes -- BI(MBE)T/ES——MBE in BIT, TES is SET turning the other way; 25 assoil (as/soil); 26 a gold mine

DOWN:
2 bleary — B/LEAR/Y — BY holding LEAR; 3 no slip; 4 sturdy; 5 air-conditioning (football needs air conditioning to be round enough for play!); 6 Ray of hope; 7 ad interim — Adi/NT/erim (Adi for Marzbam, NT for National Theatre, erim is mire raised; 8 Viswanath; 14 trash away — st/Ash/away; 15 head first; 16 Australia; 19 a label; 24 a totem (pole); 21 modern — MO(DER)N, DER is RED retreating in MON (Monday)

SOLUTIONS TO BRAIN GYM FOR RESOURCES

PAGE
1. Relucent, shining
2. Predict, vaticinate
3. Canvass, debate
4. Derringer, pistol
5. Sandbag, stun
6. Deontic, obligatory
7. Littoral, seashore
8. Disk, planchet

RESPONSE
Having gone through the misery and suffering of a blind man, I do not want anybody else to suffer the same way. With this hospital, I hope to return light to hundreds of those losing their eyesight.

Barid Baran Dey lost his eyesight to glaucoma 10 years ago. The 83-year-old is also speech impaired. But despite these handicaps, the former textile technologist—he worked at the Ludlow Jute Mill in Hooghly—is determined that other visually challenged people should not suffer. Dey has donated his land and a two-storied house to the Howrah Lion’s Club to set up a 40-bed eye hospital. While its out patient department was launched on July 15, the surgical wards will open to the public in December. Once fully functional, it will be the largest of its kind in Jaduberia, Howrah, equipped with an eye bank, a state-of-the-art operating theatre and cornea transplant facility. Occasionally one finds Dey, helped by his wife, ‘inspecting’ the project. They live in their own house close to the hospital and Dey praises his wife for being his source of inspiration.
harmony
celebrate age

SEPTEMBER 2005 Rs 20

The Young & the Restless

Star photographers view age
Travel to Kalpa this month

DEV ANAND